by RIYANA MELISSE P. SUBELDIA



LUST IN TRANSLATION

6 out of 10 Paladians over 16 watch porn - survey

by WILSAM O. VILLA

A recent survey revealed that 6 out of 10 Senior High School (SHS) students in Luis Palad Integrated High School (LPIHS) aged 16 and up have watched pornographic content online.

The data has supported the figures disclosed by Pornhub's 2024 Year in Review where Philippines ranked third on the list of countries that visited pornographic website where 45% of its audience were from 18-24 age group.

Out of 457 SHS students surveyed, 265 (57.98%) admitted that they viewed pornographic material such as video clips from an adult website, while 192 (42.02%) denied of watching any of the said content online.

61% of male respondents and 53% of female respondents admitted that they consumed pornographic materials online. Meanwhile, the age that had the most viewers were 17 (47.55%) followed by 18 (34.72%), 19+ (12.83%) and 16 (4.91%).

When asked if watching pornography was normal, 252 (55.14%) students agreed, while 205 (45.86%) said otherwise, however, when asked if viewing the content was morally wrong and is considered shameful, 325 (71.12%) agreed while 132 (28.88%) disagreed.

"Watching explicit content served as my outlet to release my natural urge and feed my curiosity without getting into a serious/long-term responsibility that I might regret later in life," an anonymous respondent answered.

43.54% of respondents that confessed to watching porn state that they initially discovered it from a link popup which led to pornographic content, 38.51% state that it is self-initiative or due to curiosity, 12.91% said that their peers introduced it to them and 5.03% did not leave an answer.

"Pure curiosity. As someone who's been sexually harassed, watching pornography makes me mad as well. It's hard to explain. I do not watch it for pleasure, just pure curiosity and out of anger," an 18-year old wrote on the survey.

Digital Advent

According to Ronald Reaviles, Guidance Counselor in LPIHS, he viewed the result as the effect of too much exposure of students on social media making them tempted to watch explicit materials.

Reaviles added that watching porn to reduce one's sexual needs and satisfy student's curiosity doesn't justify this kind of action as too much exposure on it has bad effects.

"Nae-expose kasi ang mga bata nang maaga that may tap their sexual urge and curiosity. At the end of the day, hindi siya valid na reason or excuse para manood ng porn," he shared.

The counselor also pointed out how sex education was badly needed to teach students about their sexual responsibilities based on their genders but also with limitations.

DepEd Initiatives

When asked about the move of the department on the case, Reaviles shared that DepEd has made steps to somehow incorporate topics in online pornography.

"May mga DepEd Order na namang ibinaba like DepEd Memorandum No. 27, series of 2020 titled Safer Internet Day for Children Philippines Celebration 2020 where the Office of the Undersecretary for Legal Affairs (OULA) developed Cybersafe lesson plans which covered topics including online pornography," the guidance counselor stressed.

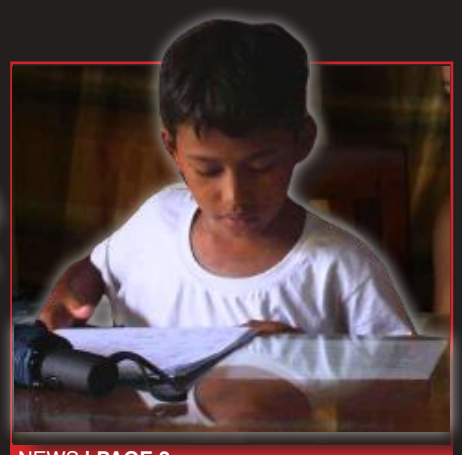
He also added that DepEd Order No. 31, series of 2018 titled Policy Guideline on the Implementation of the Comprehensive Sexuality Education also aimed to address the concern which was crafted due to the increasing number of teenage pregnancy and HIV cases among learners and exposure to pornographic materials could be one of the contributing factors.

From 2022 to 2024, Philippines had been included in the Top 5 countries with the most visitors in the pornographic site according to its three-year in review.

STORY**BOARD**



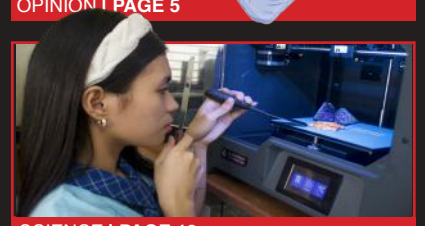
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The Paladian

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The Official Publication of **Luis Palad Integrated High School**

Volume No. XXXI | Issue No. II

August 2024 - **Febuary** 2025

NUMERICAL**BREAKDOWN**

Senior High School (SHS) Paladians are preparing for their adolecent transition. However, a recent survey highlights their exposure to potentially harmful sources during this stage of early maturity.

The survey gathered responses from 457 students aged 16 and above. It focused on their exposure to online pornography, how they came across it—whether intentionally or unintentionally—and their views on the topic.

Participants were assured that their responses would remain confidential and were informed that the data would be used solely for an article intended for publication.

58%

of Paladians admit to watching adult-related materials, equating to about 6 in 10 viewers

42%

Denied of watching any of the said content online. Equating to about 4 in 10 viewers

The data from the survey indicates that a higher percentage of females watch adult-related materials compared to males. Here's a statistical description:

137

The number of females watching adult content



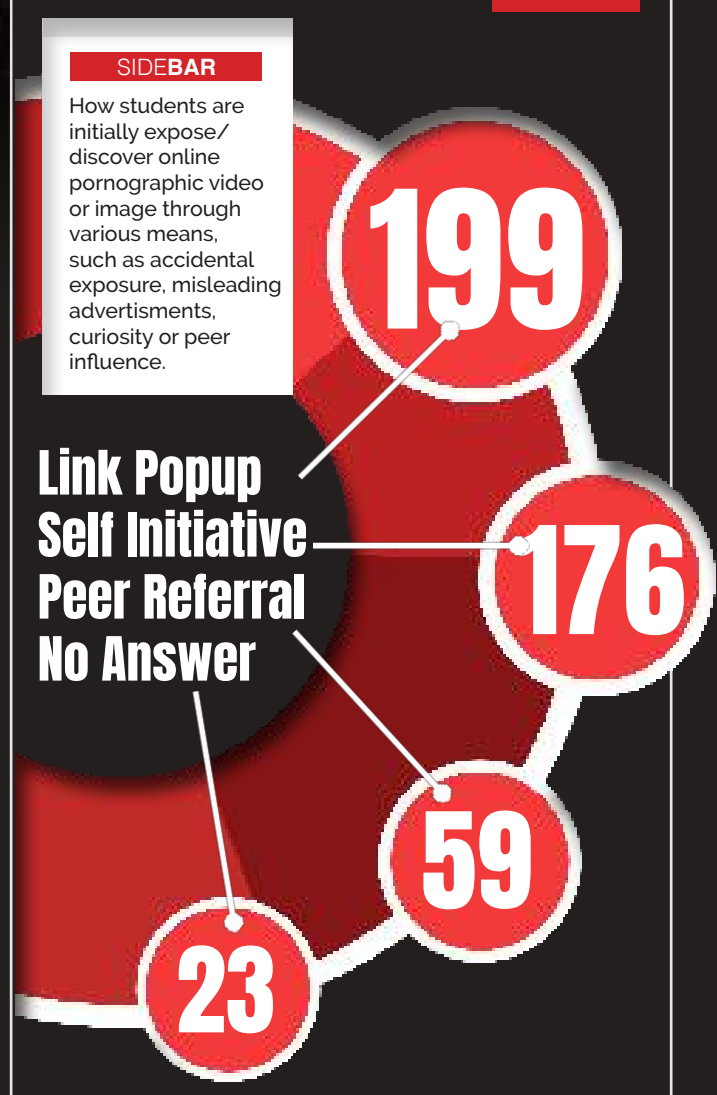
122

The number of male watching adult content

For every 100 individuals, approximately 57 females and 43 males consume such materials. This highlights that in this group, females represent the majority of viewers compared to males.

SIDE**BAR**

How students are initially expose/ discover online pornographic video or image through various means, such as accidental exposure, misleading advertisments, curiosity or peer influence.



INFOGRAPHICS

DepEd to address class disruptions due to storms

by **WILSAM O. VILLA**

Department of Education (DepEd) Secretary Sonny Angara met up with the National Management Committee (ManComm) to make interventions for the class disruptions in S.Y. 2023-24 due to weather disturbances.



AFFECTED AREAS

35 Cordillera Administrative Region (CAR) : 35 class disruptions (Highest number of school days lost in Philippines)

29 Regions I, II, IV-A Calabarzon got at least 29 class disruptions each

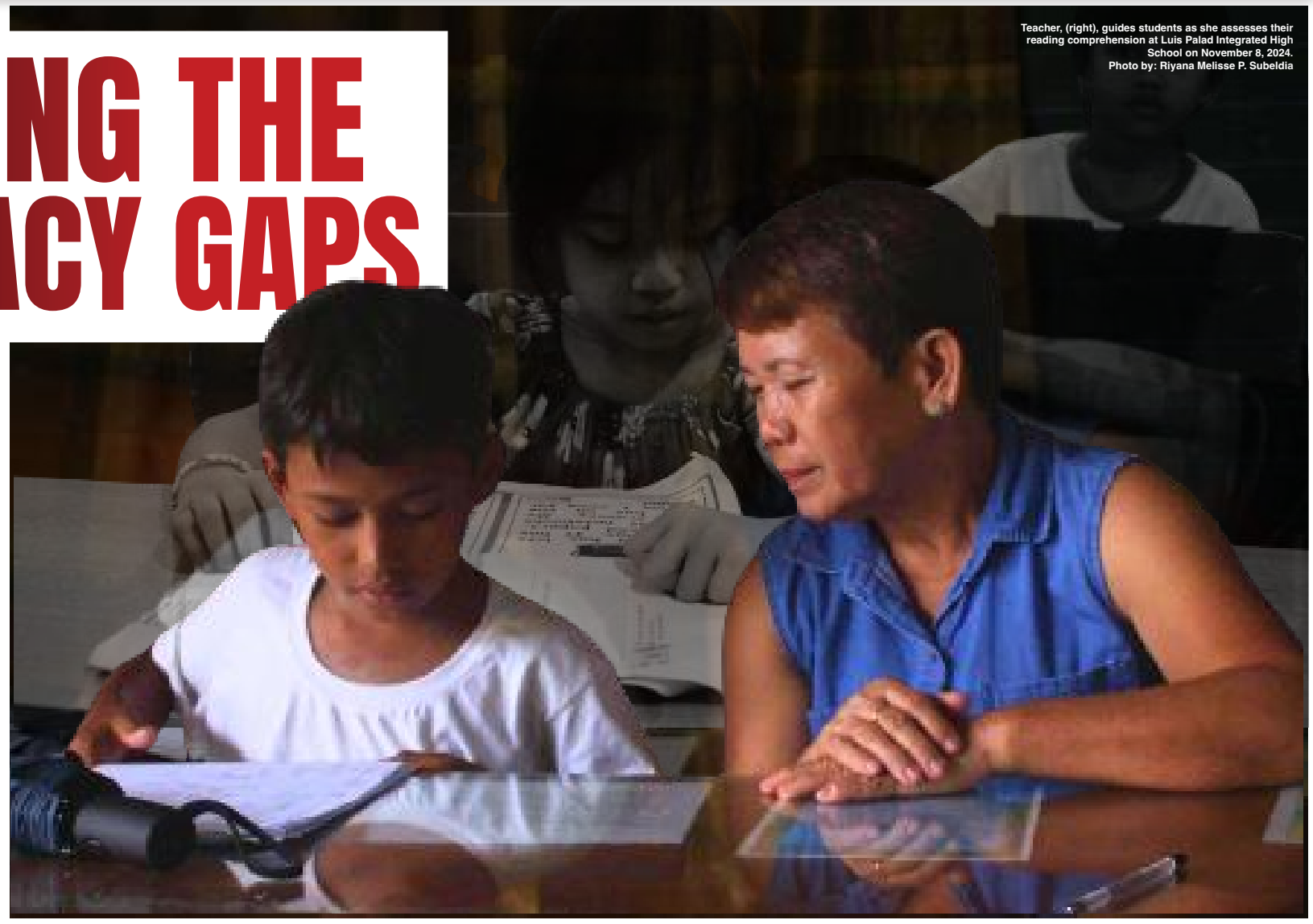


RISK RATE

VERY HIGH RISK
239
schools nationwide are considered "very high risk" with 377, 729 learners affected

HIGH RISK
4771
schools nationwide are categorized "high risk" with 3,865,903 learners affected.

CLOSING THE LITERACY GAPS



Teacher, (right), guides students as she assesses their reading comprehension at Luis Palad Integrated High School on November 8, 2024.
Photo by: Riyana Melisse P. Subeldia

LPIHS Identifies Students in Need: 10 Struggling, 3 Non-Readers in Grade 10

by **LIRA JANE C. ABULENCIA**

Despite being in the last year of Junior High School (JHS), Luis Palad Integrated High School (LPIHS) cited 10 struggling and 3 non-reader students from Grade 10 as of October 2024.

> **Kahit naman non-readers sila kung nakakapasa sila sa mga exams nila and performance tasks, makakamove-up talaga sila sa senior high school**
>
> **FATIMA G. GOMEZ**
> LPIHS English Reading Coordinator

According to LPIHS English Reading Coordinator Karren Fatima G. Gomez, they were able to identify these students through Oral Reading Fluency (ORF) Test and Group Screening Test (GST) where teachers had one-on-one reading with learners.

"Actually, bumaba pa nga ito. Noong Grade 7 kasi sila ay 80 plus ang total. Ngayon umunti," Gomez stated in an interview.

Gomez also shared that to solve this problem, the school and its teachers implement interventions to help students improve their reading capabilities.

"May mga klase na anchor sa National Reading Program (NRP) like Catch-up Fridays and Drop Everything and Read (DEAR) na incorporated in their class schedule to help them with the basics. May intervention din ang mga teachers na pagbibigay ng materials," she said.

The coordinator also added that students who performed poorly in reading received low grades in other learning areas.

"May ripple effect talaga na nangyayari kung saan yung mga identified nating non-readers at struggling readers performed poorly sa ibang learning areas na nagpapatunay talagang encompassing ang reading skills," she exclaimed.

Gomez added that despite the students being struggling and non-readers, they have no choice but to let them pass through the next grade as they meet the required grades in their other subjects.

"Kahit naman non-readers sila kung nakakapasa sila sa mga exams nila and performance tasks, makakamove-up talaga sila sa senior high school", Gomez said.

On the other hand, based on Alfonso Mabuting's observation, an English teacher who teaches the identified non-readers and struggling readers, different circumstances explain why students are considered as struggling and non-readers.

"I have this student nga na hindi niya kayang magbasa ng maayos. I was directly involved sa pagpapabasa sa batang 'yon. And I must say that decoding the sounds and the words itself becomes a struggle talaga. I can sense na that student has a learning disability in which sabihin na natin na 'yon ang reason kung bakit hindi siya makapagbasa ng maayos," Mabuting explained.

Senior High LGBTs dub LPIHS 'safe'

by **WILSAM O. VILLA**

A survey revealed that Luis Palad Integrated High School (LPIHS) is a "Safe Space" for LGBTQIA+ learners.

108 Senior High School (SHS) openly-identified or admitted LGBTQIA+ members who have participated in the said survey from October 6 to November 9 unanimously agreed that LPIHS provided a safe learning environment for their community.

"Malaya naming naipahahayag ang aming sarili sa pamamagitan ng aming kasuotan ng walang pangamba na haharangin kami ng guard o mapalabas ng guro," Gian Carlo Merjudio, an LGBT respondent from HUMSS 11-J stated.

"The positive feedback of the LGBTQIA+ learners showed that the Gender-Responsive Basic Education Policy or DepEd Order No. 37, series of 2017 has been successfully implemented in all areas that addressed both enduring and emerging gender and sexuality-related issues in school," Dr. Gener C. Delos Reyes, School Principal IV of LPIHS, stressed.

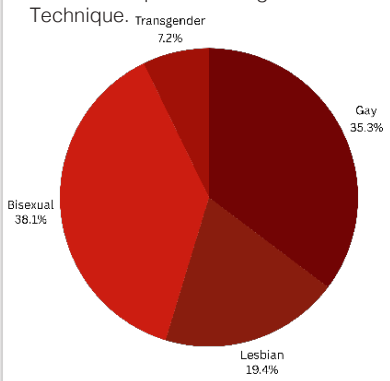
the principal explained.

An indefinite total of 148 open-LGBTQ from all four strands of Grades 11 and 12 were determined in the campus, with 63 identified in STEM, 46 in HUMMS, 28 in ABM and 11 in TVL.

35.2% of respondents referred to their own sexual orientation as Gay, 38% were Bisexual, 19.4% were Lesbian and 7.2% were Transgender, Pansexual, etc.

The number of respondents was identified using Raosoft sample size calculator with 5% margin of error at 95% level of confidence.

The respondents were selected through clustered sampling and names were picked through Fishbowl Technique.



16-room building seen to ease class shifting

by **SERENA FELICE REYES**

The construction of a four-story building in Luis Palad Integrated High School is underway through a joint memorandum circular signed by the Department of Education (DepEd) and Department of Public Works and Highways (DPWH) which aims to address classroom shortage.

The Department of Budget and Management (DBM) has allocated 49 million pesos for this project under the General Appropriations Act (GAA) for Fiscal Year (FY) 2024.

"The steady increase in the number of enrollees resulted to classroom shortage. For the current school year, we lacked 35 classrooms to facilitate one room per one section ratio, thus shifting of classes was implemented for Grades 10 and 12," School Planning Officer Michaella R. Rada shared.

The 16-room building will significantly decrease the number of sections following class shifting. Once complete, it will house the incoming Grade 12 students for the School Year (SY) 2025-2026 according to the planning officer.

"Kasi ngayon naghahati sa isang classroom ang dalawang sections ng mga Grade 12 at Grade 10 kaya decongested ang klase. Kaya nagkaroon ng morning shift at afternoon shift ang parehong grade levels," she said.

(Currently, Grades 12 and 10 students shared classroom resulting to morning and afternoon shift which also made the schedule decongested.)

Rada added that due to the class shifting, schedule of the affected classes was also congested resulting to shorter recess and breaks between subjects which majority of the learners found exhausting.

Engr. Ambrocio explained that if everything goes smoothly with no delays and weather disturbances, they target to complete the construction next year, February 25, 2025.

"Although there is an ongoing negotiation for the extension of the project from the higher ups, I can guarantee that the building is ready for occupancy before the classes start next school year," the site engineer said.

Initially, there were two 4-story buildings that were planned for construction, but only one four-story project has received approval.





DepEd, joint with DPWH, construct a four-story building with 16 classrooms to help aid the classroom shortage at Luis Palad Integrated High School.
Photo by: Riyana Melisse P. Subeldia

Robotics Team Bags two awards in China

by **AYUMI TABERNILLA & JOHN LLOYD L. ARCETA**

In a remarkable field of skill, determination, and passion, the Philippine Robotics Team from Luis Palad Integrated High School (LPIHS) brought home two prestigious awards: Third Place and the Engineering Notebook Award at the International Robotics Competition held in Shenzhen, Guangdong, China, December 6-8, 2024.



Paladian Robotics Team *Invictus* Aza gets invited to a mock press conference at Luis Palad Integrated High School on January 10, 2025.
Photo by: Serena Felice Reyes

Competing against the best teams in the world, the team showed that their journey was not just about building a robot but also about overcoming challenges, pushing boundaries, and inspiring the next generation of Filipino innovators.

Turiano C. De Ramos IV, Hasheem Aktar P. Shike, Fazal Akhtar P. Shike, Andre Jaster S. Jamilano, Martin Joshua T. Javal, and Arizander Christian G. Reyes were able to bring the team to success and manifest the excellent team, innovative thinking, and team effort globally.

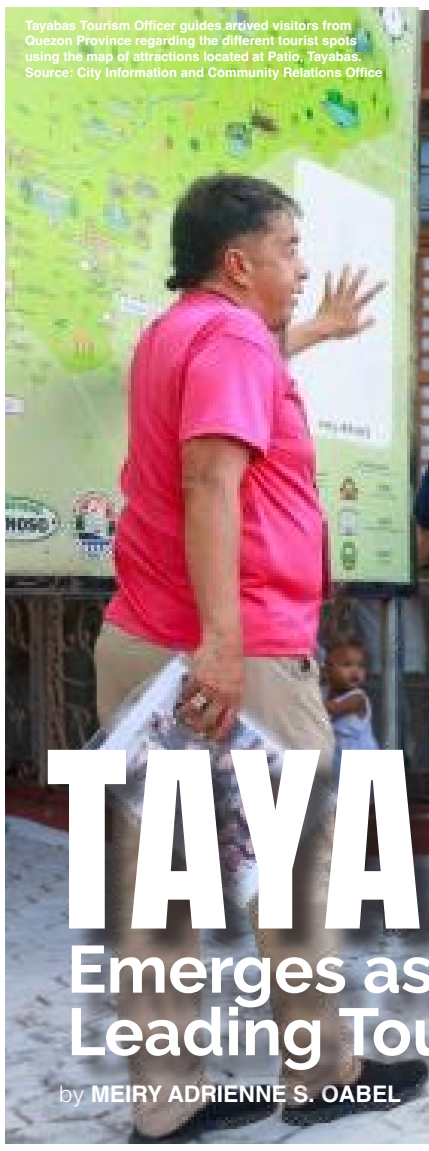
According to De Ramos, their journey did not run smoothly as they received their robot kit rather late, so the team designed and perfected a robot based on materials provided by an Explorer Kit, supplemented with 3D-printed parts, for two months and programming the autonomous and manual tasks took endless testing to refine the stability and accuracy of the shooter.

"The toughest moments were when the robot's performance would go up and down, and we had to rebuild certain functions from scratch. Troubleshooting under pressure, especially during the competition, was overwhelming, but we didn't give up," De Ramos shared.

The arena in China was quite far from what they had trained on in the Philippines, therefore they had last-minute adjustments but resilience was given back because, at the end of it all, they overcame them and performed superbly.

Reflecting on their journey, a team member stated that the pressure fueled their motivation to do their best, and in the end, it showed them the power of believing in themselves as their inspiring story highlights the importance of confidence and perseverance, serving as a proud moment for the country and a motivation for aspiring innovators.

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Tayabas Tourism Officer guides arrived visitors from Quezon Province regarding the different tourist spots using the map of attractions located at Patio, Tayabas. Source: City Information and Community Relations Office

TAYABAS CITY Emerges as Quezon Province's Leading Tourist Destination

by **MEIRY ADRIENNE S. OABEL**

Tayabas City was recognized as the Most Visited Tourist Destination in Quezon Province for Overnight Tourist Arrivals in 2023 and 4th Most Visited Tourist Destination in Quezon Province for same-day tourist arrivals in 2023 awarded by the Quezon Province Tourism Office at Real, Quezon, October 30.

Almost two million tourists have visited Tayabas in 2023 according to the records of Tayabas City Tourism Office.

"Dun sa two million na turistang bumisista sa ating siyudad sa nakaraang taon, halos 1.5 million dun ay same-day tourists at seven hundred thousand naman ay overnight tourists," Senior Administrative Assistant of the Tayabas City Tourism Nico Sumilang explained.

Sumilang added that a lot has improved regarding the tourist destinations and the number of people who have explored which he attributed to the lifting of physical restriction due to CoViD19.

"Kung ikocompare mo yung statistics o tourist report namin in the year 2020-2022 and kahit hindi pa patapos yung year 2024, malaki na agad improvement or difference sa bilang [tourists] kasi tapos na yung Covid-19 pandemic," Sumilang said.

One of the initiatives spearheaded by the Tayabas City Tourism Office was the launching of 'Tayabas in a Minute' that aimed to promote landmarks and local delicacies of the city.

"Yung 'Tayabas in a Minute' ay video ad that will run for one minute kung saan pino-promote namin yung products or services na maaring mong matikman at maenjoy dito sa ating siyudad. Ini-interview namin yung mga business owners kung ano ba yung accommodation, at unnique services na pedeng makita sa mga enterprise nila," the senior administrative assistant highlighted.

