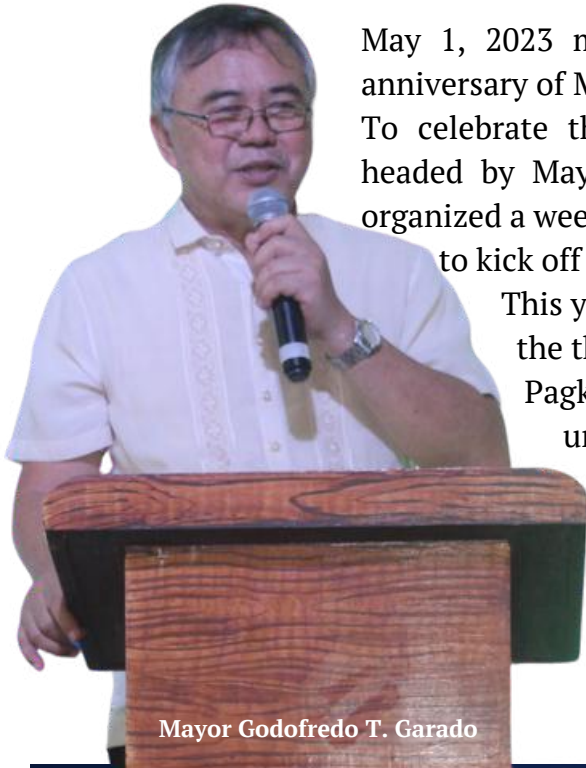


Maydolong to mark its 72nd founding anniversary

Kheisser Anjelle Busa



Mayor Godofredo T. Garado

May 1, 2023 marks the 72nd founding anniversary of Maydolong, Eastern Samar. To celebrate this, the Maydolong LGU, headed by Mayor Godofredo T. Garado, organized a week-long lineup of activities to kick off on April 24.

This year's celebration carries the theme "Tinuod nga Pagkaurusa, Padayon nga Pag-urusa, Progreso Inaabat han Tagsa-Taga," highlighting unity as the key to the town's evident and continuous progress.

Maydolongnons are invited to join the activities starting with Kwitis Display, Fun Run, Zumba, and Parlor Games on the first day, April 24. Mr. PoGAY will also be held in the evening.

The bazaar located in the coastal road will be open to the public until the end of the celebration. A symposium on STDs and HIV will also be conducted, organized by Maydolong LGBTQ community.

GAD symposium and Himig Maydolong are the highlights on April 25. On the third day, April 26, a medical mission for seniors will be conducted at the municipal health center.

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FEATURE

MR ESPAAM 2023:
Success through Faith



SCITECH

Climate Change
and How We Can
Fight It



SPORTS

MNHS athletes shine
in Unit 3 Meet 2023



THE ECHO

VOLUME XII ISSUE NO. 1 *Voices Resounding Truth and Honesty* JANUARY-MARCH 2023



THE OFFICIAL PUBLICATION IN ENGLISH OF MAYDOLONG NATIONAL HIGH SCHOOL, MAYDOLONG DISTRICT, SCHOOLS DIVISION OF EASTERN SAMAR

FIRST IN HISTORY MNHS named Most Outstanding School in the region

Gielle Fiona Balanay

Maydolong National High School's commitment in delivering quality education to learners marked a milestone as the institution received the award as one of the Most Outstanding Secondary Schools at the Regional Awarding Ceremony 2022, bannerng the theme "apPRAISE: STAR 8" (Superb and Tangible Achievements in DepEd Region 8).

It can be recalled that MNHS also received the same award during the Division Pasidungog held on December 21, 2022, in Dolores, Eastern Samar.

Moreover, Ma'am Irene B. Campanero, the school principal, received honor as the division's Most Outstanding School Head for her role in leading the school in achieving its goals and mission.

MOST OUTSTANDING SCHOOL > p. 2



ALL SMILES. Mrs. Irene B. Campanero receives the Most Outstanding School award on behalf of Maydolong National High School together with EPSs Abelardo Campani and Ernesto Catubao, and SDS Bernardo Adina.

PHOTO COURTESY OF DEPED TAYO EASTERN SAMAR



SCIENCE WIZ. 10-STE students, together with their coach, receive their awards as second place winners in the Science Quiz Bee held at ESSU-Main Campus. PHOTO COURTESY OF ESSU'S BIO SOCIETY

10-STE students prevail in Science Quiz Bee

Allaysa Jane Loste

Out of 13 participating junior high schools in the province, Maydolong National High School's team emerged as the second place winner in the Science Quiz Bee held at Eastern Samar State University-Main Campus on March 17, 2023.

The team from MNHS was composed of Grade 10-STE students; namely, Ethan Kyle Nathaniel Guarino, Paul Matthew Bajado, and Rhyven Versoza.

Ms. Christy Garapan, MNHS Science teacher, served as their coach, who took the time to conduct review to the participants.

The contestants also spent time studying in preparation for the contest.

The said competition had two main rounds: elimination and final with 5 questions each for easy, moderate, and difficult rounds. MNHS was one of the top 5 teams which advanced to the final round.

Questions of the said quiz bee were based on different Science subjects; namely, Biology, Earth Science, Environmental Science, Chemistry, and Physics.

Asked about their experience, Paul Matthew Bajado said, "It was a good experience because we

were given the opportunity to represent the school to compete with 12 different schools. Plus, we won."

Meanwhile, Ms. Garapan expressed her commendation to her students for their performance.

"Congratulations to my students that even though there was not enough time for the review, they still managed to win. Many thanks also to Ma'am Irene and Ma'am Imee for the support and the go signal so that we could participate in the quiz bee," she said.

Organized by the university's Biology Department, the said competition coincided with their celebration of Bio FEAST 2023.

The event aimed to showcase the knowledge, skills, and talents of the participants in various competitions, such as the Science Quiz Bee, Poster Making Contest, Extemporaneous Speaking.



IN-PERSON TEST. DepEd administered the National Achievement Test to all Grade 12 students in the country through paper modality.

Grade 12 students take NAT

Allaysa Jane Loste

Examinees of Maydolong National High School express their relief after they took the National Achievement Test for Grade 12 (NATG12) on January 30 and 31, 2023.

More than 300 Grade 12 students from 7 different strands of the Senior High School have taken the two-day examination held in the SHS buildings of MNHS.

The examinees answered questions related to Humanities, Science, Philosophy, Media & Information Literacy, Mathematics, Language and Communication, and Social Science.

NATG12 is one of the exit assessments under the national assessment framework of the K to 12 Basic Education Program. It is designed to determine if graduating learners are meeting the learning standards in the senior high school curriculum.

MOST OUTSTANDING SCHOOL < p. 1 >

After receiving the award, Ma'am Campanero paid tribute to her colleagues in MNHS and highlighted the importance of working together for the students.

"God has been gracious to our beloved MNHS because I have the right group of people of right attitude who are always available to journey with the school in delivering quality education to our learners. Hon. Fe Abunda, in her message, said and I quote, 'If you want to

go fast, walk alone; if you want to go far, walk together.' We reached this far because together we sing the same song and dance the same music to ensure better future of our students," she said.

The Regional Awarding Ceremony 2022, an event which aims to recognize the exemplary performance of DepEd officials, employees, SDOs, and schools in the entire region, was held at Summit Hotel, Tacloban City, Leyte.

LGU Maydolong inaugurates new Municipal Building

Allaysa Jane Loste



Officials of the Local Government Unit of Maydolong, headed by Hon. Godofredo T. Garado, inaugurated the new legislative building on March 10, 2023.

Maydolong's Local Government Unit (LGU), led by Mayor Godofredo T. Garado, scaled up by blessing and inaugurating the newly built legislative building on March 10, 2023.

The blessing of the building was officiated of Rev. Father Ruben Baquilod and attended by the officials and employees of Maydolong.

Consisting of 4 phases and allotted with approximately 13 million pesos by the LGU funds, the construction of the building started on December 17, 2021

and finished the first phase in March this year.

According to Engineer Jereme Azura, the construction paused after the first phase was finished. "The construction halted because the former and the new building had to be inspected, but now that the inspection is done, we will resume any time soon," he stated.

The municipal building serves as the center of transaction in the community, and LGU Maydolong seeks to improve their service, starting with the establishment of an upgraded legislative building.

With the project marking another milestone of LGU Maydolong, Vice Mayor Louie A. Borja shared its significance. "The former building was already antiquated. A new building is needed for better service and for us to be able to cater the needs of the Maydolongnons," he explained.

The Maydolong slaughterhouse was also inaugurated on the same day.

SSG organizes Valentine concert

Allaysa Jane Loste

After successfully spearheading the Teacher's Day celebration last year, Maydolong National High School's Supreme Student Government officers, led by its president, Aljon Anday, successfully organized a mini-concert and celebrated Valentine's Day on February 14.

After weeks of preparation, the SSG Band, composed of Aljon Lobina, Mark James Cavite, Kaye Elean Gunda, Christian Jermen Baquilod, was greeted with cheers as they made their first appearance at the Covered Court and performed love songs that had everyone singing as well.

