



THE PANORAMA

THE OFFICIAL SCHOOL PUBLICATION OF BTHS SENIOR HIGH SCHOOL DEPARTMENT



PHOTO BY BTHS OFFICIAL FACEBOOK PAGE

LIVING WITH A GRATEFUL HEART: THE GRATEFUL HEARTS CONCERT

by Jeremiah Barredo, Noelle Apuhin, Zion Christian Gonzaga

September 25—The day that Bacolod Tay Tung High School pens yet another historic moment in its book: the 90th Founding Anniversary. Passing through the gates of the 90th, Tay Tung propels itself into a new beginning, an era of great

change through a once-in-a-lifetime performance the likes of which will not be seen for years to come—The Grateful Hearts concert.

The Grateful Hearts concert is a two-day celebratory concert serving as a tribute to the nine decades of excellence, unity, and tradition that Tay Tung strives for. Through the creative arts, students, alumni, faculty, and the Tay Tung community expressed gratitude to and honored the institution that fostered them.

Performances, those of the best and only the best, graced the Po Hang Gymnasium. Melodies of the sweetest kind sung by the institution's great singers permeated the atmosphere. Groovy beats, which all could not help but dance to, reverberated in its floors and walls. The stylish moves and grooves of the students and teachers graced the eyes of the audience.

The Grateful Hearts concert was not a showcase of talents or a simple spectacle for everyone. It was a venue for people to come together and unite in celebrating the Tay Tung spirit with grateful hearts, remembering the 90 years of rich Tay Tung History, and using the memories as inspirations to move forward, be better, and continue to inspire the future generations of the Tay Tung family," said Gelkoff Calmerin, one of the teacher heads for the concert.

Though the curtains have long since closed upon that grand night in Tay Tung History, its memory lives on. As Tay Tung continues to be a home for quality education, the Taytungian spirit will remain unwavering in its dedication to the Great Harmony, and the spirit of gratitude will forever remain etched in its heart.



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PHOTO BY DENIEL DOMINIC GUANGA

CELEBRATING 90 YEARS OF GREAT HARMONY!

by Philip John Tallafer

Energy filled the halls of Bacolod Tay Tung High School (BTTHS) on September 23, 2024, as students, teachers, alumni,

and parents came together to commemorate the school's 90th Founding Anniversary at the BTTHS Willy and Nolita Au/Po Hang Gymnasium, following the theme of "Grateful Hearts."

The day began with a parade of students from the different grade levels, from Kindergarten to Senior High School, led by the Alumni Batch 1999. It was followed by opening remarks from the school principal, Engr. Philip P. Carpina, and the current President of the Board of Trustees, Sr. Dy Kian Kun.

Following the introductory remarks, the elementary to Grade 12 Batch Governors took turns passing the school's flag, symbolizing the institution's history from its establishment until the present.

Julianna Kim Jacildo, the Executive President of the Student Council Organization, stated, "As the main organizer for this program, there were setbacks and challenges that were out of our control. However, despite that, I'm still relieved that it was a success. I'm very much looking forward to a very enjoyable week ahead!"

The official start of the Founding Anniversary began with the Kindergarten and Elementary department playground demonstration.

APUHIN SWEEPS THOS AWARDS

by Breanna Alexis Bagnol



Noelle Cassandra Apuhin, the Executive Vice President of External Affairs of the Bacolod Tay Tung High School

Student Council Organization, swept four prestigious awards in the 53rd edition of the Junior Chamber International (JCI) Bacolod Chapter's annual The Outstanding Students (THOS) Awards 2024 on June 8, 2024

Noelle bagged four awards: Best in Leadership, Best Speaker, Top 10, and as among the Top 3

students to only win as The Outstanding Student from the many institutions across Negros Occidental.

"I feel honored and blessed to be able to bring honor back to my Alma Mater, to bring pride to those who have supported me in this 4-year long journey," said Noelle Apuhin in an interview

The THOS Awards were created by JCI Bacolod to celebrate student-leaders who've excelled across disciplines

Noelle was the first Taytungian to win in ten years since the last student to win as among the Top 3 Finalists of the THOS Awards by JCI Bacolod.

PHOTO BY JCI BACOLOD, INC.

THE PANORAMA JOINS PIA JOURNTALK SERIES TO STRENGTHEN YOUTH JOURNALISM

by Chelsea Anne Sia, Jeremiah Barredo, Gian Quimpo

Bacolod Tay Tung High School's Senior High Publication, the Panorama has joined in this year's Philippine Information Agency (PIA) 3-day Journtalk

Series and Masterclass Session from October 2 to 4, 2024 through online mediums along with the publications of other school's.

Members from each department of the Panorama were selected to attend seminars pertaining to writing for their specific coverage, as well as being given the opportunity to write and make their works be recognized.

The 3-day Journtalk Series is a journalism workshop hosted every year by the PIA as a way to connect and reach out to student journalists across multiple schools and is done through online mediums, with the seminars hosted using online meeting sites like Google Meet and the articles being passed online through Google Forms.

This year has even introduced Master Classes for the students journalists who attended, with the Panorama being represented by Colum Editor, Arnie Joanne Suravilla and Editor-in-Chief, Jeremiah Barredo.



PHOTO BY PIA, WEST VISAYAS



PHOTO BY BTTHS STUDENT COUNCIL ORGANIZATION

SCO LEADERS QUALIFY FOR ROTARY BOYS AND GIRLS WEEK 2024

By Noelle Apuhin and Julianna Jacildo

The Bacolod Tay Tung High School Student Council Organization Executive officers qualified for the Rotary Boys and Girls Week interview round

held at the Bacolod City Public Library last October 25, 2024. Executive President Julianna Kim Jacildo, Executive Vice President for External Affairs Noelle Cassandra Apuhin, Executive Vice President for Internal Affairs Erich Kirsten Coyoca, and Executive Secretary Philip John Tallafer were chosen to represent the school.

Among the 144 students from public and private secondary schools of Bacolod City who took the qualifying examination last October 4 at the Bacolod Public Library, Julianna Kim Jacildo and Noelle Cassandra Apuhin were among the 31 who passed, advancing to the interview round which was held last October 25.