According to Tayabas City Tourism Office, the Department of Tourism (DOT) was also giving accreditation awards towards tourism enterprises whether primary or secondary which led Tayabas to develop an ordinance to help the local tourism enterprises promote their product and services.

"Nakapagbuo ang Tayabas ng ordinansa na layong magpalakas sa mga local business sa siyudad. Tuwing renewal ng business permit nila ay tinatap namin kung okay sila ma-feature sa page namin para ma-promote yung products or services nila," he added.

newsbits

Five-year wait ends: High School Week is Back

by **KHRYSTAL AHVELYN OBRADOR**

Luis Palad Integrated High School (LPIHS) announced the highly anticipated return of its High School Week celebration, marking a triumphant comeback after a five-year hiatus imposed by the COVID-19 pandemic.

Paladians raise concern on 'binless classrooms'

by **KESIAH GRACE G. ABAS**

Paladians have aired their concern on Luis Palad Integrated High School's (LPIHS) newly-implemented No Trash Bin Policy. Assistant Principal Dr. Ma. Aileen A. Averilla, the proponent of the project said that the scheme aimed to promote discipline among the learners on proper waste disposal by taking their garbage outside the school.

Teachers receive free Canva premium access, training

by **JOHN LLOYD L. ARCETA**

Canva Philippines partnered with Department of Education (DepEd) Secretary Sonny Angara to distribute free premium membership on the platform and train school teachers nationwide on digital designing.

MOBILE MEDICINE: Caravan Brings Healthcare Home

by **KYLLE R. GABIS**

In order to provide health services in remote barangays of Tayabas City, the Local Government Unit (LGU) launched Caravan and Mobile Health Services which aimed to address healthcare disparities by deploying specially equipped vehicles, medical equipment, and personnel to remote barangays, ensuring accessible healthcare services.

Mobile Health Caravan was launched during the late Mayor Ernida Reynoso's term and continued by Mayor Lovely Reynoso-Pontioso after the former's death in 2022.

According to the member of the mobile health and medical emergency response team Romel Sate, the program operates as a one-stop shop, bringing and incorporating services from different LGU offices to the remote part of the city.

"Maraming mga barangay sa ating siyudad na lubhang malayo sa poblasyon [City Hall] kung saan gagastos sila ng malaking pamasahe para makapag-avail ng iba't ibang health services sa sa ating City Health Office. For example, from Brgy Ilasan papunta sa new city hall ay mamamasahe ka ng 40 pesos, one-way pa lang yun," he said.

(Most barangays in our city were in remote part and significantly far to the city hall where they have to pay expensive fare just to avail various health services in the City Health Office. For instance, fare from Brgy. Ilasan to the City Health Office costs 40 for just one-way.)

The mobile health caravan offered free services such as mobile consultation, laboratory tests (Complete Blood Count with Platelet Count, urinalysis, Hepa B test, pregnancy test, blood extraction for blood chemistry, Dengue NS1, electrocardiogram, chest X-ray examination, eye care screening, and medicine dispensing).

The Local Government Unit of Tayabas has partnered with Tayabas Community Hospital Incorporated (TCHI) and UniHealth Hospital to offer discounted medical services through the "Serbisyong Reynoso Medical Assistance Program". This program provides minimum or zero billing for SMART members and Tayabas residents holding a pink card issued by the LGU.



by **QUISHA L. GALVAN**

INLINKED

5th

Tayabas Mayor Secures Fifth Spot in Quezon Province's Top Performing Mayors List

by **AYUMI TABERNILLA**

In the latest Social Pulse Survey: Pulso ng Bayan conducted last January 2025, Tayabas City Mayor Lovely Reynoso-Pontioso ranked fifth among the top-performing mayors in Quezon Province with an 89.7% performance rating reflecting the Tayabense' satisfaction with their local leaders. Meanwhile, Mark Alcala (Lucena City) topped the survey with a 92.9% rating followed by RJM Mea (Tiaong) with 91.5% and George Suayan (Candelaria) with 91.1%.



Tayabasins protest against urged quarrying of Alitao River by the late ex-mayor Ernida Reynoso at Tayabas City, October 2024. Source: City Information and Community Relations Office

Tayabasins join rally vs illegal quarrying

by **ENOVETTE LENZIE C. CABAÑAS**

Tayabas City residents along with their mayor, Maria Lourdes "Lovely" Reynoso-Pontioso joined the recent rally Lakad-Dasal organized by the group Mamamayan Laban sa Quarry (MLQ) to save the Alitao River from the devastating impact of quarrying on the environment.

The MLQ rally together to preserve their environment that has nurtured generations of residents whereas Tayabenses aim to safeguard their livelihoods and protect the environment for future generations.

Tayabas residents were against quarry operations for they have seen the devastating impact it had on Sariaya, Quezon as why they're taking proactive measures to prevent major problems once the operation begins.

Barangay Captain Amiel Romana of Brgy. Lalo, Tayabas City, has formally petitioned against the proposed quarry operation in Alitao River, citing concerns for the environment and community.

"Kung napansin po natin, nitong nakaraang bagyong Kristine, hindi pa po gano'n kalakas ang epekto dito sa Tayabas. Pero kita po natin, base sa mga lumabas na videos sa social media, na mataas ang tubig sa Tangab, do'n sa may Munting Bayan. Isa po 'yon sa aming nakikita tuwing umuulan. Ang worry po ng mga taga-Tayabas ay may posibilidad pa po itong tumaas kung sakali pong matutuloy ang quarry operation dito sa Alitao River," Romana stated.

("We noticed that the impact wasn't as severe as expected in Tayabas. However, based on videos on social media, the water level in Tangab, near Munting Bayan, was high. This was a common issue we faced during heavy rainfall. The residents of Tayabas were worried that the situation might worsen if the quarry operation in Alitao Rivercontinues.")

"Base po noong nakaraang pag-uusap namin [ni Mayor Lovely Reynoso-Pontioso], noong October 24, [2024], nagkaroon na po kami ng initial na pag-uusap ni Mayora Lovely, at sa kanya naman pong plan, hangga't hindi nagbibigay ang Brgy. Lalo [ng barangay business clearance] ay hindi po siya papayag na matuloy ang quarry," Romana added.

("Based on our previous conversation on October 24, [2024], [with Mayor Lovely Reynoso-Pontioso], we had an initial discussion about her plan. According to this, she won't agree to continue the quarry operation unless Brgy. Lalo issues a barangay business clearance.")

Captain Romana and his fellow Tayabasins were relieved and grateful that their City Mayor was on the same page, prioritizing the well-being of both the community and the environment.

This understanding and commitment to sustainability were a welcome change, ensuring that the city's growth doesn't come at the expense of its natural resources.

SDO Tayabas Honors Outstanding Researcher; Science Head Recognized

by **MISHCA DENISE C. TABI**

With his recent research emphasizing the importance of technology in education, he has made significant contributions to the teaching-learning community and improved student performance through his works.

Marvin J. Rosales, Head Teacher IV of Science Department in Luis Palad Integrated High School (LPIHS) received the Outstanding Researcher Award (Teaching-Related Personnel) during the 2024 Gawad Tulay at Queen Margarette Hotel, Lucena City, October 7, 2024.

"Teachers' capacity to use selective technology in the classroom for teaching certain topics is really in need of upskilling," he explained.

This study revealed a critical gap in teachers' technological skills, leading to targeted interventions that have led to its improvements because of this research.

One of the key achievements of Sir Marvin's works led to the establishment of the school's Agham Alam Hub (AAH) YouTube channel which featured video lessons on science-related concepts.

"These resources have been vital in understanding complex science lessons particularly during the height of CoViD pandemic," he noted.

As a result of these initiatives, Junior High School (JHS) students of the Science -Enhanced Program (SEP) have shown a 5% increase in science performance as disclosed by the Mean Percentage Scores (MPS).

Mr. Rosales' curriculum development for the Science Enhanced Program (SEP) has also garnered attention, with several schools in the division adopting this program.

Because of his works, he was also awarded the Most Outstanding Innovative Leader and Educator Award from the International Organization of Educators and Researchers in 2022.

"When teachers see the positive impact of research in their classrooms, it ignites their desire to engage in their own studies," he stated.



Marvin J. Rosales, (right), coaches Paladian Researcher at Luis Palad Integrated High School on October 4, 2024. Photo by: Riyana Melisse P. Subeldia



Paladians utilizes the use of digital devices during their examination. Luis Palad Integrated High School on October 4, 2024. Photo by: Riyana Melisse P. Subeldia

Grade A Concern

DepEd Budget Cut Sparks Concerns Over PH's Quality of Education

by **ANNA MICHELLE E. TAN**

The Philippine Congress recently made a significant cut to the Department of Education's (DepEd) budget, slashing P12 billion, with P10 billion for its computerization program.

This reduction has sparked concerns about its implications and the potential widening of the digital divide among students.
DepEd's overall budget for 2025 is approximately P1.055 trillion, still the largest allocation among all government agencies.
The cut, which specifically targets the DepEd's Computerization Program, has raised fears about the country's ability to bridge the digital divide and provide quality education to its students.
Lawmakers and education advocates have expressed dismay over the budget cut, citing the need for increased investment in education to address the country's learning gaps and competitiveness.
The cut is also seen as a setback for the government's efforts to improve the country's education system, which has been struggling to keep up with international standards.
Meanwhile, school teachers are concerned with what the cut may mean for the betterment of the country's education system, and its ability to address learning gaps.
"Personally, as a teacher, this budget cut will be another struggle for us, especially in providing ourselves the equipment we need in teaching the students," Luis Palad Integrated High School's ICT Coordinator, Jojo J. Oabel stated.
"Students need to be exposed to the different technology—specifically the ICT equipment because in the real world or the field where they want to work in, they might deal with debt so lacking the knowledge in that aspect, would mean a failure in the education system." Oabel added.
Budget Secretary Amenah Pangandaman and Finance Secretary Ralph Recto have both expressed the administration's commitment to prioritizing education.
DepEd has assured that i will work with the Department of Budget and Management (DBM) to explore alternative funding sources to augment its budget.
However, the budget cut has already sent a worrying signal about the government's commitment to education.

BY THE **NUMNERS**

P12B
Stripped from the Department of Educations proposed 2025 buget

P10B
Supposed budget for computerization program meant to address classroom digital needs across the country

P737B
Stands the official round up of the Agency's budget for year 2025 after the bicam trimmed it's initial round up

Amids high engagement

Tayabas City Mayor 'temporarily suspended' amid P150-M anomaly

by **PAUL C. REYES & ASHTON G. FLORES**

Mayor Maria Lourdes "Lovely" Reynoso-Pontioso was suspended on December 18, 2024, following an Ombudsman ruling linked to an alleged 150-million-peso heavy equipment anomaly.
The six-month preventive suspension has raised concerns about the city's governance and ongoing projects during the holiday season.
In an official statement posted on her Facebook page, Reynoso denied the allegations, calling them politically motivated as the National and Local Elections are approaching.
"Ito ay bunsod ng gawa-gawang kaso na isinampa laban sa akin, sa ating mga konsehal, at sa ating Vice Mayor mga lingkod-bayan na naninindigan para sa hustisya at katotohanan," the mayor said in an official statement.
The mayor's suspension has sparked mixed reactions among Tayabasins and Rosete Buenafe, a vendor from Barangay Ipilan, expressed concerns about its potential impact on city projects.
"Yung mga proyektong ipinapagawa niya, hindi magagalaw kung walang pirma niya," Buenafe said.
Reynoso-Pontioso encouraged her supporters to remain steadfast, pointing out that the suspension is temporary and that "the truth will always prevail.
She also assured Tayabasins that she would fight to clear her name and continue her public service despite the suspension.
"Sa kabila ng hamong ito, hindi ako hihinto sa paglilingkod sa inyo. TULOY ANG LABAN,"she added.





Individual tasked to hang up early election campaigning materials. Source: Remate Banateros

COMELEC: 'Premature campaigning' stays unregulated

by **CHRISHA ANDREANA CALUSOR & KHRYSTAL AHVELYN OBRADOR**

The Commission on Elections (COMELEC) has clarified that premature campaigning remains unregulated, as long as candidates adhere to specific protocols.

Responding to concerns over early campaign efforts, Election Officer Jobelle Reyes alongside Michael Castillo and Marcelino Contriras stated that promotional materials like tarpaulins are not considered premature campaigning, as long as they don't feature phrases such as "Vote wisely" or "Re-elect."
According to Contriras, displaying tarpaulins with a candidate's name or face without direct election-related messaging is not a violation.
Contriras further explained that such promotions should not be mistaken for actual campaigning.
"You cannot call it premature campaigning because they are not yet actively campaigning; they are simply introducing themselves," he said.
The act of "introducing" is particularly crucial for newer candidates, who may need this extra exposure to establish recognition.
"I already saw some national candidates and, I have been seeing local candidates doing premature campaigning," Contriras stated
Meanwhile, Reyes expressed that candidates who have filed their Certificate of Candidacy are displaying tarpaulins or other materials all around the city to make themselves known to the public once the campaign period starts.
She also added that the only prohibited strategies are when candidates state on the materials to vote or re-elect them in which the city has no records.
They also noted that clear guidelines on what is allowed and what is not were communicated when candidates filed their candidacy.
"When they filed their candidacies, they were informed about what can and cannot be done," Reyes reiterated.
As the election period draws nearer, all eyes will be on the COMELEC to ensure these guidelines are followed and to prevent any untoward campaign-related activities from arising too soon.

newsbits

National Mathematics Program in full swing

by **CHRISHA ANFREANA S. CALUSOR**

To increase Mathematics proficiency, additional 30 minutes of course works were designed for learners across grade levels anchored on DepEd Order No. 010, s. 2024 titled Policy Guidelines on the Implementation of the MATATAG Curriculum

Irrigation Group shuts down fake news of dam flooding Tayabas

by **AYUMI TABERNILLA**

The National Irrigation Administration (NIA) CALABARZON denounced the spread of fake news in a Facebook post published on October 23 that the Dumacaa River Irrigation System in Lucena City will release water and possibly flood Tayabas City, mentioning that the dam is not capable of releasing a large volume of water sufficient enough to cause flooding.

Tayabas City unveils Quezon's First Theme Park

by **LIRA JANE C. ABULENCIA**

Mother's Wonderland, the first ever amusement park in Quezon Province, has officially opened its doors to all locals and tourists in its soft-launch on November 23 and 24, 2024 in Brgy. Calumpang, Tayabas City. The theme park featured a 35-meter statue, which considered as the tallest statue in Quezon Province.

Wage hike for gov't workers deemed 'insufficient'

by **WADE DESARMO VILLARAZA**

Multiple unions and groups have issued that the wage hike aimed for government workers is "insuffiient" as it will only result in a daily salary increase of P24 in the first tranche.

The Confederation for Unity, Recognition and Advancement of Government Employees (Courage), Alliance of Concerned Teachers and Alliance of Healthcare Workers have all stated that a "conservative computation" of a livable wage is P1,200 per day.
According to the groups, the first tranche of the wage hike would estimate to an additional P530 a month for Salary Grade 1 Step 1 workers, however, when divided into 22 working days, only a P24 daily increase would be given.
"We are calling on our fellow government workers to unite and continue the fight for a better and more livable salary for everyone," the groups said.
Annalyn Aguilar, a Grade 10 Teacher in Luis Palad Integrated High School (LPIHS) also expressed her concern on how low the salary increase was, mentioning that it may be the cause of higher inflation.
"May increase siya, pero hindi naman gaanong nararamdaman kasi mahal ang mga bilihin ngayon lalo na kung nagpapaaral. Yung mga daily expenses ay parang ganoon din," Aguilar stated.
With President Ferdinand "Bongbong" Marcos issuing Executive Order No. 64, s. 2024, government workers were supposed to expect higher wages this year as they are set to receive the first tranche of salary increases.
The order was passed in an attempt to make government salaries more competitive with those in the private sector, and intends to address the excessive inflation that government workers were experiencing
"There is a need to update the salaries and benefits of government personnel in order to maintain a competent, committed, agile and healthy workforce," he stated.
The Department of Budget and Management (DBM) announced on Wednesday that a total of P31.93 billion was released to cover the salary increase differential between different government agencies.
As of Tuesday afternoon, 257 departments and agencies had received the funds, according to the DBM, and 58 more are in the midst of being processed.
The DBM stated that 22,640 employees in executive functions, 1,170,647 professionals, including teachers and lawyers, and 165,007 subprofessionals would all benefit from the pay increase.

WAGE **INCREASE**

257 Departments and agencies had received the funds

58 More are in the midst of being processed

22,640 Employees in executive functions

1,170,647 professionals, including teachers and lawyers,

165,647 subprofessionals would all benefit from the pay increase.



by RIYANA MELISSE P. SUBELDIA



SUBTLE PARADOX

Serena Felice Reyes
Editor in Chief

De(mock)stration

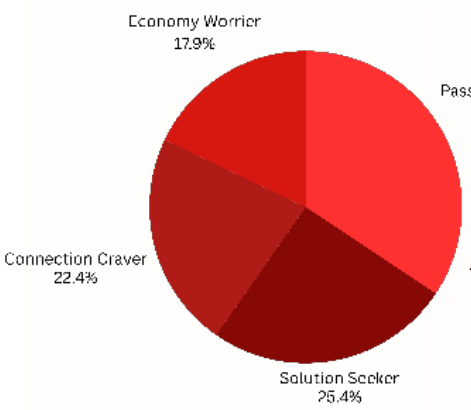
Standards in the Philippine Political System

Why is it that in jobs and education, we demand the best—top credentials, extensive experience, and proven competence—yet, when it comes to politicians, we accept mediocrity? Most people blame uneducated voters, who supposedly ignore qualifications and focus on status. However, the issue runs deeper than just voter education. It's a systemic flaw, reinforced by cultural norms and historical inequities, that perpetuates these democratic stunts.

This problem is evident not only in national politics but also in communities and schools. I remember my first encounter with elections in grade school, where I voted based on friendships rather than merit. Even in high school, candidates for the Supreme Secondary Learner Government (SSLG) were chosen based on popularity or the tokens they handed out during campaigns. Statements like, "Siya na lang kasi sikat," or "Iboto natin 'to kasi mayaman," stripped away the idea that leadership should be earned through hard work and qualifications.

This mindset persists into adulthood. In local communities, votes are often swayed by gifts or family legacies rather than competence. "Iboboto ko na lang yung maraming bigay na ayuda," or, "Matagal nang namamalakad ang pamilya nila," are common refrains. Instead of addressing these issues, we direct frustration at the so-called "bobotante" (ignorant voters), mocking the uneducated and ignoring the larger problem: the political system itself allows unqualified candidates to run in the first place.

According to a BusinessWorld study, 33% of voters—categorized as the "misunderstood mainstream"—value competence as much as character in their choices. These voters are often labeled as ignorant, but their decisions are motivated by real-life concerns, such as poverty and immediate needs. The same study found that the remaining voters are divided as follows:



> **Without a strong educational foundation, voters lack the tools to critically assess their leaders and demand better governance.**

Rolland M. Ramirez, Managing Director of Insightspedia, emphasized that these voters aren't simply picking candidates at random. Their choices reflect their perception of who can address their most critical needs. For many, it's about survival.

Persistent poverty leads people to prioritize leaders who promise immediate relief, whether through cash handouts or goods. For others, it's about historical family loyalty or the belief that wealthy candidates can "give back" more.

The irony is glaring. Our society demands fresh graduates to have 1-2 years of experience for entry-level jobs. Yet, it allows celebrity personalities with no relevant qualifications to run the country. For instance, Ferdinand "Bongbong" Marcos Jr. won the presidency in a landslide despite controversies over his academic credentials. Records revealed that he was awarded a special diploma in social studies from Oxford in 1978, but he did not complete a degree.

The larger issue stems from the country's failing education system. According to the Programme for International Student Assessment (PISA), the Philippines ranked: last in reading among participating countries, second to last in math and science, ahead only of the Dominican Republic. This dismal performance is a significant barrier to building a progressive and inclusive society. Without a strong educational foundation, voters lack the tools to critically assess their leaders and demand better governance.

What we see during elections is not just ignorance but a culmination of frustration, poverty, and systemic neglect. This is killing democracy and it is Crazy. The failure lies not in the voters but in the system that allows unqualified candidates to run, perpetuating a cycle of mediocrity.

This is the ultimate democratic stunt—a political framework that thrives on the very inequalities it claims to address. Instead of blaming the so-called "bobotante," perhaps it's time to reflect on the role of the elite and the middle class in maintaining this broken system.

The irony remains: we demand so much from job applicants, and mock the uneducated, yet we accept so little from those entrusted with running the nation. Unless we address the systemic flaws in our political and educational systems, we are doomed to repeat this cycle for generations to come.

EDITORIAL

COLORFUL ILLUSION

In the Philippines, politics has evolved into a vivid "Crayola box," where colors represent not merely affiliations but also deeply rooted ideologies, histories, and emotional connections among the electorate. "Puro nalang kulay ang pinag-uusapan ng mga Pilipino" aptly captures the growing concern surrounding the increasingly serious and divisive nature of colored politics. While Filipinos are celebrated for their warmth and festive spirit, the political landscape, particularly during election seasons, has become overshadowed by the colors that delineate party identities. These colors serve as potent symbols, communicating messages that transcend verbal expression. They foster trust and cultivate a sense of belonging among voters. However, the transformation of political allegiance into a mere matter of color loyalty has engendered rifts within communities, eclipsing critical discourse on governance and policy.



Art by **ANNA MICHELLE E. TAN**

As local and national elections approach, the stakes of colored politics rise, urging citizens to scrutinize not only the hues they support but also the essence of their political engagement. Consider Tayabas, where local politics has increasingly turned vibrant celebrations like "Mayohan sa Tayabas" into stages for political theatrics. Once a festival meant to celebrate abundance and community, it has progressively lost its essence, overshadowed by rivalries between mayoral candidates like current city mayor Lovely Reynoso Pontioso, and Anthony Lim. Each candidate adorns their events with their respective party colors, transforming what should be a collective celebration into a spectacle of division. Instead of uniting to celebrate shared traditions, the people of Tayabas find themselves divided into factions, focused not on community joy but on who can outdo the other in political performance.

Moreover, it's disheartening to see politicians branding government projects with their party colors, as if taxpayer money belongs to them rather than the people. This environment turns voter loyalty into a mere matter of allegiance to color rather than informed choice. The expectation of supporting a candidate out of "utang na loob" further complicates this dynamic. Rather than fostering accountability, colored politics cultivates a culture where voting is viewed as a favor owed rather than a civic duty to elect capable leaders.

At the national level, the colorful landscape of Philippine politics reflects broader patterns seen in multi-party systems worldwide. Philippines is no exception as it indulges in numerous political parties such as PDP-Laban, Nacionalista, Liberal, and Lakas-CMD, among others. Red signifies nationalism, while yellow embodies traditional liberalism. Yet, the rise of candidates like Leni Robredo, who chose pink to symbolize a new approach, illustrates the ongoing evolution of political branding. However, beneath this surface diversity lies a troubling reality: the illusion of choice. While the multi-party system may seem to offer various options, it often obscures the shared backgrounds and similar intentions of candidates. Many politicians, regardless of their party colors, emerge from the same elite circles, families, and loyalties, creating a facade of individuality that ultimately undermines genuine unity.

As the 2025 elections approaches, a critical question arises: "how can we break free from this cycle of colored politics?" The answer lies in education and awareness. The next generation must understand that the government exists to serve the people, not the other way around. By fostering critical thinking, we can encourage voters to look beyond color-coded labels and examine the true values and intentions of each candidate. We must reclaim the spirit of events like Mayohan sa Tayabas, reminding ourselves that these celebrations should center on community and shared identity rather than political rivalry.

