

# LIGHT OF LAPULAPU

THE OFFICIAL STUDENT PUBLICATION OF ABELLANA NATIONAL SCHOOL

After a 9-year hiatus

## ANS reaps major comeback in Sinulog 2024

READ ON PAGE 2



**COMEBACK.** ANS once again captivated the audience with their stunning Sinulog dance at South Road Properties (SRP), adding to their recent success. Their remarkable achievement includes securing 2nd Place in the Sinulog-Based Category and being awarded 5th Best in Musicality. Their stellar performance on January 22, 2024, at South Road Properties (SRP).

### National News

#### Rising temperature: Abellana National School adapts

— Elizah Qaye P. Torrevillas —

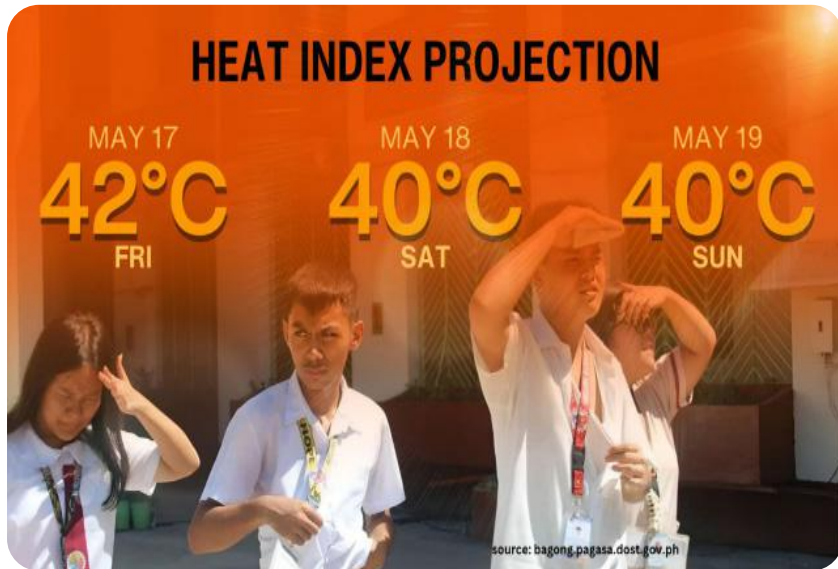
Students at Abellana National School continue to attend face-to-face classes despite the intense sun and rising temperature.

Mayor Michael Rama of Cebu City issued an executive order (EO) adjusting the schedule of classes for all school levels on April 6, 2024, due to the El Niño phenomenon.

Morning classes under his EO will begin at six in the morning and end at noon.

According to Engineer Al Quiblat, the chief of the Philippine Atmospheric, Geophysical, and Astronomical Services Administration (Pagasa) in Mactan, the heat index for May is now expected to remain below 40 degrees Celsius.

When the humidity level because of high temperature is taken into consideration in addition to the air temperature can have impacts on one's health and well-being.



More exposure to high temperatures can lead to common heat-related issues such as heat exhaustion and heat stroke, which put a severe risk to teachers, students, and school personnel.

To comply and ensure the safety of the students, Abellana National School has implemented shortened classes and early dismissal to minimize the students' exposure to the extreme heat.

However, Vanice Yamori Enriquez, a student from Abellana Na-

tional School, expressed, "Considering it's extremely hot outside and we are dismissed at noon is really draining on my energy. I feel tired and my head hurts. It's still hot and exhausting, even when the temperature is below 40°C! But we don't have a choice since our Mayor Michael Rama issued it, and we're also graduating students, so it's not like we can simply cram."

For now, Abellana National School continues its face-to-face classes while adapting to the challenging weather conditions.

#### Trees: gifts for the future

— Christian Michael P. Compacion —

ANS teachers participate in DepEd's Nationwide Simultaneous Tree Planting Activity at Abellana National School on Wednesday morning, December 6, 2023.

Continue on Page 2.

#### Campus Ministry organizes Living Rosary

— Althian Shicaniah S. Minor —

ANS organizes a Living Rosary at ANS Quadrangle, on December 07, 2023.

ANS celebrates the Solemnity of the Immaculate Conception of the Blessed Virgin Mary on Thursday, December 7, 2023, through a Living Rosary spearheaded by the Campus Ministry and the students.

Continue on Page 3.

### News | 3

ANS, CCSC overhaul for Palaro 2024

### Opinion | 6

Chase Completion, Not Dominance

### Feature | 7

Mom, should I be the one to bestow your medal?

### Scitech | 11

The dreadfulness of Sleep Deprivation



## School News

# Trees: gifts for the future

by: Christian Michael P. Compacion

*"These seedlings will soon grow into trees. These could provide shade for students on sunny days and its fruits which they will enjoy,"*

— Mr. Nathanael M. Flores

**TREE.** ANS School Principal, Nathanael M. Flores planted two seedlings of rambutan and avocado during the National Simultaneous Tree Planting Activity on December 6, 2023 at ANS.

ANS Teachers took part in the Nationwide Simultaneous Tree Planting Activity namely "236K Trees: A Christmas Gift For The Children" implemented by DepEd where all public schools are encouraged to participate in an effort to plant 236,000 seedlings based on DepEd Order No. 69 Series of 2023.

The project was presented as a Christmas gift to all the children and students. In coordination with the activity, officials instructed to cancel face-to-face classes and opt for asynchronous mode of classes.

The activity started at 7:30 A.M. and lasted until 9:00 A.M. The program started at 8:00 A.M. with a zumba session led by the teachers from the MAPEH Department followed by the National Anthem and ANS Hymn.

ANS Principal, Nathanael M. Flores delivered a speech about the old trees that guard the school for almost two decades and shared the importance of planting trees and how it's crucial for reversing the effects of climate change.

Despite the sudden rainfall, the activity still continued. The school only received 5 seedlings of Guyabano from the officials yet teachers brought their own seedlings, varying from papayas to spinach and improvised to plant as many seedlings as possible.

To conclude the program, the principal planted two seedlings of Rambutan and Avocado near Lapulapu building and shared insights of what these seedlings will offer in the future.

## School News

## ANS reaps major comeback in Sinulog 2024

Shein Ivan Jiov G. Pacaña

**ANS secures the 2nd Place in Sinulog-Based Category and 5th Place in Best in Musicality on January 21, 2024 at Festival Grounds, South Road Properties.**

Abellana National School shocked spectators as they join once again in this year's Sinulog Festival.

"Bangaw" is the concept of their performance, a tradition of the residents of Barangay T. Padilla to bring a life-size figures of the three wise men on the back of their camels to Cebu Metropolitan Cathedral during the Simbang Gabi or Dawn Masses 9 days prior to Christmas Day.

In the Sinulog sa Kabataan sa Dakbayan last January 13, ANS successfully secured the 2nd Place in Best in Street Dancing.

Unfortunately, the school failed to secure a place in the ritual showdown of Sinulog sa Kabataan sa Dakbayan that led the Artistic Director, Walter Betito with the dance masters, Joseph Abendan, Christine Jill Rodriguez, Edgar Baloyos, Joey Mangubat, Carl Maming, and Kevin Ubas to change the concept to a celebration in honor of Señor Santo Niño instead of Bangaw.

Because of their lose last January 13, their only expectation is to at least clinch the 5th place of Sinulog-based Category. Intensive practice up to almost midnight begin a day after the Sinulog sa Kabataan sa Dakbayan.

Several changes are applied on the dance and props to enhance the overall performance.

On the day of the Grand Parade, ANS worked hand-in-hand, with the Rescue team, ready to respond incase an emergency happen to the dancers.

The principal himself, Mr. Nathanael Flores helped in distributing food packs and water to the dancers and propsmen of ANS.

During the announcement of winners later in the evening, the entire ANS community was in a shock as they received the news that they placed 2nd in the Ritual Showdown for Sinulog-based Category and 5th in Best in Musicality.

The awarding occurred a day after the Grand Parade, Mr. Betito with the dance masters, received the trophy and cheque on stage on January 22, 2024 where the winners perform their winning pieces again.

To celebrate the victory of ANS, they held a Victory Party for all the dancers, propsmen, faculty staffs, and the rest



**WIN.** ANS secures 2nd Place in the Sinulog-Based Category and being awarded 5th Best in Musicality. Their stellar performance on January 22, 2024, at South Road Properties (SRP).

of the people who took part in the success of ANS.

*"Wala ta mag- expect nga mo second [place] gyud ta. Ang ato lang gyung gi ampo in the first place nga masulod ta sa lima. Pero grabe kaayo si Lord, taas kaayo ang gihatag atoa,"* Mr. Betito expressed his gratitude during the Victory Party.

The school have limited budget this year, Betito promised for more props to enhance their performance for next year's Sinulog.

The ANS contingent had a short time to practice their performance. They only started in the first week of January.

## School News



**STROLL.** ANS students, dressed in full school uniform, walking at the center building of on May 17, 2024.

## Abellanians on School Uniform Policy

Armi Isola Juliana J. Ilumba

**Abellana National School students have expressed mixed feelings to the continued enforcement of this school year's strict uniform policy.**

While ANS continues to enforce the policy of wearing complete school uniform, some Abellanians support the school's choice agreeing that uniforms help them be recognized as part of the school and look more orderly and neat, while others are frustrated by the policy arguing that it opposed to DepEd's action to eliminate economic strain.

A student grade 10 student from SPFL Ichiyou, Fatima Gabutan expressed her thoughts on this matter stating, *"I actually think this policy is rightfully implemented. It serves an ID which help with the security for students and as well as the school. But I do understand why others feel differently given the situation they might be in."*

Nevertheless, ANS remains firm on their uniform policy, emphasizing that any alteration will be considered according to the school's core values and the best interests of the students.

## School News

## ANS joins 4th quarter NSED

Ken Henrick L. Diez

**ANS students, teaching and non-teaching personnel participate in the 4th Quarter Nationwide Simultaneous Earthquake Drill (NSED) on November 9, 2023.**

The earthquake evacuation drill was observed by officials of DepEd Region 7. The drill started at 9:00 a.m., with all students, teachers, and staff actively engaging in their designated roles.

ANS Rescue Founder and DRRM Coordinator, Cydtheresa Vito Lao, led the charge ensuring a smooth and organized evacuation process.

During the drill, organizations including the BSP, GSP, rescuers and clinic volunteers guide students to their respective evacuation areas.

ANS journalism organizations, Tanglaw ni Lapulapu (TNL) and Light of Lapulapu (LOL), diligently documented the events.

The neighboring school, Cebu City Central School also conducted NSED joining the ANS students in their evacua-

tion areas in both the CCSC Oval and on the sidewalk of Osmeña Boulevard.

Furthermore, due to the ongoing construction of the Cebu Bus Rapid Transit (CBRT) on the sidewalk of Osmeña Blvd., the evacuation plans had to be changed.

Students from different buildings had to be relocated and directed to the Cebu City Sports Complex (CCSC) for their safety.

Unfortunately, due to the added problems, the earthquake drill was not without casualties.

A total of 18 students had experienced difficulty in breathing and mild heatstroke during the drill.

Nevertheless, rescuers immediately responded to the situations, providing them proper care.

During the debriefing, the evaluators point out the hindrances in the earthquake drill such as the narrow pathways and the injured victims during the said drill.



**DRILL.** Cydtheresa Vito Lao lectured students about how their safety should be the priority during Earthquake drills.

## School News

# ANS, CCSC overhaul for Palaro 2024

— Sophia Kirsten D. Inoc —

In anticipation of the upcoming Palarong Pambansa 2024, Abellana National School (ANS) has undergone a complete renovation for the staging of the prestigious national event scheduled in July 2024.