The Rotary Boys and Girls Week is an annual event held by the Rotary Club-Bacolod for 57 years, wherein students undergo three qualifications: the qualifying examination round, the interview round, and the election round before they take a seat alongside the officials in the Bacolod City Government Center.

The students that pass the interview round are eligible to run in the elections, which will be held on November 8, 2024, and to be the counterparts of the Bacolod City Hall Officials, department heads, and office heads in running the affairs of the city for a week, wherein they immerse themselves in the executive and legislative processes and learn to be leaders.

THE PANORAMA JOINS FIRST NPC PRESS FREEDOM DAY

by Jeremiah Barredo

Last June 16 to 18, 2024, The Panorama, represented by Jeremiah Barredo, participated in the Negros Press Club's (NPC) inaugural Bacolod Press Freedom Day at SM City Bacolod.

Under the 2024 Bacolod Press Freedom Day, two competitions were held: Editorial Writing (Elementary, Junior and Senior High School, and College) and TV Newscasting (Junior and Senior High School, and College). Participants comprised of publications from various institutions from within the city.

bigger and a much needed spotlight on the field of journalism, and hopefully, entice the younger generation to become the next bearers of truth," said Jeremiah Barredo, the Panorama's representative for the TV Newscasting competition.

This year marked the first time the Bacolod Press Freedom Day was celebrated. It was organized by the NPC in partnership with Bacolod City Lone District Representative Greg Gasataya.

"It's very good that there are more events like this being held. If this were to become a tradition for the years to come, it'll shine a

The Bacolod Press Freedom Day was created to champion the values of journalistic freedom, and give further recognition to the dedication and hardwork of Bacolodnon journalists.

TEAM ABRIDGED QUALIFIES FOR THE TOP 20 IN PHILIPPINE STARTUP CHALLENGE

By Matthew Sayman



"Shortening the path of kindness," which was developed by ABRIDGED. The team comprises members Tristan Seruelo, Katherine Ganchoon, Matthew Sayman, Elphie Cahilig, Rylee Macatual, Vince Hugo, and in charge of the team, Chelsea Anne Sia.

Alongside ABRIDGED, three teams joined the Philippine Startup Challenge: Team Mediserb, Team EduSwipe, and Team HazeMaps, but failed to qualify for the top 20 spot.



ABRIDGED," Team 5 of the Bacolod Tay Tung High School Senior High Department (BTTHS SHS) Entrepreneurship

subject emerged among the qualifiers for the Philippine Startup Challenge, securing a place in the Top 20. ABRIDGED is an app that promotes giving, becoming a medium for charity while adhering to its slogan,



PHOTO BY NEGROS PRESS CLUB - NPC INC



“你好台湾!”

BTHHS STUDENTS IMMERSE INTO TAIWAN

BY ADRIENNE JESSICA TAN AND JEREMIAH BARREDO

A group of Senior High School students from Bacolod Tay Tung High School (BTHHS), alongside those from St. John's Institute, Trinity Christian School, and Grace Christian College participated in a 10-day Immersion Program hosted by the I-Shou University (ISU) in Kaohsiung, Taiwan.

The immersion program was intended to help students of Filipino-Chinese institutions trace the roots of their school's heritage, delve deep into Taiwanese culture, and connect with their international fellows through events and activities prepared by ISU.

The events included Chinese academic workshops and cultural events, breaking free from traditional classroom teaching modes and offering students a hands-on approach to learning through practical experiences, field trips, and more development.

Upon arriving on May 12, 2024, ISU welcomed the Filipino-Chinese students with open arms, touring them through state-of-the-art facilities and advanced academic environments to prepare expectations for what else is to come.

The first few days, the students devoted their mornings to learning the basics of the Chinese language, remembering what lessons they may have forgotten. In the afternoon, all the fun was reserved and prepared for them: Tai Chi, Chinese paper cutting, 3D Printing, Chinese film and

broadcasting, and Augmented Reality. Things that weren't readily available in the Philippines were all shown to the students, who left in amazement and awe.

Beyond their daily activities at the institution, the students enjoyed and marveled at renowned Taiwanese historical and cultural monuments and spots. They traveled beyond their dormitories to have an opportunity to see the country's sophisticated and advanced infrastructure. The thrilling city tour of Kaohsiung. Seeing some of the city's most famous temples was another unforgettable experience. These hallowed locations' elaborate architecture and profound cultural importance enthralled the students. When the students witnessed an engrossing theater production that depicted the historical and cultural significance of these hallowed locations, providing a singular window into the nation's spiritual legacy, the experience was greatly enhanced.

The immersion program gave the BTHHS students the chance to gain skills that would help them outside of the classroom; thus, it was more than just an academic experience. In addition to their academic knowledge, the students returned to Bacolod with a deeper comprehension of Taiwanese culture and the bonds that unite nations.





GUIDED BY LIWANAG

"ANG LAHAT NG SUMUSUKO AY HINDI NANANALO."

By Noelle Cassandra Apuhin

April is one of the months most students look forward to, the end of classes slowly approaching and the warm embrace of summer starting to appear with each passing day. The worries of homework and performance tasks drift away into the horizon as the school year comes to an end, ready to jump into the heat of vacation. In the competitive school environment of Bacolod Tay Tung High School (BTTHS), students tend to face a different type of heat towards the closing of classes. Some strive to clinch the medal of recognition for academics, while others journey one of the toughest roads they'll ever tread upon: joining the BTTHS Student Council Organization elections.

Julianna Jacildo, an incoming Grade 12 STEM student, once partook in this trek towards student leadership but unfortunately failed to land the position of Executive Vice President for External Affairs last April 2023. However, this did not stop her from continuing to shed light on the lives of those around her outside of the student council. From participating in outreaches, writing in journalism contests, and joining NGOs, Jacildo continued to be the bearer of light.

An entire year passes by and April 2024 arrives— the time for aspiring student leaders to prove themselves once more to the population of an estimated 1,500 students. New faces enter the race, the victors aim to claim victory once more, while Julianna Jacildo faces the same opponent she lost to from the previous year. With doubts and uncertainties in her mind, one thing shined through amidst the tense campaign season: her heart for serving.