By prioritizing the essence of our cultural traditions over the spectacle of competition, we can mend the divisions within our communities. Our challenge is to shift the narrative from blind loyalty to informed engagement. True change requires us to look beyond colorful displays and demand leaders who genuinely represent the interests of the Filipino people and the local community, regardless of their political affiliations. In doing so, we can aspire to a future where the only color that matters is the collective will of a united and empowered citizenry.

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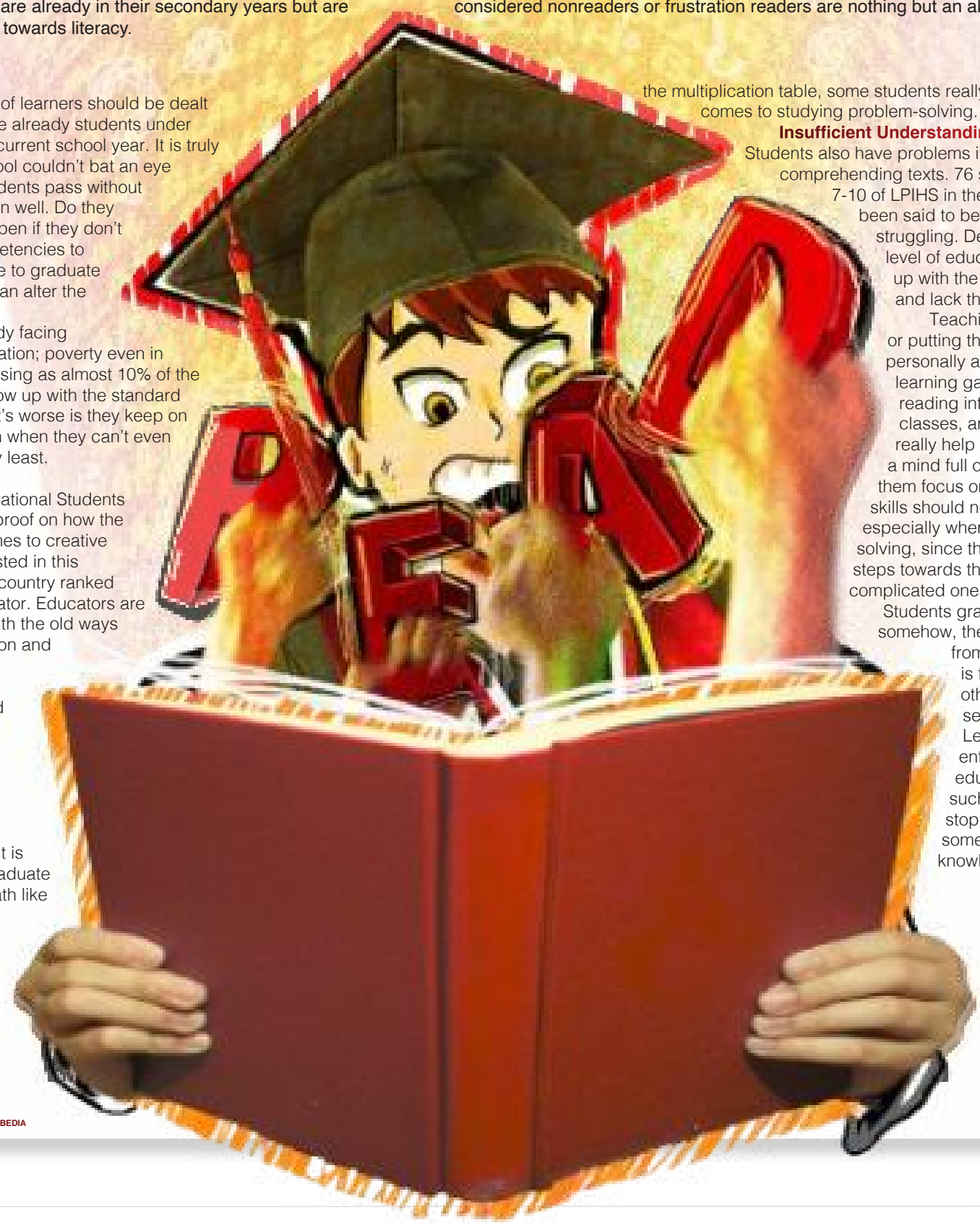
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EDITORIAL

MIND-GAP

Such reality is both unfair and concerning. In Luis Palad Integrated High School last S.Y. 2023-2024, two Grade 10 students were evaluated as nonreaders while 1,620 of them fell short under frustration level in reading. Is it reasonable enough for students who lack the basic literacy skills to be graduates in our educational system? Students, who are already in their secondary years but are considered nonreaders or frustration readers are nothing but an alarming truth on how ineffective our ways are towards literacy.



Art by **JOHAN M. DE TORRES & RIYANA MELISSE P. SUBEDIA**

Focusing on these group of learners should be dealt in a serious note since they are already students under the Senior High School in the current school year. It is truly disappointing on how the school couldn't bat an eye in this scenario, letting the students pass without having to learn basic education well. Do they even care about what will happen if they don't inculcate the necessary competencies to students properly? Getting one to graduate without sufficient knowledge can alter the future for these youths.

The country itself is already facing tons of issues regarding education; poverty even in terms of learning is already arising as almost 10% of the students of their age can't follow up with the standard way of learning for them. What's worse is they keep on letting students graduate even when they can't even excel in academics at the very least.

Fall of Education

The Programme for International Students Assessment was the biggest proof on how the Filipinos are weak when it comes to creative thinking. With 64 countries tested in this international assessment, our country ranked second to the last in this indicator. Educators are failing to teach the students with the old ways such as reading comprehension and even with the modern means like with artificial intelligences and digital literacies that could cultivate their own sense of creativity towards daily tasks and challenges.

Moreover, up to 84% of Filipino students who took the PISA examination do not have sufficient mathematical skills. It is truly concerning how some graduate without fully knowing basic math like the multiplication table, some students really lack the interest when it comes to studying problem-solving.

Insufficient Understanding

Students also have problems in reading and comprehending texts. 76 students from Grade 7-10 of LPIHS in the last school year have been said to be non-readers and are struggling. Despite them reaching this level of education, they couldn't follow up with the standard way of learning and lack the education they need.

Teaching them more truly or putting them in programs that personally addresses every learner's learning gap, such as one-on-one reading interventions, summer classes, and parental inclusion can really help them to graduate with a mind full of knowledge. Letting them focus on the basic learning skills should need more attention, especially when it comes to reading and solving, since these literacies are vital steps towards them learning the more complicated ones.

Students graduate together, yet somehow, they have different minds from each other. The other is full of learning while others graduate without a sense of learning in them. Letting them leave and enter into another step in education despite having such insufficiency should be stopped as they are putting someone who lacks basic knowledge into the real world.

MiGREATion?

Teachers leaving the public school system



REASONANCE
RIYANA MELISSE P. SUBELDIA
Managing editor

Everyone dreams of a financially stable life, I do too. The best is yet to come for those who pack their things and follow the wind of their sails, hoping for doors to open. However, those left behind gets nothing more than, well, an empty seat at the faculty room.

They call it "The Teacher Exodus." Ever heard the term "exodus" from the Bible? Recently, the Department of Education reported that the number of teachers leaving the public school system are increasing every year, primarily driven by retirement, migration, more promising futures elsewhere, and poor career growth. In the recent audit report of Commission on Audit (COA) for the Department of Education (DepEd) in 2023, the country's education personnel in public schools dwindled by 38 thousand, and this trend is significantly increasing over the years.

Alarmed by this, DepEd Secretary Sonny Angara fears they cannot hire new replacement teachers with the hasty pace of their departure due to high demand of foreign countries, especially teachers majored in English. This results to a shortage of teaching professionals and personnel in the public school system.

Although, those teachers are not to blame.

True enough, the said COA report also recorded an increase, a total of 8.5 percent, in the total salaries of teachers in 2023. But, this development is far from the acceptable. Since they don't make enough for a living, this situation still takes the country one step towards the edge of a cliff where a great teacher is pushed to leave comfort and seek greener pastures.

Thus, it is vital for it to be resolved for the benefit of our country's education in the future.

I was raised and cared by parents with both professional jobs. My father works overseas as a seafarer, and my mother was a teacher. From what I remember, their salaries in total would be in an average of 50 thousand pesos monthly. And yet, I still get to see and witness the worry in my parents eyes every time it's time to pay the bills. Teachers work for eight hours. Eight hours on duty every day, for a wage not even exceeding a thousand pesos.

Perhaps, this is also the worry of my teachers. Even LPIHS is no exemption to this plight. In just a span of three years, 11 teachers already bid farewell to the school. Most of them sought opportunities to teach in Japan and USA, while three had switched to other professions.

"Malungkot maging teacher dito sa Pilipinas, huwag na kayong magteacher," my mother always tells us. I find it depressing as these words came out of her mouth. Upsetting right? A doctor would want their child to be a doctor, an engineer would want their child to be an engineer, but a teacher, unfortunately discourages their child on taking the same professional field.

This situation likewise creates a pothole for the future of education in the Philippines. Even the greatest philosophers of ancient states, Socrates, Plato, and Aristotle, had teachers. What will the country do without its most important component in achieving success? How will we continue to produce the "soon-to-be-pillars" of the future without a teacher guiding their way?

DepEd should make a move and get the teacher applications going --- without the pressing concerns of the present hiring process. Based on the FY 2023 Quartely Physical Report of Operation submitted by DepEd to Department of Budgement and Management (DBM), the hiring process in schools are faced with grim factors such as shortage of applicants with specializations, election bans, and time frame of the whole process. Removing these parts of the bureaucracy will entail a swift replenishment of workforce for a declining number of educators.

Above anything else, DepEd should definitely consider the ones who shoulders all their orders, instead of focusing on the curriculum only. I honestly think teachers are getting burnt out from the fast pacing of events in education after the pandemic. With this, to keep them from going away is to create an environment where they can thrive and be their best versions, not only for themselves but for their learners. A school should be a place which convinces our teachers to stay.

All in all, in one's pair of eyes view the voyage of teachers off to a new chapter in their lives as a great opportunity to uplift their living. But I, as a daughter of an educator, oppose this view. It outweighs the possibility of tomorrow's success, which time and again rests upon the hands of our future generations. But who shall nurture our young when the GREAT minds who can teach are anywhere but here? It's time for our country to migrate our thoughts into ways of keeping them and their passion burning.

> **How will we continue to produce the "soon to be pillars" of the future without a teacher guiding their way?**

BY THE **NUMBERS**

38,463 The difference between the number of education personnel in DepEd in 2022 (1,016,066) and in 2023 (977,603), according to the Commission on Audit (COA).

011 Paladian teachers have left the school in a span of three years (S.Y. 2021 – 2024). They either sought teaching opportunities abroad or change their profession.

15.4 billion Paladian teachers have left the school in a span of three years (S.Y. 2021 – 2024). They either sought teaching opportunities abroad or change their profession.



WORD WAR
Wilsam O. Villa
News editor

Porn can potentially manipulate students to believe that it is a "reliable" source of sex education.

'Porn'crastination

Online pornography has silently been a growing concern

In an attempt to brace for their futures, I, along with many other youths, have had a hint of curiosity and experimentation; however, when they take it too far as to forget their morality, an indecent routine may sprout.

In the school that I reside in, online pornography has silently been a growing concern as Paladians, even below the age of 18, have confessed to watching the said content without realizing its impact on their mind and lifestyle.

Online pornography's doors have always been open with a general rule that is oftentimes ignored by students — having the age of 18 and up. In a survey we recently did for Paladians above the age of 16, it was revealed that 6 out of 10 of them have been watching pornographic content online, with 47.55% of them being 17-year-olds which is below the proper age limit.

Anything can be found on the internet, and those who happen to stumble upon something they were not meant to see, can possibly be too curious to the point that they're tempted to try it. In the same survey, 43.54% of the respondents stated that they discovered porn content from a link popup which led to an adult website while 38.51% said that they purposefully searched it online.

I was honestly surprised to also see that half of the respondents believe that pornography is an accurate representation of sexual interactions. Not only is this type of content harmful, yet it is very inaccurate in depicting actual sexual relationships as it is mainly designed to be exaggerated for views. It can potentially manipulate students to believe that it is a "reliable" source of sex education.

These days, children, even those who are still not in school, have been given a mobile device by their parents for the purpose of communication, entertainment, and discovery. My entire family, with the youngest being an 11-year-old, owns a cellphone. My parents cited that it is used specifically for online research and communication and my youngest sibling has even admitted to seeing an ad about a woman asking for sexual intercourse. Without proper supervision, even children are vulnerable to being exposed to online pornography.

While writing for an article about the same topic, I also stumbled upon the 2024 Year-in Review of PornHub, an online pornography website, finding out that the Philippines topped the list of countries with the most visitors using mobile devices, contributing to 97% of the website's traffic in phones. The word "Pinay" was also the third most searched term worldwide with the website itself stating that its popularity is "likely due to the increasing number of viewers coming from the Philippines".

As sex education continues to lack in the country, thankfully, the Comprehensive Sexual Education (CSE) under Department of Education (DepEd) Order No. 31 has been backed by President Ferdinand "Bongbong" Marcos along with the agency's secretary Sonny Angara amidst the rising cases of teenage pregnancy and sexually-transmitted diseases (STIs). Despite the order being spearheaded for these two major concerns, it can also educate students about online pornography's indecency and inaccuracy.

Students should learn to build a bridge between innocence and adulthood without relying on immoral habits hidden behind closed screens. Proper sex education, as said by the President, is "very, very, very important" for the sake of students' futures. We must not let students resort to "surfing the wrong waves" and address this desensitizing concern with our own voice.

VOLUME OF **PRODUCTION**

97% The total traffic in access on PornHub (Mobile Devices), an online pornography website, that came from the Philippines. The country topped as the third in the most number of viewers of its site in 2024.

6 OUT OF 10 Paladian students who admitted that they watch pornographic content online, based on the survey conducted by the pulication.



LONE VOICE
Lira Jane C. Abulencia
News editor

After studying here for six years, I've seen minimal progress in the integration of technology into the lives of every Paladian.

Smart choices

Transforming the town into a smart city

Imagine LPIHS as a "smart school," an institution where technology is fully integrated, and resources are abundant for every student. This is a dream many Paladians long for. Instead, we are often left to fend for ourselves.

It seems that our institution could not catch up with the vision which our city is trying to achieve. Tayabas City's Local Government Unit (LGU) is already working toward transforming the town into a smart city. They've begun by installing Wi-Fi connections in various barangays and have developed an app, 'Tayabazen App,' to digitalize transactions with the LGU. This step by the local government is already treading towards the right direction, whereas all Tayabenses could have a chance to connect online especially those in dire need.

Come to think of it. Shouldn't schools here in our city be given an opportunity also on digital innovation? Paladians frequently participate in competitions—at the division, regional, national, and even international levels. Yet, we continually face the same challenge: insufficient resources and equipment.

In a broader sense, let's put these competing students aside. Isn't it more of a smart school if all students have free access to internet anywhere inside the campus and computers can be used in their dispense, especially in learning?

These possibilities of innovation are nothing but out of reach, especially if these advancements are not urgent and constant priorities by local, even national authorities.

I've represented the school in numerous campus journalism competitions, and each time, we find ourselves scrambling for support. We have to request equipment from the school; however, the support is not entirely sufficient. We could get some of what we need for the competition, but it will not be everything.

In 2023, when we required Wi-Fi for a competition, instead of the school offering routers, our coaches were forced to use their own money to purchase the equipment. This is true also to other students who have to find ways to secure broadcasting equipment, robotics kits, art materials, and other things just to participate in contests that may bring honor to the school. But in real sense, there is a shortchanged honor of supporting these students along the way.

Even in daily occurrences, I see students constantly using their phones, searching for internet access because their teachers have sent modules via Messenger, but they are unable to access them due to a lack of connection inside the school premises. We also do not have a computer inside the premises that could readily be used if we are to search for our activities nor even print our outputs through accessible printers.

According to LPIHS Head ICT Coordinator Marlon Villa, even before the pandemic, an offer was made to install three public Wi-Fi hubs on the campus. This initiative could have greatly

supported students in their studies and research, but it hasn't materialized due to a lack of funding.

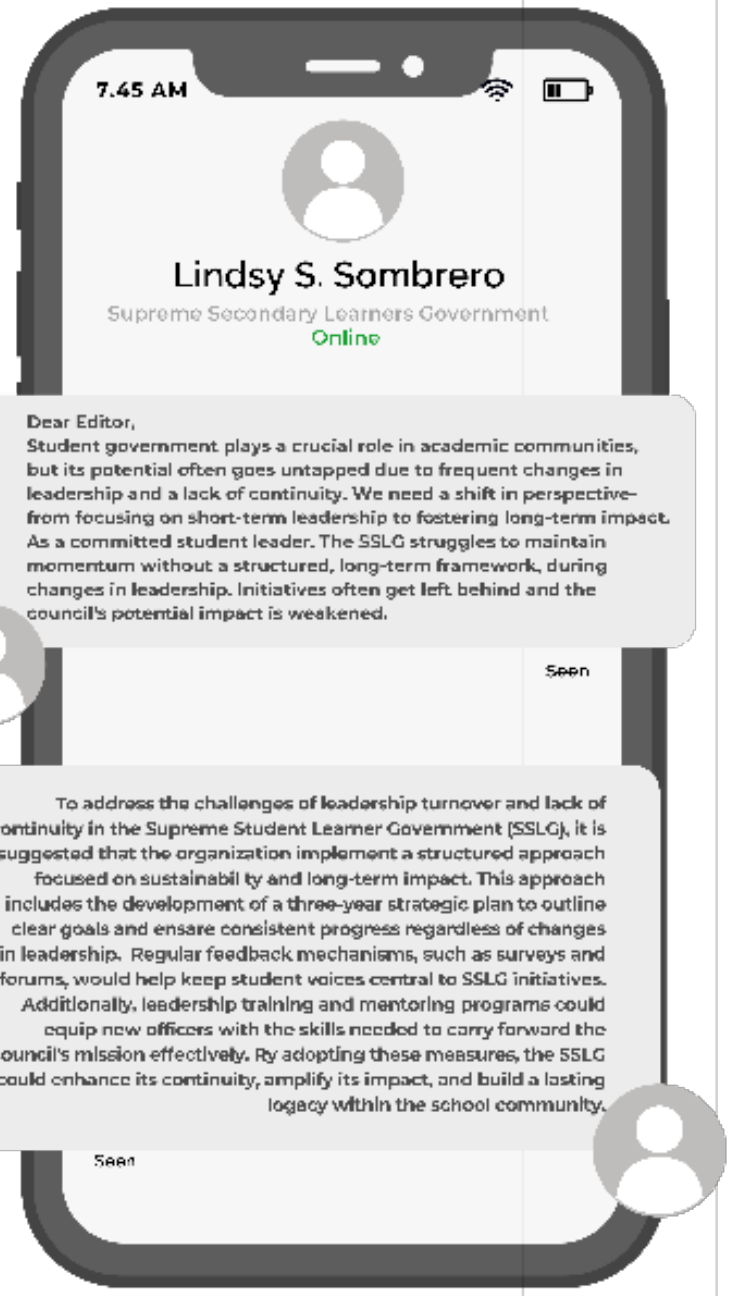
A handful of equipment inside the school could also not support a digitalization program for everyone. At present, there are 20 personal computers in the ICT room and 30 DepEd tablets. Both devices are utilized for computer-related subjects and school activities like student elections. Recently, a total of 35 laptops are given by DepEd for the school. The acquisition of these devices is commendable; however, it will not suffice to a school community with at least 6.2 thousand students. Above anything else, their usage is limited to a certain extent, and not all Paladians could readily utilize them to their daily needs in learning.

Looking at the bigger picture, this lack of digital infrastructure at school will have a long way to go towards realization now that the 2025 computerization program of the Department of Education is reduced to only 2.4 billion pesos in allocation from the original 12 billion in proposal. It is an utter dismay for our government to take steps back from realizing programs of innovation. The truth hits hard, Paladians will not find resolving answers from national authorities for the funding of our needed equipment in technological undertakings. And I think this will be true to every school in our country.

It also pays to look at our local ways and means. Interestingly, LPIHS alumni contribute significant donations to the school. They've generously funded projects such as the renovation of the main gate and the construction of brick pavements, enhancing the school's physical infrastructure. Given these contributions, why not consider directing some of these funds toward technological upgrades?

With the right technological infrastructure in place, LPIHS could better support its students, providing them with the tools they need to succeed in competitions. Ultimately, this will help them become digital citizens in this world growing on more technology and artificial intelligence. Such investments would inspire future generations to perform better, knowing that their school is providing them with the resources they deserve.

But, this dream of transforming LPIHS into a "smart school" seems distant, now that unintelligent decisions and priorities are chosen. After studying here for six years, I've seen minimal progress in the integration of technology into the lives of every Paladian. I had hoped for more, especially from a school that others hold in high regard.



BY THE **NUMBERS**

1:73 The ratio of one computer/tablet unit to Paladian students. According to the ICT Coordinator, LPIHS.

02 These are the ICT room and the Multipurpose Hall. However, the internet connection in these places is still protected by passwords and not for open access.

2.4B The approved amount, in pesos, of the DepEd computerization program for 2025.

School's Out, But Learning's Not

Continuing classes during natural calamities

I believe in the value of education, in the power of learning to change lives and shape futures. But when we talk about continuing classes during natural calamities, schoolwide events, or holidays, it digs a deep concern within me. Education is not just about textbooks and lessons. It's about balance, about knowing when to press forward and when to have a break.

I've never been more worried about the school's current state of cleanliness as there has never been a bigger pile of garbage since like, yesterday. But right as it was about to reach mountains, out of any other idea, the school decided to crumple the thought of tossing or pitching in our wastes in a trash bin by removing them entirely in our classrooms.

What exactly is the sense of abandoning the idea of throwing your waste in a trash bin when cleanliness is the school's main objective? With waste building up very rapidly in the school, removing the one tool to resolve or ease the whole situation is just all-in-all not that great of an idea.

I hardly even noticed what they had taken away from us up until they made the announcement. One of the school officials that pitched in the policy even stated that they expected that the students would definitely not go along with this policy. They also added that instead of trash bins, students will now throw their wastes in their school bags to bring them home.

Sure, our school bag has some space for garbage, but throwing it in there completely eliminates the point of one's self having a clean environment. By throwing in this garbage policy, they also took away our freedom to toss our wastes in somewhere proper.

With the year almost approaching it's end, Paladians' urgent call for the return of tossing or

throwing in their classroom is still yet to get answered by the school officials. Countless better alternatives for this policy go wasting away with each of them not even getting a second-thought from the school itself.

There is an obvious way on how we can achieve the campus' cleanliness without abandoning the sole strategy on managing waste, and that is only through keeping the trash cans, bins and bags. With these, the school can then pitch in a much better and more engaging strategy without worrying about being criticized by students.

Paladians possess keen eyes that can detect major defects in a policy. If the school had allowed us to throw some of our ideas in, and not out, then the whole situation could've subdued. As my school bag continues to fill up, my urge to remain an independent and bin-dependent student could never be tossed away by this policy.



ADJUDICATION
Athenna Gaela
Columnist

These laws are not just guidelines; they are lifelines.

BY THE **NUMBERS**

180 Number of school days for 2024-2025. The said total is less than the regular pronouncement DepEd over the years that ranges from 195-205 school days.

011 Number of school days in which classes were suspended at Luis Palad Integrated High School from June to December 2024 due to storms and heavy rainfall.

06 Major typhoons that hit the Philippines between late October and mid November 2024, or in just a span of 30 days.

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HOMECOMING
Kizar A. Fabie

Upholding Genuine Student Representation

Challenges that hinder their effectiveness.

The Supreme Elementary Learner Government (SELG) and the Supreme Secondary Learner Government (SSLG) are designed to be powerful voices for students, promoting their well-being and ensuring their needs are met. However, these organizations frequently face challenges that hinder their effectiveness.

Do we truly believe in equality when the very institutions meant to support student leadership leave marginalized students behind? The Office of the Undersecretary for Operations (OUOPS), through the Bureau of Learner Support Services-Youth Formation Division (BLSS-YFD), claims to provide equitable access to resources, training, and mentorship. Yet, their efforts often fail to reach those who need them most. This is not a mere oversight; it is a systemic failure that perpetuates a cycle of exclusion, denying marginalized individuals the opportunity to develop their leadership skills and campaign for their demands.