As part of its transformation, the color scheme of the buildings has changed, with walls shifting from maroon to white and the doors of every room changing to green and white, making the environment looking fresh and vibrant.

The Cebu City Sports Complex (CCSC), which had undergone a temporary closure on May 18, 2023 for renovation, has partially reopened on April 2024 with its upgraded swimming pool to be known as the Cebu City Sports Aquatic Center.

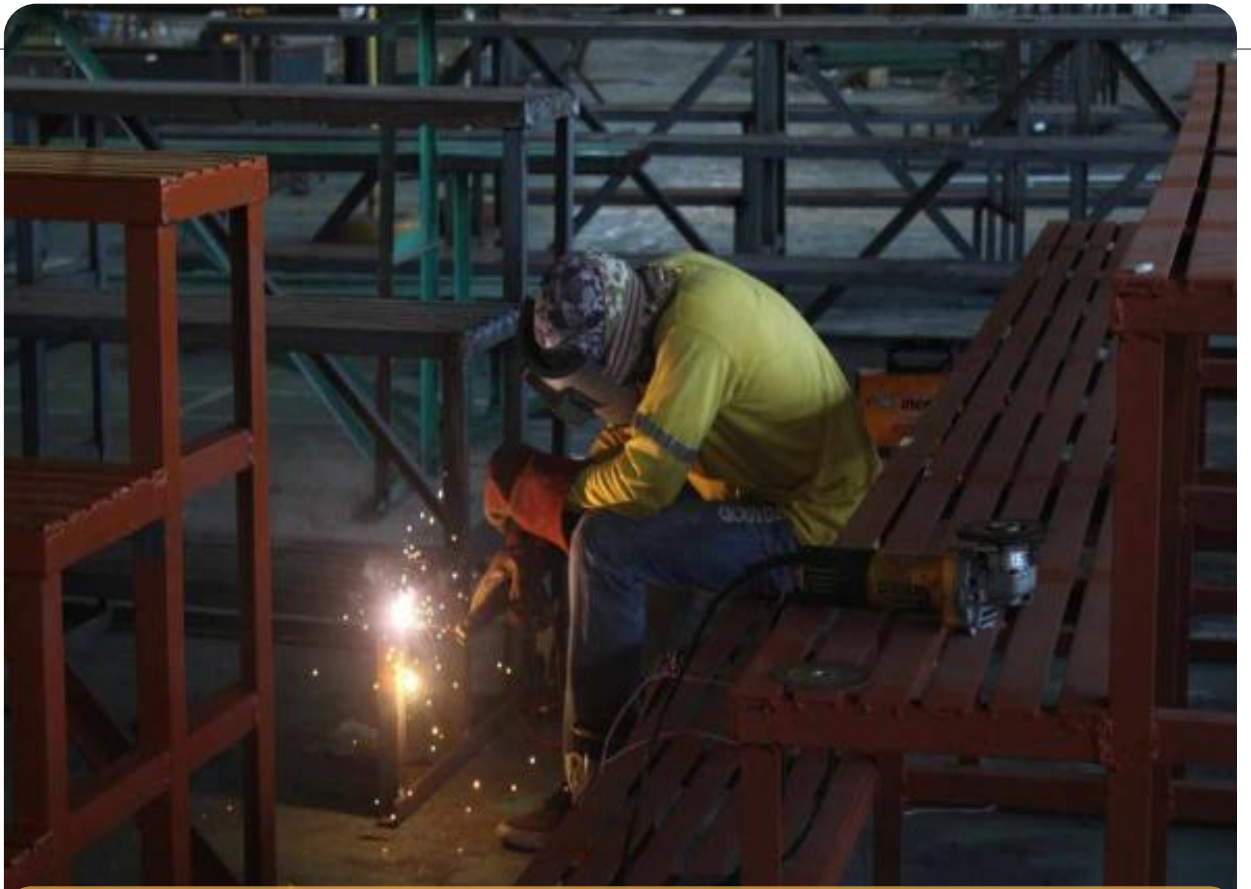
"I know we are behind the schedule but I also don't want to finish it in a

hurry because this will compromise the quality. Only the swimming pool will be ready in time for CVRAA. With the upgraded facilities and major renovation, it will open for Palarong Pambansa 2024", John Pages, CCSC chair said in vernacular during the Cebu City Olympics swimming competition at Naga City last March 2024.

CCSC is expected to serve as the main venue for the DepEd sanctioned sporting event and will soon open its doors completely to cater world-class events.

Participants, visitors, students, and others will soon have access to a better sporting and fitness facility of international standard.

CCSC first broke ground in 1993 and opened in 1994 when Cebu City first hosted Palarong Pambansa 30 years ago.



READY. A construction worker welds new bleachers for Palaro 2024, set to be held at Cebu City Sports Center (CCMC) on Tuesday, May 17, 2024.

## School News

## ANS Campus Ministry organizes Living Rosary

— Althian Shicaniah S. Minor —

The prayer begins at 3:00 P.M with the casts in character and full costumes posed in front of the Center Building.

The Luminous Mystery is used in the living rosary; with the help of SHS students and the Campus Ministry, they form the rosary situated precisely at the center of the Quadrangle.

Upon the conclusion of the activity, SHS students offer roses to the Virgin Mary's grotto.



PRAYER. Grade 12 students gave life to the fifth Luminous Mystery of the Holy Rosary.

## School News

## SHS student bags awards in multiple fashion contests

— Franz Ivan T. Cajeda —

Lee Paras, an ANS graduating SHS student, has been featured by CDN Digital and gained a total of 771 reactions from his Facebook page after he posted his design, which was inspired by the well-known movie Little Mermaid.

"This masterpiece simply shows the beauty of the sea life. Where the ocean is one of the greatest victims of pollution. While the boat emphasizes humanity where we people have given chance to live the beauty on it and especially to take care of it, but we human have been abusing it. As a witness of our cruelty, I am serving you all, these trashies with artistry"

His design was worn by a Cebuano drag queen and the founder of Haus of Renaissance, Pierre Lindsey.

Lee Paras is also the grand

champion of Cebu City Nutrition Month and the grand champion of the pet festival costume.

"The gown design exposes a scenery where it emphasizes tugkaran, kabukiran, kapatagan and other places where the children of the past plays. It is added with different games or duwa such as Takyang, Sungka, Bato Lata, Tirador and many other elements that ensembles our games that we use to play before. This pet gown is not only showcasing creativity but also promotes the value of filipino childhood memories that we must treasure and be proud of," he said in a Facebook post about his pet festival costume and for his nutrition month costume it was rush made for Sambag dos day-care prince and princess representatives in which secured the crowns.

## School News

## ANS journalists join DSPC 2024 opening at SciHi

— Celina E. Sacupayo —

ANS journalists (Tanglaw ni Lapulapu and Light of Lapulapu) take part in the opening ceremony of the Division Schools Press Conference (DSPC) 2024 at the Cebu City National Science High School gymnasium on March 9, 2024.

The conference is attended by students from both public and private schools in Cebu City.

The stage came alive with the vibrant Philippine folk dance performances of Don Sergio Sr. Memorial National High School.

Each spin, sway, swing, and swirl highlighted the nation's rich cultural past, getting the audience's engagement and creating the tone for a spectacular occasion.

Dr. Nimfa D. Bongo, the Schools Division Superintendent, expressed, "Journalism is such a fine beauty; the younger you are, the better opportunity you have to explore this

skill. To all campus journalists, may your skill grow wider and narrower, and continue to speak true and facts only."

Bongo also announced formally the opening of DSPC 2024. Participants in the Journalist's Creed include Red Szuri Roberts from the University of San Carlos, who won first place in technical application—radio broadcasting—in English at the NSPC 2023, and Airron Charles L. Abellana from Cebu City National Science High School, an NSPC 2023 qualifier.

The oath was taken with considerable spirit throughout.

Guiding the proceedings with proficiency, Ana Mariz Canitan from Abellana National School and Gym M. Querubin from Quiot Elementary School ensured the smooth execution of the program, facilitating an atmosphere of camaraderie and mutual purpose.



OPENING. ANS-Light of Lapulapu journalists takes oath as DSPC 2024 kicks off.

## Community News

## ANS shines in Sinulog sa Dakbayan 2024 at CCSC

— Elizah Qaye P. Torrevillas —

Twelve competing contingents from different barangays and schools including Abellana National School performed a heartfelt dance to the beloved Snr. Santo Niño for the Sinulog sa Kabataan sa Dakbayan on January 13, 2024 at Cebu City Sports Complex.

Barangay T. Padilla sponsors Abellana National School for this year's Sinulog sa Kabataan sa Dakbayan carrying the name Kulturang Sugbuanon sa Barangay T. Padilla.

Kulturang Sugbuanon sa Barangay T. Padilla performs street dance and a ritual dance in colorful costumes and

life-sized props.

The dance masters were Joseph Abendan, Christine Jill Rodriguez, Edgar Baluyos, Joey Mangubat, Carl Maming, and Kevin Ubas, while the award-winning choreographer, artistic director, and MAPEH teacher, Walter Betito oversees the entire production.

The parade begins with street dancing at 2:00 pm in the afternoon at Cebu City Sports Complex stage.

Parents and supporters of the performers started cheering as they begin to show an engaging ritual dance before the judges and spectators at CCSC

grandstand at 4:00 pm.

Kulturang Sugbuanon sa Barangay T. Padilla came in second place in best street dancing.

Sofia Kieshlian Lumbo, a dancer of Kulturang Sugbuanon sa Barangay T. Padilla shares their struggles and experience as a group of dancers.

"As a dancer among struggle gyud kay ang practice. Ang practice kay sugod sa buntag hangtud gabie, unya kana sang mga activities nga na missed namo sa school. Pero kani sad nga experience, nindot siya kay mapadual man gud ta sa atong Snr. Santo Niño..."

## School News

## SPFL students welcome new Nihonggo partner

— Kierra Aliyah B. Lim —

ANS students of the SPFL curriculum gathered to welcome their new Nihonggo Partner and assistant teacher, Kaho Miyashita, on September 14, 2023 at the school quadrangle, center building.

The students greeted Kaho sensei with flaglets of the Japanese and Philippine flags and presented her with gifts.

Kirsten Danielle Atuel, the representative of the SPFL students, and the ANS school principal, Nathanael M. Flores, delivered their speeches in front of everyone to officially welcome Kaho sensei.



YOUKOSO. Nihonggo partner, Kaho Miyashita, enters ANS school grounds.

The Nihonjin students then showcased their dance to JO1's "It's Coming" in front of their new sensei who is also a dancer.

This is organized by the students and ANS Nihongo teachers, Rufa Tabares, Alma Lumapac, Cristina Romagos, and Jenlyn Restauro.

## School News



MARCH. ANS BSP and GSP are chosen to carry the 100 Philippine flags during the Sinulog 2024 opening parade.

# BSP and GSP renders service on Sinulog opening

— Christian Michael P. Compacion —

**Abellana National School joins the Sinulog launching parade and opening salvo on January 12, 2024.**

Abellana National School BSP, GSP, and Dance Troupe participated in the annual Sinulog kick-off along with other participating schools from different cities.

Before the parade commenced, ANS BSP and GSP prepared at the ANS Quadrangle as the parade's flag bearer and was sent off to Basilica Minore del Sto Niño to attend the Novena Mass sponsored by the Sinulog Foundation.

