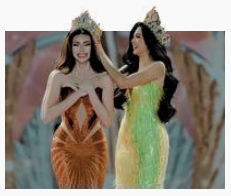
SECTIONS

NEWS | 03
CURIOSITY SPARK



OPINION| 03
NEPOTISM IN HIGH DEFINITION

FEATURE | 03
GLITZ AND GRAND



SCIENCE | 03
THREADS OF HOPE

SPORTS | 03
THREADS OF HOPE

A PIONEERING AND INNOVATIVE STUDENT PUBLICATION OF **LANDY NATIONAL HIGH SCHOOL**
VOLUME I - ISSUE NO. 03

JULY 2025 - DECEMBER 2025

the northern avenews

YOUR SOURCE. YOUR STORY. YOUR AVENUE.



art by MARY BEATRICE **SANTOS**

LEARNING REIMAGINED

/bythenumbers

9 OUT OF 10

students reported that the ARAL Program is effective in improving their learning

/sidenews

Landy NHS Shines at 2025 MIMAROPA Regional Science and Technology Fair

by JOHN JERICK **LOGDAT**

Landy National High School emerged victorious on the regional stage after delivering an outstanding performance at the 2025 MIMAROPA Regional Science and Technology Fair (RSTF) held at Red Hotel, Cubao, from November 26–28, 2025, bringing pride and honor to the Division of Marinduque.

Leading LNHS's triumph was Angelyn R. Ceribo, who clinched 3rd Place in the Robotics and Intelligent Machine – Individual Category. Her innovative robotics project impressed regional judges with its creativity, technical soundness, and real-world relevance. Ceribo further elevated the school's achievement by earning the Best Presenter Award. She was guided by her coaches, Mr. Perry Angelo C. Manlapaz and Mr. Jomar L. Linga, whose mentorship played a vital role in the project's success.

Adding to LNHS's commendable performance were the school's regional qualifiers in multiple science categories. In the Physical Science – Team Category, students Georgia Lei Patalinjug, Von Kleid Cabrera, and Andrei Gabriele Revilloza qualified for the regional fair under the coaching of Mrs. Mailyn Go, demonstrating strong collaborative research skills and scientific rigor.

Meanwhile, LNHS also qualified in the Robotics and Intelligent Machine – Team Category through the efforts of Bettina Jones Rolluqui, Aryannah Regio, and Rachelle Lei Madrona, further cementing the school's growing excellence in robotics and intelligent systems.

The collective achievements of these students highlight Landy National High School's strong culture of innovation, teamwork, and scientific inquiry, positioning the institution as a consistent performer in regional science and technology competitions.

ARAL Program strengthens Learning at Landy National High School

by JOHN JERICK **LOGDAT**

Landy National High School (LNHS) continues to advance inclusive and student-centered education through the Academic Recovery and Accessible Learning (ARAL) Program, a pioneering initiative designed to support academic recovery and provide accessible learning opportunities for all students.

The program equips learners with strategies to improve reading skills, enhance comprehension, and foster lifelong learning habits. School administrators and educators highlighted its significance in addressing learning gaps and ensuring that every student has the resources and guidance to succeed.

The kick-off ceremony for the ARAL Program, held on September 15, 2025, brought together educators, school leaders, students, and parents in a celebratory event. Inspiring messages were shared by school officials, highlighting the program's goals and the role of the community in supporting learners. "ARAL is not just about catching up; it's about empowering our students to reach their full potential," said Mrs. Mailyn Go, emphasizing the program's mission to provide equitable and effective learning support across all key stages.

Before its implementation, LNHS educators participated in the Division Training for ARAL Tutors on ARAL-Reading for Key Stages 1 to 3 held on September 3–4, 2025, gaining the skills needed to deliver targeted instruction and personalized learning interventions.

Recognizing the importance of community engagement, the school also conducted a parents' orientation on September 12, 2025, informing families about the program's objectives and how they can support their children's learning journey.

As of this moment, LNHS stands among the few schools in Marinduque to successfully implement the ARAL Program, reflecting its commitment to academic excellence, student growth, and accessible education for all learners.

Through ARAL, students at Landy National High School are now positioned to overcome learning challenges and achieve greater academic success, laying the foundation for a brighter educational future.

/bythenumbers

₱1.044 T

budget allocated for DepEd in 2026 — the largest education funding in Philippine history.

/natl.news

Senate approves Historic ₱1.044-Trillion DepEd Budget, marks Major Push for Education Reforms

by RUTH ANNE **VALDEVIEZO**

Senate approval of a historic ₱1.044-trillion budget for the Department of Education marks the largest funding increase in the agency's history, signaling strong backing for Secretary Sonny Angara and the push to revitalize basic education in 2026.

The budget significantly boosts funding for textbooks, feeding programs, disaster response, and school facilities, while also expanding personnel support for new teachers, school heads, and administrative staff. The Senate likewise kept full funding for the nationwide ARAL learning recovery program.

Angara thanked the Senate, saying the record budget shows a united national effort to strengthen basic education and improve learning conditions for Filipino students.

CHAMPIONS OF CULTURE

Landy National High School hails **Mr. and Ms. United Nations 2025**

by JOHN JERICK **LOGDAT**



PROMOTING GLOBAL UNITY. Venice Angiela Grimaldo and Dale Alfred Gonzales proudly pose in their national costumes representing Fiji, after being crowned Ms. and Mr. United Nations 2025 at Landy National High School.

Landy National High School proudly celebrated the crowning of Venice Angiela Grimaldo and Dale Alfred Gonzales, both representing Fiji, as they were proudly crowned Ms. and Mr. United Nations 2025 during the highly anticipated pageant held on October 17, 2025, at the school's Social Hall. With the theme "Promoting Peace, Unity, and Global Partnership," this year's event emphasized cultural diversity and highlighted the importance of fostering global harmony in today's interconnected world.

The celebration brought together exceptional student representatives from various grade levels, each demonstrating their talents, intelligence, and cultural pride as they represented their chosen countries. Contestants competed in the National Costume, Talent, and Question and Answer segments, impressing the audience with their creativity, confidence, and thoughtful advocacy for peace and unity. Their performances not only showcased individual skill but also highlighted the richness of world cultures and traditions.

After an impressive display of grace, eloquence, and cultural representation, Grimaldo and Gonzales were proudly crowned as the pageant's top winners. Following them were the first runners-up, Mark Angelo Toledna and Kierra Jane Palmero, representing French Polynesia; the second runners-up, Eljo De Luna of Palau and Zyriene Mae Arrubio of Papua New Guinea; and the third runners-up, Dwayne Tony Antolin of Papua New Guinea and Fatima Pearl E. Rocero of Vanuatu. Each contestant left a lasting impression with their dedication, performance, and thoughtful answers, reflecting values of respect, global awareness, and cultural appreciation.

The event began with a vibrant Parade of Nations and included colorful intermission numbers celebrating the diverse cultures of the world. The social hall was filled with energy as students, teachers, and parents gathered to honor unity through diversity.

The Search for Mr. and Ms. United Nations 2025 once again demonstrated Landy National High School's commitment to developing globally minded, confident, and compassionate learner—true ambassadors of peace, culture, and international understanding.

by RUTH ANNE **VALDEVIEZO**

Red Cross empowers LNHSians with Life-Saving CPR Training

In celebration of National CPR Day, the Philippine Red Cross – Santa Cruz Chapter, in partnership with the Supreme Secondary Learner Government (SSLG), conducted a special program to educate students on the importance of cardiopulmonary resuscitation (CPR) and the critical role of the Red Cross in emergency situations.

The event brought together club representatives, STE and STEM students, as well as learners from regular classes and other academic strands. It served as both an awareness drive and a practical training session focused on cardiopulmonary resuscitation (CPR) — a critical life-saving skill that every citizen is encouraged to learn.

During the program, Red Cross volunteers introduced the students to the mission of the Red Cross, the services they provide, and why early response in emergencies matters.

One of the main highlights was the hands-on CPR demonstration where students had the opportunity to learn and perform basic life support techniques.

/sidenews

Bayanihan at Work: Landy National High School earns Brigada Eskwela Recognition

by RUTH ANNE **VALDEVIEZO**

Landy National High School continues to set the standard in service and collaboration after being officially recognized as a Commendable Brigada Eskwela School Implementer for 2025 by the Department of Education Schools Division of Marinduque.

The recognition highlights the strong leadership of Principal II Mr. Rowel S. Laririt and Brigada Eskwela Coordinator Mrs. Mailyn Go, whose dedication and initiative have sustained the spirit of bayanihan within the school community. Through collective effort and shared responsibility, LNHS has maintained a safe, clean, and conducive learning environment for its learners.

Alongside the school's achievement, LNHS's long-time partner, the Unity and Heritage Alumni Network Association, Inc., was also honored with a Plaque of Recognition for its unwavering support over the past five years. The association, led by its president Engr. Floro Regencia, was represented by PSDS Constancia R. Vasco, a Batch 1985 alumna, during the awarding ceremony.

The awards were formally conferred on February 5, 2026, at the SDO Conference Hall, Malusak, Boac, Marinduque, during the program titled "Recognition of Commendable Brigada Eskwela School Implementers cum Stakeholders Recognition."

This milestone affirms Landy National High School's commitment to shared service, strong partnerships, and excellence in education—proving that when a community works together, meaningful progress follows.



CELEBRATING CULTURE. A student gracefully performs a traditional folk dance, showcasing Filipino heritage during LNHS's Buwan ng Wika 2025 celebration.

/campusnews

Buwan ng Wika 2025 Celebration showcases Rich Cultural Heritage

by RUTH ANNE **VALDEVIEZO**

Landy National High School marked a vibrant celebration of Buwan ng Wika 2025 on August 28, 2025, at the LNHS Social Hall, embracing the theme "Paglinang sa Filipino at Katutubong Wika: Makasaysayan sa Pagkakaisa ng Bansa." The event showcased the richness of Filipino language and heritage through a series of culturally inspired performances and competitions participated in by students from all grade levels.

The program opened with spirited renditions of beloved Filipino children's songs, setting a joyful tone for the celebration. This was followed by dynamic presentations of traditional and patriotic dances, heartfelt orations, dramatic spoken pieces, and soulful kundiman performances that reflected the nation's history and cultural pride.

A notable feature of this year's celebration was the inclusion of sign language interpretation in select performances, reinforcing the school's commitment to inclusivity and ensuring that the celebration of culture and language remained accessible to all members of the community.

The festivities concluded with the recognition of winners from the various competitions, honoring students for their creativity, excellence, and dedication to preserving and promoting the Filipino language.

With the success of this year's Buwan ng Wika, Landy National High School reaffirmed its mission to nurture cultural appreciation and foster a strong sense of national identity among its learners.

/sidenews

Senior High Pre-Oral Defense Showcases Research Excellence

by RUTH ANNE **VALDEVIEZO**



Senior High School Pre-Oral Defense, conducted on November 6–7, 2025, under the theme "Research as a Catalyst: Empowering Youth to Address Emerging Challenges," provided a platform for Grade 12 students from the STEM, HUMSS, TVL, and ICT strands to demonstrate their research competence, analytical skills, and creative problem-solving abilities.

The program aimed to foster students' interest in scientific inquiry and innovation, encouraging them to propose solutions to contemporary issues through strand-based research. Each presentation was evaluated with constructive feedback and technical guidance from the panelists.

Beyond serving as an academic requirement, the Pre-Oral Defense functioned as a forum for young researchers to cultivate critical thinking, effective collaboration, and confident communication, equipping them for future academic and professional pursuits.



/newsfeature

CURIOSITY SPARK

DOST, DepEd, CHED join forces to Boost Students' Interest in Science

by JOHN JERICK **LOGDAT**

The Philippines is moving toward a future where curiosity, creativity, and scientific exploration take center stage in every classroom. This vision is at the heart of a growing collaboration among the Department of Science and Technology (DOST), the Department of Education (DepEd), and the Commission on Higher Education (CHED), as the agencies work together to reignite Filipino students' interest in science.

> The real problem with our educational system is that we were told to **memorize a lot** but we were not given the chance to **really understand the process so that you don't need to memorize anymore.**
>
> **Renato Solidum Jr.**
> DOST Secretary



During a press conference in Batangas City, DOST Secretary Renato Solidum Jr. reflected on a long-standing challenge in the country's academic culture: an education system that rewards memorization but often leaves little room for discovery.

For many students, this has meant learning answers without ever asking questions.

Solidum explained that young learners lose their interest in scientific fields not because they lack curiosity, but because they lack the tools, experiences, and environments that nurture it.

To transform this experience, DOST, DepEd, CHED, and private partners are expanding laboratory facilities and integrating more scientific equipment into classrooms nationwide. The initiative also includes bringing in advanced technologies, such as artificial intelligence (AI), to elevate how lessons are taught and how students engage with the material.

