

MOVING FORWARD. Mariano Lachica, 66, pushes the cart of waste cardboard in Cavite City Public Market, January 03. Lachica was thankful he was able to get back to his usual work after the consecutive typhoons that hit the Philippines.

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DepEd Cavite City to integrate PISA-like tests

▼ Cleo Ann Panoringan | Associate Editor

Cavite National High School (CNHS) eyes to replace the old way of periodic exams with the implementation of PISA-like assessment. The new initiative of CNHS aims to assess students not only on their academic knowledge but also on their ability to analyze and evaluate.

This approach was modeled after the PISA (Program for International Student Assessment) framework, focusing on critical thinking, aiming to challenge students by offering online-based examinations designed to test their ability to think deeply.

In PISA, the test questions are conducted with paper and pen, containing real-world problems that require the students to think, analyze and conclude, focused on critical thinking in math, science and english subjects of 15 year olds.

The division wishes to develop and add value to the original system, aiming to expand the scope from elementary to high school students.

According to Assistant Schools Division Superintendent (ASDS) Lito Palomar, this move is not to compete with the system, but to try and restructure it for improvement.

"Itong initiative na 'to, gagawin natin ito to improve, to try and develop the students as early as possible at para matanggal natin ang paniniwalang nakabase ang katalinuhan o galing ng isang bata sa gradong 75," Palomar stated.

The tests will feature a lower count of questions compared to traditional exams that usually have 40-60 items, but the complexity of the questions will require students to engage in higher-order thinking.

The structure of the examination is such that each question presents multiple-choice options, where all the answers could seem to be the right answer.

According to Palomar, teaching strategies need to align with this new approach where the questions should be self provoking as the goal of the approach is to accept all of the answers.

"All experiences are valid, hindi ibig sabihin na hindi mo naranasan ay hindi na valid," says Palomar.

The checkings will only depend on the reasons why the answer is chosen, what pushed through and how it was concluded.

"We teachers do not teach just for the exams. We teach for the future of the students", he added.

The development of the students lies on how the systems work, this new approach is a big step to a new beginning of molding students with readiness, building of confidence and familiarity on how to analyze these types of questions connected to the real-world scenarios.

Photo by Ashley Fate O. Castañeda

CONTINGENCY PLAN

Cavite High calls for long-term solution amidst class suspension, requests enactment of MDL modality during typhoons

▼ Khaetie P. Delos Reyes | News Editor

Due to the persistent typhoons causing continuous class suspensions, changing modalities during the suspended days became the sole resort of schools within Cavite City, including Cavite National High School (CNHS).

Assistant Schools Division Superintendent (ASDS) Lito Palomar shared that as a part of the division's contingency plan, teachers are instructed to change modalities to online or modular learning.

Additionally, this contingency plan suggested that a skeletal force must be present within school grounds despite the suspensions.

However, Palomar remarked upon his observation that the constant changes in the learning setting have become difficult for students.

He added the challenges possibly faced by students who are not virtual learners: "There are students that need learning facilitators to teach them personally."

Moreover, if the intensity of calamities is considered, education should not be the priority of teachers and learners, Palomar emphasized.

"Sana wala na as in nothing ang gagawin sa bahay; be vigilant,

....continued on page 4

survival muna," Palomar said firmly when he thought of students amidst calamities having to worry about their modules.

Contrasting the difficulties of distance learning, Principal Randie Salonga strongly expressed his opinion on how face-to-face learning becomes more efficient and beneficial for students.

This becomes an agreement to Palomar's statement of students lacking virtual learning skills.

In addition, Salonga also stressed the latency of announcements on suspended days, stating that the school even had to issue a letter to the Local Government Units (LGU) regarding this.

Local Government Units (LGU) on Class Suspensions

Cavite City Mayor Denver Chua confirmed that the city had only been following the orders from the Department of Education (DepEd), keeping in mind that suspensions are handled on a case-to-case basis.

"As much as possible, ayaw po nating mag-cut ng classes but there are times na talagang hindi po maiwasan din," Mayor Chua added as he enumerated inevitable cases of suspensions... including during typhoons.

However, in light of suspensions, announcements by the LGU

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LGU records more than 2,000 cases of rabies

▼ Hanna Rhokia Regino | Contributor

Schools are implementing heightened rabies education campaigns to safeguard students and communities in Cavite City. This aimed to encourage responsible pet ownership and prompt immediate action in case of animal bites or

scratches as rabies are on the rise this year.

Schools organize Rabies Awareness Month during the month of September with a panel of veterinary experts who were brought together to discuss pet care, vaccinations, and the risks associated with transmitting false positive signals on rabies.

The role of school programs in preventing rabies is highlighted by Dr. Elsie Magbanua, a doctor at the School Clinic in Cavite National High School (CNHS). Dr. Elsie stated that schools are essential for teaching children about catching the disease.

According to Dr. Elsie, it is crucial to remind students not to play with animals they don't own and that she stressed the importance of prompting first aid for any type of bite or scratch.

It is important for parents to teach their children about the dangers of straying animals. Dr. Elsie cautioned that children should not be allowed to interact with unfamiliar animals, as even pet owners who appear friendly can contract rabies.

Dr. Elsie pointed out the importance of fostering cooperation between schools and communities. She stated that pet owners must ensure their pets are well-vaccinated and properly cared for, which is important for pet ownership.

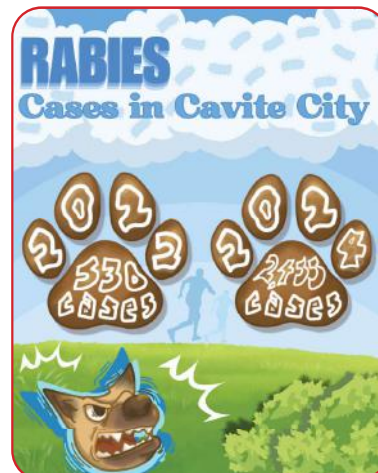
Dr. Jerome Morada, the city's health doctor, said there had been a troubling increase in cases of rabies. "We had about 530 cases in 2022, but by 2024, this number had risen to 2,455," he said.

According to Dr. Morada, there are obstacles to vaccine availability. "Our resources for vaccination of rhinos are often insufficient to meet the demand for this animal."

Additionally, the City Health Office persists in coordinating pet vaccination drives with barangays as responsible pet ownership is promoted through the free anti-rabies shots.

By implementing awareness campaigns, hosting expert-led discussions, and leveraging technology, schools are equipping students with essential knowledge about responsible pet ownership and safety measures.

Collaboration between schools, parents, and local health authorities remains vital to ensure that vaccination efforts and preventive actions are sustained. Through these combined efforts, Cavite City is taking significant steps to protect its residents and create a safer, rabies-free community.



▼ Illustration by Michela Yazmin De La Cruz



Noveleta's heavy traffic muddles teachers, students

▼ Vyel O. Del Rosario | Contributor

Due to the intense traffic on the road in Noveleta leading to Cavite City, it has been a detriment to both teachers and students, leading them to be late in classes and submission of tasks.

According to Mr. Jan Criz Montero, a teacher in Cavite National High School (CNHS) living in Noveleta, the cause of the traffic in Noveleta is the lack of discipline among drivers that leads to overtaking and counterflow in the road.

As a teacher, the traffic affected his schedule where he will have time wasted and a need to adjust to be able to do his work.

"Isa sa mga paraan ko upang di abutan ng traffic ay pumasok at umuwi ng maaga. Kailangan ko magtrabaho ng double-time upang di maantala ang anumang mahalagang gawain sa aking trabaho. Kalimitan ay kailangan ko pa iuwi ang paperworks para sa bahay ito gawin; gawain na mas nagpadagdag ng stress at isipin," Sir Montero said.

CNHS Students from outside Cavite City also expressed dismay when dealing with the traffic because it has affected their daily lives, especially when leaving and going to school

"Personally, I am affected by the traffic because it makes it hard for me to manage my time" stated by Lia Pangilinan, a student from CNHS

Kelvin Caisser Javier, a grade 11 student, said that the traffic wasted his time which he could have used to do homework and also caused him to be late in going back home.

"Dahil sa traffic, sobrang late na ako nakakauwi kaya hindi na ako nakakakin ng hapunan kasama ang family ko," he said.

Sir Montero added that this traffic is a huge problem for Noveleta and its traffic management but he believes that they are trying their best to solve the issue.

"Sa aking palagay, mayroong hakbang na ginagawa ang kinauukulan upang maibsan o mawala ang mapang-abalang daloy ng trapiko sa Noveleta. Isa sa napansin kong tugon nila ay ang police visibility sa mga lugar kung saan kalimitang nagka-counterflow ang mga motorista," he stated

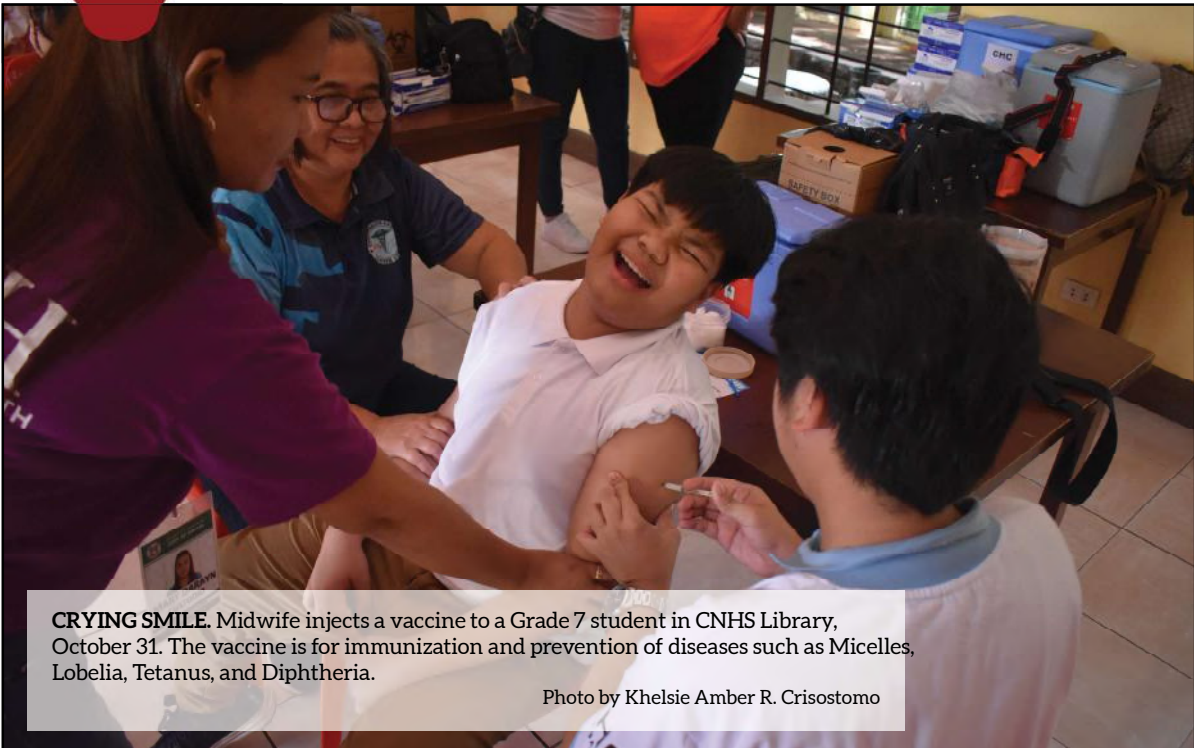
However, Sir Montero proposed that expediting the construction of the Noveleta-Kawit Expressway would be a good solution as it provides a faster route to Manila from Cavite City.

"Sa paraang ito mababawasan ang mga sasakyan na dadaan sa Noveleta lalo na ang mga malalaking bus at truck," he said.



MORNING TALKS. Lido Magsino, 63, watches the vehicles build up traffic every morning with his friend while drinking coffee in Noveleta, Cavite, December 18. It is part of their daily routine to sit outside and watch the cars build up traffic every morning while having conversation and sipping hot coffee as a past time.

Photo by John Macklein D. Valdez



CRYING SMILE. Midwife injects a vaccine to a Grade 7 student in CNHS Library, October 31. The vaccine is for immunization and prevention of diseases such as Micelles, Lobelia, Tetanus, and Diphtheria.

Photo by Khelsie Amber R. Crisostomo

Bakuna Eskwela caters 572 unvaxxed maroons

Justin Nicole F. Custodio | Contributor

Cavite National High School (CNHS) recently conducted the school-based immunization program **Bakuna Eskwela** to enhance students' immunity against life-threatening diseases such as Measles, Rubella, Tetanus, and Diphtheria (MRTD) with a total of 572 Grade seven participants—335 girls and 237 boys.

Vaccines work by introducing a weakened or inactive form of a virus or bacteria into the body, which triggers the immune system to recognize the foreign invader and produce antibodies to combat it. These antibodies act as a defense mechanism, preparing the body to fight off future infections from the same pathogen.

By exposing the immune system to a harmless version of the disease, vaccines essentially train the body to recognize and respond effectively to real infections, providing long-lasting immunity without the risk of severe illness.

Immunization campaigns are regarded as one of the world's most significant public health accomplishments. Immunizations, together with clean water and better access to healthcare, have unquestionably and significantly increased life expectancy in the majority of countries.

They have also helped to lower the alarming newborn mortality rates that were observed not so long ago, as the World Health Organization (WHO) reports that vaccination efforts save 4 to 5 million lives per year.

The Department of Health (DOH) considers immunization to be key to a healthier future for all Filipinos. Vaccines are important for children because they protect against serious diseases and immunization has helped reduce child deaths globally by more than 80% in the last 50 years.

Dr. Elsie Magbanua, from the CNHS clinic explained the importance of conducting the program in schools: "The best place and time to catch the learners and ensure they are vaccinated is in school, where they are present for five days a week, for six hours a day."

"Sa Pilipinas kasi, pina-practice talaga natin 'yung immunization, basic yun... dahil gusto natin na ma-eradicate ang polio, measles, mga ganoon. So, lahat ng bakuna from birth up to 1 year old, libre yan sa health center," Dra. Magbanua added.

Despite free vaccines being readily

available in public health centers through government programs, some children remain unvaccinated. Magbanua cited several reasons for this, including parents' lack of trust in vaccines, cultural or personal beliefs, negligence due to being too busy, or simply refusing to vaccinate their children.

Parents are urged to allow their children to receive vaccinations through **Bakuna Eskwela**. This program is vital in protecting young students from diseases that can be life-threatening for those who are unvaccinated.

The successful implementation of the **Bakuna Eskwela** program at CNHS underscores the importance of immunization in safeguarding public health. By increasing vaccination rates among students, the school is not only protecting individual health but also contributing to a healthier community. It is crucial to address vaccine hesitancy and misinformation to ensure that all children have access to life-saving vaccines. By working together, we can build a future where preventable diseases are a thing of the past.

Growing teacher shortage impacts student academic performance

Yuan M. Datinggaling | Contributor

Cavite National High School (CNHS) Principal Randie L. Salonga, displayed genuine concern about the growing teacher shortage, discussing its major effects on teachers, especially on the students.

Principal Salonga talked about the teacher shortage in the Philippines in an interview as it is a critical issue impacting the quality of education nationwide.

This crisis roots from multiple factors, including low salaries, career stagnation, and the lure of better opportunities abroad.

As stated by Salonga, CNHS is experiencing a shortage of teachers mostly as a result of the division's growing population and the imbalance in the number of students enrolled in particular tracks or courses.

The school has lost 8-10 teachers in the past year, and is struggling to look for qualified replacements, particularly for subjects that need specialized training, according to Principal Randie Salonga.

This local crisis mirrors national trends in the country, with recent reports showing a sharp rise in teachers reaching thousands annually due to resignations and retirement.

Due to their abroad travels, four CNHS teachers have resigned in recent years and

five teachers resigned to work in other divisions.

"Pinakamalaking bahagdan doon sa mga lumabas na mga teachers ay lumpipat ng division. Kung ikaw nakatira ng Dasmariñas bago araw-araw kang napasok sa Cavite City, sa traffic na nararanasan natin ngayon sa Noveleta, mas pipiliin mo nalang na doon ka magturo o lumpipat," he said.

In addition to that, the principal shared a story which emphasized the loss of teachers and how it affected the students.

"Meron tayong mga estudyante na technical drafting, nawalan sila ng guro. Ang technical drafting, lalo na ang mga TVL subjects, hindi basta pwedeng i-handle ng teacher na walang training, dapat may training, yun yung requirement," the principal said.

According to Principal Randie, if teachers could concentrate on instructing pupils rather than handling paperwork, teaching would be far more appealing to Filipino workers.

Despite this trend of a shortage of workers, Principal Salonga expresses gratitude to DepEd and Secretary Angara for going all out to provide teachers with protection and provisions.

CNHS privacy safety threats push full implementation of Data Privacy Act

Photo by Chloe Mykhaella E. Flordeliz



COVER UP. Arryanne M. Sueco, Grade 10 student shields her face from the camera in Room 60, December 12. In relation with the Data Privacy Act of 2012, students have the will to protect their privacy while ensuring free flow of information to promote innovation and growth.

Hermonie Zycho Prijoles | Managing Editor

Cavite National High School (CNHS) Principal Mr. Randie L. Salonga discussed in an interview that the school has fully implemented the Data Privacy Act of 2012 due to several incidents that happened within the school area.

"Tayo ay bangko ng mga datos at personal na impormasyon," the Principal said pertaining to the whole school.

The Data Privacy Act protects all the information of every student, teachers, and even parents as Mr. Salonga said.

"Para protektahan kung ano 'yong mga datos lalo pa't mga personal na datos ng mga tao, ng mga bata sa paaralan, maging ng mga teacher at mga empleyado," he stated.

According to him, there was an incident encountered by the school wherein some people were asking for a student's private information without a proper letter.

He also said that some individuals even pretended to be a part of different organizations and scholarship programs but failed to show proof of credibility.

"May mga pagkakataon kasi tayo sa school kung saan may mga pumupunta, nagtatanong kung sino si ganito," he added.

Due to these incidents, the school made several actions including the distribution of waiver slips to the parents or guardian of each student.

The waiver contained a question whether the parent or guardian of a certain child allows the child's photos to be published for academic purposes.

The consent is one of the school's ways to implement the Data Privacy Act of 2012.

Salonga stressed that ensuring the safety of all students in CNHS is severely important.

He stated that the advancement of technology can cause scams which may harm the students and teachers of the school.

Salonga calls for better preparation for MATATAG Curriculum

Sonea Nicole T. Calalang | Assistant News Editor

The kickoff of the **MATATAG Curriculum** in Cavite National High School (CNHS) sparked various concerns due to several issues the school experienced during the implementation which urged the principal to call for more thorough preparation to ensure a smoother rollout.

Principal Randie L. Salonga said in an interview that the implementation of the **MATATAG Curriculum** was not a welcome change.

"Sana bago siya naimplement, napagisipan mabuti," the principal stated as he was expecting that the program would only be implemented in Grade 7.

However, the said curriculum was applied to the entire grade levels of junior high school.

According to the principal, the school was not prepared due to various reasons which include the lack of budget, resources, supplies, and lack of forums regarding the curriculum.

"Buti sana kung nadagdagan din si fund, para makapagready tayo nang husto," he said considering that the lack of supplies is a big hindrance both on students and educators since the supply that the school received was not enough for the students.

Additionally, Principal Salonga shared that even though it is already the third quarter, there are still materials they are expecting that have not yet been provided to them.

"Ang mga teachers niyo, bayani talaga yan," he said as he shared different stories and testimonies from different teachers.

He included that the educators found a way to fill this gap

by providing and making their own materials and acquiring materials from other divisions.

"Hindi pa rin tayo naleleft behind, kaya lang extra effort 'yon sa kanila,' pertaining to the teachers who makes extra efforts to deliver quality teaching to the learners.

On the other hand, principal Salonga claimed that the **MATATAG Curriculum** lacks forum and consultation compared to the K-12 Curriculum.

"Ang hirap din kumilos dahil wala rin kaming proper orientation talaga, kung ano ba talaga ang gustong mangyari," Principal Salonga said.

The principal also shared that he experienced issues regarding the National Math Program (NMP) and National Reading Program (NRP) since the order is not clear on what students should do during these hours.

These additional subjects made it much harder to create the schedule, causing significant challenges for the administration.

"Hindi naconsider na ang mga paaralan iba-iba ang sizes," he said as he testified that a week before the school year starts, the schedule was still not finalized.

Salonga also shared that it was very late when the order was brought down to them resulting in shortened time in crafting the schedule.

"Hindi siya dapat basta basta na lang," he added pertaining to the **MATATAG** roll out.

CNHS-SHS ALS doubles enrollees after first year of implementation

Joaquin Fredrick Leyva | Contributor



Photo by Althea Zyana A. Romero

CONTINUING EDUCATION. Alternative Learning System - ALS students attend their class with Mrs. Kathlene Anne S. Eco in ALS Building, January 09. CNHS ALS section Athena reports to school every Mondays, Wednesdays, and Fridays.

The Alternative Learning System (ALS) of Cavite National High School (CNHS) has seen constant improvements since its initial implementation in Junior High School (JHS) back in 2004, and has only continued to grow in renown as one of the options presented to students who choose to study at CNHS.

The ALS program of CNHS was initially introduced to its Junior High School students in 2004, with the intention of providing sufficient education to what they call "Out-of-school-youth" so that they may find success in the future.

Currently, the ALS Program is under Bureau of Alternative Education (BAE) in compliance with Republic Act 11510, which is known as the ALS Act.

The ALS act is made to support the establishment of the Alternative Learning System (ALS) to provide out-of-school children, youth and adults population with basic education.

According to the coordinators, the ALS program in CNHS has found marginal success

since there are always a large number of students who not only enroll in the program, but also complete it in both Junior High School and Senior High School.

Statistically, the enrollment rate in JHS for the ALS program does not grow rapidly as the JHS Coordinator for the ALS Program determined that the number of enrollees for the program only went down by 5% in comparison to last year, marking a very minimal change.

The same can also be said for the SHS ALS program, which despite only being established a year prior, has increased in enrollees, going from 166 to 205 according to the SHS ALS Coordinator, Mr. Jey Mark Baldon.

This increase in enrollees can be attributed to the efforts that the school has put into the ALS program, such as the ALS program dedicated teachers.

This has reportedly increased the appeal of the program for students, and has also attracted JHS ALS Students into enrolling into the program for SHS.

Because of this, the JHS coordinator for ALS, Ma'am Josefina Justo believes that the program has been a success.

"Sa aming palagay ay successful po ang ALS program upang maihanda ang aming mga mag-aaral sapagkat sa mga nakalipas na taon marami sa aming mag-aaral ang nakapagtrabaho, nakapagpatuloy ng SHS, at ang iba naman ang nasa kolehiyo," Ma'am Justo said.

In addition, despite handling different parts of the program, the SHS coordinator also believes that the state of ALS has only grown more positive since its initial pilot run in 2017, before full implementation last year, as they are constantly putting in effort to implement changes that will benefit the students.

"Ang future ng ALS-SHS, hangga't may mga gurong sumusuporta at mga mag-aaral na nagsusumikap at naniniwala sa kayang ibigay ng ALS, magiging isa ang ALS sa makakapag bigay ng tuloy-tuloy na quality education lalo na sa mga taong nahihirapan nang bumalik sa pag-aaral sa regular class," Baldon added.

Admin to fix frequent power outages, students call for immediate action

Alexandra Iris Hernandez | Contributor

Because of the reoccurring power outages at Cavite National High School (CNHS), the school has plans to fix the electrical systems and wires.

According to Principal Randie L. Salonga, the source of the problems comes from the old cables that haven't been changed despite the construction of new buildings.

"Kasi nung nagtayo ng building, di naman napalitan yung mga kable tapos parang pinagshare-share pa ng dalawang building nagshare pa sa isang source," he stated.

Additionally, he mentioned that the old cables cannot carry the amount of electricity needed for the buildings because of their thinness.

However, there are already solutions that the school can utilize or will utilize to solve the power outage problem.

The city government's city engineers could help intervene to solve the issue, as stated by Sir Randie L. Salonga.

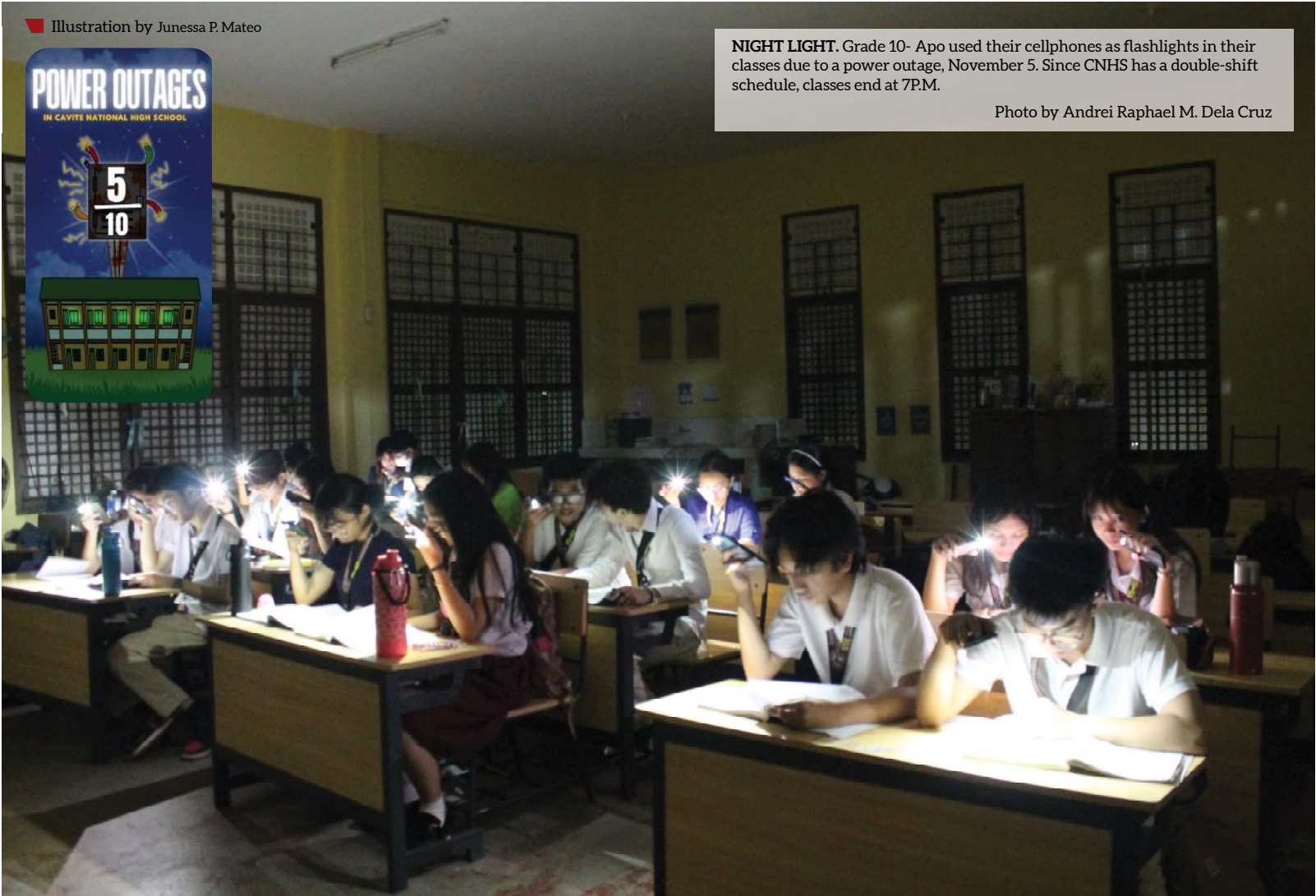
"Naghahanap tayo ng pwedeng tumulong sa atin ah unang una ay yung city hall. Sa city government, meron tayong city engineer, electrical engineer, who help us assist yung sitwasyon sa school and then he gives recommendations kung ano ang pwedeng gawin," the principal said.

He also mentioned that the school has already tried to fix the problem by reducing the number of electric fans used to lessen electricity consumption.

"Noong bandang una, nagkaroon tayo ng first aid para masolusyonan iyan, magbawas ng electric fan. Diba minsan kasi may mga classroom ang electric fan, sampu-sampu. Nakakapagtaka nga yung iba, yun electric fan, nakatapat lang sa tatlong bata. May kaniya-kaniya bawat spot, may kaniya-kaniyang electric fan which is hindi siya efficient," Sir Randie L. Salonga stated.

The principal noted that maintaining manageable electricity consumption is important because the school cannot ask for additional budget from our local government unit (LGU) for this specific purposes

Nevertheless, the school will try its best to renovate the electrical systems to the best of its abilities, according to the principal.



NIGHT LIGHT. Grade 10- Apo used their cellphones as flashlights in their classes due to a power outage, November 5. Since CNHS has a double-shift schedule, classes end at 7PM.

Photo by Andrei Raphael M. Dela Cruz

City Engineer clarifies road repairs, reveals top construction projects

Daniel James L. Angeles | Contributor

Reynaldo P. Rivera, an engineer from the City Hall of Cavite City, states that roads are annually monitored using a road inventory, due to various complaints from the residents of Cavite City.

The road inventory contained the roads' name, location, length, width, surface condition, and materials used—the roads' condition were classified as either good, fair, poor, or bad in which roads in poor or bad condition are scheduled for repairs

"Yung road inventory, 'yan yung ginagamit namin bilang criteria para malaman kung among road yung dapat

ayusin," he added.

In addition, roads are classified into core and non-core— indicating their importance in the city— core roads are defined as roads which most vehicles pass through.

