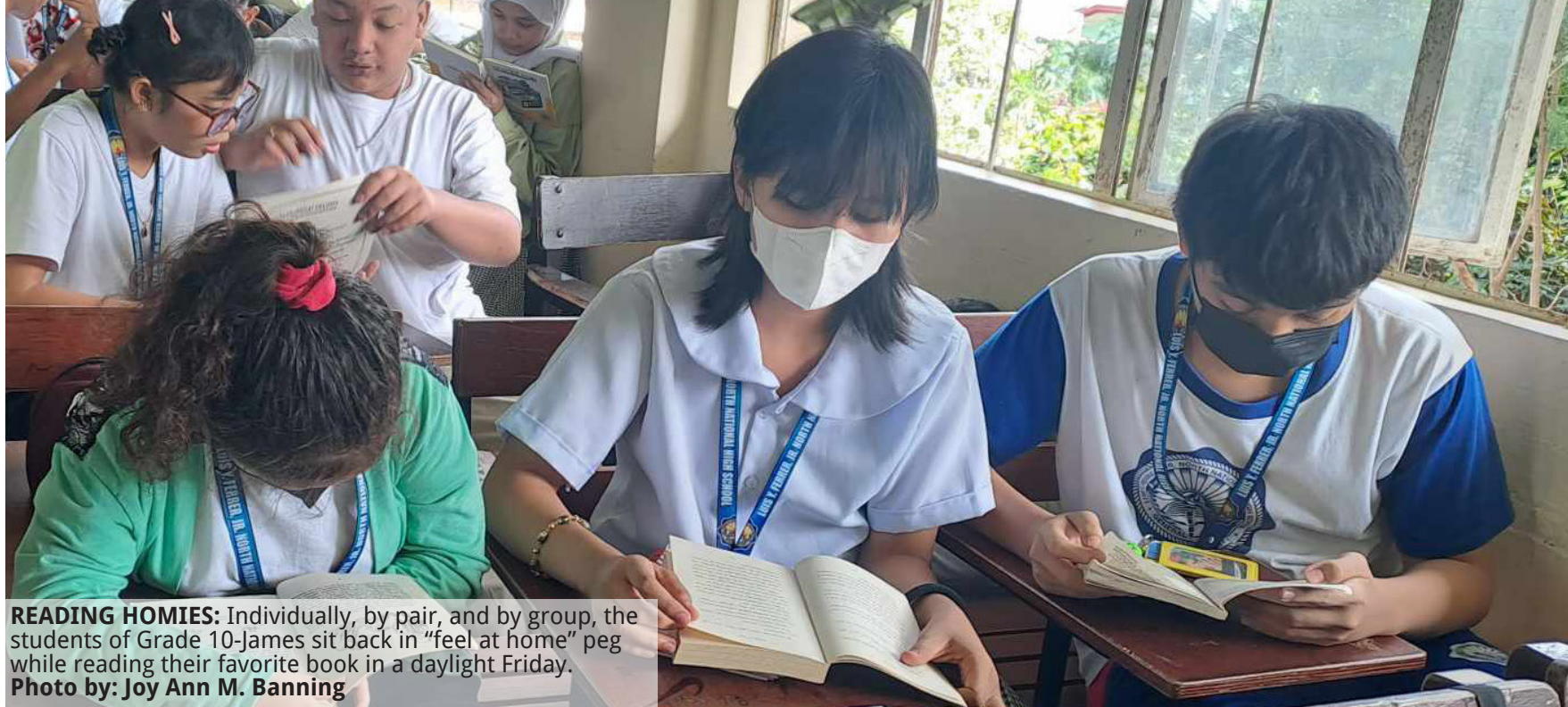


Figure 1. The illustration shows the trend in the enrolment rate in the last three school years - 2021-2022, 2022-2023 and 2023-2024.



READING HOMIES: Individually, by pair, and by group, the students of Grade 10-James sit back in “feel at home” peg while reading their favorite book in a daylight Friday. Photo by: Joy Ann M. Banning

Admin probes declining enrolment trend

by: Maria Jhienyah C. Jaya

Learner Information System (LIS) Coordinator of Luis Y. Ferrer Jr. North National High School (LYFJNNHS), Mr. Chris C. Gapusan, along with the School Principal, Dr. Naneth Salvador, and administrative officers, deliberated on a meeting with the teachers about the staggering increase in enrolment in the last three years.

In the meeting, Gapusan presented that from 2,336 enrollees in the school year 2021-2022, the figure hiked insignificantly to 2,554 which indicates a difference of only 9.33% or 208 of learners added in the academic year 2022-2023. While stating the possible reasons for the insignificant increase, the LIS Coordinator highlighted the current enrolment rate of 2,724 which indicates a much lower increase of 6.66% tantamount to 170 students added to the school family compared to the previous school year.

“The school administrators keep an eye on the possible formula to bring back the surging trend in the enrolment in the next years,” the LIS Coordinator affirmed. Furthermore, he asserted that while the population of learners continues to ascend, more are built to accommodate this inevitably huge number of enrollees every year.

Catch-Up Fridays to aid slump reading ‘frustration’ cases

by: Khrizna T. Tolentino

Reading Coordinator (RC) of Luis Y. Ferrer Jr. North National High School (LYFJNNHS) Ms. Gigi Lyn Aticaldo asserted that the conduct of Catch-Up Fridays would help lower the cases of readers under “frustration” level by the administration of Phil-IRI post-test prior to the end of school year 2023-2024.

In a brief interview, Aticaldo said that the different reading activities tend to be engaging based on verbal feedback from the students.

“Various reading activities are done either one-on-one with a teacher, by small group, or whole section,” the RC stated in the interview.

Amenable that this kind of reinforcement by DepEd is promising to combat issues of

reading frustration among junior high school learners, Aticaldo added that even teachers observe the improvement of students’ communication skills, especially in reading during class discussions.

Based on the school’s Phil-IRI report from the previous year (2022-2023), 52 percent or 1,318 out of 2,542 students obtained “frustration” level in the pre-test conducted first opening week of classes and decreased

to 38 percent or 506 in the administration of the post-test two or three weeks before the end of the school year.

This year, the reading pre-test summary shows 698 “frustration” readers equivalent to 31 percent of 2,246 total enrollment in the opening of school year 2023-2024.

“With the continuous conduct of Catch-Up Fridays, I believe that the Phil-IRI post-

test this school year will show significant positive results,” Aticaldo highlighted.

In addition to her hopeful tone about the students’ improvement in reading based on her observation when handling classes and from other teachers’ feedback, the reading coordinator said that through Catch-Up Fridays, the school is now paving a narrow road to meet the zero non-reader goal.

Parents, students commend North’s numeracy program

‘Students’ evident progress in Math solicits positive parental feedback - VOC report’

by: Adrian Simon T. Jalimao

Based on the recent Voice of the Customer (VOC) report, parents cast their affirmation to the school’s programs in numeracy enhancement after seeing evident progress in their child’s performance and interest in Mathematics.

In an online chat with Mr. Dailig, a parent, said that he sees his son, Marco, Grade 8 student, doing his tasks in Math upon arriving home after Saturday class. He stressed that his son had remarkably low grades in Mathematics from elementary until Grade 7 and showed least interest in this subject.

Furthermore, in a happy tone, he stated that he also sees the high scores of Marco in Math written assessments.

Resumption of Saturday classes of the Program for Excellence in Mathematics by the Mathematics Teachers Association of the Philippines (POEM-MTAP) in Luis Y. Ferrer Jr. North National High School (LYFJNNHS) started January 13, ending a three-year hiatus prompted by the pandemic.

According to the Mathematics Teachers Association of the Philippines (MTAP), the program aims to serve as a platform for regular students to refine their mathematical, problem-solving, and critical thinking skills.