"I actually didn't want to join with the fear of losing again, but with the relentless convincing and encouragement from my mother and friends, I dared to try again," said Jacildo, after being asked why she chose to run again during the filing of Certificates of Candidacy.

The position was higher, and so were the stakes. The title of 'Executive President' loomed over her thoughts, mixing in with the insecurities swirling in her mind. This year's elections was considered by many as the most competitive so far, both parties equipped with equally skilled members. Pressure bagged down on the shoulders of each candidate even before the campaign officially started, but even though Jacildo had the most pressure on her, she chose to become the one thing she is known for: the light. With that, her party was formed and was named 'Liwana'.

The halls of Tay Tung were streaked in yellow as the campaign started, signifying Liwanag's mission to create a silver lining amidst the hectic month, or rather a 'golden lining'. April 11, 2024 came around the corner and suddenly it all ended in a flash, the candidates were

being swarmed by their supporters in the school's lobby as they awaited the results. Hearts were pounding, tears were shed, and Jacildo stood grounded on her spot. The only time she moved an inch was when the crowd roared in cheers after the host shouted her name as the new Executive President of the BTTHS Student Council Organization for 2024 to 2025.

"She listens to the students, while also listening to the school administration. Then, she weighs everything down and understands the contents and the significance of the rules. At the same time, she's very nice to the students, especially to the kids. She's relatable, she's funny, and she has her own unique charisma. As president, Julianna is the most approachable out of all presidents in the past 8 years, but she does not allow others to stomp on her. She's a breath of fresh air," stated Angelo Cachero, the BTTHS Student Council Organization Adviser during an interview with The Panorama.

Just because she lost once, she didn't pack up her things and leave. It was difficult for her to remain positive, therefore she embodied positivity herself. From a simple party name, she created a change so bright it would continue to burn even months after her victory. Now, Jacildo is leading her team with 22 officers from elementary to senior high school, all leading into one future— a bright one.





A NIGHT OF HONOR AND GRATITUDE:
**PAGTATANGI: GABI
NG PAGSASALAMAT**

By Miss Carlita Jane Delapa & Jeremiah Barredo

For many years, Bacolod Tay Tung High School has strived to provide only the highest quality of service and education to the Bacolodnon community. This year finally marks 90 years since its inception from the minds of the Fil-Sino community. On the night of October 4, 2024, at Acacia Hotel Bacolod, it celebrates those who've joined in living its mission—the mission to shape the future and become its answer—in the grandest event of all: "Pagtatangi: Gabi ng Pasasalamat."

Adorned in their classical Filipino wear, employees of the institution graced the halls of the hotel, brimming with nothing but pride and decorated with the gratitude of all those they've blessed along their journey in the institution.

"Tonight, we celebrate not just the 90 remarkable years of Bacolod Tay Tung High School but also the men and women whose loyalty and dedication have been the backbone of our success. They are the unsung heroes who continue to shape our school's legacy," said Engr. Philip Carpina, in his speech, to move all.

The night gave light to those who have served the school for 10, 15, 25, and 35 years. With the administration as though its vessel, the institution expressed its deepest gratitude to those who've made invaluable contributions to its prosperity. Of all the awardees, two were notable: Ma'am Janet B. Espende and Ma'am Shiela Bajan, who've both served the longest with 35 years of unwavering service to champion the student.





AN ELECTRIC MASSKADVENTURE: THE ELECTRIC MASSKARA FLOAT PARADE 2024

BY JULIANNA JACILDO

Every October is a time of anticipation for the Halloween Season, yet for the Bacolodnons, it's a celebration of the thousands of smiles that endured years of suffering. Therefore, every year, during the Masskara Festival, the entire city bursts into music and dance, and the streets are filled with tourists, kiosks, and performers from all over the Philippines.

There are myriad activities that transpire in the week-long festival, and among the highlights is the most awaited Electric Masskara Float that brightened the streets of Megaworld-Uppareast last October 26, 2024. Each Barangay boasts its majestic crafts that unveil a piece of Bacolod's History and the Bacolodnons' creative prowess.

While preparing for the event, the Panorama interviewed Jerry Oribiana Jr. from Barangay 29, wherein he shared the struggles and obstacles in making their grandeur sapphire masterpiece due to the recent typhoon, "Gautod-utod ila nga ubra kay dugay dugay, gaulan, gahulaw kag gaulan. (Their work was disrupted because it rains then it stops)."

As the sun finally set and darkness enveloped the skies, it was time for the colorful floats to parade their bright and flashing creations, with various celebrity guests and dancers riding along. Barangay 39 reigned victorious as the Elektroika Diva Champions, while Barangay 29 was commended as the Champions of the Best Float Design Category. Every single one of them painted a successful picture of vibrant and electric hues.





In The CLERB. we all F.A.M.

FORGING NEW CONNECTIONS FROM THE FIRST CLUB

BY KATE ASHLEY TORREJON

Thursday, October 17, marked the long-awaited day of the first official meetings of Bacolod Tay Tung High School's school clubs. Swarms of students from various grade levels flocked to and fro across the campus as they hurried to get to their designated venues after classes ended. It was a cacophony of voices, each one asking, "Where's the meeting?"

Participation in clubs has always been an excellent way to connect with people from different backgrounds, offering opportunities for students to broaden their social circles and find like-minded individuals. These academic and special interest organizations can be sanctuaries, in a way; temporary reprieves and safe harbors where students can dock for a little while and pursue their passions when the world outside starts to feel like too much.

As the meetings began, the club leaders and advisers eagerly welcomed the members with warm smiles. Some had already joined during previous years, while others were fresh recruits taking on something new. Either way, students found themselves surrounded by faces both familiar and unfamiliar. In an environment like that, it's only natural to be shy and intimidated, especially in clubs with hundreds of members.

But no man is an island, and even the most introverted find themselves pulled into the orbit of others. A club is a new home after all, and its members, regardless of differences, become family. Through the threads of shared interests, memories are made and bonds are formed almost unexpectedly. It's in these moments, fleeting yet profound, that the walls between individuals crumble, and what once felt like isolation now feels like connection.