This shift aligns with the ongoing review of the Senior High School (SHS) curriculum, particularly the Science, Technology, Engineering, and Mathematics (STEM) strand, which will undergo pilot testing in School Year 2025–2026. The revised curriculum aims to move beyond theories and textbooks by exposing students to real-world applications and modern scientific tools.

Expanding the Science High School System

Another major development in strengthening science education is the expansion of the Philippine Science High School (PSHS) System. Recently signed into law by President Ferdinand "Bongbong" Marcos Jr., the measure mandates the establishment of at least two PSHS campuses in every administrative region.

Solidum emphasized that enhancing the Science High School System is essential not only for talented students but also for inspiring younger learners to see the possibilities within STEM. "We need to showcase the educational technologies already available so we can help both public and private schools improve the way STEM subjects are taught," he said.

Creating Opportunities Beyond the Classroom

Yet, educational reforms are only part of the equation. Solidum noted that many Filipino families prioritize courses like medicine and nursing because of job stability. For science-related fields to thrive, he said, opportunities must be accessible.

He stressed the importance of bringing companies, industries, and research hubs closer to universities across the country. "If companies would locate in different universities, students won't need to leave their towns or cities. They will have jobs in their own backyard," he said.

As the country invests in modern facilities, curriculum innovation, and regional job creation, the goal is clear: make science a living, breathing part of everyday school life—one that sparks imagination, builds skills, and opens doors for future scientists, researchers, and innovators.

The combined efforts of DOST, DepEd, and CHED mark the beginning of a new era for Philippine education.

Landy NHS hails new Mr. & Ms. Intramurals 2025

by RUTH ANNE **VALDEVIEZO**

Gracing the spotlight with charm, confidence, and school pride, the candidates of Mr. and Ms. Intramurals 2025 captivated the LNHS crowd as they proudly represented their grade levels and teams during the much-awaited pageant held on August 25, 2025, at the Landy National High School.

The show began with a colorful sports-themed production number, followed by segments that highlighted the candidates' poise, creativity, and sense of identity. From energetic entrances to polished turns on stage, each participant left a unique impression on the audience.

More than just a display of beauty and presence, the competition also tested the candidates' ability to express themselves under pressure. During the question and answer portion, contestants shared their insights on topics such as sportsmanship, leadership, and student involvement—proving that grace and intelligence go hand in hand.

After a tough but inspiring round of presentations, two outstanding students emerged as this year's title holders: Von Kleid B. Cabrera was crowned Mr. Intramurals 2025, while Ronnalyn B. Rodel took home the title of Ms. Intramurals 2025. Both winners impressed the judges with their strong stage presence, natural charisma, and thoughtful answers during the final round.

Also recognized were the first runners-up: Ayesha Jermaine R. Rea and Vergel Miguel B. Rafuso, and the second runners-up: Heart Angel B. Rodriguez and Ahyil Alexis P. De La Costa. Special awards were given in categories such as Best in Sportswear, Mr. & Ms. Photogenic, and Facebook Choice Award, further highlighting the talents and efforts of the participants.



LNHSians make History at UPLB's Innovation Olympics 2025

by JOHN JERICK **LOGDAT**

Landy National High School (LNHS) made history as the only secondary school in the Philippines to join the prestigious Innovation Olympics 2025, a 24-hour hackathon organized by the UPLB Technology Transfer and Business Development Office in partnership with the College of Economics and Management.

Representing the Junior High School Team were Matthew Brayden R. Gener, Prince Ivou R. Zulueta, and Norine Venice L. Regio, coached by Mr. Roel M. Rey and Mrs. Evangeline R. Sena.

The Senior High School Team was composed of Jethro L. Ricohermoso, Ruth Anne E. Valdeviezo, and Andrei Gabriel Liam P. Revilloza, guided by Mr. Perry Angelo C. Manlapaz and Mr. Jomar L. Linga.

Further strengthening their efforts was professional mentor Ms. Aira Alvarez, whose expertise in innovation and strategic problem-solving helped sharpen the students' approaches throughout the competition.

Despite the pressure of tight deadlines, sleepless hours, and competing against seasoned university innovators, the LNHS delegates remained determined and focused.

/opinion

Resilient by Necessity

Every time a super typhoon sweeps across the Philippines, headlines celebrate the "resiliency" of the Filipino people. But while we admire this courage, it is time to ask a hard question—are we celebrating true resilience, or are we applauding endurance in the face of systemic failure?

Filipino resiliency has become a social mask for incompetence.

jumptopage4



/campusnews

Flu Cases Surge at Landy NHS; Mr. Laririt leads Emergency Response and Disinfection Drive

by RUTH ANNE **VALDEVIEZO**

Landy National High School is currently addressing a rise in flu and influenza-like illnesses among students and teachers, prompting swift action from school and local officials to safeguard the campus community.

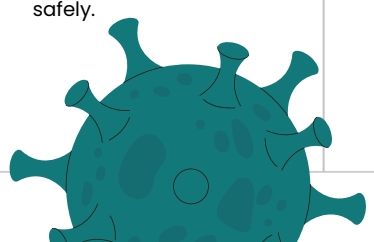
Upon receiving reports of the sudden increase in cases, the school principal immediately coordinated with the Municipal Mayor and Local Government Units (LGUs) to request urgent medical support and preventive intervention.

A rapid response team was deployed to the school shortly after. With coordinated efforts from municipal engineers and health personnel, a full inspection and extensive disinfection of classrooms, offices, and shared spaces were conducted to curb the spread of the virus.

The Municipal Health Office also carried out on-site medical consultations for students, teachers, and staff. Medical personnel provided quick assessments, basic treatment, and essential health guidance for individuals exhibiting flu-like symptoms.

"This is for the protection of our students, teachers, and the entire school community," the principal stated, underscoring the importance of swift coordination and collective action during health-related emergencies.

Landy National High School remains committed to monitoring the situation closely while ensuring that teaching and learning continue safely.





editorial

FLOODED BY BROKEN PROMISES

No nation should accept death as a routine consequence of every rainfall, yet that is exactly what we have allowed to happen.

In the Philippines, floods do not merely result from storms. They are the predictable consequence of a system that has long traded public safety for political convenience and profit. Every year, lives are lost, homes are destroyed, and communities wash away—not because the nation lacks resources or engineering capability, but because corruption and negligence have weakened the very defenses meant to protect us. We are not drowning in rain. We are drowning in greed.

The failures of flood control are well documented. The Commission on Audit, in its recent performance reviews of the Department of Public Works and Highways, flagged billions of pesos worth of flood control projects that were delayed, substandard, or left unfinished. In several provinces, river embankments showed cracks only months after construction. Drainage systems were installed without proper water flow studies. And some projects were approved in locations that do not even flood, while areas that needed urgent protection were ignored. The problem is not the lack of funds—it is where the money goes, and who benefits from it.

This negligence became painfully clear when the country faced Typhoon Tino earlier this month. According to the National Disaster Risk Reduction and Management Council (NDRRMC), Typhoon Tino submerged large parts of the Visayas and nearby regions, claiming at least 232 lives. Roads collapsed, riverbanks burst, and barangays disappeared under water. These were not unavoidable tragedies. These were the consequences of flood systems that were promised but never truly built to safeguard communities.

Then came Super Typhoon Uwan (international name Fung-wong), which inundated Luzon and nearby regions. The Office of Civil Defense reported 25 deaths and over 2.4 million people displaced. Chest-deep waters swallowed homes and highways—not because the typhoon defied expectations, but because the infrastructure meant to protect our people crumbled at the exact moment it was needed most.

Despite these repeated disasters, the nation remains stuck in a cycle of denial and delay. Government agencies insist that improvements are underway, yet every monsoon proves otherwise. Communities are left waiting—waiting for real flood control, waiting for leaders to take responsibility, waiting for promises to translate into protection. In this waiting, Filipinos have learned an uncomfortable truth: the danger is not just in the storms, but in the silence and inaction that follow them.

And yet, even after this devastation, development choices continue to prioritize reclamation and commercial expansion over environmental survival. Wetlands that once served as natural flood absorbers are being buried under concrete. Rivers are being constricted in the name of "progress." When the land loses its ability to breathe, it floods—and ordinary Filipinos pay the price.

> As I see it, the crisis is no longer just environmental or political—it is moral. As one could say, "When leaders treat public safety like an optional expense, they are not just mismanaging funds; they are gambling with people's lives."

This truth demands more than outrage—it demands accountability. Every loss incurred during these disasters is a reminder that corruption is not an abstract concept; it is a force that steals childhoods, destroys livelihoods, and erases entire communities. The country cannot continue normalizing incompetence as fate and negligence as destiny.

Filipinos are endlessly praised for their resilience, but resilience is not a solution when the suffering is manufactured. We cannot continue rebuilding what was destroyed not by nature alone, but by decisions made inside boardrooms and government halls. Flood control must stop being treated as a business venture and start being upheld as a duty to human life.

The storms will not stop. Climate change is real. But the drowning is preventable—if honesty replaces corruption, if accountability replaces excuses, and if leaders choose people over profit.

Until then, we will continue to bury our dead after every rainfall.

And the floodwaters will keep rising—not because of nature, but because greed has already dragged us below the surface.



art by MARY BEATRICE **SANTOS**

the northern avenews
Editorial Board
2025 -2026

JOHN JERICK R. LOGDAT
EDITOR IN CHIEF, GRAPHIC DESIGN AND LAYOUT EDITOR, PHOTOJOURNALIST, NEWS EDITOR, AND EDITORIAL EDITOR

ARYANNAH J. REGIO
ASSOCIATE EDITOR, FEATURE EDITOR, AND PHOTOJOURNALIST

VENICE ANGIELA R. GRIMALDO
MANAGING EDITOR & NEWS REPORTER

EUNICE R. ALMONTE
CIRCULATION MANAGER

RUTH ANNE E. VALDEVIEZO
NEWS EDITOR

KYLE GABRIELLE P. REGINIO
SPORTS EDITOR

MARY BEATRICE P. SANTOS
CARTOONIST

JUZTINE DAVE RICAFRANCA
CARTOONIST

JETHRO L. RICOHERMOSO
PHOTOJOURNALIST & SCI-TECH EDITOR

KAHLELE EPHRAIM V. PERILLA
BROADCASTING HEAD

PERRY ANGELO C. MANLAPAZ
ADVISER

JOMAR L. LINGA
ADVISER

ROWEL S. LARIRIT
PRINCIPAL II

DISCLAIMER

The viewpoints and opinions expressed by The Northern Avenews Editorial Board are solely those of the editorial team and do not necessarily reflect the official stance or views of the administration of Landy National High School. All content published by our writers represents their individual perspectives and is not intended to malign or discredit any religion, ethnic group, club, organization, company, individual, or any entity.

ALL RIGHTS RESERVED 2025

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission from the publisher and its staff.



thevigilanteye

Shadows in Disclosure

by RUTH ANNE **VALDEVIEZO**

The wealth of those who make the laws is finally laid bare, and the numbers are staggering. All 24 senators of the 20th Congress have disclosed their Statements of Assets, Liabilities, and Net Worth (SALN), revealing fortunes that range from Sen. Mark Villar's P1.26 billion to Sen. Francis Escudero's P18.8 million. These figures are more than mere digits; they are a mirror reflecting the extraordinary disparities in wealth among those entrusted with public service.

While transparency is a step in the right direction, it also raises hard questions. Luxury vehicles, some bulletproofed, and sprawling real estate holdings invite scrutiny, especially amid ongoing debates on corruption and accountability. The SALN is not merely a bureaucratic requirement; it is a tool for citizens to gauge whether leaders' wealth aligns with public service or personal gain.

"Transparency is meaningless without scrutiny," a principle that underscores the need for active citizen engagement and institutional oversight. Only by examining these numbers critically can we ensure that public office serves the people, not personal fortune.

The release of SALNs should be more than a formality; it must ignite accountability and vigilance—reminding both leaders and citizens that wealth on paper should never overshadow integrity in practice.

bythenumbers

15.5%

the proportion of Filipinos living below the national poverty line, highlighting persistent socio-economic challenges.

Source: *Asian Development bank 2025. Basic Statistics 2025.*

quillandchill

Reporting Beyond the Headlines

by ARYANNAH **REGIO**



Every campus has its voices—but not all voices are heard. As Schools Press Conference (SPC) season begins, young campus journalists step forward with pens, cameras, and microphones, ready to document, question, and inspire. To take part in the Schools Press Conferences (SPC) is more than joining a competition; it is embracing a commitment to truth, integrity, and the responsibility to inform. In a time when misinformation moves quicker than understanding, campus journalism becomes both a training ground and a shield for discernment.