During the preparation for the event, the officers faced struggles, hence the changes in the schedule and lineup of the events. "While we were preparing, we faced a lot of problems and with that, we started to hesitate if we would carry on with the activity. But there's been lots of time, effort and money spent. We also wanted the students to enjoy," SSG President, Aljon Anday, shared.

"All the hardships we faced disappeared when we saw the joy on the students' faces," he added.

A short program was conducted before their live performance which started with a prayer led by Grade 10 Representative, Aljon Lobina.

This was followed by an opening address by the SSG Adviser, Sir Leonard Palce, and announcement of the activities by SSG Vice President, Marian Alota.

During the program, SSG VP, Marian Alota, talked about their experience in organizing the activity. "We have sacrificed many things and faced hardships while preparing for this concert. After all of that, we came to a realization that love is sacrifice. With our experience, we will never doubt how powerful love is anymore," she stated.

Alongside the bands performance, a photo booth and confession wall were also set up in the Covered Court, drawing interest and attention from the students. There were also numbers distributed to the students, and their task was to find their match eventually.

"It was such a great experience. The concert made my day better," Trixie Aberia, Grade 9-STE student, said, sharing her experience during the event.

Teachers also congratulated the officers for organizing the event and providing entertainment to the whole MNHS community.

The officers ended the event by reading the handwritten letters that were sent by secret admirers who dedicated a song to their special someone.

Other Projects

As of this year, LGU Maydolong has accomplished other projects for the development of the municipality, including the Child Development Center located in Barangay Camada, which seeks to provide service for the children in Maydolong; the slaughterhouse, located in Barangay Maybocog, and the evacuation center in Barangay 6 Poblacion.



MORE PROJECTS. Assistant Municipal Engineer Jereme Azura shares about Maydolong's recently accomplished and ongoing projects.



GALING. 9-STE showed their dancing skills and performed in front of the crowd in the Festival Dance Competition.

PHOTO BY ASHLEY SHEREE CAFE

MNHS culminates National Arts Month

Allaysa Jane Loste

Despite the delay, MAPEH Department's goal to showcase the artistic excellence of Maydolong National High School students was achieved through the National Arts Month culminating activity held on March 31, 2023.

MAPEH Department head, Mrs. Marevic Aberia, shared the importance of the activity during the opening program. "These activities are done to let the students exhibit the talents and skills in different field of arts like dancing, singing, and playing musical instruments as expression of and celebration of the bountiful harvest of students imagination and creativity," she said.

Bannering the theme "Ani ng Sining, Bunga ng Galing," the event immersed the students in diverse cultural expressions through the different competitions.

Grade 7 students showed their skills in singing and playing instruments through the Battle of Sounds. Meanwhile, Grade 9 students amazed the MNHS crowd with their colorful festival dances.

Grade 10 students received loud cheers as they showcased their greatness in dancing with the hip-hop dance competition.

Pintahusay, a competition that channels MNHS students' painting skills, was also held on the same day.

The winners of each contest were announced on April 3, 2023, during the flag ceremony.

Grade 9-STE was hailed as 1st place for the festival dance competition, 9-Acacia ranked 2nd, 9-Yakal landed on the 3rd place, 9-Narra landed 4th, 9-Molave on the 5th place, and the 6th placer was 9-Mahogany.

Bagging another award for her section, 9-STE's festival queen, Kristan Cyrel Gunda, won the Best Festival Queen award.

The victors of the hip-hop dance competition were 10-Sapphire as the 1st placer, then 10-Amethyst and 10-STE who tied for the 2nd place, 10-Diamond on the 3rd place, followed by sections Jade and Ruby who ranked 4th and 5th, respectively.

For the Grade 7 students' Battle of Sounds, 7-STE ranked 1st, 7-Sampaguita ranked 2nd, and 7-Camia placed 3rd in rank.

Christian Jermen Baquilod, a 9-STE student, acquired 1st place in Pintahusay.

The activities were organized by the MAPEH department to serve as a preparation for the upcoming Division MAPEH Festival of Talents.

and performed a song number for the participants.

Division Journalism Coordinator, Mrs. Marcosa Lavado, stated her gratitude for the overwhelming attendance as well as the of the purpose of the event. Afterward, Mr. Jonathan Merillo, DSSPAA president, acknowledged the facilitators of the different competitions.

After a couple of years without this kind of activity, Khezea Suzzane Pelicano, a delegate from Jipapad, shared how the workshop helped her. "It definitely helped me to make improvements in our writing skills and know more about our chosen category," she said.

Kheisser Anjelle Busa, MNHS campus journalist, said, "I have learned a lot from the training, and it helped me improve my skills."

At the end of the 2-day training, certificates were given to the writers whose articles were chosen as the top 3 best outputs in each event. Gielle Fiona Balanay, one of Maydolong National High School's campus journalists, won 2nd place in Editorial Writing in English.

The said event serves as a preparation for the upcoming Division Secondary Schools Press Conference on May 5-7, 2023, to be held in Can-Avid, Eastern Samar.

Thirty-six campus journalists and three SPAs from Maydolong National High School attended the 2-day Division Training Workshop on Campus Journalism for Secondary School Paper Advisers (SPAs) and Campus Journalists (CJs) held in Oras, Eastern Samar, on March 19-20, 2023.

More than a thousand campus journalists from schools all throughout the province registered in the said event.

An opening program was held at Oras Gymnasium to welcome the participants. Oras Mayor, Hon. Roy Ador, delivered a welcome message

MNHS obtains 100% passing rate in AgriCrop NCIII

A total of thirty-five successful passers of the conducted competency assessment received their Agricultural Crops Production NCIII certificates on March 1, 2023, at TESDA-Arteche National Agricultural School, Arteche, Eastern Samar.

In an interview, Mr. Eliannry Cavite, Senior High School teacher, stated that the Grade 12 TVL-Agri-Crop students of MNHS took the assessment after a five-day training and immersion at the said assessment center.

Mr. Cavite thanked the assessors, the students and

their parents for the success of the said immersion and assessment.

Meanwhile, Mrs. Irene B. Campanero, the school principal, lauded the said students and their adviser for a commendable performance.

According to TESDA website, Agricultural Crops Production NCIII covers core competencies on undertaking preparation of land for agricultural production, implementing a post-harvest program, implementing a plant nutrition program, controlling weeds, and preparing and applying chemicals.



WORK MODE. Senior high student perform their assigned tasks in one of the work immersion partners institutions, the Municipal Engineering Office.

Senior High students kicks off work immersion

Allaysa Jane Loste

Maydolong National High School's Grade 12 students coming from 7 different strands carry their passion for their chosen field as they attended a 4-week-long work immersion.

According to Senior High School Coordinator, Mrs. Sharmay Baquilod, the students were trained in a realistic work environment as they were deployed to different partner institutions and companies, such as National Irrigation Agency, Eastern Samar State University-Maydolong, Maydolong Police Station, Department of Social Work and Development, Local Tourism Office, Municipal Assessor's Office, Domsowir Hotel, Melinda's Resort, and Rawis Resort and Hotel to name a few.

Divided into 2 batches, Grade 12 students belonging to the 1st batch started their training on March 6, 2023, and the students in the 2nd batch started on March 20, 2023.

"My experience was challenging yet enjoyable. We learned about the reality of a workplace," Kaye Elean B. Gunda, a Grade 12 HUMSS II student stated, describing her experience during the immersion.

"This serves as our training ground," Alexis A. Lobina added. Both of them shared that they have learned a lot from their experience and that they will be bringing the knowledge they earned with them as they take on new challenges along the way.

Work immersion refers to the subject of the Senior High School curriculum which provides SHS learners with opportunities to become familiar with work-related environment and to apply and enhance their competencies in their areas of specialization.

The school hopes that through this program, the students will gain a better understanding of their career choices and make informed decisions about their future.

MNHS commemorates People Power anniversary

Eowyn Matic

In line with the 37th anniversary of the EDSA People Power Revolution, Maydolong National High School's (MNHS) Araling Panlipunan Department conducted a Quiz Bee at the school's library on February 18, 2023.

The competition was spearheaded by AP teachers; namely, Mrs. Maria Lyn Cafe and Ms. Sherna Alura, and was participated in by Grade 7 to Grade 9 students.

After the competition, 5

students were declared as winners. Grade 8 students Pauleen Gail Dormentes and Frenida Nesiah Baquilod tied for the 1st Place, followed by Grade 9 student Allaysa Jane Loste and Grade 7 student Reyn Kenvic Loste who tied for the 2nd Place and Kheisser Anjelle Busa who ranked 3rd.

Ms. Melanie Guarino, AP Department Head, stated the importance of commemorating EDSA people power. "It is very important to never forget the phenomenon that transpired

during this historical event, honor and appreciate the people's sacrifices, and protect our democracy at all times."

"It was for us, the new generation, to understand this critical phase of our country's history and to be able to acknowledge that the EDSA revolution had a major impact towards us Filipinos," Dormentes, one of the winners, said.

The winners received certificates during the flag ceremony on February 20, 2023.

Maydolong cops intensify visibility near MNHS

Allaysa Jane Loste



ON DUTY. Cops' provide assistance to MNHS in maintaining order in the campus and in preventing the occurrence of crimes.