The parade commenced at 4 P.M. starting at Basilica Minore del Sto Niño. Abellanian Scouts marched their way through Osmeña Boulevard bearing the Philippine Flag and presenting the school along with the ANS Dance Troupe.

Despite the sudden rainfall,

the Abellanian Scouts stood still and marched while bearing the flag of our country proudly.

The parade concluded at the CCSC, where all the participating schools performed a ritual dance in honor of Señor Santo Niño. Every year, Abellanian Scouts serve for the parade's flag bearer as part of their duty.

Along with the scouts, the school's dance troupe is also a frequent participant in the event. The launching parade happens at the heart of the Cebu City and officially marks the opening for Sinulog 2024 festivities.

Participating schools from Cebu City, Mandaue City and Danao City show off their respective concepts and themes attributed from various cultures representing each region in the country.

Abellana National School represented NCR and Region 13 during the Opening Salvo.

The parade usually happens on the 2nd Day of Novena, the day after the first day which was started by the Penitential Walk with Jesus.

## Community News



POOL. The crystal-clear waters of the newly renovated swimming pool at Cebu City Sports Center (CCMC) on Tuesday, May 17, 2024.

## Cebu City debuts renovated pool for CVIRAA 2024

— Shannen Canitan Gocotano —

The newly renovated Cebu City Sports Complex's olympic-sized swimming pool reopens for the 2024 Central Visayas Regional Athletic Association Meet (CVIRAA) this May 4 to May 9.

The swimming pool was closed May 18 last year to undergo massive renovations for the hosting of Cebu City for the CVIRAA Meet 2024.

CCSC pool has brand new features and facilities which follow international standards, these includes the extension of the practice swimming area,

launch pads, shower/changing room, a spectators stand, and a pool-marking one meter away from the wall to ensure safety and prevent injuries.

The pool was used for the swimming competition of the CVIRAA Meet 2024 and will be used again for the upcoming Palarong Pambansa that will happen July this year.

The reopening of the pool has moved several times and was first declared to open December last year but was pushed to May 2, 2024.

The CCSC swimming pool will now be known as the Cebu City Sports Aquatic Center.

## School News

## Nihongo Fiesta: ANS SPFL celebrates Japanese Culture

— Ken Henrick L. Diez & Kierra Aliyah B. Lim —

**ANS SPFL celebrates the Nihongo fiesta at the CCSC Gymnasium on December 7, 2023.**

The Nihongo Quiz Bowl kicked off the celebrations earlier in the morning. After a test of their in-depth knowledge of Japan, three students were declared the victors among numerous Nihongojins.

With 34 total points, Mark Heramis from 8 - Suika ranked first place in quiz bowl, Sebastian Chuntic from 9 - Kin placed second with a score of 33 points, followed in third place by Jehanne Tesiorna from 10 - Ichiyou with a score of 30 points.

Later in the afternoon, the Nihongo Fiesta officially began. Aeron Sabello led the invocation with a heartfelt song, and the rationale for the event is provided by Doc. Arlyn Alfante.

In addition, the eagerly anticipated Parade of the Cosplayers takes place. The competing SPFL students dressed and acted like

their chosen fictional characters.

First place went to Vhonn Winjames of 9 - Kin, then Faith Catapan of 9 - Kin, and third place went to Blessy Villas of 8-Ichigo.

The singing idol competition came next.

The audience cheered and applauded as the singers sang their hearts out.

Following that, Sheila Monterola of 8 - Ichigo placed 4th, Karol Inocian of 9 - Kin placed 3rd, Grazel Ornopia of 10 - Ichiyou placed second, and the songbird was Krizia Buro of 9 - Kin.

Moreover, it was finally time to address the winners of the anime drawing contest, wherein Nihongojins were able to freely draw any anime character of their choice.

Consequently, Ladykriz Lopez of 10 - Ichiyou placed first.

Althea Arojado of 9-Kin placed second, and Lyka Fanilag once again from 9 - Kin placed third.

The winners of the Japanese

cultural painting competition were also announced, along with the anime drawing contest.

As artists exhibit their individual skills, three ideally make it to the stage.

With the 3rd placer being Charlotte Gerzon of 10 - Ichiyou, 2nd is Jesiebel Lim of 9 - Kin, and finally Alyza Basañez of 8 - Suika, placing 1st, recognized for her creativity.

Following the announcements, Kaho Miyashita, the SPFL Nihongo Partner for this school year, gave a speech, expressing gratitude for all of the hard work that the Nihongojins pulled off to make the event possible.

Jehanne Tesiorna, the president of the SPFL Nihongo Club, additionally addressed a message to the juniors and to her fellow seniors.

To finally end the event, the Nihongojins and Kaho sensei danced to "Let Me Fly" by PRODUCE 101 Japan, with the preparation being choreographed by none other than Ma'am Lovelyn Feliciano.

## Community News

## Capitol orders BRT construction halted

— Shein Ivan Jiov G. Pacaña —



Clash over BRT: Capitol officials halt bus station construction to protect historical landmark.

Capitol officials unanimously disapprove the design of 2 bus stations situated near the Cebu Bus Rapid Transit or CBRT along Osmeña Boulevard to stop their construction near the Cebu Provincial Capitol in support of the Capitol's order a week before.

According to the officials, it causes the visual and cultural integrity of the Capitol, a national historical landmark to be at stake.

Cebu City Mayor, Michael Rama expressed his frustrations to Atty. Ruphil Bañoc in his radio program Straight to the Point, over the order of Cebu Province to halt the operation of CBRT.

"I would like to remind the governor that there's a mayor of a highly urbanized city... Come on! Kanus-a man kuno ang gobernador mudikta sa syudad? Di na mahimo while I'm the mayor," Rama said during the aired program.

However, Rama stated during a press conference on Friday, April 19, that they will remove the structure in front of the Capitol and will put an earmark of still a station.

He promised that the design of the station near the Capitol will have a different design compared to the other stations to preserve the heritage value of the affected government building.

## School News

## 26 learners awarded scholarship assistance by ANS alumnus' scioness

— Shein Ivan Jiov G. Pacaña —



SCHOLARS. Chosen students received their certificate of scholarship during the awarding of financial assistance.

26 learners of Abellana National School were chosen as recipients of the Vice Governor Salutario J. Fernandez Scholarship Fund.

The students received financial assistance last January 17 as part of the Fernandez's tradition of supporting students specially from the late Vice-Governor Fernandez's Alma Mater.

The scholarship is mainly sponsored by Mrs. Elizabeth Fernandez-Gabucan, daughter of the late Cebu Vice Governor Salutario Fernandez, an ANS alumnus.

These students were selected

on the bases of their school achievement. The selection process includes teachers' recommendation and grades assessment as well as interview with the school's counselors.

It is to be noted that the school through the Guidance/Student Development Center welcomes more sponsors for financial assistance to its learners.

Though students from public secondary schools have free education, the financial assistance will go a long way for their school related expenses i.e. projects, school materials and other scholastic particulars.

Editor-In-Chief  
 ARMI ISOLA JULIANA J. ILUMBA

Associate Editor  
 SHANE JILLIANE J. BACUS  
 FRANZ IVAN T. CAJEDA

Consultant  
 SHEIN IVAN JIOV G. PACAÑA

Writers  
 JEN HERSHE P. ALTERADO  
 CHRISTIAN MICHAEL P. COMPACION  
 KIERRA ALIYAH B. LIM  
 CELINA E. SACUPAYO  
 GAHAMI M. DOMINGUEZ  
 MCDWAYNE TORRALBA  
 ELIZAH QAYE P. TORREVILLAS  
 RABB TRINITY ANOCHE  
 KATRICE MATAYABAS  
 ALTHIAN SHICANIAH MINOR  
 MJ DOWSON  
 ANDREA GAYLE ACAS

Lay-out Artists  
 FATIMA N. GABUTAN  
 ANGEL THERESE F. MANIMOG  
 FRENCY SYRA SANCHEZ

Photojournalists  
 KEN HENRICK L. DIEZ  
 BREANNA YSABELLE CABADA  
 CHARLEN MAE G. FETILUNA  
 RUDY MART ARUELO  
 ZHAN FRANCISCO A. RAMIREZ  
 RUSSEL TIGBAO  
 LHORD EZEKIEL OBenza

Cartoonists  
 HANNAH ABIYAH M. PERIGO  
 TRISHA ANNE E. ORBETA  
 JOHN CRISTIENNE PUNO  
 RHIANN AISHA ENANORIA

Copyreader  
 SOPHIA KIRSTEN D. INOC  
 SHANNEN CANITAN GOCOTANO

School Paper Adviser  
 ANA MARIZ R. CANITAN

Associate School Paper Adviser  
 MARSHANI A. ORCULLO

Section Advisers  
 PACIANO L. MALASA  
 ERLYNE ROSE L. LANSAN  
 EFRIEM P. TORREFIEL  
 SENA MARCIA SIMACON  
 CRISTINA ROMAGOS  
 EVELYN DY-ANDRINO  
 REUBEN GOCHOCO

English Subject Area Coordinator  
 TERRY ANNE DOLLOSO

Assisting Principal  
 ARLYN A. ALFANTE, DEV.ED  
 GERLIE N. ALBERIO

Principal  
 NATHANAEL M. FLORES



# Uniformity overlooks adversity

In today's time, having access to education is a significant challenge for many students. One of these challenges is the requirement for students to wear prescribed school uniforms.

In 2022, Vice President and Secretary of Education Sara Z. Duterte announced that students in public schools will not be required to wear uniforms.

This move was meant to alleviate the financial burden of families from the after effects of CoVid-19 pandemic.

Even before the Vice President and Secretary of Education Sara Z. Duterte reiterated that students are now required to wear school uniform, a DepEd Memorandum has already been in place.

DepEd Order no. 65 series of 2010 says, "The wearing of a school uniform shall not be required in public schools. Students with existing uniforms may continue using these uniforms, if they so desire, in order to avoid incurring additional costs for new attire".

But how can this policy be a "challenge"? This requirement does not directly impact students' ability to grasp lessons and certainly does not impede their capacity to enrich their knowledge.

However, this policy has caused a stir within communities, particularly among the marginalized. Coming from impoverished homes, many families are bewildered by how profoundly this policy affects them.

For parents struggling to make ends meet, providing the necessary school uniforms is an added burden that many cannot afford.

Consequently, children from

these financially struggling families are hindered from accessing academic learning. Instead of focusing on earning to feed their families, parents are pressured to buy uniforms for their children to attend school. Wearing a school uniform is not a necessity for quality education.

What is crucial in the department of education is shaping learners to become competent and capable individuals.

According to the Programme for International Student Assessment (PISA), "The Philippines, once again, ended up among the countries that produced the lowest proficiency for 15-year-old students in reading, mathematics, and science, ranking 77th out of 81 countries globally."

This statistic underscores the need to focus on more pressing issues within the education system rather than enforcing uniform policies.

Imposing uniformity in attire overlooks the diverse socioeconomic backgrounds of students. This "one size fits all" approach fails to recognize and address the individual needs of students, resulting to continuous educational injustice.

As challenging as it already is, differentiating students who is in need of more help would take a longer time to be assessed due to the fact that they look "one of the crowd" ergo should

be treated equally. Nevertheless, school uniforms can be beneficial for both students and school personnel by enhancing security and promoting a sense of oneness.

Uniforms can help reduce discrimination and bullying, fostering a more inclusive social environment.

However, these benefits do not outweigh the financial strain placed on families who cannot afford the uniforms.

Considering the economic status of the majority of ANS students who came from low-income group. Promoting diversity and reducing financial burden for students are far more beneficial

for improving our country's educational outcomes.