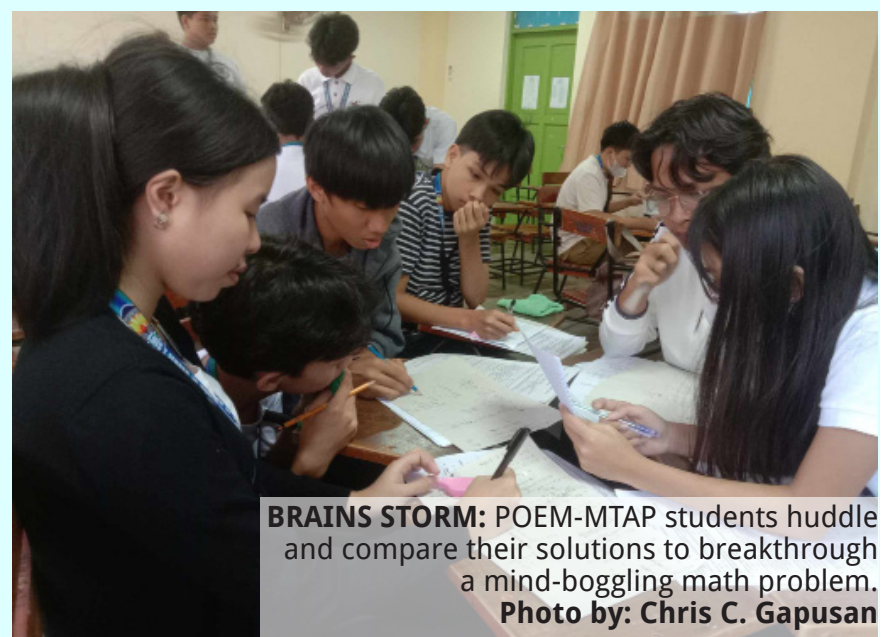
The school’s MTAP technical working committee (TWG) that consists of the teachers from the Mathematics Department of LYFJNNHS aims to offer opportunities to enhance students’ problem-solving techniques and gain advanced knowledge. Emphasizing the significance of mathematics in daily life, the program provides a gateway for participants to showcase their skills at the Division Festival of Talents scheduled on the 14th of March or the International Mathematics

Day.

Echoing the program, the LYFJNNHS also offers Project ALPHA (Advancing Mathematical Learning and Potential for Highly Achieving Students) of the MathSci Club. Tailored for selected students from Grades 7 to 10, this project prepares students for prestigious competitions like SASMO (Singapore and Asian Schools Math Olympiad) and MMC (Metrobank Math Challenge) MTAP Challenge – the affiliate competition of POEM-MTAP.

Clydde Johrael F. Ortiz, Grade 10, said, “It has been very helpful not only to me but also to my schoolmates. It gives us the chance to learn advanced topics in Math, even if it’s only for six Saturdays.”

The ongoing numeracy



BRAINS STORM: POEM-MTAP students huddle and compare their solutions to breakthrough a mind-boggling math problem. Photo by: Chris C. Gapusan

program hosts 63 mathematically-enthusiastic students from Grades 7 to 10. Ms. Nancy S. Reyes, the Mathematics Focal Person, said that the constructive feedback from the parents and students only prove that the Mathematics teachers of

the school serve as effective facilitators.

Meanwhile, the numeracy enhancement program is set to run until February 24, 2024, (after six sessions) promising an enriching mathematical journey for the participating students.



CIRCUMFeRIENDS: The students of 8-Ampere huddle in a circle making the reading task more enjoyable and fun in a Catch-Up Friday.
Photo by: Chrismy B. Almonacid

North High intensifies reading program

by: Aleya Nicole V. Carpio

The Department of Education (DepEd) Secretary Sara Duterte introduced the 'Catch-Up Fridays' to enhance students' reading comprehension and other basic educational skills, January 12.

The DepEd secretary addressed an issue in learners where a lot have become a slow reader and even a non-reader due to the pandemic turning classes online.

Based on DepEd's report, 9 out of 10 10-year-old students have a hard time comprehending what they have read.

To solve this problem, DepEd Chief Sara announces the 'Catch-Up Fridays' to help the children who have

a hard time reading and comprehending what they read.

Every Friday, all students do nothing but read in their classrooms, as well as take into account their homeroom guidance, health, and peace education.

They also implemented 'Drop Everything And Read (DEAR)' in which all students will stop whatever they're doing and start reading along with all the other 35 other methods

stated on the DepEd Order.

According to Sara, this is the best way to help slow readers and non-readers improve their skills and to upgrade the average readers' comprehension.

Stated by Secretary Sara Duterte, "Through reading, you can live in a world where you will be able to achieve your dreams. Reading is the key that will give out wonderful things for each of you."

Problem on inconsistent water flow, raised

Geoffrey Hianze Chriesstian A. Francisco

Not less than 10 of around 2,500 students of Luis Y. Ferrer Jr. North National High School (LYFJNHS) pushed their guts to raise their concern about the inconsistent flow of tap water from school faucets.

Having the same concern, the students verbally revealed a pattern of irregular water supply with taps often running dry or dispensing muddy water.

"While in most times the water flowing from the faucet is clean, there are times that the faucets dispense cloudy or muddy water," Jairus Rosario, a Grade-9 student said in an annoyed tone.

He added that for several times, he had experienced faucets with no water flowing at all. "This thing really annoys not only me but all the students," he openly expressed with an agitated face.

With a quite upset pitch, another student exclaimed the lack of water flow from faucets in restrooms really made their day difficult.

According to reports from the canteen staff, the irregular water flow has led to meal preparation and serving time delays.

"It is hard to maintain continuous operation in the school pantry if the flow of water is inconsistent especially in cooking and in washing kitchen utensils," Mrs. Marlin T. Adora, a canteen staff, said. She further explained that almost every day, they fill

containers with water to ensure that there will be an available supply when there is no water flow from faucets on the next day.

In a short interview with the admin staff, they said that they plan to conduct a meeting again with the teachers and stakeholders to end the many concerns about water flow in the schools' faucets, especially in rest rooms.

In the meantime, as per the school administration, alternative measures have been implemented to mitigate water supply when tap water does not emit.

Admin to comply to school calendar reversion

by: Gracielle A. Gaduina

The Department of Education (DepEd) performed a study about the possibility of reverting the school calendar to June to March, three years after the switch to the August to June school calendar schedule.

The possibility of this reversion will alleviate the effects of the summer season on the learners and teachers. Similar results were observed in the DepEd's consultation last January 15, 2024, with schools, teachers, parents, and student leaders.

Assistant Secretary Francis Bringas, DepEd Deputy spokesperson stated, "They agree with the provision of the draft, to have some minor adjustments but there is a consensus that it may be reverted not in the next school year or in June 2024. We are looking at the school year 2025-2026 and can have June, but for this next school year we are still up for July opening".

With this implied move, the Teachers' Dignity Coalition (TCD) expressed the possible impact of changing the school calendar needs to be carefully studied.

Meanwhile, a group of private schools in the Philippines said that they're open to the possible reversion but needs to be examined thoroughly.

"We just need to know what the possible Consequences will be... if it is decided that we will revert to the old school calendar, it will be a gradual transition. What will happen in an abrupt change will mean a short 2- to 3-week break for our teachers and students," said

KC Manaog, Legal Counsel, Coordinating Council of Private Educational Associations of the Philippines.

On the other hand, the rainy season falls from June to March, which poses risks to students due to climate hazards, and exposes learners to sickness.

"Let's retain the present academic calendar for the sake of our children. Let's spare them from rainy season-related ailments, like colds, fever, and flu." According to Cagayan de Oro City 2nd District Rep. Rufus Rodriguez, he stressed in a statement.

One of the reasons for the shift in schedule; is the current August to May school year that aligns with the school calendars of various countries. It also enhances collaboration among Philippine and other foreign schools and fosters personnel and student exchanges, based on what the lawmaker mentioned. They also noted DepEd officials must focus and enhance the competency of students in the fields of sciences, mathematics, information technology, history, culture, English, and moral values.

However, this remains unconfirmed by DepEd itself, and will wait for the results of their consultation and formulate a plan in case things change.

Students to limit Tiktok exposure

by: Kurt Lewelle A. Sta. Ana

Popular social media platform TikTok deletes almost 4M videos on the platform after seeing many violations in the community guidelines.

Philippine Public Policy Head of TikTok Toff Rada states that 3.8M videos on the app have violated community guidelines and forces them to delete the videos immediately after posting, saying that the videos post about various things such as harassment, illegal items, and many more.

He mentioned that if ever a viewer sees a TikTok video with certain rules and regulations being broken or violated, report the video immediately.

A Filipino content creator, Mona Magno-Valuz, encourages other creators to make more happy and better content for viewers to see.

"Safety is an issue," states the content creator in an

interview after talking with the public policy head.