And so, as the days pass and the semesters progress, the timid volunteer becomes the club representative, the quiet pianist a respected musician, and the awkward newcomer a confident voice among peers. There is a subtle but undeniable transformation that occurs when people are surrounded by those who encourage them, challenge them, and, above all, accept them. In these spaces, growth is not just measured in achievements, but in the quiet changes of the heart.

Many years later, when these students return to the halls of their alma mater as alumni, they will look back to those after-school hours, not for the lessons learned or the trophies won, but for the faces of those who stood beside them. The friendships forged in the heat of creativity and collaboration, built over shared hours and laughter, will echo throughout their lives, a reminder of the opportunity to be a part of something that clubs so effortlessly provide.

And perhaps that is what is most important—beyond the grades, beyond the projects and deadlines, beyond the fleeting years of youth. The value of school clubs lies in their ability to bind people together, to show them that they are never truly alone, that belonging is something earned not through perfection, but through participation, passion, and the simple act of showing up for one another.

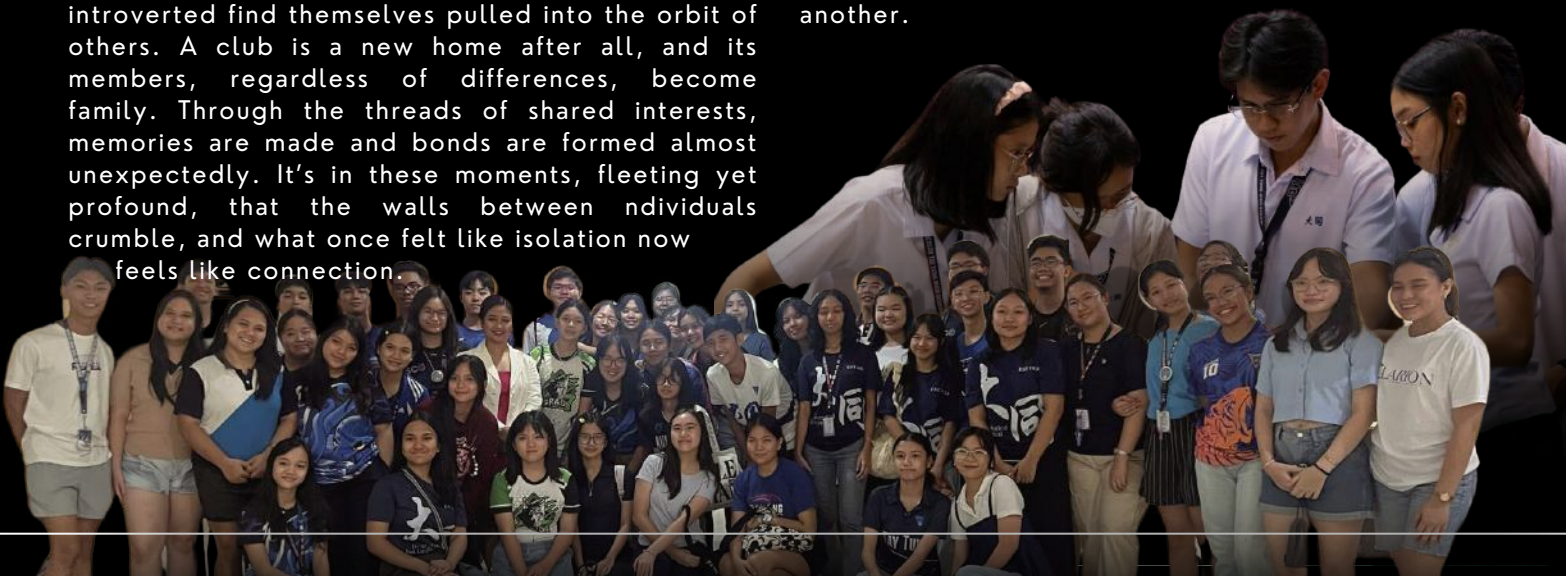




PHOTO BY SIR BIBOY CALAMBA

YEARS OF UNDISPUTED, UNDETERRED AND UNSTOPPABLE VICTORY.

by Gian Angelo Quimpo

For the past year, the volleyball courts of the national level in the Philippines have been set on fire by only one team. For the past year, this team has caused resounding spikes to echo through the halls of victory, caused hundreds of thousands of people to send out raging cheers and has engraved their names in volleyball history. This team, hailing from the sugar-caned province of Negros, is the Bacolod Tay Tung Sports' resident volleybelles.

Bacolod Tay Tung High School's Volleyball team has always shown great promise, winning gold after gold, taking competition after competition and achieving victory after victory. During last year's Palarong Pambansa 2023. They emerged as the champions, taking the crown and proving their worth. Just recently this summer, July 2024, they have fiercely defended and retained their spot as the champions during the 2024 Palarong Pambansa.

Even while they are undergoing rigorous training, juggling studies with their athletic obligations, and pushing through just to be able to still excel while being suffocated by time, these girls still do not fail to make the Tay Tung community proud with their efforts. These girls, though still young and just regular students, have pushed themselves far beyond the limits, and have brought honor to the Tay Tungian name.

Now, as they once again take to the court, their fans' cheers rage on, taking the hopes and pride of Great Harmony in their shoulders, and securing the legacy of their and their school's name along with them.





PHOTO BY BTTHS FACEBOOK PAGE

MARC JUSTIN YU TRIUMPHS AS OVERALL CHAMPION AT OPEN WATER SWIM CHAMPIONSHIP 2024

by Carl Justine Jalea

In a remarkable display of strength and endurance, Marc Justin Yu emerged victorious at the Open Water Swim Championship 2024, claiming the title of Overall Champion in the 2500m event last October 26, 2024.

Competing against elite swimmers, Marc not only secured the top spot overall but also took 1st place in the highly competitive 16-19 age category, underscoring his dedication and skill in open-water swimming.

The championship tested athletes' abilities to navigate challenging currents and maintain stamina across a demanding distance, yet Marc's training and perseverance shone through, propelling him to victory.

This win reflects countless hours of rigorous preparation, commitment, and determination that have made him a standout talent in the swimming community.

As the Open Water Swim Championship 2024 concludes, Marc's victory stands as an inspiration to aspiring athletes and a testament to his hard work.