Campus journalists witness the pulse of their schools: the moments of triumph, the silent frustrations, and the stories that deserve light but rarely receive it. They raise questions that unsettle complacency and highlight achievements that strengthen community pride. Their presence ensures transparency, reminding leaders and organizations that fairness is not optional—it is expected. Through every report, they shape a culture where accountability is not feared but valued.

But journalism is more than capturing events during competitions. The essence of a journalist lies not in the awards won or the recognition received, but in a mindset that values vigilance, curiosity, and courage. It is a commitment to presence—a willingness to notice what others overlook, to question what others accept, and to document what might otherwise fade into silence. True journalism thrives in the spaces where no spotlight shines, where stories unfold quietly, and where truth is waiting to be heard.

Every untold story, every overlooked event, every voice left unheard reminds us why presence matters more than recognition.

> **A journalist's eyes are always open, even when the stage is empty and the spotlight has moved on.**

This perspective reflects a reality often overlooked: journalism is not seasonal. It does not switch on only when SPC approaches, nor does it fade after the awarding ceremonies. True campus journalists continue to write, investigate, analyze, and inform long after the contest rooms grow quiet. Their role is continuous—because the world does not pause for the truth, and neither should they.

Still, the journey brings challenges. Deadlines tighten like knots around one's schedule, resources fall short, and not every story earns applause or approval. Sometimes the very act of asking a question can be misunderstood. Criticism comes easily, especially from those who prefer silence over scrutiny. Yet it is within these hardships that journalists grow. They learn to separate genuine feedback from noise, to defend accuracy over convenience, and to stay resilient even when others doubt their purpose.

Campus journalism molds courage. It teaches students to think critically, to listen more deeply, and to stand firm when truth is at stake. It shapes individuals who are not afraid to speak for those who cannot.

As SPC season unfolds, it becomes more than a competition; it becomes a reminder. A reminder that journalists are not made by medals but by moments—moments of honesty, persistence, and the willingness to seek the truth even when no one is watching. It is a call to every student: to observe, to question, and to engage with the world beyond the classroom walls.

So the question remains: Will you be the voice that echoes, challenges, and inspires—or the silence that disappears as events pass by?

The campus needs journalists who write for truth, not recognition, shaping stories today and leaders tomorrow.



rumorrollcall

Facing Our Flawed **Past**

by VENICE **GRIMALDO**

Jerrold Tarog's Quezon—the final chapter of TBA Studios' Bayaniverse—arrived in 2025 not just as a historical film, but as a challenge to how Filipinos understand leadership. With Jericho Rosales portraying Manuel L. Quezon in a performance praised as ambitious, egotistical, and magnetic, the film forces us to recognize a truth we rarely admit: our heroes are complicated, and our history is even more so.

Critics have celebrated this risk-taking. Fred Hawson gave the film a near-perfect score, calling Rosales' portrayal boldly human. Manila Bulletin's Philip Cu Unjieng said the film exposes why the Philippine political system remains broken—a lesson as relevant today as it was in Quezon's era. And perhaps the most provocative commentary came from Paul Emmanuel Enicola, who wrote that the film suggests corruption is not an exception but a national inheritance. That alone makes Quezon a far braver film than most historical dramas are willing to be.

But this critics also raises a difficult question:

Are we ready for a portrayal of Quezon that does not glorify him?

Clearly, not everyone is. Members of Quezon's own family have criticized the film's satirical tone. Enrique "Ricky" Avanceña accused the filmmakers of disrespecting his grandfather, while John Arcilla and Pinky Amador argued that the film's fictionalized elements could mislead viewers. Their concerns are valid—personal legacies are painful to see reshaped on-screen. But history, especially in film, has never belonged solely to families. It belongs to the public that continues to grapple with its consequences.

And this is where Quezon proves its real value. It does not exist to comfort us. It exists to provoke us—to question the systems we inherited, the leaders we idolized, and the narratives we accepted without scrutiny.

Nations mature only when they stop worshipping their heroes and start learning from their mistakes.

> "Quezon challenges us to see our history and leaders without rose-colored glasses. It does not glorify, but provokes, forcing Filipinos to confront the complexities of our heroes and the flaws of our political system."

gossipnospill



Nepotism in High Definition

by JOHN JERICK **LOGDAT**

While the Philippines floods, the children of its richest contractors jet across Europe, ride in private planes, and flaunt designer handbags. Taxpayers pay for infrastructure meant to protect lives—but instead, it bankrolls luxury lifestyles. This is not just unfair. It is a betrayal. Ordinary Filipinos endure storms, delays, and broken systems, while the privileged few inherit wealth, power, and impunity.

Claudine Co, daughter of Christopher Co of Hi-Tone Construction, and Jammy Cruz, daughter of Sto. Cristo Construction, have become the faces of this problem. Social media has labeled them "Disney Princesses" and "Promax Iskolar ng Bayan"—a cruel irony as they live lavishly, while their families' companies corner flood control contracts worth billions. Videos of private jets, European trips, and luxury cars reveal how privilege thrives, even when public funds are allegedly misused for "ghost" projects.

This is not just about taste or fashion—it is about accountability. President Marcos Jr. ordered lifestyle checks on government officials, yet oversight rarely reaches the children who enjoy the profits. Republic Act No. 6713 requires public servants to lead modest lives, but these families flaunt wealth, showing the law is meaningless when power protects them.

Filipino resilience is celebrated, but it should not be used to excuse corruption or inherited luxury. Public service should serve citizens, not create Instagram-ready lifestyles at the expense of ordinary lives. Until transparency and accountability are enforced, the floods will drown the many, while the children of the few live untouched.



art by MARY BEATRICE **SANTOS**

thenorthernavenews | Volume I - Issue 3 | Date
A Pioneering and Innovative School Publication of **Landy National High School**



reasonedword

Our **Neglected** Shield

by JETHRO **RICHERMOSO**

When Super Typhoon Uwan (Fung-wong) slammed into the Philippines in November 2025, social media was flooded with satellite images showing the storm's eye disappearing over the Sierra Madre mountain range. For a fleeting moment, it seemed as if nature itself had intervened to save Luzon.

According to PAGASA, friction and the rugged terrain of peaks up to 2,000 meters weakened Uwan after it made landfall, sparing much of the eastern provinces from the full force of the super typhoon. Yet admiration alone is not enough. The Sierra Madre is under assault from illegal logging, land conversion, and neglect—threats that could turn this natural shield into a vulnerable scar across Luzon.

It is dangerous to think the mountains act as a magic wall. Storm chaser Josh Morgerman clarifies that the Sierra Madre only weakens typhoons after they hit the east coast, leaving provinces like Cagayan, Isabela, Aurora, Quezon, Camarines Norte, and Catanduanes exposed to the initial onslaught. Every tree felled, every hectare stripped, every river polluted reduces their capacity to protect communities.

Protecting the Sierra Madre is no longer optional, it is a matter of survival. Reforestation, enforcement against illegal logging, and sustainable land use are not environmental luxuries—they are life-saving imperatives. The mountain range saved countless lives from Uwan, yet it cannot do so indefinitely if humans continue to dismantle it for short-term gain. The question is clear: will we act now to preserve this natural shield, or will greed and neglect leave the Philippines defenseless against the next super typhoon?

The Sierra Madre saved us once. It is high time we save it in return.

/bythe**numbers**

114.2M

the estimated total population of the Philippines as of 2024, reflecting continued demographic growth across the archipelago.

1.3%

the average yearly population growth rate influencing demands on housing, education, and healthcare nationwide.

381

persons per km² — the Philippines' population density, reflecting the pressure on land and urban spaces.

Source: *Asian Development bank 2025. Basic Statistics 2025.*

voiceof**reason**

RESILIENT BY NECESSITY

by JOHN JERICK **LOGDAT**

Every time a super typhoon sweeps across the Philippines, headlines celebrate the "resiliency" of the Filipino people. From Typhoon Tino that submerged large parts of the Visayas, claiming 232 lives, to Super Typhoon Uwan, which displaced over 2.4 million individuals, the narrative is the same: Filipinos endure, adapt, rebuild. But while we admire this courage, it is time to ask a hard question—are we celebrating true resilience, or are we applauding endurance in the face of systemic failure?

Filipino resiliency has become a social mask for incompetence. Recurrent flooding, inadequate evacuation centers, delayed relief operations, and poorly maintained infrastructure continue to cost lives and livelihoods. In the recent Uwan disaster, millions were displaced despite early warnings and available weather forecasts. The Philippines spends billions on disaster management, yet evacuation and relief logistics repeatedly falter. Citizens adapt because the system often fails them, not because the system empowers them. Resiliency should be a choice, not a survival tactic.

This heroic image of the Filipino spirit is, in part, manufactured by necessity. Communities improvise makeshift shelters, locals organize food distribution, and neighbors rescue one another—not because the government has a flawless plan, but because it does not. The real tragedy is that this celebrated "resiliency" allows authorities to dodge accountability. Every successful self-rescue story is a testament to human courage, but also a silent indictment of governance. If infrastructure and policy were proactive rather than reactive, fewer lives would be at risk, and resilience would be a bonus, not a lifeline.





art by MARY BEATRICE **SANTOS**

lensof**logic**

Numbers Don't Feast

by JOHN JERICK **LOGDAT**



When the Department of Trade and Industry (DTI) Secretary Cristina Roque declared on November 28, 2025 that ₱500 is enough for a simple Noche Buena for a family of four, the statement quickly ignited public backlash. Anchored on the DTI's Noche Buena price guide, the assertion was meant to reassure Filipinos that Christmas can still be celebrated meaningfully without extravagance.

"Pwede siya talaga," Roque said, emphasizing moderation and simplicity over excess. On paper, the math may add up. In real life, however, the issue is far more complex—and far more telling of the widening gap between policy assumptions and everyday Filipino experience.

The DTI price guide lists the lowest possible prices of selected food items, assuming consumers can access them all at once, in the same place, and at the suggested retail price. This assumption ignores the lived realities of many Filipino families: rising transportation costs, limited access to cheaper markets, price fluctuations in local sari-sari stores, and the fact that many households already stretch their budgets just to afford daily meals. For families earning minimum wage or relying on informal work, ₱500 is not a festive allowance—it is already earmarked for rice, utilities, or debt payments.

More importantly, Noche Buena is not merely about food quantity or price tags. It carries deep cultural and emotional weight. For Filipinos, the Christmas Eve meal is a rare moment of abundance after a year of sacrifice—a symbolic pause where families try, even briefly, to escape scarcity. Telling people that ₱500 should be "enough" risks sounding dismissive of this cultural context, as if public frustration stems from extravagance rather than from long-standing economic strain.

The controversy over the ₱500 Noche Buena is not really about Christmas dinner. It is about affordability, trust, and whether public officials truly understand how ordinary Filipinos live. Until policies and public statements are grounded not only in numbers but also in compassion, similar remarks will continue to ring hollow—especially during a season meant to remind us of shared humanity and hope.

LETTER

thenorthernavenews | Vloume I - Issue 3 | Date
A Pioneering and Innovative School Publication of **Landy National High School**

True resiliency requires systems that work, not just people who endure. It requires flood control projects that function, evacuation protocols that are enforced, and climate adaptation measures that anticipate—not react to—disasters. Applauding Filipinos for "bouncing back" should not substitute for demanding competence from those tasked to protect them. Heroism should never be a substitute for accountability.

The Filipino spirit is unbreakable—but it should not have to be. We must recognize courage, yes—but also demand a system worthy of it. Our communities deserve flood control projects built on integrity, not shortcuts; public funds spent on protection, not pocketed through corruption; and leaders who prioritize preparedness over press releases.

> "We cannot keep calling it resiliency when what we ask our people to endure is the result of someone else's negligence."

Until then, every storm will reveal the uncomfortable truth: our resiliency is too often a shield for the incompetence we refuse to confront. It becomes a convenient narrative, one that celebrates endurance while excusing failure, and romanticizes hardship instead of addressing its root causes. And unless systemic change takes root, we will continue praising survival instead of preventing suffering, applauding those who endure loss while institutions remain unaccountable. This cycle normalizes crisis as routine and tragedy as inevitable, a pattern that must finally come to an end, not with applause, but with action.



art by MARY BEATRICE **SANTOS**

R TO THE EDITOR

Message

Inbox

Dear Editor,

As someone who loves reading during free time, I hope our school could add more quiet reading spaces or benches around the campus. More spaces would encourage students to spend their free time productively. I hope this suggestion reaches the right offices.

Dear Editor,

Many students in our building feel uncomfortable during afternoon classes because the rooms get too warm. Some electric fans are also not working properly. I hope the school can check and repair the ventilation so we can focus better during lessons. Thank you for hearing our concerns.