She explains many things about the screen time for kids and teenagers for parents, saying that they should limit their time on their phones for kids and talk to their teenagers for a better communication and relationship with each other.

Based on Toff Rada, parental controls can be implemented in the social media app and encourages parents to apply this especially for the younger generations.

He also says that parents should keep an eye on their child's TikTok page in any case that they find a TikTok that needs to be reported and to ensure the child's safety in the world of the internet.

PasCam 2 community strengthens Bayanihan Spirit

by: Aleya Nicole V. Carpio

In a presidential speech, President Ferdinand “Bongbong” Marcos Jr. encouraged all Filipinos to take part in cleaning their respective communities. This is in line with the annual nationwide National Community Development Day celebration cleanup drive dubbed as “Kalinisan sa Bagong Pilipinas”.



As stipulated in Proclamation No. 316, (s. 1994) aimed to raise people’s awareness of the Bayanihan Spirit and the significance of collaborative effort in the community, the 6th day and the first week of January is declared as the National Community Development Day and National Community Development Week respectively.

Marcos addressed on the official Facebook page of the Presidential Communications Office that the change citizens aspire to should start in the barangay and that it should be the laboratory of workable ideas that will justify the Local Government Units (LGUs) teams’ best practice. “Filipinos do not deserve dirty, dingy, or dark communities. Kaya kumilos tayo upang gawing maaliwalas at malinis ang ating

kapaligiran. Dapat walang lugar, ni puwang, ang dumi, dugyot, at dilim sa ating pamayanan,” Marcos said. He also recognized the role of all community leaders in the event stating that they should be at the frontline of any programs or assembly about the celebration, leading their respective organizations.

Furthermore, the country’s leader mentioned that government funds should “not slowly drip” to communities that deserve the best and that the economic progress of the nation ‘trickle’ down to the people who need it the most. Stating that communities who are left behind should be the first priority in those areas.

“The government will do as much as we can, but it can only do so much,” he said. He added that we cannot deploy a sweeper, who will

follow each citizen around picking up every trash that is thrown”. The government cannot allocate a considerable amount of money to collecting garbage each year. All projects and programs about Community Development have the full support of every level of government organizations, Marcos said, also asking for support from private sectors and academic institutions. BBM requested that people not make rivers and the sea their trash bins, he said the ocean had become the cesspool of their garbage damaging the quality of day-to-day life of the citizens.

Targeting not only cleanliness but also improvement in the quality of life of Filipinos is part of the principle of the Kalinisan sa Bagong Pilipinas.

North High seizes action to improve teaching-learning environment

by: Kurt Lewelle A. Sta. Ana

Vice President of the Philippines and Department of Education (DepEd) Secretary Sara Duterte presented the basic education report for 2024, announced a new online portal for future school years, and said the updates on classroom repair projects throughout the country.

The vice president announces the basic education report in a press conference, reviewing the progress of the schools nationwide. She states that 69% of schools have access to the internet, though only limited to faculty rooms.

According to the Education Secretary, they reached out to various internet providers to increase the rate of schools with adequate internet access.

Alongside textbooks present in classrooms, she mentioned adding E-textbooks to schools to include technology into students’ learning.

After the review of internet access across the Philippines, Sara announced an upcoming project called “MATATAG Portal” in which all online resources can be

easily accessed in the website.

Sara also mentioned the many classroom repair projects and complaints of shortage of classrooms across the country, and said that over 3,000 rooms have been built and 6,000 in line to be built.

Based on her report, she hopes that by the end of the first semester in 2024 that 4,000 classrooms will be built to house more students for the next school year.

As for the classroom repair projects, she announces a total of 3428 repairs done and 5896 to be repaired soon.

She also says that the curriculum has been decongested and the K-10 curriculum has been applied to many schools throughout the Philippines. The



DISCOURSE AT ITS PEAK: Filipino Teacher Ms. Anna Ruby Garcia O. Garcia ensures quality teaching delivery with a “feel na feel” peg while she’s in the latter part of her lecture. Photo by: Liezel D. Globio

senior high school program also has updates, with parts of the program specializing working students enhanced to prepare them for the future.

Sara also predicated on the PhilHealth Konsulta package

for teachers that includes a free medical consultation, free selected laboratory and diagnostic test in DepEd clinics along with other services the department offers.

Philippine President Ferdinand “Bongbong” Marcos Jr. gave his remarks regarding the

basic education report by Vice President Duterte, saying that it’s clean, compelling, and overall helps with creating a safer space for students and children and overall the best start for a future MATATAG society.

‘No discount’ fare remains a stress to commuting students

by: Aleya Nicole V. Carpio

United States President Joe Biden issues a warning to China regarding an incident in the South China Sea in which ships collided with Philippine resupply vessels within its own exclusive economic zone on October 26, 2023.

In a conference with the Australian Prime Minister, President Biden pointed out an issue in the SCS, and said that once China creates any armed attack against the Philippines, it will set off the mutual defense treaty between the US and the PH.

“Just this past week, PRC Vessels’ act is dangerously and unlawfully as our Philippine friends conduct a resupply routine in their

own, their own exclusive economic zone in the South China Sea. I want to be clear, I want to be very clear; the United States commitment to the Philippines is ironclad. Any attack on the Filipino aircraft vessels or armed forces will invoke our mutual defense treaty with the Philippines,” stated the US president.

According to the Chinese Foreign Ministry, the US does not

have a part in the problem between China and the Philippines, saying the first world country does not have rights in this situation. In an interview, Defense Secretary Gilberto Teodoro Jr. spoke that the Philippines will do everything to regain sovereignty. “We are not seeking victory against China. We are seeking victory for the Philippines,” he followed. Meanwhile, the US

declared a port visit to Manila via the USS Ronald Reagan the following Wednesday, November 01, 2023, but before approaching Philippine waters, America’s only forward deployed aircraft carrier conducted a flight operation above the SCS over the weekend.

China made it clear with their disapproval of the aircraft’s sudden visit, calling out the country

as a troublemaker in a news report regarding the US’ deployed carrier, yet the US noted that the visit of the USS Ronald Reagan has been planned for months.

The USS Ronald Reagan included a rest and recreation in their visit to Manila, for which the hundred-fifty Filipino-Americans will be able to spend time with their family and loved ones.



LEADERSHIP ACCOLADE: North High Principal Dr. Naneth P. Salvador receives the prestigious “Most Outstanding High School Principal Award” in the 2023 Gawad Patnugot Awards hosted by DepEd CALABARZON.
 Photo Courtesy: DepEd R-4A CALABARZON/Facebook

DepEd R4A Gawad Patnugot hails Dr. Salvador as ‘Most Outstanding High School Principal’

by: Adrian Simon T. Jalimao

In the breathtaking scene of Luis Y. Ferrer, Jr. North National High School (LYFJNNHS), School Principal Dr. Naneth P. Salvador, brought home the prestigious “Most Outstanding High School Principal Award” from the 8th CALABARZON Gawad Patnugot after only seven months of being inaugurated in North High. The awarding ceremony of Gawad Patnugot was held on the 13th of August, 2023, at the Lipa City Sports Academy and was attended by the different officials of DepEd CALABARZON.

Ever since her inauguration on the 22nd of January, last year, everything in the school has seemed to change for the better. The physical facilities, learning modes, specialized curriculums are only the tip of the iceberg when it comes to what Dr. Salvador has done so within her 1-year tenure in North High.

One of the steps that was imposed by our principal was to focus on students who find a hard time mastering reading, comprehension and numeracy. Its purpose is to further facilitate and accelerate the progress of every student in North High in terms of basic education skills.

In the rapid development of North High, it cannot be denied

that she serves as the architect of the future. Her lead is a colorful painting that forms a lively palace of knowledge. Her dream is also not only for himself but for everyone, inspiring every heart that has a dream.

For Dr. Salvador, every passing sunset is an opportunity to expand the knowledge of North High’s students. In her eyes, everyone possesses a unique wealth of ability that seems inexhaustible and just needs to be exposed for their own good. Her leadership opens the door to higher levels of knowledge and dreams that pretty much nothing can stop.

In the world of our creative principal, each of her student’s success seems

like a page in her own book of inspiration. Her name will forever be truly associated with excellence and dedication to education.

With the combined efforts of the teaching force of North High led by Dr. Salvador, the school is also eyeing for the Most Outstanding Secondary School for the 2024 Gawad Galing GenTri. Currently, according to the Division Memorandum No. 85, s. 2024, the school has qualified for the Stage 2 of the said award-giving body.