PHOTO BY SIR BIBOY CALAMBA

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PHOTO BY SIR BIBOY CALAMBA

GIRLS IN GRADE 8 TAKE CENTER STAGE IN BASKETBALL MATCH, BEATING GRADE 7, 31-0

BY JACOB FLORES & CARL JALEA

On September 20, 2024 The Grade 8 girls' basketball team defeated the Grade 7 girls in a much-anticipated game, 31-0, demonstrating their superiority. The Grade 8 team's skill, collaboration, and tenacity were on display during the game, which took place in the school's gymnasium.

It was evident from the beginning that the girls in Grade 8 had a mission. They picked up the game immediately and exerted control over it. Their attack was unrelenting; they made deft passes, sliced through the Grade 7 defence, and hit their shots precisely with defence keeping the Grade 7 team from scoring any points at all during the contest. Although the Grade 8 squad was headed by a standout player who made a substantial contribution to the score, it was genuinely a team effort.

The Grade 7 team was unable to compete with them due to their excellent communication and cooperation on both ends of the floor and even with their greatest efforts, Grade 7 was unable to breach their opponents' defensive wall. The athletes on the Grade 7 team persevered in the face of adversity, displaying heart and tenacity, working very hard to discover gaps, but the Grade 8 team's strategy and experience held them back. The younger players learned from the game and will undoubtedly use it as incentive to get better and return stronger the following season.

The Grade 8 ladies' final score on the scoreboard, which showed how well-prepared and hard-working they had been, was 31-0 showing the difference in experience and ability between the two teams, but it also showed how the younger players may improve and advance.

The Grade 7 team held their heads high, knowing they gave it their all, while the Grade 8 girls celebrated their clear triumph as the final buzzer sounded. Students applauded and supported both teams, recognizing the hard work and good sportsmanship displayed on the floor.

While the scoreline was one-sided, this game was a reminder of the competitive spirit and camaraderie that sports bring to the school community.



BTTHS VOLLEYBALL GIRLS SECONDARY TEAM CLAIMS BACK- TO-BACK WINS AT NOPSSCEA 2024

BY ETHAN CHIA

The Bacolod Tay Tung High School (BTTHS) Volleyball Girls Secondary Team made an impressive start at the NOPSSCEA 2024 tournament, celebrating back-to-back wins in their opening games. With strong performances and a powerful display of teamwork, the impressive players of BTTHS have quickly established themselves as contenders this season.

In their first match on November 10, 2024, BTTHS took on La Consolacion School – Gardenville (LCS-G) and dominated from start to finish. The volleybelles secured a decisive victory, sweeping the match with set scores of 25-3 and 25-1. This commanding win showcased the team's strength, skill, and preparation.

The volleyball girls faced La Vista Immaculada (LV-I) in their second game. This time, they encountered tougher resistance but ultimately prevailed in straight sets. BTTHS clinched the match with scores of 25-16 and 25-20, demonstrating resilience and adaptability as they held off a determined LV-I team.

As the tournament progresses, the players are focused on maintaining their momentum, driven by the school's motto of excellence and perseverance. With such a promising start, BTTHS fans eagerly anticipate more victories in the weeks to come.



PHOTO BY BTTHS FACEBOOK PAGE

BTTHS GYMNASTS SHINES AT THE 2ND MAYOR ALBEE BENITEZ MASSKARA RHYTHMIC GYMNASTS NATIONAL INVITATIONALS

BY ETHAN CHIA

On October 15, 2024 The Bacolod Tay Tung High School gymnasts delivered impressive performances at the 2nd Mayor Albee Benitez Masskara Rhythmic Gymnastics National Invitationals, showcasing their talent and hard work in multiple events across various categories.

In the 2015 category, Mary Tabitha Drew N. Legaspi (Grade 4-Camation) placed 8th in the Ball and 10th in the Hoop events while competing in the 2014 category, Isabella Coleen L. Esmeralda (Grade 5-Camellia) earned a commendable 7th place in Ball and 11th place in Hoop.

The Juniors category saw standout performances from Grade 9 students with Jilian Krishna A. De La Cruz (Grade 9-Bronzite) took home a Silver in Ball, along with Bronzes in Hoop, Clubs, Ribbon, and the Individual All-Around, Matthea Given U. Efenio (Grade 9-Bronzite) captured the top podium spots, winning Gold in Ball, Ribbon, and the Individual All-Around, as well as Silver in Hoop and Clubs.

Congratulations to our talented BTTHS gymnasts for their outstanding achievements! Their dedication and hard work continue to make the school proud.

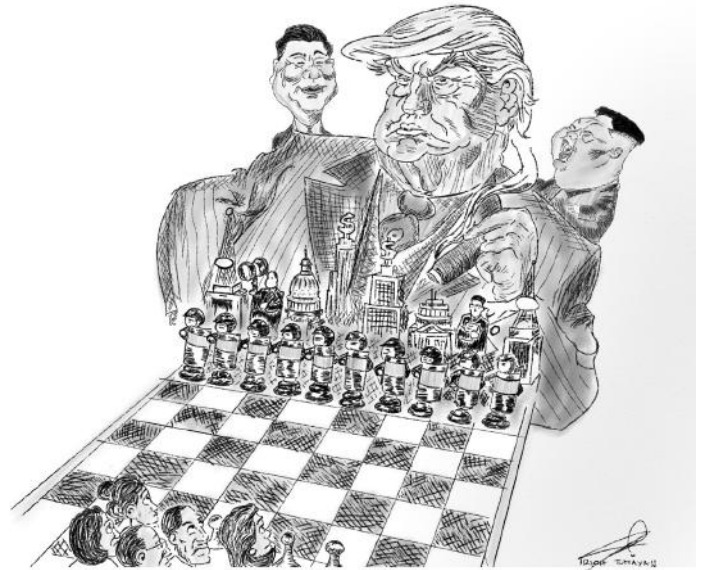


THE US ELECTIONS A GRIM REMINDER OF THE UNFORTUNATE POLITICAL CYCLE

Democracy is among man's greatest rights. It has allowed man to exercise his faculties to the greatest extent without the fear of repercussion, one being to decide who among his fellows will lead him and his community towards the future through elections. The electoral process is the very foundation of democracy, for without it, democracy cannot be. It ensures that no single man holds absolute power by spreading it between population members. This process has allowed champions of the masses to rise and grace their fellows with light and hope for a better tomorrow. Unfortunately, it has also allowed those who seek nothing but the worst for their fellows to claw towards the highest position across their lands. The latter has become increasingly common in recent years, and with the recent outcome of the US elections, it shall become a saddening cycle that will, unfortunately, last for years.