Photo Courtesy of Maydong Police Station

Maydolong Police Station vows to increase visibility and guard the school gates in the morning in line with Maydolong National High School's intensified security measures.

Following the alleged cases of gang-related fights and violence in school, MPS and MNHS collaborated to ensure the safety of students and school staff and to foster school-police relationships.

In a Facebook post, Maydolong MPS stated, "Sustained police visibility in

schools help in deterring the occurrence of crimes and install law and order, among students, residents and visitors alike."

According to Ms. Sherna Alura, designated guidance counselor, "MPS inspection has no exact schedule. It's a surprise inspection so that students who bring pointed weapons here in our school would not be able to get away with it.)"

Mrs. Irene Campanero, school principal, also mentioned that the school will be hiring another security guard soon. MNHS tapped Barangay 4 Council to add

more weight in the school security's implementation.

Meanwhile, the school's SSG officers expressed their concern about the emerging cases of violence involving their fellow students by encouraging students to wear their complete uniforms for identity and security purposes. "My greatest respect goes to the school for immediately cooperating with MPS in maintaining peace and order here in MNHS," Marian Alota, SSG Vice President, said.

4Ps parents volunteer for school ground improvement

Allaysa Jane Loste

Parents of Pantawid Pamilyang Pilipino Program (4Ps) recipients supports Maydolong National High School's goal to provide safe and motivating environment to students through volunteer work.

Actively executing since March, 4Ps Maydolong has been performing community services every second Friday of the month.

"While they do their responsibility as 4Ps beneficiary, they are also able to help in maintaining the cleanliness of our school and our community," Ms. Sherna Alura, Guidance Counselor, said, sharing the benefit of the said service.

As part of their duty, parent leaders supervise and check the attendance, making sure they participate in the activity.

In an interview, a 4Ps recipient's guardian, Mrs. Nelita Loste, expressed her commitment for the activity. "Responsibilidad mait nam. Pareho na daman it nam hin pamaagi of giving back to the community. (It's our responsibility to do it. It's our way of giving back to the community)."

4Ps is the national poverty reduction strategy of the government implemented by DSWD.

In the evening, spectators can enjoy the Ginoong Dolong Pre-pageant.

On Thursday, April 27, the activities will be all about farmers and fisherfolks, including mangrove tree planting, catch the most fish contest, farming and fishing TRD show, and farmer and fishers' night.

The activities on April 28 are clean-up drive, dance workshop, and Pahambugan Hip-Hop Dance Contest.

On the weekends, April 29 and 30, the lineup of activities includes bartending competition and RaveHong rave and pool party at Menasngi Beach featuring one of Maydolong's pride, DJ Skin Kadafi. On Sunday, the fun bike ride will be held and Ginoong Dolong coronation night.

On the actual date of the founding anniversary, May 1, there will be a mass, parade, program, and ceremonial lunch with the Dungganan awardees. The Dungganan awards night will be held in the evening, recognizing outstanding Maydolongnons from different sectors, followed by sarayaw and fireworks display.

Throughout the week, various sports activities will also be held: Basketball (Men), Volleyball (Men & Women), Badminton (Men & Women), and Chess.

The championship games of badminton and chess will be on April 29, while the basketball and volleyball championship will be on April 30.

NEWS NUGGETS

SHS produces 30 Carpentry NCII passers

Thirty qualified learners from Maydolong National High School under the Technical-Vocational-Livelihood (TVL) track successfully passed the competency assessment by the Technical Education and Skills Development Authority (TESDA) National Certificate II for Carpentry.

The said students are under the mentorship of Sir Lito Baldomar who trained them prior to the 10-day immersion at TESDA SNSAT.

The NCII certificate serves as an entry point for the students in the carpentry industry.

MNHS to hold School-Based Presscon

To select the best student-writers to represent Maydolong National High School in the upcoming Division Secondary Schools Press Conference (DSSPC), MNHS school paper advisers and language teachers organized a School-Based Press Conference to be held on April 14, 2023, at the school library.

Interested participants can sign up for the different competitions; namely, News Writing, Feature Writing, Column Writing, Science and Technology Writing, Sports Writing, Copyreading and Headline Writing, Editorial Cartooning, Photo Journalism, and Radio Broadcasting in both Filipino and English categories.

LSAs aid frustration readers, non-numerates

A total of 10 municipal- and provincial-paid Learning Support Aides intensifies remedial classes to improve literacy and numeracy skills of some identified learners across grade levels in Maydolong National High School.

This intervention is anchored on the School's Division of Eastern Samar's flagship program Catch UP Program for Reading, wRiting, aRithmetic (aCup for 3Rs) and Maydolong District's initiative Aba, Kada Pagbasa.



EDITORIAL

Like disease, the mining damage is spreading in the historic island of Homonhon in Guiuan, Eastern Samar. Disturbingly, the continuous mining operation, which started in 1990s, recently burned like a wildfire again.

The 20-kilometer-long island which is known for its rich mineral deposits, such as nickel and chromite, enticed the miners to operate. At present, four active mining companies—Techiron Resources Inc., Emir Mineral Resources Corp., King Resources Mining Corp., and Global Mini-Met Resources Inc.—are not doing responsible mining. They are committing mining activities that are alarming and disturbing.

Homonhon is marked as a historic place since this is where Portuguese explorer Ferdinand Magellan, together with his Spanish army and the missionaries, first set foot on the Philippines. Five hundred years ago, it was still a living natural landscape compared to the now-raped island, where deforestation is very evident.

As per Bishop Vasquez in the province, who first appealed to the government officials, these mining operations should be shut down immediately. These operations have cost many damages already.

Aside from the loss of biodiversity, the contamination of soil, groundwater, and surface water by the chemicals emitted from mining processes are just some of the direct effects of these activities that have taken its toll on the lives of every Homonhon folks in more ways than one. Soil erosion has affected the residents of the town,

Save HOMEonhon



causing them to fetch water from other barangays. Most of the farmers lost their source of living already. Many of them protested, appealed, but they weren't heard. Their voices were muted.

The four active mining companies have a combined income of 9.3 billion pesos through their years of mining operations already. Quite funny how things go for money, isn't it? The rich would be richer, the poor will be poorer.

We do not want one of our islands to be erased in the Eastern Samar map, right? We need to unite and end this violence against the historical island of Homonhon. The government should take its full action towards this issue. They should take the lead in making a stronger appeal to shut these operations down. Save our home, save Homonhon!



LOUDER

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How's your day?

"Is my child safe in school?" A not-so-hypocritical question worried parents ask themselves when they send their kids to school. When we think of schools, we picture a safe environment for fragile teens. An environment that houses children for years and years of their lifetime, they see it as their second home.

But is your child safe inside the school grounds? Young teens around ages 13-15 tend to be put on their own "rebellious" phases. They are easily influenced through different acts of rebellion that could ruin them forever. One of these are school gangs that pop out of nowhere in campuses.

This stirs a huge problem, causing teachers to feel bothered and alarmed, at the same time being more careful around their surroundings not knowing the enemy's weakness. Given their age, they can easily be manipulated on joining these gangs—believing it makes them powerful, respected, and in control once they settle in this called brotherhood. Because they have this enormous power in their hands now, they have this belief that they could easily step down on people, even on their own teachers. Threatening the lives of the people they once treated as their parents, these acts are merely violence.

Violence revolves around these gang members' lives. Not only is this carved into their minds, but they themselves experienced it. They get assaulted by their own gang members just because they want to earn their loyalty. To test if you're worthy, if you're qualified. Imagine how much harm physically and mentally a teen gets but still convince themselves that, that was just a sick test, right? Everything's totally fine; at least you were qualified, right? They won't care.

They will tolerate every inch of the pain for their brotherhood just to prove themselves that they ARE worthy.

Eventually, it leads to another problem: hazing. Not only is this a really gruesome act you do to someone, but this is really common among every gangs that exist. Do you think torturing someone to the extent that their lungs could not even inhale air is such a good idea? No. It is terribly wrong.

“ I firmly believe that hazing, along with gangs being formed, should be put to an end. ”

The school governance could help in this issue by implementing a law wherein founding gangs and participating in one are not tolerated. Teaching staff could step up the game by making sure their students would not feel like they are not enough, reaching out to them once in a while if they find a student alone wearing those worried eyes. Parents could join in, making sure to check up on their kid each day.

Simple actions speak loud transition. A simple adjustment could shift to a new current on a river flooded with uncertainties.



FINAL SAY

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Evocative Summer

Three years ago, before the pandemic happened in the year 2020, it was excruciatingly miserable for me to hear that the normal school summer break would change from April-May to July-August. Although the pandemic gave us, the students, some kind of a jail-free break from school, our education is not to be messed with as this may lead to various concerns.

The Philippines is a tropical country, so if we could choose months for school break, it should be on the summer, from April to May. I know it would be really preferred by other

students because during the months of July and August, the temperature becomes slightly cold which would not actually symbolize a summer break for students. During these months, students cannot go out, travel, and explore places with family and friends since it is already rainy season. Thus, students would resort to activities at home which most likely would involve gadgets. Addiction to mobile devices may cause a student's vulnerability, along the lines of being a non-socialized person with anxiety and maybe depression.