"Hindi p'wedeng walang basehan kapag nagrerepair, ginagamit namin ang road inventory para malaman kung ano yung aayusin," Rivera mentioned as he emphasizes the importance of the situational assessments of roads before defining the appropriate treatment measures.

He also said that while roads in poor condition only require rehabilitation,

roads in bad condition require reconstruction which can cost more in comparison to the former.

"Yung mga kalsada naman na malapit sa Cavite High, maayos 'yan," Rivera said when asked about the road conditions near Cavite National High School (CNHS).

The road inventory of 2023 shows that the roads A. Del Rosario, Crescini, Chief Martin, and Garcia are all in good or fair condition.

Rivera explains that this is due to the fact that "pinaprioritize namin ang churches, school roads, at kalsada papuntang ospital."

He explains that core roads are prioritized and non-core roads are usually fixed by Local Government Units (LGUs) like barangays.

However, he also added that certain roads in Cavite City are not within their jurisdiction— notably, the whole area of Sangley Point.

Aside from road construction and repairs, he also added information regarding other construction projects.

However, Rivera only revealed the plumbing construction near San Roque, costing around a hundred thousand pesos overall.



Illustration by Janelle V. Agnas

FMRF instills importance of youth in WPS dispute

Khaetie P. Delos Reyes | News Editor

Amidst the territorial dispute between China and the Philippines over the West Philippine Sea, the Fleet Marine Ready Force (FMRF) held a conducive Youth Engagement seminar which underscored the importance of the youth upon the matter.

Due to the interminability of the dispute, the FMRF highlighted the objective of instilling in the youth that they hold an important role upon strengthening and protecting the sovereignty of the country.

"We will counter it using your voice and your platform as the youth," Commander Lady Chatterly Alvaro PN of FMRF emphasized against the territorial claims of

China.

The Philippine Navy ensured that students of Cavite National High School (CNHS) were equipped with knowledge about the West Philippine Sea, as the country's hope against the claims.

General information about the named territory was given, including an overview of the West Philippine Sea and its legal basis as the Philippines' water.

Furthermore, the inculcation of the youth correlates with the Armed Forces of the Philippines' (AFP) Mulat communication plan.

The Mulat communication plan highlights the significance of national defense, sovereignty, and

community preparedness in the West Philippine Sea.

In the same seminar, guest speaker Major Jose Sixto "Dingdong" Dantes III PN(M)(Res) also said: "Naniniwala po ako na malaki, naniniwala ako na mahalaga ang papel ng kabataan sa ating mundo."

Moreover, these efforts to impart knowledge to the youth of CNHS was to provide precautions of the risks associated with the escalating tension from the dispute between China and the Philippines.

"We want to impart to you the same passion, the same level of patriotism, deep love of country, loyalty, sacrifice, and heroism for our country," CDR Alvaro remarked.

LGU aims to continue Chavacano preservation

Audrey Miles Q. Isidro | Contributor

Cavite City is taking steps to revive the Chabacano dialect, a unique Spanish-based creole that reflects the city's cultural heritage.

This initiative aims to preserve the language and promote awareness of its historical importance among younger generations.

In an interview, Mr. Marvin A. Arnaldo, head teacher of the English department and an advocate of the Chabacano dialect, emphasized that the language defines Caviteños' identity.

"As Caviteño, it is a must for us to learn and speak the language, because that is what Cavite is all about," he emphasized.

Arnaldo noted that Chabacano has been part of Cavite City's history for over 300 years, dating back to the Spanish colonial era when it was a primary means of communication in the Royal Arsenal.

"The promotion of the use of the Chabacano language in Cavite is crucial because, for me, Chabacano is the identity of Cavite City," Arnaldo stated.

Additionally, Arnaldo acknowledged the efforts

of groups documenting the language, including the creation of a Chabacano dictionary.

He credited individuals like Dr. Enrique Escalante, a former schools division superintendent for writing books that preserved Chabacano's linguistic heritage.

According to Arnaldo, Chabacano is now spoken in only a few places in the Philippines, including Zamboanga, Ternate, and Cavite City.

He mentioned that Chabacano-speaking communities in Ermita, Manila, have since gone extinct.

The preservation of the Chabacano language in Cavite City remains a collaborative effort involving local historians, educators, and cultural advocates.

With a history spanning over three centuries, Chabacano stands as a testament to Cavite's rich heritage.

The revival of Chabacano is seen as a step toward keeping the city's cultural identity alive for future generations.



DEFEATING REPEAT. Nicol C. Canadian and Hanna A. Angue, Grade 10 students attend their remedial with Mrs. Shaina D. Mariano in CNHS Reading Center, December 17. Canadian and Angue stated that they failed to accomplish their learning tasks in English that is why they are having remedial sessions.

Photo by Lyra D. Santiago

NMP, NRP indicate success rate in test runs

Arvin James A. Hilario | Assistant News Editor

Pilot implementation of the National Reading Program (NRP) and National Mathematics Program (NMP) displayed positive results to students in the Cavite city schools division.

Assistant Schools Division Superintendent Lito Palomar, stated that the NRP and NMP is going to be beneficial based on the positive results of the dry run.

"Based sa initial results, I feel like nakakatulong naman siya kasi nabibigyan natin ng time 'yong mga bata to recover at i-master pa 'yong mga skills, 'yong mga competencies. So I think sa aspect na 'yon, nakakatulong naman siya," he stated.

Additionally, the Teaching at the Right Level (TaRL) strategy was also piloted in Cavite City in cooperation with Youth Impact, an African-Based non-governmental organization (NGO), to be used along with the implementation of the NRP and NMP.

The pilot testing of TaRL was conducted in Ladislao Diwa Elementary School (LDES) and Julian Felipe Elementary School (JFES) starting September until December this year. This

program also produced positive results.

"Based doon sa initial results [ng TaRL], maganda yung performance ng mga bata. Positive naman yung three months na piloting natin — nabawasan niya yung number of non-numerates naten, around 90-92%," Sir Lito Palomar said.

He also added that the results of the foreign-assisted program could not have given biased results because it was evaluated by a third party, being the Youth Impact organization.

In our country, Cavite City is one of the only three school divisions that participated in the TaRL pilot testing along with Digos City and Caloocan City.

However, teachers and students have encountered issues with regards to the pilot implementation of the NRP and the NMP.

"On the other side of the coin, may mga bata pa rin na [nakakaramdam] ng pagod kasi on top of your regular class, mayroon pa kayong intervention na ganiyan," he said.

Sir Lito Palomar noted that there were some suggestions of having the NRP and NMP right after the regular class but this would only put

more work to both teachers and students.

Additionally, the lack of learning resources dedicated to the programs was also an issue that was encountered during the pilot implementation.

"Si NRP at NMP supposedly ay mayroong sariling learning materials pero hanggang ngayon, hindi pa rin ibinababa ng Central Office. So ang ginagawa ng division, gumagawa siya ng sariling supplementary materials para dire-diretso ang ating contextualization," Sir Lito Palomar stated.

He also showed that the Schools Division of Cavite city has materials for self-determined learning or heutagogical materials that were made for the National Learning Camp (NLC) but could also be used in the NRP and NMP.

The National Learning Recovery Program was an initiative brought by the Department of Education (DepEd) to address the learning gaps of students. It includes the NRP, NMP, NLC, and Catch-Up Fridays.

CNHS canteen to maintain affordable prices amidst increased inflation rates

■ Caryl Anchaline Garaño | Contributor

Cavite National High School (CNHS) Canteen will try to keep prices affordable for students despite the inflation rate increased by 2.5% in November 2024 from 2.3% in October 2024.

School principal, Randie L. Salonga, said that he was aware of the decrease of students buying in the school canteen recently due to its price.

“Kita namin ‘pag hindi na masyado bumibili ang estudyante sa canteen,” the principal stated.

Additionally, Salonga has a plan on how the school is going to handle the quantity while still having the same quality if the school budget is tight.

“Ang solusyon lang dyan ay liliit ang volume para hindi tumaa ang presyo at para maging affordable pa rin sa mga estudyante,” Salonga said.

A few students were interviewed about the school canteen prices and half of them agreed that it was affordable and for some, it’s not.

Jamila Villa, a Grade 9 student, said that the school canteen prices are affordable and reasonable.

“Yes, it is reasonable kasi kinakailangan na reasonable ‘yong price dahil maraming students and bumibili at siyempre budgetable. At the same time, kumikita pa rin ‘yong school canteen.” Jamila Villa said.

While some students still buy inside because of its hassle-free nature, other students opt to buy outside the school due to the variety of options there as well.

The school canteen prices are affordable for some students yet some of them still could not afford it due to lack of money or allowance.



Photo by Rylyn Dale Miralles

ROUTINE CHECK. Emily Q. Angeles, Nurse II checks the blood pressure of a student in CNHS Clinic, January 14. Medical treatments are given to the daily symptoms of the students and school personnel.

‘We ask for a designated budget for school clinic’ -Salonga

■ Hanna Rhokia Regino | Contributor

Cavite National High School (CNHS) school clinic has been getting insufficient budgets but Principal Randie L. Salonga promised to resolve the issue.

Budget constraints affect its full performance as it cannot accommodate the increase in demand, according to school officials.

Dr. Elsie Magbanua, the school’s medical officer, said the clinic depends on the Maintenance and Other Operating Expenses (MOOE) fund for medical supplies.

For additional needs however, the clinic has to course through the principal and supply officer, to which sometimes delays the procurement.” This setup ensures transparency but causes delays if there is a high demand,” Dr. Magbanua explained, citing events such as school immunizations and intramurals.

Furthermore, she also stated that there is still a need for more clinic personnel, especially nurses.

“Our workload continues to grow, and it’s challenging to meet everyone’s needs,” she added.

The students gave both positive and negative feedback on the clinic’s services; some were thankful for immediate care,

but others also noticed limited medicines and dependence on basic remedies.

According to Principal Salonga, the school supplies the clinic’s needs through revenues from the canteen and allocations from the general budget.

Additionally, he welcomed expanding the scope of the services by including mental health programs and more as there are calls for more support to be given by the Department of Education (DepEd).

“We hope for a dedicated budget for school clinics, which would allow us to address health concerns more efficiently,” Salonga said.

To fill the gaps, the clinic collaborated with local organizations for added services to provide free medical checkups and supplies to students and staff.

According to Dr. Magbanua and Principal Salonga, promoting health education, increasing human resources, and securing long-term financing is imperative for service enhancement.

They pledged to keep on changing in order to make them first.

Through collaborative efforts and resourcefulness, the CNHS clinic has been able to continue providing critical health support despite financial constraints.



RICE SOAR. Rona Iduani scoops a kilo of Laon rice grains in the Remy Rice Dealer Store, December 17. Due to sudden inflation, prices of both imported and local rice have doubled.

Photo by Khelsie Amber R. Crisostomo

Salonga commends teachers’ initiative despite learning resources shortage

■ Monique L. Mata | Contributor

Randie L. Salonga, principal of Cavite National High School (CNHS) praised teachers for taking the initiative in providing essential materials for the learners.

Along with the revised K to 12 curriculum, DepEd will provide new learning resources such as textbooks, modules, worksheets, manuals, and other supplementary materials.

In addition, the DepEd has released Lesson Exemplars (LEs) which are commonly used by teachers to facilitate the teaching-learning process, and students with worksheets to deepen their understanding and skills with the

lesson.

With the shift of curriculum to MATATAG, teachers often face a lack of materials, mainly textbooks, leading them to provide on their own to fill in the needs of learning resources.

“Hindi (sila) pumapayag na basta na lang magtuturo ng walang ginagamit,” Salonga said upon the teachers’ response of providing their own materials.

According to him, an estimated 30% of books were received by the school and the only subjects given are Edukasyon sa Pagpapakatao (EsP) and Mathematics but he reassured that

other materials will arrive soon.

During an interview with Aliyah Nhicolai De Leon, a grade 7 STE student, she mentioned that the activities produced by her teachers are easy to comprehend since these are based on the discussion.

She also stated that revised learning resources give her a difficult time understanding and recognizing such topics which causes her confusion and uncertainty with her answers.

With the rollout of newly revised K to 12 resources, students and educators are expected to focus on developing such diverse skills and competencies.

ARAL bridges learning gaps, provides accessible learning

■ Audrey Miles Q. Isidro | Contributor

The Department of Education (DepEd) has implemented the Academic Learning Recovery and Accessible Learning (ARAL) Program to address challenges faced by students lacking access to quality education.

This initiative aims to support learners in recovering from the lack of assessment by providing opportunities for accessible and effective learning.

The ARAL Program is similar to existing programs like the Alternative Learning System (ALS), Alternative Delivery Modes (ADM), and Balik Paaralan sa Out of School Youth (BPO).

In an interview, Mr. Randie Salonga, Principal of Cavite National High School (CNHS), highlighted the potential benefits of the ARAL Program for students who struggle with regular classes.

According to Salonga, the program aligns with DepEd’s mandate to provide inclusive education and benefits school-aged learners experiencing difficulties in their academic journey.

“The ARAL Program can help students become more accessible in learning just like the ALS program, ADM, and BPO,” Salonga noted.

Salonga also pointed out the lack of concrete Implementing Rules and Regulations (IRR) for the ARAL Act Program in their school.

“I don’t see any concrete IRR on the ARAL Act Program in our school, but if it is introduced, monitoring will be followed,” he added.

Salonga declared the school’s willingness to support the initiative once it is fully implemented.

He emphasized that similar programs have already proven effective in addressing the needs of displaced learners.

Salonga stressed that many children have been displaced or have stopped schooling, making the ARAL Act Program a crucial intervention to ensure these students can catch up.

He suggested that school division offices should develop customized programs to address the diverse needs of learners.

Salonga stated that collaborative efforts between DepEd, schools, and local communities are essential for the successful implementation of the ARAL Program.

He concluded that these efforts will help bridge educational gaps and create a more inclusive learning environment for Filipino students.

Teenage pregnancy cases take significant decrease

■ Justin Nicole F. Custodio | Contributor

The Guidance Office of Cavite National High School (CNHS) and the Provincial and City Population Offices led by Dr. Elmer R Camarse, Medical Officer IV of Cavite City, conducted a symposium to inform students about teenage pregnancy and how to avoid it last September 20, 2024.

There has been a significant decline in teenage pregnancy cases at CNHS. While the previous school year saw 14 cases, this year’s figure has dropped to a mere three. This positive trend can be attributed to various initiatives aimed at promoting adolescent reproductive health like this symposium and other programs.

One of the key pillars of the Department of Education (DepEd) is Adolescent Reproductive Health (ARH). This program targets high-risk learners in Grades 7 to 10, providing them with essential information about teenage pregnancy and related health issues.

Another crucial initiative is the Teen Health Kiosk, an organization that empowers young people with knowledge about adolescent reproductive health,

including topics like teenage pregnancy, drug addiction, consent, and mental health.

Teenage pregnancy poses significant health risks to both the mother and child. Young mothers are more likely to experience complications during pregnancy and childbirth, such as premature birth, low birth weight, and increased risk of maternal mortality. Additionally, their babies may face long-term health issues.

“One of the most influential things in today’s world is social media; parents often don’t monitor what their children watch, read, and do in social media resulting in children’s experimentation,” Dra. Elsie Magbanua of the CNHS clinic highlighted.

According to Magbanua, the other reasons why there are kids getting pregnant early are because of peer pressure, lack of sexual education, lack of guidance, disobedience, and experimentation.

“Now, nirerefer natin sila sa ating mga health linkages like sa health center kung taga rito sila or sa kung malayong lugar, sa Trece [Martires], mayroon tayong

Teenage Friendly Hospital doon. Then gu-guide natin sila as to mga gawain na bawal sa isang maselan na teenager na nagbubuntis kagaya ng bawal magpuyat, bawal akyat-panaog at saka kailangan nila uminom ng vitamins, matulog nang maaga, mga ganoon. Tinatanong din natin sila kung kaya pa ba mag-face-to-face pero usually kaya naman sana kaso nahihiya na siya kaya mag-susuggest na lang sila na Distance Learning na lang tayo,” said Dra. Magbanua.

The pervasive influence of social media has exacerbated the problem, as parents often fail to monitor their children’s online activities. CNHS provides guidance and support to pregnant students and their guardians. While pregnant students can attend face-to-face classes, many opt for Modular Distance Learning to avoid social stigma.

To address the issue of adolescent pregnancy, it is crucial to focus on education, family and emotional support, and empowerment. By investing in these areas, we can help ensure a brighter future for young people and their children.



Photo by Tamiah L. Mesa

MOM’S HUSSLE. Justine Aspan, 13, holds the door in 7-Eleven convenience store, December 18. Aspan started assisting the buyers last May 2024 and asked for money to supply her needs and childbirth.

....from page 1

Cavite High calls for long-term solution amidst class suspension... ■ Khaetie P. Delos Reyes | News Editor

including during typhoons.

However, in light of suspensions, announcements by the LGU often stir up confusion among students and teachers, Palomar said.

With the Schools Division Office (SDO) depending on the authority of the LGU during suspensions, they must act according to the announcements.

One confusion in the announcements made by Mayor Chua is caused by the statement “Walang Pasok,” which makes the SDO question whether there also

should not be changes in modality.

In resolve, the SDO-Curriculum Implementation Division (CID) will oversee the school’s plans when changing modalities to clear up the matter and confusion with regard to announcements made by the LGU.

Additionally, schools may also opt to request suspensions to the LGU during days when the institution will be in use.

Complaints and Comments of Learners and Parents

Upon continuous changes in the

learning setting, students inevitably face difficulties in constant adjustment.

Once more, in agreement with Palomar’s statement with regards to non-virtual learners, students of CNHS have actual difficulties catching up with their studies without a formal setting and a learning facilitator.

“Suspensions had led to continuous self-studying sessions, and mahirap ‘yun for me since I usually depend on the guidance of a teacher so I can have a better understanding of a lesson,” a student

stressed.

Furthermore, the lack of time to tackle lessons and accomplish tasks also became a challenge for students.

Salonga stated that due to this, parents have been requesting makeup classes as they continued to express their concern regarding the missed school days due to class suspensions.

“Kumpyansa pa rin sila sa face-to-face classes,” Salonga noted on the take of parents on makeup classes.

However, he explained that the school

had not missed an excessive amount of school days, keeping in mind the school calendar and number of school days.

Palomar explained that there are 180 contact days within 220 days of a school year. Providing 40 buffer days allotted for school suspensions, activities, and other matters.

With the CID collecting the number of suspended days in a school, CNHS have not used the 40 buffer days.

Fisherfolks cry for regular financial aid from Gov’t



HAULING FISHNETS. Fishermen prepare their nets for their voyage at Cavite City Badjao, December 16. Fishermen claimed that this job helps their families to survive in everyday life.

Photo by Henessy O. Eballar

Audrey Miles Q. Isidro | Contributor

Fisherfolks in Cavite City recently received cash assistance from Congressman Jolo Revilla and President Ferdinand Marcos Jr. to alleviate economic hardships from rising fuel costs and unstable fish yields. However, many fisherfolks are now urging the government for regular financial aid to sustain their livelihoods upon unpredictable incomes. In an interview, Renato Jose, a 64-year-old fisherman from Cavite City, stressed that while a one-time aid was helpful, a more sustainable solution is needed. According to Jose, the P6,500 cash assistance is already a big help in supporting fisherfolks financially, especially for him living alone, even though it is only given once. “Malaking bagay ang isang beses na tulong, pero mas kailangan namin ng tuloy-tuloy na suporta para makaraos” Jose stated. Jose also said that their usual income is 700 pesos, but when the season is not good, it drops only to 200 pesos which is still spent on gasoline.

“Kapag wala talagang huli, wala talagang magagawa. Yung isang beses na tulong malaking bagay, pero hindi ito sapat para sa pang araw-araw na gastusin namin,” he added. He also mentioned that when the oil spill happened in Cavite City, their income was almost zero due to people afraid to buy. Due to this incident, their highest earning then was limited to P200. The fisherfolk community has begun drafting a formal appeal to the government, detailing their challenges and proposing solutions. The government is expected to release updates on potential programs in the coming months, focusing on strengthening the livelihood of fisherfolk and ensuring their resilience in the face of economic challenges. In the meantime, Cavite’s fisherfolks remain hopeful that their calls for consistent aid will be heard.

CNHS-SHS faces health, safety concerns of students

Cleo Anne M. Panoringan | Associate Editor

With the construction of the Senior High School Auditorium underway, workers are housed in barracks directly exposed to the students and teachers of the Cavite National High School Senior High School (CNHS-SHS) in Building A. The open barracks across the building caused discomfort among students, noting those who frequently have to pass by the construction site and the fort. Various complaints from students piled up saying they frequently see topless middle aged men during break time, sometimes even talking to them. “Minsan ‘pag nadaan kami sa barracks nila papuntang canteen, kinukulit nila kami.. Medyo uncomfortable siya para sa amin,” an Accountancy and Business Management (ABM) student, from bldg. A, said. This disturbance had caused echoes of concerns among the school, with students minding their safety and building their guard within the premises. “Hindi naman ho sa panghuhusga ng tao, sadyang nakakabahala lang at, of course, safety muna namin ang iisipin... panahon pa naman ngayon,” the ABM student added. Additionally, worries regarding air quality and the health of students are also faced as dust and debris are often fanned into nearby classrooms and walkways. Health has also been an issue with

this open construction site at CNHS-SHS leading to most of the students visiting the clinic with a common issue, asthma. According to Michelle Zaragosa, a teacher in Bldg. A, her students have experienced the same issues of uneasiness from the construction workers or the inability to focus due to health restrictions. The students along with the teachers voices out their concerns, demanding a response from the higher positions. On the other hand, the school has been taking the matter into their hands as they address the issue with complaints continuously arising.



Photo by Henessy O. Eballar

SIFTING SAND. Arnold Rodolfo, a construction worker, continues to do his work to finish the new gymnasium in Cavite National High School-SHS, December 16. The SHS covered court is currently under construction for enhanced facilities in sports and other events.

School bathroom destruction impacts limited repair budget

Daniel James L. Angeles | Contributor

Incidents of bathroom destruction happening in Cavite National High School - Senior High School (CNHS-SHS) are becoming a main cause for concern as bathrooms become unusable and repairs become more frequent. According to the Cavite National High School Principal, Mr. Randie L. Salonga, one specific incident caused a bathroom in CNHS-SHS to be completely ruined—shattered toilets, filled with garbage, trash, and et cetera. He also specified that although this incident only happened in Senior High, Junior High still experiences vandalism and misuse; the bathrooms frequently become messy due to bathrooms becoming the rendezvous for the “yosi breaks” of some students, as well as not using the bathroom correctly— not flushing the toilets and not cleaning the ground. “Maraming bata ang ‘di marunong gumamit ng CR,” he added to the underlying issues regarding toilet misuse. He expressed concern to the fact that aside from the 12 functional bathrooms in the location, there are requests for additional common CRs despite having no space for bathrooms to be built on. In addition to the lack of space, it is difficult to make water reach higher floors due to the lack of pumps and other equipment. According to Mr. Salonga, “ang bawat bathroom nagrerequire ng hundreds

of thousands of pesos up to millions,” specifying that building a bathroom has an impact on the school’s limited budget. The budget for building and repairing bathrooms come from the school itself, as well as certain stakeholders. “Currently, may CR na pinapaganda, pero for teachers lang ito,” said Mr. Salonga, revealing contemporary plans for bathrooms in the school only benefiting the teachers. However, he implied that repairing bathrooms and building new bathrooms are one of the lesser issues in the school as there are no serious complaints regarding the lack of bathrooms. Mr. Salonga emphasized that “there are no alternatives kundii irepair yung bathrooms”— that the school has no choice but to either close off or repair the destroyed bathrooms. These closed off bathrooms are a possible catalyst for Urinary Tract Infections (UTIs) among students and teachers alike as according to many health articles and doctors, holding back urination as well as bad hygiene are one of the main causes of UTI. Despite all the issues, Mr. Salonga assured that the school administration is working in order to reopen and fix destroyed bathrooms for students, teachers, and visitors.

ICT equipment, DCP project to improve teaching-learning in CNHS

Yuan Hermione B. Jose | Assistant News Editor

Cavite National High School (CNHS) received 46 laptops and a 58-inch smart TV along with other Information and Communication Technologies (ICT) equipment as part of an ongoing DepEd Computerization Program (DCP). With the aim of improving the teaching quality and learning of the students, these equipment from the program will be used freely at the Communication Laboratory, but with limits. According to principal Mr. Randie Salonga, the only rule for the students is to not exceed the usage limit and that they cannot take home any of the equipment. The use of the equipment should only be for school purposes of the students, not with games and other personal activities.

“Malaking tulong itong DCP project na ito sa mga estudyante. Pinapalalahanan lang namin na sana ay marunong sumunod sa mga patakaran ang mga gagamit,” he added. Although the free laptops can already be accessible at the school’s communication laboratory, the school is still in the process of installing internet connection to be used. The principal also stated that the equipment given are still not enough, the school aims to have more by the start of SY 2025-2026 for better start of computerization of teaching and learning. “Kulang na kulang pa talaga lalo na’t hindi lang naman ang mga specialized program for ICT ang kailangan ng mga ganitong equipments, mabuti sana kung lahat ng guro ay may sariling laptop na kanilang

nagagamit” He added. The said equipment would also be available at the school library for research purposes as a response for the limited books. With the DCP project, the school also aims to have an accessible internet connection at the school library for the use of students and teachers. The initial plan of the school is to have all of the com labs and resources to be functional and working along with the library that soon will be technologically inclined and facilities that have enough resources and equipment. The computerization of CNHS will be a cycle project that continues to improve and help the students and teachers to have education as easy as possible.

CNHS targets emergency kits for Volcanic Smog

Greigh F. Soleta | Contributor

Cavite National High School (CNHS) was not prepared for the risk the students might get from Volcanic Smog and lacked emergency kits, considering that Taal Volcano is near Cavite City. Dr. Elsie Magbanua, a doctor from CNHS, emphasized the importance of preparation, specifically for those often out in public carrying well-prepared medical kits and practicing essential precautions to protect themselves from the lingering dangers of volcanic smog. “Medical kits are very important to attend learners or personnel having difficulty breathing, secondary to inhalation of particles of smog or vog that comes from the volcano,” Dr. Magbanua said. Dr. Magbanua highlights the importance of being well prepared for the risk that Volcanic Smog brings, as it has a very high probability of affecting a person’s well-being regardless of age. Additionally, many students were affected by the Taal Volcanic Smog, especially last December 16, when the volcano emitted 8,322 tonnes of volcanic sulfur dioxide (SO2) gas per day from its main crater. Many students from CNHS claimed they were not informed

about the severity of the situation in time to take proper precautions. However, students with asthma suffered from the triggers caused by the volcanic smog. “Syempre po nattrigger po ‘yong asthma ko and mahirap kasi mahirap huminga pag ganon tapos wala po kaming emergency kit sa ganong situation sa room.” Cleo Panoringan shared, a student from CNHS with asthma. Hospitals in affected regions have also reported a massive rise in patients experiencing symptoms such as difficulty breathing, sore throats, and eye irritation. The government continued to face criticism for its lack of adequate preparation and slow response to the crisis. Nearby schools in some provinces were forced to cancel classes as officials declared it unsafe for children to attend due to the toxic air. Health authorities have urged citizens to wear masks and avoid outdoor activities to minimize exposure to harmful gases. Disaster management agencies have since ramped up efforts to distribute masks and provide medical aid to the most affected communities.



Photo by Chloe Mykhaella E. Flordeliz

BEAUTY CRIME. Jecelen Joy M. Columna, Grade 8 student draws with her lipstick on the mirror in CNHS Comfort Room, December 12. Majority of the bathrooms in Cavite National High School have been vandalized by the students.

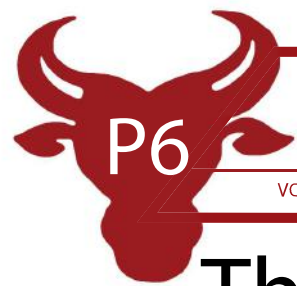
Salty bots nab victory in Bototoy, brings home high honors

Ron Jhiro D. Ronquillo | Contributor

This year’s RoboJam Asia International Competition has brought a lot of young minds looking towards bright futures in robotics, center-stage for science, engineering, and innovation. Among them was the SaltyBots team from Cavite National High School which ruled the contest by testifying their robotics and scientific problem-solving. Central to this success were Team Bototoy members: Ron Jhiro Ronquillo, Justin Manuel Fauni, and Kerson Joseph Hernandez. The victory showcased an application of scientific principles and engineering precision in a competitive arena.

“We knew the competition would be quite hard,” Kerson Joseph Hernandez said further, “we also knew that our preparation and teamwork gave us a strong foundation. Every moment of this journey, from brainstorming ideas to troubleshooting in real time, it’s a learning experience that brought us closer together.” RoboJam has given its problem a three-way edge-for it combined engineering precision, creative problem-solving, and seamless collaboration. The tests did not come easy along the road to victory for Team Bototoy. Kerson says, “One of the toughest moments was during the final round when our robot’s arm had an

issue we didn’t expect at all.” “But instead of panicking, we focused on quickly diagnosing and resolving the problem; it was a true test of our resilience and teamwork,” Kerson also added. This success has become a light of hope not only for his peers but for all aspiring young innovators around the world. To this victory, Kerson describes, “This win is proof that nothing is impossible with determination and collaboration. We hope that our story inspires others to embrace challenges and view them as opportunities.”



The Bouncy Ball

In every storm that hits the archipelago, in every landslide that buries communities—and in every flood that submerges lives, the Filipino spirit is admired and for its resilience. It's a narrative that politicians wield like a badge of honor—a ready-made explanation for why, even amidst calamity, Filipinos find ways to survive. But like a bouncy ball squeezed tight, resilience snaps back not because of choice—but because there is no alternative. The system pushes, and Filipinos, left without institutional support—to bounce back by necessity, not design.