Dear Editor,

I would like to suggest increasing the number of campus cleanliness drives. Clean surroundings help students feel more motivated and safe. Encouraging clubs and organizations to join regular clean-up activities would make a big difference in keeping our school environment pleasant.

Dear Editor,

I would like to raise a general concern about the condition of our school comfort rooms. Some comfort rooms have a strong odor and are not cleaned regularly during busy hours. It becomes uncomfortable for students, especially during lunch breaks. I hope the school can implement more frequent cleaning schedules to maintain sanitation.



mind**mischief**

Universe, what's **cooking** there?

Scandal simmers as Miss Universe 2025 turns from a celebration of beauty into a recipe of suspicion. Secret votes, judge resignations, and whispered conflicts of interest leave audiences wondering: was the crown earned—or cooked?

The allegations are simply too serious to ignore. Former judge Omar Harfouch did not whisper concerns, he sounded an alarm. Calling the newly crowned winner a "fake Miss Universe," revealing that he predicted the result 24 hours before the show aired, and claiming the owner himself urged him to vote "for business," all paint a damning picture. Add to that a secret pre-selection vote controlled by individuals who were not even official judges, and suddenly the competition no longer looks like a pageant—it looks like a boardroom deal.

But perhaps the most telling warning comes from someone who has lived the Miss Universe experience from the inside: former titleholder Natalie Glebova. Her statement that she will "never judge again" because no auditors appeared onstage this year is not a small complaint. It is a declaration that the system she once trusted is no longer recognizable. When even the basics—sealed results, independent auditing—quietly vanish, how can the public believe anything?

Here is the uncomfortable opinion the organization must face: Miss Universe cannot demand respect while operating in the shadows.

For years, the pageant has preached empowerment, diversity, and fairness.

If the Miss Universe Organization wants to salvage what's left of its credibility, transparency must return—not as a promise, but as a requirement. Restore independent auditing. Publish score sheets. Protect judges from external pressure. And most importantly, stop treating the audience like they won't notice.

Because they already have.

Until then, the crown may still glitter—but the trust it rests on is cracked beyond denial.



art by MARY BEATRICE **SANTOS**

the**vigilant**eye

Unlock Your **Body Rules**



by EUNICE **ALMONTE**

Toni Fowler has trended countless times before, but this time, the buzz surrounding her is anchored on something far more urgent than entertainment. On October 31, she released her newest single, "Pribado," a bold collaboration with Vince Flores and Papi Galang. Unlike her previous releases that stirred controversy over adult themes, this track takes a courageous and unexpectedly educational turn: teaching children about the importance of protecting their private parts and asserting consent.

"Ito ay pribado, sensitibong usapan, dapat seryosohin at hindi dapat pagtawanan," the opening line declares. The song empowers children to speak up, refuse unwanted contact, and report inappropriate behavior, repeating warnings like, "Mali 'yan, mali 'yan. 'Wag mo akong hawakan... Isusumbong kita kay nanay at kay tatay." Fowler even addresses areas many parents avoid, such as the buttocks, reinforcing boundaries children must understand.

The timing could not be more crucial. In 2023, the Philippine National Police recorded 18,756 cases of violence against children, including abuse, rape, and acts of lasciviousness. These numbers reflect a harsh reality: many children are violated because they were not taught to assert their rights.

This broader push for education aligns with national policy efforts. Also in 2023, Senator Risa Hontiveros authored the Sex Education Bill, or the Prevention of Adolescent Pregnancy Act of 1979, which introduces Comprehensive Sexuality Education (CSE) in schools. The bill underscores a growing recognition that children and adolescents need factual, age-appropriate information to protect themselves—something long delayed by cultural discomfort.

Of course, some viewers have laughed or poked fun at the *Pribado* music video. But Fowler addressed this directly: while the visuals may appear playful, the message is "no joke." This project was crafted to raise awareness about a reality too many Filipino children experience in silence. And ironically, the very discomfort some adults feel about the song proves why it is needed in the first place.

Because in a conservative society like ours, silence has long been mistaken for protection.

For generations, Filipino parents have emphasized obedience over autonomy, respect over boundaries, and modesty over open conversation. But silence has never protected children—it has protected abusers.

Toni Fowler may be an unconventional messenger, but that is precisely why this song cuts through. Awareness does not always come dressed in formal advocacy. Sometimes, it arrives as a pop track—loud, catchy, and unafraid of uncomfortable truths.

Pribado pushes the Philippines to confront the conversations it has long avoided. And if a single song can encourage parents, teachers, and communities to talk openly about consent, safety, and bodily autonomy, then perhaps this is the most important track Toni Fowler has ever released.

> "True relevance is not just being talked about, but teaching what must be heard."



thenorthernavenews | Volume I - Issue 3 | Date
A Pioneering and Innovative School Publication of **Landy National High School**



She drifts upon the water, flowers tangled in her hair, eyes half-closed—a fragile figure claimed by grief and madness. Ophelia is more than a character confined to the pages of a play; she is the embodiment of heartbreak, vulnerability, and the crushing weight of a world that offers no safe harbor. For more than four centuries, Shakespeare's tragic heroine from Hamlet has haunted the imagination, her story echoing through literature, art, and now music—as a timeless symbol of beauty suspended between love and despair.

Manipulated, betrayed, and ultimately undone by sorrow, Ophelia's fate is both intimate and universal. She represents the silent struggles of those trapped by duty, expectation, and unrequited love. Her descent into madness and tragic death by drowning is not just a tale of one young woman—it is a mirror held up to the fragility of the human spirit, a story of how innocence and sensitivity can be both cherished and destroyed.

Ophelia's tragedy is multilayered. She embodies the tension between duty and desire, obedience and self-expression, love and despair. In her madness, she sings cryptic songs, revealing the depth of her inner turmoil. Her death, recounted by Queen Gertrude, is both horrific and hauntingly poetic: floating in the water, surrounded by flowers, she becomes a delicate image of beauty intertwined with sorrow.

Perhaps the most iconic visual representation of her fate is John Everett Millais' 1852 painting, Ophelia. The Pre-Raphaelite masterpiece depicts her lying in a stream, her body partly submerged, surrounded by vividly painted flora. Her expression is serene, almost dreamlike, yet the water quietly claims her. Millais immortalized Ophelia as both fragile and transcendent, a figure of human suffering and poetic beauty.

Ophelia's story continues to resonate in modern culture, reflected in songs, films, and literature that explore grief, vulnerability, and resilience. Taylor Swift's 2025 song "The Fate of Ophelia" offers a contemporary echo of this timeless figure. In lyrics that mirror Ophelia's struggle, Swift sings:

> "Late one night, You dug me out of my grave and saved my heart from the **fate of Ophelia**."

These lines transform Ophelia's traditional image of helplessness into a metaphor for survival and redemption. The song captures the essence of Ophelia's fragility while reimagining it as a story of emotional rescue, showing how the tragic figure continues to inspire reflection on human vulnerability and resilience.

Ophelia endures because she embodies the universal struggle of innocence confronted by a harsh world. She is more than a tragic figure; she is a mirror reflecting humanity's fragility and the devastating weight of unrequited love.

Ophelia continues to haunt and inspire. Her story reminds us that beauty and tragedy often coexist, and that even in sorrow, there is an enduring resonance—a voice that echoes across time.

BRE ED IN THE NORTH

Cup of Joe's Rise in the OPM Scene

From the cool, pine-scented air of Baguio City rises a sound that feels both familiar and quietly daring. Cup of Joe, a young pop/alternative band formed in November 2018, has steadily brewed a body of work that now stands among the most compelling in today's OPM landscape. What began as a spontaneous name suggestion for a school event has evolved into a banner for music that is relaxed yet resonant—songs that feel like conversations shared over coffee, unhurried and honest.

The band is composed of Gian Bernardino and Raphaell Ridao on vocals, Gabriel Fernandez on lead guitar, CJ Fernandez on rhythm guitar, and Xen Gareza on keys. Together, they create a sonic blend that is emotional without being overwrought, youthful without being fleeting. Their discography traces a journey of growth, from early releases like Nag-iisang Muli and Sagada to the more expansive and confident works that would later define their rise.

Cup of Joe's breakthrough came with songs that struck a delicate balance between intimacy and universality. Tracks such as "Tingin," their collaboration with Janine Teñoso, and "Multo" did more than top charts and rack up millions of streams—they gave voice to feelings many listeners struggled to name. "Multo," in particular, marked a historic moment, becoming the first Filipino song to enter the Billboard Global 200 and holding the top spot on the Billboard Philippines Hot 100 for ten consecutive weeks. These milestones cemented the band's place not just as chart-toppers, but as cultural touchstones for a new generation of OPM listeners.

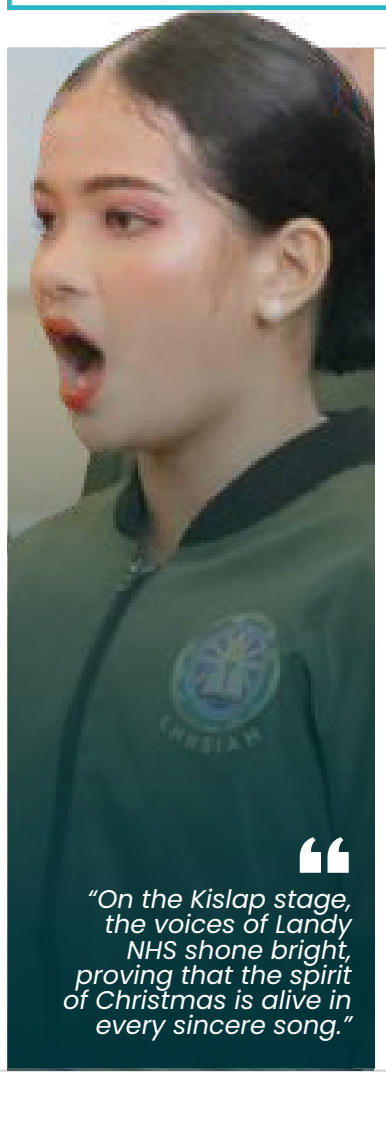
In 2025, Cup of Joe released their debut album Silakbo, a title that translates to "outburst" yet carries a controlled intensity. The album reflects a band unafraid to experiment—melding acoustic pop, retro textures, alternative pop, and hints of neo-folk—while staying true to the emotional core that defines their music. This era culminated in SILAKBO: The Concert Tour and multiple sold-out shows at the Smart Araneta Coliseum, including the three-night STARDUST run, affirming their transition from rising act to full-fledged live performers capable of filling the country's biggest venues.

As their music continues to travel far beyond the mountains of the North, Cup of Joe remains a warm, steady presence in OPM: familiar, comforting, and quietly unforgettable.



400M

The song surpassed 400 million streams on Spotify, a record for the **fastest OPM track** to reach this milestone, and only the **third** OPM song in history to cross the mark.



"On the Kislap stage, the voices of Landy NHS shone bright, proving that the spirit of Christmas is alive in every sincere song."

VOICES OF LIGHT NOTES OF PRIDE

by ARYANNAH **REGIO**

Under the glow of Christmas lights and the spirit of Kislap, the Municipality of Santa Cruz's annual Christmas activity, the Landy National High School (Landy NHS) Chorale Team turned harmony into triumph as they emerged 2nd Place in the Christmas Chorale Competition.

As the first notes rang through the venue, the Landy NHS Chorale captivated the audience with voices woven in balance and emotion. Their performance carried more than melody—it carried weeks of discipline, late rehearsals, and a shared devotion to musical excellence.

The Christmas Chorale Competition, a highlight of Santa Cruz's Kislap festivities, gathered talented choirs from different institutions, each bringing their own interpretation of the season's message.

Through their religious and liturgical piece, the timeless classic "Diwa ng Pasko" by Ramon Taples, arranged by the great National Artist for Music Maestro Lucio San Pedro, the chorale delivered a performance that was both reverent and resonant.

More than a trophy, the award symbolized the power of voices united in purpose. For Landy NHS, it was another proud milestone.

As Kislap lights up Santa Cruz this Christmas season, the harmonies of the Landy NHS Chorale linger on, echoing the true diwa ng Pasko long after the final note faded, and reminding the community that faith, discipline, and unity can turn simple voices into a powerful expression of hope.

CHAM
of the C

SOFRONIO VASQUEZ:
THE VOICE OF THE NATION

Sofronio Vasquez first captured hearts in the Philippines, but his rise on The Voice Season 26 brought him global recognition. Known for his soulful interpretations, he blends contemporary pop with traditional Filipino sounds, creating performances that are both emotional and culturally resonant.

Audiences have praised his ability to convey deep emotion, making each song feel personal and authentic. Beyond his voice, Sofronio's story of perseverance—from humble beginnings to international stages—serves as an inspiration to young Filipinos pursuing their dreams. In addition to performing, Sofronio has engaged in advocacy through music, supporting causes like mental health awareness and music education for underprivileged youth.