Meanwhile, Dr. Salvador is focusing on the school’s Special Program in the Arts (SPA) to better focus on enhancing North Ferrerian’s ability in the 4 distinct field of Arts; singing, acting, dancing and drawing.

North eyes non-teaching applicants to handle admin ask

by: Alyssa G. Manalo

On January 28, 2024, the Department of Education (DepEd) issued an order directing immediate action and rolling out all while the North with an emphasis on shifting administrative duties from teachers to committed non-teaching staff.

The DepEd Order 002, s. 2024 was signed by Vice President and Education Secretary Sara Duterte-Carpio, declaring that all public school teachers will no longer be liable for carrying out tasks associated with administration.

Now, Luis. Y. Ferrer, Jr. North National High School (LYFJNNHS) is starting to hire non-teaching personnel to fill different administrative positions.

This covers jobs in areas that include communication, support line administration, and paperwork, among others.

As of February 2024, Ms. Janet de Asis who used to be the Canteen Manager is now replaced by a non-teaching personnel named Roda Christy Buenaventura.

“Malaking tulong syempre [removing the administrative tasks for the teachers]. Kasi,

kahit Sabado, Linggo, nalabas ako para mamalengke o mamili ng mga kailangan sa canteen. Tsaka ngayon, nakakapag-prepare na ako lalo para sa mga klase ko,” said Ms. Janet.

The larger initiative to modify and improve the educational system includes this administrative restructuring, it requires to establish an improved and inspiring framework that helps teachers and students by redefining capacities and duties.

School’s SNEd launches beneficiary program for students with disabilities

Nelissa Reese V. Ollero

The school of Luis Y. Ferrer Jr. North National High School launched a program that gives further attention to students with special needs who seek special education along with the help of the organization of Special Needs Education (SNEd).

The SNEd aims to give a hand to learners with special needs and disabilities- intellectual disabilities, learning disabilities, etc.

As of the moment, the organization has already conducted a successful launch of various programs such as the Orientation on Transition Curriculum Program, Learners Information System (LIS), and Prevocational Skills Development in Chocolate Making.

The LIS program was executed with the collaboration of the organization and the advisers of each section and grade level.

While the activity called Prevocational Skills Development in Chocolate Making was beneficial for the participants especially those learners who faced bad eyesight, problems with Attention-deficit/hyperactivity disorder (ADHD), and students

with autism.

Up until the current times, the group was planning and drafting more activities that will help the learners with disabilities of North High to be developed.

Approximately the percentage of enrollees from the Elementary School of the community reaches 1.5 percentage pupils out of 3,400 enrollees.

As years continue to pass by, these pupils will be High Schoolers as well. Led to North High to also expect to receive more student enrollees with special needs.

In the matter of this, the school continuously gives support to the activities that the organization will be launching.

The club continues to move with the objective that will help all the North High students to learn and at the same time have fun in learning.

Admin heightens security, installs perimeter streetlights

by: Mark Ezekiel Y. Agang

School Principal Dr. Naneth P. Salvador recognizes the urgency of installing additional streetlights to ensure the safety of the students when going to school early dawn before 6:00 a.m. and during afternoon dismissal at 6:50 p.m.

“It is a must to heighten the security of the school for the welfare of every learner. Their safety is our first priority,” Dr. Salvador stressed out.

While the purchase and installation of streetlights would cost a fortune, the school head added there’s nothing more important than everyone’s safety and security so it is reasonable that additional streetlights should be installed along the perimeters of the school and on the main road of Phase 6, Wellington Place where the school is situated.

“I noticed that one or two light posts are still dim,” Dr. Salvador stated.

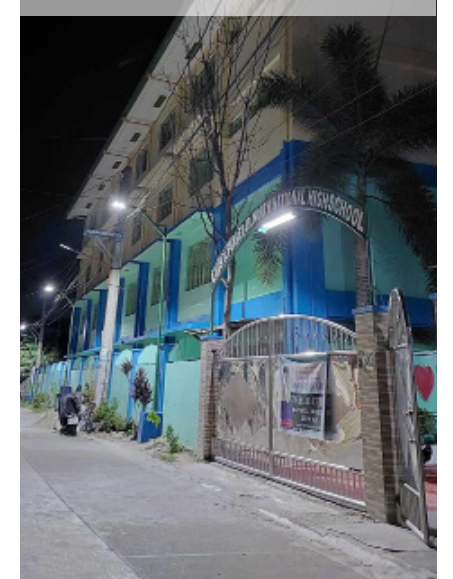
This project has been started by the School Governing Council (SGC), initiated by the organization’s President Mrs. Elsa M. Fauni, presided by Mr. Don Martinez, with the coordination of the school principal.

The said deed is one of the major projects of the council and its purposes are not only for the student’s welfare but also for the safety and security of residences

nearby by the area.

Furthermore, the SGC and its partner organization are looking forward to producing more beneficial projects for the safety and physical improvement of the school and its immediate community.

SAFETY FIRST: A series of streetlights secure the school perimeters and provide a safer and more convenient entrance and exit during the past 6:00 p.m. homeward bound of the learners.
 Photo by: Romeo J. Dolor, Jr.



THE NORTH TRIBUNE

The Official School Publication of Luis Y. Ferrer, Jr. North National High School

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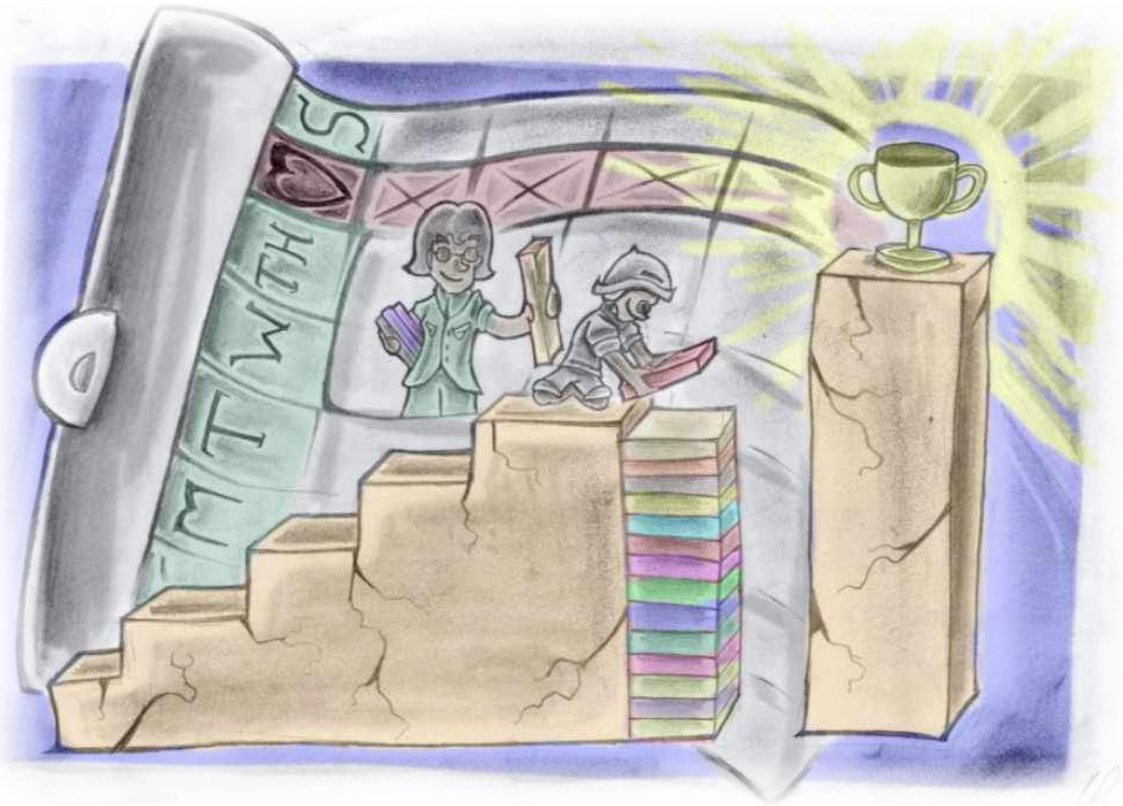
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Catch the GAP!