At the Asia-Pacific Ministerial Conference on Disaster Risk Reduction (APMCDRR) 2024, President Ferdinand “Bongbong” Marcos Jr. lauded the resilience of the Filipino spirit amidst the nation's vulnerability to natural calamities. While the sentiment is familiar and ostensibly uplifting, it belies a troubling reality: the overuse of resilience as a catch-all, fallback solution that makes ears ring. Deeming it overused is an understatement of how many times it is mentioned with systemic failures that Filipinos endure daily—not only during disasters but in virtually every facet of governance.

This glorification of resilience is comforting, even inspiring—but it conceals the deeper systemic flaws that force Filipinos into this cycle of recovery. Beyond the literal disasters caused by typhoons and earthquakes, Filipinos endure metaphorical storms every day: inefficient public transport, crumbling healthcare systems, and widespread corruption. Resilience has become the catch-all defense for institutional shortcomings—a rubber band stretched to its limit but never addressing the hand that pulls it taut. The Philippines ranks among the most disaster-prone countries in the world, with an average of 20 typhoons hitting its shores annually. This geographic vulnerability demands a tight-knit system of disaster preparedness and mitigation, yet the country remains woefully underprepared. The National Disaster Risk Reduction and Management Council (NDRRMC), for instance, is frequently lauded for its response efforts but struggles with the more critical task of prevention. Early warning systems are often outdated, and evacuation centers double as schools or gymnasiums, highlighting the lack of dedicated infrastructure for calamities.

This reactive extends beyond natural disasters. Take public transportation, a daily catastrophe for millions of commuters. Outdated jeepneys sputter through choked streets while MRT trains break down mid-journey, leaving thousands stranded. Promises of modernization roll out with every new administration but quickly derail—bogged down by red tape or undermined by corruption. The result? Filipinos adjust their waking hours, endure endless lines, and cling to resilience as they navigate a system that fails them daily. Healthcare tells a similar tale. During the COVID-19 pandemic, hospitals overflowed, and medical frontliners worked themselves to exhaustion, hailed as heroes but left unsupported by adequate funding or protective measures. Two years after the peak of the crisis, public health reforms are piecemeal at best. Hospitals remain underfunded, rural health centers lack basic equipment, and the country faces a continuing exodus of nurses seeking better opportunities abroad. Once again, resilience becomes the default expectation as individuals fill gaps that the system leaves wide open.

At the heart of this cycle lies a culture of governance that romanticizes resilience while perpetuating the conditions that necessitate it. Political leaders celebrate the Filipino spirit in speeches but neglect the structural reforms needed to ease the burdens borne by that spirit. Mismanagement and misplaced priorities are common culprits, with disaster preparedness budgets routinely slashed in favor of discretionary funds that offer little public accountability. Corruption compounds the issue. Environmental laws intended to protect forests and mangroves—the country's natural shields against typhoons—are ignored in favor of development projects that line the pockets of a few. Urban planning initiatives, meant to ease congestion and improve living conditions, are abandoned or implemented haphazardly, creating pockets of progress that fail to address systemic problems.

Even during elections, the promise of change is drowned out by the machinery of patronage politics. Candidates hand out cash, rice, and promises, only to disappear from their constituents' lives once in power. Long-term development plans are sacrificed for quick wins and photo opportunities, leaving citizens trapped in a cycle of subsistence and survival.

The metaphor of resilience as a blow-up ball captures its dual nature: flexible yet finite, able to endure pressure but incapable of solving the problems that apply it. In the absence of structural support, Filipinos continue to bounce back, but each cycle of recovery leaves scars that make the next bounce harder.

This was evident in the aftermath of Typhoon Haiyan (Yolanda) in 2013, where survivors rebuilt their lives from scratch amidst inadequate government assistance. International aid poured in, but systemic inefficiencies slowed distribution, and corruption diverted resources. While survivors adapted, the failures of governance left permanent marks on their communities.

True progress lies in moving beyond the glorification of resilience to address its root causes. Filipinos deserve a government that does more than celebrate their ability to endure hardship. They need leaders who proactively build systems that prevent crises, minimize suffering, and empower citizens to thrive—not merely survive. Political reform is equally critical. Leaders must be held accountable for promises left unfulfilled—and systemic corruption must be rooted out to ensure that public funds serve public interests.

Timothy Paul Guinto, Cavite National High School's Disaster Risk Management (DRRM) Coordinator, has stressed that: “The Philippines, being in the typhoon belt and Pacific Ring of Fire, faces frequent natural



hazards like typhoons and earthquakes, worsened by climate change. While resilience is part of our culture, it often allows disaster mitigation efforts to fall short, with people settling for ‘bare minimum’ assistance. The government must prioritize safety and take disaster preparedness more seriously.” Mr. Guinto's statement exposes the glaring incompetence in our disaster preparedness. While the Filipino spirit of resilience is admirable, it's been reduced to an excuse for mediocrity. Why should we settle for the “bare minimum” when lives are at stake? The government's efforts, though existent—are laughably insufficient. Creating agencies like the NDRRMC without ensuring their efficacy is akin to building a lifeboat with holes—practically useless when disaster strikes. Filipinos deserve better than token assistance; we deserve a government that doesn't just react but prepares and prevents. Enough with the complacency. It's time to demand real, meaningful action.

Filipino resilience is not infinite. Like any overused metaphor—its power fades when it is applied to mask failure rather than inspire action. President Ferdinand “Bongbong” Marcos Jr.'s call for innovation and inclusivity at the Asia-Pacific Ministerial Conference on Disaster Risk Reduction (APMCDRR) is a step in the right direction, but words must be matched with deeds. The country's leaders must recognize that resilience is not a substitute for competence, and survival is not a benchmark for success. The government's failure to address these root issues leaves citizens with little choice but to rely on their resilience to survive.

Resilience should not be a substitute for systemic reform. True progress requires a government that prioritizes competence, transparency, and accountability. President Marcos's emphasis on innovation and inclusivity at APMCDRR must be matched with tangible actions to reform failing systems. Filipinos deserve more than just the ability to endure hardship. They deserve a government that proactively addresses their needs, builds robust systems, and prevents crises before they happen. The narrative of resilience has its limits. It is not a badge of honor when it is forced upon a population that is left to fend for itself due to systemic failures. As the President rightly pointed out, the strength of a nation lies within its communities. But it also lies in the competence and integrity of its leaders.

The time has come to shift the focus from celebrating resilience to demanding accountability. Filipinos must recognize that resilience, while admirable, should not absolve those in power from their responsibilities. With the country moving forward, the indomitable spirit of the people must be matched by an equally strong commitment from its leaders to create lasting, meaningful change. As the bouncy ball of resilience continues to endure pressure—the risk of rupture grows. The Filipino spirit is strong—but it should not have to bear the weight of systemic failures. The time has come for governance that prevents the squeeze, and initiates the bounce—ensuring that resilience is a choice, not a necessity. Only then can the Philippines truly bounce forward—not just back.



INSIDE SCOPE Inside Glass Walls

Rhianna Lei G. Apay

Since the start of the 2024-2025 school year, progress on the construction of the Cavite National High School-Senior High School auditorium has been visible—a testament to the labor and expertise of the workers who are, quite literally, building the foundation of this community. The construction industry is integral to creating the infrastructure that shapes our daily lives, yet the conditions endured by the very people responsible for these achievements often remain an afterthought. For many, barracks serve as temporary homes, but these spaces are frequently cramped, uncomfortable, and devoid of basic privacy. Such neglect is more than just an inconvenience; it is a serious issue that undermines the dignity, well-being, and productivity of construction workers.

Construction work is among the most demanding professions, requiring both physical and mental endurance. Long hours under the scorching sun, repetitive tasks, and tight deadlines are standard challenges. At the end of a grueling day, it is only fair to provide workers with a haven where they can rest, recover, and feel respected as individuals. Unfortunately, this is rarely the case. Barracks, while designed for efficiency, often disregard the workers' need for comfort and privacy.

Privacy is not a luxury; it is a fundamental human right. It extends beyond having a locked door—it is about creating a space where individuals can retreat, reflect, and maintain their sense of self. Overcrowded and exposed living conditions, such as those described by Mr. De Guzman, an on-site construction worker, strip workers of

their dignity. He shared how the barracks at the school site lack adequate privacy, leaving workers exposed to the constant gaze of students, teachers, and staff five days a week. This situation forces workers to live in tight, suffocating quarters, making it impossible to relax. Such conditions send an unspoken yet clear message: their well-being is not a priority. This disregard is unethical and counterproductive, leading to higher turnover rates, decreased productivity, and compromised project timelines.

The exposure faced by these workers doesn't just strip them of dignity—it borders on promoting indecency. Construction workers often find themselves performing basic human activities like changing clothes or taking a break within sight of students and faculty due to the poorly planned placement and lack of enclosures around the barracks. This lack of privacy not only disrespects the workers but also sets a concerning precedent for students who witness these conditions daily. It creates an environment that normalizes the erosion of personal boundaries and disregards the workers' basic needs, making their

circumstances a visible yet unaddressed part of the school environment.

Improving barracks by providing private or sufficiently separated spaces is not an extravagance—it is a necessity. Creating humane living conditions reflects respect for workers and has tangible benefits. Workers who feel valued and supported are more likely to perform better, experience fewer illnesses, and remain committed to their roles. Moreover, privacy is the main driver for a sense of safety, reducing mental stress and the risk of accidents caused by overexertion or distraction.

The treatment of construction workers can be likened to a house with glass walls, where everything inside is laid bare for the world to see. Just as privacy is an intrinsic part of what makes a house a home, it is essential for workers to have spaces that shield them from constant exposure. Instead, the barracks often resemble transparent cages—functional but dehumanizing, offering no refuge from the prying eyes of others. This unrelenting exposure erodes their sense of self and leaves them vulnerable, both physically and mentally.

Cutting costs and accelerating project timelines often come at the expense of the workers' living conditions. Yet this is a false economy. Neglecting the basic needs of the people who build our world undermines not only their health and dignity but also the quality of the work they deliver. Respecting construction workers is not just an ethical imperative—it is a practical necessity. More meaningful barracks with proper privacy are investments in the people who lay the bricks, pour the concrete, and create the structures that shape our lives.

The sight of progress at Cavite National High School's auditorium should remind us of the invisible labor and sacrifices that make such projects possible. As we marvel at the structures they create, let us not forget the humanity of the workers who build them. To truly honor their contributions, we must ensure that their living and working conditions are as solid and secure as the foundations they construct. In doing so, we affirm that their dignity matters just as much as the buildings that will stand for generations to come.

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MIND TALKS

Holding a Shotgun

Whan Yantel D. Vasquez

Sometimes, the scaled capabilities of non-human minds fear strikes my entire work ethic. Artificial Intelligence (AI) has the ability to generate fresh ideas—long paragraphs and images within mere seconds. It is now being used as the main driver of the intellectual mind rather than on the passenger (shotgun) seat, and it is scary that a written code holds the potential to cultivate an era of unprecedented educational innovation. Yet, just as any seed that thrives, it goes with balance and care, the integration of AI in learning must be approached with responsibility and discernment. Misuse or overreliance risks choking the very roots of critical thinking and creativity, leaving us with a barren landscape of passive consumption. But with intentional, guided use, AI can enrich the educational ecosystem, fostering a flourishing environment for personal and collective growth.

That paragraph you just read? That was me—or maybe it was generated using ChatGPT, but it could've been the result of collaboration with AI and my own style of writing. And that, I think, perfectly encapsulates the focal point of this discussion.

In today's world, where devices and the internet are nearly the norm, there's a good chance you've already encountered AI in some kind of form. Whether through ChatGPT, Gemini, Canva Tools, Grammarly, or Google Lens, AI is woven into our overall digital experience. With that logic, it can also be said that this technology has long been deeply rooted in our respective fields, which include education. AI tools are becoming more accessible—like ChatGPT's new app for mobile devices—it's evident that this technology is here to stay, for the better or for the worse. But rather than fear it or blindly embrace it, we should be asking ourselves: How can we use AI responsibly in education to unlock its full potential while, in the same manner, retaining our ability to think independently?

To start, let's clarify what AI, like ChatGPT, does. It's not magic, nor does it have sentience. At its core, ChatGPT is a powerful model trained to predict and generate human-like text based on the prompts it receives. It can compose long essays and thesis paragraphs, generate accurate images, draft ideas, and even explain complex concepts in a simplified

and digestible manner. In educational contexts—this could mean helping students brainstorm, understand complex topics, or refine their writing. It's like having a digital tutor that's available 24/7—a prospect that's both exciting and daunting. Yet, in the same manner, it can also generate academic content without much effort and promote absolute reliance on the language model—tying ideas to a written code and suppressing free human thinking.

Beyond ChatGPT, other AI tools are already making waves in education. Grammarly, for instance, assists students in enhancing their writing by providing feedback on grammar, tone, and style. Photomath helps learners solve complex math problems step-by-step, making abstract concepts more approachable. Tools like Quizlet use AI to create personalized learning pathways based on a student's progress and needs. Even visual platforms like Canva are leveraging AI to simplify the creation of professional-quality presentations and projects. Each of these tools has the potential to complement traditional learning methods—provided they are used to augment understanding rather than replace the effort required to gain it.

So why the concern? Because, as with any tool, misuse is a possibility. Instead of using AI to complement learning, there's a growing tendency to let it do the heavy lifting. Imagine students submitting assignments that ChatGPT wrote entirely. Sure, it might be convenient, but it raises troubling questions about the erosion of critical thinking. When assignments are merely outsourced to AI—they lose their value as learning opportunities. Over time, this reliance could hollow out the skills education is meant to build—analysis, creativity, and self-expression.

Erico Bollozos Quibus, a Physics Teacher at Cavite National High School - Senior High School—expressed a similar stand. "If we're talking about AI being a friend or foe, I say it's either—it can be good or evil in different hands. It is an aid in integration into my curriculum, supplying me with the necessary outlines for my lesson plans—but strictly as a referential, not the whole outlier. In an evil manner, this integration system can also be used as the driver, with AI assistance at the forefront, leading to the demise of intellectually original thoughts, student and teacher alike." He stressed.

But here's the thing: the problem isn't AI

itself—it's how we use it.

AI tools like ChatGPT aren't inherently good or bad; as Mr. Quibus stressed, they're neutral. Their impact depends on the intent and ethics of the user. If we choose to wield AI responsibly, it can become an invaluable asset in the classroom. For instance, educators can use it to customize lesson plans, breaking down concepts for struggling students while challenging advanced learners with more complex tasks. Students, in turn, can use AI to draft ideas or get real-time feedback on their work—not to replace effort but to refine it.

Of course, responsible use starts with clear guidelines. Schools must orient students on integrating AI ethically, emphasizing that it's a tool to aid understanding, not a shortcut to avoid effort. Policies can outline acceptable uses, such as brainstorming or editing, while discouraging the outright generation of essays or answers. Educators, too—will need to adapt, learning how to spot AI misuse and designing assignments that value human insight over rote completion.

The goal isn't to ban AI but to guide its integration. Think of AI as a collaborator rather than a replacement. Just as calculators didn't make math obsolete but enhanced how we approach it, AI can deepen our engagement with learning—so long as we don't let it supplant our thinking. The responsibility lies with us. If we allow AI to become a crutch—we risk stunting intellectual growth. But if we embrace it thoughtfully, it can be a pillar for further advancements in different fields. After all, the future of education isn't about resisting change; it's about driving it wisely.

As AI-generated allegories like the one at the start of this article suggest, original human thought should always be in the forefront, the main drivers of ideas—and AI should be treated as nothing more than the shotgun seat, the supporter—the referential. ChatGPT and its peers are powerful allies in this journey, but they must remain just that: allies—those in the passenger seats and not those thriving in the frontlines. When convenience is spewed, and original thought is at stake, AI cannot be anything more than the one holding a shotgun.



CONTEMPLATION

Pork Belly Thoughts

Amelija Megan K. Arsic

Every Christmas Eve, my family gathers for *noche buena*. It's chaotic but joyful—with jokes flying across the table, loud laughter from my cousins, and bowls of steaming *nilaga* rich with pork belly. I remember the thrill of unwrapping gifts and sliding crisp banknotes into my wallet. That distinct smell of new bills always made my Christmas feel extra special.

Next year, however, the money I hand out to my younger cousins during *aguinaldo* might not smell the same. The *Bangko Sentral ng Pilipinas* (BSP) has switched from paper to polymer banknotes. As someone who's just started giving rather than receiving *aguinaldo*, I'm curious what the kids will think. Unlike me, they're growing up with debit cards, e-wallets, and QR codes. Paper money might not even matter much to them.

While polymer bills are more durable and secure, they feel strange in my hands. I remember reading about how the bills won't warp in heat but might shrink slightly under extreme temperatures. The BSP assured the public that shrinkage is "negligible," but it still leaves me uneasy. What if someone accidentally leaves a bill in a hot car? I can't help but wonder why we had to let go of our abaca-infused

paper bills, which were not just durable but also supported local industries.

There's another big change: the designs. Instead of historical figures like Jose Rizal and Andres Bonifacio, the new banknotes showcase endangered animals like the Philippine eagle and Visayan leopard cat. It's a bold decision that says a lot about our country's values—but not everyone agrees with the shift.

I did some research and found that our earliest banknotes, printed in 1949, were filled with heroes. The P10 bill had *GomBurZa*, the P20 featured Bonifacio and Jacinto, and the P100 celebrated Melchora Aquino, one of the few women honored on our currency. Later designs included presidents like Manuel Roxas and Manuel Quezon. In the 2010 series, more presidents dominated the bills, with only a few heroes remaining.

But now, the discussion isn't just about the design of physical bills. It's about whether physical money will even matter in the years to come. Many people, especially younger ones, are shifting to digital wallets like GCash and PayMaya. These platforms make transferring money quick, easy, and paperless. My cousins might soon prefer receiving their *aguinaldo* through a QR code rather than an envelope.

It makes me wonder if the polymer banknotes are already outdated before they've even fully rolled out. E-wallets don't crumple, shrink, or fade. They don't require redesigns or debates about who or what should be featured. Instead, they adapt quickly to modern needs, offering features like instant transfers, bill payments, and online shopping.

Personally, I think there's room to honor more than just presidents. What about National Artists like Fernando Amorsolo or writers like Amado V. Hernandez? Or scientists who made breakthroughs? Currency isn't just money; it's a symbol of identity. It tells a story about what we value and who we look up to.

The new designs featuring flora and fauna are beautiful, but they feel distant. Most Filipinos have never seen a Visayan spotted deer or a Palawan peacock-pheasant in real life. I understand the importance of raising awareness about endangered species, but it makes me wonder: are these designs relatable? Do they inspire us to play the way heroes and cultural icons might?

The polymer banknotes will likely stay for at least a decade before the BSP considers another redesign. Until then, we'll have to adjust. But maybe by then, banknotes themselves will have become a relic. With the rise of digital transactions, the way we view money is rapidly changing. Perhaps the next debate won't be about what should be printed on our bills but whether we still need them at all.

represent real barriers to the kind of education that Filipino students deserve. While the new 5-Point Agenda offers a solid direction, its success hinges on how effectively it is implemented and whether all stakeholders, from policymakers to educators, can collaborate and stay committed to the cause.

One of the core challenges that have long hindered progress in the education sector is the frequent shifts in priorities with each new administration. Reforms like MATATAG require time to take root and show tangible results. However, constant changes risk creating a cycle of unfinished initiatives, each one abandoned before its full potential is realized. This leads to a breakdown in trust and an unfortunate waste of resources. For those who invested their time and efforts into the MATATAG curriculum, the possibility that it will be discarded without fully realizing its potential is a bitter pill to swallow.

Sustainable progress in education demands a focus on continuity. The transition from MATATAG to the revised K-12 curriculum underscores the critical need to depoliticize educational reforms. Every time a new administration takes office, the focus shouldn't be on starting anew but on improving and building upon existing frameworks. Students should not bear the brunt of constant policy shifts. Instead, they deserve a stable, well-thought-out educational system—one that evolves, yes, but does so in a way that doesn't disrupt

their learning journey with every new change in leadership.

The revised K-12 curriculum, paired with the 5-Point Agenda, holds promise for a more inclusive, teacher-empowered, and digitally transformed education system. However, the real test will be in its execution. The lessons learned from MATATAG should not be discarded as the country moves forward. The resources, efforts, and insights gained from MATATAG curriculum should serve as jeopardy for future initiatives, ensuring that the same mistakes are not repeated. In the end, progress in education is not about abandoning past reforms but building on them, refining them, and ensuring that all efforts contribute to a more stable and long-lasting impact on the lives of students.

The government's challenge is clear: prioritize stability and long-term growth, rather than continuing to experiment with reforms that risk wasting valuable resources. Filipino students deserve an education system that is consistent, carefully planned, and executed with their best interests at heart. The time spent on the MATATAG curriculum should remind policymakers of the importance of staying the course, not abandoning it halfway. Only then can we truly ensure that the future of education in the Philippines is not left to chance.



THE FREQUENCY

Dear Editors,

Aside from sweaty palms and pens, I'm hoping that the student publication will take this as a matter of grave concern. I gratefully respect the constructive thoughts of the esteemed columns in your newspaper — which is why, with genuine concern for the frequent power outages experienced here in Cavite National High School, I am writing this letter to bring your urgent notice to this pressing issue. Facilitating thousands of students in our buildings throughout each day, the school relies heavily on electricity for academic engagement and classroom discussions. However, constant interruptions severely disrupt learning activities and hinder the overall academic experience which not only affects the students' ability to focus and participate effectively but also compromises the efficiency of teachers in delivering quality education.

As outlined by the Department of Education (DepEd), providing a conducive learning environment is essential for achieving educational goals. Frequent power outages, however, create a stark barrier to this objective. With Cavite National High School being a prominent institution in the locality of Cavite City, the lack of stable electricity casts a shadow over our ability to maintain high academic standards. Power interruptions impact the functionality of necessary tools such as projectors, computers, and even basic lighting, making it increasingly difficult to conduct lessons smoothly. Subsequently, this undermines not only the academic performance of students but also their motivation to even do anything as their environment is in whirlwinds. If we cannot resolve this issue within the school premises, how much more critical is the situation for students at home who face similar struggles while studying?

Through this publication, I would like to implore making energy conservation as frequent as possible when power is available — other than that, we can also look closely and beseech the administration to work closely with local authorities and energy providers to address the root causes of these outages and explore long-term measures to ensure reliable electricity for the school. By emphasizing the importance of addressing this issue, we can collectively work towards a more stable and conducive learning environment. I am hoping for your favorable response regarding this matter. Thank you for hearing out my concern!

With best regards,

Donna Mae Aying
G10 - Dulang-Dulang

Dear Donna

We sincerely appreciate your effort in voicing out concerns regarding the issues plaguing our school. It's heartening to see individuals like you taking the initiative to shed light on matters that require immediate action—more so on this issue, as it disrupts the health, comfort, and academic engagement of students and teachers alike, and you had the voice to lay it down. Rest assured, your voice has reached the right ears, and Cavite National High School is working toward addressing this pressing concern.

The recurring power outages in our school have undeniably disrupted the flow of education. Classes are often forced to pause, and teachers struggle to deliver lessons effectively without the aid of essential tools like projectors, lights, and fans. Beyond the immediate inconvenience, these interruptions hinder the overall learning experience, affecting both productivity and focus. Our administration acknowledges the gravity of this issue and has been proactive in devising solutions to mitigate its impact on our academic environment. Currently, proposals are being looked into—outlined to secure backup power systems, such as generators, to ensure that classes can proceed without major interruptions. Collaborating with various student organizations and faculty members, the administration and staff are also exploring energy-efficient measures that can be implemented within the school to optimize the use of electricity when it is available.

Our dedicated Principal, Mr. Randie Salonga, has also spearheaded discussions with school heads to enforce stricter measures aimed at minimizing the impact of outages. These include the preparation of contingency plans for power disruptions and the introduction of guidelines for energy conservation within classrooms. Teachers have been briefed to adapt their teaching methods when power interruptions occur, ensuring that learning continues despite the circumstances. However, as much as the administration is putting its best foot forward, the cooperation of students and staff is essential to make these efforts successful. This is not just a problem for the administration to solve—it's a collective responsibility. By practicing energy conservation and adhering to the protocols being implemented, we can all play a part in overcoming this challenge.

Rest assured, [Name], that your concerns are being addressed with the seriousness they deserve. This is not just a matter of sweaty palms and pens, but a matter of danger to the wellbeing of students and teachers. Thank you for bringing this to our attention and for demonstrating the kind of initiative that inspires positive change. We hope this update eases your worries and assures you of our commitment to resolving this matter swiftly.

Sincerely,

The Editors



VOX POPULI

A Thousand Cuts

Rovell Zherlene J. Basilio

Cavite City, renowned as the “Land of the Brave,” is silently enduring a “death by a thousand cuts” as its healthcare system falters under relentless strain. With over 100,000 residents relying on just two public healthcare facilities—the Dr. Olivia Salamanca Memorial District Hospital and the Cavite City Medcare Mega Health Center—the system is plagued by chronic underfunding, limited infrastructure, and insufficient medical personnel. These persistent shortfalls, each a small but cumulative wound, threaten to worsen unless decisive action is taken to heal the city’s fragile healthcare system.

The Dr. Olivia Salamanca Memorial District Hospital operates with a meager capacity of 50 beds—an inadequate figure that stands as a stark reminder of the city’s struggling healthcare system. Barangay health centers, while serving as vital lifelines for primary care, are overwhelmed and underfunded, leaving countless residents without access to even the most basic medical services. As of 2016, government hospitals in Cavite City collectively offered only 160 beds, a glaring mismatch to the growing demands of the population. The numbers paint a grim picture, but the reality on the ground is even bleaker.

The shortage of medical professionals further deepens the crisis. Data from 2015 and 2016 reveal that the city had just 7 doctors, 1 dentist, 10 nurses, and 20 midwives—ratios that are alarmingly insufficient to serve the city’s burgeoning population. These gaps force many families to make impossible decisions: foregoing necessary treatments or sinking into financial distress to access private healthcare services. Delayed treatments and undiagnosed conditions, in turn, lead to preventable complications and, tragically, preventable deaths. This is not just a healthcare issue; it is a moral crisis that demands immediate redress.

As the years progress, the cracks in the system have only widened. The COVID-19 pandemic dealt a devastating blow, with Cavite City recording 155 deaths—a grim testament to the fragility of its healthcare infrastructure. Compounding this are recurring outbreaks of diseases like dengue and pertussis, each stretching the system further and leaving the city teetering on the brink of a full-blown public health collapse. The crisis is akin to “death by a thousand

cuts,” where every delayed reform, neglected investment, and overlooked shortfall erodes the city’s ability to provide for its people. If this situation lingers, the consequences will grow more dire, with preventable diseases and systemic failures claiming more lives.

The struggles of ordinary Caviteños illustrate the human cost of this neglect. Long queues, overcrowded wards, and insufficient facilities turn what should be a place of healing into a scene of despair. These challenges disproportionately affect the most vulnerable—low-income families, the elderly, and children—who often have nowhere else to turn. The lack of privacy, dignity, and resources is not just a logistical failing; it is a breach of the fundamental right to health and well-being.

The path forward requires bold and immediate action. Mayor Denver Chua and Vice Mayor Raleigh Rusit must champion a robust public health agenda that prioritizes the expansion and modernization of Cavite City’s healthcare infrastructure. Constructing new hospitals in underserved areas is essential to ensure equitable access to medical services. Upgrading existing facilities to meet modern standards will not only alleviate the current strain but also future-proof the city’s healthcare system against population growth and emerging health challenges.

Furthermore, addressing the chronic shortage of medical personnel is critical. Offering competitive salaries, professional development opportunities, and supportive working conditions can attract and retain skilled healthcare workers. Enhanced public health programs, mobile clinics, and community-based healthcare initiatives can serve as short-term solutions to bridge existing gaps while long-term infrastructure projects are underway.

The time to act is now. Cavite City’s future hinges on its ability to confront this healthcare crisis head-on. Investments in public hospitals and healthcare systems are not mere expenditures—they are investments in the health, dignity, and resilience of the community. A robust healthcare system strengthens families, empowers workers, and builds a city where every resident has the chance to thrive.

Cavite City stands at a crossroads. Will it continue to suffer “death by a thousand cuts,” where incremental neglect and delayed action lead to deeper scars and greater loss? Or will it rise to the occasion, addressing the root causes of its healthcare crisis and charting a course toward a healthier, brighter future? The answer lies in the choices we make today. For the sake of its people and its legacy, Cavite City cannot afford to wait any longer. Its residents deserve better, and the time to deliver is now.



TOP VIEW

Playing Double Jeopardy

Allysha Zane C. Buro

Leadership is the bedrock of any organization, the foundation on which its success is built. In school settings, where ideals and skills are cultivated, the process of choosing leaders becomes even more in demand. Student leadership aims to inspire growth, and guide peers toward a shared vision. Yet, as clout culture—a phenomenon fueled by the unrelenting pursuit of fame and validation—seeps into the fabric of student organizations, the landscape of leadership begins to shift. The question then arises: can clout coexist with authentic leadership, or does it erode the very essence of what it means to lead? This phenomenon creates a paradox, a form of double jeopardy where both the leader and the organization stand to lose if clout is mishandled.

Clout culture, when wielded with intention and competence, can be likened to a blade. In the hands of a skilled leader, it becomes a powerful tool to carve out pathways of influence and amplify the organization’s mission. Leaders who begin their journey seeking fame but rise to meet their responsibilities can transform their visibility into a beacon, illuminating their organization’s initiatives and rallying their peers toward a common goal. In this scenario, popularity is not the end but the means, a vehicle to drive awareness and engagement. But this potential is fraught with risk. Without substance to back the shine, clout becomes an empty sword, incapable of cutting through the challenges of leadership.