His artistry shows that talent can move beyond entertainment to impact communities. With each performance, Sofronio reminds the world that Filipino creativity is not just heard—it is felt, celebrated, and remembered. He embodies the Filipino spirit of resilience, passion, and global artistry.

KIRK BONDAD AND CARLOS YULO:
STRENGTH MEETS GRACE

Filipino excellence in 2025 is defined not only by individual talent but also by how that talent inspires and uplifts others. In sports and international pageantry, Kirk Bondad and Carlos Yulo exemplify how discipline, charisma, and advocacy can combine to make a global impact. Both have become symbols of Filipino resilience and achievement, showing that excellence comes from both heart and skill.

Kirk Bondad, Mister International 2025, exemplifies modern Filipino masculinity: confident, compassionate, and socially aware. He uses his platform to promote mental health and fitness, encouraging young men to embrace wellness and emotional intelligence alongside physical strength.

Carlos Yulo, the world-renowned gymnast and Olympic medalist, continues to redefine Filipino athleticism. At the 53rd FIG Artistic Gymnastics World Championships, he wowed audiences with routines that combined precision, power, and elegance. His achievements are the result of relentless discipline and an unyielding drive to excel.

Together, Kirk and Carlos show that

Filipino talent excels in diverse fields, from advocacy and poise to sports performance. Their accomplishments also highlight the importance of global representation.

By excelling on international stages, Kirk and Carlos elevate the Philippines' presence worldwide, demonstrating that Filipino talent can stand alongside the best in the world.

ALEXIE BROOKS, DIA MAT
QUEENS OF ADVOC

The Philippines is known for its t
to basketball, boxing, and beauty
pageants. Of these, pageantry has
become a cultural phenomenon that
captivates millions across the
nation. From local barangay
contests to international stages,
beauty pageants are celebrated
with unmatched passion. Filipina
pageants are known for showcasing
not only physical beauty but also
intelligence, advocacy, and talent.
The popularity and prestige of these
international competitions have
made pageantry a defining part of
Filipino culture, creating icons who
influence society far beyond the
stage.

Filipina women continue to shine on the global stage, combining beauty, intelligence, and advocacy in ways that transcend traditional pageantry.

In 2025, Alexie Brooks, Dia Mate and Abbie Mendiola exemplify how modern Filipinas are not just [illegible]—they are influencers, changemakers, and cultural ambassadors. Together, they demonstrate that pageantry can be a platform for social impact, not just poise, and a meaningful storytelling.

Alexie Brooks, crowned Miss Eco International 2025, has used her reign to champion environmental responsibility and sustainability. Beyond her stunning presence on stage, she has led initiatives promoting reforestation, waste reduction, and climate adaptation, proving that advocacy can be both elegant and consequential.

Her engagements are dedicated to leading an eco-friendly lifestyle and she's inspiring figure for both local and international audiences.

The Miss Eco International competition aims 2025, celebrates the Philippines' rich diverse heritage, bringing cultural diplomacy and historical

PIONS
Pearl



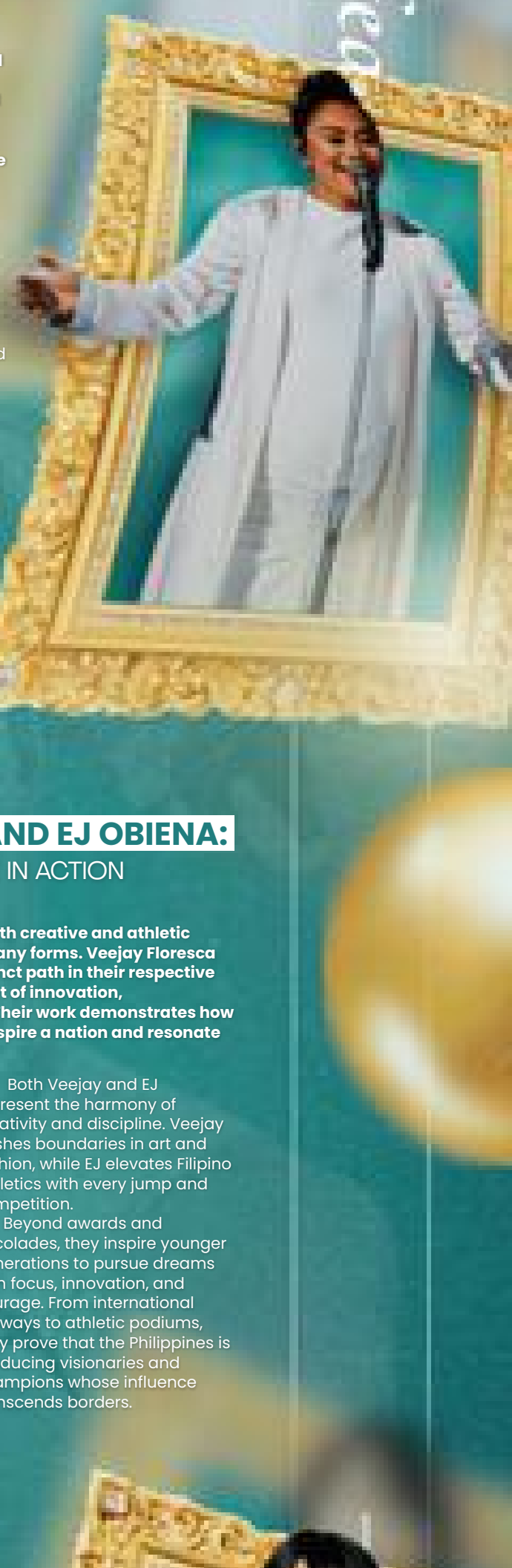
JESSICA SANCHEZ:
A TRIUMPHANT COMEBACK

Jessica Sanchez, American Idol alumna and America's Got Talent Season 20 standout, continues to captivate audiences with her vocal power and emotional storytelling. Her comeback highlights her resilience as an artist, proving that dedication and growth define a true performer.

Her style blends pop, R&B, and soul, with subtle Filipino musical influences, reflecting her roots while appealing to a global audience. Each performance is a statement of artistry and identity, earning standing ovations and critical acclaim.

Jessica also engages in advocacy work, using her platform to support music education and youth mentorship programs. Her impact extends beyond the stage, inspiring aspiring artists to pursue their craft passionately.

By continuously challenging herself and experimenting with new genres, Jessica demonstrates versatility and a fearless approach to artistry. She embodies the notion that Filipino talent can be both deeply personal and universally inspiring.



VEEJAY FLORESCA AND EJ OBIENA:
CREATIVITY AND DISCIPLINE IN ACTION

Filipinos continue to impress on both creative and athletic fronts, proving that excellence takes many forms. Veejay Floresca and EJ Obiena have each carved a distinct path in their respective fields, yet both embody the Filipino spirit of innovation, perseverance, and global recognition. Their work demonstrates how talent combined with dedication can inspire a nation and resonate internationally.

Veejay Floresca, celebrated designer on Project Runway Season 21, is redefining Filipino fashion on the international stage. His work combines bold, avant-garde designs with cultural storytelling, highlighting Filipino heritage and artistry in each collection.

EJ Obiena, the world-class pole vaulter and SEA Games gold medalist, continues to inspire through his precision, discipline, and determination. His performances at the Asian Athletics Championships 2025 have cemented him as one of the Philippines' most successful athletes.

Both Veejay and EJ represent the harmony of creativity and discipline. Veejay pushes boundaries in art and fashion, while EJ elevates Filipino athletics with every jump and competition.

Beyond awards and accolades, they inspire younger generations to pursue dreams with focus, innovation, and courage. From international runways to athletic podiums, they prove that the Philippines is producing visionaries and champions whose influence transcends borders.



E, AND AHTISA MANALO:
UCY AND CULTURE

awareness to the forefront of her pageantry. Through her appearances, speeches, and cultural presentations, she highlights the deep-rooted connections between the Philippines and the broader world, showcasing national pride and elegance in every engagement.

Ahtisa Manalo, 3rd runner-up in Miss Universe 2025, embodies grace, intelligence, and purpose. Known for her advocacy in education and social causes, she represents a modern Filipina who combines intellect, poise, and a drive to make a difference. Her achievements reflect the evolving role of pageant queens as not only ambassadors of beauty but also of influence and leadership.

Together, these queens highlight the diverse ways Filipina women can make an impact on the world stage. They show that success is measured not only in crowns and titles but also in resilience and the ability to inspire positive change. Their combined presence strengthens the Philippines' legacy in international pageantry and serves as a beacon for the next generation of Filipinas ready to shine beyond borders.

Being Filipina means carrying the nation's spirit, values, and pride wherever you go. It is about combining talent, perseverance, and heart to make a meaningful impact while inspiring others to dream bigger. From culture and arts to sports and advocacy, Filipinas have proven time and again that excellence knows no borders. Representing the Philippines internationally is not just about achievement—it is about showcasing resilience, creativity, and the unique identity that defines the nation, leaving a lasting mark on the world.

CROWN OF COSMO

by ARYANNAH **REGIO**

The lights sparkled, cameras flashed, and the world watched as the Philippines shone on the Miss Cosmo 2025 stage in Vietnam. On Saturday night, Chelsea Fernandez captured hearts and attention as first runner-up, proving that pageantry is not just about crowns and trophies, but about purpose, advocacy, and a vision for change.

A Journey Painted with Grit and Grace

Born and raised in the Philippines, Chelsea Fernandez's journey has always been guided by a sense of responsibility and service. Even before stepping into the limelight, she carried a strong desire to make a difference.

Chelsea's early ventures in pageantry, including her stint at Miss Universe Philippines 2025, sharpened her skills, teaching her resilience and strategic thinking while deepening her understanding of advocacy work.

> *"I realized that a crown is not just a symbol of beauty, but a platform to empower others and drive meaningful change."*

Advocacy at the Forefront

At Miss Cosmo 2025, Chelsea seized the opportunity to champion a cause close to her heart: environmental protection. During the question-and-answer segment, she addressed societal mindsets about women, emphasizing empowerment and leadership:

> *"It would be 'women are not leaders.' That is not true. We women have an innate value of leadership. However, sometimes we are not given opportunities, spaces, and chances.*

More Than a Crown

Even before the coronation night, Chelsea had already garnered multiple accolades, winning Eventista's Iconic Swimsuit Award, the Parade of Beauty Award, and the Cosmo People's Choice Award with 28.3 million online votes.

From her early pageant days in the Philippines to the global stage of Miss Cosmo 2025, Chelsea's story is one of determination, purpose, and heart. She may not have claimed the crown, but she has unquestionably earned a platform that shines far brighter: a platform for change.

GLITZ AND GRAND

by ARYANNAH **REGIO**

The spotlight shone brightly, the music swelled, and the world watched as the Philippines claimed its place on the Miss Grand International stage once more. On Saturday night, October 18, 2025, Emma Mary Tiglao of Pampanga made history, securing a back-to-back win for the country after CJ Opiaza's triumph in 2024. But behind the crown, the sashes, and the glittering trophies lies a story of resilience, purpose, and a heart that beats for others.

A Kapampangan Star was Born

Born on the Feast of the Immaculate Conception, December 8, 1994, in Mabalacat, Pampanga, Emma Mary Francisco Tiglao was destined for more than ordinary days. The youngest of four, affectionately dubbed the "Apat na Maria," she grew up in a household where gratitude and contentment were as important as love and guidance. Her parents, Tatang Antonio and Mommy Isabelita, instilled lessons that would shape her character: joy is found not in what is given, but in what is earned and cherished.

> *"Lumaki po ako sa family, sa environment na hindi lahat ng gusto ko, lahat ng luho ibibigay. Du'n ko natutunan na kung ano 'yung nasa harap mo, maging masaya ka, maging grateful ka."*

Beyond the Glamor: A Queen with a Cause

Emma's beauty extends far beyond the surface. Her reign is anchored in advocacy, particularly for Persons Deprived of Liberties (PDLs). Through outreach programs and donation drives, she has illuminated the often-forgotten lives behind prison walls, showing that dignity, compassion, and second chances can exist even in society's most overlooked corners.

As a journalist, she wields her voice as a tool for justice, speaking against corruption, violence, and the dangers faced by those who seek truth. During her coronation, she boldly addressed these issues:

> *"As a journalist, my heart aches for my country drowned by corruption, for the lives lost to earthquakes and typhoons, and for journalists like Mariam Abu Daqqa from Gaza, who died for truth."*

A Crown Woven with Purpose

From the humble streets of Pampanga to the global spotlight of Miss Grand International, Emma's story is a testament that grit, heart, and empathy can carry one not just to the crown, but to the hearts of many. As she begins her reign, the world watches a queen who does not merely shine — she illuminates.