The April-May summer break makes me recall the times when I was just a freshman—memories when I enjoyed and rested myself. The temperature during these months is extremely hot and is perfect for getaways to the beaches and different outdoor activities.

Furthermore, the teachers and the government should look after the mental health of the students; otherwise, if they do not find the right balance between summer break and school schedules, it will most likely exhaust the students and can lead to negative effects, particularly to students' mental and physical health. As a matter of fact, an article published

on The Philippine Star reported that more than a hundred students in Cabuyao City, Laguna, were rushed to the hospital due to heat exhaustion on March 29 this year.

The heat index in our country is consistently increasing year after year due to climate change. And if you are studying in a public school, such as Maydolong National High School, you would probably agree with me that our classrooms are inconducive for learning during these months. If we stay in our classrooms during the peak of summer season, medical conditions of teachers and students alike will be triggered.

All these are on top of the primary issue of students not being able to focus on the lessons discussed by the teachers. In our classrooms, we only rely on electric fans for ventilation.

— “ —

With 35 to around 50 students in a classroom, the heat will be much more intolerable and would eventually force students to miss their classes.

— ” —

I suggest that the school calendar should revert back to the original where the vacation was during the months of April to May. After all, all of us needs a break from school—at the right time.



FRAME OF MIND

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City Things

As the city government of Borongan scrambles to avoid traffic congestion through limiting and restricting tricycles from nearby municipalities, the issue arises and becomes a major disagreement for most part. Is really limiting tricycle rides the solution? Could this ordinance avoid traffic? It's quite disappointing that the power of the higher officials, which supposedly should be used to end poverty, is instead pulling the poor ones down and putting boundaries between the city and other municipalities.

According to the ESTE News, majority of the parents were complaining about the fare being doubled for their students. It would be difficult for students from other municipalities who are studying in Borongan because lack of transportation can cause students to either be tardy

or have numerous absences. With this new ordinance on the said limited transportation, commuters would have difficulty on their access to education, employment, and other necessary activities.

Tricycle drivers engage in a lot of necessary fees on a daily basis, like terminal fees and gasoline fees. It is quite unfair to those tricycle drivers, for they had been piled up with contract fees such as license and all. This is one of the main reasons why poverty never really comes into its end. Tricycle drivers only earn a small amount of money on a daily basis and then, reportedly, tricycle drivers from other municipalities were required to pay more papers for them to get into the city. That doesn't even seem right.

As per the department head of Borongan Transport Terminal, they are purposely avoiding traffic. In which case, it's normal for a city to experience traffic. It is always the major problem in the roads, for as one place develops, the number of automobiles increases as well. That is when traffic problems in the road rise. They should instead try to look at the national highway and other roads with so many illegal parking that aren't reprimanded. Illegal parking actually worsens the heavy traffic and deprives the workers and students rushing to their destination the benefit of a smooth and efficient transportation.

According to RA 4136, duty to have license, it shall be unlawful for any person to operate any motor vehicle without having in his possession a valid license to drive a motor vehicle.

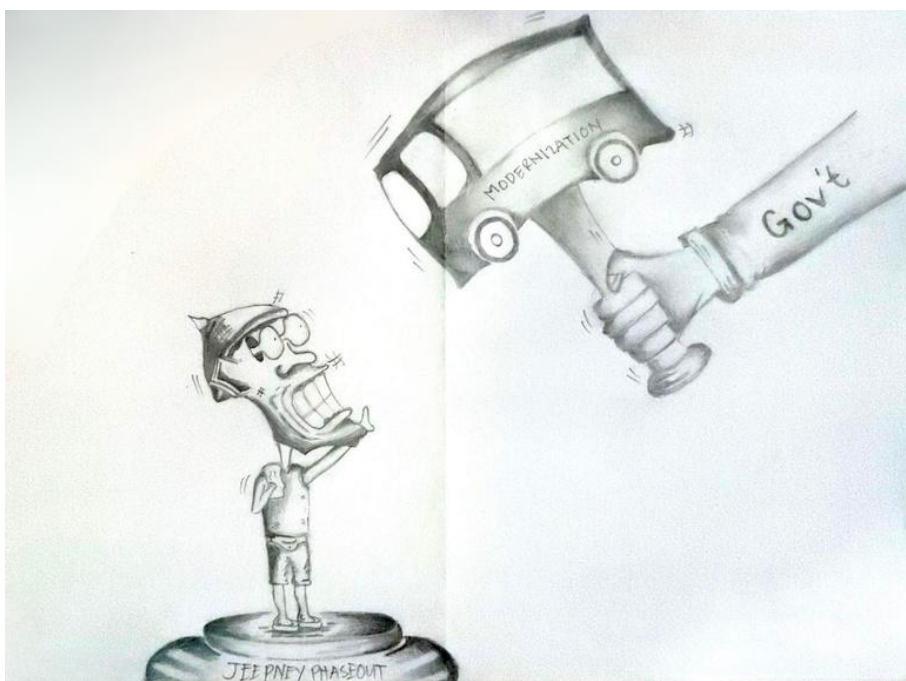
— “ —

An ordinance should not target drivers with the license and necessary papers, regardless of where they come from.

— ” —

Hence, the city needs a solution that does not affect a whole lot of people—the tricycle drivers, the students, and the workers without private cars. The city government should just focus on the road cleaning to avoid traffic congestion, as well as to avoid illegal parking. Better yet employ traffic solutions like expanding routes and lanes for better and smooth rides. But do not need to limit transportation.

Through this implemented ordinance, the city government is putting an invisible yet obvious boundaries between the city and other municipalities, not fixing its traffic issues. A traffic solution should never underscore unity. After all, we are only as strong as we are united, as weak as we are divided.



Too Close for Comfort?

Gielle Fiona L. Balanay
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Jeepneys nationwide were scheduled to be phased out by the end of this year, to be replaced by more expensive minibuses under a government modernization program. At a price of \$43,600 or 2,385,595.76 in pesos, the new replacement vehicles are said to be more energy-efficient, comfortable, and safe.

The modernization program was launched in 2017 and is mainly implemented by the Department of Transportation (DOTr) and the Land Transportation Franchising and Regulatory Board (LTFRB). Although this might be awesome news for some, I cannot say the same for our jeepney operators.

Not only does these vehicles give them income,

but it is also part of where they are now. They've been with these jeepneys since the beginning of time, driving the rough and bumpy road together.

Jeepney operators have suffered from the pandemic years, how tougher can this year get? We all know those years were worse. Imagine what they're going to give to their children who need allowance from time to time? What will they feed them? Nothing. This is why people fight for their rights. They need to be fought for. Jeepneys have also been part of us, at least once our lives. Imagine you're a granddaughter of a retired jeepney operator, will it ever cross your mind and ask why he retired? What happened? Your grandfather's jeep might have

been like a cozy home for him. It might have given him a type of warm feeling whenever he travelled with his family, using that very jeep. He might miss the feeling of riding off early in the morning and coming home to his family full of joy that he was able to earn more than enough that day. That jeepney might have felt like his buddy at times he needed comfort. What I'm saying is, we can never erase jeepneys in our lives.

It is one of the things that makes us Filipinos. These jeepneys make us who we are, unknowingly. We need to fight hard not only for our jeepney operators' rights, but also for our culture.

Fast Talk With MNHStudyantes



Why do students need to keep reading?

Reading can help in multiple ways like gaining knowledge and enhancing one's vocabulary. Not only does it bring knowledge to individuals, but it is a healthy habit as well. It can increase your reading comprehension as well as your ability to concentrate. It is such a great exercise for our brain and could reduce stress.

-ZARLYN PONTILA

What are your thoughts on the use of mobile phones in school?

I believe that mobile phones can be a distraction in the classroom and can negatively impact students' learning and attention. Moreover, the use of mobile phones can lead to cheating, cyberbullying, and other negative social interactions among students. On the other hand, it can also be a useful tool in students' education, and in cases of emergency, mobile phones can be used to contact parents or emergency services.

-ASHLEY SHEREE CAFE

How necessary is a K-12 Education?

K-12 helps us to enhance our skills and knowledge for the upcoming courses we would like to take. It also gives an opportunity to every student in making decisions in which field they are better so that they'll be more aware on the courses that would be aligned to their future jobs.

-PINKY DERAYA

What do you think about schools having Science, Technology, Engineering sections?

The existence of STE sections is not that crucial in school settings. Though having this is beneficial for it leads to more advanced education for those STE students, it seems like they are ahead compared to other regular sections in their respective grade levels.

-AJINIA MAY EAMIGUEL

Should home works be banned?

In my opinion, home works should be banned. Why? Because home works are just a big hindrance to us, students. It only gives stress, pressure, and it reduces the quality time we should be having with our family.

-ROSALYN P. LAVADO

Will technology make people/students smarter?

It depends on how they handle their usage of technology, but I would say, yes, technology can make people/students smarter. It could be used for educational purposes as it helps explore new learnings and get any information they want to know.