The distinction between true leaders and clout-chasers is not necessarily rooted in why they pursue leadership but in what they do once they are there. Some students step into leadership with a genuine passion for advocacy, aiming to guide and uplift those around them. Others are drawn by the allure of recognition, their ambitions rooted in the promise of prestige rather than the weight of responsibility. D, a Grade 12 HUMSS student, offers a pointed critique of this latter approach. “You joined for clout, good for you,” they remark. “But don’t you feel any remorse for the people who work under you? That they’ll need to do your job because you can’t do it properly?”

The repercussions ripple outward. The leader loses their credibility, earning disdain instead of respect. The organization, in turn, suffers from inefficiency and disillusionment, its mission

hindered by the absence of genuine leadership. It is a no-win scenario, a precarious balance that threatens to collapse under the weight of unmet expectations. However, double jeopardy is not inevitable. Clout, when paired with competence and genuine intent, can transform from a liability into an asset. A leader who begins their journey seeking recognition but rises to their responsibilities can flip the narrative, proving their worth through action rather than image. Their visibility becomes a channel for influence, a way to spotlight causes and rally peers toward collective success. In such cases, the double jeopardy is resolved; the leader’s initial motivations are overridden by their dedication to the role.

The concept of the sui generis leader, championed in Ateneo, provides a framework for navigating this dual challenge. To be sui generis is to lead with authenticity and impact, to be unique not for the sake of standing out but for the difference one makes. Clout culture, in contrast, risks diluting this ideal by reducing leadership to a popularity contest. As D aptly points out, “How can they walk around with the title [of a leader], but they never act like one?” Leadership, when pursued without sincerity, becomes an empty performance, leaving both the leader and the organization in jeopardy. But when driven by genuine intent, it evolves into a transformative journey, one where influence is wielded with integrity and purpose.

The metaphor of double jeopardy serves as a cautionary tale for aspiring leaders. Like a high-stakes game, the outcomes depend on how the player approaches the challenge. Pursuing clout for its own sake sets the stage for mutual loss, where neither the leader nor the group fulfills their potential. But when clout is tempered by competence and a commitment to serve, it becomes a lever for progress, a force that elevates both the individual and the collective.

Leadership is not a title but a responsibility, a torch carried not for the spotlight it casts on the bearer but for the light it provides to those who follow. In this delicate balance, only those who navigate the risks with care and integrity emerge as true sui generis leaders—unique, impactful, and free from the perils of double jeopardy.



AS I WAS SAYING

Through the Labyrinth

Beatrice O. De Guzman

In a world that thrives on the narrative of second chances, the Philippines’ Alternative Learning System (ALS) stands as a testament to the nation’s promise of education for all. For those who have fallen through the cracks of traditional education—be it due to poverty, geographic isolation, or personal circumstances—ALS is a lifeline. However, like the ill-fated Titanic, the program faces an iceberg of systemic challenges, and the cracks are beginning to show. Beneath its hopeful promise lies a harsh reality: the system, designed to uplift, is itself in danger of sinking under the weight of neglect and inefficiency. The question is no longer whether ALS can provide opportunities but whether it can do so effectively. Without urgent action, the system’s ship may capsize, leaving countless learners adrift.

Launched in 2004 under the Department of Education (DepEd), ALS is an alternative mode of education aimed at out-of-school youth and adults who have not completed basic education. Unlike the formal education system, ALS offers flexible and modular learning, allowing learners to study at their own pace. Yet, after two decades, its effectiveness remains a contentious issue. In 2022, the DepEd reported over 700,000 enrollees in ALS programs. While this figure is impressive, the true measure of success lies in the quality of education provided and the tangible outcomes for learners. Unfortunately, the data paints a sobering picture: only a fraction of ALS learners achieve academic equivalency or transition to formal education or employment.

In a 2021 report by the World Bank, the Philippines ranked lowest in learning poverty among Southeast Asian countries, with 90% of children unable to read or understand a simple text by age 10. While ALS is not directly responsible for these alarming statistics, it operates within the same educational ecosystem plagued by inadequate resources, outdated curricula, and poorly trained educators. The ALS system, in particular, struggles with a lack of full-time teachers, insufficient funding, and a curriculum that often fails to align with the needs of its learners.

DepEd Secretary Sara Duterte has emphasized that ALS is a priority program, but translating policy into practice remains a significant hurdle. In an interview, ALS learner John Carlo Mendoza, 19, who dropped out of school at age 15 due to financial constraints, expressed his frustrations. “Maganda naman ‘yong ALS, pero kulang talaga sa suporta. Minsan ang hirap maghanap ng learning center na bukas. Kahit ‘yong mga modules, outdated na,” he said. (“ALS is good, but it really lacks support. Sometimes, it’s hard to find an open learning center. Even the modules are outdated.”) His sentiment reflects a broader issue: while the program’s accessibility is commendable, its implementation leaves much to be desired.

In response to these challenges, DepEd introduced the ALS Act in 2021, institutionalizing the program and mandating increased funding and support. However, critics argue that these measures are insufficient. The lack of standardization in ALS delivery means that learners in urban areas often receive better support and resources than their rural counterparts. Moreover, the reliance on volunteer educators, while noble, highlights a systemic failure to professionalize ALS teaching roles. Volunteer educator Maria Teresa Cruz shared her struggles: “Passion lang talaga ang puhunan dito. Walang sapat na training o sweldo, pero andito pa rin kami kasi alam namin mahalaga ito.” (“Passion is really the only thing driving us here. There’s no adequate training or salary, but we’re still here because we know this is important.”)

Another critical issue is the curriculum. While ALS aims to provide a second chance, its modular approach often oversimplifies complex topics, leaving learners ill-prepared for higher education or employment. A study by the Philippine Institute for Development Studies (PIDS) revealed that many ALS graduates struggle with foundational skills, particularly in math and science. Without a robust curriculum and adequate teacher training, ALS risks becoming the Titanic of Philippine education—an ambitious undertaking hampered by fatal flaws below the surface.

Despite these challenges, success stories highlight the program’s potential. In 2023, ALS graduate Maricel Ramos, 32, became a licensed teacher after completing her ALS program and earning a degree through a scholarship. “Kung wala ang ALS, wala ako rito ngayon. Hindi lang siya second chance para sa akin, kundi bagong buhay talaga,” she said. (“Without ALS, I wouldn’t be here today. It’s not just a second chance for me but a new life entirely.”) Her journey underscores the transformative power of ALS when adequately supported.

Initiatives like Project SAIL (Sustained ALS Innovations for Learners), launched by various non-governmental organizations, also show promise. These programs aim to bridge gaps in ALS delivery by integrating digital tools and community-based support. However, such efforts remain fragmented and require government backing to scale effectively.

If ALS is to fulfill its mission, a whole-of-government approach is imperative. This includes increased funding, professionalizing the ALS teaching workforce, and overhauling the curriculum to align with global standards. Furthermore, integrating technology into ALS delivery can address accessibility issues, particularly in remote areas. Partnerships with private sectors and NGOs can also provide additional resources and expertise.

In the words of education advocate Dr. Ana Maria Tabunda, “ALS has the potential to be a game-changer, but it needs to be treated with the same urgency and importance as the formal education system. The future of millions depends on it.”

The sinking ship that is the Alternative Learning System mirrors the broader crisis in Philippine education. Like the Titanic’s tragic encounter with an iceberg, the unseen threats of neglect, underfunding, and systemic inefficiencies are steering ALS toward disaster. Without immediate and sustained action, the promise of ALS will remain unfulfilled, leaving countless learners trapped in a cycle of poverty and missed opportunities. The time to steer the ship away from peril is now, before it is too late.



TALK THAT TALK

A PISA Cake

Audrey Mile Q. Isidro

The Department of Education’s (DepEd) recent forum with private sector partners signals another attempt to prepare for the Philippines’ participation in the 2025 Programme for International Student Assessment (PISA). While this initiative appears to reflect a commitment to improvement, it raises a pressing question: Are we truly aiming to elevate our global academic standards, or are we merely bracing ourselves to avoid the humiliation of another low ranking?

PISA is often touted as a benchmark for assessing a nation’s educational performance on the global stage. It evaluates students’ skills in reading, mathematics, and science, providing a comparative snapshot of how well different education systems equip their youth for the demands of the modern world. For the Philippines, which has consistently performed near the bottom of the rankings, this exam feels less like a measure of progress and more like a mirror exposing our systemic failures.

But should the preparation for PISA be the ultimate goal of our education system? A closer look suggests otherwise. Real progress will come not from obsessing over an international exam but from building a solid foundation for academic excellence. Instead of asking, “How can we perform better on PISA?” we should be asking, “How can we improve our education system so comprehensively that performing well on PISA becomes a natural byproduct?”

Preparing for PISA without addressing the root issues of our educational shortcomings risks reducing the process to a performative exercise. Training teachers and aligning the curriculum solely for the purpose of the exam could lead to superficial improvements that mask deeper problems. It’s like cramming for a test without truly learning the material—an approach that might yield a better score but fails to create lasting change.

The Philippine education system has long been plagued by chronic issues: overcrowded classrooms, underpaid and overworked teachers, outdated curricula, and insufficient funding. These systemic flaws require comprehensive solutions, not quick fixes designed to avoid the “shame” of another low ranking. If we focus solely on PISA, we risk turning education reform into a race for optics rather than genuine improvement.

Education Secretary Sonny Angara likened the preparation for PISA to a “bar exam” for teachers, highlighting the level of effort and seriousness required. While this analogy underscores the gravity of the task, it also begs the question: Shouldn’t this level of preparation be the standard for all aspects of our education system, not just for a global assessment? Elevating academic standards across the board would render PISA success an incidental but inevitable outcome, rather than the primary objective.

Furthermore, while the involvement of private sector partners is a promising step, we must critically assess the role they play. Their contributions should aim to address the broader challenges of Philippine education, not just the immediate demands of PISA preparation. Tools, training, and resources must focus on fostering critical thinking, problem-solving, and creativity—skills that transcend standardized tests and equip students for real-world challenges.

The danger of focusing too much on PISA is that it could lead to a skewed perception of what success looks like in education. High PISA scores might make for good headlines, but they do not necessarily translate to meaningful improvements in the lives of Filipino students. True success lies in creating an education system that empowers students to think critically, innovate, and adapt—qualities that will prepare them for both the global workforce and their roles as future leaders.

If we fail to shift our priorities, we risk another “shame-faced burial,” where efforts to climb the rankings only highlight how far we still have to go. Instead of preparing for PISA as a singular goal, we must treat it as one of many indicators of a robust and thriving education system. By focusing on the fundamentals—teacher support, modernized curricula, equitable access to quality education, and sufficient funding—we can ensure that any improvement in PISA scores reflects genuine progress rather than a temporary façade.

The question isn’t just about avoiding the embarrassment of low rankings. It’s about recognizing that education is not a contest but a long-term investment in the nation’s future. If we concentrate on the essentials, the results—PISA and beyond—will take care of themselves.

THE VOICE OF CAVITEÑANS

The Civil Service Commission (CSC) has implemented a Revised Dress Code for government workers, including teachers, to promote ASEAN-inspired and Filipiniana attire, gender inclusivity, and cultural representation. The guidelines specify appropriate clothing schedules in regular working days, prohibit certain attire during official functions, and allow uniform options that align with teachers’ gender preferences.

The official attire must be in accordance with the following schedule: ASEAN-inspired clothing on the first Monday of the month; Filipiniana-inspired clothing from second to fourth Mondays of the month; agency-prescribed office uniform from Tuesday to Friday and on weekends; and smart casual attire on days without agency-prescribed uniform.

As educators, do you agree with the Revised Dress Code and its implications for those in the teaching personnel?



As an educator, I don’t agree with the Revised Dress Code. Although it is stated that ASEAN and Filipiniana “inspired” only, the memorandum is still open to many interpretations. And, wearing a traditional “ASEAN and Filipiniana” in a classroom with no air conditioning will be very uncomfortable for teachers like myself. - Reymie DC. Sosa, Senior High School (English)



Yung dress code masasabi ko lang sana pinag-isipan muna nila mabuti yan kasi unang-una kumportable ba sa mga teacher yang Filipiniana clothing lalo at nasa public school tayo. Pangalawa, sa mga lugar na nakakaranas madalas ng pagbaha magiging madali ba sa kanila bumyaha na ganito ang kasuotan. Kaya sana pag-isipan muna nila mabuti ang revised dress code. - Kassandra Mae Manalac, Junior High School (Araling Panlipunan)



Cultural representation manifests in different forms. While clothing is one of the easiest and most obvious means to express pride of one’s culture and heritage, the policy missed some important considerations. Being a teacher, I am not in favor of the revised dress code even if it is only on certain days of the week. The prescribed attire will limit my movements in class. Also, weather considerations were missed out as these clothing will make the teachers uncomfortable in very hot weather. Ayaw ko ‘yan. Bye. - Ameer Benjamin Celderon, Junior High School (Mathematics)



SOCIAL PERSPECTIVE

Sinking Iceberg Feels

Alexa Jannelle F. Dadal

From the moment students enter Junior High School, they are urged to think about the path they will take in Senior High School—a decision seen as a critical stepping stone toward their future careers. Senior High School offers students a glimpse of college life and a taste of the fields they might one day pursue. Yet, in the Philippines, a pervasive belief clouds this process: the notion that only one strand, STEM, promises a successful future.

This mindset has created an environment where other strands—HUMSS, ABM, TVL, and Arts and Design—are undervalued. Such bias not only marginalizes these tracks but also belittles the essential professions they represent. The reality, however, is that every strand has its own potential, each offering unique opportunities for students to excel and contribute to society.

As someone who faced the daunting decision of selecting a strand, I was encouraged to choose based on my passion and potential. Yet, it was impossible to ignore the societal pressure elevating STEM as the “superior” track. The implication was clear: STEM

leads to financial stability and prestige, while other strands are mere afterthoughts. This discriminatory mindset affects students’ choices, steering many away from their true interests and into paths where they might struggle or feel unfulfilled.

Even with the prevailing bias, strands like HUMSS and ABM still attract large numbers of students. At Cavite National High School – Senior High School, enrollment data paints a compelling picture. Last year, HUMSS had seven sections, ABM had six, while STEM had five. This year, STEM has expanded to six sections, matching ICT and CSS, while HUMSS and ABM have seen slight declines. These numbers show that students continue to pursue other tracks despite societal prejudice.

However, the stringent qualifications for STEM enrollment highlight the deeper issue. At my school, students must have grades no lower than 85 in Science, Math, and English to qualify. Those who fall short must propose and defend a research plan to gain admission. Many students who do not meet these standards still pursue STEM, ignoring their strengths

in other tracks, driven by the belief that STEM is the only viable option for a prosperous future.

This trend does more harm than good. By prioritizing one strand over others, we risk stifling the untapped potential of students who excel in fields linked to HUMSS, ABM, or TVL. The world needs educators, entrepreneurs, and artisans as much as it needs engineers and scientists. Strand bias, if left unaddressed, could diminish these professions further, leaving society poorer for it.

The solution lies in dismantling the societal hierarchy of strands. Schools must encourage students to embrace their passions and strengths, providing robust programs across all tracks. The government, too, has a role to play by creating better opportunities for professions tied to underappreciated strands, ensuring these careers offer financial security and prestige comparable to those in STEM fields.

The metaphor of a labyrinth captures the essence of strand bias. Imagine each strand as a path in a labyrinth, each leading to its own treasure. Yet, many students are funneled toward one path, convinced it is the only route to success. In doing so, they overlook the treasures hidden along other paths—treasures that represent their true potential, talents, and passions.

Worse, the labyrinth itself becomes skewed, with one path widening while others are left overgrown and ignored.

Education should guide students in navigating this labyrinth, helping them discover the paths that align with their abilities and aspirations. By nurturing every strand equally, we can unlock a richer, more diverse future where students are empowered to excel in their chosen fields. The world is vast, offering countless opportunities beyond the narrow confines of strand bias. To build a society that values all professions, we must start by valuing all strands. Only then can we ensure that students emerge from the labyrinth of education not with regrets, but with the confidence to carve their unique paths in life.

I believe that the environment can be a big factor in these issues and we must eradicate the mentality that the industry of sciences and corporations are the only promising professions for these children. The world is full of experiences laid for the youth and education is a foundation of these experiences and to create those foundations, we must build the youth to see where they fit to create more opportunities for the future and live life with limited regrets.



CONTEMPLATION

Walking in Tightrope

Rosh Angelu D. Somblingo

When students walk through the school gates, they are expected to wear many hats—learner, leader, and contributor—often all at once. Yet for the numerous high school students tasked with journalistic duties and other extracurricular responsibilities, their backpacks weigh heavier than just the books they carry. These students juggle investigative deadlines, campus publication layouts, student council obligations, and organization rehearsals, all while expected to perform academically at the same standard as their peers who carry none of these added weights. The expectation to excel on both fronts becomes a relentless race with no finish line, forcing students to sacrifice sleep, personal time, and even their academic performance. And yet, the system remains tone-deaf to the imbalance, often dismissing their struggles as simply part of the “student experience.” This unrelenting pressure may not carry the explosive urgency of a ticking time bomb, but the toll it takes on students is no less catastrophic.

While extracurricular activities are undoubtedly valuable for building character, leadership, and skills, they become a double-edged sword when not managed with consideration for students’ academic health. Many students, especially those involved in journalism and other student-led organizations, report feeling “tied to a commitment that’s both rewarding and suffocating.” Campus writers and editors, in particular, live on tight deadlines for their school publications, tasked to interview, investigate, and produce quality outputs while simultaneously being bombarded with homework, quizzes, and long-term projects.

“There’s always something to submit,” said Maica Santos, a 12th-grade news editor at one of Cavite’s top-performing high schools. “If it’s not an article for our school paper, it’s a requirement for class. If it’s not a requirement, it’s a research meeting or preparation for a competition. And if you miss something, you get reprimanded—by teachers, by advisers, or by your groupmates. It feels endless.”

This speaks to a broader cultural issue in schools: the belief that highly involved students are invincible. Their capabilities to juggle academic and extracurricular demands are often perceived as a sign of resilience when, in truth, they are struggling to stay afloat. Teachers, administrators, and even fellow students forget that these overextended individuals are not machines, and what is often overlooked is the physical, emotional, and mental exhaustion they endure. Students who fall behind on classwork because of their extracurricular commitments are not met with understanding but with remarks like, “You signed up for this,” or “Time management lang ‘yan.”

The narrative that overcommitted students are simply poor managers of their time fails to address the root of the problem: there is no systemic support in place to accommodate their struggles. Teachers assign the same volume of tasks to all students, failing to consider the additional responsibilities carried by those heavily involved in extracurriculars. And when the weight of responsibilities becomes too much to bear, students must often choose between their academics and their commitments—a choice that no teenager should be forced to make.

“There were nights when I had to choose between editing articles for our newspaper and studying for my major exams,” said Ivan Cruz, a senior layout artist and STEM student. “I couldn’t do both. So, I chose to meet the deadline for our publication because I didn’t want to let my team down. I ended up flunking my test. I felt terrible, like no matter what I chose, I would fail someone—either my team, my teacher, or myself.” Ivan’s experience is one shared by many students who are held to unrealistic standards of performance. These students often have

to function on inadequate sleep and constant stress, leading to burnout and plummeting mental health. And yet, rather than address the issue with empathy and actionable solutions, the system continues to impose more responsibilities without offering reprieve.

What highlights the situation is the absence of flexibility in academic policies. Teachers who refuse to excuse students from certain assignments or activities for journalistic or organizational duties fail to recognize the very value of these responsibilities. Students who work tirelessly on school publications, research presentations, and campus events are contributing to their school’s culture and reputation, often showcasing the institution’s excellence. These extracurricular achievements are not just student efforts—they are collective accomplishments that reflect on the school as a whole. So why, then, are these same students penalized for their sacrifices?

Parents, too, bear witness to the weight placed on their children’s shoulders. Mary Anne Torres, a mother of a student journalist, shared how her daughter’s health began to deteriorate under the pressure. “She was always exhausted. She’d come home after long meetings for the school paper and still stay up late to finish her class projects. One day, she collapsed from lack of sleep and stress. That’s when I realized this wasn’t normal. Our kids shouldn’t push themselves to the brink just to keep up.”

And therein lies the call to action—a plea for systemic change. Schools must implement policies that offer academic flexibility for students engaged in heavy extracurricular work. Teachers should have the discretion to excuse these students from certain deadlines or modify requirements when necessary without jeopardizing their grades. This is not about “spoiling” students or giving them special treatment; it is about recognizing their contributions and ensuring their health and well-being are not compromised.

Moreover, advisers and school administrators must work to establish healthier boundaries for extracurricular responsibilities. Regular consultations with student leaders and organization members can help identify workload concerns, ensuring that deadlines are realistic and manageable. Students must also be encouraged to prioritize their well-being, with mental health support systems in place to guide them through the challenges of balancing commitments.

At its core, the issue is one of empathy and equity. Students who excel in extracurricular activities while maintaining good academic standing are not superhumans—they are young individuals trying their best to fulfill expectations. They deserve support, understanding, and a system that acknowledges their struggles rather than dismissing them as the “price to pay” for being involved.

The burden placed on student journalists, organization leaders, and other highly involved individuals is not one they should carry alone. It is high time for schools to recognize that this problem is not an isolated issue but a systemic one. If schools fail to provide the necessary support now, the consequences will reverberate far beyond the classroom—through burnout, disillusionment, and the erosion of students’ passion for learning and leadership.

The pressure cooker these students live in will eventually explode if left unchecked. And when it does, it will not just be the students who suffer—the very institutions they work so hard to uphold will bear the brunt of the fallout. The call to action is clear: schools must cut the wires of this unsustainable system before it’s too late.

LEARNING CURVE

Feeling the Pressure

Priscilla Gallo



Growing up, I learned to shine. It wasn’t something I questioned; it was simply what was expected of me. From the moment I earned my first gold star in school, I knew that excellence wasn’t just a fleeting achievement—it was an identity. Certificates, medals, and applause became the markers of who I was, and I wore them proudly. Yet, somewhere along the way, this identity stopped being a source of pride and turned into a performance—a constant balancing act in a world that values perfection above all else.

Taylor Swift’s “Mirrorball” describes a spinning sphere that reflects light in dazzling fragments, mesmerizing all who look at it. It’s beautiful, but it’s also relentless. The mirrorball doesn’t stop spinning, even when the room empties. It shines because that’s what it was made to do. In many ways, this metaphor captures the culture many students like me have grown up in—a culture that demands we shine, no matter the cost.

At first, the pressure to excel felt manageable. I believed in the narrative that hard work and sacrifice were the keys to success. Sleepless nights and skipped social events were just the price I paid for validation, for the applause that reminded me I was worthy. But over time, the demands grew heavier. Achievements that once felt fulfilling became fleeting, their shine fading as quickly as it came. And yet, I couldn’t stop chasing them because I didn’t know who I was without them.

This is the reality of what I call “mirrorball culture.” It’s the pressure to constantly reflect excellence, to meet expectations that feel unattainable yet necessary. For students like me, it’s more than a cultural phenomenon—it’s a way of life. We are conditioned to believe that our worth lies in our ability to perform, to excel, and to be perfect. And in a society that places academic achievement above all else, the stakes feel impossibly high.

I’ve seen this culture manifest in my own life. My worth felt conditional, tied to my ability to maintain my standing as a high-achieving student. I found myself asking, “What happens if I stop shining? Will I still matter?” These questions weren’t rhetorical—they were terrifying. When you grow up being celebrated for your achievements, the idea of falling short feels like losing your identity.

But the cracks in the mirrorball are inevitable. No one can keep spinning forever, and the relentless pursuit of excellence takes its toll. For me, the cost was steep: strained relationships, missed opportunities to explore my passions, and an overwhelming sense of loneliness. I wasn’t just losing time or energy—I was losing myself.

I know I’m not alone in this. Mirrorball culture is pervasive, especially in the Philippines, where academic success is often seen as the ultimate

measure of worth. Our education system rewards rankings and grades while sidelining creativity, individuality, and well-being. Students who excel in other fields—art, sports, or technical skills—often find their talents undervalued. This imbalance creates an environment where academic performance becomes synonymous with identity, leaving little room for anything else.

A friend, Krishen Loanzon, who was somehow in a similar position as me, once confided, “Sometimes, I feel like I’m nothing without my grades.” Her words struck a chord because they echoed my own fears. This culture doesn’t just push us to achieve—it convinces us that achievement is all we have.

Another friend, Nisela Babag, who’s also an academic achiever, described the experience as “running a race I didn’t sign up for.” The race is exhausting, and the finish line keeps moving further away. With workloads increasing and time shrinking, students are left scrambling to meet expectations that feel impossible. The cost of staying ahead—of maintaining the illusion of excellence—is a generation of students who are burnt out, disillusioned, and disconnected from their own identities.

The mirrorball culture is unsustainable, and it’s time we confront its consequences. When students tie their worth to their academic success, they’re left vulnerable when that success wavers. And it will waver—because no one can stay at the top forever. This culture doesn’t just harm individuals; it creates a society that values performance over humanity, and results over growth.

Stepping off the tightrope isn’t easy. For me, it meant letting go of the belief that my worth depended on my ability to shine. It meant learning to value myself for who I am, not for what I achieve. This isn’t a lesson I’ve fully mastered, but it’s one I’m committed to.

We need to rethink the way we define success. It’s not about spinning endlessly, reflecting others’ expectations. True success lies in balance, in discovering who we are beyond the applause. It’s in the relationships we build, the passions we pursue, and the moments we allow ourselves to simply be.

The most meaningful moments on the dance floor don’t come from the mirrorball; they come from the people dancing below, each shining in their own unique way. It’s time to stop idolizing the mirrorball and start celebrating the humanity in all of us.

Mirrorball culture may demand perfection, but we are not mirrorballs. We are people—flawed, complex, and beautifully imperfect. And that’s more than enough.

addressed several complaints regarding baby buses and traffic enforcers at the crossing.

Since Noveleta is a coastal municipality in the province of Cavite, I believe it is inevitably prone to high tide and flooding, which substantially hinders traffic movement. Last month, on October 24, Noveleta was reported to have “sunk” amidst typhoon Kristine. According to Noveleta Local Disaster Risk and Reduction Management, the Ylang-Ylang river quickly overflowed surrounding areas causing major traffic issues toward the intersection. Many people were stranded for hours, until the early morning, in their vehicles as they waited for the flooding to pass. This happens not only with the passing of typhoon Kristine, but also with other typhoons. Even brief heavy rain showers were enough to raise the waters at Noveleta. I am aware of Noveleta’s location being close to the sea, but I think the government leading Noveleta should have thought of a solution for this a long time ago because not only will it waste time but

also resources and the community’s money which goes to their taxes.

Furthermore, I also think Noveleta should pay attention to it’s size and the size of its roads. It’s narrow, too narrow that most vehicles are forced to two lanes going in opposite directions. Sometimes, it’s only one lane. My mother had experienced being stuck in traffic for forty minutes just because the truck up front was having difficulty turning due to the narrow road. Another instance was when I was heading to the doctor but ended up being an hour late because of the traffic which started at five and ended at almost seven in the evening. The reason for the traffic was because of an accident and all the vehicles were forced to go one lane at the scene of the accident since it took half of the road. Although Noveleta is small, in my opinion they should have either widened its roads, increased its roads, or rerouted larger vehicles so it wouldn’t be as ‘jam-packed’ most of the time.

Moreover, due to the location of the municipality and the size of its roads,

Noveleta is receiving a lot of backlash from commuters. Which I think is fair since it has been an ongoing problem for several years now and little improvement has been made. During the Facebook livestream of Mayor Chua, he explained some of the reasons in regards to the complaints of furious commuters. He stated that the number of vehicles, especially baby buses, passing Noveleta couldn’t be decreased or hindered as it would affect the conditions of people without personal vehicles. He also claimed that the traffic enforcers that were “hindering traffic” were only doing their job and their part. The traffic enforcers were only adhering to the laws of traffic safety even when their own safety might be jeopardized at times and so they shouldn’t be shamed for “simply doing their jobs”. Although I agree with the mayor mostly, it would be nice if there would be some further adjustments or changes that would benefit us, commuters, instead of simply over-sympathizing. In other words, a change in the system to benefit the public.

Years may have passed but the traffic at Noveleta had yet to go. Noveleta isn’t just a municipality, it’s the entrance to Cavite City, the gateway of many people back home. Although Noveleta had many hindrances such as its location being near the coast, the narrow size of its roads, and the backlash it faces from commuters, it has a chance to get better. First, the Noveleta local government should release a regulation regarding the amount of vehicles and which specific vehicle could pass through at which specific time frame. Another suggestion is for roads to be increased in size and for them to be elevated so it wouldn’t be affected by flooding. Commuters should also be aware of which time traffic can get heavy in Noveleta and accordingly avoid those time frames. They say time is gold therefore it must be treated with care, not wasted away in traffic all day. Tick, tock.

Tick, tock. Time ticks by simultaneously with the sounds of cars stuck in traffic in Noveleta, or at least from my experience, and the hundreds of commuters stuck in the same long lines each day. Spanning thirty minutes to a full hour and more, the traffic of Noveleta almost rivals that of Epifanio Delos Santos Avenue (EDSA). Worst? It is not improving despite the numerous complaints the municipality receives. I believe this ‘NoveledSA’ can improve as it mainly pertains to two reasons, which are its location and size, that result in a negative outlook towards the area.