Enzo Arzaiah V. Villianueva



In a world grappling with unprecedented challenges, the Department of Education (DepEd) takes a bold step forward with the introduction of Catch-Up Fridays. This novel initiative seeks to address the learning gaps that have emerged due to the disruptions caused by the global pandemic. It signifies more than just a remedial measure; it symbolizes DepEd's commitment to ensuring that every student has an equal chance at academic success.

Catch-Up Fridays, at their core, aim to provide students with an opportunity to revisit and reinforce essential concepts. The program acknowledges that each student is unique, with their own learning pace and preferences. By tailoring personalized learning plans, educators can effectively target areas that need improvement, ensuring a more efficient and tailored educational experience for every child.

Beyond the conventional classroom setting, Catch-Up Fridays usher in a new era of interactive and engaging learning activities. Recognizing that traditional lectures might not resonate with all students, the program incorporates games, group discussions, and hands-on projects. This innovative approach not only makes learning more enjoyable but also allows students to grasp complex concepts in

a more relatable and practical manner.

Crucially, Catch-Up Fridays emphasize holistic development. It goes beyond academics to nurture resilience, teamwork, and a positive mindset. As students engage in activities that foster mental and emotional well-being, the program equips them with essential life skills that extend far beyond the classroom.

A cornerstone of the Catch-Up Fridays initiative is the active involvement of parents and guardians. Recognizing that a child's education is a collaborative effort, DepEd encourages parents to be active participants in their child's learning journey. Through regular communication and feedback mechanisms, parents stay informed and engaged, creating a cohesive support system that reinforces the impact of Catch-Up Fridays.

In the digital age, Catch-Up Fridays harness the power of technology to enhance the learning experience. By integrating digital resources and online tools, the program aligns with the evolving needs of today's learners. This tech-savvy approach not only makes education more accessible but also prepares students for the demands of a rapidly advancing world.

To ensure no student is left behind, the personalized learning plans of Catch-Up Fridays accommodate diverse learning needs. This tailored approach fosters a more equitable and supportive educational environment, acknowledging that every student has a unique learning pace and style.

The shift towards interactive and engaging learning activities is another noteworthy aspect of Catch-

Up Fridays. By incorporating games, group discussions, and hands-on projects, the initiative acknowledges that traditional teaching methods may not be effective for everyone. This innovative approach not only makes learning more enjoyable but also enhances comprehension by presenting complex concepts in relatable and practical ways.

The integration of technology into Catch-Up Fridays demonstrates a forward-thinking approach to education.

By leveraging digital resources and online tools, the program not only makes education more accessible but also equips students with skills relevant to an increasingly digitized world. This tech-savvy approach aligns with the evolving needs of today's learners, preparing them for the demands of the modern workforce.



CHITCHAT LOBBY

Sporadic Flow

Khrizna Tolentino

Recently, water inconsistency has raised many eyebrows (especially of students) of Luis Y. Ferrer Jr. North National High School (LYFJNNHS). It is a surprise for parents and students considering that it was revealed during the 2nd Quarter SOSA (State of the School Address) that the school pays an average of 8,000-13,000 pesos for water every month.

The canteen is one of the most affected factors due to water inconsistency; With this problem, interruptions are made and serving times are delayed. To the point that they had to resort to using their mineral water sometimes.

"Mahirap mag-maintain ng maayos na operasyon sa tuwing hindi maayos ang daloy ng tubig, bawat second day ng week nag-iipon na kami at kung walang naipon ginagamit namin ang mineral tubig na dala namin," A canteen staff, Ms. Marlin Adora expressed.

The second most affected factor is our school sinks, students are encouraged to wash their hands, face, and brush their teeth in school, yet there's a pattern of inconsistency with it, sometimes even dispensing muddy water.

"Minsan madumi yung tubig,

minsang malinis naman, pero kadalasan malinis naman yung tap. Kadalasan din na minsan nawawalan ng tubig sa sinks." A student from North High, Jairus Rosario exclaimed.

The third most affected is our school bathrooms, male students cannot even use their own bathroom anymore due to the clogged toilet and lack of water.

As the essential things get interrupted with the inconsistency of water flow, we cannot really ignore that it also ruins the workflow of our officials and students. As a student, it might be nice if the SPTA Project involving the installment of water tanks be implemented early.

Even if we say that it is not the school's problem if the water was inconsistent, as students can only have hope for our parents and teachers to cooperate together and find out the solution for the problem.



EIC's NOTEBOOK

Caught by Surprise

Kurt Lewelle A. Sta. Ana

In the realm of education, change is often met with trepidation. Teachers meticulously plan their lessons, administrators carefully craft schedules, and students settle into their routines. Yet, despite the best-laid plans, the unexpected can and does occur. One such curveball that educational institutions may face is the need to add sections in the middle of the school year.

At first glance, the idea of introducing new sections mid-year may seem daunting. It disrupts established routines, requires adjustments from all stakeholders, and demands flexibility from educators and students alike. However, beneath the surface of this seemingly turbulent sea lies to demonstrate resilience, adaptability, and a commitment to providing the best possible education to every student.

The decision to add sections mid-year often arises from a pressing need to accommodate growing enrollment or address class size concerns. While initially perceived as a challenge, it is crucial to recognize this as a testament to the success and popularity of the educational institution. A surge in enrollment signifies trust in the quality of education provided, and it is incumbent upon educators to respond proactively to meet this demand.

Adaptability is a hallmark of successful educational institutions. Adding sections mid-year necessitates swift action, collaborative planning, and a willingness to adjust. Teachers must be prepared to modify their lesson plans, administrators must reevaluate schedules, and students must acclimate to new classmates and routines. This adaptability fosters resilience, teaching invaluable life

skills that extend far beyond the classroom.

By accommodating increased enrollment, schools can ensure that every student has access to the resources and attention they need to thrive. Moreover, adding sections can facilitate diversity by welcoming new perspectives and backgrounds into the learning environment, enriching the educational experience for all.

In times of change, the strength of a school community is truly tested. Adding sections mid-year provides an opportunity to rally together, supporting one another through the transition. Teachers can collaborate to share best practices and resources, administrators can provide guidance and reassurance, and students can extend a warm welcome to their new peers. In doing so, bonds are strengthened, and a sense of unity prevails.

While adding sections mid-year may present challenges, it also offers a myriad of opportunities for growth and improvement. It encourages educators to think creatively, adapt quickly, and prioritize the needs of their students above all else. It reinforces the notion that education is not merely about following a rigid plan but rather about responding dynamically to the ever-evolving needs of learners.



LOUNGE

Unlocking the Vault

Romeo J. Dolor, Jr.

In the realm of financial management, there exists a discreet enclave known as confidential funds. Shielded from the scrutinizing gaze of public scrutiny, these funds occupy a unique position, wielding immense power yet cloaked in secrecy. They represent not just a fiscal reservoir, but a bastion of discretion, entrusted with the weighty task of safeguarding sensitive operations and preserving the integrity of institutions.

Confidential funds, shrouded in confidentiality agreements and obscured from public disclosure, serve as the clandestine backbone of organizations across various sectors. From government agencies securing classified missions to corporate entities navigating delicate negotiations, these funds operate beyond the purview of traditional fiscal oversight, allowing for agile responses to exigent circumstances and the execution of clandestine endeavors.

However, with great power comes even greater responsibility. The opacity surrounding confidential funds demands stringent adherence to ethical standards and regulatory compliance. The veiled nature of these resources necessitates robust internal controls, rigorous audits, and unwavering accountability to prevent the erosion of trust and the proliferation of malfeasance.

Yet, amidst the shadows, lies the potential for transformational impact. Confidential funds, when wielded judiciously, can catalyze innovation, drive strategic initiatives, and fortify resilience against unforeseen adversities. They serve as a potent tool for steering organizations through turbulent

waters, affording the flexibility to seize opportunities and mitigate risks with nimble precision.

As custodians of confidential funds, leaders are tasked with the delicate balance of harnessing their potency while upholding the principles of integrity and transparency. It is a solemn duty, requiring unwavering dedication to the greater good and an unyielding commitment to ethical conduct.

Through insightful analysis, thought-provoking discourse, and real-world examples, we aim to illuminate the significance of these funds and elucidate the principles that underpin their responsible management.