-FRANZ LEGACY AZURA

How necessary is wearing of complete uniform in school?

It promotes a sense of unity and equality among students. It reduces distractions and peer pressure, and enhances discipline and focus on academic studies. It can also prevent students from wearing inappropriate or revealing clothing that may be distracting or offensive to others.

-MARIA ALEXIS ILDEFONSO

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All Was Worth It

Frenida Nesiah Baquilod

3:38 a.m., my dad picked me up from my boyfriend's house. All throughout the whole ride I was crying while hearing my dad's sharp words, causing my heart to bleed.

After almost one hour of driving we finally arrived at our house. My dad hurriedly went off the car and opened the door angrily, causing me to flinch due to the loud sound since I was just right behind him.

The moment I stepped inside the house I immediately heard my dad say, "Kausapin mo yang suwail mong anak," and went to their room. I looked at my mom with swollen eyes while new batch of tears was forming in my eyes again. "Anak?" my mom asked me with concerned voice.

"Ma, I-I-I'm pregnant," I said bursting into tears. "Ma, sorry hindi ko alam na mangyayari 'yon. Hayaan mo, Ma, ipapa-adopt ko nalang to o ipapa-abort." The room went silent, and my mom was looking deep into my eyes after I said that.

I was about to apologize once more when my mom hugged me tightly and flashed a smile. She then joined our foreheads. "Anak, okay lang 'yan. Bunga man yan ng pagkakamali o hindi, palalakin natin 'yan. Kakayanin natin to, okay?" I cried loud hearing those words from my mom. My dad made me feel like I had no chance, but my mom...she made me see hope. She still stayed as loving as she were even though I made a big disappointment.

"Thank you, Ma," I thanked my mom while still in tears, and she smiled replying to me.

I closed my diary and smiled remembering the bittersweet memories of my past after reading my old diary again. But I don't regret anything. Because the pain taught me how to be strong and that there's always hope in everything. My mom and I continued my pregnancy.

Now I have a sweet bubbly baby girl. My daughter gave me more reasons to live just like how my mother did. I was once a student and a daughter who was lost, but now because of the strong woman in my life—my life, my strength, and my hope—I am once again found.

Now I proudly say that I am a single woman, strong and independent, already living in peace. I went through a lot, not regretting anything, for all was worth it.

Dedicated to all strong women dedicating their lives for their children.



WOMEN VOICES

Pauleen Gail M. Dormentes

A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult" (Melinda Gates).

Being a woman is not easy. It's a struggle, a fight, and a right. In the past, people would tend to view a woman as someone with a weak, vulnerable spirit, judging them purely because of their gender. But that was because they weren't given the opportunity to speak out their thoughts and opinions; now it's different. Every woman in the world has the freedom to speak.

Here are some women of Maydolong National High School sharing their thoughts on being a woman:



It pagiging babaye napakadako nga responsibility, and at the same time dinhe ha hit aton society, usa it hiya nga empire it usa nga woman. Every one of us nga mga babaye nakakacontribute. Ngahin it woman it pinakadamo it sacrifices since the beginning nga pinapanganak kita.



Doing what you love makes you a woman; it will never make you less. Do what you like and what you love for as long as you're being yourself.



Being a woman is something powerful and something I should be proud of. We have abilities that man can't, and that what makes us unique. It's important to know that being a woman is complex with multi-tasked experiences. There is no one-size-fits-all definition, but as majority says, women is about us being strong enough to stand and fight for ourselves and what is right.



Being a woman is hard especially if you are a single mother and a survivor of an abusive relationship. Hard because you have to live up to the expectations of society while raising your children alone, without the financial and emotional support from family and relatives. you have to deal with your traumas from the past, try to heal from it while dealing with the problems faced by your teenagers. But God is good. He guided me and helped me to become the strong woman that I needed to be.



Being a woman entails a lot of responsibility. May it be in her home or workplace. For me, a woman is someone that lights up every home. She is the pillar of strength, love, care and discipline. A woman nowadays is a reflection of her dreams/aspirations to be what she wants to be or achieved in life. In this world full of uncertainties, she needs to be courageous and empowered and be the light that guides the young minds to be what they want to be.



MR. ESPAAM 2023

Success Through Faith

No one knew that a Grade 10-STE student, Maxim Jan Patrick B. Montes, would bring home the first-ever Mr. ESPAAM crown for Maydolong National High School.

GROWING UP

Maxim was born on January 20, 2007. He was raised in Barangay Maybocog, Maydolong, Eastern Samar. He was raised as a God-fearing child, with the love and care of his family around him. As of now, he currently serves as a sacristan in their local church.

Some of the things that Maxim likes to do with his friends include eating, playing video games, spending time with everyone, and most importantly, serving God.

Before Maxim decided to join the pageantry, he took part and was mostly more intrigued with sports rather than beauty contests or pageantry. He also excelled in his academic performances since his preschool days up to now—his last year of junior high school. He also joined basketball and boxing competitions here and there. Maxim often represented Maybocog Elementary School for quiz bees and competitions. As of now, he represents and puts pride in the name Maydolong NHS by competing and winning various competitions.

MR. UNIT MEET PAGEANT

This pageant was the first one Maxim ever joined. "I felt nervous but at the same time, I was excited," he stated before the pageant. Maxim added that he didn't know what to expect afterwards because he lacked experience. After days of training, sleepless nights, and practices with the help of his two coaches, he eventually won. Aside from winning the title of Mr. Unit III, he also bagged the Best in Jeans Wear and Best in Sportswear.

MR. ESPAAM

On March 25, 2023 around 5:40 PM, the competition began. Maxim stated that at first he felt calm with the audience and enjoyed the cheering ambiance.

By the time the Q&A started, he began to feel nervous. "I didn't know if I could answer the questions, so I was scared." *If you got rich from sports like Manny Pacquiao, what would you do?* This had Maxim think for some time. Although, no pressure had gotten to him.

Interestingly enough, during the final question-and-answer round, he spoke with his heart and his mind at ease. Full of confidence. Maxim managed to impress everyone in the crowd. "If I get rich from playing sports, I will build schools and facilities where athletes could train so that we can produce amazing athletes that will soon represent our school," Maxim answered with all sincerity.

Not only settling for one and getting the title of Mr. ESPAAM, Maxim also won the titles for Best in Jeans Wear and Best in Formal Wear.

MAXIM'S KEY TO WINNING

Maxim believes that anything can be achieved with perseverance, hard work, and with the help of God. He states that "One should always remember to face all their problems and always remember that a true champion never backs down. Always do your best and God will do the rest."



M A N A N S A L A

Eowyn Matic

Manansala. This was the name revealed by a 20-year-old Maydolong National High School–bred visual artist as a response to the question: Who is the person you look up to?

Of course this doesn't come as a surprise; after all, they share the same last name and the same love for arts.

Vicente Manansala is a national artist celebrated internationally because of his groundbreaking paintings and illustrations. In the same way, Jomari Manansala is a visual artist celebrated by the entire MNHS for his notable achievements and honor brought to the school because of his works of art.

The latter was once a student in MNHS when he first showcased his passion for arts. He was a 9th grade student when he took the opportunities of joining school-based arts activities and competitions in which he learned more knowledge about his craft.

He is a kind of student that listens to suggestions—a teachable one," one of his senior high teachers, Mr. Joeffry Palce, best described him. Mr. Palce was a firsthand witness of Jomari's prowess and natural talent as he served as his coach during the National Nutrition Council VIII Poster Making Contest, where he emerged as the winner. "His strength about his crafts is his additive and subtractive color mixing. His emotions flow through his use of hues, tones, and tints," he added.

Since then, Jomari has been winning art competitions and doing commissioned artworks such as the MAPEH mural and Cafe Bon-Maydolong's wall art.

Currently, Jomari is taking up drafting technology at Eastern Samar State University, and he hopes to introduce the beautiful world of arts to the people who wish to learn more about it; and by then, he would consider himself a successful artist.



GOOD JOB. Jomari Manansala poses in front of one of his artworks displayed in an art exhibit at Robinsons Mall in Tacloban City.

STRIKE

Shaun Asher Sia

Move, Strike, React
Move, Strike, React

I hit it and it always comes back
Move, Strike, React

I see it come fast
and almost hit the ground but
as I run past

I make sure to pound it
But it comes all the same
I stay here confounded

As time marches
And I wait for it to arrive
I hear a loud sound
And see it from my behind

I look at it and sigh
Maybe I should give up
Maybe I should say goodbye
But I instead pick it up
And shoot it back into the sky

As wait for it
I know for a fact
That all my life
all I've done is
Move, Strike, React

**ADOLESCENT
ODYSSEY**

Ma. Elaiza Nebril

Navigating the world,
With hearts full of strife,
Teenagers seek their place,
In this tumultuous life.

Pondering the future,
In the present they abide,
Trying to find themselves,
While battling teenage pride.

Exploring new ideas,
Pushing boundaries too,
Chasing after dreams,
And finding what is true.

The teenage years are fleeting,
But memories will remain,
Of a time of growth and learning,
And finding one's self again.