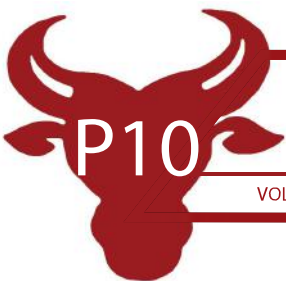
Recently, on November 5, Noveleta Mayor Dino Reyes Chua, set up a livestream in his Facebook account showing the traffic update at the Noveleta crossing at 4:45 P.M. According to the mayor, the traffic at the crossing was relatively smooth close to 5 P.M which consists mostly of public transportations such as baby buses and tricycles. During the livestream, Mayor Dino Chua also



VIS-A-VIS

The NoveLED SA Dilemma

Christine Dayne A. Ilano



The Woman with the Delicay:

The Third Generation of Aling Ika's Legacy

Navin Sherman T. Singaravelu | Feature Editor

In Cavite City, one “carinderia” stands out from the rest, it almost feels like a crime to leave Cavite City without visiting Aling Ika’s Carinderia and trying the famous Bibingkoy. Three generations later, they are still as popular as ever, Bernadette Alejo carries the torch and shares the pressure of being a successor in one of Cavite’s most successful businesses.

From Humble Beginnings to Successful Earnings

Aling Ika’s Carinderia is home to one of the most popular Caviteño delicacies, the Bibingkoy. Founded in 1927, and now as popular as ever, they went from very humble beginnings to frequent visits from influencers and interviewers. 97 years and 3 generations later, they still maintain their consistency in cooking, especially with the famous Bibingkoy.

Their business came a really long way, they started from just selling in a little kariton back in 1927 and then moved to ‘walk-in’ space inside their house to having their own spot in the old market. Now, since the 80s having a proper spot in the Cavite City Public Market, that even it is found deep in the market, they are still frequently visited because of their delicious food and the special Bibingkoy.

Their special Bibingkoy only lasts for about 1 hour, if they start selling at around 6:00 AM then, the “Bibingkoy” is completely sold out by 7:00 - 7:30 AM. They say that their secret in making this delicacy is by putting love into it. Whenever you want to cook Bibingkoy, you must like what you are doing.

The Pressure Being the Successor

Mrs. Bernadette Bautista Alejo, 52 years old is now the third successor of Aling Ika’s Carinderia, during her time, tons of vloggers have come to feature their carinderia. In this year alone she said that at least 7 vloggers along with Ms. Susan Enriquez and OnePH have come to interview her. But their business really started gaining traction during her mother’s era, with the likes of Chef Boy Logro, Erwan Heusaff, Karen Davila, and more.

She emphasized that there is a lot of pressure that comes with carrying her family’s legacy as it is her job to maintain the consistency that keeps their customers coming back. There were times where she doubted that she’ll ever achieve what her mother and grandmother did, but thankfully with the help and guidance from God, she managed to maintain their success.

She is thankful for the amount of success she managed to gain, as there was a massive improvement in terms of sales from her mother’s era. Back then they would only sell about 2 bilao’s but now, they manage to sell around 8-15 bilao’s, they get especially more orders during weekends and special occasions.

She also stated the 3 reasons for their business’ longevity, firstly, as mentioned already above, maintaining the consistency in terms of cooking. Secondly, maintaining the level of customer service to keep them coming back for more, and finally having a good work ethic, she emphasized that “kapag gusto mo, gagawa ng paraan”.

Alejo’s Resilience in Keeping Maintenance

With a business as popular as theirs, certain issues would be unavoidable, there would always be people trying to ruin their reputation, claiming that their Bibingkoy was bland, and flavorless. Ever since the Bibingkoy clicked, many people tried using that name, but it would always be a failure as the buyers always looked for the original recipe.

Someone even tried stealing the name “Aling Ika’s Bibingkoy” in a social media post even claiming to be the original recipe, instead of trying to fight or argue, Mrs. Alejo and her husband quickly shut it down by privately messaging the fake business pretending to be customers and proving that they were the originals. A lot of people even set up stalls in front of their shop selling calling themselves the “original bibingkoy” but those attempts never stood a chance as they were soon exposed by failing to even copy the real recipe, in Mrs. Alejo’s words “tao na ang bahala na mag-judge kung ano talaga ang original”.

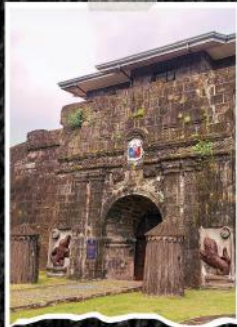
Their story of success is one of a kind, from being a small business to even having foreigners not wanting to leave the city until trying their special Bibingkoy, they’ve come a long way. The secret to their success is consistency, being able to deliver the same quality of product, and being able to immediately shut down fakers with their distinct original taste, their Bibingkoy is truly a classic Caviteño cuisine.



Illustration by Shaunlee V. Dela Cruz

Photo by Althea Zyana A. Romero

A Relic of the City: Remembering the Past through the Future



Fort San Felipe is a place of great historical significance, being the host for the Cavite Mutiny and witnessing pivotal historical events. Including the execution of the thirteen martyrs, Mrs. Rodelia C. Frias, descendant of Feliciano Cabuco, reflects on its impact in Philippine History and tackles how she wished to continue their family legacy.

Fort San Felipe’s Construction

It survived the Dutch Siege of 1647, the British Occupation of 1762-1764, the Cavite Mutiny of 1872, and the three “major upheavals of 1896-1902. It was partially destroyed during the Second World War, but the remaining structures namely, the gate called Porta Vaga and a significant portion of its walls were restored in the latter part of the 20th century.

Fort San Felipe is the first military fortress built in the province of Cavite during the time of then Governor Juan de Silua, it is a nine-hectare structure made of granite, with walls being approximately 30 feet high, the lawns are decorated with Naval memorabilia, namely, cannons and cannonballs.

The original purpose for its construction was to protect the then growing Cavite Puerto and was utilized as a fortress by the Spanish Armada. The fort was dedicated to San Felipe Neri, the second apostle of Rome after Saint Peter in the 16th century and used to be the shipping capital of the Philippines during the Spanish rule.

The Cavite Mutiny

In 1872, The Cavite Mutiny, an uprising of military personnel of the Spanish arsenal occurred in Fort San Felipe, on January 20, 1872. Around 200 soldiers and laborers led by Sgt. Francisco La Madrid rose up in the belief that it would elevate a national uprising. The event led to the killing of the governor of the fort but was quickly suppressed on January



22. The government soldiers executed many of the participants and began to crack down on a burgeoning nationalist movement.

The uprising also resulted in the unjust implication and the tragic execution by garrote of Filipino priests Mariano Gomez, Jose Burgos, and Jacinto Zamora on February 17, 1872. Many believe that the Cavite Mutiny of 1872 was the beginning of Filipino nationalism that eventually led to the Philippine Revolution of 1896.

On September 12, 1896 thirteen men, masons, and members of La Liga Filipina were executed outside Fort San Felipe. They would later be known as the thirteen martyrs, and amongst those men, is Feliciano Cabuco, whose one of his descendants shares the tales and the legacy of their family legacy.

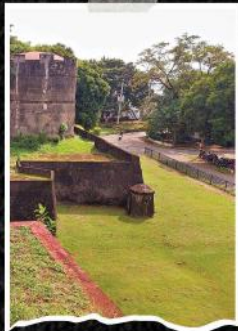
Family Stories and Family Legacies

Mrs. Rodelia C. Frias, an EPS and a former teacher of 35 years, the daughter of Rodolfo Cabuco, son of Juan Cabuco whose uncle is Feliciano Cabuco. She started teaching in Immaculate Conception School in Latoria, Naic, Cavite right after graduating but started teaching properly in Cavite National High School on July 2, 1984.

As a descendant of Feliciano Cabuco, her family used to live quite exquisitely, influenced by the Spaniards; back then, they would have two dishes on their dinner table every night. Back in their days, Chavacano was a slang for Spanish, spoken mainly in Cavite and Zamboanga. She also recalled that her family were masons and musicians.

Their houses would contain pianos, their children would be taught how to play it, and even herself has knowledge in playing the piano. Another tradition their families have is to help one another. Once you finish school, you would assist your siblings, because it was very important to be educated.

Growing up, one memory always



stood out more Independence Day re-enactment was piled up in a true place. Personally while picturing they were in.

For her, the countrymen’s pride that if you truly “maging matapa that you do”. As she often tells her math, basta mag kayo, I say mabu.

She loves our despises those who and those who to and if only she would just erase Her family stem carries a strong continue this by the principles of who are truly in managed to spoil help him become

People like M testament for who fought and died nothing other than country. She became many of her student the traits of her who died for our Felipe

Fort San Felipe for many historical sparking our country to our independent years of existence of its original size as a beauty to be of our rich historical architecture of the

Navin Sherman T. Singaravelu | Feature Editor

Beyond the Spectrum: A Mother and Son’s Unbreakable Bond

Edward James E. Peñaflorida | Assistant Feature Editor

Dominique S. Parales, a 17-year-old from San Antonio, Cavite City, defies expectations. Diagnosed with autism at the tender age of six, Dominique has faced numerous challenges, yet his spirit remains unwavering. Despite his condition, Dominique's passion for news and current events shines through. He dreams of becoming a newscaster, a goal that may seem distant to some, but not to him. His mother, Carlota Parales, is his constant support, guiding him through his journey.

The Difficult Navigation with a Challenging Condition

Dominique's educational journey has been a mix of regular schooling and alternative learning programs. He began his elementary education through the Alternative Learning System (ALS) at Julian Felipe Elementary School up until the 2nd grade, as the 3rd grade came around, he continued through regular schooling, then returned to ALS for Junior high school in Julian Felipe, and is currently pursuing his senior high school education through regular schooling as well. Dominique, due to his condition, underwent speech and occupational therapy in Philippine General Hospital (PGH) for 2 years, then in Bautista hospital for another year. Though the therapy was somewhat effective, it didn't greatly impact Dominique's behavior.

A Heart That is Golden No Matter The Burden

While his condition remains a challenge for Dominique, his determination to overcome obstacles is evident. His mother shares that when Dominique struggles, he would exclaim “Mahirap pero kaya, kaya” repeatedly, highlighting his resilience in difficult times. His positive outlook in different situations, shows in his behavior both at home and in his school. His mother emphasized that whenever Dominique does something wrong to one of his friends, he would apologize repeatedly and offer a hug to show his appreciation. Dominique's ability to maintain a positive outlook, even in challenging situations, is proof of his resilience and the supportive environment he is raised in. His mother's emphasis on his sincere apologies and affectionate gestures highlights the importance of teaching empathy and kindness from a young age.

A Mother's Unconditional Love and Support: Mrs. Parales' Endless Efforts

Dominique's story is not just about him, it's also a testament to his mother's strength and resilience. Raising a child with autism comes with unique challenges. There are the constant worries about his well-being, the emotional toll of navigating the healthcare system, and the financial strain of therapies and specialized services. Carlota Parales has faced these challenges head-on, providing unwavering love and support to her son. She has tirelessly advocated for his needs, ensuring he has access to appropriate education and therapies. Mrs. Parales, in a message to other parents of special children, urged them to not hide it, but embrace it. Going on to say that their children require their love and support and by hiding their differences, it would only cause the child to suffer. She also supported the idea of going through regular schooling first, instead of just ALS, stating that “If kaya naman nung bata, why not?”. Pointing out her love and support towards her son, despite the many challenges they face. This inspiring story shows the undeniable bond between a mother and a son. This also serves as proof of the unconditional love, relentless support and endless efforts a mother provides to her child. Their story is a testament not only to their capability and resiliency but to the power of human spirit. Their journey, marked by both challenges and aspirations, inspires us all to believe in the potential within each and everyone of us.

Photo by Ashley Fate O. Castañeda

Photo by Chloe Mykhaella E. Flordeliz

Christmas Spark: Calalang Family celebrates the holidays at Samonte Park

Navin Sherman T. Singaravelu | Feature Editor

Samonte Park is one of the most popular attractions in Cavite City, attracting visitors from even outside the city but there's some families calling this park their home. Despite the families' simple way of living, they still find a way to smile through their problems and enjoy their simple yet happy life.

The Calalang Family's Struggles

The Calalang family is among the many dwellers around Samonte Park, they consist of 4 family members namely Jean Rosello, 42 years old, Celso Calalang, 57 years old, Rudolph Calalang, 14 years, and Jensel Calalang, 3 years old. They've resided in Samonte Park for 3 months while trying to find a new home to settle in. Despite living in poor conditions they still find solutions to their problems, head of the family, Celso Calalang goes out to General Trias, Cavite every Friday to find money and support his family for the rest of the week when he returns to Cavite City every Sunday. Fortunately bathing is not a big problem since they use the public bathrooms which they utilize to bathe in and do their laundry, from time to time they are also allowed to use the City Hall and DSWD bathrooms. On the other hand, Rudolph, their oldest child suffers a mental condition, when he was younger he was enrolled into regular school but was told that he wasn't fit for the program, but instead had to be in SPED. He faced difficulties focusing in class and listening to his teacher, he was always just seen blanking out and not paying attention. Unfortunately due to their lack of money, Rudolph's condition wasn't properly diagnosed, which now led him to being out of school.

Christmas Without a Home

This year the Calalang family will celebrate Christmas without a home. Before, they were able to cook meals for their family and enjoy Christmas

cozily at home but now they just have to wait for someone to help them during this season. Even though they've been living in Cavite City for 3 months, they are not eligible to receive any benefits from the city government as they are not registered voters. They are devoted christians, going to their church bible studies every Tuesday and still have a huge faith in God, that one day they will receive blessings. But, despite all of this, they are just happy to be spending the holidays with their family safe and together, it is just a bonus if they receive gifts this Christmas. For them the most important thing is that their family is healthy and whole.

Mayor Denver's Festive Treat

To celebrate Christmas this year, Mayor Denver Chua once again opened the Unlad Christmas Village, a place where tourists can visit and enjoy the different decorations and attractions. It is open for everyone to enter including those street dwellers in Samonte Park. Multiple families will spend their Christmas here like the Calalang family, most of them come from Dalahican, Cavite which suffered a devastating fire earlier this year. Even though they are quite lonely to lose their homes, they find temporary joy when visiting the Christmas village. Melanie Geleponio, 19, said that her child felt amusement when they first visited the village, he found it especially fun riding around the toy cars and looking at the butterfly swing. Another resident, Ghai Jane Joven, 21, also found the Christmas village to be fun, again, especially for the children, she also felt that it enhanced the Christmas spirit despite facing big problems this year. She added that it was a good improvement

because it made the place even more beautiful and it seemed to be more peaceful. Children, being the main audience for the village will find it more fun to visit, John Mark R. Rentillosa, 10 years old, a student from DES felt happy because of getting to play the “Tom's World” mini-arcade inside the village and also was amazed by the abundance of Christmas lights. Normally they celebrate Christmas at home by decorating it with lights, but apparently for him what sets the village apart is that there are more lights to be found and is just a treat to his eyes. Everyone found the Christmas village to be a symbol of improvement on the city with the new administration as they were not able to feel this kind of celebration in prior terms, they felt happier and joyful with the installment of the Christmas village. Just like everyone else the Calalang family also got a chance to visit the village, although they only managed to explore it for a short time during the morning, but those short times were the funnest times as their children extremely enjoyed it. A lot of dwellers, especially the Calalang family will celebrate Christmas without a home, but they always find comfort within each other. For them, the greatest gift they could receive is a complete family deprived of and sickness and just being together, happy.

Photo by Ashley Fate O. Castañeda



MEME MAGIC:

CNHS Vibes that made 2024 Ecstatic

Edward James E. Peñaflorida | Assistant Feature Editor

2024 was a year that saw the internet's humor machine revving at full speed. From quirky challenges to absurdly relatable situations, memes dominated our social media feeds, sparking conversations, and shaping pop culture. Let's dive into some of the most iconic memes of the year that took the internet by storm.

International Memes with Several Themes

The year began with a bang, as famous streamer "Ninja" got a new look with a new haircut, a low taper fade. The community absolutely loved it joking with the fact he got this new haircut with a catchy phrase "Imagine if Ninja got a low taper fade" in a distorted voice. A few months prior to the event it had been joked around by the community that a low taper fade would suit Ninja, thus creating this meme.

In the following month of February, the internet was flooded with numerous foods, particularly a chicken nugget, singing a rendition of the song "Cotton Eye Joe". The meme consisted of the nugget, moving around whilst singing to the song. The meme utilized AI technology which only further boosted its popularity.

In the month of March, the face of the NBA for the last 21 years, LeBron James had been praised by numerous posts on the social media calling him their "glorious king" with him ending up in an edit of the song "You are my Sunshine". The meme exploded in social media with many creating several other versions replacing LeBron James.

Afterwards, in April, a video of some people surfaced. They were in a party singing along to famous artist Kanye West's hit song "Carnival". The footage was later dubbed by people to be a "TikTok rizz party".

Moreover, in May, former Bamban Mayor Alice Guo, had been speculated to be connected to Philippine Offshore Gaming Operator (POGO) then was accused to be Chinese spy. In the midst of her trial, she was asked where she grew up with her repeated reply to be "Your Honor, hindi ko na po maalala." Filipinos online poked fun of this statement calling her out even more.

Just when June was nearing its end, a new meme surfaced from a famous street interview with Hailey Welch. She was asked the notorious question "What is a move that makes a man go crazy every time?" where she replied with "You gotta give them that hawk tuah! Spit on that thing" The entire internet was bamboozled with this reply joking around with it notably quoting the phrase "hawkw tuah."

To begin the latter half of the year, the hit song "Symphony" by Clean Bandit featuring Zara Larsson was revived after many years. An image of a joyful dolphin out of the water with rainbows surrounding it, was used for the song. The meme went viral as several variations of the meme was created by putting different text over the image while the song was playing.

Amidst August, famous DC villain, The Joker was made into a meme. With the footage from the game Batman: Arkham City coupled with audio from a famous YouTube video "IF THE JOKER COULD

BEATBOX..." it was made into a trend with its catchy phrase "Why so serious?"

Suddenly in September, an unexpected collaboration between famous YouTubers, MrBeast, Logan Paul and KSI occurred. Joining forces to create a new product "Lunchly" allegedly being a copy of the famous American product "Lunchables." In their product launch, to advertise it, Logan Paul said "I like my cheese drippy bruh" as when they tested the product the cheese was excessively drippy. The internet poked at the trio for their collaboration which they were seemingly aiming the product at children to profit.

Over October, YouTuber KSI released a song in the middle of their controversy with fellow YouTuber DanTDM. The song, "Thick of It" received an overwhelming number of negative comments. Many criticizing the song to sound similar to a goofy Disney song, making fun of it. Furthermore, many created their own versions of this song, making different genres for it.

Next in November, several memes went viral, but one overshadowed the rest. On October 4, 2023, @phillipbankss on X posted an image of an artwork of a human-like brown dog with a sweater and rolled up jeans. With the character being dubbed by people as just a "Chill guy." The meme only starting to go viral on November of 2024 when netizens created captions for it with the format of adding "but you're just a chill guy" to the end of different situations.

Drastically, in December, the meme low taper fade made its triumphant comeback to the world stage. With many exclaiming the meme is still massive. Many praised Ninja for dragging the meme for so long that it was funny once more.

Caviteñans' Leisure: The Internet's Treasure

The "skibidi" toilet meme has got to be one of the if not the biggest memes of the time. The meme began in 2022 when a YouTube channel by the name Dafuq!?Boom! started a series with a humanoid poking out of a toilet singing the song "Dom Dom Yes Yes" created in Garry's Mod, a hit video game. Although the word "skibidi" itself doesn't have a definite meaning, its adaptability and availability to be used in most casual scenarios is part of what makes it funny. The meme has since reached Cavite National High School (CNHS) when students caught wind if the viral sensation, even being featured in hit Filipino TV series Pepito Manaloto.

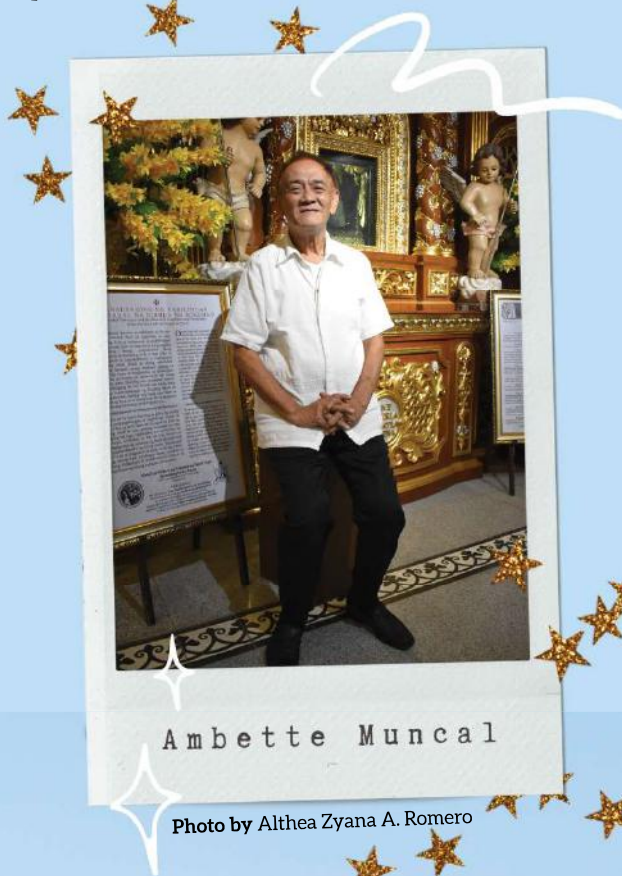
Mewing on the other hand is a pseudoscientific meme first coined in the 2010's. The term was first used by a British orthodontist Mike Mew, suggesting that by pressing your tongue to the roof of your mouth, it would make your jawline more noticeable and simultaneously suck your cheeks in. Fast forward to 2023 and social media is having a "looksmaxxing" craze which simply just means to try to maximize one's looks to the fullest. Mewing eventually became a meme with the catch phrase "I can't talk I'm mewing" gestured by

shushing somebody and pointing to their jawline. This sensation has also gotten to CNHS, with many students using the gesture to tell others they are mewing.

Another meme that students are using is the "sigma" meme. The meme originated all the way back in 2010, when writer Vox Day, also known as Theodore Rober Beale, who often writes on his blog about the hierarchy of males with the use of the Greek alphabet. He explained the 'Sigma males' are those who don't play the social game but win it anyway. Over a decade later, the meme evolved into "sigma grindset" memes where edits were made mainly with the movie "American Psycho" to act as a way to jokingly motivate people. Nowadays the word sigma is used as an adjective to describe something or someone. Similar to "skibidi" sigma is usually used to describe someone as cool by being different from others.

A student in CNHS further emphasized that these memes are used for entertainment. These memes are used for casual conversations where jokes can be made. The sole purpose of these memes are to entertain and make people laugh.

As we go on with our lives, it is clear that memes will continue to be a powerful driving force in our online experiences. But as many more memes are created, many more netizens will have a smile on their faces. So let us all embrace the chaotic dynamic and keep the meme magic alive.



The Uncanny Raconteur: Ciudad de Cavite's Spectator

Amber Felice O. Castañeda & Solen Gabrielle P. Fuentes | Contributors

A man with a wealth of life experience and a collective memory of society that transcends countries and time eras was discovered in Cavite City, a place rich in history. He is one of the keepers of the past uncovering stories of the former Cavite Puerto.

A Rich Historical Background of Cavite Puerto

Cavite la Punta, once Tangway, was chosen by Spaniards for ship construction and repair, leading to the establishment of Puerto de Cavite.

As time passed by, Cavite Puerto became a cosmopolitan town that attracted different religious orders to set up establishments such as churches, convents, and hospitals within the limited confines of the fortified town. One of these churches was the Santa Monica Belfry or the "Simboryo" of Cavite City

which was established in 1616.

Fort San Felipe is a part of Cavite Puerto. Fort San Felipe is a military fortress wherein the revolutionaries fought in Cavite Mutiny, the uprising of Filipino revolutionaries by engaging in a bloody battle against the Spaniards that occurred on the 20th of January in 1872.

The Engaging Cavite Puerto's Observer

Ambette Muncal is a 68-year old Caviteño who has witnessed the life events and historical stories of Cavite Puerto. He was an altar server in the church of San Roque and has been working there for more than 30 years.

At first he wasn't religiously inclined, leading him to choose this profession. Although he attended church very often as a young lad, making him prefer

his choice today. He used to work at a different church but he then asked his Aunts to place him in San Roque.

Therefore, he became religiously inclined unlike before. Sir Ambette has witnessed many events in Cavite Puerto. He was part of the La Birhen De Soledad, a big event in the church of San Roque. Nowadays the big events of the churches are just provided in the Holy Week.

The biggest and most important event of his life was during the celebration of the city's fiesta since he has been consistently part of the 'Karakol'dance. "My family members and I were very lucky being part of this important event," he proudly stated.

Sir Ambette has stated that the politicians used to be very supportive between the events in the cities, like fiestas. He also said that Cavite Puerto is now

being "Modernized" which is not a bad thing but has many downsides as to the locals, politicians and the economy of the city.

He has seen the changes between the years and the evolution of the city's structure, culture and practices. He added that there were a lot of negative events during those times but it can not equate to good events. As he says, "Being too modernized can make us lose touch".

Behind a talkative, jolly and kind man are stories full of history, meeting people like him are like talking to history books. Just like Oscar Wilde said "No man is rich enough to buy back his past", so as the locals, we will treasure our land kept by our ancestors and cherish them for future generations.



The Pressure Cooker: Caviteños and the College Entrance Exams

Geriza Anne A. Oligo | Contributor

In Cavite, a bustling province known for its rich history and vibrant communities, an annual phenomenon grips its young students: the college entrance exams. For many Caviteños, these exams represent more than just an academic milestone; they symbolize a path to greater opportunities, upward mobility, and personal growth. However, they also bring with them a storm of emotions, from hope to anxiety, creating what can only be described as a “pressure cooker” environment.

The Journey to Preparedness

Caviteño students face immense pressure to perform well in college entrance exams. These tests are seen as golden tickets to prestigious universities in and outside the province, promising better career anticipation.

The journey begins long ahead of the exams. Parents devote themselves to review centers and tutors, often sacrificing financially to ensure their children are well-prepared. Schools in Cavite, particularly in urban centers like Cavite City, implement rigorous academic programs and mock exams to help students build courage.

Students from rural towns, such as Tagaytay, usually contend with additional challenges, such as limited access to review centers and online resources. Despite these disparities, many persevere, driven by the aspiration to rise above socioeconomic qualification.

The Emotional Weight of Expectations

The pressure of the exams stems from the student’s personal ambitions and familial and societal expectations. In many Caviteño families, higher education is the ultimate key to success, and passing a competitive entrance exam is a badge of honor.

For first-generation college students, this pressure is even more pronounced. They carry the dreams of their families, who often see education as a way to break the cycle of poverty. This can result in a heavy emotional burden, with students fearing the consequences of failure—not just for themselves but for their loved ones.

The societal narrative that equates success with admission to elite universities adds another layer of stress. Within a competitive province like Cavite, where the student population is vast, many feel that their identity and worth are tied to their exam results.

Innovations and Adaptations

Recently, Caviteño students have adapted to changing times with resilience and resourcefulness. The pandemic forced many schools and review centers to go online, which was initially a challenge but later became an opportunity to access diverse learning materials. Social media groups and forums dedicated to entrance exam tips and peer support have flourished, helping students share knowledge and stay consumed.

Scholarship programs and outreach initiatives by local government units and non-governmental organizations have also played a significant role. These programs provide financial aid and resources to students from underprivileged backgrounds, leveling the playing field and reducing the disparities between urban and rural students.

Beyond the Exam Results

While the college entrance exams remain a significant hurdle, there is a growing awareness among Caviteños that success is not solely defined by admission to a prestigious school. Local universities like Cavite State University and other higher education institutions within the province have risen in reputation, providing excellent education at a fraction of the cost.

Additionally, students are beginning to explore non-traditional paths, such as technical-vocational education, entrepreneurial ventures, and online certifications, which offer viable alternatives to conventional higher education.

For Caviteños, the college entrance exams are a defining moment, encapsulating the pressure and promise of the future. While the journey is undeniably challenging, it also reveals the resilience, determination, and community spirit that define the province’s youth.

As the next generation of Caviteños steps into the pressure cooker of college entrance exams, one thing remains certain: their collective ambition and unwavering hope will continue to drive them toward success, no matter what the result is.



Photo by Ashley Fate O. Castañeda

Flavors of the Historic City: Unveiling Culinary Culture

Rhykz A. Fajardo | Assistant Feature Editor

Cavite City is known for its stunning sights and tourist attractions, examples are San Roque Church, Fort San Felipe and many more. Something it wasn't always known for is its food and delicacies. The town offers a diverse culinary scene, with a variety of local and international dishes to satisfy every palate. From traditional Filipino food to international ones, there's something for everyone to enjoy.

Cavite City's local and international delicacies One of the city's most popular dishes is Pancit Puso which is a noodle dish made from noodles colored with annatto or atsucte seeds, thinly sliced pork, vegetables, and finally where the dish got its name, pickled palm heart (puso) that's used to balance out the dish's richness. In the past, calamansi was expensive, so pickled palm heart was used as a substitute. The word "puso" literally means "heart" in Filipino. Other delicacies include bibingka and bibingka, two types of rice cake, and suman, a sticky rice dessert.

In addition to local cuisine, Cavite City also boasts a number of international restaurants, including Chinese, Korean, and Japanese establishments. Whether you're craving food from burgers to a bowl of comforting ramen, you're sure to find it in Cavite City.