While elections within the past ten years have functioned as expected, that being to allow men to vote at their discretion, men have granted power not to the most rightful of it but to those who've only brought or are expected to bring the worst. A more recent example would be the elections in the United States of America, a superpower whose electoral outcomes have significant effects that echo far beyond the confines of its land and across all nations worldwide. This year, two titans faced one another: Kamala Harris, the current Vice President of the US, and Donald Trump, former President of the US. The two paraded across all states, beckoning voters to their side with vows and promises for a better future. While independent organizations projected that Harris would sweep the elections in a landslide, just mere days ago, it was announced that, based on projections, Trump had won the election. This result is a grim reminder of the unfortunate cycle within politics. While it is true that it is within people's rights to vote for those they want to vote for, it is frustrating to see men vote for those who only believe in their self-preservation and not the empowerment of their fellow man; Far more competent candidates who will truly bring about a much-needed change within the world have their chances ripped straight from them and wasted in the hands of the grimy.

What is worse is the reasoning behind why people voted for who they voted for. Those on the side of Harris trust her for her inclusive stances, primarily her vow to protect the rights of women, ethnic minorities, immigrants, and LGBTQ+ people. On the hand of Trump, they trusted him for his supposed record during his presidency, that being his supposed ability to handle the economy better than the current Biden administration. However, one thing to note is that beyond the aforementioned, a primary reason why some voters voted for Trump is the same reason others also brought up during Trump's presidential run against Hillary Clinton: because the opponent is a woman.



Another late example of a similar case was during the Philippine Elections two years ago, where the Filipino also wasted an opportunity to allow a candidate incredibly credible, one who bore a remarkable record of service to the country and was forecasted to do greater change upon their rise to the top. Instead, the Filipino have given power to one who bears with them a tarnished history and an outlook for a sad future. Now, what's the reasoning as to why 31 million placed their trust in the latter? Many among the 31 million followed the exact reason why some voted for Trump: simply because the opponent is a woman.

Such a reason is irritatingly arbitrary and not the only one. A case in point is the Philippines, where many vote for candidates for laughable reasons such as "Kasi ang gwapo/gwapa niya", "Napakabait niya", "Kasi nakita ko siya sa TV", among many others. While baseless thinking can occur and is normal in our daily lives, decisions should not be based on it when it comes to grave matters such as elections. Elections transcend mere politics; for some, they are a matter of life and death. However, the unfortunate reality that we have to face is that many past, present, and future voters have grounded or will ground their votes based on baseless thinking. Thus, the unfortunate cycle of elections will only be propagated; a problem arises, fate offers solutions—that being credible and competent candidates—but ultimately, they are not elected due to the baseless thinking of others, the problems will ensue, and the cycle repeats.

If we seek the end of this horrific cycle that man laments, one solution many provide is education. Yet, no matter how many writers, scholars, or people preach for voters' education en masse, it will not occur as long as those against it stay in power. However, how can we remove those who are in control if the masses continue to vote for those against voter education because they are not educated enough? As such, this unfortunate cycle will meet no end, not until fate itself intervenes.



A Song Called Change

By Reeney Grace Napoles

Fruit flies buzz amongst the tray of sliced bananas and apples

I reach out lazily, as if my mind's not crippled
The buzz is a familiar sound, as my world continues to fade

Monophonic, unchanging, one of the few things that stayed.

Grief strangles you into stasis, until every emotion stings

Leaving nothing behind, it envelops everything
The warmth of their love, gone with a pull on my heartstrings

Frozen in sorrow, to the past, I cling

I've cast myself into stagnation, with the buzz of mourning as my companion

Yet life spares no one, especially not a tired 17-year-old
"Keep going, I know you'll be fine. You can't be like this forever!"

Our last conversation echoes in my mind like a tale always told

To change and move on, what a Sisyphean endeavor

But as the winter fades, spring will always come
Sisyphus will try and try again, and so will I
To achieve my own metamorphosis, like a butterfly bidding its cocoon goodbye

I open my door, as warm air fills my lungs
Birds above sings in harmony

It's an unfamiliar tune, one I've never sung
Polyphonic, dynamic, a welcome change.



Two Cups of Coffee

By Mike Eric Balontong

Thus, summer woke me warmly
To brew two cups of coffee
Some pastries to feel fancy
and two plates from the pantry

One sugar, one cream, for me.
Three sugars, sweet as can be.
Warm, not hot, that is the key,
Kiss for coffee is the fee.

Butter both sides, three with none,
Health to you was some dumb pun.
Toast both faces but leave one,
Those small habits made meals fun.

Set the table made with love,
Prayers to the God above,
Just two plates from the pantry,
Only now, one was empty

My, my, I did it again.
Used to how it was back then,
Meals for two, but I'm alone
This is just the way I've grown

Learn to live with you now gone
In a place beyond the dawn
I brewed two cups of coffee
Those days that you were with me

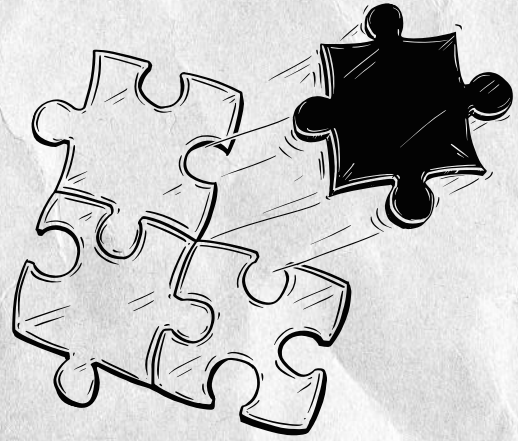




Her: A Puzzle

By "Yahnii

Such beautiful eyes, those blue eyes
remind me of the vast blue skies;
Always admired, always praised
looking at them makes me dazed.
Her body, big as ever;
Nevertheless, I will not waver.
How I imagine hugging her,
a soft and comfy figure.
Her hair, straight and yellow,
as bright as her smile to her fellows;
With teeth as white as snow,
Its warmth is something I'll miss
when I get home.
But I'm not there yet, I'm here,
in this school I'll be going to for the
rest of the year;
Staring at her in this rowdy, loud
place
imagining us together in my days
But I know it's all in my head,
a pitiful reality I dread.
I really like bread
I got bored and had nothing to do,
So, I wrote a poem about myself in
which nothing is true.