Spark

Marian Alota, 11-STEM

My heart was guarded, my soul was at rest
I thought I knew love, but it was just a test
It came like a storm, fierce and wild
An abrupt feeling yet tender and mild

I never knew what hit me or what I'd see
But butterflies keep fluttering inside of me
It's not a grand passion nor a burning desire
Just a little spark that sets my heart on fire

I was captured by your gaze
And I knew I was lost in a daze
I never expected to feel this way
Unfortunately my heart was seized without delay

*The Heart's Melody*

Ma. Elaiza Nebril

In the beating heart of every soul,
Lies a rhythm that makes us whole,
A melody that can lift us high,
And lyrics that can make us sigh.

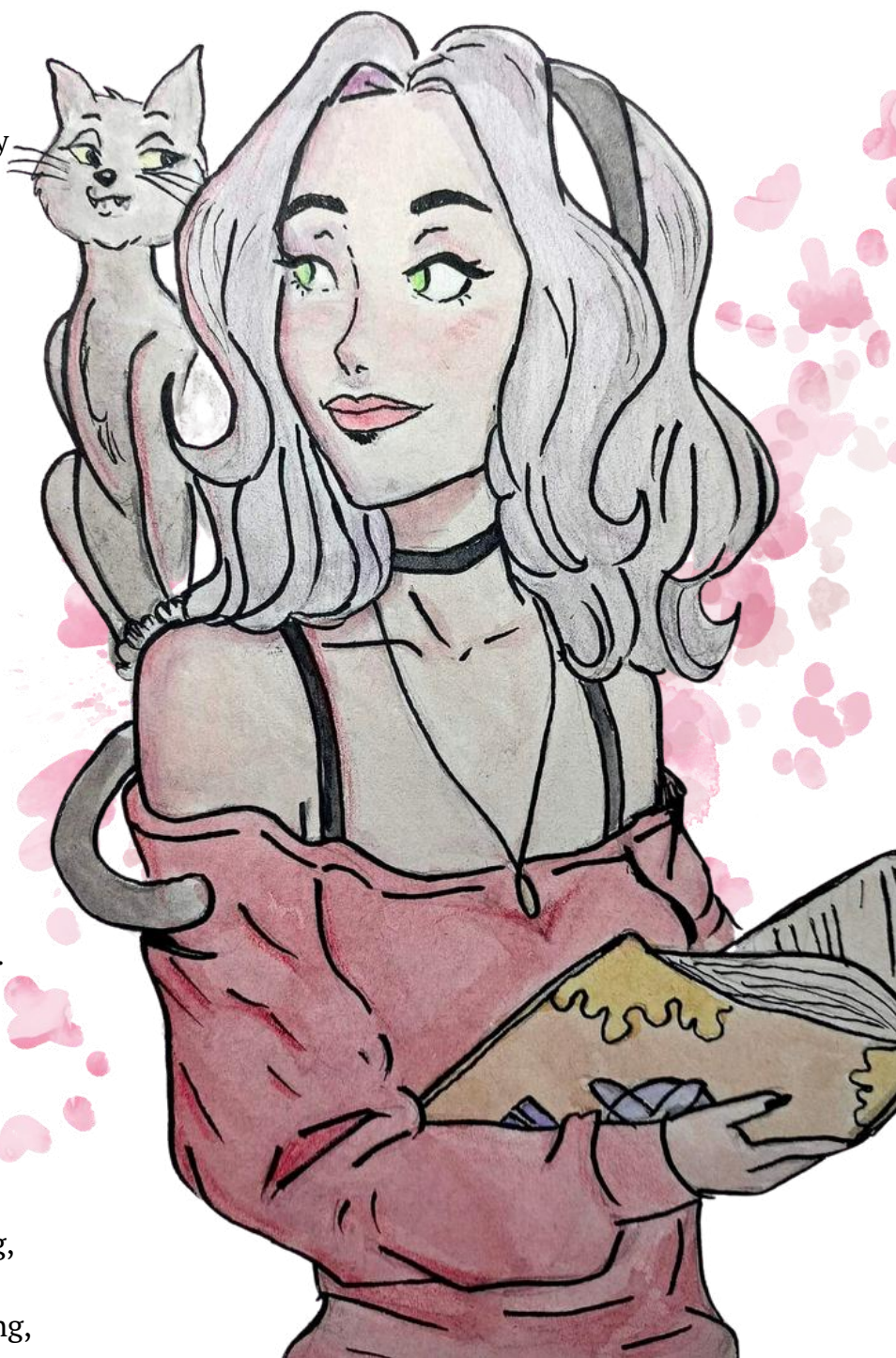
Music, a language of the heart,
That speaks to us in every part,
It touches us in ways untold,
And brings emotions to unfold.

With strings that vibrate and sing,
And drums that beat with rhythmic swing,
We sway to the beat and lose control,
As the music takes on a life of its own.

It can bring us joy and fill us with peace,
Or it can move us to tears and make us release,
The pain and sorrow we try to hide,
As the music flows and takes us for a ride.

Music is a universal language we all know,
It speaks to us in ways that words can't show,
It transcends borders and breaks down walls,
And unites us all, both big and small.

So let the music play and fill the air,
Let it transport us to places rare,
Let it be the soundtrack of our lives,
And bring us together as one tribe.



Artworks by Angelli Irish De Asis

Sore

Janelle Barata, 10-STE

Most of all, I hope you heal
From things that are hurting you
Even though your heart feels sore
Always have the courage to fight for your soul

Some days are painful,
Nights might end in tears.
But don't allow yourself to sacrifice your worth
Because of the torture it brings

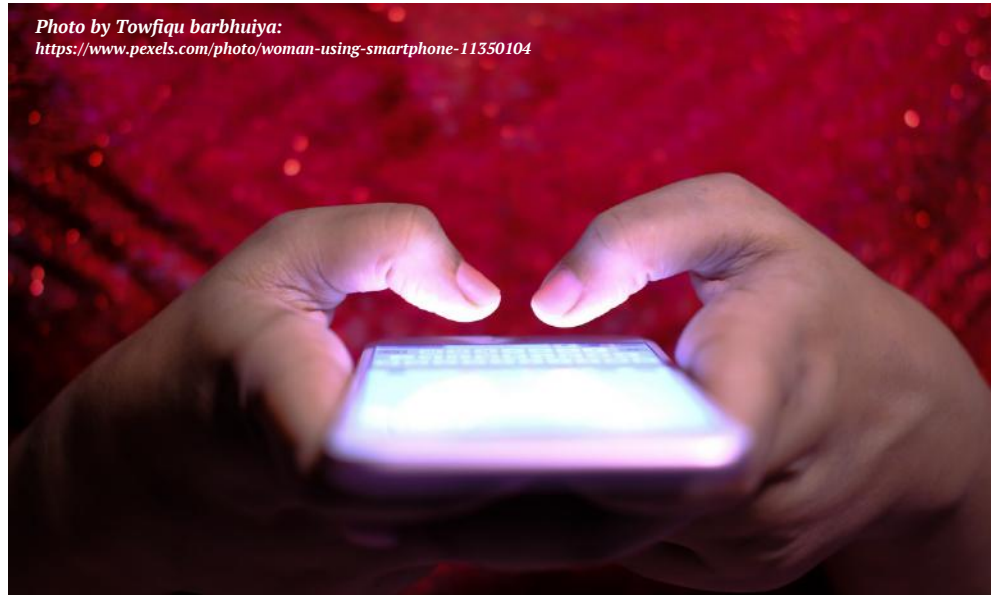
Please come to realizations,
Don't try to love with a broken heart.
It will end up hurting everyone,
Including you on the crossline.

Pack up old love, feelings, and memories
Peacefully allow yourself to transcend to the next
Chapter of your journey
Say goodbye to the old pieces and versions of you.



Students on Social Media

Eubert Louis Borja



Social media has revolutionized the way people interact, communicate, and access information. It has become an integral part of modern life, changing the way students communicate and learn. While social media has its benefits, it also leads to various negative effects on students. One of the most important effects of social media on students is its impact on mental health.

Research shows that excessive social media use can lead to anxiety, depression, and low self-esteem. The constant pressure to maintain a certain image on social media platforms coupled with fear of missing out (FOMO) can lead to feelings of inadequacy and insecurity.

Social media is also associated with poor academic performance. Students who spend a lot of time on social media are more likely to get distracted and have trouble concentrating on their studies. This can lead to lower grades and school performance.

Additionally, social media can have a negative impact on students' social skills. With the prevalence of online communication, students may have problems in face-to-face communication and building interpersonal relationships. This can have a long-term impact on your ability to form meaningful relationships in the future.

Despite these negative effects, social media can also provide students with opportunities to network with peers, learn about new topics, and keep abreast of current events. Social media can also provide a platform for students to showcase their work, collaborate with others, and develop their digital skills.

Establishing healthy social media habits is important to reduce the negative impact of social media on students. This includes limiting the amount of time you spend on social media, getting away from technology, and focusing on building personal relationships. Teachers and parents can also help by educating students about the risks of excessive social media use and encouraging responsible use of technology.