Can a school with over 6,000 students truly thrive on a mere more than Php 30,000 annual budget for student organizations? This is the reality of Luis Palad Integrated High School, an example of the chronic underfunding that plagues student development initiatives nationwide. While our students are brimming with potential, their dreams are stifled by a lack of resources, a cruel irony that perpetuates a system of inequality, disproportionately affecting those from underprivileged backgrounds.

How can we inspire student trust in their representatives when the institutions they serve lack openness? While constituents are encouraged to participate in elections and meetings, the information provided is often incomplete and ambiguous, hindering their ability to make informed decisions. This lack of transparency breeds distrust, leaving students feeling unheard and disempowered, undermining the very legitimacy of these institutions.

To claim that collective interests supersede individual voices is a dangerous slippery slope, one that leads directly to the stifling of dissent and the suppression of genuine representation. When administrative overreach is justified by the need for "collective interests," student voices are silenced, their autonomy curtailed, and their ability to truly represent the diverse needs of their peers is compromised. To truly empower student governments, we must ensure they operate independently, free from undue interference, where their voices can be heard without fear of censorship or suppression.

Can we truly expect meaningful change through mere revisions and procedural adjustments when the very foundations of student empowerment are crumbling? The National Federation of Supreme Secondary Learner Government (NFSSLG) has undertaken initiatives, proposing revisions to the LGP guidelines, creating a comprehensive operations manual, and establishing regular town hall meetings. While these efforts may be well-intentioned, they ultimately represent a superficial approach to addressing a complex problem. Without a genuine commitment to empowering students, these initiatives are unlikely to achieve meaningful student representation. We need more than Band-Aids; we need a complete overhaul of the system.

The time for empty promises and symbolic gestures is over. The Department of Education must finally embrace a new era of genuine student empowerment. We can no longer tolerate the systemic barriers that hinder effective governance and prevent student governments from truly representing the interests of all elementary and secondary learners. This vision requires a radical shift away from the top-down, administrative approach that has stifled student voices for far too long. It's time to empower students, not just acknowledge them.

True student empowerment demands more than mere token gestures; it requires a fundamental shift in our approach and a commitment to investing in the development of future leaders. We must provide adequate funding and resources, not as an afterthought, but as a vital investment in the future of our education system. Students must have access to clear and comprehensive information about their rights, responsibilities, and opportunities for participation. And we must hold youth leaders accountable for their actions, ensuring that their decisions are made fairly and transparently. Only then can we truly uphold the promise of student representation and create a more just and equitable education system, one where every learner's voice is heard and their potential is realized.

Kizar Fabie is a former student leader, having served as Supreme Student Government President of both Luis Palad Integrated High School and Tayabas City Division Federation in S.Y. 2019-2020. He is actively involved in various local and national non-government organizations in the Philippines.

HEAR YOU OUT

The Paladian wants to hear from students, teachers, alumni and other sectors about their critical insights on pressing issues that affect the Paladian community. For your commentaries, you may message us at

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I(nc)LUSSION in Education

Failure to completely uphold responsibilities towards SPED

With his recent research emphasizing the importance of technology in education, he has made significant contributions to the teaching-learning community and improved student performance through his works. With his recent research emphasizing the importance of technology in education, he has made significant contributions to the teaching-learning community and improved student performance through his works.



ALTERCATION
AUDREY R. CABUYAO
Columnist

Quality education is the right of everyone, it is not a privilege of mine nor any students. It is an absolute certainty that the Department of Education (DepEd) ought to be an institution which provides quality education. However, the blatant prolonged negligence to SPED learners is going against their sworn responsibility. Much worse, as it appears they're not even spared in our school, micro-aggression, discrimination, or even bullying among learners is a recurring issue. How can I even be proud to be in such an institution?

I don't take this issue lightly, neither should you. Last School Year 2023-2024, our SPED faculty only received 3,000 pesos from the Special Needs Education (SNED) Program Support Funds (PSF). This is not even a proper fund—this is a spare change by which they must survive on throughout this school year.

As per our SPED faculty, because of their non-graded system, they can only register for a budget per new enrollee, not the retained students in the program. For a faculty which undeniably requires full support, a mere 3,000 pesos is not enough for a month, much worse for an entire school year, a single psychological assessment of a student is already 3,500 pesos. It also should not rely on new enrollees to barely scrape a budget to cater for the current 20 SPED students.

As a result, some learning materials and other financial gaps are without a question covered by the SPED teachers. According to SPED Coordinator Gian Romero "Dyaan na papasok ang kaguruan [teachers may shoulder necessities]." Whenever trying times call, that 'help' is their criminally small wage. This is not an issue of sacrifice for love, it is an issue of irresponsibility of authority. Teachers are meant to teach, not to cover and shoulder the weight of what seem to be disregarded obligations in Special Education. I can never call this as compliance for their profession, especially when it's just piled up overdue commitments of the government, in which it seems they left for schools to figure out.

It is disgustingly appalling; regular students never reached this extent—because we don't have to. Funds may be even served to us with confetti, it's always a given. Let's not also spare ourselves, countless modules are trashed in the gym, chairs and tables are broken by students, chalkboards became the gravel road filled with potholes, you name it. But despite that, every school year we have the support to start. Yet in the same school, our fellow Paladians in SPED are not even on the starting line, but still that budget is not budging. Learners with disabilities are entitled to their own rights as much as we do, not something to look for.

In addition, LPIHS isn't particularly a sweet environment for our SPED learners. Let's not sugarcoat the school, my ears already bled from "abno yan" or "dun ka sa SPED kasi special ka" and similar more proliferated conversations and arguments. Be it in the canteen where countless times I've been disappointed by fellow Paladians' remoteness towards SPED.

"Makatao who? I've been disappointed by fellow Paladians' remoteness towards SPED students, Paladians outside of the school..."

PRIMAL STAND

The School of Character Calls Us Back

Four years after Luis Palad Integrated High School (LPIHS) entered its post-pandemic phase, the school has observed an alarming increase in various issues that continue to stain the campus's tagline "School of Character". Cases such as stealing, cutting classes and poor waste management had been observed and issued in the campus since the start of the school year. To battle these emerging issues, the school's officials along with student organizations such as the Supreme Student Learner Government (SSLG), Barked Kontra Droga (BKD) and Youth for Environment in Schools Organization (YES-O) continue to plan for interventions and policies in the school.

Young dreamer
Grade 8

As a Grade 8 student, I entered this school hoping to be part of a community that prioritizes character over all else. But seeing the issues we are facing makes me wonder: have we forgotten what it means to be a School of Character?

Stealing and cutting classes are acts of disrespect—not just toward others but also toward ourselves. It makes me think: where did the honesty and discipline we are taught in class go? We, the younger students, look up to older students and school leaders. How can we feel inspired to grow in character when these actions go unchecked?

Another concern is the waste scattered around our school. It feels like the environment, which YES-O has worked so hard to protect, is being ignored. Can we truly call ourselves stewards of the Earth when trash piles up in our hallways?

I believe we need more than just rules; we need reminders of why we value integrity and responsibility. Perhaps more activities that focus on character-building could help.

Inquisitive Spirit
Grade 10

As a Grade 10 student, I've had the chance to witness both the good and the bad in our school. What pains me the most is seeing the gradual erosion of values that once defined LPIHS. What happened to the unity we prided ourselves on?

Cutting classes is particularly alarming to me. It sends a message that education is not important, yet we all know it is our ticket to a better future. What is causing this behavior? Is it lack of motivation, boredom, or something deeper?

The issue of stealing is another harsh reality. Each theft is not just a loss of material items—it's a breach of trust among peers. How can we call ourselves a School of Character if honesty no longer reigns in our classrooms and hallways?

Lastly, the poor waste management in our school deeply concerns me. The sight of littered grounds contrasts sharply with YES-O's mission. Is this a failure of individual discipline, or do we lack proper waste disposal facilities? Either way, it tarnishes our school's image and contradicts the values we claim to uphold.

Reflective Senior
Grade 12

As a senior, it saddens me to see our school—once a beacon of integrity and excellence—grappling with issues that undermine its identity as a School of Character. These problems are not just challenges; they are symptoms of deeper neglect in fostering the core values we claim to stand for.

Cutting classes is not just an act of rebellion; it reflects a disengagement from the purpose of schooling. What initiatives can we implement to make education more meaningful and appealing? Are we addressing the needs of struggling students or merely punishing them?

The rising incidents of theft are heartbreaking. Trust, once broken, is difficult to repair. How can we foster a culture of honesty and accountability? As for waste management, I ask: where is the collective effort? YES-O has done its part in raising awareness, but we, as a school community, need to do more. Proper disposal bins, eco-friendly campaigns, and consistent monitoring can go a long way in keeping our campus clean and green.

No Drain, No Gain

Tayabas' drainage system is a growing concern

If you've lived in Tayabas long enough, you've probably experienced the frustration of streets turning into rivers after a heavy rain. I know I have, going to school soaking wet and dodging puddles just to get there. No matter how much the city grows, the drainage system stays the same, and floods keep getting worse.



GREENFIELD
Charm J. Laoradez
Science editor

As Tayabas lies within the drainage basins of rivers such as Alitao and Dumacaa, it is naturally prone to riverine floods. With the consecutive storms happening in Luzon, Tayabas is not looking good when it comes to floods. However, nature alone isn't to blame. Tayabas' drainage system is a growing concern as it fails to manage even moderate downpours, leaving the city with serious issues.

I've often wondered why something so essential hasn't been a priority. Each flood leaves a trail of destruction that just keep repeating themselves. It is exhausting to see this never-ending cycle, knowing that they could be prevented with proper planning and investment. If we don't make a change soon, Tayabas will continue to sink along with its own problems.

The root of this problem lies in the lack of urban planning and insufficient investment to upgrade the city's drainage system. Moreover, the people who live within the community don't make it easier to solve the flooding problem either, as poor management of waste contributes to the flood hazards. As urbanization progresses, the city's drainage system is no longer capable of handling the runoff.

What makes the situation alarming is the impact on the residents, the damaged homes, and the threat it poses to public health. Not only does flooding serve as a breeding ground for diseases like dengue, it also affects crops, transportation, water shortages, and the community's daily life. The flooding problem leads to a domino effect of what happens, falling from one problem to another.

As the issue remains unresolved, it leaves me wondering whether the city is truly prepared for what's about to come of the inevitable storms it faces each year. I worry that if we don't act now, the problem will probably be harder to manage.

Tayabas urgently needs better flood control measures, including modernized drainage systems, reforestation of the Sierra Madre, and proper waste management. We, Tayabasins, should collaborate to stop these from occurring. By proper disposal of trash and awareness, we can lessen the blockage of drains and break the cycle of neglect.

Ultimately, Tayabas must recognize that the flood crisis is not just an inconvenience but a serious threat to our city's future. We all deserve better, and Tayabas deserves better. It's time to demand real solutions before another storm leaves us sinking both literally and figuratively.

"The root of this problem lies in the lack of urban planning and insufficient investment to upgrade the city's drainage system."

COLORS AND THREADS:

Early Inspirations to Bold Creations

by **NICOLE ACI C. ESTRELLA**



art by **NYCEN S. TADIOSA**

What happens when a simple passion for art ignites an unforeseen journey into the world of fashion? For one aspiring designer, it began as a fleeting curiosity - from coloring faces to crafting dresses. But what started as a quiet exploration soon erupted into a life-changing path. A sudden interest became the spark for a destiny beyond imagination.

It all started when Christian Ian P. Barretto, commonly known as 'Ian' in the fashion industry, has embarked on a journey in fashion in the last four years. When the striking makeup looks of his pageant candidates sparked his imagination, he took a leap—altering scrap materials into stunning dresses, launching a whole new chapter in his creative voyage.

START OF A DREAM

Ian's career started with makeup, initially a hobby where he created looks for pageant contestants. What seemed like a simple pastime quickly turned into a full-fledged career that he grew passionate about in his free time.

His dream of owning a makeup and dress rental shop came to life with the opening of Ian Barretto Fashion Royalty located in Tayabas City. Looking back, he started his business in his hometown, Lucena City, where most of his customers came from.

"Nag-start lang talaga ako sa feathers and mga materials for costume like abaca," Ian shared how he began experimenting with costumes for pageants, refining his skills over time. He even created costumes for Niyogyugan Festival pageants in the past.

CRAFTING MASTERPIECES

"Nagliliyab na Uling" was Ian's most iconic go wn for Binibining Niyogyugan General Luna. The intricate design, which symbolizes the traditional culture of General Luna, caught the attention of the fashion industry. Another proud creation was his largest design used by his candidate for the Aliwan Fiesta, which was seen by audiences across the Philippines.

A major achievement for Ian this year was the creation of his shop. "Kasi dati, dream ko lang na magkaroon ng shop na pupuntahan ng tao—location branch kung saan pinapakita na tubong Tayabas talaga ako," he shared.

Ian also participated in the annual Postura fashion show for the second time, where his collections made a lasting impression on both industry professionals and audiences alike.

A TWIST IN PATH

However, the road to success is not always easy. It is difficult for him when his expectations for his creations do not always align with the outcome. "May mga part na hindi mo inaakala na hindi magiging maganda 'yung itsura o 'yung kinalabasan ng ginawa mo."

Also, despite facing financial instabilities, Ian has managed to remain focused on his long-term vision. He mentioned, "Hindi pa naman ako financially stable, so sa make-up nanggagaling ang funds ko for rentals."

Ian faced challenges but persevered, driven by his vision of turning his passion into something bigger.

Looking ahead, Ian is determined to carve his name in the fashion industry, yet he remains grounded, viewing himself as a humble beginner. Meanwhile, he had this to say for young people aspiring to be designers just like him, "Sa mga katulad ninyong bata, siyempre, may mga naiisip na kayo na dream n'yo someday. Just follow them."

From humble beginnings to creating some of the most memorable designs, Ian's journey is far from over. Just like how his curiosity and inspirations led him to somewhere else, his commitment to fashion will continue to inspire in a future that holds endless possibilities for him and his artistic creations.

Milagrong walang katapusan:

Beyond the Veil of Blind Faith

by **ANGELINE O. ARNAIZ**

Have you ever watched a stage play? I did! And let me share the bliss I've experienced from witnessing a live performance, taking in raw emotions firsthand as they unfold on a small stage that holds the weight of a story which brought tears and awe to the audience.

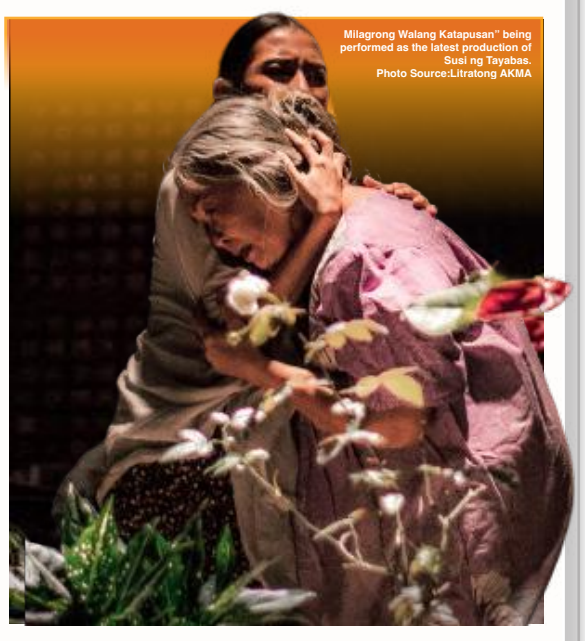
You may not be from here, but every Tayabense probably heard about the miraculous story of the glowing iron cross of Minor Basilica of St. Michael the Archangel. In the context of such analogous narrative, the play "Milagrong Walang Katapusan" came to life—birthed from the pens of Mr. Norman Ragudo and directed by Mr. Normandy Ethan Laureta.

"Milagrong Walang Katapusan" is the latest production of Susi ng Tayabas, publicly performed from January to May this year. Have you already heard of them? What started with a clique of five people overflowing with talent, now a renowned theater group of the city, is a non-government organization thriving through donations and hard work of members to showcase theatrical performances to Tayabenses.

Now, how about a walkthrough on the storyline and themes explored in the play?

As new sunrises start to fill the skies, and every moment becomes a simple dust in memories, the reality of nothing stays still desperately clings to those who refuse to go along the tides of time. Stuck in the glory of the past filled with god and gold, will faith be enough to salvage the present full of greed and grief?

This story not only relates the mysterious events residing the stone walls of a grand temple that holds a place in the citizens' heart, but also leaves a heart-tugging tale of Lucia, the matriarch of the renowned Marquez family, and the people around her.



Milagrong Walang Katapusan" being performed as the latest production of Susi ng Tayabas.
Photo Source:Litratong AKMA

Having been taught that miracle and faith saved their family, her grasp to the harsh-changing reality seems to slip on delusions. Blinded by beliefs and high hopes she placed on what she deemed as their savior, she failed to see the truth hidden inside their mansion of woes and holes.

As she persists to climb through the ladders of social hierarchy, her ragged and saggy hands filled with ambition of bringing their once prestigious name back to the top triggered her to sell treasures in exchange for a split second of pleasure—more on for her daughter, Bernadette.

Hope. That was what Lucia viewed Bernadette to be. With laid out plans, she put her faith in her child, sharpening her knife after it dulled when her other daughter, Monica, betrayed her perfect scheme when the latter married a linangin (a man from the barrio) for love.

As the play progresses, secrets and revelations come undone, challenging everything that Lucia had ever known.

This story displays the cruelty of reality that not only Lucia, but also a lot of Filipinos face on an everyday basis, as they put their fate in the palms of their gods and deities, in hopes of gold and glory coming their way.

The characters navigate the real meaning of miracle, they found their answers in a way that teaches them to stay awake in the dreams of reality.

As I look back to watching this play, it reminded me that miracles may end, but life shouldn't. As the sunset blinds the sky into darkness, the past should stay behind in order to not hinder the present. Nothing is constant, but one can live life to the fullest with a smile and brave every challenge of harsh realities.

Manuel's Art of Defying Memento Mori

by **ANNA MICHELLE E. TAN**

The only permanent thing in life is change. Hence, nothing stays... yet art is an exception; it lives forever. With every flick of his expert wrist, a pool of colors coils around each canvas—just like how a conductor would to a symphony. Using a skill that is all he's ever known, he single-handedly gave life to earth's creations—all in a single painting, confined in four walls. He was Manuel Jamilano, a late painter from Tayabas.

Born on January 1, 1906, Manuel Jamilano had an extensive passion for craft, having made countless pieces within the realm of traditional art.

With his passion to create, Manuel was one of the first in Tayabas to graduate Fine Arts in the University of the Philippines (UP)—mentored by his Professor, Fernando Amorsolo, a national painter. Along with this, he graduated from two courses in San Beda University, indicative of his academic prowess at the time.

. Most of his work featured a touch of humanity, in one way or another, and human relationships in general.

However, contrary to the lively and social nature of his artworks, his middle child, Clodualdo Jamilano, 77, recalled his father to be the opposite.

"Homebody lang siya, pag siya'y walang ginagawa basta siya'y (...) andun sa itaas nagpipinta," Clodualdo described how his father Manuel would often be found in his room, immersed on his world—carefully stroking the brushes colored of hues. He mentioned that this had put a bit of a distance between them, but also went on to tell stories of their bond.

"Tinutulungan ko siya sa pag-sketch ng mga tao, kaya ako'y nakakatulong dini sa mga ari," Clodualdo narrated, talking about the paintings displayed all over his home featuring people— one painting even a recreation of Juan Luna's Spoliarium.

He had been commissioned to paint by wealthy families in Lucena, and he had made murals for resorts in Bicol; showing the people's appreciation for art back in the day.

On August 5, 1988, Manuel passed away due to heart attack. In his passing, he had left hundreds of personal art pieces which were all kept by his family.

As saddening as it is, many local artists are often disregarded, typically only recognized by a select audience. Artworks and stories like that of Manuel Jamilano deserve to be remembered and preserved.

Memento mori, a Latin phrase which means death is inevitable, speaks of truth... But art lives on. The beauty in art is that every canvas is a capsule of life—a memento in which the perspective of a person can be preserved in a tangible way. On a canvas, life remains vivid, when taken care of for years and years to come.



art of **MANUEL JAMILANO**

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art by **MARIZ P. BARNES**



Echoes of the Scorching Past
A Review of Pulang Araw

by **MARYAH JHANICA A. ALMAZON & ANGELINE O. ARNAIZ**

It is taught in schools how our countrymen were treated during the dark times where blood and tears filled the streets of towns and cities—how thousands of Filipinos were dragged to the depths of hell during the years of bloodthirsty greed torturing innocence and lives under the Japanese colonization.

The importance of history may often be disregarded to just the mere phrase "past is past". With questions often asked, "Why do we need to know such events? What is the relevance of those in the current time anyway?" Ignorance is a bliss, it's true. However, does being benighted to the brim really brings a blessing?

Perhaps, a beyond-the-textbooks reminder of the past is needed with such paradoxical innocence some are exhibiting. That being too immersed in the present left us disregarding the importance of knowing in thyself the reason we are able to free ourselves from the chains and shackles of those who claimed our lands.

Hence, when the trailer for GMA network's new TV show "Pulang Araw" first aired, "intriguing" was the word to describe it. With the theme they chose to go for, which was set during the Japanese occupation in the Philippines during the 1940's, futuristic expeditions were set to be able to give life to an undead past.

Just recently, Tayabas was confirmed by the Tayabas Council on Commemorations and Celebrations (TCCC) to be where the last of the Japanese forces had formally surrendered. On its very ground came the last of the soldiers who participated in the three-year torture this town had to endure, with World War II coming to an end 79 years ago. Such actions of digging a forgotten past has also brought to mind the memory of the Bataan Death March, a tragedy that Tayabenses had to endure in the face of the oppression and so as other terrors brought by coercion of powers.

Released on July 29, 2024, "Pulang Araw" which translates to "red sun" in Filipino, is a symbol of the rising sun in the Japanese flag. It portrays stories of countless Filipinos and Americans that have to be told when the seemingly split second of bombing in Pearl Harbor started their nightmares and sleepless nights.

The said show was directed by Dominic Zapata and written by Suzette Doctolero. The director stated that "there's no hatred in this show", explaining that the goal of this project is to portray what it means to be a Filipino. Hence the question, "What does it truly mean to be a Filipino?"

Being a Filipino can be a lot of things which the narratives underlying the series tried to indulge the audience with…

Unbreakable Bonds

In the first few episodes, "Pulang Araw" showed us that it can mean "family" as it started off with the siblings Adelina (Barbie Forteza) and Eduardo (Alden Richards) living with their mother Fina (Rhian Ramos). Their bond with each other moves the hearts of the viewers, highlighting the importance of family, a constant reminder of the special people that would support each other through struggles, celebrate each other's triumphs, and push through the challenges of life together.

When their mother passed away from tuberculosis, an incurable disease at that time, the siblings were left to rely on each other. Not being able to stand on their own little and boney feet, their only remaining relatives, Tiya Amalia (Rochelle Pangilinan) and Tiyo Lauro (Neil Ryan Sese), were forced to take them home and provide shelter.

However, a problem arises when their aunt sends Adelina to her father Julio Boromeo (Epy Quizon) who unbeknownst to them is married and has a family of his own. From the sweet beginning, it took a turn for the worst as Carmela Boromeo (Angelu De Leon), who was filled with hatred because of the fault-found infidelity of her husband, relieves her anger out on Adelina.

As the show progresses, the storyline goes more into depth, focusing on the four main characters of the show: the siblings Adelina and Eduardo, Adelina's half-sister Teresita (Sanya Lopez), and the son of Japanese immigrants, Hiroshi (David Licauco). Each character, brimming with overwhelming emotions, embodies the reality during that time, bringing the story to life in a way that resonates deeply with the viewers.