Some examples of Japanese dishes that can be found in Cavite City are Ramen, multiple types of Donburi or rice with toppings, Takoyaki and many more. For the Chinese dishes there are dumplings, Kanitama which is a crab omelette with a sweet and savory sauce. For Korean Dishes there are Eomuk Guk or Odeng Guk which is fish cake stew, Samgyupsal which is Korean Barbecue and much more.

Cavite City, steeped in history, also boasts a rich culinary heritage that reflects its coastal location and cultural influences. Seafood takes center stage in many local dishes, with fresh catches from Manila Bay finding their way into flavorful creations like Pancit Puso, a unique noodle dish darkened with squid ink. This distinct ingredient gives the dish a striking appearance and a briny depth of flavor that sets it apart from other Filipino noodle variations.

Other famous delicacies you can try are Chicharon bulaklak which is fried pig intestines typically with vinegar to balance out the richness of the pig intestines. Some other international dishes include Shawarma, marinated meat cooked rotisserie style wrapped in a soft piece of pita bread with vegetables and condiments, Hong Kong fried noodles.

Exploring the food scene in Cavite City is more than just satisfying hunger; it's an immersion into the city's vibrant culture and history. From

humble carinderias serving home-style cooking to established restaurants offering modern takes on classic recipes, there's something to satisfy every palette and provide a deeper understanding of Cavite's unique identity.

Bibingka, mentioned above, is a delicacy which holds a special place in Caviteños' hearts because this dish is a cultural symbol of Cavite City and is endemic and native to the city. This delicacy is also made by only one carinderia or eatery, Aling Ika's Carinderia which is found in the local market.

Top-5 Most Preferred Dishes of Caviteños For Caviteños, there is a variety of foods to try in its famous night market but here are the most preferred. With the most preferred being Shawarma that 1 in 4 people voted as their favorite." I like the aroma that it gives off and the different flavors mix and taste very well and I like the slightly toasted Shawarma Wrapper." Stated by Danred Baylon, a student from Cavite High.

The second most preferred is Grilled Food with 1 in 5 people choosing it as their most-liked food. "I like the texture of the meat and sweet and sour flavors of the marinade and the charred, smoky flavor." Christian Delgado, a student also from Cavite High.

The third most liked food in the night market is the Potato Tornado, fried potato sliced spirally seasoned with a variety of flavors. "The potato Tornado had lots of flavors from the generous amounts of seasoning, it's the perfect pair with the crispy potato sliced in a spiral way." Solen Fuentes, a student from Cavite High stated.

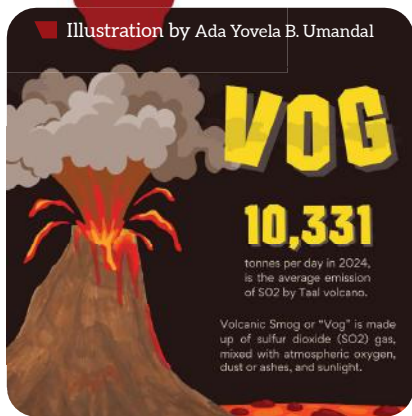
The fourth first choice among Caviteño foodies is Takoyaki with 1 in 7 people choosing it as their favorite food found in the night market, a famous dish from Japan consisting of batter cooked in a special pan with different filling choices. "I like the soft batter with a little crisp on the outside but still soft on the inside with the squid filling which has a chewy mouthfeel which I like and with the savory sauce it's a nice snack." As stated by Raj Tamrakar, a student also from Cavite High.

The fifth most favored is the volcano burger, a juicy and tender patty and fresh vegetables put in between two toasted buns. "I usually enjoy burgers so I tried it, I felt the savory cheese melting in my mouth which complements the juicy and tender patty." Mentioned by Navin Singaravelu, a student who also comes from Cavite High.

For those seeking a truly unique dining experience, Cavite City's hidden gems offer a taste of local heritage and culinary innovation. From hole-in-the-wall eateries to full-on restaurants, the city's food scene is a testament to its rich cultural heritage and evolving culinary landscape.



Illustration by Jannah Amira O. Bellaflor



Overeating: Unlimited Buffet Hazards

Janelle V. Agnas | Contributor

Eating more food than what our body can handle is called overeating. Overeating has become a growing concern in today's world, as it has turned into a common trend. For the majority, eating has become a source of comfort or for a sense of satisfaction. As a result, the number of restaurants offering unlimited servings has increased continuously.

One example is the unlimited deal that samgyupsal restaurants offer, which continue to grow in popularity among people, allowing people to enjoy Korean grilled pork belly and other various dishes without restrictions. Other examples include establishments offering all-you-can-eat buffets, grilled feasts, street food spots, and more. While these delicious offerings bring a sense of relief and satisfaction, they also pose significant risks to the population's health.

One negative effect of overeating is the increase in calorie intake, which can lead to a calorie surplus. These excess calories are stored as body fat, potentially resulting in weight gain or even obesity.

This can weaken the body, making it more prone to illnesses and issues with both the digestive and cardiovascular systems. In the digestive system, it may lead to gastrointestinal problems such as acid reflux, bloating, and indigestion. Moreover, it could increase the risk of having cardiovascular issues that can induce stroke, heart disease, and high blood pressure.

Excessive consumption can also lead to problems, not only with your physical health but also with your mental well-being. Studies show that it can contribute to the development of various eating disorders and mental health issues, such as anxiety and depression.

Bulimia is an uncontrolled eating called bingeing. A person may purge after feeling guilty after consuming large amounts of food through vomiting or using laxative techniques to eliminate the food ingested.

Proper eating habits should be observed by following a healthy diet consisting of balanced nutrients consisting of vegetables and a proper amount of meat. Eating at the right time is also important, like preventing late night cravings, and controlling the amount of food consumed especially in places that offer unlimited deals can also be helpful in maintaining a healthy eating habit.

WaterBORNe Diseases: Finding out Diarrheal Illnesses, Bacterial Infections and Preventive Solutions

Iyanna Rakizah E. Vanta | Assistant Science Editor

During the rainy season, people are more likely to experience diseases such as colds, fevers, and other symptoms of flu. However, what most people forget is that multiple diseases can be obtained through floods, which can also have a big effect on our health. These diseases are mostly known as waterborne diseases.

According to the Department of Health - Cordillera Administrative Region (DOH-CAR), waterborne diseases are illnesses caused by pathogenic microorganisms that can enter the human body by drinking and by being in contact with water that is contaminated by the said microorganisms.

DiarRHeAL Illnesses

Pathogenic microorganisms are microbes that are capable of causing disease and affecting the health of an animal or person once they are contaminated. The usual diarrheal diseases that this causes are Cholera, Dysentery, Hepatitis A, and Typhoid, according to DOH-CAR.

According to the Department of Health (DOH), these Diarrheal diseases happen when bacteria enter the stomach, which then causes the person to lose their appetite, have a fever, experience nausea and vomiting, and can even cause dehydration due to electrolyte loss.

What's with the rat?

In an interview with Dr. Jerome R. Morada from the Cavite City Health Office, he mentioned that other than Diarrheal diseases, one of the common waterborne

diseases that Filipinos get from floods is Leptospirosis which is also a serious case that is caused by bacteria.

Leptospirosis starts from the bacteria called "Leptospira," which comes from the urine of animals such as horses and goats. However, the primary animal responsible for spreading this bacteria is rats. Usually, humans get infected by bacteria whenever they come in contact with floodwater, which contains the urine of rats.

"Usually, the people that are prone to having leptospirosis are the Barangay officials who patrol during rainy seasons and government employees since they are the ones who are most exposed to the floodwaters," said Dr. Morada. "However, we only have 1 recorded case of Leptospirosis (in Cavite City) because it is controlled by us."

Prevention is better than cure Dr. Morada also stated that they provided prophylactic treatment, which is a preventive measure to avoid being contaminated by the disease. For students who have a suspected case of Leptospirosis, doxycycline—a medicine used to treat bacterial infections—that can keep a person protected from Leptospirosis for 1 week is administered.

"I always provide medicine (to suspected Leptospirosis cases) immediately in order to avoid adding on to the government expenses, avoid stressing the body, the school, and the government; so, we prioritize prevention," he stated.

Dr. Morada also stressed that another reason why the cases of waterborne diseases remain controlled in Cavite City is that the city government is consistent in sharing advisories and educating people about the symptoms of the illnesses.

"Knowledge is power, and information is powerful when used right," Dr. Morada shared during the interview. With continuous effort and support from local governments to educate them and give immediate preventive measures, maintaining the low cases of waterborne diseases will become easier. Efforts from the citizens should also be encouraged in order to secure a healthy environment for every individual.

Illustration by Ranielle Jilliane A. Dela Cruz



Taal Activities: VOG forces class suspensions, sparks health concerns

Yexel Kim V. Hernandez | Contributor

A thick haze of volcanic smog (vog) from Taal Volcano disrupted daily life in CALABARZON on August 19, leading to class suspensions across the region. With sulfur dioxide emissions reaching thousands of tonnes and health risks on the rise, schools and local authorities scrambled to protect students and residents from its harmful effects.

Taal's Recent Activity and Its Impacts

Vog, not to be confused by smog, can be created due to the release of Sulfur Dioxide (SO₂) into the atmosphere by the volcanoes and mixing with the aerosols in the air forming a visible haze composed of acidic droplets, as well as dust, according to the United States Geological Survey (USGS).

On August 19, 2024, the Department of Education (DepEd) suspended all classes in Region IV-A CALABARZON due to vog released by the Taal Volcano. According to the Philippine Institute of Volcanology and Seismology (PHIVOLCS), Taal emitted 3,355 tonnes of sulfur dioxide in 24 hours, with a 2,400-meter gas plume observed. Despite these emissions, the alert level remained at 1, as it has been since July 2022. PHIVOLCS warned of potential hazards, including steam-driven explosions, minor ashfall, and harmful gas accumulations.

No volcanic earthquakes were recorded while the Main Crater Lake temperature is at 72.7°C with the pH of 0.20, which is highly acidic. Access to the Permanent Danger Zone is still not allowed and PHIVOLCS warn citizens about possible steam-driven driven explosions, minor ash falls, and lethal accumulation or expulsion of volcanic gas.

In an interview with Dr. Elsie Magbanua of CNHS Clinic, she identified the main parts of vog being a combination of Sulfur Dioxide (SO₂), and other pollutants such as dust that

are emitted by the volcano. These pollutants can cause irritation in the eyes, skin, throat, as well as the lower respiratory tract especially for those who are not able to wear a mask. If inhaled, vog can cause sore throat and for those who are affected by asthma, vog can cause an asthmatic attack.

Health Risks of Vog

Magbanua noted that for some individuals who inhaled the vog it can first begin as an irritating cough then could develop into a respiratory tract infection like acute bronchitis and for some individuals it may even develop into pneumonia, however she also stated that this could only happen for individuals with weak immune systems. People with weak immune systems such as the children, elderly and immuno-compromised are encouraged to wear face masks in order to add a layer of protection to their respiratory system and prevent lung infections because of the vog. "Maintaining a healthy body, good health is very important para ma-combat natin, tumaas ang resistensya mo, ma-combat mo 'yung mga infections including ng [due to] inhalation due to air pollutants [vog] and also mga viral infection," she said in an interview when asked what measures can we do to combat the effects of vog or smog.

On October 10, 2024, Taal released another 2,256 tonnes of SO₂. Although vog was confined to the Taal Caldera region, smog affected areas like Cavite City, causing mid-class suspensions due to student complaints of throat irritation and coughing. PHIVOLCS clarified that the smog in Metro Manila and nearby areas was likely due to human activities and stagnant winds rather than vog.

Preparedness and Preventive Measures

CNHS Clinic is equipped to handle vog-

related cases by providing first aid, medicine, and referrals for further treatment. Students are educated about the health effects of vog and smog and encouraged to seek assistance from the clinic when needed. Local government units (LGUs) coordinate decisions on class suspensions based on air quality.

Dr. Magbanua advises maintaining strong immunity through a healthy lifestyle: adequate sleep, hydration, taking vitamins, and wearing masks. The clinic also provides free masks to students as needed. These measures, combined with early awareness, can significantly reduce the health impact of vog and smog exposure.

The Department of Health also recommends avoiding leaving the house, closing windows and doors,

putting on a N95 mask as it is much more effective than normal face masks, drinking water to reduce throat irritation, and asking for medical assistance if necessary.

As Taal Volcano continues to emit vog and nearby areas grapple with smog from various sources, the importance of awareness, preparedness, and health precautions cannot be underestimated. Wearing masks, maintaining a strong immune system, and following updates from PHIVOLCS and local authorities are key steps in minimizing health risks. With schools like CNHS prepared to respond, communities can better protect themselves against the recurring challenges posed by volcanic activity and air pollution.



MASKED MERCHANTS. Dolor Toledo, Vegetable vendor wears a facemask as he packs vegetables in Cavite City Public Market, August 23. Toledo had experienced a serious cough due to dried sweat and fatigue.

Photo by Khelsie Amber R. Crisostomo

Vaping: The Devastating Impact of Alternative Smoking

Rosh Angelu D. Somblingo | Contributor



SNEAKY PUFF. Girlie Magpantay, 21, an intern deals with a student due to usage of vape around the school premises, in CNHS Guidance office, December 18. Vape usage is strictly prohibited around school areas since vape poses major health risks, specifically lung cancer.

Vaping has become a major health concern with recent trends showing an alarming rise in its use, particularly among teenagers.

While e-cigarettes were initially marketed as a safer alternative to smoking, emerging research has shown that vaping carries significant health risks, especially among young people. At Cavite National High School (CNHS), this growing trend is raising awareness about its potential dangers, with local surveys revealing concerning statistics.

What is a Vape and its Current State?

While vaping is often seen as a safer alternative to smoking, research shows that e-cigarettes still expose users to harmful

chemicals. E-cigarettes work by heating liquid (usually containing nicotine, propylene glycol, and flavoring) to create an aerosol that users inhale. Studies have shown that this vapor contains harmful substances, such as formaldehyde and acetaldehyde, which can cause inflammation and lung damage. Some students at CNHS have already experienced symptoms like persistent coughs, often misattributed to minor irritations.

The Centers for Disease Control and Prevention (CDC) has warned that vaping is causing significant damage to adolescents' lungs, especially with the use of flavored and THC-infused e-cigarettes. In the United States, the CDC reported that nearly 2,800 cases of EVALI were linked to vaping, many of which involved teens and young adults. Experts worry that a similar trend could be emerging in the Philippines, including in Cavite National High School where the use of e-cigarettes is becoming more common.

Data from the school's guidance office shows that students from CNHS have tried vaping with figures particularly high among juniors and seniors, a demographic that is especially vulnerable to peer pressure.

Vape's Facade, a True Fraud

Vaping, or the use of e-cigarettes, is commonly seen as a less harmful alternative to traditional smoking. However, studies suggest that these devices, often flavored and marketed towards young people, can lead to serious respiratory issues.

One of the most troubling conditions linked to vaping is EVALI (e-cigarette or vaping product

use-associated lung injury), which has been linked to severe pulmonary problems. EVALI, a condition linked to vaping, causes symptoms like chest pain, coughing, and shortness of breath, with some cases requiring hospitalization. Although the exact causes of EVALI remain under investigation, it is clear that vaping poses significant health risks that need urgent attention.

In response to this issue, Cavite National High School has partnered with local health professionals to raise awareness about the dangers of vaping. The school has launched a series of educational programs aimed at informing students about the long-term risks of vaping, including potential lung damage. Additionally, awareness campaigns have been implemented to encourage students to make healthier choices and avoid smoking or vaping.

With the data gathered on the extent of vaping-related health issues, the growing number of respiratory complaints from students is a clear indication that action is needed. Schools across the Philippines, including Cavite National High School, must continue to educate students about the risks of e-cigarettes and enforce stricter policies to prevent further health complications.

As research into vaping continues, experts stress the importance of not underestimating the risks of e-cigarettes. What was once seen as a harmless trend is now a serious public health concern, and local schools are stepping up their efforts to protect students from the harmful effects of vaping.

A Rare Occurrence: Tornado in the City

Xione Kalel C. Borja | Contributor

On August 12, 2024, netizens captured a small tornado touching down in Cavite City, Philippines, surprising residents. Videos of the tornado circulated on social media, sparking curiosity and concern. These videos showed the tornado as brief, lasting only a few minutes. Despite its harmless nature, the tornado drew significant attention in the area.

Tornadoes' Science: The Formation of Its Existence

A tornado is a rare weather phenomenon that occurs during thunderstorms when numerous factors come into play and creates a spinning air column. Tornadoes are significantly less frequent in tropical countries like the Philippines. Tornadoes are rare on a global scale, due the variety of factors that affect its formation.

There are different factors that lead to the development of a tornado. Temperature instability, combined with wind shear, changes in wind speed and direction with height causes air to rotate horizontally. If a strong updraft from a storm tilts, this rotates air vertically, it can form a spinning funnel cloud that may form into a tornado.

Due to the country's climate, and having many typhoons throughout the year, the formation of smaller weather phenomena are disrupted. With this in mind, it only makes this event even more fascinating.

The Unlikeliness of Tornadoes

Tornadoes are relatively rare in the Philippines due to specific atmospheric conditions. Unlike regions prone to tornadoes, such as the Great Plains of the United States, the Philippines generally lacks the significant temperature and humidity differences between the surface and higher altitudes that are necessary for tornado formation.

Additionally, the absence of strong frontal systems, which often trigger tornado-producing thunderstorms in other parts of the world, contributes to the rarity of tornadoes in the Philippines. While the country experiences tropical cyclones and thunderstorms, the atmospheric conditions typically do not favor the development of tornadoes.

This potentially sparks a debate on the worsening effects of climate change in the Philippines. While climate change itself may not directly cause tornadoes, it can influence the atmospheric conditions that are conducive to their development.

The incident served as a reminder to always stay prepared for unexpected events. When a tornado occurs, seek shelter immediately, preferably in a sturdy, windowless interior room on the lowest floor, such as a bathroom or basement. Protect yourself by covering your head and neck with your arms or cushions, and stay low to the ground. Wait in your safe spot until authorities announce the danger has passed.

Misting Threats Away: Dengue cases raise to alarming numbers

Marylou Trexie C. Remalla | Assistant Science Editor

A dengue misting operation was recently conducted on different schools in the city, including Cavite National High School (CNHS) on November 11. This was an initiative by the Local Government Unit of Cavite City, and was led by the Local City Health Office to further take a step in fighting the fatal dengue virus. A total of 15 Misting operations in barangays and a total of nine successful executions in both public and private schools, benefiting the population. Dr. Jerome R. Morada, the Head of the City Health Office, outlined that in total, 80-90% of the population has been successfully reached to combat the prevalence of mosquitoes in the area.

The Silent Killer
Dengue, also known as yellow fever, is a deadly disease transmitted by yellow fever mosquitoes or Aedes aegypti. It is notorious for negatively impacting the global health population, causing the millions who have contracted the virus to suffer and unfortunately, lead to fatalities.

It causes a wide range of symptoms, inflicting patients with high body temperature, rashes, vomiting, muscle ache, dark urine, internal bleeding, and jaundice, a prominent yellowing that it causes on the skin. Ignoring a sign of dengue may cause irreversible damage. Dr. Morada shared that if you suspect that you have caught the disease, feel a fever, you might think that after a few days it might disappear. But, once you start coughing blood, it's over. Dengue causes the platelets of the patient to drop, inducing internal bleeding. Early detection through tests such as CBC Platelet Count or Dengue NSI, IgM, and IgG is crucial in preventing such complications.

Another important information about the virus is that it has 4 different variants. After recovering from one variant, if you are bitten by a mosquito carrying another variant, it is most likely that you can contract the virus again, and it may be more severe. Keeping Up With The Cases

For the school year 2024-2025, from Grade 7 to Grade 12, Dr. Elsie Magbanua provided the cases reported to the clinic; there are at least 16 cases of learners in CNHS that became ill with the virus, with no mortality recorded.

The school sends the data to the Cavite Epidemiologic Surveillance Unit (CESU) which will then be followed up to the learners' respective barangays where a misting can be requested. If there are 3 or more students that caught the virus, an immediate misting will be called to the City Hall.

There are 109 confirmed cases, 90 suspected, while an unfortunate two deaths recorded in Cavite City from October 1 to December 6, 2024, a total of 201 cases. These different cases are from various barangays with the highest coming from barangay 30 that reported 17 total cases.

What Can Caviteños Do?
In CNHS, advisors are instructed to inform learners about dengue awareness. The school implements the 4S Strategy: Seek and Destroy, Seek Early Consultation, Self Protection Measures and Say Yes to Fogging or Misting of the Department of Health (DOH). This strategy includes wearing protective clothing, personal examination, applying mosquito repellents to prevent life from being endangered.

Due to an outbreak that happens every three years, Dr. Morada said that, "Ang ginagawa namin na solusyon para sa schools din, bumuo kami ng task force, coordinated sa environment, sa emergency sa CDRRMO natin, sa government service office, bumuo kasi ng task force na pwede namin ma-implement."

During rainfalls and floods, the stagnant water left is the new habitat of mosquitoes. The solution is through cleaning and using larvicides to prevent the mosquitoes from growing. The DOH sends supplies of safe and government approved solutions that are utilized in mistings. Dr. Morada also clarified that mistings are not a way to permanently eliminate mosquitoes, but to repel them. Constant cleaning and misting is heavily advised to control the cases of dengue.

It is undeniable that the dangers of dengue in humanity are devastating. But through having conjoined effort and awareness in schools, barangays, and the government, we can reach the target of overcoming the fear imposed on us by a buzzing creature that can take away life in one bite.



RAINY SURPRISE. Aisley C. Lagramada, Grade 9 student walks across the Quadrangle, December 17. This is due to the sudden school suspension.

Photo by Chloe Mykhaella E. Flordeliz

Changing Climate: Factors that contribute to four consecutive PH typhoons

Iyanna E. Vanta | Assistant Science Editor

Last November, the Philippines was hit by three consecutive typhoons: Marce, Nika, and Ofel, and a Supertyphoon named Pepito within just 10 days. This unusual phenomenon showcased each of the four typhoons' strengths, which then caused tons of damage in some parts of the Philippines, especially the Bicol region, which experienced the most damage overall, according to Good Neighbor Philippines.

In spite of the unusual nature of this phenomenon, it is not impossible. Multiple factors, including La Nina, the location of the Philippines, and climate change, may have contributed to the Philippines experiencing this phenomenon in a short amount of time.

What is on with the Typhoon
On July 12 this year, the Department of Science and Technology - Philippine Atmospheric, Geophysical and Astronomical Services Administration (DOST-PAGASA) released a statement that it is expected that there is a 70% chance that the Philippines will experience La Nina.

One reason we experienced this unusual phenomenon is that since La Nina is expected by the end of the year, this only indicates that there is a high possibility that some parts of the country will experience above-normal rainfalls by the end of the year.

The location of the Philippines, on the other hand, has already been a big factor in why numerous rainfall and typhoons are experienced within the country. This is because, according to PAG-ASA, the Philippines is located in the western part of the

North Pacific Ocean, where tropical cyclones are usually formed in warm waters.

Although it is normal for some parts of the Philippines to experience heavy rainfall during the rainy season, one of the biggest contributors to this unusual occurrence is global warming, which causes climate change, according to the National Centre for Atmospheric Science (NCAS).

Based on the article from NCAS, global warming helps increase the warmth of the sea, which contributes to making a typhoon stronger than it is, which then makes it hazardous for the country, given that most typhoons develop at the sea, in the east of the Philippines.

Take Action, Avoid Destruction
Given that one of the main contributors to typhoons is global warming, we must take immediate action to prevent experiencing a much worse climate and to protect the country from continuously being damaged by these typhoons. Small steps such as adopting an eco-friendly lifestyle can be a great start to minimizing the effect of global warming.

Additionally, it will be helpful if communities and authorities will also contribute to encouraging other citizens to take action and create projects that will help them reach the same goal. With proper communication and execution, this will help protect the country from not only typhoons but also the other negative effects of global warming.

JeePS: Modernizing the Jeepney Expreince

Jhian J. Villanueva | Science Editor



Photo by Andrei Raphael M. Dela Cruz

INNOVATIVE SUCCESS.

Jhian J. Villanueva, Grade 10 student assembles his project called JeePS at CNHS Research Hub, December 16. Villanueva presented his project in a competition in Cyberjaya Malaysia where young aspiring researchers from all across Asia gathered to share their innovative research.

For decades, jeepneys have been a vibrant symbol of Filipino culture, its colorful designs and lively atmosphere weaving through the streets of the Philippines. But beneath its charm lies the struggles of jeepney drivers, who have been grappling with increasing maintenance costs and dwindling income. In a world that demands modernization, where does the jeepney fit?

Three young innovators from Cavite National High School sought to answer this question with their groundbreaking project, JeePS. Presented at the prestigious Science Castle Asia 2024 in Malaysia, JeePS is more than just a tech innovation—it's a lifeline for drivers and a leap forward for passengers.

A New Perspective on the Jeepney Experience

The inspiration behind JeePS stemmed from the Public Utility Vehicle Modernization Program (PUVMP), launched in 2017. While the initiative aimed to improve public transport, it came with hefty costs for jeepney drivers struggling to make ends meet. The team behind JeePS realized that the solution wasn't just about upgrading vehicles—it was about making them smarter and more sustainable. JeePS is an embedded system that

transforms the traditional jeepney experience. Using a single-board computer and a monitor, it serves a dual purpose: displaying advertisements to help drivers earn supplemental income and providing passengers with a GPS map for navigation. For those unfamiliar with the bustling streets of a particular city, this feature is a game-changer.

"Our goal was to bridge the gap between modernization and affordability," Jhian Villanueva, one of the student researchers explained. "We wanted to create something that wouldn't just benefit drivers but also make the commuting experience better for everyone."

Innovation with a Purpose

What sets JeePS apart isn't just its technical brilliance but its heart. The project addresses the real struggles of jeepney drivers, offering them a way to earn through advertising while improving the overall commuting experience. This dual benefit is what makes JeePS a potential game-changer for public transport in the Philippines.

But the team isn't stopping here. With the positive feedback from Science Castle Asia 2024, they are exploring ways to implement JeePS on a larger scale. Collaborations

with local transport organizations and community stakeholders are in the pipeline, with the hope of seeing JeePS in jeepneys across Cavite—and perhaps, one day, nationwide.

"Research like this shows how technology can solve real-world problems," said Research Adviser Jimmy M. Maquirang, who guided the team throughout their journey. "It's not just about innovation; it's about creating solutions that matter."

Riding Into the Future

JeePS is more than an innovation; it's a testament to the power of research and youth-led ingenuity. Addressing the economic struggles of jeepney drivers and enhancing the commuting experience for passengers paves the way for a smarter and more inclusive public transportation system.

As jeepneys continue to serve as the lifeblood of Filipino streets, JeePS stands as a beacon of progress. It bridges tradition and innovation, proving that solutions to today's challenges can emerge from the creativity and determination of tomorrow's leaders. With every ride, JeePS takes us closer to a future where technology serves not just a purpose but a person.

BLS: Teaching maroons Basic Life Skills

Travis L. Echegoyen | Contributor

The Saltybots Club carried out a program on the basics of life support in the Cavite National High School - JHS covered court with the guidance of the Philippine Red Cross on October 10.

According to Ma'am Jhing Rosga, club adviser of Saltybots, the number of students being administered in the school clinic increased in the school year 2023-2024.

"We have our nurse and doctors natin 'di ba sa Junior High school, then dito sa Senior high school since isang school lang tay, kailangan pa namin siyang dalhin sa Junior High," Rosga also stated, emphasizing that there might not be immediate attention to students in Senior High School.

Basic life SIGNIFICANCE

The BLS training aims to provide students with fundamental knowledge, skills, and the right mindset to confidently carry out basic life support techniques that can save lives. Basic life training can help in cases like difficulty breathing, asthma, and other basic medical cases that require immediate and first-hand attention.

In sudden medical emergencies, bystanders do not know how to respond due to their lack of knowledge

regarding this matter. Moreover, it can cause quite a scare to others, thinking that they might harm the patient. By having knowledge beforehand, they can administer or know how to properly handle the basic needs of medical cases when no medical professionals are not available.

The training offers to teach the skills in performing CPR which is a critical skill that is important in first aid that can help ensure a constant supply of blood circulation in case of cardiac arrest or other related emergencies. Blood in the human body contains oxygen that can only sustain life for a few minutes, and once the circulation of blood stops, it can be fatal to those in need of medical help.

Emergencies like these strike without warning, that is why knowing basic life support is important in ensuring an individual and those around them a sense of safety.

Benefits to the Caviteñan

The BLS training helps students in performing proper first aid in the midst of emergencies and in need of immediate attention. It enables the individual to help in crisis with their knowledge about BLS and reduce the casualties caused by lack of immediate attention.

It is important to learn the value of our life as well as our loved ones. When faced with life-threatening emergencies, we will do the best that we can to help them with what we know.



FELINES WANDERERS. Eric Santos, a meat vendor, sells to a customer with a cat beside him in Cavite City Public Market, December 16. The cat keeps on visiting the store since he was a kitten and was named Jimbo.

Photo by Khelsie Amber R. Crisostomo

The Blue "Battle": Keeping Strays Away

Gillian Persia T. Suarez | Contributor

The abundance of stray animals has been normalized in the Philippines, allowing authorities to neglect animal control on the streets and consequently leaving residents to handle the health hazards on their own. Property damages and animal waste from stray animals lead citizens to invent unconventional methods to ward off animals that are a hindrance to the community.

Residents recently started placing "blue bottles," or bottles filled with water mixed with blue detergent, which they believe is capable of scaring away stray animals. While this practice is spreading among Filipinos, there is still no scientific evidence to support the effectiveness of the so-called "blue bottles."