In summary, social media has both positive and negative effects on students. While providing opportunities for students to connect and learn, it can also negatively impact mental health, academic performance, and social skills. Educating students about using technology responsibly and setting healthy boundaries when using social media is critical to fostering healthy social media habits.

Climate Change: *And How We Can Fight It*

Eubert Louis Borja

Climate change is one of the greatest challenges facing our planet today. The impacts of climate change are already being felt around the world, from rising sea levels to more frequent and severe weather events. Taking action to reduce greenhouse gas emissions and transition to a low-carbon economy is essential to prevent the worst impacts of climate change.

The first step in combating climate change is to reduce greenhouse gas emissions. This can be achieved through a combination of strategies such as improving energy efficiency, shifting to renewable energy sources such as wind and solar, and reducing deforestation and other land-use changes that contribute to emissions. Governments can play an important role in these efforts by implementing policies and regulations that encourage change.

Individuals can also play an important role in reducing greenhouse gas emissions. This can be as simple as changing your daily habits such as using public transport or a bicycle instead of driving a car, consuming less meat, and reducing energy consumption at home. We can also support companies and organizations taking action to reduce emissions and transition to a low-carbon economy.



In addition to reducing emissions, we also need to adapt to the already entrenched impacts of climate change. This includes building more resilient infrastructure such as levees and drought-tolerant crops, and developing new technologies and solutions to address the impacts of climate change on food production, water resources and public health.

Ultimately, tackling climate change will require concerted efforts by individuals, governments, and businesses around the world. It's not easy, but it's essential to ensuring a sustainable and healthy future for ourselves and future generations. The time to act is now. We must work together to reduce greenhouse gas emissions and transition to a low-carbon economy while adapting to the impacts of climate change that are already occurring.

MNHS conducts earthquake drill

Kheisser Anjelle Busa

Maydolong National High School executed earthquake and evacuation drill on March 14, 2023.

All students, teaching and staff and other school personnel were instructed to duck, cover, and hold, and eventually go to their designated safe area.

In addition, the trained MNHS First Aiders and Rescuers also took part by attending to the 'victims.' They were observed by the Maydolong Municipal Rescue Team.

According to Maria Alexis Ildefonso, one of the Junior High First aiders, she felt nervous and stiffened at first. She also said that through her experience, she learned that people must be more alert of the accidents that may happen during an earthquake.

An earthquake drill is an activity performed every once or twice a school year, it is to practice the students and school personnel to be ready of what to do in case an earthquake hits.



DISASTER-READY. Students and teachers of Maydolong National High School participate in the earthquake and evacuation drill.



Challenges of Scientists in the Philippines

Eubert Louis Borja
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Scientists in the Philippines face several challenges in their pursuit of scientific research and advancement. Here are some of the difficulties they encounter:

Limited funding: One of the biggest challenges faced by scientists in the Philippines is the lack of funding for research projects. Most research funding comes from the government, but the funding allocated to research and development is generally limited. This makes it difficult for scientists to conduct long-term research projects or to purchase specialized equipment and material.

Lack of infrastructure: The country's research infrastructure is still developing, and many research facilities lack the necessary equipment and resources to conduct cutting-edge research. This hinders the ability of scientist to perform complex experiments, and it limits the potential for scientific breakthroughs.

Brain drain: Many Filipino scientists leave the country to pursue better opportunities abroad, resulting in a brain drain that deprives the country of valuable talent. This is often due to the lack of job opportunities, low salaries, and limited funding for research in the Philippines.

Limited collaboration: Collaboration with other scientists is crucial for scientific progress, but many scientists in the Philippines face difficulties in establishing collaborations due to lack of resources, infrastructure, and funding. This limits the opportunities for scientists to share knowledge and expertise with their peers.

Limited public interest: Another challenge faced by scientists in the Philippines is the limited public interest in Science. This leads to a lack of support for scientific research and development, and it also makes it difficult for scientists to communicate the importance of their work to the public.

Despite the challenges, many scientist in the Philippines continue to pursue their research and make significant contributions to their fields. The government and private sector must work together to address these difficulties and provide scientists with the resources and support they need to further their research and contribute to the country's scientific advancement.

THE STRESS OF SCHOOL



Photo by PHILIPPINES STAR/MIGUEL DE GUZMAN:
<https://www.bworldonline.com/wp-content/uploads/2020/12/students-school-1-philstar.jpg>

Schools are often seen as the backbone of a country's education system, but they can also have a significant impact on the mental health of their students. Education is essential to building future generations, but it is also important to consider the psychological impact of education on students. From pressure to succeed to social stress, school can be a challenging environment for many students.

One of the biggest stressors for students is the pressure to succeed in school. The emphasis on grades, test scores, and access to top universities can be overwhelming for students and can lead to stress and anxiety. Students are expected to consistently perform at a high level, often with limited support and resources. For students struggling academically, this pressure can be even more difficult to manage.

Another important factor in school-related mental health problems is social stress. School is a hotbed of social interaction, and navigating relationships can be difficult for many students. Bullying, peer pressure, and social isolation are all common problems faced by students that can have a significant impact on their mental health. Students may feel pressured to conform or conform to social norms, which can lead to anxiety and depression.

Many students struggling with mental health issues do not feel support from school. Counselors and other resources are available in some schools, but they may not be accessible or adequately trained to deal with mental health issues. This lack of support can lead to feelings of isolation and hopelessness, and can exacerbate mental health problems.

Recognizing the impact of school on mental health is essential to ensure that students receive the support they need to thrive. Schools can take action to address mental health issues such as provide mental health resources, provide support groups, and create a positive school culture that emphasizes mental health. By prioritizing mental health, schools help students develop resilience and coping skills that will serve them throughout their lives.

In conclusion, school has a huge impact on students' mental health. From pressure to succeed to social stress, school can be a challenging environment for many students. By recognizing the impact of school on mental health and taking action to address mental health issues, schools help students develop resilience and grow academically and personally. I can.

Philippines tops global ranking of internet users watching vlogs

Eubert Louis Borja

The Philippines leads the world in the percentage of netizens actively watching vlogs, many times more than any other country. According to a recent survey conducted by a leading market research firm, the Philippines tops the charts, boasting her 55.6% of internet users who watch her vlogs regularly.

Vlogs (video blogs) have become very popular in recent years as a form of online entertainment where content creators share their personal experiences, opinions and expertise on various topics. From travel and food to beauty and lifestyle, vlogging has become a favorite source of information and entertainment for millions of internet users around the world.

A study by Meltwater and We Are Social sample of over 10,000 participants of varying ages and demographics, the study found that vlog viewing has become a mainstream activity in the Philippines. The majority of domestic netizens report watching at least one vlog a week, and a significant portion watch multiple vlogs every day.

Experts believe that the rise of vlogging in the Philippines is due to several factors. First, the proliferation of affordable internet access and smartphones has given Filipinos easy access to online content such as vlogs. The growing popularity of social media platforms such as YouTube and Facebook, popular channels for vlog content, also contributes to this trend.

Moreover, the relevance and authenticity of vlogs resonate with Filipino audiences. Many Filipinos see vlogging as a source of inspiration, practical advice, and a way to connect with others who share similar interests and experiences. Video bloggers who share content about Filipino culture, traditions and daily life appeal to the strong sense of community and camaraderie among Filipinos and have garnered a sizable following.

The impact of vlogging on various industries in the Philippines cannot be ignored. For example, tourism has taken off as vlogs showcasing the country's natural beauty, attractions, and local experiences have taken off. Similarly, the food and beauty industries benefit from vlogs that showcase local cuisine, restaurants, and beauty products. Video bloggers themselves have become influencers and entrepreneurs, and their content generates revenue through brand partnerships, sponsored content and merchandising. This has led to the growth of his vlog industry in the Philippines and more and more people striving to become successful vloggers.

The Philippines continues to hold the top spot in the global rankings of netizens who watch vlogs, and this trend is expected to continue shaping online behavior and impacting different sectors of society. With increasing accessibility to internet technologies and growing appetite for digital content, vlogging is likely to remain a dominant force in the Philippines' online landscape, shaping and reflecting the interests and aspirations of the internet-savvy public

Once She Dreamed

Gielle Fiona Balanay

ON THE PODIUM

This section of the paper features athletes who have made their marks in the sports scene—worthy of a spotlight, worthy of a podium finish.

Once the rhythm from the loud music in their speakers flew, her fingers started tapping the table. The music was so irresistible; it made her giggle, quite frankly. Her grin grew into a smile as she saw her aunt gliding the room, prancing on each corner of it.

She never knew that she, too, wanted to glide through the thin room. Tapping turned to gracing. Small steps she took echoed through the hollow room. She danced like it was all she needed to do. She never thought that she'd dream of dancing on a big stage, in front of a crowd. She never once knew she possessed such talents—the talents that run in her blood.

Dancing was nothing more than something she did for fun when Kristan Cyrel Gunda was young. It was nothing big, a simple thing. But once she dreamed, that dream fueled her passion, fueled her desires to improve, fueled her to try her best

for her family to be proud of her.

A dancer's life is a life filled with excitement. A life that's hard. Gliding on a dance floor can also be tiring, with bruises to heal and sweats to endure. She always hoped that each effort she made could be a gold medal in return. Although dancing scars her mentally and physically, with the sole passion she has, all the exhaustion vanishes away.