Unflinching Resolve

Being a Filipino can also mean bravery, the strength to fight for freedom. The retelling of the many events in our history in the show was heartfelt: unveiling the realities our country faced, highlighting the courage of those Filipino guerillas who fought for our freedom, and showing the type of treatment the civilians received from the Japanese, including executions, torture, and sexual violence.

Such is the case for Eduardo, Adelina's sister and Terisita's lover, who chose to fight and resist the Japanese, even if it meant walking into a tightrope with the threat of knives waiting to stab him in his fall. OR even if it meant that someday, he might survive and leave his beating heart in woe without ever seeing his sister and lover.

His experiences on the show support the fact that some Filipinos tend to forget as it is not something properly discussed, having many stories of the past buried and forgotten. His life is one of the untold stories of Filipino heroes buried in the depths of dirt and piled to pools by the Japanese.

Enduring Agony

Being a Filipino also means struggle and sacrifice. Graced with precious treasure and glistening lands, drooling predators that prey on our country couldn't help to keep their claws to themselves. Experiencing three decades of being kept from our own home, Filipinos were forced to sacrifice even their own comfort and happiness in the face of oppression.

The sad story of Teresita displays the suffering of thousands of Filipina comfort women who were violated and tainted with worldly pleasures of Japanese men under the pretense of their struggles faced in fighting away from their motherland.

"Adobong baboy, para sa mga babaeng binaboy," Tiya Amalia uttered. This represented the indescribable torture of our fellow Filipina. Deeply moving the hearts of a lot of people, emotions and stories stored beneath the layers are relived as memories of these fallen angels are depicted.

With impending danger lingering at present, such nationalistic expenditure is a reminder of who we were once, is, and will be. War has its remnants–from its scars to its nightmares, depicted in "Pulang Araw" not merely for entertainment. Like a blazing sun, however harsh its rays may shine, it still brings light and hope for a brighter tomorrow. Just like the painful past endured by our countrymen during the period of forceful and bloody colonization, it stands as a symbol as to why we are flying free and enjoying the long-forsaken freedom. With the devastating lives lost in the battle brought forth, a recollection of every story hidden on shed tears might be the lesson we need to learn what we could do to protect ourselves, our family, our country, and our Tayabas.



STATURE OF A FORGOTTEN VALOR

by **WINPHREY S. KATATA**

by **IRISH JAMILA M. PESTAÑO & MERREL SHANLE L. GUARINO**

Standing tall in the middle of a buzzling bridge filled with moving vehicles is a silent statue of past glory, reigning to survive in memories of the freedom they fought for. Such heroism, frozen in place, is a reminder of the blood-spilled acts that built this city. So how is it that despite the valiance, their honor is still unknown to many?

In the bronze glaze under the scorching sun shining at Alitao Bridge, marking the rotunda adjacent to Minor Basilica of St. Michael the Archangel, stands a monument which happens to be a representation of the guerillas, a group of Filipino revolutionaries who chose to fight for the weak, sacrificed their life for those who yearned to live, and served as heroes to those in need.

Undetermined Faces

According to the Office of Tourism of Tayabas City, the guerilla monument is estimated to be built in 1968, during the era of Mayor Carmelo Carillo Nadera. Before the statue was constructed to commemorate their sacrifice, a figure of another hero holding a flag once reigned around the land.

"Noong una, …siya ay monumento muna ni Andres Bonifacio," according to Mr. Patrick Razalan, an employee of Tayabas Culture and the Arts Office, reiterating that the monument was replaced with another dedicated to the guerillas instead.

The construction of the said monument was assigned to Mr. Mario Egamino, the Municipal Planning and Development Coordinator (MPDC). Since the guerilla group had numerous mighty soldiers who dedicated their life for the community of Tayabas, he had a hard time choosing the right face that would represent their bravery. Baffled with uncertainty, their team ended up molding the face of the statue into one that resembled the key official's face.

"Nagdecide sila na yung mukha mismo ng municipal coordinator that time na si Mr. Egamino," stated by Mr. Razalan.

To show courage in the face of hardship; to lead the oppressed towards freedom; and to maintain resolve to achieve a common goal—these are undeniable acts of heroism that earn the honor to be recognized by the people and be remembered for years to pass. However, the decision to represent the guerilla soldiers in such manner has likely defeated the purpose of having the Tayabasins recognize their true heroes.

The decision to represent an anonymous face, albeit pragmatic at the time, highlights the broader challenge of memorializing collective heroism. Without the names, stories, or specific identities of the guerilla fighters, the monument risks losing its emotional resonance. It becomes a generic symbol, rather than a vivid reminder of real people who stood against the tide of injustice.

Unmasked History

Filipinos take the form of respecting national heroes like Jose Rizal by gifting them monuments, and the people of Tayabas are no exception.

As stated by Mr. Razalan, "Tayong mga Tayabasin ay ang paraan natin ng ating pagpapahalaga sa ating mga bayani ay ipinapatayo natin ng mga monumento, kagaya ni Rizal, kagaya ni Bonifacio, kagaya ni Hermano Pule."

However, not every story and act of heroism is recognized. Decades have passed, and the marks of oppression almost seemed to have never existed, yet oftentimes, heroes behind this are faceless and forgotten, such as the guerillas.

"Ay kahit ako'y tagadito ay wala akong alam tungkol sa statue na 'yan." A statement that can be often heard from Tayabasins in reference to the monument of the guerillas. Sadly, this is coming from the same people currently experiencing freedom as a result of those soldiers' bravery and sacrifice for their beloved town of Tayabas.

The monument, intended as a tribute to their valor, stands silent, and its message appears muffled by time and obscurity. Few Tayabasins know the stories of those it represents, and even fewer recognize its significance as they pass by the bustling Alitao Bridge.

Filipinos often pride themselves on their collective memory of national heroes, but this must also encompass local heroes who shaped the communities. Tayabasins, in particular, have a rich cultural heritage worth celebrating, and ensuring that these unsung heroes are recognized is a crucial part of preserving that heritage.

The plight of the guerillas, whose actions were essential to the liberty enjoyed by Tayabasins today, deserves a deeper acknowledgment. These brave men and women, who risked and sacrificed their lives, are representatives of a collective resistance against oppression. Their courage not only shaped the freedom of Tayabas but also contributed to the broader national struggle against colonization and tyranny.

If the courage of the guerilla soldiers can inspire an entire town to embrace their past, it is not too late for the community to reclaim their stories. With deliberate efforts to revive these narratives, the monument on Alitao Bridge can finally transcend its silent bronze form and become a beacon of the enduring spirit of freedom and resistance in Tayabas.

Without history behind them being known, monuments and statues are merely concrete structures. Ideally, they are meant to connect the people to their past and inspire future generations by keeping them in memories and deeds. To ensure the preservation of values and stories from the past that shaped the community's present, the unseen heroism of guerrilla soldiers should be unmasked and spoken loudly.

REPERCUSSIONS OF THE RUTHLESS:

Sumilang's Story of Strength and Sorrow

by **ANGELINE O. ARNAIZ**

Michael "Bobong" Hiram Jardiano Sumilang was a man of honor. He was a loving father of his four children, a strong leader for his people, and a hero in times of oppression. Facing the cruelty of his own countrymen, he chose to stand up and use his voice to fight for change, even if it meant he would lose all he was ever known for.

With knowledge and righteousness thrust upon his shoulders at a very young age, he chose a path filled with bullets and threats to be able to rally and express his objections to the regime of former dictator Ferdinand Marcos. Whilst studying Mechanical Engineering at Adamson University, he was juggling pens and text brigades until he had to go back to Tayabas in his third year of college.

In his hometown, he started a new life with his pregnant wife. His source of income had been known delicacies of Tayabas, lambanog, and its unique handicrafts. Soon, he earned the trust and votes of his co-Tayabenses upon entering the world of politics as the Barangay Councilor of Tayabas.

"Kahit saan pumunta si Bobong Sumilang, pinakikinggan talaga siya," uttered by Ms. Ivy Guadalupe Sumilang, his daughter, as she described her father as a man with remarkable leadership traits. Bobong Sumilang actually vouched for the separation of Tayabas as a town from LuPaTa, which stands for Lucena, Pagbilao, and Tayabas, as a means of addressing the scarcity of water resources.

Already known for his strong opposition to the oppression of martial law, he helped found the Quezon Chapter for Concerned Citizens for Justice and Peace (CCJP) in 1984. Under CCJP, rallies and marches were organized to seek justice for the bloody reign's victims and prisoners. He also joined fact finding missions organized by the Task Force Detainees of the Philippines to document military abuses in the province.

Elected as the Municipal Chair of the United Nationalist Democratic Organization (UNIDO) party in 1985, he campaigned around Quezon, helping former president Corazon Cojuangco Aquino. With his stance that captured the gazes of fellow Filipinos, voice that entailed people to listen, and points that stabbed the lies during those dark times, he became the "rising star" of Quezon, known for his impact as a politician.

"Yung campaign niya dito sa Quezon, malaking tulong yun sa kampanya ni Cory," added by Ms. Ivy, further stating how despite the dangers of running foul yet truthful mouths during the dictatorship of Marcos, he firmly stood for what he deemed as right.

Bobong as a leader was not far from how he was as a father. He was described to be that strict and traditional type of 'haligi ng tahanan'. He was a disciplinarian, according to Ms. Ivy, the type of person who believes that there is a right and wrong way to do things.

The era of his dual role is a family man and political leader further underscores the magnitude of his sacrifices. On the one hand, he was the traditional father who instilled discipline and values in his children, shaping their character with his firm yet loving approach. On the other, he was a fiery orator and leader who dared to confront one of the most oppressive regimes in Philippine history.

Balancing these roles came at a great personal cost, as his activism inevitably brought danger to his family. During the time of martial law, no treacherous acts branded by the government were left unpunished—even if they were actually heroic ones. It was no secret how those who spoke ill of Marcos and his reign would suddenly drop dead in the streets, bathing in their own blood with their bodies wounded with bullets.

Hence, Ms. Ivy and her family experienced the dread and fear brought by their father's activism. Numerous times they were warned about the lingering men scattered around the cobblestone streets, watching their house. What was once an open and free home became a closed wall in the hopes that no one would invade their peaceful abode. The constant surveillance, the veiled threats, and the palpable fear that shadowed their household reveal the extent of the regime's reach and the immense price the Sumilang family paid for his courage.

"Meron talagang nagbabantay, kaya yung mga tao diyan, nakatingin din. 'Yung mga kapitbahay namin, binabantayan din kami," Ms. Ivy added.

Despite the looming threats, Bobong Sumilang did not waver. His leadership in the UNIDO Party during the critical snap elections of 1986 further cemented his place as a pivotal figure in the Province of Quezon.

However, the dreadful day came a few days after the said snap election between Aquino and Marcos. The day that was supposed to be celebrated and anticipated became a day of tears, longing, and regret for such a brave soul.

On February 10, 1986, Bobong Sumilang passed away, struck by bullets violently cutting his life short. With some ballots in hand and other politicians inside a van, hoping to go home after a conference for UNIDO, he encountered hard evidence of cruelty and injustice along the boundaries of Lucena and Tayabas. Still being the hero that he was, he told his other four colleagues to run, as he caught bullets aimed by the gunmen.

Bobong stood not only as an opponent of the Marcos dictatorship but also as a beacon of hope for his fellow Tayabasins, inspiring them to envision a future free from tyranny. His campaigns for Corazon Aquino and his unrelenting drive to uphold justice demonstrate his profound belief in democracy and the power of collective action. His death, though a devastating loss, became a rallying point for many who continued the fight for freedom, galvanized by his example.

At the young age of 32, a hero has fallen leaving thousands of hearts broken, with his wife and the children he left behind the most devastated as they were still longing for his presence and time.

"Sobrang laki nung nawala sa amin. Hindi lang yung tatay namin, pati yung future namin," added Ms. Ivy, stating the looming uncertainty of what's ahead when Bobong passed. Bidding farewell to the world at a young age and leaving his children so early left them questioning, "What if our father were still alive? Would our lives have been better?"

Sadly, these questions would forever be left unanswered, lingering in the silence like echoes of the tragic past surrounding the Sumilang family.

May these life events of the late Bobong Sumilang be a significant lesson involving politics and governance—how important it is to choose the right leaders so no families will be left yearning for their loved one who selflessly chose to be a hero voicing out for the voiceless and fighting for what is right.

art by **MARIZ P. BARNES**



art by **NYCEN S. TADIOSA**

Dreams and *Lullabies*

by **SERENA FELICE REYES**

(Note: The name of the subject, being a minor, has been changed to protect her privacy.)

When the echoes fade, and a new rhythm of life begins..." In a world where laughter of adolescence fills crowded hallways, there exists an unspoken reality—a silence surrounding the struggles of teenage motherhood. For many girls, their teenage years are filled with dreams, friendships, and the thrill of discovery. But what happens when that path unexpectedly shifts, and the weight of a new life is placed on their shoulders?

Jam, 17, is no different to other teen moms. A few years ago, she was learning how to live her life as a teenager until she finds herself learning how to raise a child. Her story is not so unique, sadly. It's an unseen story of many young girls who, at an early age, find their lives irrevocably changed by an unplanned pregnancy.

The Unseen Sunrise

At just 15, Jam's intimate relationship with her partner grew, and they navigated their young love without fully understanding the consequences.

"Yung relationship namin since Grade 9, tapos ayun, naging komportable lang kami sa isa't isa. Sobrang bata pa kami, natukso kami," Jam recalled. "Hindi talaga siya planado."

When Jam found she was pregnant, she kept the news a secret for a while. But it was only a matter of time before her parents noticed the changes. Recalling the tense moment when her parents confronted her, Jam said, "Nakikita nila ako tapos nakahalata sila. Inakyat nila ako sa kwarto at kinausap nila ako ng masinsinan."

Despite the shock, Jam's life took a dramatic turn. At a time when her peers were preparing for graduation and making plans for the future, Jam found herself faced with the challenges of motherhood. She had taken four pregnancy tests—three of which were positive—just days before her high school graduation.

"Natatakot ako kasi di ko naman talaga alam kung anong mangyayari sa akin sa future," Jam confessed. "'Di ko alam kung magiging successful ba ako, kung yung bata ba lalaki nang maayos, magiging okay ba kami nung partner ko."

Her world, once filled with dreams of high school milestones and a bright future, crumbled as she faced the overwhelming responsibility of raising a child. Jam's reality is a harsh reminder of the silent burdens that many young mothers carry, often without the support they need.

"Sobrang nahirapan ako sa mga modules ko kasi solo lang ako sa bahay, nagaaral lang ako. Ayun, bumaba grades ko. Hindi na ako nakakasama sa achiever awards, 'di na ako nakakalabas lalo na. Physically at emotionally, nahihirapan ako," she uttered.

A Love That Tipped the Scales

Jam's experience is not isolated. According to Ms. Sharlene V. Baer, the school nurse, many young mothers navigate this tumultuous journey without the necessary guidance.

"Most of these girls are distant from their parents," she explained, pointing out that many of these girls' parents are overseas workers, often without the necessary mentorship and support.

The absence of comprehensive education is a significant contributing factor. Growing up, Jam lacked access to accurate information about her body, reproductive health, and relationships. She shared, "Sana mas naging open ako sa sexual education. Sana mas naging open kami ng partner ko sa pag-set ng boundaries sa isa't isa at naisip namin yung mga pwedeng mangyari in the future."

In many communities, the "birds and the bees" talk is rarely given, leaving young people to navigate their sexual health without proper guidance. In a predominantly Catholic country, the emphasis on chastity can make it even harder for young people to discuss or understand their own desires. This lack of education often leaves girls like Jam unprepared for the complexities of relationships, sexuality, and the potential consequences of unprotected sex.

The Storm Beneath the Silence

The stigma surrounding teenage pregnancy is pervasive. Society often labels these young mothers as the "downfall of youth", without understanding the complexities of their situation. "Saan kami nagkulang?" ("Where did we go wrong?") is a question often heard from parents grappling with the reality of their child's unexpected pregnancy. This question reveals a mix of confusion, fear, and a sense of lost control over their children's futures.

Jam's situation is further complicated by her socio-economic background. Studies show that girls from lower-income households face a higher risk of teen pregnancy, while those from wealthier backgrounds have better access to education and resources, which can reduce this risk. Financially and emotionally, many young mothers remain children themselves, burdened by the responsibilities of raising a child while their own dreams feel increasingly out of reach.

"Ang hirap, sobrang hirap. Iniisip mo kung tanggap ka ba talaga nila o napipilitan lang sila kasi nandiyan na," Jam said, reflecting on the challenges she faces. For Jam, as much as for many other young mothers, the future feels uncertain. They find themselves balancing the tender needs of a newborn with their aspirations that now seem like distant, unreachable dreams.

Breaking the Chains of Dependency and Prejudice

Despite the overwhelming challenges, Jam made the decision to distance herself from her boyfriend, choosing to navigate motherhood independently. Her decision was not without its own difficulties, but it was a step toward ensuring the well-being of herself and her child. She said, "Yung relationship namin ngayon, pinaglayo ko muna kami para iwas na lang rin at maging safe kami."

Her story, though fraught with hardship, is one of resilience. She has taken the steep and turbulent route of motherhood at a young age but is determined to create a future for herself and her child.

Jam's journey underscores a larger societal issue: the need for open dialogue about teenage pregnancy. The silence surrounding these issues only serves to isolate young mothers, leaving them without the support they need to thrive. It's crucial that conversations about teenage pregnancy shift from whispers to open discussions, creating an environment of understanding, empathy, and support for young mothers.

No girl should be made to feel ashamed of the choices she makes or the circumstances she finds herself in. And no child should ever be labeled a mistake. These young girls, though burdened by the weight of motherhood, continue to chase their dreams, fighting for their futures against a backdrop of stigma and misunderstanding.

Teenage motherhood may be a tough reality, but with the right resources and support, it doesn't have to be a life sentence to uncertainty. How wonderful it would be if the narrative can be shifted from shame and silence to understanding and opportunity, empowering young girls to rise above their circumstances and build the futures they deserve.

BUDINDEPENDENCE: CELEBRATING ART & FREEDOM THE TAYABASIN WAY

by **AZALEA O. ZAFRANCO**

In the very soul of Tayabas, Quezon, where history pulses through every street and corner, art and tradition collide in a breathtaking celebration that encapsulates the true spirit of freedom and cultural pride. As Tayabasins unite for this monumental gathering every June 12, aligned with the Philippines Independeces day, the streets erupt in a kaleidoscope of color, sound, and history, while the irresistible aroma of budin—the golden, soft cassava cake—fills the air, serving as a delicious emblem of their shared identity and enduring legacy.

The annual Sining Kalayaan at Kalye Budin has grown into the beating heart of Tayabas' cultural calendar, a grand celebration that draws both locals and visitors into a whirlwind of creativity and pride. It is a powerful manifestation of the town's unique way of honoring independence, where freedom isn't just commemorated—it is painted, sculpted, and danced into existence. The streets become a living canvas as artists, dancers, and performers pour their souls into the theme of independence, transforming every corner into a vibrant tribute to the boundless spirit of freedom.

One of the festival's highlights is the street exhibit, where artists transform the vibrant thoroughfares into an open-air gallery. The murals and installations don't just depict freedom—they provoke reflection, narrating stories of resilience and identity.

"Art has always been a vehicle for expression," says local artist Miguel Reyes. "Through Sining Kalayaan, we remind ourselves of the struggles and triumphs that have shaped us as a people."

Amid the artistic displays, Kalye Budin pays homage to Tayabas' culinary heritage. Vendors line the streets with freshly baked budin. For many, the festival wouldn't be complete without this iconic delicacy.

Music and dance also take center stage, with street performers captivating audiences with their dynamic energy. From traditional pandanggo sa ilaw to modern interpretations of freedom-themed choreography, the performances underscore the community's deep connection to its past while embracing the evolving present.

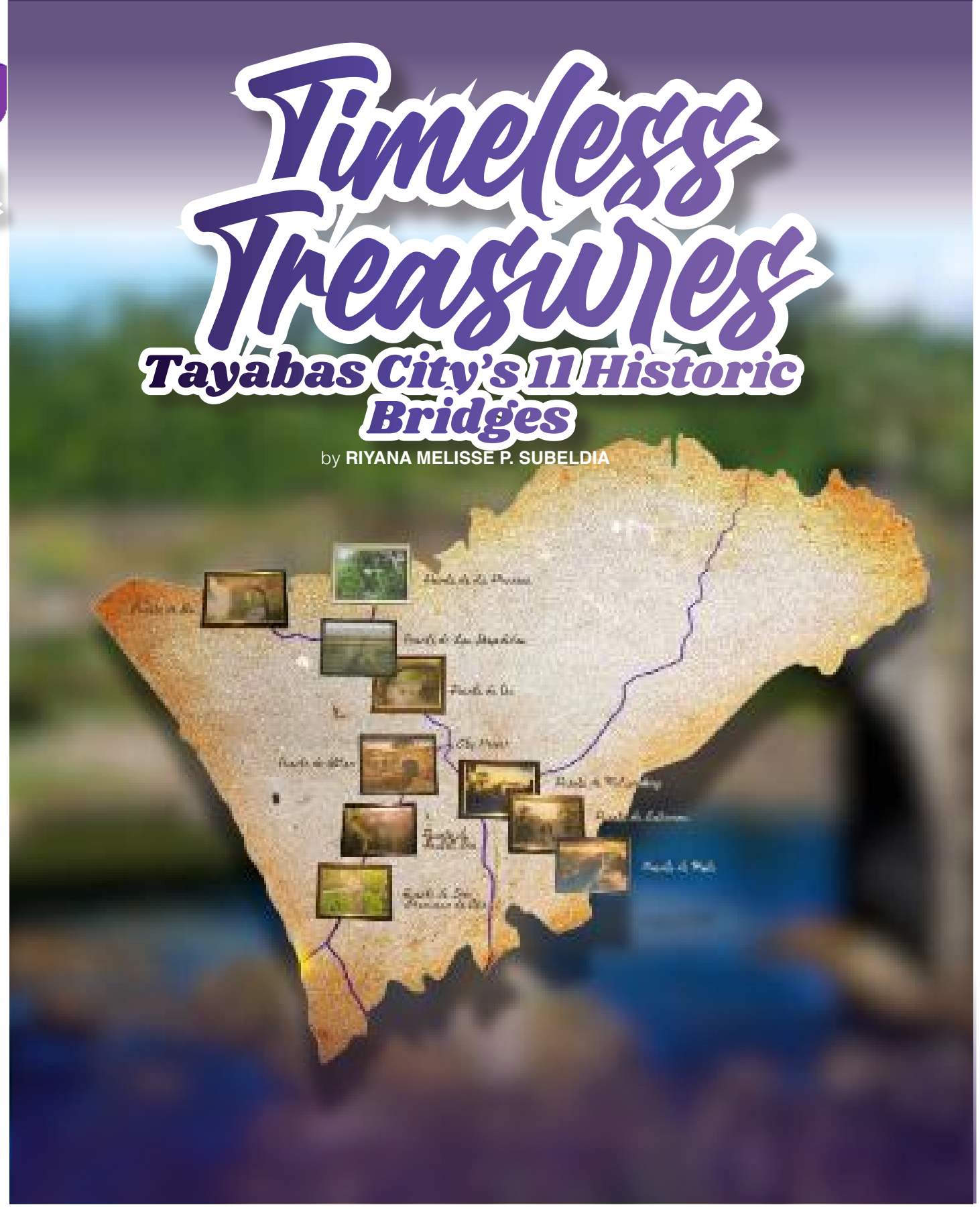
As the day draws to a close with a dazzling fireworks display, the spirit of Sining Kalayaan lingers in the air, a powerful testament to the enduring bond between art, freedom, and tradition. For the people of Tayabas, this annual celebration is more than a spectacle—it is a profound reminder that no matter how fast the world evolves, their roots will forever anchor them in pride, heritage, and a shared identity that no force can sever.