By prioritizing initiatives that directly enhance educational performance, such as improving teaching methodologies and providing resources for underprivileged students, our nation can ensure a brighter future for all learners. Additionally, by removing the uniform mandate, the education system can redirect funds and resources towards more impactful areas, such as teacher training, curriculum development, and school construction improvement.

It is essential to involve community government in the conversation about school policies.

Parents, teachers, and students should have a voice in the decision making process.

By doing a more inclusive approach, the government can develop

solutions that are equitable and considerate of the diverse needs of the students.

While the intention behind school uniforms may be to have unity and discipline, the adverse effects on fi-

*Uniforms can help reduce discrimination and bullying, fostering a more inclusive social environment. However, these benefits do not outweigh the financial strain placed on families who cannot afford the uniforms.*

nancially unstable families and the overall focus of educational priorities need to be reviewed.

Uniformity, in this case, overlooks adversity in the sense that it results to continuous educational unfairness.

Shifting the focus towards more on educational necessities will pave the way for a more inclusive, effective, and justified education system, ensuring that every child has the opportunity to succeed regardless of their financial status.

Addressing these core issues will not only improve academic performance but also the quality of education, teaching methods, and social engagement among students.

Eventually, this will make the school produce more outstanding students. By focusing on these priorities, we can create a more progressive and effec-

*Uniformity, in this case, overlooks adversity in the sense that it results to continuous educational unfairness.*

## ANS CENSUS

SY 2023-2024

5234  
STUDENTS

42  
NON-TEACHING  
PERSONNEL

194  
TEACHING  
PERSONNEL

## Column



## Chase completion, not dominance

by: SHEIN IVAN JIOV G. PACAÑA

With the recent controversy between the parties of Marcoses and Duterte, it will not be surprising for us if we see other politicians oppose each other in terms of making decisions from their offices.

Recently, Cebu Governor Gwendolyn "Gwen" Garcia issued an order to stop the construction of Cebu Bus Rapid Transit (CBRT).

According to Garcia, it violated the heritage laws.

It is to be noted that Garcia and Cebu City Mayor Michael Rama came from the same political party that prided itself on its tagline "Unity" in the 2022 election, which is very ironic given their situation now. This is not the first time that Garcia interfered with the CBRT project.

Last January, on the day of Señor Santo Niño's solemn foot procession, Garcia made a last-minute direct order to change the planned route for the procession from the planned N. Bacalso Avenue to J. Alcantara Street instead. If the construction stops, it would be a "prolonged hell" for vehi-

cles and motorists, especially during rush hours.

It is undeniable that the construction already causes traffic jams, but stopping it would double the amount of hassle.

Moreover, the project aims to improve the mass transportation system in Cebu. With a sole lane dedicated to modernized jeepneys and buses, the transport system, especially during rush hours, will help students, employees, and ordinary citizens arrive at their destination faster.

Students near the construction site, such as those from Abellana National School, find it difficult to cross the road now that the skywalk connecting the sidewalks of Cebu Normal University and ANS has been demolished. The traffic in front of ANS makes it difficult for students to pass, as there are motorists who pass through narrow spaces unnoticed by students which is dangerous.

When this project takes longer, there will also be a high chance of accidents happening.

Furthermore, stopping the construction just because it affects the splendor of Garcia's Capitol is such a shallow reason.

Once the completion of the construction arrives, the CBRT will enhance the Capitol's facade instead. We should remember that the construction is just a phase and will not take forever.

The City and Province of Cebu should stop opposing each other's own decisions.

Instead of proving their dominance outside their jurisdiction, having their lost "unity" back and helping each other to complete this project would bring more good to the Cebuanos. The CBRT project should be continued, as this will improve the mass transportation system of Cebu and allow Cebuanos to benefit from it as soon as possible.

Further delay will only cause a possible catastrophe.

CBRT needs collaboration from two power officials in Cebu to bring this improvement to realization.

The highly anticipated return of the Palarong Pambansa 2024 event after three-decade is expected to give Cebu City's economy a significant boost. This event provides a unique opportunity for Cebu City to showcase its hospitality, modern infrastructure, and diverse culture to young athletes from all over the country.

Hosting this event will not only promote sports development but also bring economic prosperity, which will have a beneficial ripple effect on local businesses, residents, and the community as a whole.

First, holding the Palarong Pambansa 2024 will boost Cebu City's economy.

The inflow of athletes, coaches, officials, and spectators will increase demand for hotels, restaurants, transportation, and other goods and services.

Hotels, restaurants, and local vendors will see more customers, resulting in higher revenues and opportunities for employment. This increase in economic activity will persist beyond the event and have a

long-term influence on Cebu City's tourism and hospitality sectors.

Aside from the economic benefits, holding the Palarong Pambansa 2024 will promote communal pride and unity among Cebuanos.

The event highlights the skill, devotion, and sportsmanship of the nation's young while promoting virtues such as teamwork, discipline, and perseverance.

Furthermore, the friendship and spirit of sportsmanship demonstrated during the events will cross borders, encouraging cultural interchange and understanding among players from different backgrounds.

To conclude, the upcoming Palarong Pambansa 2024 represents an exceptional opportunity for Cebu City to rekindle its economic engine, establishing itself as a dynamic and vibrant hub for sports, tourism, and commerce. By seizing this historic opportunity, Cebu can set the road for long-term growth, prosperity, and development, enhancing the lives of its citizens and leaving an outstanding legacy for future Cebuanos.



## Palarong Pambansa 2024, Cebu: Rekindling Economic Engine

by: KATRICE MATAYABAS



## Obstacles to Accomplish

by: ANDREA GAYLE ACAS

The PAGASA (Philippine Atmospheric, Geophysical, and Astronomical Services Association) has recorded the highest heat index during the El Niño climate event in the Philippines so far with a temperature of 53°C in Butuan City on May 6, 2024, which is on the extreme danger category.

El Niño, a climatological phenomenon that originates in the Pacific Ocean, has a significant impact on the climate of the Philippines. This natural occurrence brings with it a host of challenges for the country, affecting various sectors of society.

The high heat index can pose health risks, including heat exhaustion, heat stroke, and dehydration. Particularly, students face difficulties during El Niño as they navigate through their classes and daily commute amidst the high heat index.

The Department of Education has given School Heads the discretion to suspend onsite classes and apply Asynchronous learning at times of extreme heat.

At the same time, most classrooms are not conducive for learning during extreme summer heat. Most classrooms don't have enough fans and are not well-ventilated. Water supply is also an issue at home and in schools.

Additionally, the temperature gradually increases and more students get affected by the climate with some fainting due to the heat and some having heat stroke.

Furthermore, Mayor Michael Rama released an Executive Order directing schools to implement modified school hours for all institutions in Cebu City making classes start and end at an earlier time to avoid the hours of

extreme heat within the day.

In this way, there are still onsite classes and face to face interactions in the classroom while making sure that students will be dismissed early to avoid the hours with the highest heat temperature.

Abellana National School follows this schedule wherein school hours start at 6 in the morning until 11 in the morning, with 30 minutes for each period.

Apart from that, the Department of Education has issued multiple suspension of classes and set asynchronous classes nationwide on certain days with high temperature in order for learners to stay at their respective homes and be protected from the extreme heat.

Despite these efforts, it is undeniable that face to face classes are interrupted and the challenges of asynchronous learning are evident as students struggle to learn their lessons on their own and learning tasks pile up for submissions.

Learning may have been compromised in this modified school hours and new challenges may arise among learners with the distant learning modality, but I strongly agree with the safety precautions implemented by DepEd and the Local Government Unit to ensure the safety of the learners.

Students themselves must always be kept informed on the risks of the arising situations and that DepEd should also consider that the classrooms are not only equipped but well-ventilated as well. Learning is important but students' health and overall well-being come first. After all, health is wealth.



ANSwers  
Active now.



Why do most of the platforms presented by SSLG aspirants that eventually win the election don't realize their platforms? Comfort rooms, especially in the RSD Building, as promised by them to clean, were not taken to action by SSLG officers; it seems they neglected their word.



We cannot assure that all platforms of SSLG officers will be put into action since there are factors that may have affected their projects and plans. But we should take the election seriously. It is a matter of who and what kind of person we vote for a position, know your candidate.

In the matter of filthy comfort rooms, if the SSLG promised it during the campaign, then they should bring it to reality since that is a factor of why they won; students dreamt of clean comfort rooms where they can truly find comfort and relief.

But it is not solely the job of utility personnel and SSLG officers to clean up our rest rooms, it is us who use it should maintain its cleanliness by flushing properly and stop vandalizing the walls.

Why does the RSD Building have no specified way in entering the RSD Building during lunch break? We, the afternoon session students suffer the congestion it causes with the heat of midday every lunch break...



The school has no specific rule for that but it is indeed crowded and uncomfortable while waiting to enter the RSD Building. I hope that the school admins will take immediate action on this as congested students under the scorching heat of midday is intolerable.

On our part, during those minutes, you may opt to stay at the Learners' Park to relax under the shade of the trees or at the Library to chill, read books or do your activities.



# MOM,

SHOULD I BE THE ONE TO BESTOW YOUR MEDAL?

— Christian Michael P. Compacion —

Awakened from his deep slumber by a tap on the shoulder, Hector opened his eyes and saw his mom looking at him seriously.

What could have concerned her enough to wake him? Out of all the questions he thought she'd ask, "Have you finished your homework?" was one he did not expect.

"I've decided I want to enroll and finish my studies," Hector and Gieboy's mom had announced months before the first day of school.

Surprise and shock were written on the brothers' faces. Their mom had made another chapter to her story that she told her sons when they were younger.

Rengie Marco, their mom, was born into an underprivileged family with a farmer father and a housewife mother.

She first stepped in cow excrement and mud before experiencing concrete and asphalt roads; in fact, the property they lived in wasn't even theirs.

Rengie was the second eldest and the first daughter in a family of nine children, and all were eager to go to school.

Even after her father used

all his strength, time, and sweat in harvesting and mowing their farmland to the point he fell ill, the money was not enough to cover the expenses of sending them to school.

So her parents decided she would drop out of her senior year of high school to get a job in the city.

There, she took on multiple jobs: working at a factory, becoming a saleslady, and serving as an assistant teacher. She sacrificed a lot to make ends meet for her family and became the family's bread winner.

While in the city, she unexpectedly met the love of her life.

Rengie stopped being her family's breadwinner to become a wife and mother.

After having Hector and Gieboy, she stayed at home to take care of them just like how her mother did to her siblings; she became a housewife.

When her children grew older, she decided it was time to continue her studies and return to school.

That time is now.

The first day of school was not easy for Rengie. She met people who are like snakes, whispering bad comments behind her back.

"She is too old to be here," "She doesn't belong here!" phrases such as these that pierced her sons' hearts more than their own mom.

"I don't care about them or what they say; as long as I can pursue my dreams, no one will stop me," Rengie said, brushing off the negativity.

The three shared moments similar to other students.

Rengie prepared her uniform, checked on her sons if they've finished their homeworks, then submitted their assignments together.

They took their daily atten-

dance, packed their lunch, walked together to school, get together during campus breaks, and repeat these moments again in the next day.

Aside from their school lunch, Rengie also made sure to prepare the food they need to display and sell everyday.

As the trio walked to school, Rengie's husband went to Pier 3 to sell the food they packed earlier. This is how the family earns daily income.

Her and her sons faced school challenges together: acing quizzes, answering exams, passing tests, and also defending their school research paper.

A younger Hector would be shocked if he found out his mom and younger sibling were his classmates, but the older him was more than happy and eager to learn together with his beloved mom.