A motivation, inspiration. It kept her going in life to be where she is now, bagging medals as she represents schools in dancing competitions. It made her believe in second chances. She cannot imagine life without dancing, without the feeling of excitement and thrill, the feeling of people admiring your talent, the feeling of fulfilment once the song ends. She knows she is still far away from all those dreams, yet she had already passed so much challenges to achieve it.

All her efforts are for those

people who appreciated her talent, those people who gave compliments, those people who believed in her talent, those people who counted on her, and those people who have doubts about her—about her talent.

Viewing the negative side related to her talent doesn't affect Kristan Cyrel. She said, "No, it affected me before, but never again now."

All she did was have a dream, an unexpected dream that will last in her bare.

"I learned to turn negative things into inspiration and to keep exploring in dancing. Dancing keeps me going. I am unstoppable."



Kristan Cyrel Gunda with her dancing partner, Allen Charley Baquilod

MNHS students join national surfing competition

Ma. Elaiza Nebiril

Six students of Maydolong National High School competed in the third leg of the Pilipinas Surfing National Tour, which was held in Baybay, Borongan City.

Jansen Cafe, grade 11; Nemuel Bajado, grade 9; James Harvey Ramirez, grade 8; Trisha Basada, grade 10; and Oceana Alazraki, grade 7 witnessed action and made marks in the different surfing competition categories of "The Surf in the City 2022," which began on November 26, and concluded on December 3.

On the first day of the event, Trisha Basada, one of the surf athletes, secured a spot for the second round of Women's Open Longboard Competition. "I thought

I wouldn't be able to make it to Round 2 because only one local man made it, but then I was able to make it and I am so thankful," she said.

Basada and her sister, Alazraki, both secured a spot in the Junior Girls Event Top 10. Basada also made it to the top 10 of Women's Longboard Event.

Meanwhile, Cafe was awarded as one of the top 5 surfers in the Junior Girls Event.

The said students were also glad to have met some of the Philippines' best surfers in the event.

The said event was hosted by the City Government of Borongan and Provincial Government of Eastern Samar.

Leyte, Tacloban to host EVRAA Meet 2023

Leyte Division will host this year's Eastern Visayas Regional Athletic Association Meet to kick off on April 23-27, 2023.

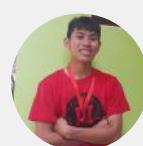
In a Facebook post, Tacloban City Government stated that Michael Dela Peña, OIC of City Sports Office, mentioned that they will support in the preparations as they are the event's co-host. The now-improved Leyte Sports Development Center, formerly

known as Grand Stand, will be one of the main venues of the different sports competitions.

Among the sports events are swimming, archery, basketball, volleyball, baseball, football, table tennis, badminton, billiard, chess, dance sports, arnis, boxing, wrestling, and pencak silat.

Joining the opening ceremonies are student-athletes, sports officials, division offices, and government officials from the 13 schools divisions in Leyte and Samar.

MNHS Promising Athletes



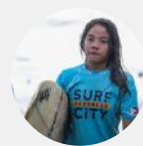
Franz Legacy Azura, a Grade 11-HUMSS student, has worked his way toward his goal of bagging a medal in the recently held ESPAAM. Through talent and determination, he quickly became one of the most promising young players in Maydolong and works on making the legacy continue.



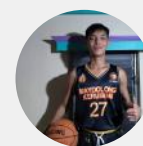
The jiving and winning never stop for Mark Angelo Guitoria as he continues to improve his performance, creativity, and emotional expressions in dancing. His dancing prowess was discovered since his elementary years, and he is promising to deliver once again in the next dancesport competitions.



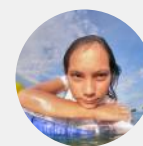
As the team captain of Maydolong Kerubims volleyball team, Natalie Joy Ador steps up to the task and pushes her teammates to do whatever it takes to win, like she naturally does.



Jansen Cafe is one of the young surf-athletes of MNHS who introduced the sport to the community in a brilliant way—by placing in the Top 5 in the national surfing competition last year. This is no surprise as she hails from one of the most beautiful surfing sites in the province, Barangay Omawas.



Bryand Busa has led Team Kerubims for this season of ESBVL. As the team captain, he has been effective in managing the roster of MNHS basketball players and shares with them the same love and drive for basketball.



Highly promising swimmer Oceana Alazraki has been swimming pretty much as long as she can remember. And she excels at it. She also surfs and she is set to make big splash in future swimming races.



Jhynnica Mae Plego has shown exceptional performance in the 3x3 women's basketball in ESPAAM 2023. She has improved her dominance and defensive skills to get to the top of the game. She is lauded by her coach for her humility, commitment, and right attitude as a player.



KING'S GAMBIT. Rolino Cobalida, Grade 12-STEM, has won praise for claiming the gold medal in the recently concluded Eastern Samar Provincial Athletic Association Meet 2023 held in Llorente, Eastern Samar. PHOTO BY EUBERT LOUIS BORJA

MNHS athletes shine in UNIT 3 Meet 2023

Kheisser Anjelle Busa

Sports pride overflowed as Maydolong National High School athletes took home 54 medals in this year's Unit 3 Meet, held on February 25-26, 2023, in Llorente, Eastern Samar.

The school's performance dominated the Unit Meet, with 38 gold, 14 silver, and 2 bronze medals, for a total of 54 medals.

On the first night of the sports fest, Maydolong dancesport team did their best by winning gold and silver medal in Junior Standard and Junior Latin category. Allen Charley Baquilod and Kristan Cyrel Gunda won the gold in Junior Standard category and Mark James Cavite and Zyrain Angelie Arteché bagged the Silver Medal. In Junior Latin category, Mark Angelo Guitoria and Ma. Diana Bajado won the gold.

The wushu team composed kicked off the winning streak for the school on the second day with Lian Buenafe, Daryll Lin Gacillos, Rio Dave Aberia, and Jhun Paul Padon winning 4 gold medals.

Joash Carsen Surop and Kevin Baris placed as 1st and 2nd in Discus Throw, respectively. Rafael Alura Jr., also acquired the 1st spot in Javelin Throw.

The team of Jhynnica Plego, Jelyn Araba, Marisol Apura, and Baberlyn Araba were the champs in Women's 3x3 Basketball.

Both Football and Futsal teams kicked to their best as they claimed the championship as well.

Billiard players bagged 2 silver medals. Prince Edrian Gupa won the men 8 balls category and Daffodil Jem Bunafe won 8 and 9 balls in female category.

The female spikers of MNHS beat the other districts, securing a ticket for them in the provincial meet.

Swimming athletes also splashed their way to winning as they were declared the overall champion in men category, with the following awards: Belmar Lazarra, 1st place in 100-meter Freestyle; Zeev Andrew Montes, 1st place in 100-meter breaststroke; Dexter Casimo, 1st place in 200-meter backstroke; Lenoí Ladio, 2nd place, in 100-meter butterfly stroke; Angelo Globio, 2nd place in 50-meters freestyle; and Jan Sean Dalina, 3rd place in 100-meter backstroke.

In addition, Oceana Alazraki got the 1st place in 100-meter Freestyle and backstroke, and Alexandra Grafil won 1st place in 100-meter backstroke and 50-meter freestyle, and 2nd in 200-meter breaststroke.

Meanwhile, seven taekwondo players clinched gold while two of them won bagged silver medals.

Chess players also won praise as Rolino Cobalida and Franz Legacy Azura ranked 1st and 3rd, respectively.

Overall, around a hundred athletes and coaches from Maydolong National High School advanced to the provincial meet.



Ma'am Glo initiates Zumba for student-athletes



ZUMBA FOR A CAUSE. Mrs. Gloria Cleto Gunda has been actively sharing her talent to fellow Maydolongnons through several zumba-for-a-cause events.

In a bid to provide financial help to the athletes of Maydolong National High School and Maydolong Central Elementary School, Mrs. Gloria Cleto Gunda-Corado, a zumba instructor and renowned choreographer, has organized a zumba for a cause as part of her fortieth birthday celebration.

She will be joined by choreographers Mr. Ruel Buenafe and Mr. Dandy Dalina in leading the said zumba session.

This event will be held at 4:00 PM on April 2, 2023, at the Maydolong Town Plaza.

Irene B. Campanero, school principal, encourages the faculty and staff and students of MNHS to participate in the said event to take part in raising funds for the EVRAA

athletes.

The athletes and coaches from both schools are also thankful to Mrs. Corado for this initiative.

"We are fortunate to be chosen as Ma'am Glo's beneficiary in her birthday zumba for a cause. We salute her for her untiring support especially to the dancers of Maydolong," Mr. Andres Bajado, dancesport coach, said.

Mrs. Corado has been actively organizing a number of zumba events in Maydolong to raise funds for different outreach activities and to help her fellow Maydolongnons. She also leads zumba at the municipal plaza every weekend.

The registration fee for adult zumba goers will cost 50 pesos, while students will only need to pay 20 pesos. (By Kristan Cyrel Gunda)



MNHS MEDAL TALLY