Join us as we delve into the depths of confidentiality, navigating the murky waters of fiscal secrecy with a steadfast resolve to uphold the ideals of transparency, accountability, and ethical governance. Together, let us unlock the vault and embark on a quest to unravel the mysteries of confidential funds, illuminating their power and navigating the path towards responsible stewardship in an ever-evolving landscape of fiscal governance.



DING DONG!

Haphazard Priorities

Liezel D. Globio

In a historic leap forward, President Bongbong Marcos has issued a resounding decree to the Department of Education (DepEd), heralding a monumental shift in the approach to critical issues plaguing the education sector. With an unyielding commitment to fostering a nurturing learning environment, the president is charting a course towards a brighter tomorrow by decisively tackling bullying, bolstering student nutrition, and enhancing teacher proficiency.

President Marcos astutely recognizes the pervasive menace of bullying within educational institutions and issues a clarion call for decisive action. By prioritizing the development and implementation of robust anti-bullying policies, the administration is unwavering in its dedication to creating an environment where every student not only learns but flourishes amidst a culture of inclusivity and compassion.

Acknowledging the profound impact of nutrition on academic achievement, President Marcos spearheads initiatives aimed at enhancing students' overall well-being. Through collaboration with health and nutrition experts, the administration pioneers programs designed to improve school meal plans, ensuring that students receive the essential nutrients necessary for optimal cognitive function. This visionary

approach signifies a paradigm shift, recognizing the intrinsic link between physical health and academic success.

In honoring teachers as the cornerstone of the nation's educational foundation, President Marcos underscores the imperative of investing in their professional growth. The administration's steadfast commitment encompasses comprehensive training programs, curriculum enhancements, and the cultivation of a supportive environment that empowers educators to achieve unparalleled excellence. By enhancing teachers' skills, the president aims to equip them with the tools and knowledge needed to shape the next generation of leaders.

As the architect of education reform, President Marcos emphasizes the crucial role of collaboration between

the government, educational institutions, and communities. The overarching goal is not only to address immediate challenges but also to lay the groundwork for a resilient and progressive educational ecosystem—one that prepares students to confront the complexities of an ever-evolving future.

As the nation bears witness to these transformative initiatives, it becomes abundantly clear that President Bongbong Marcos is not only steadfast in building a robust education system but also deeply cognizant of its profound impact on the country's developmental trajectory. Through these bold steps, the president is crafting a legacy that positions education at the forefront of the Philippines' journey towards enduring prosperity.



MIND MASTER

Creative Resurgence

Adrian Simon T. Jalimao

In a significant development for Luis Y. Ferrer, Jr. North National High School (LYFJNNHS), the Division of General Trias City has designated the school to implement the Special Program in the Arts (SPA) starting the school year 2023-24. This strategic move is aligned with the Department of Education's (DepEd) introduction of the program in 2000 and supported by the recent Senate Bill No. 2345 from the 19th Congress of the Philippines.

LYFJNNHS has embraced the SPA as part of DepEd's Special Interest Programs, joining the ranks of Special Programs in Journalism (SPJ), Math and Science (STEM), and Sports (SPS). This initiative aims to cater to the diverse interests and talents of learners, fostering their skills in various artistic disciplines such as singing, acting, dancing, and drawing.

The SPA, a beacon of innovation in education, utilizes cutting-edge teaching methods, strategies, and technologies to ensure a high-quality learning experience. The program's goal is to equip students with the skills necessary for their future artistic endeavors.

In Luis Y. Ferrer, Jr. North National High School, a section per year level is allocated for the SPA; Carter (Grade 7), Cameron (Grade 8), Cooper (Grade 9) and Da Vinci (Grade 10); and in the following weeks, the SPA will be fully implemented for the Grade 7 - Carter, as their new class schedule will now start from 7:00 a.m. and

end at 4:30 in the afternoon, consisting of a 2-hour long specialization class of the 4 disciplines (Music, Theater, Dance and Visual) under SPA. This new schedule will also be the building start of the strong foundation of North High's journey to artistic excellence.

With this change, the 48 students of 7-Carter will now stay in the school for a staggering 9 hours (8 excluding the lunch break) against the previous schedule's 6 hours and 20 minutes. Considering this, the students will now be more focused in achieving their art-related dreams with the guidance of their subject teachers, led by Ms. Mary Joyce C. Galos, their Class Adviser. The extended schedule not only allows for an in-depth exploration of the arts but also lays the foundation for the development of crucial values such as friendship, responsibility, and cooperation among classmates.

Under the strong leadership and warm support

from the school, the SPA is expected that the program will continue to travel and succeed. This program is proof that teaching is not just a profession - it's an obligation. The teachers (Mr. Ferdinand Buenaventura (Dance), Mr. Alain Castor (Visual Arts) and Ms. Kimberly Rose Resit (Band) and Ms. Galos) that are tasked to teach the 4 disciplines of the SPA will also find their happiness and passion while teaching section Carter. With this program, their passion will not only be awakened but also it will be enhanced.

In conclusion, the SPA at Luis Y. Ferrer, Jr. North National High School is not merely a program; it is a catalyst for opportunity, progress, and the artistic success of both students and teachers. It reflects a broader vision that goes beyond exposing youth to competition, fostering an environment that opens doors to possibilities and plants seeds of hope for a vibrant future of the North Ferrerian learners.



NOODLE SOUP

To Molden or Burden?

Maria Isabel B. Casimero

As per the results of the Programme for International Student Assessment or PISA issued on the 7th of December last year, the Philippines obtained the 77th place among the 81 participating countries such as Japan, Singapore, Canada, and Netherlands.

The country was recognized as one of the weakest when it comes to reading, mathematics, and science literacy of their 15 year-old students together with other countries like Paraguay and El Salvador.

From the below average score the Philippines have garnered for the past four years, the results were considered no wonder by experts. According to the Organization for Economic Cooperation and Development (OECD), the 120 points the country's score lacks from the average score is almost equivalent to at least six years of educational backlog compared to those countries who topped the list.

As a solution, the Department of Education or DepEd under the initiative of its secretary, Sara Z. Duterte launched the Catch-Up Fridays Program to solve the said issue. Believed to integrate different subjects to learners who are supposed to only read on the mentioned days (Friday), this solution should enhance the comprehension

capabilities of the learners; especially to those who experience the learning gap hard caused by the COVID-19 Pandemic.

As a student, however, now that the school calendar is prompted to go back to its normal periods, having this program on this school year contributes to the stress of not only the learners, but also educators as well. With only four months left, it would be one hell of a struggle for learners who don't only need to catch-up with their 21st century skills but also maintain their academic performance in the two remaining quarters. Discussions, quizzes, and other academic activities may not be enough in only four days of all-out classes a week.

Benefits are undeniable, but they're outweighed by the challenge it gives since examinations are also coming fast and are tentative in dates. In my perspective, pushing through this program might be difficult, but implementing it should've been more planned and not abrupt in the middle of the school year.



FEEDBOX

Active or Overworked?

Matthew E. Manalo

As the month of January breaks in, several activities are being held in celebration of the EsP month this year, 2024. Amidst these active festivities, there have been reportedly multiple issues when it comes to pulling out students from their classes without the proper procedures and authority. Such is also the case with students that are part of school organizations, such as clubs, and those involved in their events.

However, with this program rekindled, will it really be a benefit for students and teachers? Or will it only add to their work and be a burden? As extracurriculars fall outside the scope of a regular curriculum, it should only be fair that they do not hinder a learner's academics, let alone cause them to lessen them.

As we know, the higher the students grade level is, the harder their lessons become, all the more so for Grade 10 students. Along with the existence of clubs, most of them would be relying on these learners in terms of leadership and support. This can lead to a heavier burden for students to carry, possibly disrupting their studies.

Turning back to the former issue, it is a fact that club officials should carry out their duties and responsibilities right from when they took their oath. But it should not be at a point where they are being bound to do things that can negatively affect their personal well being.

According to DepEd Order No. 40, which is the Child Protection Policy, it is included that child abuse and exploitation, both of which fall under the issue's category, are prohibited and shall be penalized depending on the gravity of the act and its consequences under existing laws. It is true that they should have the capability of doing their tasks as student leaders, but advisers should also

be considerate to ensure that their organization is productive and enjoyable, not suffocating. All things considered, extracurriculars play a vital role in shaping a student's social skills and improving their overall academic achievement.