Timeless Treasures

Tayabas City's 11 Historic Bridges

by **RIYANA MELISSE P. SUBELDIA**



Amidst the bustling streets, crowded places, and the growing economy of Tayabas City lie three- century-old bridges—thousands of adobe stones meticulously placed by Tayabasins during the Spanish colonial era. These 11 bridges served not only the Spaniards but also the local townspeople, becoming enduring symbols of excellence and pride for the community. Declared as National Cultural Treasures, these bridges—Puente de Alitao, Isabel II, Urbiztondo, Don Francisco de Asis, Prinsesa, Bai, Despedidas, Ese, Malagonlong, Lakawan, and Mate— were constructed between the 17th and 18th centuries during the Spanish colonization. They played a crucial role in the import and export of goods and transportation, connecting barangays and villages in Tayabas, Quezon which is home to numerous rivers. These bridges stand out for their remarkable structural strength, surviving countless natural disasters, such as typhoons and earthquakes.

Puente de Malagonlong

Located at the Mateuna-Lakawan road, the Malagonlong Bridge offers a breathtaking view of its arches spanning the Dumacaa River. Recently, the Cultural Heritage Preservation Office of Tayabas City discovered a fifth arch a few meters away from the bridge's main structure, believed to have been a waterway during its construction.

Constructed in 1840 under Gobernadorcillo Don Joaquin Ortega and inaugurated in 1850 under Gobernadorcillo Don Julian S. Francisco, the Malagonlong Bridge is the longest Spanish-era bridge in the Philippines. Measuring 445 feet, it was built from hundreds of thousands of adobe stones by Tayabasins who endured forced labor. Although a new bridge now handles vehicular traffic, the Malagonlong Bridge remains a popular tourist attraction.

Puente de Alitao

Spanning the Alitao River in Barangay San Isidro, this bridge was initially a wooden structure built in 1798 through the efforts of Don Jose Medio and Gobernadorcillo Don Juan Lopez. By 1822, the bridge was reconstructed using adobe stones, completed under the supervision of Don Diego. Locals continue to use this historic bridge daily, and an old tale warns that the bridge will collapse if two massive rocks near the river disappear.

Puente de Isabel II

Puente de Isabel II, a two-arched bridge over the Iyam River in Barangay Malaoa, was built between 1852 and 1853. It was a gift from Don Francisco de Asis Maria Fernando to his wife, Queen Isabel II of Spain.

Puente de Urbiztondo

Named after Governor-General Antonio de Urbiztondo, this one-arched bridge was constructed over the Malaoa River using 10,651 adobe stones and completed on August 31, 1854. It was partially destroyed during World War II but was restored under the "Oplan Sagip Tulay" initiative to preserve the historic bridges of Tayabas.

Puente de Don Francisco de Asis

Located over the Domoit River in Barangay Calumpang, this bridge was named after Don Francisco de Asis Maria Fernando. The one-arched bridge, made of 9,967 adobe stones, was completed on October 15, 1854.

Puente de la Prinsesa

Also bombed during World War II, Puente de La Prinsesa was named after the Princess of Asturias in Northern Spain. The bridge, located over the Dumacaa River in Barangay Ibas, was reconstructed as part of "Oplan Sagip Tulay" and is now used for vehicular passage. Locals are said to frequently report paranormal sightings on this bridge, leading many to honk their vehicle horns when passing as a gesture of respect to unseen spirits.

Puente de Lakawan

Located in Barangay Lakawan, this is a stone bridge used by pedestrians and horse-drawn carriages back in the late Spanish colonial era. **Puente de Bai**

This unique spiral-arched bridge in Barangay Dapdap marks the boundary of the old route from Tayabas to Lucban, Quezon.

Puente de Mate

Located in Barangay Mate, this historic structure showcases a Spanish infused construction.

Puente de las Despedidas

Known as the "Farewell Bridge" of Tayabas, Puente de Las Despedidas spans the Ibia River in Barangay Camaysa. During Spanish times, it served as the departure point for those traveling to Manila or Laguna.

Puente de la Ese

This S-shaped bridge over the Ibia River earned its name from its distinctive form.

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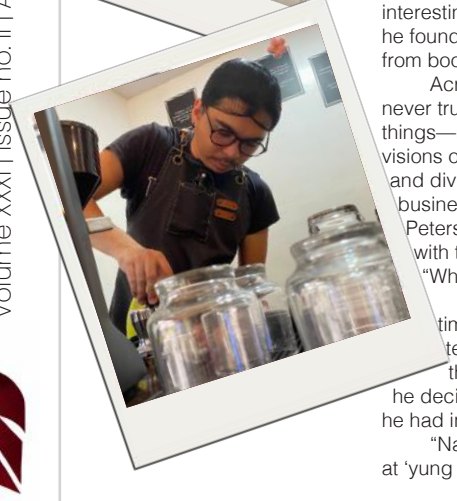
FROM GROUNDS TO GREATNESS:

Crafting Dreams Through Every Brew

by **CYRAH AYESHIA J. ZARSAGA & AZALEA O. ZAFRANCO**

In a world inevitably filled with dull moments, where apathy tends to fog over interest, some find refuge between those borders bound with ennui. Despite the tides of time washing over everything, the stillness of seconds, turned to minutes, then hours can be felt.





Such is the case of Peter Alvarez, a café owner from Tayabas City. Clouded with mists of apathy in his daily activities, life has never gotten interesting or exciting... until he found cover and sanctuary from books and coffee.

Across his years, he never truly desired such things—really. But such visions of building up careers and diving headfirst into businesses has clouded Peters' mind—that come with the lingering question: "What if I take a leap?"

With A wealth of time in his hands, and a tenderness for his wife that pulses in his chest, he decided to pour everything he had into this new journey.

"Nagsimula ito dahil ako at 'yung asawa ko ay mahilig talaga kami sa books and sa coffee, especially my wife," Peter stated. What started as a less costly way for them to follow their passions quickly grew into an establishment that represented what made them unique.

Located in Tayabas City, Quezon Province, near the historic church of St. Michael the Archangel, the Coffee & Chapters café began to flourish like a garden in full bloom. Customers poured in, turning his hard work into a thriving haven...

Peter shared about encountering a customer whose words, simple yet powerful, echoed in his mind long after they'd left. "Meron kaming customer na galing pa kung saan, then after niya umorder at mag stay dito, sinabihan niya ako na ang sarap ng coffee ko kahit parang kasing level ko lang yung ibang coffee shops."



As Peter stated, "Para sa akin, 'yung cafe namin ay unique dahil sa book selection, kasi for sale siya tsaka puwede ka magbasa pero may rental fee."

He has heartfelt plans for the café's future. With dreams of adding pastries to the menu and relocating to a larger spot just down the street, his vision continues to grow. Yet at its core, his purpose remains the same: to celebrate great books, exceptional coffee, and a space where people can come together and savor both.

Like any owner of a small business, Peter has faced his share of problems. It was challenging to keep the smooth flow of the café in the beginning because of supply problems, with de deliveries causing interrup To avoid this, they started maintaining a larger supply products. Realizing that regular maintenance is important, they now make sure to always check their equipment to avoid incidents like this.

His cafe, which started out as a hobby before becoming a business, now feels like a little movement all by itself—a place where people can go, alone or with company, and enjoy the simple pleasures of wonderful coffee and good books.





by **SHINMAE S. PERNIA**

GROWING CONCERN

Does social media know you well?

by **GENEVA VENICE S. BOBILA**

As social media keeps changing, numerous people increasingly depend on it as a main source of information, such as for health guidance. This change has resulted in a decline in doctor visits, a rise in self-diagnosis, and the perilous trend of unmonitored therapies--endangering lives.

The enormity of social media today allows individuals to be readily swayed by different trends, particularly when others appear to have faith in the information it has too. This resulted in contents that frequently fall short of providing accurate and adequate details, prompting individuals to self-diagnose and inspiring others to follow suit.

Professionals who observe the growing reliance on self-diagnosis share this concern. Barangay Health Worker (BHW) Teodora Santos said, “I have always trusted medical advice from doctors. It is dangerous to label oneself with an illness without their guidance, as insufficient evidence cannot substantiate such claims.”

During the pandemic, mental health topics gained widespread attention, with popular platforms like TikTok, YouTube, and Instagram becoming major sources of health-related content. As more individuals sought to understand their potential conditions, misdiagnoses became more prevalent.



In response, many content creators have added warnings to clarify that their videos are for educational purposes only and should not substitute for a medical professional’s advice. In addition to this, many public health educators and community health workers are now actively educating young internet users, highlighting the necessity of obtaining professional advice before attempting treatments or medications.

These initiatives have resulted in a reduction of self-diagnosis practices and a greater demand for the conscious use of social media, particularly when the information might not be relevant in all cases. Consequently, the difference between information intended for diagnosis has become more evident.

Even though this has decelerated the issue’s expansion, it does not ensure that self-diagnosis will be eliminated. Continuous education for both migrant and local social media users is essential to tackle the problem and stop it from happening again.

Although social media serves as a useful resource for health information, it must not take the place of professional medical guidance, since self-diagnosing can be perilously deceptive. In order to maintain well-being, people need to stay alert, pursue professional advice, and utilize online resources wisely.

PRINT.SCRAPE. REPEAT.

3D Printing Expands Horizons for LPIHS Students

by **CHARM J. LAPRADEZ**



Fheby De Sagun forms ideas into 3d prototypes using the new Flashforge 3d printer at Luis Palad Integrated High School on November 8, 2024.
Photo byWinphrey S. Katata

Creating prototypes, devices, and 3D materials manually has become increasingly difficult for students as it is time-consuming, requires much labor, and limits the potential for successfully developing a project. Fortunately, three-dimensional printing has truly taken off into the campus of Luis Palad Integrated High School as the Flashforge 3D printer opened new doors of possibilities.

3D printing, or additive manufacturing, is creating a physical object layer by layer from digital designs. Students can make concepts and ideas visible and tangible in form from practical tools to interesting creations. Using software such as Tinkercad, students design 3D models that the printer makes real by utilizing filaments, a plastic material melted and shaped into really intricate forms.

For Fheby Samnyha C. De Sagun, “A 3D printer is a valuable tool for me as a student researcher since it allows for new ways to create and test digital ideas in real life. My group can also affordably produce prototypes or models of our ideas.” De Sagun emphasizes how the 3d printer is a very useful tool when it comes to research as they can create various prototypes for their device.

Gian Lemuel Ranera, a student from STEM 11- A shared his experiences with the 3d Printer.”The 3d printer at first glance was complicated at first glance, but eventually became pretty easy to use once you figured out the controls. One of the first few projects made with this printer was the SEP medals which were given to SEP Batch 2022. It was mass produced due to the little time we had. The medals turned out to look great albeit a little jagged since removing the printed medals from the printer’s platform was never an easy task”

Turiano De Ramos IV, from STEM 11-A recalled, “It was somehow a very unique experience due to the fact that a 3D printer can make your imagination come to life. The printing process may take a while, ranging from 30 minutes to an hour, and upon waiting, you still had to scrape the excess filament in the model so that it becomes much cleaner.”

For John Timothy Q. Renonos of STEM 11-B, “I used the 3d printer to make a Team Marker that was required in the International MakeX Robotics Competition in Yantai, China.. My experience in using the 3d printer was intriguing because it was my first time to use the 3d printer for a competition. I needed to utilize the 3d printer’s features so that the Team Marker that we will be using for the competition will be attractive and functionable. The model was 3D printed for almost a day and it looks like what it was on the app.”

While the 3D printer offers exciting opportunities, students and teachers alike have faced challenges. Learning the software takes time, and printing large, detailed models requires patience. However, these challenges have become valuable lessons in precision, perseverance, and critical thinking.

The 3D printer represents the school’s commitment to innovation and hands-on education. Through projects both big and small, students learn that the road to success is paved with trial and error.

The possibilities are endless, and with each new project, the students of Luis Palad continue to push the boundaries of their creativity. The future is in their hands, and in their hands, technology truly comes to life.

Hat’s Off Brgy. Masin! Weaving Pride into Every Sambalilo

by **CHARM J. LAPRADEZ**



by **SERENA FELICE REYES**

In the heart of Tayabas, Quezon in Brgy. Masin, the timeless craft of creating the sambalilo, continues to thrive. This traditional hat, designed to shield wearers from the sun’s relentless heat also shows their culture and the heritage of the community. As part of the “Salinlahi Series” organized by the Cultural Heritage Preservation Office of the Tayabas LGU, this initiative aims to revive and celebrate the art of sambalilo making, a skill passed down through generations of local women.

For the women of Brgy, Masin, weaving sambalilo hats is an integral part of their daily life, blending work, tradition, and identity. Each sambalilo is made from the strong fibers of pandan or buli, the materials that grow abundantly in their surroundings.

Juanita Caagbay, a dedicated sambalilo maker from Brgy. Masin, shared her thoughts on this craft. “Kami na lang ang nagamit ng ilohan; ‘yung mga apo ko ay hindi na interesadong gumamit,” she says, many younger people in the community seem less interested in traditional tools like the ilohan, which is crucial for the craft.

The hats they produce are for sale at local markets or to canvassers in nearby towns. These people hold on to the hope that the younger generations will embrace this tradition, ensuring that it does not fade into obscurity. The process of creating a sambalilo requires both skill and patience. The ilohan is a traditional tool that is used to flatten and soften the pandan or buli leaves, making it suitable for weaving. It is typically made of one or two large stones connected by a wooden beam or log, the ilohan is utilized manually to press down the leaves. The pandan itself is known for being sturdy and has long leaves that is ideal for weaving various crafts.

Felisa Cabuyao, another local artisan from Brgy. Valencia, stated her routine: “Pupunta na ako sa pandanan at doon ako mamamanhan, at ako’y solo sa amin ay. Mangunguha muna ako ng limang piraso, dala ko na sa amin. Babaakin ko, at ibibilad ito sa initan. Tatalian ko ‘pag tuyo-tuyo na, tapos ako ay iilo na ng hapon. ‘Pag kailo, ito ay lilinasin na. ‘Pag kalinas ko’y puputulin, tapos iiluhin ulit, at pagkatapos nun ay lalalahin.”. The Tayabas LGU’s Cultural Heritage Preservation Office is aware of the problem and is working doubly hard to make the young people learn the art of weaving, which they can pride themselves on as part of their cultural heritage.

The women of Brgy. Masin passed on the knowledge and skills they possess to their children’s next generation so that these treasures would never be lost but, at the same time, create a new desire for these beautiful traditions by inspiring renewed interest.

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DRIFTING IN A DISASTER

'TOO' BIG TO DRAIN

by **AZALEA O. ZAFRANCO**



Filipinos face a rough patch to recover from the unusual, frequent flooding in Tayabas City due to intensifying climate change. Source: Fulcrum.sg

Nestled in the Quezon Province, Tayabas is a lovely city with a rich cultural past and bright surroundings, but during recent years, it has become more susceptible to the effects of climate change, especially when it comes to extreme flooding.

Tayabas confronts tremendous challenges in managing flood hazards as a result of changing weather patterns and rising global temperatures, which endangers both the area's natural beauty and the lives of its population.

The flooding in Tayabas is affected by both natural elements and human activities. Within the rivers such as the Alitao and Dumacaa--drainage systems that are prone to flooding especially in the rainy season are present. As the region undergoes significant rainfall because of its tropical climate, it is exacerbated more by typhoons that pass through the Philippines.

For Jennifer Tuang, a DepEd governor in Tayabas, the rain is no longer a gentle reminder of calm; it's a signal to brace for disaster.

"Syempre may mga times talaga na taghirap ang pagapasok, lalo na at rainy season ngayon, siguro may posibilidad na may lalong lumala ang kaso ng pagbaha."

In the past, Tayabas has had a history of many catastrophic flood events caused by typhoons which made flood risk management extremely difficult. Tayabas floods cause major disruptions to daily life and endanger the lives of its locals.

To address this, expanding drainage systems and putting nature-based solutions like reforestation in the Sierra Madre were seen as essential to addressing Tayabas' ongoing flood hazards. These steps combined with enhanced early warning systems and community-led disaster planning were used to help protect the city against typhoons in the future.

Tayabas is prone to flooding because of its proximity to large rivers and cleared areas of the Sierra Madre, leading to swift runoff during intense rainfall. Farming regions face considerable crop damage, urban flooding frequently occurs due to the failing canals and insufficient flood control systems in the city. To tackle the increasing severity of storms, enhanced early warning systems and heightened community involvement in disaster readiness were considered and were proven effective.

This situation is made more difficult because of climate change, which causes rainfall to become more intense and erratic--making it more difficult for existing flood management techniques to keep up. Such as limited financial resources available for disaster preparedness and recovery. These elements highlight the significance of a thorough strategy for flood risk management that considers both human needs and the environment.

As Tayabas fight with the increasing threat of floods, it demands an urgent call for action. Should the people of public desire

BY THE **NUMBERS**

20 typhoons visit the country annually, with around eight to nine of them crossing Philippine lands, according to a report of the national weather bureau.

Typhoons visit the country annually.

A survey revealed that

90%

of these typhoons affect the country

TYPES OF **INTENSITY**

TROPICAL DEPRESSION
61 Kph or less

TROPICAL STORM
62-88 kph

SEVERE TROPICAL STORM
More than 220 kph

TYPHOON
188-220 kph

SUPER TYPHOON
More than 220 kph

TYPES OF **IMPACT**

Damage to buildings and settlements caused by strong winds

Casualties from storm surge, inland floodind and landslide



source **Philippine Daily Inquirer**



Something Smells Fishy:
Impacts of Development on Fishpond Agriculture

by **GENEVA VENICE S. BOBILA**

As urban development expands, agricultural sectors especially fishponds, are facing difficulties in surviving in rural regions. In Barangay. In Dapdap, Tayabas City, more than ten resorts utilize 60% of the regional water resources providing just 40% for homes and a mere 10% for crucial agribusinesses, such as fishponds.

As urban development increases, businesses that produce essential food sources, such as fish farms, are receiving less support. New establishments like resorts that need large amounts of water take away most of the supply required to raise farm animals, lowering food production in the area.

Ex-Brgy. Kagawad and fish farm proprietor Jepoy Dayahan expressed his views on the present circumstances. The water source for my fishpond is inadequate, resulting in low oxygen levels that lead to fish fatalities. Consequently, I'm unable to create sufficient inventory to satisfy market needs."

Before, the farmers tried negotiating with resort owners to ensure equal water supply to their farms by separating a hose large enough to eject sufficient quantities of water. Despite their efforts, the plan failed as more resorts and households were built, further draining the water supply, even with the larger pipes.

In response, local officials in Brgy. Dapdap developed strategies in order to balance water usage across sectors. Soon, an order will require water-dependent establishments to pay usage fees and close once a week for conservation.

This action plan helped lead to equal water distribution to all farms, especially fishponds. Furthermore, the lack of water supply was lessened by almost three days a week, and the fish produced by fish farmers increased by up to 5%, helping them gain extra income from selling it to the market.

While this gave positive progress in eliminating the concern, the problem is still present and needs further measures for it to be fixed completely. The Brgy. Officials are now collaborating with the Local Government Unit or LGU of Tayabas to address the environmental concerns regarding this; they are still trying to find solutions to safeguard the area's freshwater fish production.

As more provinces continue their urbanization, projects like resorts are increasingly prioritized over the maintenance of essential resources for fishpond agriculture, including water. This is why embracing sustainable water management strategies is crucial, as it harmonizes the requirements of urban development with those of agricultural sectors such as fishpond farming.

source **Philippine Statistics Authority**

VOLUME OF **PRODUCTION**

9.5% **CROP** lower than the previous year's same quarter output of 16.60 million metric tons

6.5% **LIVESTOCK** decrease relative to the previous year with production level of 558.50 thousand metric tons.

5.8% **POULTRY** Increase from the previous year's same period level of 670.48 thousand metric tons

5.1% **FISHERIES** It diminished from the previous year's from the 1.02 million metric tons

H2-Oh No!: Tackling Tayabas City's Water Scarcity Crisis

by **JEAN CARLA SABIO**

In the past few years, Tayabas City has been undergoing rapid urbanization. With the presence of technological advancement, the city's infrastructure development cannot cope with the economic growth. The city faces natural disasters such as typhoons, in which extreme rainfall can cause severe flooding because of poor drainage systems in the city.

Rainfall results in flooding which is influenced by combinations of human activities and natural factors. Tayabas has only a few drainage areas, dams, and an eco-park which is located in Barangay Lakawan. Drainage systems are designed to channel rainwater away from roads, buildings, and public areas, preventing flooding.

According to Ramon Lagrosas, a resident from Barangay Tuazon, Tayabas its poor drainage systems lead to common floods. "Tuwing naulan malakas dito ang baha, dito sa may bypass talagang malakas ang anod ng tubig kahit mahina ang ulan dahil nga barado yung mga daluyan ng tubig"

In past events, Tayabas had a long history of disastrous events, often caused by extreme typhoons, making floods hard to manage. To divert rainwater away from residential and commercial buildings, the drainage system is essential in any metropolitan region. Rainwater cannot escape when these systems are insufficient, which leads to water buildup and flooding of neighborhoods, streets, and even fields.

Flooding has serious impacts on Tayabas City's residents and economy. Flooded streets disrupt daily life, causing traffic, and some delays in public transportation. The poor drainage systems can also cause stagnant water that serves as breeding grounds for mosquitoes, increasing the risk of diseases like dengue.

Aside from floods caused by poor drainage, residents struggle due to water shortages for Cecilia Sumilang, water shortages happen everyday. "Araw araw dito sa amin sa Angustias at sa trece laging walang tubig simula umaga, pero pag umulan naman umaapaw ang tubig dahil puno din ng mga basura sa mga kanal"

Flood hazards can be decreased by making investments in better infrastructure, adopting sustainable urban planning, and encouraging community involvement. Tayabas City can create plans into place to build a secure future for everyone without worrying about the environment.



Paladian ucleans their hands by using the hand-washing station at Luis Palad Integrated High School on January 13, 2025. Photo by Wimphrey S. Kataita

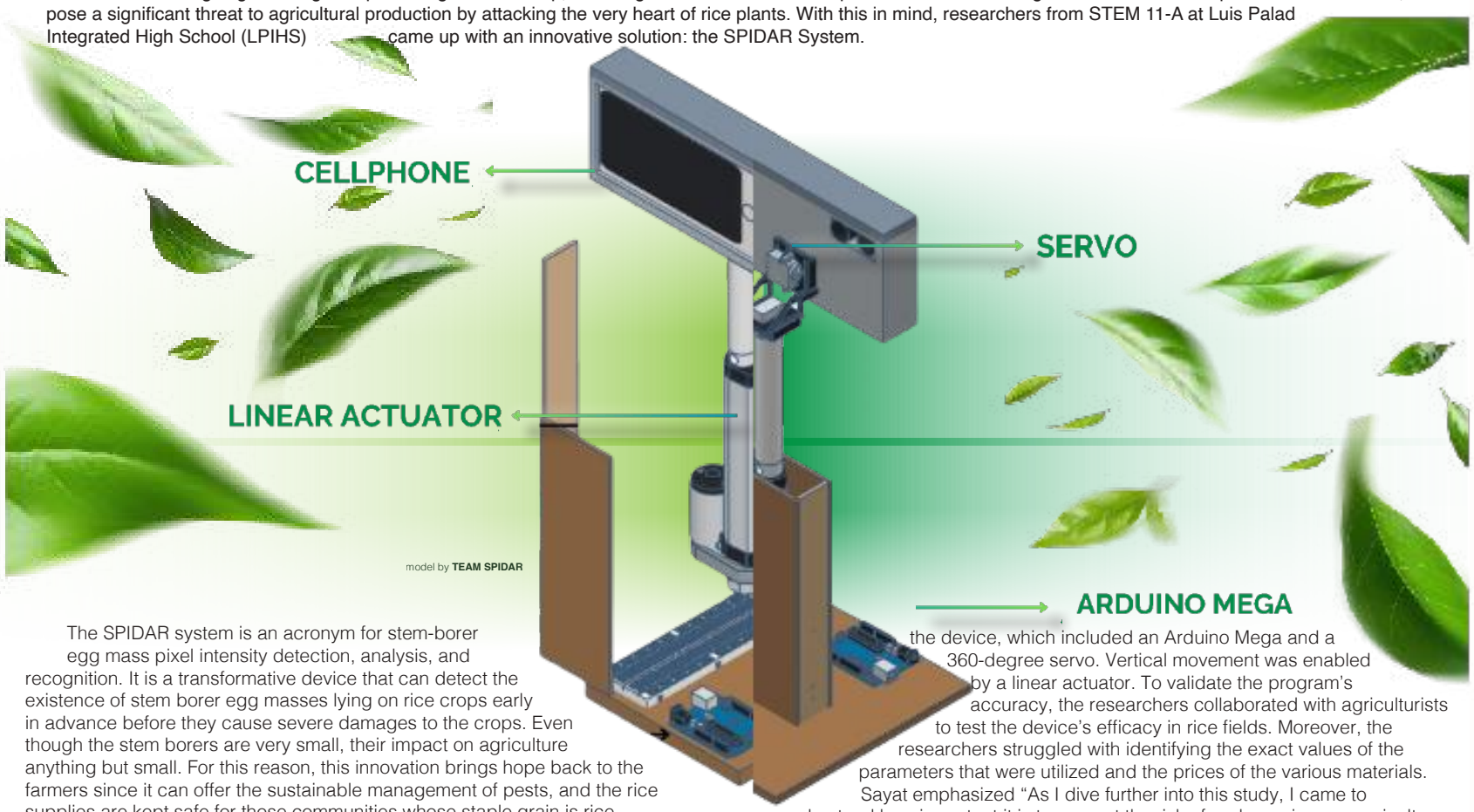


PROJECT SPIDAR

A Detection System for Stem Borer for Egg Mass in Rice Fields

by **CHARM J. LAPRADEZ**

For many of us, rice is a part of our daily meals, it provides us with the energy that we need each day. It is a staple food for half of the world's population. Behind that, farmers face ongoing challenges in protecting this vital crop, including the relentless threat of pest infestations. Among the most destructive pests are stem borers, which pose a significant threat to agricultural production by attacking the very heart of rice plants. With this in mind, researchers from STEM 11-A at Luis Palad Integrated High School (LPIHS) came up with an innovative solution: the SPIDAR System.