/sci-tech.news

Young Researchers triumph in 2025 Division Science and Technology Fair

by JOHN JERICK **LOGDAT**

Rising with brilliance, Landy National High School proudly congratulates its outstanding learners and coaches for their remarkable achievements in the 2025 Division Science and Technology Fair. The event showcased exceptional talent, creativity, and innovation across Robotics and Intelligent Machines, Physical Science, Life Science, Innovation Expo, and Scimatics categories.

In the Robotics and Intelligent Machines individual category, Angelyn R. Ceribo emerged as Champion and Best Presenter under the guidance of Coach Perry Angelo C. Manlapaz, while Casey Gabrielle Peñaflor claimed 2nd Runner-Up with coaching from Roel M. Rey. The team category saw Aryannah J. Regio, Rachelle Lei A. Madrona, and Bettina Jones A. Rolluqui securing Champion and Best Presenter honors, coached by Perry Angelo C. Manlapaz and Jomar L. Linga. Dale Alfred P. Gonzales, Jethro L. Ricohermoso, and Renzo P. Perfinan achieved 2nd Runner-Up under the same mentorship.

In Physical Science, the team of Georgia Lei P. Patalinjug, Andrei Gabriel Liam P. Revilloza, and Von Kleid B. Cabrera earned the championship, guided by Perry Angelo C. Manlapaz and Mailyn M. Go. Janeena Marie Marquez, Lady Jamaica Pastrana, and Rholf Simmon Peregrin placed 4th Runner-Up under Coaches Evangeline R. Sena and Paolo Andrew M. Pantoja. Individually, Niño Angelo R. Peñaflor and Vergel Miguel Rafuson earned 2nd and 4th Runner-Up distinctions.

For Life Science, John Jerick R. Logdat and Ruth Anne E. Valdeviezo placed 3rd and 4th Runner-Up individually, with coaching support from Perry Angelo C. Manlapaz and Mailyn M. Go. The team of Dyanna R. Rioveros, Leigh Ann D. Robles, and Shadid Paul J. Arellano earned 4th Runner-Up and Best Presenter recognition under Coaches Perry Angelo C. Manlapaz and Lea L. Malapad.

In the Innovation Expo, individual awards went to Ervin James P. Regio (1st Runner-Up) and Jaycel Ann R. Paez (2nd Runner-Up), while the team of Venice Angiela R. Grimaldo, Ninia Ricci Z. Naya, and Krisalyn Allysa P. Quindoza secured 4th Runner-Up honors.

Finally, in Scimatics, Emmanuel P. Espinosa, Rian Joy Q. Regalado, and Gabrielle Yuan A. Mabansag achieved 3rd Runner-Up with coaching from Jennefer M. Luisaga.

The accomplishments of these learners reflect their hard work, dedication, and passion for science and technology, while the guidance of their mentors has proven instrumental in nurturing excellence and innovation among the next generation of Filipino researchers.

bythe**numbers**

13 MEDALS



is the total number of garnered medals of Landy NHS Researchers on DSTF 2025, including 7 Golds, 4 Silvers, and 2 Bronzes.

RUMBLING THROUGH THE ARCHIPELAGO

by JETHRO **RICOHERMOSO**

The Philippines, cradled along the restless Pacific Ring of Fire, lives under the constant tension of shifting tectonic plates. Beneath its islands, faults silently store energy, waiting for the moment to unleash nature's immense power. From the bustling streets of Metro Manila to the serene shores of Cebu and the rugged mountains of Mindanao, the ground itself reminds Filipinos that earthquakes are not just natural events—they are forces that can reshape lives in seconds. Recent tremors in the Visayas and Mindanao, coupled with the looming threat of the so-called "Big One", serve as urgent reminders that disaster preparedness is essential.

In Luzon, the Philippine Fault Zone and the West Valley Fault run like hidden scars across the land, holding the potential for a massive earthquake. Scientists warn that the "Big One", a predicted magnitude 7.2 to 7.6 earthquake along the West Valley Fault, could devastate Metro Manila and surrounding provinces if it occurs. Historical events, like the 1990 Luzon earthquake, have already shown how destructive strong quakes can be—flattening buildings, disrupting infrastructure, and reshaping landscapes. The specter of the Big One adds urgency to retrofitting buildings, strengthening emergency response systems, and educating communities about survival strategies.

Meanwhile, the Visayas recently felt the earth's fury when Bogo City, Cebu, was struck by a magnitude 6.9 earthquake on September 30, 2025. Homes shook, older structures were damaged, and localized landslides occurred, leaving residents shaken both physically and emotionally. Although not as catastrophic as the Big One could be, this tremor illustrated that even regions considered moderately active are at risk and must maintain vigilance.

Barely two weeks later, Mindanao endured a more powerful jolt. On October 10, 2025, a magnitude 7.4 earthquake hit Davao Oriental, causing landslides, damaging roads and bridges, and prompting coastal communities to prepare for possible tsunamis.

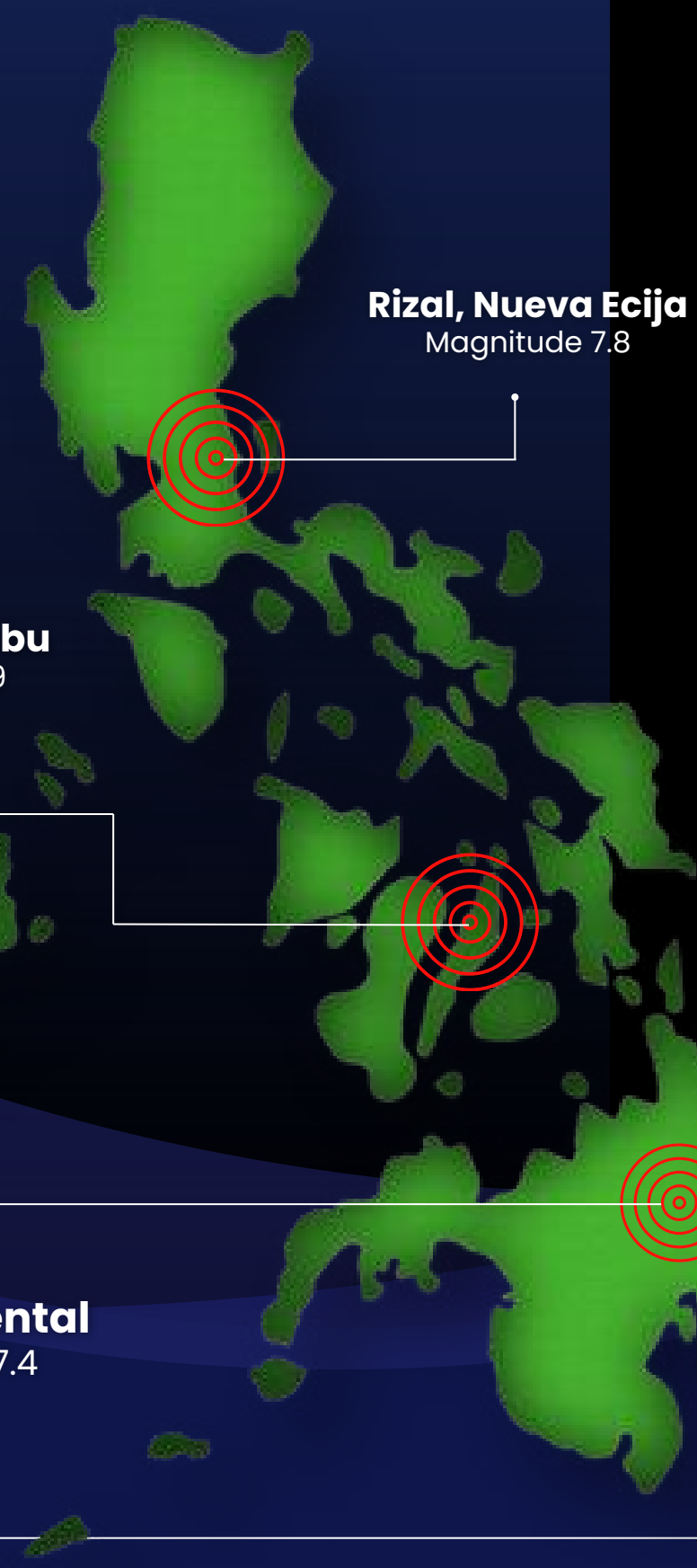
Mindanao's complex fault systems, including the Eastern Mindanao and Cotabato faults, remind residents that strong earthquakes can strike without warning, amplifying the need for real-time monitoring and disaster preparedness.

The science behind these events is clear: earthquakes occur when stress along faults exceeds the strength of surrounding rocks, releasing energy as seismic waves. Magnitudes like 6.9 and 7.4 can inflict serious damage in seconds, but the potential Big One could be exponentially more destructive, affecting millions of people in Luzon's urban centers. Organizations like the Philippine Institute of Volcanology and Seismology (PHIVOLCS) constantly monitor seismic activity using advanced instruments, providing early warnings that save lives.

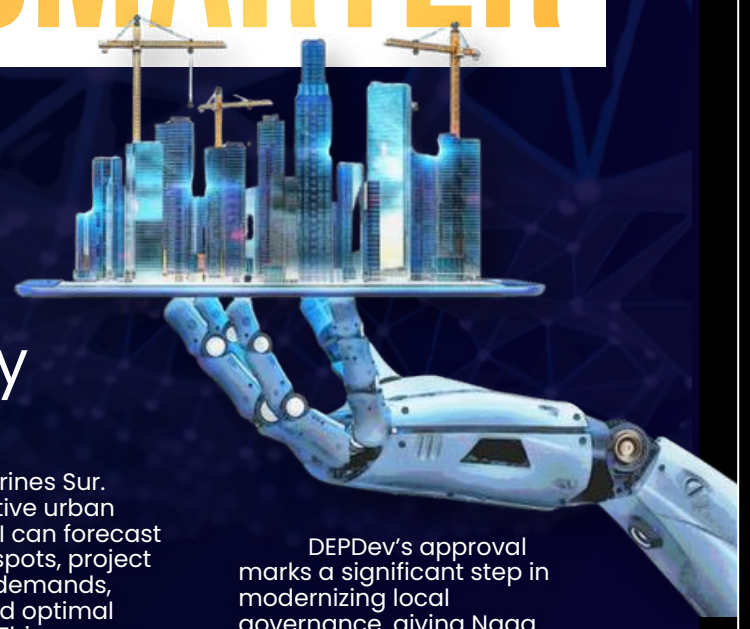
> **"No one can predict when the earth will tremble; what we can control is how ready we are when it happens.**

Preparedness is more than a government mandate—it is a shared responsibility. Residents must retrofit buildings, practice earthquake drills, and understand safety protocols like "duck, cover, and hold." Communities that combine education, resilient infrastructure, and emergency planning are better equipped to face both everyday tremors and catastrophic events like the Big One.

The recent 2025 earthquakes, alongside the looming Big One, remind the nation that the ground beneath its feet is alive and powerful. Vigilance and community action together transform fear into resilience. In a land forged by fire and movement, understanding earthquakes is not just knowledge—it is survival.



MAPPING SMARTER FUTURES



Launch of AI City Planner in Naga City

by JETHRO **RICOHERMOSO**

Naga City is stepping into a new era of digital governance as it becomes the first city in the Philippines to adopt an Artificial Intelligence (AI) City Planner, a major milestone made possible through a ₱6.7-million grant approved by the Department of Economy, Planning, and Development (DEPDev). The initiative, announced by Mayor and former Vice President Leni Robredo, positions Naga as a national leader in smart, data-driven urban development.

Robredo shared in a public post that the AI City Planner aligns with the city's broader vision of building an "Open, Digital, and Participatory Naga by 2028." With the system in place, Naga aims to elevate its transport and land-use planning through a centralized platform that gathers maps, project information, and development data, streamlining tasks that traditionally take days or even weeks for local offices to process.

At its core, the AI City Planner works as an intelligent urban-development assistant capable of analyzing traffic flow, identifying hazards in proposed development sites, and tracking delays in ongoing projects. These features allow planners to visualize scenarios, test solutions, and make informed decisions much faster. Instead of relying solely on manual data gathering, the system instantly generates simulations and predictions that guide long-term planning.

The technology's advantage is especially crucial for Naga City, a rapidly developing urban center in Camarines Sur. Through predictive urban modeling, the AI can forecast congestion hotspots, project future housing demands, and recommend optimal zoning layouts. This ensures that the city grows in a smart, sustainable, and organized manner. In disaster-prone regions like Bicol, the system's hazard analysis tools also contribute to climate-resilient planning, helping the city identify vulnerable areas and design safer infrastructure.