Beliefs Surrounding "Blue Bottles"

Using blue bottles to drive away stray cats and dogs is believed to originate from other countries, particularly in Japan. Nekoyoke, or "scare-cats," are plain water bottles placed outside of homes and are believed to prevent cats from staying near the vicinity of the bottle. Civilians suppose that the light refracted from the bottle confuses the animals. It is also a standing belief that the color blue from the bottle scares away the stray, motivating the

citizens to add the signature color of the bottles.

Debunking the Urban Myth

There are currently no significant studies proving the validity of blue bottles against stray animals, and the beliefs today are only encouraged by inconsistent results and hearsay. Current experts claim that the ideas surrounding blue bottles are not based on existing scientific facts, while others claim that the color may even go so far as to give a calming effect to animals. Common stray animals like cats and dogs rely more on their sense of smell, not sight. Claiming that animals are scared of water bottles contradicts facts, as saying that animals are scared of the color blue would mean that they would be afraid of the sky or the ocean or that they would avoid markets that sell water bottles. Nonetheless, this myth continues to be practiced in the country. While there is no harm in using plastic bottles, relying too much on such beliefs rather than practicing proven methods to expel stray dogs might bring more trouble than the problem initially intended to be fixed by the blue bottles.

SCIENCE EDITORIAL

Artificial Intelligence (AI) tools like ChatGPT and Gemini are revolutionizing classrooms, offering students powerful new resources—but at what cost? While they promise to enhance learning, they also risk damaging critical skills, academic integrity, and the essence of education itself.

The unchecked use of AI by students for academic tasks threatens the core purpose of education: learning. By bypassing the struggle and effort necessary to master skills, students risk trading genuine understanding for convenience. For example, relying on AI to solve math problems without grasping the underlying processes could leave students unprepared to apply those skills in real-world situations.

Cavite National High School's principal, Mr. Randie L. Salonga, warned that "hindi ma-e-exercise ang kanilang mga thoughts" when students over-rely on AI. Without engaging their cognitive skills, students may struggle to become independent thinkers and face difficulties when creativity or problem-solving is required.

AI is not inherently harmful; in fact, it offers extraordinary opportunities to enhance learning. However, its current misuse reveals a gap in how students are taught to approach technology responsibly. Rather than serving as a tool to support learning, AI is increasingly being used as a shortcut, diminishing students' ability to think critically and solve problems independently.

The overuse of AI by students highlights the urgent need for a cultural shift in how technology is viewed in education. Rather than seeing AI as an easy escape from effort, students must learn to engage with it as a tool that complements their learning journey. This requires a deeper understanding of both its capabilities and limitations, fostering a mindset where technology supports growth rather than hinders it.

"Dadating ang araw na talaga welcome na ang AI sa pagtuturo at pagkatuto ng mga bata," said Salonga. He added that just a few years ago, teachers were discouraged from using new technologies like PowerPoint presentations and were instead expected to handwrite all lectures and activities. This approach quickly became outdated, and the school eventually embraced new technological advancements to make the learning and teaching process more efficient.

Salonga emphasized that it would be invaluable if the Department of Education (DepEd) soon released clear guidelines on acceptable AI use in schoolwork. This could mitigate the risks of over-reliance on AI, protecting students' critical thinking and independence. Clear regulations would ensure that AI is used responsibly, promoting its benefits while maintaining the integrity of education.

AI tools, when used appropriately, have the potential to transform education by providing personalized learning experiences, aiding students with disabilities, and streamlining repetitive tasks. However, their unregulated use may hinder core educational goals, such as critical thinking and independence. Striking a balance between leveraging AI's potential and mitigating its risks is essential to fostering meaningful learning.

Ultimately, the solution lies in empowering students to use AI responsibly. Students must learn to view AI as a supplement to their efforts, not a replacement. The goal is not to reject AI but to integrate it in ways that enhance, rather than diminish, their learning and critical thinking skills.

Double-Edged Blade





SAME WAVELENGTH

Charred Dominoes

Iyanna Rakizah E. Vanta

Last July 14, at approximately 3:00 p.m., the residents of Badjao, Dalahican, Cavite City, witnessed their lives reduced to embers. A massive fire tore through Barangays 5 and 7, obliterating homes and belongings, leaving 933 families—over 3,300 individuals—without shelter. What was once a bustling coastal community was transformed into a tableau of charred remains, a reminder of such vulnerability and neglect—reducing precious lives on a whim, as fast as cooking seared salmon.

The destruction was swift and merciless, supported by the very fabric of the community. Houses built from light materials stood little chance against the ferocity of the flames. The tightly packed layout of homes acted as a conduit, fueling the fire's voracious spread. While authorities have yet to determine the cause, these structural weaknesses, combined with the community's socio-economic struggles, underscored a deeper, systemic fragility.

As the fire raged, billowing plumes of black smoke filled the sky—a grim spectacle visible from miles away.

This smoke, thick with harmful pollutants, was a harbinger of environmental repercussions. Burning materials emitted toxic gases, a direct assault on air quality and a contribution to the worsening air pollution in the area. While the immediate destruction was visible, the long-term environmental damage lay in the residue—a silent threat poised to disrupt both land and sea. Like a row of dominoes set in motion, the fire's impact cascaded outward: the destruction of homes triggered displacement, which in turn amplified socio-economic struggles, while the resulting pollution further endangered both the environment and public health.

Badjao, a coastal area, faces a dual dilemma. Not

only are its residents troubled with displacement and loss, but its waters risk contamination from the ashes and remnants of the fire. These residues, potentially carrying harmful toxins, can infiltrate marine ecosystems, jeopardizing aquatic life. The fire's aftermath highlights the interconnectedness of human tragedy and environmental consequence—a cycle where one feeds into the other, deepening the crisis. However, a differing perspective comes from Dr. Jerome R. Morada, OIC of the Cavite City Health Office. In an interview, Dr. Morada asserted that the ashes from the fire posed minimal threat to the coastal waters. "Ash is a carbon... which is kinakain nga ng hayop 'yon eh, safe 'yon. Walang bacteria ang ash... walang nabubuong bacteria sa ash," he stated. According to Dr. Morada, the area's pollution predates the fire and stems from other sources, including human activity and waste mismanagement.

Indeed, the DENR and DOH had already classified Badjao's waters as polluted, attributing the condition to the lack of discipline among residents. Microbes from decaying materials and human waste have long plagued the coastal ecosystem, exacerbating the area's ecological degradation. The fire, while devastating in its immediate impact, is but a symptom of a much larger issue—a decades-old struggle with pollution rooted in systemic neglect and insufficient resources.

The Local Government Unit (LGU) continues to grapple with finding sustainable solutions to Badjao's environmental woes. Dr. Morada lamented the city's limited capacity to address these challenges, citing its small size as a constraint. Yet, this explanation does little to comfort a community that faces mounting health and ecological risks. The metaphorical fire has been burning long before July 14—not one fueled by flames, but by neglect, apathy, and a lack of solid action.

This incident should serve as both a wake-up call and an opportunity for systemic change. The fire in Badjao was not just a physical blaze; it was a searing reminder of the precarious balance between human habitation and environmental stewardship. Just as unchecked flames can devour a community, unaddressed neglect will continue to erode the very fabric of coastal life. Like dominoes, each failure—whether in infrastructure, environmental policy, or social support—knocks into the next, compounding the crisis. The residents of Badjao need more than temporary shelters—they need a vision for a sustainable future where both land and sea can thrive.



BRAIN JUICE

Convenience Cost

Marylou Trexie Remalla

At the present moment, the development of technology has enabled the creation of online banks that offer the services of the traditional ones that, rather than requiring individuals' presence when managing their finances, can be easily accessed through their devices. The comfort that online banks offer comes with a significant price. Due to the constant battle against cybercriminals who seek to obtain billions of dollars of cash and sensitive data from users.

We've just recently heard about the GCash incident that has made millions of users lose their trust. As we become dependent, the more vulnerable we become. As the masses rely on banks to keep their financial well-being away from cyber threats and glitches that disrupt services, banks are under immense pressure to be advanced to combat cybercriminals. With the rising concerns of Filipinos, the question is: Can banks keep up?

Online banking, also called the digital banking sector, uses extensive systems to provide personalized customer services, boost risk management, and detect fraud. It relies on encryption and algorithms to ensure secure banking transactions. Advanced technologies used by online banks offer an efficient and trustworthy experience for clients. However, as these systems advance, so do the complex methods that cybercriminals use to access the needed information to hack. There are security systems that are utilized to keep customer information unreadable to anyone who accesses it. Yet, there are no programs that are foolproof.

Encryption is an effective instrument, however it is not invulnerable. Cybercriminals may use different attack methods to bypass these systems. Glitches are also unpreventable; the recent GCash incident was reported by a few of their users who noticed an unauthorized deduction on their balances, which they responded to as a system error. On November 11, 2024, the National Privacy Commission (NPC) received a message from GCash that no data leakage occurred. GCash, a widely used digital banking system, was exposed to a critical flaw and is currently being investigated by the Bangko Sentral ng Pilipinas (BSP). The deputy governor of the central bank mentioned that finding the root of the incident is very important as payments are built on trust; if there is no trust from the users, no transaction will happen.

For us users, this shatters the trust we've put in these platforms where we consent to our information being stored in their system. It might not happen to us, but this leads to skepticism among netizens about trusting

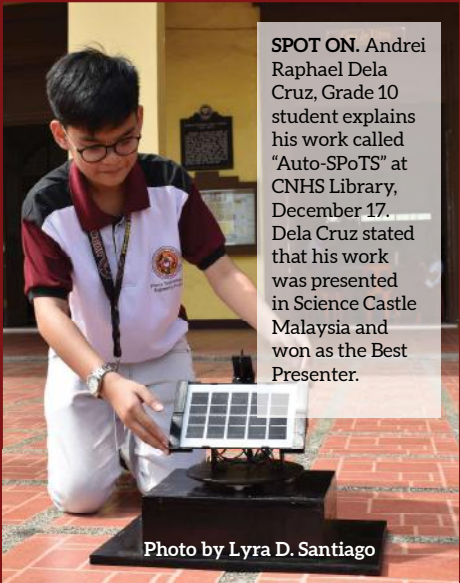
online banking. Researchers have also mentioned that individuals tend to underestimate the downsides that come with opening an online financial account. With this, people have a tendency called "trust bias" that makes them utilize weak passwords when signing up or reusing the same one throughout online platforms, which makes them vulnerable to cybercrimes that include hacking.

To further improve security, online platforms have introduced the option of biometric bypasses to ensure verification through fingerprints, facial recognition, or voice identification as an alternative to passwords, making it difficult for cybercriminals to access through. Regulations have been implemented by the law, such as the Data Privacy Act of 2012 (DPA), which plays a crucial role in changing the game against cybercrimes. As they allow banks to deliver transparency and be held accountable once suspicious activities are detected.

As we proceed to trust online banking, the change is also within us. We must be aware of and utilize our platforms to expand user education and lean towards a less biased stand. By understanding the risks of online banks, we can make improved choices about our financial status. As banks continuously evolve to outrun the tactics that cybercriminals use, we must do our part to protect the data we give away. By committing to safety, we can guarantee that online banking continues to be a dependable and harmless option.

Auto Spots: A New Era in Solar Power - Small Panels, Big Change

Maria Jessa Miel G. Jeciel | Contributor



SPOT ON. Andrei Raphael De la Cruz, Grade 10 student explains his work called "Auto-SPoTS" at CNHS Library, December 17. De la Cruz stated that his work was presented in Science Castle Malaysia and won as the Best Presenter.

Photo by Lyra D. Santiago

At a time when many communities in the Philippines still struggle with limited access to electricity, the development of Auto Spots brings hope for a brighter, more sustainable future. This innovative solar panel prototype is designed to improve upon traditional solar technology by maximizing energy output through smart tracking and efficient use of space. But what makes Auto Spots stand out among the growing field of renewable energy innovations?

The driving force behind Auto Spots was the need to address the energy struggles faced by many households in the Philippines. The creator of the project, Andrei Raphael De la Cruz, a Grade 10 Science, Technology, and Engineering (STE) student, noticed the lack of accessible electricity in rural areas and sought to create a solution that could help those in need. "I wanted to create a solution for those who have limited access to electricity," he shared. The result is a solar panel system that harnesses the sun's power more effectively, offering a practical alternative to conventional solutions.

A Smarter Solar Panel

Auto Spots is designed to automatically adjust its position to follow the sun throughout the day, maximizing energy absorption. By utilizing sensors and motors, the panel's angle shifts to maintain optimal sunlight exposure, something traditional solar panels cannot do. This innovation could drastically improve energy capture in areas with inconsistent sunlight, ensuring better performance regardless of time of day or weather conditions.

What sets Auto Spots apart is not only its tracking technology but also its compact size. Unlike larger solar tracking systems, which can be bulky and expensive, this prototype is small and affordable, making it ideal for homeowners, small businesses, and even e-bikes. Auto Spots offers a practical solution for people with

limited space who still want to benefit from renewable energy.

The development of Auto Spots was far from easy. Like many ambitious projects, De la Cruz faced several setbacks during the design and testing phases. From design errors to technical difficulties, the process was filled with trial and error. "I encountered a lot of challenges, but through trial and error, I was able to get the design right," he explained. Despite the hurdles, the result is a fully functional solar panel system that meets its intended goals.

Small But Mighty

Testing the prototype was a crucial part of the project's development. De la Cruz worked closely with engineers to experiment with various variables, including control and experimental elements. By refining the design through hands-on experimentation, they were able to improve the system's efficiency and ensure it met performance standards. The process was both challenging and rewarding, contributing to the creation of a reliable solar panel system.

One of the key benefits of Auto Spots is its ability to increase the efficiency of solar energy collection. By tracking the sun, the system can capture more energy than traditional fixed panels. This added efficiency makes it especially useful for remote areas where access to power is limited. With its ability to adapt to changing sunlight conditions, Auto Spots offers a sustainable energy solution for households and

communities in need.

While Auto Spots was initially designed to help people in rural areas with no access to electricity, its potential applications extend beyond just those communities. The solar panels could also be used in areas where solar energy is already utilized but could benefit from greater efficiency. In addition, the system could power smaller devices like e-bikes, which are becoming increasingly popular in local communities. This versatility makes Auto Spots a valuable asset for various types of energy users.

Feedback and Future Improvements

Since the prototype's launch, De la Cruz has received a mix of positive feedback and suggestions for improvement. One recurring piece of advice is to improve the solar tracker's efficiency. "I'm planning to add more solar panels to a single unit to boost its energy collection without changing the overall system," De la Cruz explained. These improvements will further enhance the solar panel's functionality and make it even more effective at providing sustainable energy.

Auto Spots has the potential to revolutionize how solar energy is used in the Philippines. With many areas still struggling to meet basic energy needs, this innovative system can help bridge the gap. By making solar power more efficient and affordable, Auto Spots offers a practical solution that can benefit countless families, small businesses, and communities.

The impact of Auto Spots goes beyond just providing electricity. It represents a step toward greater energy independence and sustainability for households in remote areas. With its compact design, efficiency, and adaptability, Auto Spots has the potential to change the way we think about solar power. By addressing the energy needs of underserved communities, it could help reduce reliance on non-renewable energy sources and contribute to a more sustainable future for all.

Adapting and Improving

As De la Cruz continues to refine and improve the design, the future of Auto Spots looks promising. There are plans to scale up the system and increase its capacity, making it an even more powerful tool for renewable energy. With more research and development, Auto Spots could become a leading solution for sustainable energy in the Philippines and beyond.

With its innovative design and focus on efficiency, Auto Spots is poised to make a significant impact in the renewable energy sector. Whether it's helping rural communities gain access to electricity or improving energy efficiency for those already using solar panels, Auto Spots offers a promising solution. As technology continues to evolve, projects like Auto Spots show that innovation is key to addressing the energy challenges of the future.



Never Ending Burden

A nation like the Philippines takes the utmost pride in its identity, even more so when it is shown on the international stage. This is evident when the country's top athletes like Manny Pacquiao or the Gilas Pilipinas reach international events to represent the Philippines. However, no stage will ever be bigger than the Olympics, and to qualify for the prestigious event is the biggest honor an athlete could attain, where Filipinos will always be filled with pride seeing a reflection of the Filipino spirit—resilience, diligence, grit, and determination—shining in the Olympics. However, the road to the grand stage is filled with challenges, not only because of the training that takes a toll on the body and mind but also the struggle for access to proper resources and support.

SPORTS EDITORIAL



LEFT FIELDER Breaking the Stereotype

Kirsten Tiffany R. Trias

In the world of sports, student-athletes often face the stigma of being 'mahina at pasaway sa klase'. Recently, the controversial brawl involving basketball player John Amores further fueled these stereotypes where emotions ran high, overshadowing the values of sportsmanship and discipline. But, is it really fair to generalize all student-athletes this way?

In my perspective, many student-athletes work tirelessly to balance their commitments, excelling in both academics and athletics. While some athletes may fit the stereotype of being disruptive or struggling academically, it is important to recognize that not all of them are like that. The stereotype unfairly undermines the hard work of those who excel in both areas. So for me, it is not fair to generalize all student-athletes with this stereotype.

For instance, Cavite National High School Basketball player, Kiel Calderon, is a good example for this issue. He has been an athlete and a journalist for years. Despite having numerous difficulties, he still excels academically. His achievements reflect the power of discipline, hard work, and effective time management, showing that it is possible to excel in both academics and athletics when one is dedicated and focused. Alongside this, many other athletes excel in both aspects.

As representatives of their schools, student-athletes are expected to uphold values of sportsmanship, respect, and integrity. These qualities should not be confined to their games but should extend to their academic pursuits and behavior in the classroom. By doing so, they can challenge the notion that excelling in sports comes at the expense of academic success or proper conduct. The pressure to perform in both areas is immense, but it is also an opportunity for athletes to rise above the stigma and redefine what it means to be a student-athlete.

With that, rather than reinforcing harmful stereotypes, we should celebrate the achievements of student-athletes who balance academics and athletics. By providing the necessary support and highlighting their successes, we can break the stigma and encourage a more positive environment where student-athletes can excel in all areas of their lives. In addition, student-athletes should also exert an effort to commit to both aspects.

Filipino athletes persevere not only against competitors but against a system that fails its champions. As the potential and talent of Filipinos radiate in the Olympics, an issue that has burdened them gleams alongside it, underfunding. Filipino athletes are underfunded and lack necessary aid. This absurdity was highlighted in an embarrassing display when it was revealed that even uniforms cannot be provided sufficiently.

An athlete's uniform is more than just a piece of fabric, it is a symbol of their identity, their hard work, and the country they represent honorably. When an athlete competes with subpar attire—or worse, uniforms they sourced at their own expense, sends a message of indifference not just to the athletes but also to the world. It shows a shameful exhibit that damages the athletes' morale and the country's reputation. The problem is not just aesthetics. Performance depends on well-designed uniforms. Sweat-wicking textiles, aerodynamic designs, and lightweight materials all improve an athlete's comfort and performance during a competition. Refusing them access to these necessities is equivalent to putting up pointless roadblocks on an athlete's road to triumph.

Although not new nor an isolated case due to other instances of Olympians voicing out their complaints, this issue was shown to light when Filipina Golfer Dottie Ardina, who competed in the recent Paris Olympics, posted on Facebook about her experience. She revealed that she and co-Olympian Bianca Pagdanganan were not provided with proper uniforms to wear while competing in the Olympics, having to resort to buying their own shirts and taping the Philippine flag as a makeshift uniform. However, the concerning part is that the lack of proper uniforms is only the tip of the iceberg. Inadequate training facilities and insufficient allowances are the chronic problems of the underfunding of sports development. The chronic underfunding of Philippine sports development is a great display; to reiterate, the system fails those who represent the country and gives it glory.

Unlike countries like the United States or China which allocate significant amounts of financial aid for their Olympic delegates, funding for sports often takes a backseat in the Philippines and such mindset should be forgo and changed. Investing in sports is about more than just bagging medals; it's about encouraging young people, building national pride, and improving the nation's reputation abroad. A country that disregards its athletes misses out on the opportunity to inspire and come together through their accomplishments. Hence, officials should be accountable for ensuring that athletes receive every necessity that they require.

Partnerships with private sectors could also be a game-changer. Uniforms and equipment could be sponsored by corporations keen to link their names to patriotism and a sense of national pride. Due to companies having more freedom and larger access to funds, partnerships like these have worked well in other countries and have the potential to reduce government agencies' financial burdens while promoting a culture of excellence.

Lastly, the Filipino people too can play a vital role for the country's athletes. The voice of a single countryman may be insignificant but the clamoring voices of an entire nation is a powerful tool that can deliver a powerful message. Filipinos have cheered and celebrated the triumphs of their athletes, it is now time to stand with them in their struggles and demand that athletes get the resources and respect they deserve.

The pride spirit of a Filipino is a force to be reckoned with, and every athlete has the potential to bring glory to the country. Filipino Olympians have consistently proven their capability to compete at the highest levels despite adversity. Imagine what they could achieve with the full backing of a nation that truly values their efforts. They are not just mere athletes, but heroes and legends who wave the country's flag, carrying the pride of the nation and are cemented in the Philippines' rich and colorful history. Therefore it is time to give them the support they need, fully and unconditionally.



BENCH WARMER Pushing through Roadblocks

Denisha Ayrl J. Mojica

Driving along a narrow road, a girl finds herself closer and closer to her destination. However, when she finally reaches the final stretch, she is blocked by a roadblock. She tries her best to move past it, but it does not budge, continuing to obstruct her path. Similarly, the government not sponsoring international competitions creates a roadblock, obstructing an athlete's path in their dream and journey to success. The government should loosen its hold on the budget for international competitions. This financial restraint creates barriers that are difficult to overcome, limiting the possibilities for growth and achievement. Will the girl be able to continue her journey to success and reach her destination?

To me, sports were always something to boast in the City of Cavite. The people take pride in every win, no matter how small, for it signifies their efforts. Although, those who take pride in their place may be perceived as arrogant. Undeniably, it is the talent of the city's athletes who deserve to have the opportunity to perform in international events like the Olympics and the Asian Games. Without sponsorship, however, these athletes may face huge challenges representing their skills on the global stage. Hence, the reason why I believe that the government should effectively empower these athletes, provide them with opportunities, and also represent their city and nation.

I interviewed one of the athletes who was qualified for the Asian Games and she stated that she couldn't compete because of the lack of budget. Moreover, it is not sponsored by the government yet. Therefore, if she wants to compete in the Asian Games, the budget for it will come from private means. But what if she can't afford it? Even the Philippine Sports Commission (PSC) says that the government needs to balance sports funding. During the Philippine Sportswriters Association Forum, PSC Chairman Richard Bachmann clarified that the funding of basketball—the country's favorite sport—primarily comes from private corporations rather than the government. Budget has been a long-term problem in the sports industry. Yet, it is still not resolved.

The lack of governmental funds for international sports competitions makes the life of an athlete challenging. Though governments are involved in this matter as they should be, they must work in concert with private companies to effectively support athletes. A combined approach would create a more stable and varied funding system, allowing athletes to break through financial barriers and go after their dreams. If both the public and private sectors collaborate, it could provide athletes the resources they need to succeed on the global stage.

I believe that even though government support for international competitions is important, it should not be the sole source of funding. Private corporations and other external sources have played a huge role in the success of sports in the Philippines, especially in basketball, as they offer resources and flexibility that the government cannot always provide. Entire dependence on the government could result in limited growth in terms of the development of long-term and sustainable support for athletes. Therefore, the funding should be divided, with public and private sectors pooling together to come up with more opportunities. We reduce the risks of too much dependency on the budget set up by the government because budgets for any particular year could drastically change in the next. In my opinion, the best support program for athletes comes through a balanced approach, ensuring support strategies that would guarantee their success.

It seems to me that the collaboration of the government with private companies—where both parties contribute to a shared fund to support athletes in international competitions—is one possible solution, where it would distribute the cost burden and make it easier for more people to contribute towards athletes' costs. Another would be the setting up of an athlete-in-need fund wherein companies and individuals can directly contribute towards their competition costs. These solutions may make all the difference; providing young athletes with a supportive environment that will enable them to not only compete but to do so proudly and reach their personal goals.

Sports feature

UNVEILING THE POWER: Wushu debuts in DAM, sparks excitement and interests among athletes

Kiel Issachar Z. Calderon | Managing Editor

A sense of excitement rippled through the crowd during this year's division athletic meet competition as wushu, a sport deeply rooted in Chinese martial arts, made its debut. Its introduction marks a significant moment for sports development in our city, showcasing how diverse disciplines can inspire athletes and audiences alike.

Wushu, which translates to "martial arts" in Chinese, is a sport that is not only about fighting but a demonstration of discipline, creativity, and athleticism. It contains two categories, the taolu (forms) and sanda (sparring). Taolu involves performing choreographed routines that display fluid movements and stances, and sanda, the one implemented in the athletic meet, is a combat sport that includes striking and grappling down opponents. Many local spectators who watched the game competition found this to be their first time encountering wushu. Its appeal lies in its combination of grace and power, which sets it apart from more familiar sports. As athletes performed extreme actions and strategic movements, the audience was left in awe of wushu's visuals as the intensity of the match hypes the crowd.

The coach of Cavite National High

School, Mr. Donne Glenn Guerrero, said that it was really a sight to see as a coach to witness his players participate and achieve victory in this competition. Moreover, he expressed happiness that it created a large interest in those who've watched the game, asking him how to participate in this type of sport. "Yung response ng mga student, ng mga junior high at senior high, na nakapanood, nagtatanong kung paano sumali. Syempre tinanong magkano po ang gagastusin, magkano po ang training fee. Actually, libre ang training fee since bago yung sport sa school natin, sa division, walang pondo, walang gamit, kaya nanghihiram lang kami ng mga gamit.", he said. "Hoping na mayroong magsponsor para sa aming mga fighters", he added.

The sport's inclusion in this year's division meet competition has drawn attention to its potential to nurture well-rounded athletes. Unlike more conventional sports, wushu emphasizes mental focus as much as physical prowess, fostering a balance of mind and body.

One of the city's coaches, practitioner, and organizer for the athletic contest, Mr. Kots Rednax, stated that adding wushu provided a great opportunity for them to capture the attention of the sports as well

as the chance to expose players in actual battles.

"Lahat ng tinuro ko, hindi nila magawa, kasi iba talaga ang pressure pag nandito ka na sa laban.", Coach Rednax said as the exposure and experience for the sport is still lacking because it was just introduced this year. "Kailangan talaga nila 'yan ma-expose, makakasabay talaga 'yan sila sa RAAM (Regional Athletics Association Meet).", he added.

The successful debut of Wushu at the division meet has set the stage for its growth in the region. With more exposure and support, local athletes could eventually represent the city in national and international wushu competitions. As the competition concluded, the impact of Wushu's debut was clear. Athletes were inspired, spectators were entertained, and the local sporting community was intrigued by this new addition.

Wushu's arrival in our locality marks not just the introduction of a sport but the beginning of a movement. It is a testament to the power of sports to unite, inspire, and push boundaries. In the years to come, wushu will undoubtedly play a significant role in shaping the future of local athletics.



SUPER KICK. Jarrel Aaron Custodio hits his opponent with all his might at CNHS Covered Court, November 26. Custodio won first place in the Division Athletics Meet 2025 - Wushu Sanda.

Photo by Chloe Mykhaella E. Flordeliz



DIAMOND KINGS AGAIN

Cavite High Baseball snaps two-year losing streak; clinches RAAM birth after two seasons, 2-1

Maxine Meryl O. Camagong | Contributor



BATTER UP. CNHS baseball team waits for the pitch at Montano Hall field, November 26. The Maroon Batters won the championship against Sangley Point National High School Gray Wolves during the Division Athletics Meet 2025.

Photo by Chloe Mykhaella E. Flordeliz

The baseball crown has returned to Cavite National High School once more as they prevail over former champions Sangley Point National High School after two consecutive years of heartbreaking losses.

Held from November 25 to 27, the City Meet portrayed a nail-biting series of baseball matches between the two division rivals, a thriller event held at the Montano Oval Field in Cavite City.

The bitter rivalry between these two schools has provided the city with historic matches and this year was no exception by living up to the hype for everyone involved.

In the first game, it looked like the results would be the same as last year as Cavite High went down with a 10-1 deficit in the first four innings of the match.

However, the Maroons came up from the trenches and surprised everyone with a 12-2 run in the late innings, with fantastic base running from their hitters to secure much-needed points.

The first day had been a nail-biter for the two teams, but Cavite High's intensity was too much as they took the first game of the series with a 13-12 win that caught Sangley Point off guard.

Come the second game, Cavite High hoped that the momentum they built from the previous day would carry and finally get the sweep.

However, Sangley wagged the finger as they demolished them in a 0-4 shutout game as their terrific

pitching stranded the Maroons' offense to extend the series into a third game.

In the do-or-die game, the two teams traded blows and refused to back down from each other, with Sangley scoring multiple runs per inning in hopes of burying CNHS in their scoring surge.

Cavite High, on the other hand, matched their pace and answered every single run scored by Sangley with a run of their own, fueled by the thoughts of not being swept like they were in the previous year.

In the end, the Maroon sluggers proved to be too ferocious for the batters from Sangley, going the distance in the ninth inning and finishing the game with a 20-19 victory to take the gentleman's sweep.

It was clear throughout the game who the superstar would be, and player No. 8 from CNHS clearly proved himself by hitting bombs and providing pick-off plays, showing up when it really mattered.

His ability to lead the desperate team and display astonishing skill throughout the three games was recognized when he was honored as the series' Most Valuable Player.

This City meet will go down in history as one full of dramatic moments, all culminating in CNHS being crowned champions of the baseball tournament and thus having the honor of representing the City of Cavite in the upcoming Regional Athletics Meet.