The SPIDAR system is an acronym for stem-borer egg mass pixel intensity detection, analysis, and recognition. It is a transformative device that can detect the existence of stem borer egg masses lying on rice crops early in advance before they cause severe damages to the crops. Even though the stem borers are very small, their impact on agriculture anything but small. For this reason, this innovation brings hope back to the farmers since it can offer the sustainable management of pests, and the rice supplies are kept safe for those communities whose staple grain is rice.

Led by Kobe James L. Sayat, the study focused on developing an innovative software and device for detecting rice plant stem borer egg masses, aiming to establish a reliable pest detection system. According to Sayat, the goal of this research study is to help identify the stem borer egg mass that has caused significant losses in rice production in the Philippines, aiding farmers in pinpointing the location of the egg masses and improving the overall quality of rice.

The project implemented a Statistical Classification Framework with "Google Colab" and several mathematical algorithms for the identification of stem borer egg masses' locations in images. Executing it required the researchers to prepare all the materials and equipment both for the device and the program.

They captured the image of the egg mass of the stem borer, calculated the average pixel intensity to acquire the desirable blur value, and then restricted the number of pixels that were being displayed based on the relative level of brightness in each pixel. Additionally, the researchers constructed a plywood frame to house the device, which included an Arduino Mega and a 360-degree servo. Vertical movement was enabled by a linear actuator. To validate the program's accuracy, the researchers collaborated with agriculturists to test the device's efficacy in rice fields. Moreover, the researchers struggled with identifying the exact values of the parameters that were utilized and the prices of the various materials.

Sayat emphasized "As I dive further into this study, I came to understand how important it is to prevent the risk of endangering our agriculture rather than curing the damage that has already been done". Finally, their long prepared for presentation on the SPIDAR system 2024 Regional Science and Technology Fair is now over. HWith this innovation, farmers gain a vital tool in the fight of the rice stem borer infestation. It allows them to detect at the early stages of egg masses before they create devastating losses to crops, reduce dependencies on pesticides, and encourage more sustainable agriculture. Such management approaches differ from traditionally applied reactive pest control management techniques that involve costly pesticide treatments, since SPIDAR takes preventive management approaches seriously. The more developed SPIDAR System is, the more impact it will have for not just Filipino farmers, but to the world with a proactive approach in the control of pests and to secure rice agriculture for its future. Through this project, Luis Palad Integrated High School's researchers are contributing to a future where agricultural sustainability and food security are within reach.



Greenfield

Charm J. Lapradez
Science editor

Roots or Roofs:

Striking the Balance Between Nature and Development

Progress shouldn't come at the cost of nature; we can build a better future without cutting down the roots that ground us."

Imagine these very trees being replaced by new classrooms or facilities, leaving the campus with fewer greens and more concrete. Does it mean that we should sacrifice the old trees that have been part of our school's history for the sake of modernization, or is there a way to balance both?

Recently, Luis Palad Integrated High School (LPIHS) gave in to their decision to cut down some of the old trees from their campus and replace them with new buildings near the tennis court. On one hand, this promotes the need for added space to house the increasing number of students, but at the cost of the beauty and natural benefits that these trees provide. TAs the student population rises, infrastructure must adapt to meet its demands. However, the cost of new development cannot be at the expense of sacrificing old trees that are valuable resources; after all, they take decades to grow.

> **Focusing solely on immediate infrastructure needs ignores the greater responsibility of balancing progress and environmental stewardship**

Is Sustainable Development Possible?

Sustainable development can integrate both nature and modern buildings. According to the Daily Tribune, the OASIS Schoolyards program in Quezon City is a great example of sustainable development in the Philippines.

This program turns schoolyards into a green space and also helps in terms of the attempts to tackle climate resilience. Some of the schools that have actually incorporated greenery into their designs include Diosdado P. Macapagal, Manuel L. Quezon, and Placido Del Mundo. This has increased environmental awareness and made the locality better by absorbing rainwater and reducing the chances of flooding.

A Call for Thoughtful Planning

Responsible development should include protecting natural resources. It is a bad precedent to level down trees to pave the way for new buildings. Progress has to be at the destruction of nature, a view that contradicts current environmental priorities.

Focusing solely on immediate infrastructure needs ignores the greater responsibility of balancing progress and environmental stewardship. Some may argue that adapting such work can be impractical in terms of time and money. However, this doesn't consider the long-term effects of this on our environment. While growth is needed, careful planning is essential to ensure that there is development without compromising nature.

The Path to Take Forward

The school must now own this loss by adopting sustainable practices going forward. Hence, what has been lost may still be regained and done by bringing in eco-friendly alternatives.

This will mean that the best step should be seeking a balance in this case regarding how new buildings are constructed and how old trees are preserved. Thus, it is crucial to remember that progress and preservation can go hand in hand for the school's development.



Sariayahin activists protest to protect Mount Banahaw from illegal rock quarrying in Quezon Province. Source: AlterMidya

Illegal rock quarrying continues at Mount Banahaw despite a ban

by **IRISH JAMILA M. PESTANO**

Quezon Governor Angelina "Helen" Tan instructed a ban, after discovering the illegal quarrying on August 13.

Two trucks from Sariaya have been caught by the authorities carrying eighteen cubic meters of illegally quarried boulders from the slope of Mt. Banahaw. However, the mayor of Sariaya denied the allegations of owning the confiscated two trucks.

Environmental advocacy group Tanggol Kalikasan (TK) remains concerned about the return of illegal rock quarrying operations on the sides of Mt. Banahaw. "We've long been receiving reports that illegal quarrying did not stop despite the moratorium order, with the recent interception of a truckload of Illegal quarry materials, it validated our information," In an interview, Jay Lim, the project officer of TK, a public interest law the organization based in the city, stated as much as possible.

A truck carrying a backhoe and eighteen cubic meters of illegally quarried boulders from the slope of Mt. Banahaw in Barangay Concepcion Pinagbakuran in Sariaya town was intercepted on August 13, based on a report from the Quezon police and the Provincial Mining and Regulatory Board (PMRB), the local police also offered support in the Investigation. Officers took the backhoe operator and the truck driver in control.

Information about the supposed "Local Government of Sariaya" activity for "Project: Construction of New Sanitary Landfill–Barangay Sto. Cristo" was discovered by a streamer that was attached to the truck's hood. It also has a "Gratuitous Permit" number and an Environment Compliance Certificate (ECC) number on it.

However, the mayor of Sariaya, Marcelo Gayeta, strongly challenged on social media that the municipality owned the truck, although he is not specific if the project had begun by the municipality.

PhilSA:

Harnessing Space Technology to Enhance Disaster Resilience

by **CELINE A. ARGETE**

A space revolution is on the horizon for the Philippines, one that could transform everyday life for millions—from enhancing disaster response to improving internet access in remote areas. Leading this charge is the Philippine Space Agency (PhilSA), working alongside local scientists from UP Diliman and DOST to develop technologies that aim to deliver not just scientific breakthroughs but real-world benefits for Filipinos nationwide.

A research conducted at UPD college of engineering indicates that the launch of Synthethic Aperture Radar (SAR) satellites could potentially reduce disaster risk reduction and improve the country's environmental monitoring. Additionally DOST and UP Electrical and Electronics Engineering Institute (UP EEEI) have developed a space program named Stamina4Space, which trains researchers and engineers in space technology as part of the BilRDS Program. These advancements signify a turning point in the fight against climate change.

According to Dr. Gay Jane Perez, a director for Space Science and Technology at ISPRS."Aligned with the goals of ISPRS technical commission V, PhilSA seeks to ensure sustainability in our knowledge workforce by educating the youth and engaging the academic government and the private sector"

Previously, PhilSA marked a significant leap forward in the country's space and development. The agency faces considerable hurdles not only affects cost but also operational timelines, which can delay the launch of satellites and implementation of projects. Without widespread public interests and support security, consistent and substantial government funding for space programs could become challenging.

To address these limitations DOST funded the National Space Development Program (NSDP). Laid the groundwork for a future agency by conducting studies and stakeholder meetings to formulate a space Research and Development satellite utilization and data sharing agenda for the country.

The collaboration between researchers from UP EEEI and DOST have demonstrated how the space program greatly improved the country's disaster preparedness with the successful deployment of National operational assessment of hazards and Light Detection and Ranging technology. With high advance facilities like Computing and Archiving research Environment (COARE), advance research capabilities in both space technology and environmental science.

Although PhilSA shows great promise to the country's future and development, there are important considerations to address, limited infrastructures, and human resource development.

Without enough homegrown talent PhilSA must heavily rely on international collaborations to access the expertise needed for complex space missions, slowing development of homegrown.

In an effort of becoming a leader in ASEAN's space race, PhilSA's mission is more than just rocket science—it's about bringing real-world solutions to the ground, ensuring that every Filipino feels the impact of this high-tech leap into the future.



art by **NYCEN TADIOSA**

Breathing Through the Haze:

How Environmental Factors Intensify Asthma

by **GENEVA VENICE S. BOBILA**

A staggering number of 350 million people are living with asthma, with the numbers continuing to rise, particularly in urban areas. Environmental factors like pollution, allergens, and extreme weather not only increase asthma cases but also worsen symptoms for those already affected.

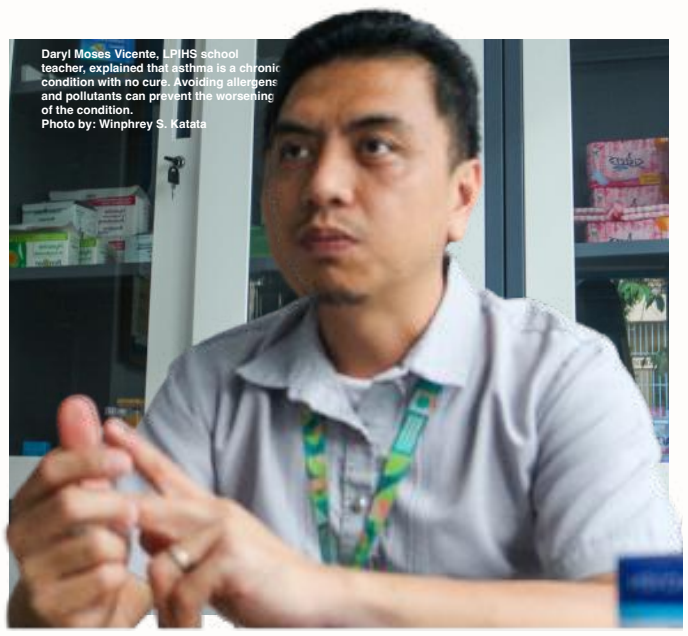
As asthma becomes more prevalent, individuals who are diagnosed with it face the risk of being triggered due to the circumstances present in the environment. It worsens the detrimental effects, making it important to find ways to alleviate the symptoms.

Daryl Moses Vicente, a nurse graduate and a school teacher at Luis Palad Integrated High School (LPIHS), expressed his thoughts on how he perceives the situation. "Once you have asthma, you will forever have it throughout your lifetime; it cannot be cured...all we can do is confront the symptoms by avoiding allergens and pollutants."

Asthma management has traditionally relied on medication and treatments like nebulizers, but their effectiveness has been limited. The focus has been on controlling symptoms and preventing exacerbations; even so, the cure remains elusive due to the inevitable presence of the factors in the environment.

That is why, more recently, there has been a shift towards a team-based approach, where doctors, patients, and the community work together to improve asthma care. Early diagnosis and treatment of asthma, control over the patient's exposure to hazards, and raising awareness helped people manage their condition more effectively.

These new advancements, along with improved prevention strategies, point to better asthma care in the future. Improved biomarker identification has increased the likelihood of individuals receiving immediate treatment.



Daryl Moses Vicente, LPIHS school teacher, explained that asthma is a chronic condition with no cure. Avoiding allergens and pollutants can prevent the worsening of the condition.
Photo by: Winphrey S. Katata

While significant progress has been made in understanding and managing it, there are still unanswered questions and challenges requiring further research. Given the unpredictable nature of environmental conditions, research into effective solutions remains ongoing.

Asthma continues to challenge millions globally, ongoing research and a collaborative approach to care offer hope for better management and prevention. By addressing environmental triggers and advancing treatment options, a future may emerge where asthma is no longer a life-altering burden but a manageable condition.

Powering Change:

The Philippines' Urgent Shift to Sustainable Energy Solutions

by **CELINE A. ARGETE**

The energy crisis in the Philippines is not just a statistic, it is a looming health threat that affects millions, driving up rates of asthma and lung diseases. As the country faces this pressing challenge, the need for a swift transition to renewable energy and sustainable practices has never been more critical.

Daily power outages in the Philippines have led to an alarming PHP556 million in economic losses for every five-hour blackout, the urgent need for innovative and sustainable energy solutions. With millions affected by unreliable electricity, finding effective alternatives has become critical for restoring stability and improving the quality of life across the nation.

The Department of Energy emphasized, "Transitioning to renewable energy is essential to reduce reliance on costly fuel imports and mitigate pollution". Imagine, millions of Filipinos will face rising electricity costs, power outeges, and worsening public health issues.

However, the country has long relied heavily on fossil fuels like coal and natural gas, with the Malampaya Gas Project nearing depletion and high electricity costs persisting despite attempts at reform. As millions of Filipinos face ongoing power shortages, the urgency for sustainable energy solutions is more critical than ever.

Dr. Maria Santos, an energy analyst, emphasized the promise of microreactor nuclear technology as a sustainable solution that could provide reliable power, thereby improving the lives of millions who endure daily outages and economic hardships.

The necessity to develop sustainable solutions has led the Unlocking Capital for Sustainability (UCFS) to set its goals, of reducing greenhouse gas emissions by 75% by 2030, with geothermal energy contributing 14.6% of its total energy mix showing significant potential in solar, wind, hydropower, and biomass, indicating strong opportunities for investment in sustainable energy solutions.

Despite the potential for sustainable energy solutions, the ongoing energy crisis in the Philippines poses significant challenges for millions of Filipinos, as they deal with infrastructure limitations, regulatory hurdles, public resistance to nuclear energy, high costs of transitioning to renewables, and the anxiety of power shortages that disrupt daily lives and economic stability.

As the country strives to develop an effective solution for this crisis, the pursuit of sustainable solutions has never been more urgent, with the well-being of countless Filipinos hanging in the balance. The question arises of whether the nation will harness its potential for a sustainable future or continue to face the rising tide of energy insecurity.

SHS kicks off football Intramurals 24'

by **PRINCESS JANE V. CAMISO**

The victory was a testament to the team's determination, skill, and exceptional teamwork, as they triumphed in a series of gripping matches that brought out the best in every player and left spectators cheering for more.

The event began with a ceremonial kick-off by the coaches from each team, symbolizing unity and setting the tone for a day filled with camaraderie and spirited competition. A total of six teams participated, each formed by combining two departments to foster collaboration and ensure an exciting mix of talent. This innovative setup highlighted the importance of teamwork not just within the teams but also across departments, as players worked together to proudly represent their groups.

The games commenced with an electrifying match between the Special Program in Sports (SPS) and Science-Values Education (SCIEVE). Both teams showed incredible energy and drive, but it was SPS that clinched a narrow 1-0 victory, starting their campaign on a high note. In the second game, the Social Studies-English (SOEN) team demonstrated dominance on the field, defeating MAPEHTLE with an impressive 3-0 scoreline. The third match saw SCIEVE bouncing back, defeating Math-Filipino (MAFIL) in a crucial game to stay in the running for the title.

As the tournament progressed, the intensity of the matches reached new heights. SHS entered the fray with a solid performance, edging out SOEN in a closely contested 2-1 match. The sixth game, a showdown between SHS and MAPEHTLE, ended in a stalemate at 0-0, showcasing the defensive prowess and resilience of both teams. Meanwhile, SCIEVE and SOEN faced off in a dramatic seventh match, with SOEN emerging victorious in a thrilling 3-2 game that kept the audience on the edge of their seats.

The final preliminary match was a nail-biter, as SHS battled SPS for a spot in the championship round. SHS secured a hard-fought 1-0 win, proving their mettle and solidifying their position as strong contenders for the title.

The battle for third place was equally intense, with SCIEVE and SPS locking horns in a match that tested their endurance and strategy. Both teams gave their all, and after a closely contested game that ended in a 1-1 draw, SCIEVE clinched third place based on aggregate rankings.



DRIBBLE, PASS AND SHOOT

SHS Blazes with Red-Hot Start to Defend Intramurals

by **ANDREI O. DE GUZMAN**

MVP Zymon Quides scored eight of his 13 points in the first quarter, propelling the Senior High School (SHS) to deliver a commanding start en route to a 75-36 championship victory as they outclassed the young prodigies of Special Program in Sports (SPS) in the intramural basketball finals, held in the LPIHS gym, October 30.

For the past two years, the SPS squad has held an iron grip on the championship, delivering dominant performances that culminated in back-to-back gold medal victories. They breezed through their last six matchups in the tournament, setting up a highly anticipated déjà vu final this year. With their sights set on a three-peat, the SPS team seemed poised to reclaim their throne once again.

However, the defending champions, SHS, had other plans. Coming into the finals with confidence and hunger, SHS wasted no time asserting their dominance. In the opening canto, the SHS team executed a flawless strategy, spearheaded by Zymon, who ignited the court with four consecutive breakaway layups. This fiery 16-4 blitz left their opponents reeling and gave SHS a commanding 13-point advantage early in the game, closing the first quarter at 20-7.

"We knew the key to this game was controlling the tempo," said SHS captain Quides. "Our team was able to create space and capitalize on fast breaks because the SPS didn't seem to have the chemistry or connection they usually display."

True to his words, SHS carried their momentum into the second quarter with an unstoppable 18-0 run, showcasing both their offensive prowess and defensive discipline. By halftime, they had built an insurmountable 32-point lead, 42-10, leaving the crowd stunned and the SPS players scrambling for answers. The once-dominant SPS squad appeared out of sync, unable to match the seniors' intensity and precision.

As the second half began, SPS showed glimpses of their trademark resilience. Led by Obis, who caught fire with a personal 11-0 run in the third quarter, SPS managed to inject some life into their game. Obis, fueled by back-to-back three-pointers, briefly narrowed the gap and rallied his teammates. But SHS quickly shut down the budding comeback with a combination of relentless defense and dominance on the boards. By the end of the third quarter, SHS still held a commanding lead, 52-27, leaving SPS with a mountain too steep to climb.

In the final quarter, SHS sealed the victory with another offensive onslaught. A 16-4 run, orchestrated by Abella, further crushed any lingering hopes of an SPS miracle. The senior squad remained composed, outscoring their rivals 21-9 in the fourth quarter and cementing their status as the undisputed champions with a blowout win.

Meanwhile, SPS's journey to the finals had been nothing short of impressive. Their semifinal performance was a display of pure dominance as they dismantled SCIVE with a decisive 58-34 victory.

"I actually expected a close match against SPS, especially since we had a shaky performance in our last game against MAPEH-TLE," admitted SHS coach Redentor Sante. "But our team showed up when it mattered most. They stayed disciplined and executed the game plan perfectly."

Abella and Obdianela were pivotal in SHS's offensive success, combining for 20 points. Abella led the charge with 11 points, while Obdianela contributed nine, helping SHS double their opponent's final score. On the other hand, SPS's standout player, Obis, put up a valiant effort as the only player on his team to score in double digits. He ended the game with 12 points, but it wasn't enough to bridge the gap. Placino, who had shined in the semifinals, was stifled by SHS's defense and managed only four points in the final game.

Even SPS's coach was taken aback by his team's uncharacteristic performance. "I really expected a tight game. We've always been able to dig deep in crucial moments, but today the players just started to disconnect. They struggled to secure offensive rebounds and couldn't find their rhythm," he explained.



Zymon Quides, propels his Senior High School team to victory during a basketball game on October 30, at Luis Palad Integrated High School's Gymnasium.
Photo by: Riyana Melisse P. Subeldia

sport**bits**

Lawn Tennis Event Canceled Due to Ongoing Court Renovations

by **MARZELLE BORJA**

The much-anticipated Lawn Tennis event of the Luis Palad Integrated High School (LPIHS) Intramurals 2024 has been officially canceled due to the ongoing construction and enhancement of the school's tennis court. The decision, announced by school officials, comes as part of the school's commitment to providing improved sports facilities for its students.

The construction project, which began earlier this year, aims to upgrade the existing tennis court to meet higher standards of safety, functionality, and aesthetics. According to the school administration, the renovations are essential to create a better environment for student-athletes to hone their skills and prepare for future competitions.

Paladian Taekwondojins, tacks top spots in Taekwondo

by **IRISH JAMILA M. PESTANO**

Every spare and kicks takes the every Taekwondoin into another level, as they fight for the champ in 2024 Intramurals Taekwondo Boys and Girls at the Luis Palad Integrated High School (LPIHS) October 29.

As the player from different departments shows off their skills in every jeon where they subtle every kicks and strengths that delivers their goals in winning the said tournament. "Well the challenges I faced was overcoming my own limits, I supposed I like was exhausted and I overcome it because I knew I could," said John Gabriel Caagbay, Featherweight 1st placer in Boys Category who shared his struggles during his match. At the exhibition, where regular students from different departments jumbled up, resulting with Arriane Grace Valencia of MAFIL won in FIN category and in the FLY section, Junkya T. Rada

from MAPEHTLE got first place. However, in the BANTAM category Dhenice Jamilano from MAFIL joined in the winners, while in the OPEN WEIGHT, Zai Rica Mae T. Alvarez, also from MAFIL, got first place.

After several jeons, the finals came, indulging all the screams from the audience and for the Boys Category, Samuel Day Louis B. Reyes from Special Program in Sports (SPS) diverged in FIN, next Carl John L. Moreno from Senior High School (SHS) managed to top them all in FLY.