Lastly, this article was made not to criticize but to promote awareness of the things that may be unseen and unheard. It is also to inform them that, as students, we have rights to ourselves and that we should not hold back in voicing out our concerns. By acknowledging the issues that exist and speaking up about them, we can work towards finding solutions and improving the overall quality of our education.



PENDULUM

Extraordinary than moth-eaten

Geoffrey Francisco

June to March were the months that used to be significant for every Filipino child. The dates throughout those months will be written in their own journal or highlighted on the calendar. That proves how valuable the opening and end of the school year are. But is it still suitable now? It is a dilemma.

The Department of Education (DepEd) has proposed returning to the preceding June-March school calendar. This is so that students can enjoy their summer vacations again. The usual school activities will go on their original dates. Additionally, help the local economy. This is yet another approaching obstacle.

Education was one of the most affected by the pandemic. Are we going to let this happen again, affecting the Philippines' performance in the Program for International Student Assessment (PISA)? Learners had been startled by the sudden change in their academics the prior time. According to

experts, students' medical conditions have increased since the school schedule was changed.

Each individual needs to be in a healthy state in order to do their jobs well. One of the causes of this could be the too-hot temperature that learners experience each day at school, particularly during the summer.

Nevertheless, every circumstance always has a disadvantage. You just need to not feed on it and look forward to the bright side it brings. Do not let every student, as well as the teachers, lose the rest they deserve. Instead of bringing back the old, make the new meaningful.



ANTITOXIN

Fundamental than Augmented Phenomenon

Althea Janina E. Latumbo

The Philippine Charity Sweepstakes Office (PCSO) affirmed that the results of lotto games cannot be manipulated. This program is the source that holds and provides money when it comes to lotteries and health. Are you aware of this? You should be one of the mindful citizens in this matter.

According to Senator Raffy Tulfo, stop augmenting the prize and let the jackpot grow because of the bettors. Prioritize the more important issues facing the country. Prevent cheating from happening, if any.

The excessive money should be poured into the insufficient and needy poor countrymen, Sen. Tulfo also highlighted. The Filipino

people truly need what is right for them. What should be theirs should not be adrift.

Automatic Augmented, not only in charity but also in universal health, stated Mel Robles, General Manager of the Philippine Charity Sweepstakes Charity (PCSC). It goes through many processes. Different mechanisms are required.

On the other hand, the

Philippines needs an honest and transparent scheme. We have no certainty in these games; what will happen? These should not be habitual. Do not overdo it. Instead of only one person experiencing it, make it equal and fair to everyone. Implement what citizens deserve to receive. Money must be spent on significant happenings.



PODIUM

Speak UP!

Alliza Reign T. Francisco

School is the second home for each student. Teachers are the second parents of the learners' in the school. In a world full of unethical things, will this place that is so important be included? For many, it is a house where, when you leave, you are full of knowledge and wisdom that you can say are precious.

Favoritism is something that has a bias within, whether it's a particular person or a group. This is a bad illustration for every student. Leadership that will cause poor behavior in a field—that's what happens in a classroom with favoritism.

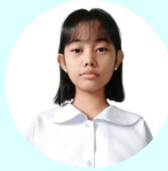
Such an occurrence

should not be tolerated. In a rectangular room with four corners, there must be an equal and fair system. All students should have unbiased opportunities and treatment. Make every individual aware of the good side of the world. Don't let an innocent child get lost on a

road that is new to them. Rather, be a guide to their successful life. Make their journey momentous.

Don't allow yourself to be treated less than you believe you deserve. Speak up and gather the right edge. Do not allow a healthy atmosphere to become toxic.





VANGUARD

Beyond the Books

Madel S. Rosario

In a groundbreaking stride, President Bongbong Marcos (PBBM) has issued a resolute directive to the Department of Education (DepEd), igniting a transformative approach to vital issues ailing the education system. With an unwavering focus on cultivating an enriching learning milieu, the president is steering the nation towards a brighter future by decisively addressing bullying, fortifying students' nutrition, and elevating teachers' competency.

PBBM astutely acknowledges the pervasive specter of bullying haunting educational institutions and issues a clarion call for resolute action. Prioritizing the creation and implementation of robust anti-bullying policies, the administration is steadfast in its commitment to fostering an environment where every student not only learns but thrives in an atmosphere defined by inclusivity and empathy.

Understanding the profound impact of nutrition on academic prowess, PBBM propels initiatives aimed at elevating students' overall well-being. Collaborating with health and nutrition experts, the administration pioneers programs enhancing school meal plans, ensuring students receive the vital nutrients indispensable for optimal cognitive function. This

visionary move reflects a holistic paradigm shift, acknowledging the symbiotic link between physical health and academic triumph.

Recognizing the teachers as the bedrock of the nation's educational edifice, PBBM underscores the imperative of investing in their professional development. The administration's unwavering commitment encompasses extensive training programs, curriculum overhauls, and the cultivation of a supportive ecosystem empowering teachers to ascend to unparalleled excellence. By augmenting teachers' competency, the president aims to furnish them with the tools and knowledge requisite for molding the next generation of leaders.

In orchestrating the symphony of education reform, PBBM accentuates the pivotal

role of collaboration between the government, educational institutions, and communities. The overarching objective is not merely to address immediate concerns but to erect the groundwork for a resilient and progressive educational ecosystem, one that grooms students to confront the challenges of an evolving future.

As the nation bears witness to these epochal initiatives, it becomes abundantly clear that PBBM is not only resolute in constructing a formidable education system but also acutely cognizant of its profound impact on the nation's development trajectory.

Through these audacious steps, the president is sculpting a legacy that positions education at the vanguard of the Philippines' odyssey towards enduring prosperity.



QUARTERBACK

Motivation or Distraction?

Chelsea B. Rollo

In only half a school year, 23 student organizations has been already established in Luis Y. Ferrer, Jr. North NHS. Each of them fulfills their corresponding jobs and priorities with the purpose of enhancing and empowering the students' initiatives. These aspiring leaders are expected to serve not only the studentry with discipline but also as a student in their classes.

Clubs such as the Journalism Club, Supreme Secondary Learner Government (SSLG), North High Theater Titans, and Coro Del Norte require sufficient time in order to perform their club's function well. Together with other internal and external factors, completing an action would be very difficult for those who are not 'that' committed to organizational work.

Adrian Simon T. Jalimao, MathSci President, The North Tribune's Assistant Editor-In-Chief, and Key Club's Webmaster, expressed his struggles. "Of course, if one org clashed with the others and my classes, I don't know what I would prioritize first," he said. He also added, "You can't really serve two masters at once inside the school."

Jalimao however, believes that his organizations act as

motivations in performing better. By actively engaging in club activities in or outside the school, he found more friends and gained more connections that were helpful in his academics. It was important for him since he was not only aiming for experience but also achievements.

On the other hand, these motivations would only become a distraction if not handled with responsibility and proper time management. As many have said, great opportunity comes with a heavy responsibility. This is why performing and handling club events are hard to balance with the obligation to not leave any class works out.

"Planning and getting a hold with your everyday schedule helps a lot," Jalimao advised. He explained that his struggles or way of coping with the overwhelming

pressure do not always apply on everyone. Thus, learners who have the passion to lead are advised to widen their adaptability skills and improve their flexibility. These activities work as motivators to those who want to equip themselves with proper and appropriate social capabilities.

The road to the conclusion of the year will be more difficult due to the impending implementation of the new school calendar. Students may be more motivated to keep going if they consistently receive praise for their efforts to finish their organization assignments quickly and properly.

Although sacrifices and added efforts are inevitable, doing and giving always the best would surely pay off at the end of the school year wherein special awards will be awarded to deserving learners.



METAMORPHOSIS

Importation: Last Resort?

Liliana T. Sequitin

From one of the top rice producers in the world to the world's top rice importer. Our country, the Philippines, is projected to be the world's top importer of rice in 2024, the United States Department of Agriculture (USDA) said. In a report of USDA's Economic Research Service dated January 17, the Philippines is predicted to increase its procurement of rice this year. "The Philippines is projected to remain the number one global rice importer—taking a record 3.8 million tons—in 2024," the USDA said.

This demonstrates how severe the current situation of the Philippines' agriculture sector is. The rising prices of rice, implementation of price caps, and giving out of subsidies, just display the lack of preparation made by the government. Ultimately, they took the easy way out—importation, which will make the farmers suffer more.