Change for the Better

By: Ern Andrei Baggay

Something doesn't feel right,
My chest feels so tight.
I don't want to let go of the old me,
And I thought this was gonna be easy.

As I face in the mirror,
It couldn't be clearer.
Was I the problem?
Is it because I failed the system?

I'm afraid of the concept of change.
Learning something new seems very
strange,
But as I try to think and sympathize,
That is when I realized:

Change is inevitable.
It can be bad, but it can also be
beautiful,
So, might as well accept the shift,
because that is where you will learn it
is a gift.





Family in heart

By: Ern Andrei Baggay

This isn't my mom, but she acts like one
She takes care of me as if I were her own
son

She gives me lots of hugs and kisses
When she gets mad, she makes me do the
dishes

When I asked why she was doing this?
She replied, "Well, that's what I
promised."

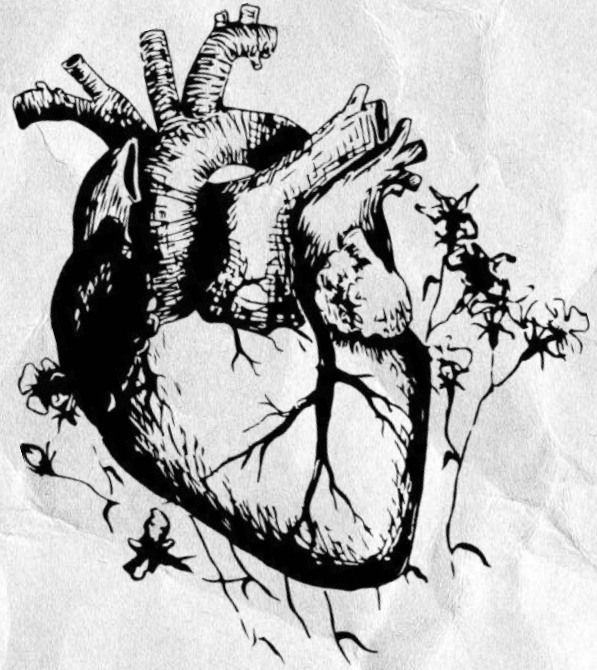
"Promised what?" I replied..
"To take care of you after your own
mother died."

I hate my new mother.,
She tries hard to be like her
It feels like chasing a ghost
She knows I don't love her the most

As time passed by, I began to understand
her

She may not be the one, but it is for the
better

I know we may be flawed,,
But it's time we embrace,



Change like Water

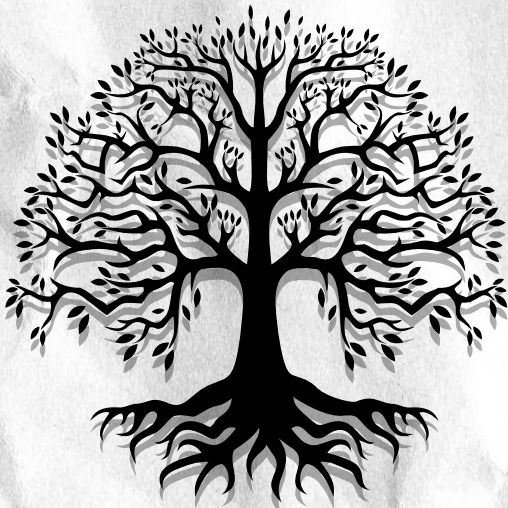
By: Raylitz Anne Baldeviso

Humans, born to adapt, to learn.
Change, a constant force, unseen,
unheard.

A daily shift, a silent turn.
A nudge from comfort, a lesson stern.

Positive, negative, labels unclear.
A flow of water, ever near.
Yielding to currents, a gentle art.
Embracing change, a brand new start.

A daily dance, a cosmic play.
Learning to control, day by day.
Adapting to shifts, a human plight.
Loving the change, a guiding light
inside.





What is Something that is Constant?

By Rayliz Anne Baldeviso

One time, I was thinking about what to write about "change." Curious about how to grasp the idea in some parts that I'm still not aware of, I had a talk with someone I see as a guiding light. Let's call her "L." L, as she said, used to have a subconsciously self-absorbed idea that she, along with others, was on the same pace and level of understanding. L perceived herself as someone who is changing every day—for the better, or so she thought. Maybe she was better for herself but not for others. L has pressured herself with a lot of things—that she should always improve everyday—quite failing to recognize that being human is a naturally linear experience. L mentioned that she was impatient, thinking that she had outgrown the people around her. L separated herself from most people whom she believed were not aligned with her current self until she tasted bitter loneliness as no one could understand her.

I'm almost 18. L is not quite far from my age, but it's like she has lived a thousand lives when she speaks. My transition to adulthood is not that fast-paced because of the conveniences around me. However, stillness and taking time to listen to mature individuals is a grounding experience for me to navigate and explore what else I can contribute to myself. I thought, "If L can have that kind of mindset, what could possibly deny me the same capability?" As I continued listening to her, I was inspired more than I was challenged. I was not pressured to see and hear her. Instead, it was comforting. To be imparted knowledge by someone who has gone through a lot was not an easy feat to get themselves there. I knew L had gone through so much in life, and she had spent her blood, sweat, and tears surviving. Until she transitioned "surviving" into "thriving," an undeniably admirable trait that is not meant to be romanticized but rather respected, perhaps L may not have had an easy life, but she deserves all the credit that, despite everything, she is good. She even gently shared with me that a part of her mind is selfless.