In FEATHER, Caagbay from the English Department surprised his opponent with a 45-degree kick that made him also first, while Prince Matthew D. Manlugon from SPS settled first in WELTER and last in OPEN WEIGHT, Cyrus D. Paz, also from SPS, got first place. Furthermore in Girls Category, the first to secure the gold medal with a low kick is Khailey

Nicole De Mesa from MAPEHTLE competing at FIN category, while in FLY, Princess Yuan Siababa from SPS won and lastly Jheska May Corpuz also from SPS also managed to get her medal.

And the tournament ended with final awardings as the players take the winner-take-all card and practices for Poomsae as all Taekwondoin will have their performance the next day (October 30).

"My advice is, if you wanna join, don't be scared, it's not what it seems, it's all about focus and discipline, most importantly enjoy yourself," said Caagbay, winner in Boy's Feather Category, giving advice to the aspiring and future Taekwondoins.



Caption: John Gabriel Caagbay, showcases his Taekwondo skills he competes for the Intramurals championship on October 29 at Luis Palad Integrated High School's Gymnasium.
Photo by: Serena Felice Reyes

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Paladian arnis athletes showcased their skills fluid strikes in the recent competition at Intertown covered court, Tayabas City. Unleashing artistry of the ancient Filipino Martial arts.
Photo by: Serena Felice Reyes

Paladian Arnisadors Strikes All GOLD in DAAM 25'

by **ANDREANA PACHAREE P. PADERES**

All of the 10 Paladian Arnisadors who competed in the city meet swept up all the gold, leaving not a single one in the covered court of Intertown this January 14, 2025. Each of them went home with a beaming smile on their face knowing that all those tiresome training were worth every drop of sweat.

Before they move forward to the sparrings they first performed the 'Anyo' which are routines they prepared that showcased their remarkable agility that certainly left the audience in awe about how fast they can move their swords together with a tornado kick. After each jaw-dropping routine, the five judges were to give a score that would determine who performed the best. All four Palladian Arnisadors who competed in this category won a shining gold medal, resulting in a total of 14 golds for the Luis Palad Integrated High School.

Those four athletes are Ren Zedrick Baracael and Matt Rydel Cristobal— for the male category while the girls are Antonette Barquilla and Marby Mae Biazon. With just the first sparring, LPIHS has already got oL to a strong start with Sartin, Gerrimar who scored a total of 9 points from rounds 1 to 3 while his opponent from BANHS only scored 1 point.

In one of the sparring matches in the girls category, Barquilla, Antonette from LPIHS and Garcia, Princess from BANHS had one of the most heated games. Garcia would be the firstone to attack, however, Barquilla would be the first one to hit, earning her a score. The sparring ended with a total score of 12-3 from rounds 1 to 3.

On the other hand, the most intense sparring was yet to come when Abracia, Jerent of LPIHS, and Alvidia, Jamil of DIS started the combat. Alvadia plays aggressively making it difficult for Abracia to give a hit and there was a time when he almost went outside of the mat because Alvidia kept on attacking him but fortunately in the end he claimed his victory

with a final score of 5-2.

The Paladian Arnisadors may be incredible athletes on their own but they needed their

teammates who'd cheer for them to give a hit to their opponent. A short encouragement like "Push!" and "Nice one!" could do wonders while they're in the middle of the sparring match. It was their amazing solidarity that brought all of them their well-deserved all gold victory.

Tayabasin Athletes unleash their skills and talents in the Division Athletic Association Meet (DAAM) 2025 at Tayabas City, January 14-15, 2025.
graphics by: Serena Felice Reyes

BLAZE AHEAD

Tayabense Athletes Ig nites fire as the DAAM 25' Kick Off

by **PRINCESS JANE V. CAMISO**



In order to formally start the City Meet, Paladian athletes lit up the torch to show the determination and inspire other athletes who is joining the competition for 2025 Tayabas City Division Athletic Association Meet at Silungan on January 14.

In a certain place where it is full with all the athletes from the City of Tayabas who is waiting to fought and start their games from diLerent categories, the opening of the program started out with a breathtaking start to the athletes.

Miguel De ocampo, John Eranista from category of boxing and Leinard Jacela from arnis are the ones who started the program by lighting the torch.

These students athletes are the chosen ones because from the last year (2024) of Regional Athletic Association Meet (RAAM), they won a title and took home the bacon of Luis Palad Integrated High School (LPIHS) and definitely represented the Province of Quezon on the competition.

Jacela got a bronze and silver medal from the first and second Province Arnis tournament and also got a silver medal on the RAAM 2024.

While De ocampo from boxing got a bronze medal in the RAAM 2023 and RAAM 2024. Eranista also got bronze and silver medal on the first and second Quezon Province Arnis tournament and a silver medal in RAAM 2024.

These Paladian athletes are determined to continue leaving the school a legacy and inspired other students for the upcoming competition on the field of sports.

Aspiring Paladian athletes triumphs in badminton DAAM 25'

The energy of the participants whether it was Elementary or Secondary has truly captivated the audience attention at the Tayabas City Sports Complex as the Tayabas City Meet that brought together ambitious players from diLerent barangays and competing others for 2 days.

The event was held at Silungang Bayan, Tayabas City, where it was crowded by coaches, players, and parents. Each one of them put their names on a list that competed in singles and doubles categories, elementary and secondary being separated to be fair.

The single A's star is Enzo Madridano from TAYPRISAA where he got into a nerve-racking match with Ethan Balmes from Luis Palad Integrated High School where Madridano got the last 2 points to win over Balmes with their neck-to-neck scores. Madridano was in a close call from losing but he swept victory very apparent.

Moving on to the the single B's, the one who claimed victory with ease is Jacob de Torres from LPIHS where he got the 1st place and being one of the crowds favorite.

Getting late in the afternoon, the doubles, went on where they got into a nail-biting match having their scores very close to each other. Everyone was attentive with their every move, trying to see who will succeed at reaching the goal of being the champion. In the end Shad

Indozo and Kenjie Leusterio from LPIHS who aimed for victory earned it ambitiously.

As the tournament concluded, players and spectators alike celebrated the spirit of competition and unity. The city looks forward to nurturing its badminton talent and hopes to see Tayabas athletes shine in larger competitions in the near future.

After achieving victory, the winners will be competing for RAAM and will train harder than

ever where they can improve their skills more than what they can do now.


Paladian Badminton Player competes in the DAAM '25 at Tayabas City on January 14, 2025. Photo by: Kristabelle L. Villegas



FAST TRACK
Princess Jane V. Camiso
Sports editor

Secret little weapon

Breaking the hidden cycle

It is indeed daunting everytime I hear someone who mentions the word "drugs," who knows? We will never know if someone is using drugs, specifically those who are students. It is just unbelievable that there are some students who are using drugs just to be more active and energetic in their field. Would someone believe me if I say that there are some

Technically, no, who am I to say that in a world full of people? However, it is hard accepting the truth. In being able to defend themselves, athletes deny these accusations.

Drugs are a secret weapon to some student athletes. They use this to be hyper and to finish their training well and not tired because of the use of drugs.

Considering that they took drugs for improving their play on sports, do they consider their health? Maybe not.

Thus, we cannot really consider drugs as a thing that is accountable and advisable for someone to use just to be hyper. Drugs are a thing wherein if someone uses it, it can aLect the people's way of thinking and their performance. Maybe that was the reason why athletes are using it even though it is bad and unnecessary for their health.

"STUDENT ATHLETES," it mentions here that these students are not even of their legal age or they're still minors. Them being not at a legal age makes it more scary and alarming because using drugs is illegal for each and everyone.

Personally, I can say that there are many ways that people may use, so that they can be more hyped on the things that they want to. And these things are more legal and it is safe rather than using those illegal pills.

Students may help themselves through resting their body and clear their minds rather than doing these illegal actions. Because once they want to get out of the world of drugs, they will, for sure, have a hard time getting out because they get used to it even though they are still a minor. Is taking drugs the easiest way that they can think of? Well, some may say yes, but like it is unnecessary, very unnecessary. It is literally one way around. They are risking their own health just for the sake of applause from people.

Is risking themselves would result in a better performance? Well, maybe yes, because athletes get more active whenever they use drugs for their training. Hence, it is also risking your own health, making their future to be possibly daunted. It could result to lessening the chances that athletes are getting better, but it got more useless.

It is useless because sports is a field wherein you showcased your talents and skills on a certain game and field, it is a human talent in order to perform and join in competitions.

Kicking Off A Legacy: The 1st JKA Philippines International Karate Championship

by **AZALEA O. ZAFRANCO**


Marby Mae Biazon, devoted karatekas, wins gold and silver in the 1st Philippine International Karate Championship. Source: Marby Mae Biazon

The 1st JKA Philippines International Karate Championship was a groundbreaking moment in the history of Philippine martial arts—a celebration of discipline, tradition, and the unyielding spirit of karate. Over three electrifying days, martial artists from across the nation and beyond converged, transforming the event into a powerful arena of talent, cultural exchange, and fierce competition.

This was more than just a tournament; it was a proving ground for warriors. From the intense black belt promotions to the thrilling championship bouts, every moment pulsed with the raw energy of dedication and resilience. The event stood as a testament to the indomitable will of its athletes and the enduring legacy of karate.

With rank promotions, the event began. Devoted karatekas made progress in their careers, earning promotions to the esteemed 1st Dan Black Belt. The second day was allotted to the gasshuku, a rigorous session intended to hone skills and establish discipline. The highlight of the third day was the championship fights.

They competed in kumite, which tested strength, speed, and strategy, and kata, which required accuracy and mastery of forms. Due to the wide variety of competitors—from newbies to seasoned black belts—a vibrant environment of rivalry and respect was fostered.

Among the medalists were:

Marby Mae Biazon, gold medalist in kumite and silver medalist in kata.

Jaomi Louise Livag, who secured two golds in kumite and a silver in kata. Mizoha Lie Valderamos, a double gold medalist. Kaitlyn Arco, who clinched gold in her division.

These victories demonstrated not only individual talent but also the collective strength of the Filipino karate community.

For many athletes, the road to this championship was grueling. Marby Mae Biazon, one of the standout performers, shared her journey of balancing intense training with daily responsibilities.

"Training lang every weekend, then pag weekdays after school, konting drills and review sa bahay," she explained. "Nakakapagod talaga kasi sabay pa siya sa intrams at training sa arnis. Pero kinaya ko naman, at sinamahan ko ng mga bagay na nakaka-relax mentally—paglabas-labas ng bahay or pagkain ng comfort food."

The mental and physical demands were immense, but Biazon proved that resilience and eLective time management could overcome even the toughest challenges.

"Pagpunta ng girlfriend at friend ko nung competition day was so memorable.

Laro't**saya**

Quezon Islanders kicks off Laro't Saya 'Futsal Tournament' 2024

The Quezon Islanders Football Club (FC) took home the title with an unbreakable play on the Laro't Saya Tournament held on October 19, 2024 coached by Scepeerose Reyes winning a 10,000 pesos, while the Nagsinamo FC is the 1st runner up with 7,000 pesos and the San Lorenzo FC as the 2nd runner up with 5,000 pesos with the help of Jess Anjo Aguilar the tournament manager.

Advance category aces Laro't Saya 'Pickleball Tournament'

Advance doubles men's category showed off an incredible play on the Laro't Saya held on March 16, 2024 "Pickleball Tournament" as Anya Uy and Kryz Bunag being the champion for winning a 2,000 pesos and Jay Papa and Von Hernandez as the first runner up with a 1,300 pesos.

Arnisadors of Tayabas City Takes on Thrilling Laro't Saya 'Arnis' 2024

Participants of Laro't Saya Arnis 2024 showcased their strength as they wielded their bastons with skill and grace this May 25, 2024 at the Silungang Bayan of Tayabas City. Angel Basili, Crystal Pelegrina, Jaecelle Sarmiento are champions alongside several others per category, each awarded a 500-peso cash prize for their diligence and passion in claiming the victory.

Participants of Laro't Saya 'Fun Run' 2024 Sprints Towards Their Triumph

The male runners of Laro't Saya Fun Run got their sneakers ready before embarking on the 5K run this November 9, 2024 at the Rizal Park of Tayabas City. Gilbert Laydo was the first person to arrive at the finish line; claiming the first place, followed by Aldrin Agyang, at second and finally Dimocrito Pingol Jr. as the third placer. The fun run was a success, with participants sharing smiles while they enjoy being physically active.



Jade Cabriga, and the rest of the team, represent the Republic of the Philippines at the 9th STY International Gymnastics Cup 2024 held at Muntinlupa Sports Complex on October 18, 2024. Source: Paladian Blue Dragon Pep Squa

JADE CABRIGA
Beaming with Golden Joy

by **MERELLE SHANLE L. GUARINO**

"Carlos Yulo is one of my inspirations…" Jade Cabriga really proved it right by winning not only 2 gold medal but three golds and one silver in her recent international competiti



Jade Cabriga from Luis Palad Integrated High School (LPIHS) brought her passion in gymnastics internationally at the age of fourteen.

Just this recent, October 18, 2024, Jade, together with her other teammates, showed off their skills in gymnastics at the 9th STY International Gymnastics Cup 2024. These include 750 gymnasts from 32 teams in the countries of India, Hong Kong, Indonesia, Vietnam, and the Philippines.

At the competition, she claimed the gold in bars, beam, and floor categories, while she won one silver in the vault category. In total, three gold and one silver medals are hanging on her neck, proudly representing the Republic of Philippines.

Though, behind her sweet achievements, it used to be a sour uphill battle where not all of their training is flawless. " One of my struggles while on training is our routine, especially that sometimes, we forget the steps…" Jade stated.

Nevertheless, her coach was always there throughout their team's ups and downs, ready to join them in their darkness. While Carlos Yulo would always be her icon figure.

Since elementary school, Jade started joining various extracurricular activities that are associated with dancing. These are the times that Jade's attention aroused on gymnastics, making her hidden potential talent come out on the shell.

"Matagal na akong dancer pero nag start ako mag cheer dance ay noong Grade 6 ako…" Jade said.

At the time she got her foot stepped on LPIHS, she was then immediately accepted by the Special Program in Sports, specializing in gymnastics and cheerleading. Numerous opportunities struck right on her feet—making her the youngest cheerleader in LPIHS in the year 2021-2022.

These opportunities got Jade on hook but what made her strive more is the golden opportunity to get a scholarship to prestigious schools in Manila.

After the news reached her—where the alumni cheerleading got a scholarship from a prestigious school in Manila— it inspired her more to aim for a scholarship. "I want to study in one of the universities Manila but UST and UP are my dream school"

She also added that this passion of hers could help her achieve more opportunities and help her through professional growth as an athlete. She also hopes that someday, her stomps be briging her to every gymnist dream stepping foot in the Olympics.

Arnis Silver and Bronze Medalist: a True Inspiration On and Off the Mat!

by **SOPHIA P. CABRIGA**

There is no room for disappointment for an athlete who knew she made the people who are supporting her proud. Jamela Rica Malabunga may not have brought home the gold but she successfully swept up one silver and a bronze in Arnis, not to mention the incredible experience she had in STRASUC Olympics in Puerto Prinsesa, Palawan.

Jamela's sports career has gone so far considering that she was merely an 8th grader when she began playing arnis as a student-athlete under the Special Program in Sports of LPIHS. She said in an interview "I remembered how amazed I was when I watched my seniors showcase the beauty of Arnis in multiple kinds of self-defense."

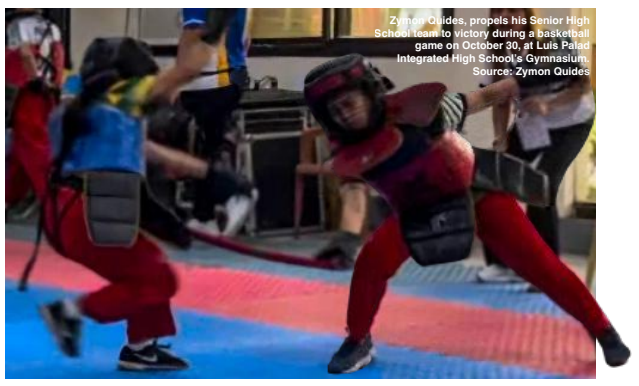
She's now at the age of 19, in college, finding the balance between academics and sports. However, what inspired her to continue wasn't only the victories though she said it was certainly satisfying. It was constantly learning, and pushing her boundaries, that's what motivated her to move forward.

As one of the representatives of Tayabas City in the STRASUC Olympics, Jamela said "It is a wonderful experience to represent our community, and I am genuinely grateful for the opportunity. I feel a strong responsibility to do my best and make everyone proud."

For the preparation of the event, she experienced a combination of intense physical training, strategic planning, and mental conditioning. But what challenged her was managing her time as a college student-athlete.

Despite all the challenges, she said "I overcame it by focusing on my core skills and trusting my instincts. I remained focused on my goals, visualizing success and channeling my nervous energy into positive action."

Another thing she could never forget is the camaraderie and shared experience with teammates and other delegates from State Universities and the unwavering support of family and friends or even a moment of unexpected grace or sportsmanship shown by competitors. Jamela answered in an interview, "For most athletes, the most memorable moment isn't necessarily winning the gold medal, although that's certainly a highlight for some. Instead, it's usually a more personal experience, the feeling of overcoming an intense personal challenge, such as surviving the tiredness to complete a rigorous training session, particularly in Anyo events."


Zymon Guides, propels his Senior High School team to victory during a basketball game on October 30, at Luis Palad Integrated High School's Gymnasium. Source: Zymon Guides

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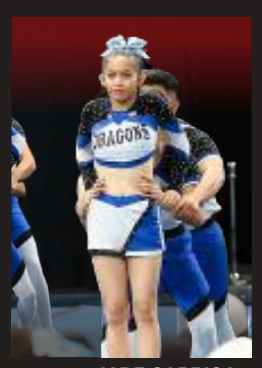
SOARING HEIGHTS

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"I actually expected a close match against SPS, especially since we had a shaky performance in our last game against MAPEH-TLE."
REDENTOR SANTE
SHS Basketball Coach



Tayabense Athletes Ignites fire as the DAAM 25' Kick Off
by PRINCESS JANE V. CAMISO
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JADE CABRIGA: Beaming with golden joy
by MERREL SHANLE L. GUARINO
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Paladian Athletics ignites their skills and talents at the Division Athletic Association Meet (DAAM) 2025 at Tayabas City, January 16-17, 2025. Photo by: Riyana Melisse P. Subedia

Paladian Athletes Shine in Athletics DAAM 25'

by PRINCESS JANE V. CAMISO

The student-athletes of Luis Palad Integrated High School (LPIHS) demonstrated their athletic talent, teamwork, and determination during the 2025 Division Athletic Association Meet (DAAM), held from January 16 to 17.

The event, which took place at the Tayabas City Hall and LPIHS Oval, featured competitions in running, throwing, and jumping disciplines, drawing participants from various schools across the region. The Paladians, known for their resilience and commitment to sportsmanship, rose to the occasion and delivered stellar performances in multiple events, earning accolades and embodying the spirit of excellence.

In the Girls' 100-meter race, LPIHS made an indelible mark by claiming all three top positions, asserting their dominance in speed and endurance.

Ashley Olitoquit emerged as the fastest among the competitors, clocking a remarkable time of 12.80 seconds to secure first place. Her victory was a result of relentless training and dedication. Hot on her heels was Ronalyn Obaña, who earned second place with her impressive sprinting skills, followed by Chrisha Oriasel, who completed the podium with a solid performance to take third. This clean sweep not only showcased the individual talents of the athletes but also highlighted the strong training programs and support system at LPIHS.

Relay events further highlighted the spirit of teamwork and collaboration. In the Girls' 4×100-meter relay, the LPIHS team, consisting of Chrisha Oriasel, Ronalyn Obaña, Ashley Olitoquit, and Janelle Rodriguez, showcased impeccable coordination and timing.

Their outstanding performance earned them the top spot with a time of 59.12 seconds. The Boys' 4×100-meter relay team of Ximon Racelis, Kent Lavado, Justine Dionido, and Jinrei Dionido displayed equal brilliance, finishing the race in just 49.04 seconds. Their synchronization and collective effort were pivotal in securing the gold medal, exemplifying the power of unity and shared goals.

In the Long Jump competition, LPIHS continued to dominate, with athletes leaping to victory. In the Girls' category, Ronalyn Obaña secured first place with a jump of 3.50 meters. Her achievement reflected the school's emphasis on versatility in sports training. On the Boys' side, Juan Abueva delivered a standout performance, achieving a winning jump of 5.21 meters. The throwing events showcased a different set of skills, highlighting strength, precision, and control. In the Girls' discus throw, Crissly Losmelendres claimed the top spot with an impressive throw of 14.42 meters.

Her powerful and accurate throw outmatch For the Boys' discus throw, John Cabuyao emerged victorious with an incredible throw of 29.00 meters, setting a benchmark for excellence in the event. determination, and teamwork.

SPORTS

Indigenous People's Games 2024: Celebrating Cultural Heritage in Tayabas

by SERENA FELICE REYES



Indigenous people join the Wiha [illegible] blowing competition as part of the Annual Indigenous People's Games at Tayabas City on October 26, 2024. Source: City Information and Community Relations Office

On October 26, 2024, the City Sports Development Office of Tayabas held the annual Indigenous People's Games, an event celebrated as part of the nationwide observance of Indigenous Peoples' Month. The vibrant and meaningful occasion took place in the heart of Tayabas City, bringing together approximately 80 indigenous participants from various local communities. With a focus on honoring and preserving the unique traditions of the city's indigenous groups, the event featured a series of traditional games and cultural activities that showcased the rich heritage and ancestral practices of the indigenous population.

The games included a variety of exciting and culturally significant activities such as archery, where participants demonstrated their precision and skill with traditional bows and arrows; blowpipe shooting, a test of aim and technique that highlighted an ancient hunting practice; and bamboo pole climbing, a challenge that required both strength and agility. The participants were organized into four teams, adding an element of camaraderie and friendly competition to the games. Each team competed passionately, demonstrating their skills and commitment to preserving their cultural heritage. For the spectators, the event was a rare and enriching opportunity to witness the beauty of indigenous traditions in action, as well as to learn about their significance in the context of Tayabas' history and culture.

The City Sports Development Office emphasized that the event was not just for the indigenous participants but also for the broader Tayabas community, encouraging unity and mutual appreciation between indigenous and non-indigenous residents. By hosting this event, the city aimed to foster a sense of pride and belonging among indigenous communities while inspiring younger generations to embrace and safeguard their cultural identity.

Although Mayor Lovely Reynoso-Pontioso was unable to attend the event personally, she expressed her heartfelt support for the indigenous communities of Tayabas through a message delivered by City Councilors Carmelo Cabarrubias, Rommel Barrot, and Luz Cuadra. The Indigenous People's Games is part of a broader initiative supported by the Sport Development Section, which operates under the guidance of Mayor Reynoso-Pontioso and the endorsement of the City Council. This initiative aligns with the city's mission to celebrate diversity, promote cultural understanding, and encourage active community participation in preserving Tayabas' historical and cultural identity.

SCOREBOARD

Final Gold Medal Tally for Athlethics DAAM 25'



RUNNING
1st: LPIHS- Maja Rodriguez
1st: LPIHS- Ximon Racelis
LONG JUMP
1st: LPIHS- Ronalyn Obaña
1st: LPIHS- Juan Abueva
DISCUS
1st: LPIHS- Crissly Losmelendres
1st: LPIHS- John Cabuyao
JAVELIN
1st: ILASAN IS- Alexa Pacague
1st: LPIHS- Renmark Gala
THROWING
1st: LPIHS- Crissly Losmelendres
1st: LPIHS- Mark Nojor

sportbits

Local Chess Prodigy Wins 4th Cong. Allan Dujalu National Rapid Chess Championships

by GLEE AJ SALUMBIDES

Rjay Domingo, a young chess talent from Luis PaladIntegrated Highschool (LPIHS), emerged as the champion of the 4th Cong. Allan Dujalu National Rapid Chess Championships 2024, held in Panabo City, Davao del Norte. The 14-year-old player triumphed in the highly competitive under-14 category, solidifying their place as one of the country's top young chess players.