Cavite NHS Paddlers dominate table tennis; grabs 4 golds, 2 silvers

Kirsten Tiffany R. Trias | Assistant Sports Editor

The CNHS Badminton Team took over the court as they grabbed a total of 4 gold medals and 2 silver medals at the Division Athletic Meet (DAM) 2024 Badminton Round Robin Tournament held at Montano Hall Gymnasium on November 27.

In Boys' Singles B, Derek Swing clinched a gold medal as he delivered an outstanding performance with a 3-0 record. Swing's victories included commanding wins against Saint St. Joseph College (31-25), SSCR (31-21), and SPNHS (31-21), demonstrating his consistency and ability under pressure.

Derek Swing admitted that it was a little bit hard for him to win the match in the post-match interview.

"Ang naging advantage ko for me is yung experience ko last year and also skills. Naging pahirap sa'kin 'yong rally sa game kasi wala akong stamina and also iyong bola dahil hindi ko masyadong ma-control," Derek said.

In the Boys' Singles A, Kian Giro Portacio led the charge for CNHS, securing a perfect

3-0 record and earning the gold medal. Portacio's victories included commanding wins against St. Joseph (31-5), SSCR (31-30), and SPNHS (31-9).

Meanwhile, Jenny Muncal, competing in the Girls' Singles A, finished the tournament with a 1-2 record, earning the bronze medal. Muncal secured a strong win against SJC (31-12) but faced tougher competition in her matches against SSCR (14-31) and SPNHS (10-31).

Ella Santiago was another standout, securing the gold medal in the Girls' Singles B with an undefeated 3-0 standing. Santiago's victories included a dominant 31-8 win over St. Joseph College, a 31-19 win over SSCR, and a 31-11 triumph over SPNHS, showcasing her ability to dominate her opponents from start to finish.

In the Boys' Doubles, Chris Gio Villanueva and Aenjello Castillo proved to be an unstoppable pair, finishing 3-0 and clinching the gold medal. They breezed through their matches with commanding victories,

including a 31-9 win over St. Joseph, a 31-25 win over SSCR, and a dominant 31-6 win over SPNHS.

Consequently, the Girls' Doubles team of Zatheia Camerino and Kristianne Gin Portacio fought hard throughout the tournament but ended with a 1-2 record, earning the bronze medal. The duo played valiantly, defeating St. Joseph (31-26) but falling short in their matches against SSCR (20-31) and SPNHS (24-31).

As the team looks ahead, their coach, Alyssa Calmerin, shared how they are going to prepare for their next competition.

"More training and building the relationship of each individual on our team will help us achieve more." Coach Calmerin said.

With this win in DAM 2024, they are now preparing for the upcoming Regional Athletic Association Meet 2025.



SMASH FOR GOLD. Derek Swing smashes the ball to his opponent in Montano Hall Gymnasium, November 27. Swing clinched a gold medal during the Division Athletics Meet

Photo by Khiane Danielle C. Mangalindan

Maroon BOCCE team shackles 1 gold, 1 silver, 2 bronze medals

John Matthew M. Cajilis | Contributor

Cavite National High School's Special Needs Education bocce doubles representative rolls past over in bocce in a close sequence held at Ladislao Diwa Elementary School on November 25-26.

Joming Velasco and Cherene Mae Edralyn of CNHS garnered a gold medal for their combined effort in the doubles category to barely overcome other schools in a three-way tie with a 1-1 standing.

Their last game was a close call for the duo as they needed at least 6 points in their match against Julian Felipe Elementary School to snatch the first place via the point system for the tie-breaker.

Velasco is one of the main cards of CNHS in bocce but was seen struggling as the opponents from JFES overcame the early 6-0 lead of the Maroons.

"Babawi po kasi hindi masyadong maganda yung nagawa ko po sa laban," Velasco in frustration after causing faults in his gameplay against JFES.

"Bawal kami mag-coach during the game so sila 'yon, sila talaga 'yon," said Joann Obias, the coach of Cavite National High School bocce team, as she gives credit to her trainees after being asked what she did to make her doubles team stand in the golden podium.

In this year's rule, coaches are not allowed to give tips and directions to their athletes while the match is ongoing, and the game plan is based on the athlete's decision.

In another category, Eron Valera garners bronze in the bocce boys singles after losing against Prince Cruz and Carl Salvador while Miracle Melo grabs silver in bocce girls singles just behind Princess Angel Esportuno.

Furthermore, for the team category, Team CNHS sinks to bronze after a dominant run by JFES and LDES representatives.

Overall, CNHS bocce representatives garnered a total of 1 gold, 1 silver, and 2 bronze in the Division Athletic Meet

In preparation for the much-awaited Regional Athletics Association Meet, which will be held in Rizal next year, four selections were made from the three schools that participated in the event which will all be coached in a joint effort by Esther Jean Zurita of Ladislao Diwa Elementary School and Jhonaira Shanen Ramos of Julian Felipe Elementary School.

One of the selectees is Cherene Mae Edralyn of Cavite National High School, who won a gold medal in the doubles category.



Photo by Castiel Audric V. Avila

ROLLING BALL. Joming Velasco, SNED student rolls the green ball in Ladislao Diwa Elementary School BOCCE Field, November 27. Velasco together with Edralin won the last game against Julian Felipe Elementary School during the Division Athletics Meet 2025 - BOCCCE.

Valmoria thrones open weight category in Wushu

Robin Ace A. Salas | Sports Editor

Raizza Jean Valmoria (Red) hailed triumphant after dominating the Wushu Sanda Girls Finals (16-18 y.o.) 48-kilogram category in Group A against Jasmin Lee Salondro (Blue) of Sangley Point National High School on November 26, afternoon.

Valmoria sealed and added another gold medal for Cavite High's shining collection of medals with her stunning victory at her match that was held at the covered court of Cavite National High School - Junior High School.

She dished out an agile performance after minutes of presenting stances, armed with inspired momentum, she also won an Open Weight (Girls) match against Christine Joy Forte.

Meanwhile, in the Boys (13-15 y.o.) 48 kg Group B category, Jarrel Aaron Costudio clinched the title of first place after an intense crossover match against Neil Dion Pastrana.

Costudio's remarkable journey to victory included a dominant performance against Renzo Corum too, ultimately securing his place as the top contender in his weight class in an open-weight competition.

Staying on the Boys' side, in (16-18 y.o.) 48 kg Group A, Neil Dion Pastrana came back on track and emerged victorious in defeating Mar Angelo Jae Dosol in a final match.

Subsequently, in the Boys (16-18 y.o.) 56 kg category, Leo M. Margallo II showcased impressive skills to secure the golden win against Renzo Corum in a gripping showdown.

Dynomis Sky Bernal then captured the first place throne in the Boys (13-15 y.o.) 45 kg Group B after an imposing performance, edging out Mar Angelo Jae Dosol in the 48 kg boys finals.

Overall, the Wushu Sanda competition did shine light on excellent performances across the different categories since every winner showed impressive stances and bravery in trying to emerge victorious.

Their triumphs are the key that the victors need to enter the Regional Athletic Association Meet in the upcoming year, where their skills are to be polished and limits are to be surpassed.

Sports feature

Denisha Ayril J. Mojica | Assistant Sports Editor

Future Olympian: Graciel Layco's gymnastics journey

Harcin Graciel Jhoy M. Layco has already been making waves at just 12 years of age in the field of gymnastics. From Cavite, her love for this sport has been with her since three years old. Since then, she has already done many things with such a young career. She is now just one step closer to attaining her biggest dreams since she recently won a gold medal in Palarong Pambansa. Her remarkable talent coupled with determination places Graciel as the next up-and-coming star in Philippine gymnastics.

Graciel was first introduced to the sport at the age of three by her grandfather, which eventually sparked her interest in gymnastics. She remembers how he would bring her to practice when she was still a little girl, immediately falling in love with the sport. It was not long before Graciel started competing and bagging medals. Her effort and love for gymnastics have been constant even up to this age.

This year, Graciel achieved something amazing when she won a gold medal at the Palarong Pambansa, the country's biggest and most prestigious sports event for young athletes. It was especially sweet for Graciel because it was her first gold in aerobic gymnastics at the Palarong Pambansa. Although she had finished second the year before, this time she climbed to the top of the podium. After countless hours of practice and dedication



to aerobic gymnastics, winning the gold felt like a huge achievement for her.

Currently, Graciel is concentrating on achieving her next target—a gold medal in the DAM. Getting gold at this level is very important because this will determine if she gets advanced enough to compete in the Palarong Pambansa the following year. If she wins silver, she may not qualify for the Palarong Pambansa again because only a limited number of gymnasts can compete in the Regional Athletic Association Meet (RAAM). This means that Graciel has to be at her best to make sure she gets the chance to compete again at the national level.

Even with growing success and increasing pressure, Graciel does not let the pressure weigh her down. She is pretty calm and focused in competitions. She does not want to stress about the results but rather pay more attention to her training and improvements of her skills. She is well aware that consistent practice and hard work are the keys to success, and that's exactly what she does every day. How can she handle academics if she does training a lot, you may ask? Graciel is a student in the Special Program in Sports (SPS), wherein she does her schoolwork in the morning and then trains in the afternoons until evening. She thinks this will enable her to keep up with both academics and gymnastics.

It's a new challenge for Graciel to compete at the high school level. Last year, she competed against elementary school students, but this time, she's competing with much older athletes who have experience. Graciel has been training way harder for this. She made sure to improve all kinds of aerobic gymnastics from solo performances, trio, or duo routines, and even some mass dance. Her coach and the rest of her family are in awe of how much she can accomplish and will support her in any way possible.

Inspiration for her sport comes to Graciel from idolizing no other than a Filipino gymnast, and just like her, a recent winner of some gold medals for her country, Carlos Yulo, during the Olympics 2024 held in Paris. He, like some other young gymnasts whom she trains with to this day in the Gymnastics Association of the Philippines in Intramuros, is an idol. They have known each other for a long time, and Carlos always gives her the best, such as always training hard, never giving up, and always

having discipline and respect. Graciel looks up to him and one day hopes to represent the Philippines in international competitions.

The gymnast stand-out always dreamed of competing in the Olympics, just like the case of Carlos Yulo. She is aware of the fact that the Olympic road is long and troublesome, but she is quite determined to work hard toward her goal. Her coaches believe that she is already on the right track and will do whatever it takes to be at the top. There are still some challenges to be overcome, including the fact that she has no government sponsorship for international competitions, but Graciel is optimistic that her hard work will bring her the day when she can compete in the Olympics.

She is now focused on the competitions ahead, like the Regional Athletic Association Meet (RAAM) and Batang Pinoy. She will proceed to these events right after the DAM, giving her more opportunities to showcase her skills. She will perform in various categories, such as aero gymnastics solo, duo, trio, and mass dance, so she has much to memorize and prepare for. But Graciel is not afraid, she's prepared for the challenge.

She always makes sure that the crowd's attention is given to balancing things out. As an athlete, it is easy to get caught up in the excitement of the games, but Graciel believes that academics never take second place. In her belief, athletes must be well-balanced in terms of school and sports performance. Her message to fellow gymnasts and young athletes is simple yet powerful: stay disciplined, continue training, and remember, first of all, your schoolwork. It's just this balance between sports and school life that helps athletes at all times develop to their maximum.

Layco is just starting, but if the progress she has shown up until now is any indication, the sky's the limit for her. Her talent is amazing, hard work in practice, and determination all mean she's going to be one of those recognized names in Philippine gymnastics. With Cavite residents eagerly anticipating her development and future years, Graciel's future is brighter as she competes or even seeks gold medals in the Olympics or for Palarong Pambansa.



HARDCOURT CHAMPS

Carabaos outplay stags, earn three-peat honors

■ Dhominiq Jhos C. Samonte | Contributor

Cavite National High School (CNHS) Basketball Team outlasts San Sebastian College - Recoletos de Cavite (SSC-RdC) as they triumph in an intense, tight match, securing the championship, held at Julian Felipe Elementary School (JFES) Covered Court on Wednesday, November 27.

Despite the intense pressure from SSC-RdC, who took the lead during key moments of the game, the CNHS team displayed unwavering resolve to bounce back and take control in the final stretch, claiming the championship once again.

Kiel Calderon, who stood out as the game's star, delivered an excellent performance, scoring 31 points despite accumulating four fouls during the finals.

His unmatched determination and leadership on the court inspired his team, proving to be instrumental in their journey to victory.

"Masaya ako kasi bago pa man mag-start ang school year, ang goal ko na talaga ay magwagi ang aking school ng championship at medalya. Dahil ako ay graduating student na, plano ko na bago ako umalis dito sa school, gusto ko ay mag-champion ulit ang aking school upang maging memorable ang aking pag-alis at ito ay nagawa ko na," Calderon said, who dedicated the win to his alma mater before leaving CNHS.

Calderon expressed his hope to lead the team to greater heights in the upcoming Regional Athletics Association Meet (RAAM), showing his confidence in their capabilities.

Head Coach of CNHS, Dholf Fajardo, remained confident in his players' abilities despite having only three days of practice before the finals. "Three days lang ang practice namin pero nagtiwala lang ako sa kanila. Ang iba sa kanila ay may alam na rito sa laro na ito. Alam ang sistema nito bago pa man nag-start ang laro. Alam ko na ang expectation ko sa kanila ay mananalo tayo. Satisfied ako dahil champion na tayo," shared Coach Fajardo.

Looking ahead, Coach Fajardo hopes his team will gain more opportunities to showcase their skills in higher-level competitions, such as the Regional Athletic Association Meet (RAAM).

"Sana ma-facilitate na ang laro sa basketball sa RAAM. Sana makapaglaro ang aking mga bata at ma-experience nila ang game," he added, emphasizing the importance of exposing players to bigger stages.

The CNHS Basketball Team's victory is not only a testament to their hard work and dedication but also a significant milestone as their success brought another glory to their school.



REACHING HIGH. Shaun Daniel Austria, Grade 11 student, tries to get the rebound at Julian Felipe Elementary School on November 27. Austria succeeded in his attempt adding points to Cavite National High School for the finals game against San Sebastian College.

Photo by Andrei Raphael M. Dela Cruz

Evangelista clinches double gold in billiards

■ Denisha Ayril J. Mojica | Assistant Sports Editor

Sean Wayne Evangelista emerged victorious at the 2024 Division Athletic Meet (DAM) after pocketing the gold medal in the 8-Ball Boys billiards competition held at Bonafe Bakery on November 27.

Evangelista made the most of this year to make up for last year's DAM, where he couldn't compete due to missing requirements and has now returned prepared and determined to claim the gold.

He first fought against Reach Mart

Salangsang of Sangley Point National High School (SPNHS), winning by a landslide with a 4-0 score, edging Salangsang out to the winner's bracket.

In the championship match, Evangelista faced his familiar competitor, Justine Ezekiel Reyes of Cavite National High School (CNHS), in a thrilling battle for the school's pride.

Sean Evangelista appeared to be on the verge of victory during rack four, eager to secure the championship

but caused an error when he sank the 8-ball too early, granting Reyes another opportunity to stay in the game.

In rack five, with Reyes initially holding a slight lead that intensified the final round and potentially set up a comeback, Evangelista regained his focus and used Reyes' mistake as an advantage, securing a 4-1 victory, and claiming his throne as the 8-ball champion.

"Masaya po, masaya, kasi makakalarno ako ng RAAM," Evangelista said joyfully in an interview stating what he felt after his 8-Ball win.

Evangelista's triumph didn't stop there. In the 9-ball competition, he once again faced Reyes in a closely contested match that came down to the wire.

The two players traded wins and took advantage of each other's mistakes and errors, but in the end, Evangelista hailed triumphant with a tight 4-3 score, securing a double-gold finish.

"Oo, na-pressure kasi baka matalo pa ako sa ano eh, baka madisgrasya pa," Sean said in an interview stating that he felt the pressure fighting against Reyes because he might lose.

Meanwhile, Chantelle Dorado of SPNHS latched a gold medal in the 8-Ball Girls competition against Rheiana Chon Pascual by a blowout victory, 4-1.

However, Rheiana Chon Pascual made a comeback in the 9-Ball competition against another competitor of CNHS, Ashantelle Espinosa, snatching first place.

Pool players in their champion throne will be competing in the upcoming Regional Athletic Association Meet (RAAM).



Photo by John Macklein D. Valdez

SURE SHOT. Sean Wayne Evangelista aims the ball in Bonafe Bakery, November 27. Evangelista garnered double gold in 8 and 9 balls in the recently concluded Division Athletics Meet 2025- Billiards.

Vicente secures silver medal, keeps hopes up for RAAM bid

■ Margarette T. Mercadera | Contributor

Annabhiel Vicente snatched the silver medal in the finals of Table Tennis of the Division Athletic Meet (DAM) held at Cavite National High School (CNHS) Covered Court on November 26, 2024.

Vicente captured the silver medal after winning a set against Sangley Point National High School (SPNHS) with a score of 11-7 and against San Sebastian College - Recoletos de Cavite (SSC-RdC) with a score of 11- 7 and 11-9.

Vicente had a hard time catching up with the SPNHS players as they led the entire game. "Hindi naman ako kinabahan, medyo nasayangan lang kasi hindi ko s'ya na save 'yong laro pero okay lang," said Vicente.

According to Vicente, she's been competing since elementary, yet she's never achieved the gold medal. Either way, she's thankful that she could compete in the Regional Athletic Association Meet (RAAM) for 3 years straight.

"Tiwala lang talaga sa sarili. Yun lang talaga." Vicente stated after being asked what she felt while competing in this year's DAM.

Furthermore, after the episode of DAM, the preparation for RAAM will be held in Rizal next year. Coaches have started selecting players to compete, and Vicente is now one of the players chosen to compete in RAAM, representing CNHS.

Montejo dominates DAM athletics, grabs multiple golds

■ Aesabella Kenzie M. Oliva | Contributor

Photo byTamiah L. Mesa



ALL IN. Hanna Montejo gives her best at javelin throw at Montano Hall field, November 28. Montejo participated in track-and-field and won the first place during the Division Athletics Meet 2025.

Hannah Montejo, a student from Cavite National High School, proved her determination by securing 1st place in the Shot Put, Discus Throw, and Javelin Throw Event during the recent Division City Meet that was held on the 25th of November 2024 at the Montano Hall Field.

During the Javelin Throw Event, Montejo executed a propelling throw that shocked the spectators and coaches. She set a record of 20.16 meters and secured first place.

Montejo mentioned, "Hindi ko talaga in-expect na I would come out as first place sa Javelin Throw. I had a lot of preparation para d'yan, so I can say na it was all worth it".

Montejo then went on to win the Discus Throw Event, intimidating her opponents by achieving a record of 16.3 meters while displaying outstanding form and technique.

In addition to Montejo's outstanding performance in the Javelin Throw and Discus Throw, Montejo again triumphed in the Shot Put Event, leading to her 3rd win.

Her record of 20.16 meters demonstrated the effort she went through during training. It also unveiled the range of her ability and confidence during the competition.

Montejo expressed that. "I'm very happy because all my hardships and training paid off with wonderful results."

"I trained for hours and I did my best. Even though nahirapan ako, nagpursige pa rin ako. I wouldn't be able to do this without the support from my coach and loved ones. Taos puso akong nagpapasalamat!", she added.

Montejo already has plans for her upcoming events and she stated "My preparation for the next battle will involve intensifying my training and focusing more intently on my practice."

Now that the Division Meet has come to an end, Hannah Montejo was satisfied with her victory, gaining 3 overall gold medals while being the champion of the CNHS Athletics Team in the Division City Meet.



HEAVY BOUT. Kevin Benitez, super kicks his opponent at Cavite National High School covered court, November 25. Despite his current return in sport, he still won first place during the Division Athletics Meet.

Photo by Chloe Mykhaella E. Flordeliz

FAST AND FURIOUS

Maroon Taekwondoins kick down competition, secure RAAM spots

Robin Ace A. Salas | Sports Editor

In an impressive display of grit and determination, taekwondoins from Cavite National High School rose and emerged triumphant in the Kyuorugi event of the 2024 Division Athletic Meet's Taekwondo.

Cavite High's Taekwondo team, composed mostly of yellow belts, a brown belt and a black belt, delivered a stellar performance, managing to bring home the bacon and bagged four golds for the girls and five golds for the boys.

Among the standout performers was Maroon black belter Kevin Benitez, who just returned to the sport a month ago but still dominated the male featherweight division with his quick reflexes and even quicker and accurate kicks to his opponents.

His majestic performance was highlighted by his final bout with Sangley Point's Mark Vincent Ramos, in which he used his grace and agility to effectively counter Ramos' brute strength.

Following his decisive victory, Benitez highlighted his strategy of scouting and studying the mannerisms and tactics of his opponents as part of his preparation, in which he gained valuable knowledge on how to counter his adversaries.

Additionally, Benitez remained humble and gave his opponents credit with how well they competed against him being yellow belts stating "Malakas din po yung nakalaban ko and hindi naman po nakadepende sa belts."

On the other hand, the road to victory for Benitez's teammate, Ysiah Santander, was no walk in the park and more difficult compared to Benitez.

Santander who was a brown belt, had a hard time gaining an advantage against SPNHS's Alexander Evangelista due to his

aggressive tactic of using brute strength and more powerful kicks to the trunk region.

However, Santander found his groove and went toe to toe with Evangelista by matching his aggressiveness but still being smart with his attacks, finding moments where Evangelista is most vulnerable and pulling the trigger with a sharp kick to gain some valuable points.

In the post match interview, Santander emphasized his experience as a taekwondoins as his primary advantage against his white belted competitor, commenting that "Experience talaga kasi bata pa lang talaga ako nag-t-taekwondo na ako, siya kasi is parang kakasimula pa lang mag-taekwondo so experience talaga ang advantage." Alongside Benite and Santander, were John Razzle F. Luna in Finweight, Axian Juzley M. Credo in Flyweight and Reign Clarence C. Vega who were also able to reach the top of the podium and take home the gold.

In the female's division, proud Maroon taekwondoins Aiyhani Antonio J. Salonga and Riana Marie R. Turica won the gold and silver in the Flyweight division, while Alexa Ghemen A. Vasquez was triumphant in the Bantamweight division.

Emalyn S. Balan, Gdynia Angela A. Sisayan and Lady Marishka B. Sebastian also won the gold for the Featherweight, Welterweight and Openweight divisions respectively.

Although they were on top of the podium, their ticket for the RAAM is still yet to be punched so these hopeful taekwondoins assured their commitment to working and training harder than before to keep their RAAM dreams alive.

Layco rules gymnastics mat, bags multiple golds

Denisha Ayril J. Mojica | Assistant Sports Editor

Cavite National High School's talented gymnasts dominated the 2025 Division Athletic Meet Gymnastics against Sangley Point National High School and St. Joseph College of Cavite on November 25 held at Montano Hall Gymnasium.

With their impressive combination of skillful stunts and elegant poise, Raine Gabrielle Siplon and Myieszha Nyelle Oncinian conquered Rhythmic Gymnastics where they snatched gold medals.

Grade 9 student, Raine Gabrielle Siplon steps on the top of the podium twice as she outclassed the opposition in both Rhythmic Gymnastics (Clubs) and Rhythmic Gymnastics (Ribbon) categories of the DAM Gymnastics.

Myieszha Nyelle Oncinian and Athena Louise Asuncion who bagged the silvers and bronzes, attended the same school as Siplon, thus allowing Cavite High to claim all the medals in their respective categories.

Following that, Onician got her chance to shine in the spotlight once she got her revenge on Siplon when she bested her and Asuncion in the Rhythmic Gymnastics (Hoop) category and left the two with the silver and bronze respectively.

Staying with Onician, she was once again victorious against Siplon and Asuncion with a performance that outshined the two in the Rhythmic Gymnastics (Ball) category, taking home the gold while the two settled for the silver and bronze.

In an interview, Siplon commented about her weaknesses and made a vow to better prepare for her next competition. "Tsaka, gusto ko rin

makaabot sa Palarong Pambansa para manalo rin po, tsaka makakuha ng gold," she added.

Meanwhile, the Aerobic Gymnastics' floor was in heat as the reigning champion of Palarong Pambansa 2024, Harcin Graciell Jhoy Layco was in the spotlight and proved that she deserved to be as she took home the gold in the Individual Women's category, beating Jheiane Dhanyelle Aguirre who settled for the silver medal and Francheska Edlyn Ayran, the bronze.

In the Individual Women category, Graciell Layco pocketed a gold medal as usual. On the other hand, in the Aerobic Gymnastics Individual Men's category, Roy Drizzle Bernabe, Adrian Niel Rosales, and Jayron Manahan, provided the audience with a stunning and graceful battle where they clinched the first, second, and third places respectively.

Came next was the Mixed Pair category of Aerobic Gymnastics, where the pair Bernabe and Aguirre won first place and gold medals, by their graceful and emotional routine or play, while the pair Rosales and Layco got second place due to some errors.

Finally, Layco, Bernabe, and Rosales performed solely and faced no opposition in the Trios category; thus, they were awarded the gold by default.

Overall, all talented gymnasts showcased great performances and excelled in the beauty of gymnastics through their remarkable skills and graceful movements, a testament they expect to bring to the Regional Athletics Association Meet.



SWIRL IT. Myieszha Nyelle Oncinian does a one hand stand for her rope routine, November 25. Oncinian maintained her balance throughout her routine.

Photo by Hennesy O. Eballar

Arnisadors strike gold in DAM, Porcioncula displays masterclass performance

Robin Ace A. Salas | Sports Editor

The historic Arnis team of the Cavite National High School proved that they still rule the sport in the city as they went neck-and-neck, triumphing against Sangley Point National High School and St. Joseph College in the Laban category of the event.

The Maroon Arnis team added nine more gold medals to their collection as the Arnisadoras managed to take home the gold in all five categories while the Arnisadors won two of the golds in their divisions.

Leading their commanding charge was Cairo Jade Porcioncula, who competed in category four of the women's division, with a masterclass performance in which she traded blows with her opponents to capture much needed points.

The veteran arnisadora utilized smart decision making as her primary tool which allowed her to execute

precise strikes and get back on defense quickly, a tactic that left her opponents struggling to keep up.

In an interview after the event, Porcioncula gave credit to her rigorous training, calling it "in a different level" in which they were trained in combat against actual players and their own coach, a training style that allowed her to gain a significant advantage.

Although a veteran, she still recognize her own weaknesses, especially her skills in combat, stating "Actually po 'yong combat ko is hindi talaga mapagkakatiwalaan pero since tinutukan talaga sa training, I managed naman na mailusot," she added.

"Ang masasabi ko pa na probelma ko sa sarili ko is masyado akong nagfococus na basahin yung kalaban kaya ang nangyayari is nagbabasahan na lang kami and nauunahan ako sa palo."

Alongside Porcioncula, her fellow

arnisadoras, Jheyzielin Simbello, Daniella Ramirez, Khyllie Jean Odong, and Rachel Ray de Guzman also proved victorious and took home the gold in their respective categories.

On the men's side, lady luck was not much on their side as she was with the women's, with their combatants in categories two, four, and five falling short and settling for silver.

A bitter defeat was handed to Jhojie Simbello, Jayson Ezekiel Porcioncula, and James Gerald Caday but such a loss is not a hard pill to swallow knowing that they went the distance and made their opponents earn the win.

Two Maroon arnisadors managed to bag the gold, with Lei Prince Panganiban in category one and Jaime James Tabian in category three wiping the floor with their adversaries to take the top step of the podium.

In an interview, Arnis team coach

Gideon Manalad, who was also a former arnis team champion, admitted that the time they were given for training was insufficient which forced them to resort to intensive training.

The training saw the athletes working out from 6:00 in the morning to 6:00 in the evening, where they trained their body for conditioning in the morning and practiced the fundamentals in the afternoon.

Coach Gideon made his reasons clear for why he implemented the training, emphasizing "Ako kasi ang aim ko talaga is not just to win dito sa division meet kundi ma-select din sila para sa RAAM."

As the curtain closes in the Division Meet, the fortunate arnisadors and arnisadoras expect that their difficult journey will only get harder as they prepare for the RAAM, a challenge they are willing to face head on.



SCREAMING GLORY. Khyllie Jean Odong acts espada y daga in CNHS Covered Court, November 26. Odong bagged 1st place during the Division Athletics Meet 2025 - Arnis.

Photo by Khelsie Amber R. Crisostomo

CNHS Water Buffalos take home 12 medals; most in City Meet

Cavite NHS Swimming Team made waves as they captured a remarkable haul of 12 medals: 3 golds, 6 silvers, and 3 bronzes at the Division Athletic Meet 2024 Swimming Competition held at the Global Training Center on November 16, 2024.

Leading the team's momentum, Shiro Viel Sanding brought home a remarkable total of five medals, including three golds and two bronzes, across various events.

Shiro Sanding dominated the 50m, 100m, and 200m Breaststroke events, clinching gold medals in all three.

In addition to his golds, he showcased his

versatility by earning bronze medals in the 200 Individual Medley and 50m Freestyle.

Meanwhile, Drixianne Armia Quiamzon also showcased her best strokes in the women's events.

She captured a total of 5 silver medals coming from the 50m Butterfly, 50m, 100m, and 200m Backstroke, as well as the 200 Individual Medley.

On the other hand, Richard Jr. Navo also showcased his determination as he earned a silver medal in the Men's 200m Breaststroke event.

Adding to the medal tally, he managed

to clinch another bronze medal in the 50m Backstroke event.

The team's collective performance reflects the rigorous training and commitment of both the swimmers and their coaches.

Their combined efforts contributed to Cavite National High School's total haul of 3 golds, 6 silvers, and 3 bronzes.

CNHS Swimming Team is now preparing for the upcoming Regional Athletic Association Meet 2025.

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