Beyond infrastructure, the AI City Planner is expected to enhance economic planning as well. By consolidating investment maps, feasibility studies, and development trends, local officials can better identify growth corridors and investment-ready zones. This allows the city to attract businesses more strategically while balancing environmental protection and community welfare. Experts believe that such technology-enabled planning will support job creation and strengthen the city's long-term competitiveness.

Apart from efficiency, transparency is another major benefit. With an AI-supported platform, citizens can eventually access plans, maps, and proposals more freely, strengthening participatory governance and allowing Nagueños to engage in planning processes like never before. Community consultations, stakeholder workshops, and public decision-making may soon become more inclusive, with data visualizations that ordinary citizens can easily understand. As Robredo emphasized, the goal is people-centric planning, where technology amplifies community voices rather than replacing them.

DEPDev's approval marks a significant step in modernizing local governance, giving Naga access to cutting-edge tools that boost accountability and streamline bureaucratic processes. Robredo expressed her gratitude to Dr. Syrus Gomari, who assisted in the proposal, and to DEPDev for supporting the pioneering project. She also highlighted that innovation is not just a matter of adopting new tools but building a governance culture that embraces openness and continuous learning.

The project also signals a broader shift in how Philippine local governments might approach development in the coming years. As more cities grapple with rapid urbanization, climate threats, and complex public-service demands, Naga's experience could serve as a blueprint for responsible AI integration. If successful, the model may inspire national adoption, turning smart planning from a novelty into a norm.

By integrating artificial intelligence into its planning ecosystem, Naga City is setting a national precedent. As the first in the Philippines to utilize an AI City Planner, Naga becomes a model for how mid-sized cities can harness technology to create safer roads, smarter land use, and a more transparent government. With its eyes set on 2028, Naga is proving that the future of city planning has already begun. Its bold steps signal a future where technology and community work hand in hand to shape more livable cities. It serves as a powerful reminder that innovation, when driven by purpose, can transform not just a city, but the lives of the people who call it home.

Shifting Tides of Identity

by JETHRO **RICOHERMOSO**

Beneath the shimmering surface of tropical reefs, clownfish dart among anemone tentacles, their bright orange-and-white stripes flashing like living lanterns. Beyond their cinematic fame in Finding Nemo, these small, colorful fish hold one of the ocean's most fascinating secrets: their sex is not fixed. In fact, clownfish are nature's gender acrobats.

Clownfish are sequential hermaphrodites, meaning they can change sex during their lifetime—a remarkable adaptation in the animal kingdom. Every clownfish is born male, but in a group, only the dominant individual becomes female. The rest remain male, waiting for the hierarchy to shift. If the reigning female dies or is removed, the largest male undergoes a biological transformation, assuming her role as the new female leader of the group. This process involves profound changes in anatomy, physiology, and hormone levels, transforming reproductive organs and secondary sexual characteristics.

This fluidity of sex has evolved as a survival strategy. Living in small groups among the protective arms of anemones, clownfish maximize reproductive success and maintain social stability. By ensuring that there is always one dominant female and a hierarchy of males ready to step up, clownfish can respond dynamically to environmental challenges and mortality within the group. It's an elegant, self-regulating system that combines biology with social structure.

Scientists have long been intrigued by the molecular mechanisms behind this sex change. Studies reveal that hormones such as estrogen and androgens play critical roles, while genes regulating gonad development switch on and off in response to social cues. This makes clownfish an extraordinary model for understanding sexual plasticity, the phenomenon where an organism's sex can be altered by environmental or social factors. Insights from clownfish may even illuminate questions in developmental biology and endocrinology far beyond the reef.

Clownfish also challenge our human notions of rigid gender roles. In their world, leadership, mating, and survival are not dictated by birth sex but by adaptability, size, and social interaction. This fluidity highlights flexibility is often key to thriving in complex ecosystems.

In the striped bodies of these tiny fish, the rigid lines of sex and gender dissolve, revealing a dynamic dance of survival, adaptation, and life's incredible flexibility.

THREADS OF HOPE



by RUTH ANNE **VALDEVIEZO**

Plastic pollution has become one of the planet's most persistent environmental problems. Every year, the world produces an estimated 430 million tons of plastic, and more than two-thirds of it becomes waste within a short time. Around 19–23 million tons of this plastic leaks into lakes, rivers, and oceans annually, threatening ecosystems and human health.

Conventional plastics like polyethylene and polystyrene can linger for hundreds to thousands of years before breaking down. But nature, it seems, might already be developing a solution—through fungi.

Yes, the same organisms that decompose wood and organic matter may also have the ability to digest plastic. Certain fungal species such as the oyster mushroom (*Pleurotus ostreatus*), *Aspergillus tubingensis*, and marine fungi like *Zalerion maritimum* have demonstrated remarkable plastic-degrading abilities.

In laboratory studies, *Aspergillus tubingensis* was found to break down 43% of polyurethane in just six weeks under controlled conditions. The oyster mushroom, meanwhile, can colonize polyethylene surfaces, forming thread-like structures called mycelium that penetrate and weaken the plastic as enzymes chemically decompose it.

This process, known as *mycoremediation*, combines physical and biochemical action. Fungal hyphae infiltrate the plastic's surface, while enzymes such as laccases, peroxidases, and esterases break long polymer chains into smaller compounds that other microbes can further digest. Over time, these stubborn materials turn brittle, crack, and begin to disappear.

Although fungal degradation takes weeks or months instead of hours, researchers are optimistic. By tweaking environmental factors like humidity and temperature—or even genetically enhancing fungal enzymes—scientists hope to speed up the process.

Practical uses are already being explored. Scientists are experimenting with bioreactors that cultivate plastic-eating fungi to treat industrial waste. Others are studying how these fungi could be introduced into composting systems or polluted soils to help reduce microplastic buildup.

Unlike incineration or chemical recycling, fungal degradation doesn't produce toxic by-products or require massive energy input. It's a natural, low-cost, and sustainable alternative that aligns with the circular economy—where waste becomes a resource rather than a burden.

While plastic-eating fungi aren't yet ready to replace recycling plants, their discovery marks a new chapter in environmental science. As plastic production is projected to triple by 2060 if current trends continue, these humble organisms may hold the key to reversing one of humanity's most pressing ecological challenges.

Sometimes, the smallest creatures can spark the biggest change—and in the case of fungi, they might just help clean up the world. Their capabilities remind us that nature often provides solutions long before humans recognize them. With continued research and responsible innovation, fungal biodegradation could evolve from a scientific breakthrough into a global environmental strategy.

/nat.news

Justin Macario clinches PH's first SEA Games gold in men's freestyle poomsae

by KYLE GABRIELLE **REGINIO**



BANGKOK, Thailand – Justin Kobe Macario secured the Philippines' first gold medal in the 33rd Southeast Asian Games after dominating the men's individual freestyle poomsae event on Wednesday at the Fashion Island Shopping Mall in Bangkok.

Showcasing an electrifying routine filled with multiple flips and high-difficulty kicks, Macario earned 8.200 points to lead the field of seven competitors.

"Nagulat din po ako kanina na ako po yung unang gold ng Pilipinas. Sobrang saya po dahil isang karangalan po makauwi ng ginto for the country," he said in an interview with POC Media.

The 23-year-old taekwondo jin was overjoyed as he celebrated his first SEA Games gold and first individual medal in the regional tournament.

He credited his coaches, Rani Ortega and Jeordan Dominguez, for their months-long preparation.

"Ang focus po namin is ibigay at i-perform kung ano po yung pinag-trainingan namin ng matagal. And si Lord na po yung bahala... Sobrang thankful at binigay niya yung ginto sa akin," he added.

Macario skipped the parade of nations during the opening ceremony to complete four intensive training sessions—a sacrifice he said was worth it.

Before this victory, Macario bagged silver and bronze medals in the mixed freestyle poomsae category in the 2021 and 2023 SEA Games. While he has also earned podium finishes in both the Asian and World Championships, he said winning at the regional level felt distinctly special.

Thailand's Koedkaew Atchariya took silver with 8.100 points, while Malaysia's Ken Haw Chin secured bronze with 7.740 points.

/news.flash

Marinduque opens 2025 Palarong Panlalawigan With Unity and Pride

by JOHN JERICK **LOGDAT**

Roaring cheers and vibrant colors swept through the air as Marinduque opened the 2025 Palarong Panlalawigan on November 17, with the grand opening program held at The Morion's Place in Manlibunan.

Athletes and delegates from all six municipalities—Santa Cruz, Boac, Torrijos, Mogpog, Gasan, and Buenavista—marched proudly as they officially began this year's provincewide sports event. Guided by the theme "Nagkakaisang Bayan ng Marinduque: Sama-samang Lakas, Disiplina, at Kahusayan," the ceremony emphasized collective strength and the unwavering spirit of Marinduqueños.

The parade of athletes, school banners, and municipal contingents added color and excitement to the celebration.

DepEd officials, local government leaders, students, teachers, and parents filled the venue in a strong show of support. Officials highlighted the role of sports in promoting unity among the youth.



/column

More Than the Podium

by KYLE GABRIELLE **REGINIO**

In sports, winning is often defined by medals hung on necks and trophies raised in triumph. These symbols glitter with achievement, yet they tell only part of the story. True victory in sports goes far beyond podium finishes—it is found in growth, character, and the lessons learned along the way.

Every athlete enters competition with the desire to win, but not every effort ends in celebration. Losses are inevitable, and setbacks are part of the game. However, within these moments lie victories that no award can capture. Learning to persevere despite defeat, to rise after failure, and to continue striving with determination are triumphs that shape both athletes and individuals. These lessons extend far beyond the court, the field, or the track.

Winning is also found in sportsmanship—the ability to compete fiercely while remaining respectful. Congratulating an opponent, accepting a referee's decision, and playing within the spirit of the game reflect maturity and character. An athlete who upholds integrity, even under pressure, earns a kind of respect that no medal can buy.

For young athletes especially, sports serve as a powerful training ground for life. Teamwork teaches cooperation, discipline fosters responsibility, and commitment builds confidence. Not everyone will stand on the podium, but everyone has the opportunity to walk away stronger, wiser, and more resilient.

These are victories that last long after the final whistle blows.

Beyond individual growth, winning can also be seen in the impact athletes have on others. Inspiring teammates to give their best, uplifting morale during difficult moments, and showing leadership in both victory and defeat are achievements that strengthen the entire team.

Sometimes, the greatest win is not a point scored, but the confidence restored, the unity built, or the example set for others to follow.

Winning is not always about recognition or applause—it is about growth, character, and the courage to give your best.



/bythenumbers

OVERALL RANKING LANDY NHS INTRAMURALS 2025

1. QUANTUM PINK STEMINATORS
2. PURPLE REIGN
3. GOLDEN BLAZER



/news.feature

NU Pep Squad reaches new heights with historic 9th UAAP CDC crown

by KYLE GABRIELLE **REGINIO**

Lights dimmed and anticipation filled the Mall of Asia Arena as National University once again proved why it stands at the summit of UAAP cheerdance history.

The NU Pep Squad soared to a record-breaking ninth title in the UAAP Cheerdance Competition (CDC) Season 88 on Saturday afternoon, officially becoming the winningest school in the event. With the triumph, NU moved ahead of the University of the Philippines and host University of Santo Tomas, both of which hold eight championships.

More than just another gold medal, the victory marked a successful title defense for the Bulldogs, who also ruled Season 87. Their commanding score of 695 points underscored a dynasty that has now claimed nine championships in the last 12 seasons—an era of dominance unmatched in the competition.

Clad in Blue and Gold, the NU Pep Squad captivated the crowd with a Japanese culture-inspired "ninja" theme, blending storytelling with precision and power. Gravity-defying stunts, sharp transitions, and fearless aerials highlighted a performance that carried the squad's signature intensity, capped with subtle nods to the Bulldogs logo and identity.

Adamson University pushed NU to the limit, earning the silver medal with 659 points behind an explorer-themed routine. Far Eastern University rounded out the podium with 658.5 points, drawing applause for a nostalgic performance inspired by traditional Philippine childhood games.

As the cheers echoed through the arena, NU's latest triumph stood as more than a win—it was a statement. In a competition defined by innovation and excellence, the NU Pep Squad once again set the standard, raising the bar and rewriting UAAP cheerdance history.

thenorthernavenews | Vloume I - Issue 3 | Date
A Pioneering and Innovative School Publication of **Landy National High School**

/campus.news

MRAA Athletes light Torch, ignite Landy NHS Intramurals 2025

by KYLE GABRIELLE **REGINIO**

Landy National High School erupts in excitement and pride as it officially opens Intramurals 2025 on Monday, August 25, with a vibrant ceremony that celebrates not just athletic excellence, but unity, school spirit, and the resilience of its student body.



The highlight of the event, and its most symbolic moment, is the Lighting of the Torch, proudly led by nine distinguished athletes who represented the school and the province in the MIMAROPAA Regional Athletic Association (MRAA) 2025.