As the school year progressed, the commonly asked question, "Have you done your homework?" turned into, "who should bestow our medals, mom?"

Such a rare sight to behold.

Many students have their parents as their teachers, but having your own mother as a classmate is a one-in-a-million situation.

They asked her, "Mom, should I be the one to bestow your medal?" Or "Should Dad do it?"

As months passed by and the time for the Grade 12 students to wear their togas and turn their tassels got nearer, you might want to stay longer during the ceremony to witness the name, "Rengie Marco" being called.

Rengie dreams of becoming a teacher, and hoping someday to meet someone like her—an image of resilience, a role model for all ages.

"To my fellow 'older undergrads,' I want you to know, our age is not a hindrance to accessing education. I want to remind and inspire you that there is no limit to learning; knowledge is something no one can ever take away from us. Therefore, we shouldn't let go of the dream we once had when we were younger. I want to show you that even with our own setbacks, there is still hope and endless possibilities to attain the will of a brighter tomorrow."

She is Rengie Marco: A wife. A mother. A graduate. With honor.

# ANS-JHS NOW OFFERS 6 CURRICULUMS!

## GENERAL

The curriculum is designed to be well-rounded and comprehensive, covering multiple disciplines to ensure a balanced academic experience.

## TECH-VOC

Center on technical and vocational education, oriented to prepare students for practical and skilled trades

## SPORTS

Designed for students interested in athletics, covering both physical education and sports science.

## FOREIGN LANGUAGE (NIHONGO ONLY)

Emphasizes learning Japanese language and understanding Japanese culture, enhancing communication skills specific to Japan.

## SCIENCE

Provides detailed study in different scientific disciplines, which encourages inquiry and experimentation.

## JOURNALISM

Prepares students for careers in media, focusing on writing, reporting, and multimedia communication.

join  
**NOW!**

## OBITUARY



Norman D. Gabales, EdD

Former English Program Supervisor  
Cebu City Division  
August 30, 1968-May 2, 2024

*"A life well-lived is in the service of others. Doc Norman's leadership as the English Program Supervisor of the Cebu City Division is a testament of his dedication for education. You will be remembered, Doc. Norman."*



Rey A. Kimilat, EdD

Former ANS Assisting Principal  
Evening Session  
January 5, 1968-March 8, 2024

*"His penchant for education turned him into a visionary leader. Doc Kim, you are gone from our sights but you will be forever in our hearts. Rest in God's loving embrace."*

# CCLEX:

## Bridging functionality, resilience, and cultural significance

— Jen Hershe P. Alterado —

### Cebu – Cordova Link Expressway

Stretching 8.9 kilometers, the CCLEX connects the island of Mactan to mainland Cebu, enhancing connectivity and potentially boosting the local economy through increased trade and tourism.

The new expressway was inaugurated on April 27, 2022, coinciding with the 501st anniversary of the Kadaugan sa Mactan.

Constructed by the Cebu Cordova Link Expressway Corp., a subsidiary of Metro Pacific Tollways Corp., in collaboration with the municipality of Cordova and Cebu City, the bridge cost approximately PHP 33 billion and was completed over a span of three years from April 2018 to September 2021. Notably, the project was not part of the Duterte administration's flagship "Build, Build, Build" infrastructure program.

The CCLEX is not just an infrastructural achievement but also a piece of art, incorporating eight 40-meter high crosses atop its twin pylons, celebrating 500 years of Christianity in the Philippines and symbolizing hope and great progress.

These crosses, inspired by

the cross planted by Ferdinand Magellan in Cebu in 1521, illuminate the Metro Cebu skyline.

From an engineering perspective, the CCLEX boasts a design speed of 80kph and a 51m navigational clearance for large vessels.

Its foundations are designed to withstand significant seismic activity and typhoons, crucial in a region like the Pacific Ring of Fire. Special devices called bearings are used to dissipate energy during earthquakes, ensuring the bridge's resilience.

The main span of the CCLEX is 390 meters long, supported by 145-meter-high twin tower pylons, with a design inspired by the Magellan's Cross Pavilion.

The toll facilities on the artificial island feature a design inspired by the eight-rayed sun of the Philippine flag. An electronic toll collection system was implemented in July 2022 to streamline traffic flow.

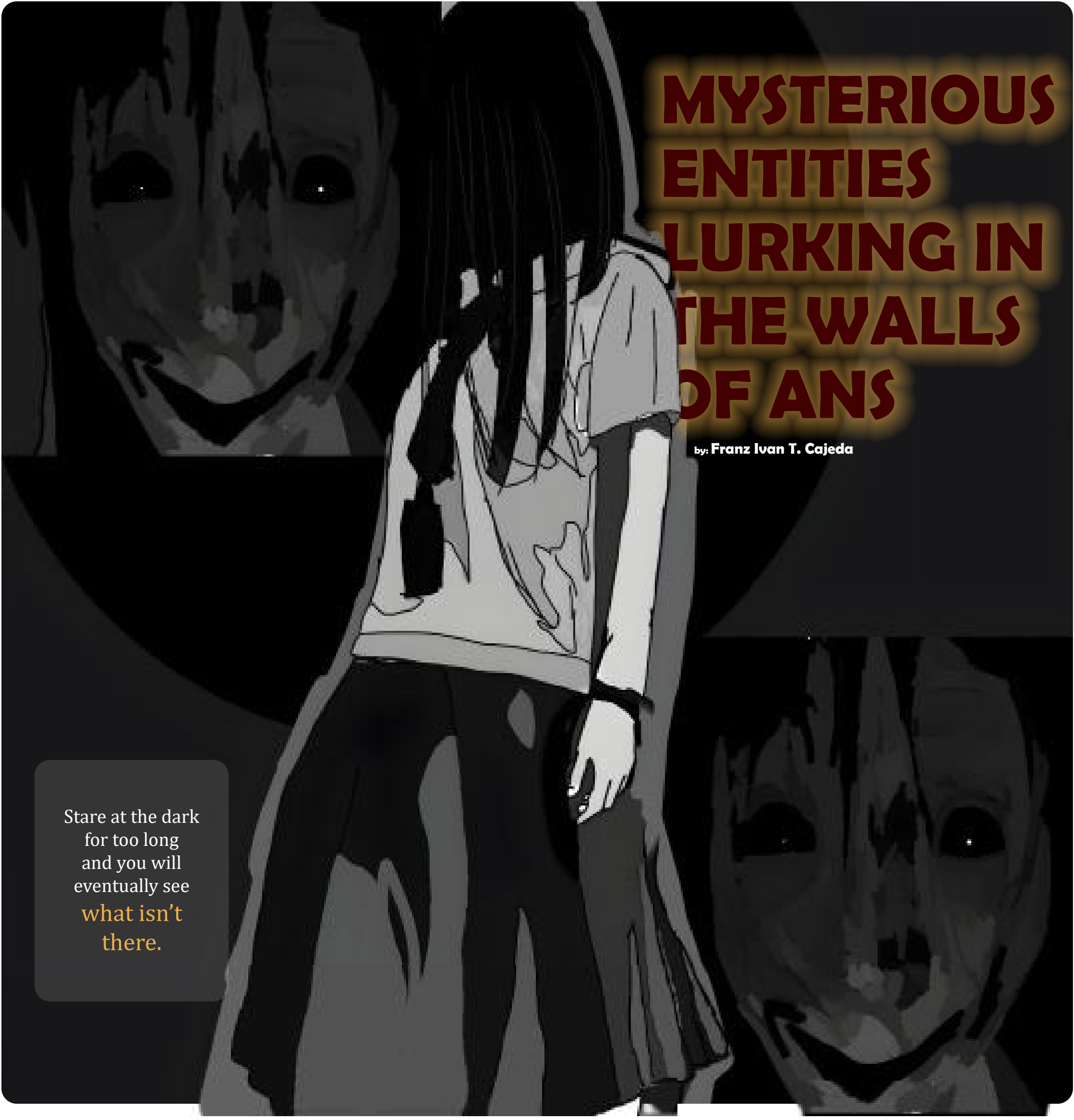
Extensions of the expressway are being considered to further alleviate traffic in Metro Cebu and provide direct connections to

key areas, including a possible extension towards Mactan-Cebu International Airport. There's also speculation about connecting CCLEX to the proposed Cebu-Bahol Bridge, highlighting the project's significance in regional development.

The CCLEX not only represents a significant leap forward in terms of infrastructure development in the Philippines but also stands as a testament to the fusion of functionality, resilience, and cultural significance.

Its construction has been a source of pride and hope for the Cebuanos and a key factor in the ongoing development of the Visayas region.

With the addition of majestic infrastructure, CCLEX dramatically transforms the travel landscape in the region. It not only alleviates traffic congestion but also symbolizes the progress and development of Cebu and Cordova.



# MYSTERIOUS ENTITIES LURKING IN THE WALLS OF ANS

by: Franz Ivan T. Cajeda

Stare at the dark for too long and you will eventually see what isn't there.

During Halloween celebrations, people especially children love dressing up as their favorite movie characters or as ghosts, vampires, witches, and many more. Halloween is the time where children would go trick-or-treating in the malls or at their neighborhood. Aside from those mentioned above, scary stories are also rampant.

It is considered as a form of entertainment, but what would happen if entertainment became a real-life horrifying experience?

In Abellana National School, there have been a lot of paranormal activities that some Abellanians happened to encounter.

Mr. Leomar Calido Amagos, who has been serving as a watchman in ANS for a decade, shared that he vaguely remembered a scary experience he had during the blanketed silence of 2:30 in the morning, around the year 2013 or 2014 in front of the guard house—the clinic area.

He saw a strange woman who has an eerie aura about her and she wore an old teacher's uniform.

This peculiar sight perplexed him, noting that teachers this days does

not wear that type of uniform anymore.

Amagos recalled another hair-raising account at the principal's office. "I was washing dishes, but then suddenly I felt chilly and when I look on my back, a floating candle appeared behind me," claimed Amagos.

"When I did my roving near Mrs. Paloga's room at dawn, I felt a strong wind that prevented me from moving," added Amagos. He also mentioned that in 2014, at the RSD, there used to be a lot of students who got possessed by evil spirits roaming around the building.

Jen Hershe Alterado from Grade 10 – Vivacity alleged that her horror experience happened when they still occupied the Audio Visual Room (AVR). At that time, she was at the AVR to do her daily activities.

She was tasked to check if there was no filth left and whether the monoblocs were properly filed. She already heard scary stories about the AVR from different people which made her cautious and uncomfortable.

Whenever she would pass by the area, she would immediately feel uncomfortable and scared.

"I used to just brush those rumors off until that horrifying day. I was the only one left doing my routine task at the AVR. There was no sound to be heard, only the deafening silence. One of the chairs was dragged but there was no one else beside me. I was confused, but I just brushed it off. I decided to just put it back in its place but the chair moved again as if someone was manipulating it by invisible force. I was trembling at that time, but I decided to be brave and put the chair back. It was weird but if I were to pick which one is scarier, that occurrence or my teachers' wrath, I would choose the latter. For me it was just a fixed-in-the-mind experience. But truth be told, it was not my only horrifying experience at the AVR."

Reflecting on her past, Mrs. Ana Mariz Canitan revisited her spine-chilling experience at RSD during their earthquake drill around school year 2006–2007.

She was assigned by Mrs. Cydtheresa Vito Lao, the ANS Rescue Founder, along with another rescuer to check if the rooms were cleared and ensure every student in night class had evacuated outside of the building.