For months, L tried to figure out why. L embraced change for herself but not for others. "If change means that I will succumb to the comfort of my own being, then it's only temporary—a bittersweet learning experience," L said verbatim. "It was something that frustrated me at first, but I've learned that the things that frustrate me require a change from within. I can still learn. And slowly, I took time to listen to others and put myself in their shoes. Gradually, other people helped me embrace change. It takes a village. After all, I'm not the only human in this world. To connect with others, to heal alongside others, to embrace change alongside others is the most precious human experience that should not be taken for granted."

L did not say much. She was straight to the point, knowing how to articulate her words. She can surely give a short sentence with a thousand meanings. And her impact is unquantifiable. I just listen in awe, slowly integrating introspection into each and every word. We human beings thrive on connection. We live for connection.



Connection is the heart of our existence. We exist because others have recognized and helped with our existence. Therefore, embracing change is both an internal and external experience. It's a thread of connection—to ourselves and to others. And with that, humans are born with the ability to adapt and learn because of change. Change is a constant force in life.

We are subconsciously aware that it happens, even at a rate of 1% a day. This is because change manifests in many ways. One sign of change is being in a state of discomfort, somewhere out of what is familiar—our comfort zone. Change is challenging to perceive as something positive or negative. Regardless, I don't want to apply any label to it.

However, just like water, change coexists with adaptability. Going with the flow—even when we try to go against the current—we slowly let the water take us. We slowly allow change. We slowly embrace change. Until every change turns into familiarity. Embracing change happens often, even within a single day. It's a reminder that we cannot control external forces, but we learn how to ultimately use control within ourselves. And what we learn, we adapt. Hence, embracing change is part of the human experience. Don't just embrace it; learn to love it like it's part of who you have always been meant to be.

Ever since then, L has imparted to me something that I cannot unlearn. Knowing things like this is a process before it's a privilege. And yet again, I found myself meeting someone I needed. A change in perspective that would account for the flow of life. I'm confident that L will lead a good life. She has grit. Unafraid to share her unconventional thoughts. It's rare to meet a friend who will trigger your mind to use its power. I hope that I will still meet L in every lifetime. And I hope that you'll find yours too.



THE WEIGHT OF EXPECTATIONS

BY INEAH MAGBANUA



In a world where exam scores and grades determine one's success, students often feel a neverending sense of pressure—so overwhelming that it robs them of their happiness, peace, and well-being. They strive not only to reach their expectations but also to prove their worth to everyone else. Many students feel the need to excel in academics and participate in multiple extra-curricular activities all at once, all while taking care of their social life and, most importantly, themselves. Falling short of these standards set by the society crushes a student's holistic well-being, leaving them vulnerable to anxiety and stress from all directions. Several factors can contribute to this pressure, whether driven by expectations from family, friends, society, or even the students themselves. However, at what cost does this constant striving come?

Parental expectations, school standards, and peer pressure; Each playing a significant role in the academic pressure students face today. With some students, pressure starts at home. Parents have a desire for their children to acquire a decent level of education by getting into top universities, securing a stable career, leading them to heavily push their children in exceeding in their academics. Parents often believe that having good grades possibly determines their children's future. While this might be possibly true, it can lead to parents discouraging anything less than perfection. At school, pressure increases by the high standard of education and strict grading criteria, making it a lot more challenging for students to keep up. So instead of genuinely learning a subject, they study just for the sake of having a good grades. As for peer pressure, students often compete with each other wanting to match or exceed their friends' performance in terms of academics. Social media also contributes to this as it also creates a culture of comparison where students witness the academic achievements, awards, and accomplishments online resulting to a belief that they should keep up or else they will risk failing.

These factors greatly influenced a student's mental health, often in profoundly negative ways. Research indicates a strong correlation between academic pressure and mental health issues such as anxiety, depression, and high levels of stress. With this in mind, the need to perform consistently can eventually lead-

- to a culture of perfectionism, perceiving mistakes as failures rather than serving as a pathway to let the students' grow. So, It is crucial to create a space where students can openly express their true feelings and concerns.

It is true that academic success is important but it doesn't entirely determine ones future, it's just one of the keys to unlock opportunities and to build a foundation for personal growth.

While good grades can open doors, it's the skills and experience a student have gained along the way is what shapes a personality. By understanding the sources of academic pressure, we can create an environment wherein students can experience a healthier and more balanced education system for today's youth.

MASSKARA FESTIVAL ISINIRA ILANG DAAN SA SYUDAD; TRAFFIC

BY ARNIE JOANNE SURAVILLA



Tuwing Oktubre, ipinagdiriwang ang piyesta ng MassKara sa City of Smiles, Bacolod City. Dinadarayo ito ng libo libong tao, mapa-Pilipino man o mga banyaga. Ngayong taon, pagpatak ng alas kwatro ng hapon, isinasara ang mga daanan mula Araneta hanggang Lacson na nagdudulot ng trapiko sa bawat sulok ng lungsod.

Maitanong ko lamang, paano kaya ang oras ng ibang tao, mga mag-aaral, mga nagtatrabaho, at mga matatanda? Ang trapiko ay umaabot ng isa o mahigit pang oras bago makauwi sa kanilang tahanan. Dagdag hirap pa ang makahanap ng masasakyan sa mga siradong daanan at mahabang lakarin hanggang sa rota ng mga dyip. Ang laki ng oras na nasayang, hindi naman kasi kontrolado ng bawat isa ang kanilang oras.

Maaari naman itong ipasara subalit sana pinaghandaan din ang mga posibleng mangyari sa ganoong pagkakataon. May pulisya nga, ngunit hindi rin naman nababawasan ang trapikong naidudulot ng MassKara. Walang magandang daloy ng proseso sa trapiko. Kumpol kumpol na mga tao ang nag-aantay sa daan para lang makauwi at marami rin ang naglalakad na lang pauwi. (alisin na ito: Ganoon ka lala ang trapiko na naidulot ng MassKara sa syudad.)

Mainam na pagplanuhan ng gobyerno ang tama at mabisang pagpapatupad ng mga proyekto at plano tuwing may gaganapin sa syudad.

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