As the sound of drums echoed across the school grounds and hundreds of students waved their team banners, the torch relay began, marking the ceremonial start of the three-day-long intramural games. The torch was carried with honor and determination by this year's torchbearers: Raine Joshua Regalado, John David Perilla, Angelo John Romasanta, Eima Elyssa Cabatbat, Alecxzah Vheneze Fajardo, Francis Johann Regencia, Dwayne Tony Antolin, Travis Christ Antolin, and Jessica Rejano — all acclaimed athletes from MIMAROPAA 2025.

Each student-athlete took a turn holding the symbolic flame, cheered on by the crowd. The moment served not only as a celebration of individual and collective achievement but also as a reflection of the values at the core of Landy NHS: perseverance, discipline, and excellence.

Once the final torchbearer ascended the stage and ignited the cauldron, a loud roar of applause and cheers filled the field. The flames leapt into the air, signifying the official commencement of the intramurals. The fire will continue to burn throughout the duration of the games, a visual representation of the energy and determination expected from every participant.

Following the torch lighting, excitement surges again as each group performs its own Team Yell, showcasing creativity, unity, and competitive fire. Cheers range from synchronized chants and drum beats to high-energy dances and coordinated movements that send the crowd into waves of applause. It's a moment where every student, athlete or not, gets to shine.

Sports Coordinator, Mr. William M. Robles emphasized the significance of this year's intramurals in promoting not only physical fitness but also camaraderie among students.

> *"These games are more than just competition. They teach life skills, how to handle victory with humility and face defeat with grace."*

Students, parents, teachers, and alumni attended the opening ceremony, turning the event into a true community celebration. Booths offering snacks and refreshments lined the field, while a student media team documented the event through photos and live interviews.

For many, the sight of the torch, held high by athletes who once stood in their shoes, is not just a highlight of the ceremony. It's a symbol of possibility.

/nat.news

Bautista, Borromeo bags silver and bronze in SEA Games figure skating

by KYLE GABRIELLE **REGINIO**



BANGKOK, Thailand – Philippine figure skaters delivered a strong showing at the 33rd Southeast Asian Games as Maxine Bautista and Paolo Borromeo added two more medals to the country's growing tally on the ice.

Competing in her first-ever SEA Games, Bautista captured the silver medal in the women's figure skating event after posting a total score of 129.33, marking an impressive debut on the regional stage.

"Honestly it's amazing, I'm just happy to bring back a medal for the Philippines," Bautista told Philippine Olympic Committee Media after the competition. "It was so much fun—the experience, the atmosphere, everyone. And it's fun to be with my team too. It was a great experience."

Host nation skater Kaneshige Phattaratida claimed the gold with a score of 150.74, while fellow Thai entry Lerdpraiwan Pimmpida took bronze after tallying 122.11 points.

/side.news

Student-Athletes Shine in Athletics Competition at LNHS Intramurals 2025

by KYLE GABRIELLE **REGINIO**



Landy National High School officially opened its Intramurals 2025 athletics competition at the Baliis Sports Complex, with student-athletes from various grade levels competing in track and field events that tested speed, endurance, strength, and technique.

The competition featured sprinting, middle-distance running, jumping, and throwing events, drawing participation across from students and school personnel.

In the 100-meter dash boys' division, Nelbert Nerias won first place, followed by Edwin Esplana in second and Steven Armamento in third. Elaine Palomares topped the girls' division of the same event, with Hazie Dhaia De Luna placing second and Arian Rioflorido finishing third.

Nerias also secured first place in the boys' 200 meters, completing a sprint double. In the girls' 200-meter dash, Reynalyn Paralejas claimed gold, while Jennylyn Pastor and Rioflorido placed second and third, respectively.

The 400-meter run was won by Mark Jul Rejano, with Alwin Robles and Gabriel Perilla finishing second and third. Robles later earned first place in the 1500 meters, the longest track event of the meet.

In the long jump boys' division, Steven Armamento placed first, followed by Nerias in second and Jazz Luiasaga in third. Mika Joy Rejano won the girls' long jump, while Jennyrose Salvador and Emayrise Rocamora completed the podium.

In the discus throw, John Carl Pasamba earned first place in the boys' category, with John Rey Gubay and Jehu Par placing second and third. Jade Rocamora topped the girls' division, followed by Hezekiah Paz and Jemema Sescar.

John Kenneth Del Rosario won the boys' shot put event, with Lyx Lynch Pereda placing second and Angelo Rejano third. In the girls' shot put, Mika Joy Rejano secured first place, while Bea Althea Nerias and Paz finished second and third.

The javelin throw boys' division was led by Kian Fevidal, followed by Del Rosario and John Rey Gubat. In the girls' category, Paralejas earned first place, with Sescar finishing second.

/column

Sportsmanship over Ego

by KYLE GABRIELLE **REGINIO**



cartoon by JUZTINE DAVE **RICAFRANCA**

In every game, there is a scoreboard that measures points, goals, or seconds. But beyond it lies another measure—one that does not flash in bright lights or echo through loudspeakers. It is the measure of character. Sportsmanship, not ego, is what truly defines an athlete's greatness.

Competition naturally fuels pride. Athletes train hard, sacrifice time, and push their limits to win. Yet when ego takes center stage, the very spirit of sports is diminished. Trash talk replaces respect, temper flares overshadow talent, and winning becomes more important than fairness. In these moments, victory feels hollow, because it is achieved at the expense of integrity.

Sportsmanship reminds us that opponents are not enemies but partners in the pursuit of excellence. A handshake after a tough match, helping a fallen rival back on their feet, or accepting defeat with grace reflects strength far greater than arrogance ever could. These acts show that confidence does not need to be loud, and true skill does not need to belittle others to shine.

Respect, humility, discipline, and empathy are values that last longer than medals and trophies. When athletes choose sportsmanship over ego, they set examples worth following—proving that success is not only about how you win, but also how you lose.

In the end, records may be broken and titles may fade, but character endures. Let sports be a platform where passion meets respect, where competition sharpens values rather than erodes them. Because the greatest victory is not defeating an opponent, but mastering one's own ego.

/campus.news

Vox Humanities Boys command Championship Victory Over Green Archers in Sepak Takraw

by KYLE GABRIELLE **REGINIO**

The Sepak Takraw court shook with excitement as the Vox Humanities boys claimed the championship crown, overpowering the Green Archers in a clash of speed, precision, and pure athleticism. With every acrobatic kick and thunderous spike, Vox Humanities proved their superiority, leaving no doubt about their rightful place at the top.

From the opening serve, Vox Humanities set the tone with razor-sharp coordination and fearless execution. The Green Archers fought back with determination, showing flashes of brilliance and resilience, but the relentless firepower and strategic play of Vox Humanities consistently kept them one step ahead.

By the final whistle, the match was more than just a win, it was a commanding performance. Vox Humanities didn't just secure the championship; they etched their name in victory.



/campus.news

Unstoppable Force: Vox Humanities dominate Quantum Pink STEMinators in Commanding Victory

by KYLE GABRIELLE REGINIO

The court erupted with energy as Vox Humanities delivered a dominant performance against the Quantum Pink STEMinators, leaving spectators in awe of their control, cohesion, and firepower. From the opening serve to the final point, HUMSS 12 dictated the pace and direction of the match.

Vox Humanities wasted no time asserting authority, unloading thunderous kills, locking down the net with disciplined blocks, and forcing errors through relentless service pressure. Their crisp ball movement and court awareness turned extended rallies into highlight-reel plays, as perfectly timed sets consistently found open lanes on the floor.

Despite the unrelenting pace, the Quantum Pink STEMinators showed grit, scrambling on defense and extending plays with diving saves and quick recoveries. However, every run they attempted was swiftly halted by Vox Humanities' airtight defense, sharp transitions, and clinical finishing in crunch moments.

As the match wore on, Vox Humanities tightened their grip, stringing together point streaks, winning the battle at the net, and capitalizing on free balls with ruthless efficiency. Their composure in system breaks and dominance in serve-receive situations underscored their maturity as a unit.

HUMSS 12 is peaking at the right time, playing disciplined volleyball, and built for deep tournament runs.

SPORTS

2 Olympic gold medals won at the **Paris 2024** Games in the floor exercise and vault, making him the **first Filipino male athlete** and the **first Philippine gymnast** to capture Olympic gold

15.000
winning score in the men's floor exercise final (Paris 2024)



HISTORY IN MOTION

"*"I can't believe it," Yulo admitted afterward—a simple statement that captured the enormity of the moment.*

Carlos Yulo Shines with Four-Medal Haul at 2025 Asian Artistic Gymnastics Championships

by KYLE GABRIELLE **REGINIO**

Filipino gymnastics superstar Carlos Yulo made a triumphant return to the international stage at the 2025 Asian Artistic Gymnastics Championships held in Jecheon, South Korea, proving that time away from competition did little to dim his competitive edge.

Competing for the first time in ten months, Yulo showcased his signature skill and precision, finishing the four-day meet with four medals: one gold and three bronzes.

The highlight came in his favorite event, the floor exercise, where Yulo successfully defended his title with a gold-medal-winning performance, thrilling both judges and spectators with his explosive tumbling and flawless execution. Earlier in the week, he also earned bronze in the individual all-around, demonstrating his versatility across multiple apparatus.

Yulo continued his strong showing with two more bronzes in the vault and parallel bars, maintaining a podium presence despite stiff competition from top Asian gymnasts. In the vault final, Iran's Mahdi Olfati claimed gold, while Yulo settled for bronze after a lower-scored second vault. On the parallel bars, Japan's Shinnosuke Oka earned gold, with Yulo placing third following a challenging routine.

While his high bar and still rings events proved more difficult, including a fall on the high bar that placed him seventh, Yulo's overall performance reflected resilience, discipline, and his status as one of the world's elite gymnasts.

Yulo's four-medal haul in Jecheon not only cements his reputation on the Asian gymnastics scene but also inspires a new generation of Filipino athletes aiming for excellence in the sport.

A PIONEERING AND INNOVATIVE STUDENT PUBLICATION OF **LANDY NATIONAL HIGH SCHOOL**
VOLUME I - ISSUE NO. 03

JULY 2025 - DECEMBER 2025



SPLASH & SCORE

Landy NHS Swimmers deliver Podium Finishes at Provincial Meet

by KYLE GABRIELLE **REGINIO**

Landy National High School swimmers delivered a commendable performance at the 2025 Palarong Panlalawigan, held at the Brgy. Tamayo Training Center from November 18 to 20, showcasing determination and school pride in the provincial meet.

Leading the charge was Renz Lourence Paz, who captured a silver medal in the 4×100-meter Mixed Relay (Secondary Boys), contributing to a strong relay showing against tough competition. Teammate Lyz Lynch Pereda added to the medal haul by securing a bronze medal in the same 4×100-meter Mixed Relay (Secondary Boys) event.

Meanwhile, John Carl Ricamara represented Landy National High School in the grueling 1500-meter freestyle (Secondary Boys), demonstrating endurance and competitive spirit in one of swimming's most demanding races.

The swimmers' achievements highlight Landy National High School's growing presence in provincial sports and reflect the athletes' hard work, discipline, and commitment to excellence. Their performance at this year's Palarong Panlalawigan brings pride to the school.

/side.news

GRACE IN MOTION:
LNHS Student-Athletes display Talent and Grace in Dance Sport Competition

by KYLE GABRIELLE **REGINIO**

Excitement filled the Landy National High School Social Hall as student-athletes took center stage during the Dance Sport Competition held on August 30, 2025, one of the highlights of the school's annual Intramurals.

In the Latin Category, the dynamic duo of Harvy Vargas and Amari Lira Rellin delivered a captivating and high-energy performance that earned them first place. Close behind were Lloyd Cabrera and Alyjha Jhilia Manuba, who showcased sharp execution and expressive flair to secure second place. Rounding out the podium were Khen Manzano and Jhanica Lei Ariola, whose confident routine claimed third place.

Grace and precision defined the Modern Standard Category, where Jhared Vhinz Mendoza and Janiah Manipon impressed judges and spectators alike with their elegant movements and technical mastery, earning first place. Rhenz Andrei Patoc and Samantha Louisse Deluna followed with a polished performance that secured second place, while Jose Rafael Merano and Shiela Jessa Plata completed the winners' circle with a poised routine that landed them third place.

The competition highlighted the creativity, discipline, and athleticism of LNHS students, adding color and energy to the school's intramural celebrations and reinforcing the importance of arts and sports in holistic student development.



GRACE IN MOTION. *Jose Rafael Merano and Shiela Jessa Plata dazzle the crowd with their elegant moves in the Dance Sport Competition during the LNHS Intramurals 2025.*