"My partner and I were checking the rooms, moving quickly, running between classrooms, and using our flashlights. I was pretty sure we finished in 10-15 minutes. When we reported that all rooms on the third floor were cleared, Mrs. Lao was very angry because she said it took us 30 minutes to check the rooms. My partner and I just stared at each other. We realized that we were the last to leave among the inspectors. The inspectors assigned to the fourth floor, which had more rooms to check, had left much earlier than us," recalled Mrs. Canitan. She also pondered how frightening it was to think that it took them 30 minutes. She was certain they only took 10-15 minutes or less.

During that same drill, Mrs. Canitan, along with other rescuers, was still evacuating students when they saw Mrs. Lao from a distance, appearing to scold someone. They were puzzled because they saw no one in front of or beside her.

She was completely alone.

During the debriefing, Mrs. Lao asked the two rescuers why they took so long to check the rooms.

"I was confused as to why they

took so long to check the rooms; it was as if they were trapped in a time loop," Mrs. Lao said.

She was startled when her co-rescuers asked who she was scolding during the evacuation. "I was really confused when they asked me that question. I told them I was scolding a male student who countered the evacuation flow, but my co-rescuers said I was alone in the dark, talking to no one, using my finger for emphasis."

The horrifying experiences of the Abellanians mentioned above are powerful illustrations of the mysterious, hidden forces that subtly lurk around the edges of our reality.

But we should not be afraid of mystery because it makes the world interesting and fun to live in.

For the supernatural beings that lurk in ANS, it does not matter whether you believe in them or not, in the realm of the supernatural, belief is a personal journey.

The true essence lies in our ability to respect one another, be it human or otherworldly. Our magnificent world is too vast for us not to embrace and share with others.

# My best friend deliciously served on a silver platter

— Jen Hershe P. Alterado —

In the warm summer heat, the sky was bright but my vision was dull. As I rubbed my eyes, I call out my dogs name, Poppy. But she didn't respond. I started yelling her name out loud, but still no response.

As I shout once more, my ears heard a thud. I run towards the sound only to find my father standing upright in the kitchen. A cleaver in his right hand as he chops some kind of meat. I asked him, "What meat are you chopping Pa and what dish will you make?" My father turns around with animal's blood staining his apron. He only speak. "Oh esh, you are gonna like this meal! It's your favorite."

Animals are pets and food for others. But for some, they are a part of the family. They are like the children parents spawn or the siblings being adored. They could be soft as clouds or as hairless as your balding dad, but they are undoubtedly part of the family.

But what about animals like chickens, pigs, cows, and fishes? They are animals as well, are they not?

But the question is why are they being brutally killed? Why are they being slaughtered like mindless and lifeless beings?

Every day, we eat our favorite meals from McDonalds, Jollibee, KFC, Chowking and other food chains.

Almost a billion chickens are sliced up in the slaughterhouse where their necks are slit and are being hanged on the hooks. Left out to bleed until they are just empty, bloodless carcasses. Delicious, isn't it?

If these animals that are domesticated for capitalist consumers

are being treated like this, how would you feel about house pets like cats and dogs enduring this kind of violence?

Our furry little friends like cats and dogs are also being treated like lamb to be feasted on for the longest time. In fact, here in the Philippines, there are reports about dogs being served on a silver platter seasoned with herbs and spices.

Cats are chopped to pieces to be cooked and to be stuffed in buns and sold as the consumers' favorite "siopao." What a delicacy indeed.

As my father served his dish, I am still in the air hanging for what he serves me in a silver platter.

It is only at the last minute when I realized the meat I have been observing was once my favorite pet—looking like a 5-star Michelin dish. The echoes of her squeals and cries to live were ringing in my ears. The noise of carving and chopping mix in with the noise. I just want this to stop.

"This has to be a dream," was the only thought in my mind, as the world spun around me. Then I wake up, sweating and feeling extremely anxious. I look to my side and there I see my pet sleeping peacefully.

Relief washed over me and I pet her soft fur. Thank God it was just a nightmare. "I am never watching those morbid short films for ever again." I murmur as I go back to sleep.



## The greatest crime humanity made

— Christian Michael P. Compacion —

I have seen you grow and how you walked with four feet. I have heard your cries when you were tiny.

They sounded weird to me. You seemed so vulnerable. But what can I do when my family hates you?

We cannot even have three proper meals a day. How am I supposed to feed you?

I cannot afford to see you eat rats for breakfast and dinner because even before, I had already loved you more than I thought possible.

What can I do to save you from this hell? I cannot let you die but I cannot make you live either.

I cannot afford the things you want. What should I do?

I do not want you to roam around our neighborhood.

It is not safe out there. But how could I stop you from your curiosity? The explorer's blood is in you.

I want your fur to shine, your claws clean, but if we cannot even afford ourselves proper hygiene, how can I give you that?

I do not want to damage your skin with chemicals from a product that is never intended for you.

I want you to have a proper meal, to eat a lot of food, but all I can give you is some leftover rice and a can of sardines.

It is sad to see you eat all those rotten meals. I cannot imagine consuming that.

How much have you endured so far?

If you have already experienced the bad when there is someone who takes care of you, what about those cats in the streets that no one wants to adopt? I do not want to imagine it.

How do you even have the



strength to keep on living when you are on the verge of death?

What can I do? It is time that we should all open our eyes and realize that every life is sacred.

How do humans move on and ignore the most disadvantaged of all, right in front of their eyes?

We have taught ourselves many concepts but why have we not given a single thought to other sentient beings living on the same planet as us?

How could I protect you, Spike, when the government itself does not even think of my fellow humans?

You have rights, but people do not respect them at all.

It is a pain to protect something most people fail to appreciate, dismissing it as "childish".

It is a crime, participated by all humans and justice will never be served.

Not in this lifetime, anyway. It is all very simple. "If you cannot feed them, then at least do not hurt them."

I was furious. She dare scold me! How could she! I couldn't take it, yet why were tears flowing in my eyes? Why is my heart aching with despair? She was the one who started this fight, right?

In our era today, the world is crowded with over 7 billion people and while both sex are responsible for the multiplication of population, only the 3 billion are equipped with the priceless nature's incubator, women.

A woman is define to be the opposite sex, their anatomy is different from each other, but both are of the same species--human being. While both genders complement each other, one suffers pain like no other.

According to factly.in, a woman experiences 57 del of pain during childbirth which is similar to 20 bones simultaneously fractured.

A man being kicked in between their legs is painful, but a woman giving birth, is describe to have an excruciating pain equal to being stabbed or kicked in the balls twenty times.

A woman gives birth to a baby after nine months and sometimes gives birth to twins, triplets, quadruplets, quintuplets and in some rare cases more than five.

Giving birth is the woman's right of passage to becoming a mother. Though, there are already many ways now to become one. And being a mother does not stop in giving birth. It is only the beginning.

Even if the child is born after being in the womb, the woman will still be the one to nurture and care for the child as to her metamorphosis from a woman to becoming a mother.

Mostly, this change will take a toll on women and mostly, despite struggle, they survive and thrive.

It seems like nature has switched on this side of her she has never known before--like a bulb that flickers before a steady light illuminates a dark room.

In ancient times, women are deemed to be a symbol of beauty, now woman can be anything she wants to be, and being a mother transforms her

## OVER TUPPERWARE

— Jen Hershe P. Alterado —



to a symbol of life.

With all the roller coaster of emotions of these transitions, mothers never falter.

They are serene when they first fed their babies in their bosom.

They are happy when their babies take their first step.

They make ends meet when their child gets sick.

They are emotional when their child marries and all the other occasions in between.

Mothers never falter. These cause their heart to be more resilient, yet soft over time.

A girl suffers from her first period, a woman suffers from her pregnancy. The sacrifices of being a mother, mama, mommy, and nanay are sacrifices they made not for themselves, but for the children that one day will become mothers of their own.

They don't get a salary or a performance-based bonus for this lifelong job.

As I clenched my fist, tears in my eyes, a burden of guilt, and regret in my heart flooded me.

The first thing I do is to turn and run towards my mother and say "I'm sorry".

As I stand there, expecting some scolding, she trapped me in her arms. My mother who I disrespected, hugged me and willed her tears back as she says, "It's okay, you came from me, I am your mama, and I will always be, no matter how many times you push me away, I will always be here for you."

Oh, how those words pierced my heart, and how I dared to be mad when it was I who made a bad decision of losing my tupperware lunchbox all along.

Indeed, mothers never falter.



## Scitech News

## The dreadfulness of

# SLEEP DEPRIVATION

— McDwayne Torralba —

Humans, as creatures, have always had certain things that their bodies do not just simply “want,” but rather, it is considered a “need” to them.

From eating food for nutrition to drinking water for hydration, it is easy to say that human beings are in need of those things. However, one of these “needs” seems to be more neglected than the others: sleep.

It is true that sometimes, some people skip eating food or stop drinking water for other reasons like keeping up with a diet or fasting. However, it seems that sleeping is considered to be the unfavored child in the family of human needs. Think about it.

Oftentimes, we sacrifice our sleep to do our duties for work or other projects for school, but never do we ever sacrifice our hunger or our thirst when we feel our bodies getting weary.

Be honest. Is resting really the first thing that we think about in the given situation? We often reason that an assignment or project is due tomorrow without thinking about how pushing yourself awake so much can lead to one of the most grave consequences your body will most likely suffer from: sleep deprivation. People often have the misconception that the idea of “sleep deprivation” is simply just your body getting tired from lack of sleep.

Although that definition is technically true, there is a lot more about sleep deprivation that you most likely do not know about.

According to John Hopkins, sleep researcher Dr. Patrick Finan, Ph. D., lack of sleep can affect your mood, memory, and health in far-reaching and surprising ways.

In this paper, we will be tackling all of the risks that this common but deadly condition can give us.

Since everything of this condition begins within the brain, we should start there.

It is practically common knowledge at this point that sleep deprivation causes fatigue. However, what you may not know about it’s effects is that it also increases the risk of Dementia by over 33%.

Not only that, but lack of sleep poses a greater risk of getting other health conditions like depression, irritability, anxiety, forgetfulness, and fuzzy thinking. It can also age our brains by 3-5 years, which becomes a driving force behind the mentioned risk of what we know as “Dementia”.

Of course, if something is going to be wrong with your brain, something else is bound to go wrong with your safety, specifically in driving while lacking sleep. More than 6,000 fatal car crashes happen every year caused by someone driving while tired. To add more to the factors of danger, more than 1 in 25 deaths have fallen asleep while being behind the wheels.

These facts become a true testament to the dangers of drowsy driving and the likes. We can not be speaking about safety without mentioning our own health, physically and mentally.

One of the risks that sleep deprivation causes is the weakening of our active immunity protectors called “Natural Killer Cells.” This also causes us to be 3 times more likely to catch a cold.

Not only that, but lack of sleep can also increase the risk of Colorectal Cancer by over 36%, while also tripling

the risk of our body getting type 2 Diabetes, as well as increasing the risk of high blood pressure. As a result, the risk of developing heart diseases rises by a staggering 48%.

This goes to show how far sleep deprivation can affect our body. Although it is quite unexpected, sleep deprivation can also affect our weight.

Lack of sleep can give us more cravings for sweet, salty, and starchy food, caused by higher levels of the hunger hormone Ghrelin and the lowering of the levels of the appetite-control hormone Leptin. As a result, the risk of becoming obese rises over by 50% once you get less than 5 hours of nightly sleep.

As a creature with needs, we should put more attention to our sleep to reduce the risk of sleep deprivation becoming a bigger problem than how it already is. Not getting enough sleep is not only putting your mind at risk, but you are also potentially putting your physical body in grave danger.

Not only that, you are also putting other people at risk of a vehicle-related accident caused by drowsiness which leads to a high percentage of deaths in the area. However, it seems that people would still put their work over their health, which causes this very dangerous phenomenon to continue.

We should look out for our health no matter what, physically and mentally, not only as people wanting to do our “want,” but also as a human being fulfilling their “need.”

## Scitech Feature

## Time for action!

— Elizah Qaye P. Torrevillas —

Humans complain that it is too hot or too cold. Why is it always raining? Why is the land so dry?

I, myself, hate it when the temperature is high, but in reality, I contribute to the rising temperature. Climate change, driven by undisciplined humans, has greatly affected the entire world.

Yes we are suffering because we made our own problems.

According to the United Nations, the world is now warming faster than at any time in recorded history and one great cause is human activity.

I have seen in the news that trees are being cut off in the mountains for buildings. I have seen people burning plastic.

There is more to see when it comes to human activities that harm the environment.

But why do some people turn a blind eye? Do they not care?

Scientists have already protested that people should stop hurting the environment. But who listened to them? No one. Not even the so-called government.

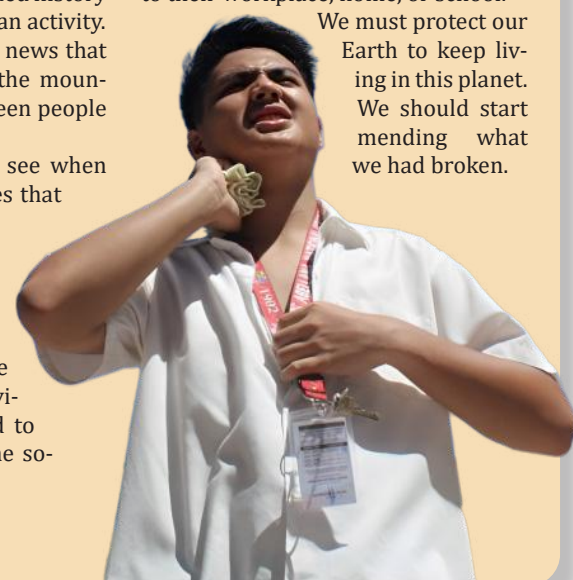
Humans don’t listen. People lack discipline.

While it is understandable that there are natural causes of climate change but I still blame my kind as the prime drivers of climate change.

Therefore, people should see and listen to the protests, the advocacy, and the challenges that our planet is facing.

I, as a student, think that people should walk rather than take transportation or even ride a bicycle to their workplace, home, or school.

We must protect our Earth to keep living in this planet. We should start mending what we had broken.



# Aloe Vera: Our body's herbal friend

McDwayne Torralba

## Scitech Feature



**What is Aloe Vera? What can it do?**

Although it is among some of the most commonly-used plant for any self-care consumer products, Aloe Vera's true purpose still seems relatively vague to most people.

Yes, it can help with skin problems, but what else could there be for its use?

Surprisingly, there is a lot. According to organicfacts.net, under the thick leaves of the Aloe Vera plant lies many helpful effects for our body.

With the range of these "effects" being quite widespread. From keeping a steady pace of your hair growth and saving yourself of balding, to having your age go slower, to helping with your immune system in fighting those unwanted outside forces, and to even helping in preventing cancer itself.

Not only could it pre-

vent cancer, it can also help you if you have it by giving relief from the side-effects of radiotherapy.

Even if your body is suffering from something physically, Aloe Vera can still help with it. Although it is already expected to be able to help with skin-related problems by being used in treating skin ailments and dermatitis, it also helps in providing relief from pain caused by arthritis as well.

Does your stomach feel off or hurting because of acid reflux? Aloe Vera still helps with that by relieving the grueling symptoms.

It appears as though that this seemingly useless plant only possibly used as a marketing ploy by companies offering products of self-care may be more than just a point of interest to consumers, after all.

The amazing effects Aloe Vera has to offer ranges from its minor effects to its major effects in our physical and systematic well-being, goes to show that this relatively well-known plant could possibly be more than it seems.

If a dog can be a man's live best friend, then Aloe Vera could be our own herbal best friend.

Though they cannot fetch sticks or bark, they can still have a very big impact on our lives for the better, which seems is what, if not more, a best friend could do.

## Scitech Feature

# Worms inside your stomach

Rabb Trinity L. Anocha

There are many reasons why we should wash our hands.

But do you know why we wash our hands regularly? Why is it important to wash our hands?

According to the Institute of Food Science technology or IFST, hand hygiene is very important because keeping our hands clean can reduce the chance of becoming ill and the spreading of microorganisms to others.

Many people caught diseases and are spread by not washing hands with soap and clean water.

It is important to note, however, that wet hands are 5000 times more likely to pick up microorganisms than dry ones.

How must one properly wash their hands?

First, wet your hands with warm water. Turn off the tap, and apply soap. Water does not directly contribute to the removal of microorganisms.

Water should be warm enough to encourage more thorough hand washing.

Second, lather your hands by rubbing them together with the soap. Be sure to lather the tips of your fingers, thumb, the back of your hands, between your fingers and under your nails. Rubbing your hands is very important.

Third, scrub your hands for at least 20 seconds. Do not have a timer? There is no need to worry. You can simply pretend that you are singing a happy birthday twice to one of your friends. Instead of clapping, we are washing our hands.

Fourth, rinse your hands well under clean water.

Lastly, dry your hands with a clean towel or air dry.

Is it true that you do not have to wash your hands if you wear gloves? This is basically false. Gloves

are not a substitute for hand hygiene.

A glove is just another food contact surface as it also becomes dirty and contaminated with bacteria.

This can give you a high risk of becoming ill.

Washing your hands is very important. Know how to wash your hands properly.

By not doing so, it can make you and everyone around you sick.

Let us take children who do not wash their hands often as an example. They get worms and spread them to other children.

That should be alarming enough for us to grab a soap and start practicing proper hand hygiene.

## Science Investigative

Angel Therese F. Manimog

As the end of the school year draws to a close, it's not just about wrapping up textbooks and exams—it's about understanding how students learn best.

The student from Grade 10 Charity from Abellana National School, under the guidance of Mrs. Ana Mariz Canitan, delves into a distinct approach by utilizing Kolb's Experiential Learning Theory to identify the students' preferred learning style for their research.

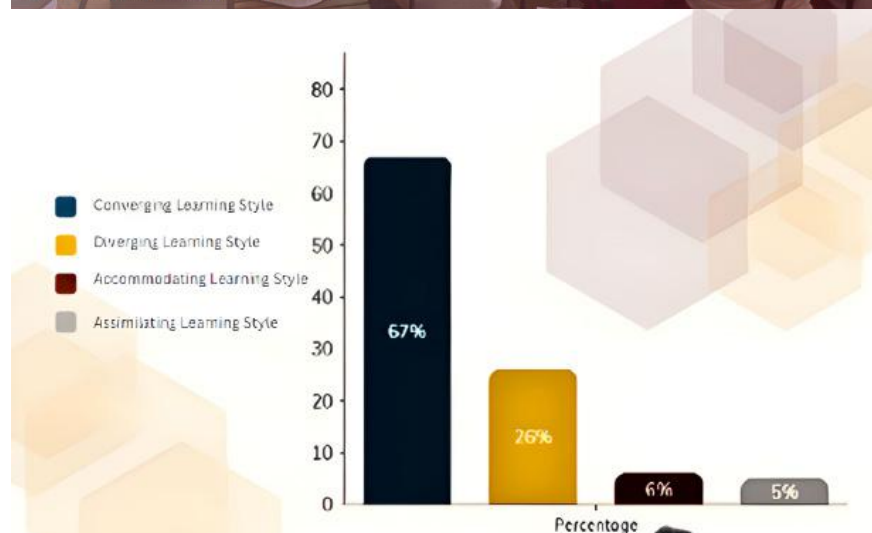
Together with them are the students from Grade 9 Sapphire, supervised by Mrs. Evelyn Dy-Andrino, as the respondents for their study.

As for the Kolb's Learning Style Inventory, the researchers did a great job by using a detailed questionnaire to identify the learning style of each respondents.

Kolb's framework categorizes learners into four distinct styles: converging, diverging, accommodating, and assimilating. With these instruments, the researchers collected



Kolb's framework categorizes learners into four distinct styles: converging, diverging, accommodating, and assimilating.



CONVERGING	DIVERGING	ACCOMMODATING	ASSIMILATING
Students who excel in this are analytical wizards and are always ready to tackle challenges head-on.	Those who excel in this are visionaries, and excel in seeing the big picture and thrive on exploring multiple perspectives.	Accommodators tend to have intuitive flair and adaptable nature, bring a unique energy to the learning community.	These learners excel in seeing the big picture and are adept at gathering diverse perspectives.
Engage in practical applications and hands-on activities.	Participate in group discussions and brainstorming sessions.	Embrace hands-on practice and trial-and-error learning.	Take organized notes and use charts/diagrams.
Work independently on projects with clear goals.	Reflect on experiences through journaling.	Study collaboratively with peers.	Focus on theoretical readings and attend lectures.
Focus on problem-solving and logical reasoning.	Incorporate creative activities like drawing and storytelling.	Stay flexible and adapt study methods as needed.	Synthesize information from multiple sources for comprehensive understanding.

and analyzed data which helped them to explore the learning methods used by the Grade 9 students.

The study yielded with a surprising results-- majority of the respondents are those who learn through converging learning styles with an average of 67% percent or 28 students. Students who excel in this are analytical wizards and are always ready to tackle challenges head-on.

Then came the diverging learning style, yielding 26% of the students, or 11 people. Those who excel in this are visionaries, and excel in seeing the big picture and thrive on exploring multiple perspectives.

Meanwhile, followed by it was accommodating learning style, accordingly, the students on this learning style yielded 6% or 5 students.

Accommodators tend to have intuitive flair and adaptable nature, bring a unique energy to the learning community. Lastly, the least excelled learning styles among them was assimilating learning styles, which yielded 5% or 4 students.

These learners excel in see-

ing the big picture and are adept at gathering diverse perspectives.

The findings shows that students have different learning styles and thus it is important to structure the educational environment in a manner that takes into account their different styles of learning.

Through identification of the fact that each person has their own learning preference, teachers can come up with the teaching styles that will efficiently inspire and help all students.

As we reflect on the results, it is clear that when all the types of learning are facilitated in a learning environment, education is greatly enriched.

Curious about your own learning style? Now is the perfect time to find out! Take the test (to the given link below) and discover how you learn most effectively. Transform your educational experience and unlock your full learning potential today.

intense-eu.info  
<https://intense-eu.info> > Kol...PDF  
 Kolb's Learning Style Questionnaire | INTENSE

# DID YOU KNOW

CARLOS P. GARCIA



Carlos P. Garcia, who later became the 8th President of the Philippines, was once a high school student of Cebu Provincial High School now the Abellana National School.

Demonstrating early signs of his future leadership and intellectual capabilities, Garcia excelled

academically, finishing at the top of his class during his secondary education at this institution.

His time at Abellana National School laid the foundation for a distinguished career in law and politics, marking him as one of the most notable alumni of the school.

## Sports International



## FIBA WOMEN'S ASIA CUP WELCOMES ANS BASKETBALL GIRLS

— Jen Hershe P. Alterado —

ANS Basketball girls players Maria Nadine Labay, Zaydhen Rosano, Jesrica Kitkat Tenebro are called up by Gilas for FIBA ASIAN CUP in category 16 and category 18 and will fly tonight at Vietnam and Thailand respectively on May 10, 2024.

On the morning of May 20, 2024 the three players were blessed by Hon. Donaldo "Dondon" Hontiveros, Cebu City councilor and chairman of education and sport and Nathanael M. Flores, school principal, as percussion for their leaving as they couldn't attend their last school days nor their moving up ceremony.

The players are called up by Gilas team to play in the FIBA Asia Game under 16 and 18 category, with Zaydhen and Kitkat playing for Gilas at Vietnam and Nadine for Thailand, Zaydhen will also play in Thailand as she is also have her slot for the game. They

will be back on July after their game, as they will still play for Palarong Pambansa 2024 and BPBL (Batang Pilipino Basketball League).

"Enjoy the culture and learn from their teammate as this will serve as your lesson that you will need in the near future for your career, so take advantage to this", Hontiveros advised.

According to their coach, Darwin Dinoy, this is the very first time Gilas team gave off three slots from public high school basketball league and what is more impressive is the players themselves where already being scouted by other schools from high schools and colleges to play in their team.

Nadine have been monitored by Gilas, for some time to assure she will truly secure her spot in the team.

## Sports Feature

### From ANS to SEA: Alumnus arnisador performs on parliamentary visit

— Shein Ivan Jiov G. Pacaña —

ANS alumnus, Kurt John T. Cristobal, of batch 2019 executes Arnis during the parliamentary visit of Senator Juan Miguel Zubiri and Sen. Joseph Victor "JV" Ejercito to Thailand Senate President Pornpetch Wichitcholchai.

During the visit, they discussed the relationship between the security and defense of the country and cooperation on agriculture, tourism, education, and especially sports as the Philippines push Arnis to be among the official sports for the upcoming Southeast Asian Games 2025.

Cristobal won multiple medals in Arnis in both local and international competitions.

He won medals in the 16th World Eskrima Kali Arnis Federation (WEKAF) 2022; Gold for Live Stick (Continuous), Knife Point System Men's and Silver for Non-traditional Double Weapon Forms/ Anyo Competition and Long Stick (Continuous) Competition.

He also triumph in IMAC (Korea) 2023 with Gold for Duo Weapon and Silver for Team Com-



petition. In the same year, he competed for the National Battle of Champions where Cristobal bagged Gold in Live Stick (Continuous) and Silver in Padded Point, both Men's Welter Weight 73kg.

This year, he competed in the PEKAF Visayas Qualifying Round.

He brought home Gold for both Live Stick (Continuous) and Padded Point and Bronze for the Double Weapon Non-traditional Anyo Competition.

It made him qualify for the 1st National Inter-collegiate Arnis Championship (PEKAF) wherein he also won both Men's Welter Weight 73kg for Gold in Live Stick (Continuous) and Silver in Padded Point.

## Sports Feature



### Flowing Music: ANS representing Cebu City Dancesport

— Chrislyn Gaudiano & Charlen Fetiluna —

Representing Cebu City during the Dancesport competition of the CVIRAA 2024 Meet, Rhyss Rhafael Fajardo and Shadelle Niña Hernandez of Abellana National School excel as they obtain a total of six Gold Medals, securing them a spot to carry on the ANS pride for the Palarong Pambansa.

One of the challenges they faced was the conflict between their academics and dance trainings. In order for them to balance both, Hernandez stated that they do trainings in the morning and schoolworks at night. Often times leading them to stay up late for submissions.

Though sleep deprivation is not the only struggle both dancers had endure. The latest rise of heat index has also majorly caused the couple dancers to struggle.

They also said that they felt overwhelmed with pressure and excitement for the upcoming Palarong Pambansa and admitted that they're expecting other dancing couples to be more stronger than them for the Palarong Pambansa and plan to improve day by day, increasing their determination

and commitment. They practice from Monday to Saturday and have their break on Sunday.

"We dedicate our victory to Dear Sto. Niño and for those who supported the Cebu City dancesport team." Said by both dancers. However, they also shared their passion for dancesport and how they also teach kids who are willing to learn and to compete like them in the future.

Shadelle Niña Hernandez, who started her dancesport career at the age of 7, shared her silly story on how and why she started doing dancesport, "I was jealous of my sister because she was able to ride a plane. So In order for me to ride one, my mom told me to join dancesport."

On the other hand, Rhyss Rhafael Fajardo, who started his dancing career for 7 years. He said at the age of 9 year's old, his then girlfriend introduced him to dancesport and was happy to know that his grandfather also danced before.

Altogether, both dancers have been preparing mentally and physically for the upcoming Palarong Pambansa,

## Sports News

### CVRAA 2024: Cebu City Arnis Team Bags 17 Medals

— Gahami M. Dominguez —

Cebu City representatives for Arnis Competition in Secondary Girls gathered a total of 17 medals ranging from gold to bronze for this year's Central Visayas Regional Athletic Association (CVRAA) 2024.

In the Forms Competition, Hannah Marie Dela Cerna was announced victorious as a gold medalist

in Individual Double Weapon Category, and then Sharmine Faith Lazaga as a silver medalist in Individual Sword & Dagger Category.

Four athletes from Cebu City, namely Angel Grace Tampus, Jessa May Villamor, Hannah Marie Dela Cerna, and Sharmine Faith Lazaga, win silver medals in all three categories of Synchronize Team Anyo—Single Weapon,

Double Weapon, and Sword & Dagger.

In the Padded Stick Competition, bronze medals were respectively awarded to the following; Jane Dhanice Romeo, Jessa May Villamor, and Hannah Marie Dela Cerna.

Overall, the Arnis Competition in Secondary Girls representatives from Cebu City achieved 1 Gold Medal, 13 Silver Medals, and 3 Bronze Medals.





# SPORTS

Sports Feature

## NINOS, STILL UNDEFEATED

Jen Hershe P. Alterado

Cebu City Niños pulverized Bohol Province in their final match for CVIRAA secondary womens basketball with a score of 67-43 on Wednesday, May 8, 2024 at University of San Carlos-North Campus gymnasium.

In the first second of the first quarter Cebu City were outlasted by Bohol for 2-points lead, but as time went Cebu City immediately demolished Bohol by gaining an end score for 1st quarter of 27-7.

This back to back shooting continues till 2nd quarter as they end it with a score of 37-16. Cebu City Niños, ANS Representative Maria Na-

dine Labay (wearing a no. 18 jersey) and Zaydhen Rosano (wearing a no. 9 jersey) are the players to have a back to back performance throughout the entire game, with Rosano being the team's MVP.

3rd Quarter for Cebu City sealed their position being champion with having a 23-leading points against Bohol, with a score of 52-29.

The championship ends with Cebu City Niños taking the gold home. These proud Abellanian athletes will represent Niños in the upcoming Palarong Pambansa 2024, hosted again by Cebu City.



**Golden Victory.** The ANS girls' basketball champs proudly wearing their hard-earned gold medals during the CVIRAA 2024 awarding ceremony.

### Sports News



## ANS Intramurals 2023 kick off with a spectacular opening ceremony

Jen Hershe P. Alterado & Ken Henrick L. Diez

Nathanael M. Flores, ANS school principal, announced the official opening of ANS Intramural Games on November 10, 2023 at CCSC.

This is being followed by the lighting of torch and urn led by Crissan C. Luctog, Palarong Pambansa 2023 arnis gold medalist.

Clear sky and dry grounds greeted this year's grand parade marking a significant recovery from last year's intramurals' fire aftermath and rainy weather.

Flores reiterated the importance of humility in victory and sportsmanship in defeat during his welcome remarks.

The grandstand erupted as

students from various grade levels cheered for their flag bearers as they race to hoist their flags. As the opening ceremony continues, Jessha Banquil, basketball girls silver medalist in Palarong Pambansa 2023, led the athlete to pledge the oath of amateurism.

Both students and teachers anticipated the production number and introduction of the comely candidates for this year's Mr. and Ms. Intramural Games adding a touch of excitement and glamour to the event.

The opening ceremony culminated with the performance of students showcasing a demonstration of martial arts, Taekwondo, Wushu, Karate, and arnis.

## Winners:

### MOST PUNCTUAL:

• Dina Manuela Villana (Grade 8)

### MR. CONGENIALITY:

• Kurt Raphael Daitol (Grade 9)

### MS. CONGENIALITY:

• Michelle Anne Reyes (Grade 12)

### MR. SOCIAL MEDIA

• Dale Ashton Pioquinto (grade 9)

### MS. SOCIAL MEDIA

• April Ashley Mae Cabajar (Grade 10)

### BEST IN PRODUCTION NUMBER:

• Dale Ashton Pioquinto (Grade 9)

• Via Mara Cardeno (Grade 10)

### BEST IN SPORTSWARE:

• Aldrich Jude Laniba (Grade 10)

• Michelle Anne Reyes (Grade 12)

### MR. PHOTOGENIC:

• Aldrich Jude Laniba (Grade 10)

### MS. PHOTOGENIC:

• Rezel Sophia Clarus (Grade 9)

### CORPORATE AWARDS:

• Keith Amnel Alkuink (Grade 12)

• Casolhia Gascaal (Grade 11)

### FACE OF XMC AWARD

• Kurt Raphael Daitol (Grade 9)

• Rezel Sophia Clarus (Grade 9)

### FACE OF JAVY MANAYON FASHION DESIGN

• Aldrich Jude Laniba (Grade 10)

• Michelle Anne Reyes (Grade 12)

### MR. AND MS. INTRAMURALS 2023:

2nd runner up - Dale Ashton Pioquinto

2nd runner up - Via Mara Cardeno

1st runner up - Aldrich Jude Laniba

1st runner up - Beatsie Eborada Roxas

### MR. AND MRS. INTRAMURALS 2023:

• Kurt Raphael Daitol

• Dominique Yvianne C. Sulong

### Sports Analysis

The secondary category championship match for the CVIRAA girls basketball event was definitely one to be remembered for the riveting performance given by both sides.

Although the match ended 67-43 in Cebu City's favor, its not fair to say that Bohol Province had not given a good fight throughout the match. Their tight man-to-man defending was one to be acknowledged. However, they were ultimately bested by Cebu City's systematic passing gameplay that took them to a far lead early on.

However, it has to be noted that Cebu City's lead was not done so by well-suited means. This is apparent with the fact that despite leading in points, Cebu City also lead the match in committed fouls, with them having 8 while their opponents only having 4.

Despite that fact however, Cebu City's dominance in the game and the competition as a whole can't be denied as well. With their previous matches, including their previous match with Negros Oriental that end-

ed up with a scoreline of 71-36, and their manhandling of Talisay City that ended up being their biggest lead in a game in the competition, with a scoreline of 64-27.

These scorelines are a great example of Cebu City's superiority in the attacking front, as they are able to take themselves in a lead of doubles in multiple games.

With this in mind, it's no surprise that three of their players had been deemed good enough to be called up to Gilas Pilipinas in order to represent the country in the upcoming FIBA Asian Cup.

All in all, although they lost, Bohol Province's passing and defensive abilities as a team should not be taken lightly or looked down upon, as it just so happened that Cebu City's systematic passes and attacking capabilities got them behind.

This match was definitely memorable not only as a basketball match, but also as a fight for the gold medal and a fight for a spot to represent in the upcoming Palarong Pambansa 2024.

# CEBU CITY DOMINATION

by: McDwayne C. Torralba



**SHOOT.** On Wednesday, May 15, 2023, the girls' Cebu City basketball team from ANS practiced their shooting skills at the ANS Center Building.