According to economics, countries should aim to export more and import less. Considering this, why does our country keep on focusing on importing? The Philippines is importing so much that it is now regarded as the world's top rice importer. If we continue to proceed with these actions, it will deal a fatal blow to our farmers, possibly killing the local rice industry.

Importation is not the key but rather self-sufficiency, but that cannot be achieved with hoarders on the way. The president himself said that the Philippines produces enough rice stockpiles to supply for itself but hoarders are controlling the supply causing the prices to go up. If we focus on fixing the issue from its main cause then we will not have to turn to alternatives such as importation.

Self-sufficiency is when a country can produce food domestically to cover its own needs. As a fact check from Rappler claims, "The Philippines is barely close to reaching or exceeding 100% rice self-sufficiency. According to a study released by the Philippine Statistics Authority in November 2022, the nation's rate of rice self-sufficiency in 2021 was 81.5%, a decrease from 85% the year before."

Following this, the President approved the Masagana Rice Industry Development Program (MRIPD) as a roadmap for the goal of obtaining rice self-sufficiency. The strategies planned for the MRIPD include upgrading farming technology, farm clustering, climate change adaptation, and value chain

approach, to name a few. Ironically, the government resorting to importation implies that the administration's programs enacted are not showing results, or rather not fast enough which is something that should be monitored.

As stated by Finance Department Secretary Benjamin Diokno, "There are indeed market players who are misbehaving. Because under ideal market conditions, price control will not work." Furthermore proving that the existence of these cartels does exist and continues to pose a problem to our economy.

With the constant increase of prices over the years, it is not questionable that these proprietors have been protected for quite some time. Importing as a measure will only be a short-term fix.

Even the president acknowledges that importing is disadvantageous for us. He said in an interview, "We cannot now continue to depend on importation which has happened to the Philippines in the past years." He also added that "The pandemic showed this was not a wise decision."

Despite that, importation itself is not necessarily harmful, this measure intends to boost local inventory during the dry term caused by the El Niño phenomenon. Nonetheless, too much import can alter a nation's balance of trade and lower its currency's value, severely affecting its citizen's everyday life.

The Department of Agriculture, together with several departments under it should continue to develop long-term solutions and fast. Shutting down these cartels and hoarders, although complicated, will also prove to be a more favorable option for them.

Lastly, rice is a staple food part of every Filipino's natural diet, if this issue continues to persist it may only be part of our nation's long history of tradition.



HAWKEYE

Sexism in the Entertainment Industry

Rhea Laica C. Guimmayen

A woman's face, and body's look will never be enough to satisfy the industry.

You're flat, get breast implants! Not curvy enough? Get surgery! Not pretty enough? Get plastic surgery. Countless surgeries you

need to get in order to satisfy people's perspective.

Many women have faced the struggles of anything that will never be enough from other people's views.

In the Entertainment industry, 99% of women

have faced sexism, such as Megan Fox who confesses she faced sexism yet people did not hear her words.

As one of her fans wrote "Everyone failed Megan Fox".

"I've endlessly found myself in rooms of men and

had the experience of feeling I wasn't being heard." Sarah Gavron stated, she was not heard either.

Men being sexist and misogynist will always look down on women, "Women belong to the kitchen" a

famous sentence that has been said by countless men.

Misogynist and sexism will always be there and will never be gone, in the industry yet even this issue is still around. Women will always succeed in life.

Living is like planting flowers, you'll let it grow until it blooms into a beautiful form, just like life. In life, things are expected to be more difficult compared to planting flowers, they go through different experiences and yet they all seem to bloom very beautifully, this would mean that each individual will have their very own story to tell, just like her. Ms. Khristine R. Carlon, both an amazing person and teacher in Luis Y. Ferrer Jr. North National High School.

People from all around the school admire her passion for teaching young individuals, shaping them into great and outstanding beings. Her way of teaching encourages students, her voice so empowering that it affects tons of souls. People acknowledge her talent and immense skill as a teacher.

One of her inspirations through all these great accomplishments is of course God himself and also her three adoring sons, along with these are also her students who played a role as her inspiration, without these, she would've never attained any of her accomplishments.

But of course, picturing a life without problems would be too impossible to not happen, it is always bound to happen before achieving your victory. Now what



QUALITY EFFICIENCY: Ms. Khristine R. Carlon strategizes her lesson to ensure efficient quality learning in her teaching delivery to Grade 9-Excellence.

A TEACHER'S TALE: The Power of the Victorious

by: Zaiky Gail B. Zapanta

is a successful woman without problems, right?

One of the reasons that an achievement hasn't been claimed by its owner is the lack of support. Everybody has their own preferences and issues to

deal with, making it hard for fellow people to get the time to support someone, but of course if you love and appreciate them deeply, you'd make the time for it. Life can be so challenging at times for ma'am Khristine, not only is she a teacher

but she still has family to go home to, making it double the job for her and double the exhaustion.

A way to feel at ease and make your life a little better is to live your best, do as you please but have limitations, you'll surely

achieve what you're aiming for as long as you're passionate enough and you live your life to the best possible way just as ma'am does. You have to be clear with your intentions, be specific and find what is your true calling. The youth still has so much to explore and they should take the chance.

One of the things you can do is find who you really are. Life can go in so many different ways and it is unexpected and scary, but as life goes on, you'll slowly settle in and continue to bloom into a great person just like ma'am Khristine.

These chances we took, we made use of it. Life may be terrible at times but for ma'am, she met the people that would change her aspect of life, her best achievement was meeting her followers that's now a part of her life now, her method of teaching isn't enough so she aimed for being the best, and now she's made it. Her accomplishments turned into something even better that money won't ever replace and that is love.

The love that she receives from the people who are surrounding her, the students she adores the moment she stepped inside their classroom, the sacrifices she made in order to be better, the trouble she went through before being who she is right now. The people who were once a stranger to her turned into her best achievement that she'll forever cherish.

FRY & FREE: Kuya Boy, a street food vendor fries his merchandise: kwek-kwek, fishball, squidball, etc. to free the passersby from their hunger pang. Photo by: Margie L. Rodriguez



EASING HUNGER PANGS FOOD ON THE ROADS

by: Nelissa Reese V. Ollero

One of the features the Philippines is known for are its one-of-a-kind dishes that are believed by foreigners to taste much better after a bite than the physical appearance of the food. Along with meals available in restaurants, the nation also showcases foods found on every bustling streets of Luzon, Visayas, and Mindanao.

Street Foods, given by its name, are goods made by small vendors to be eaten by people venturing outdoors. These include a variety of flavors such as fishball, kikiyam, "kwek-kwek", squidball, and many more. These kinds of small meals can be eaten by ordinary humans, though large intake of these junk foods could lead to health problems. In considering the location of its stand, an unhealthy looking area to sell these delicacies

is highly unrecommended in regards to one's health.

Aside from the possible harmful side effects to people, making a living off of finger foods benefit sellers.

When purchasing ingredients to make sticks of fishball and kikiyam, vendors get profit back that they use to create more of these and use them for their household needs as well as to pay their bills.

In almost every corner

of the country, small-scale stalls of food-on-the-go are positioned.

Due to its wide range of availability, it is easily accessible by folks in a hurry or just passing by.

In the vibrant tapestry of street food culture, the artful application of various condiments serves as the crowning glory, elevating humble fare to culinary delights reminiscent of pricier counterparts.

A Philippine Delicacy Guaranteed to TURON You On

by: Nelissa Reese V. Ollero

Out of all the snacks and meals students can choose from in the Luis Y. Ferrer Jr. North National High School canteen, their hearts are drawn to the delicious and sugary taste of turon.

Turon is a Philippine delicacy said to be loved by all. It is a ubiquitous street food enjoyed by Filipinos of all ages.

It is a popular afternoon snack, sold by street vendors or peddled within barangays by entrepreneurial mothers.

One of the factors to replicate this food are bananas which serve as the main ingredient of Turon. To achieve the crispy feel, the peeled banana is rolled in wrappers then dipped in sugar to be fried until it achieves a golden-brown state.

Upon asking 20 learners

from LYFJNNHS, 20% claim their favorite snack from the school canteen is Turon. "10/10 because it is the sweetest dessert I ate" shared by a student expressing their delight on Turon.

"Have you ever tasted Turon? If so, what's your opinion of the food?"

"Yes. Turon reminds me of the past, I remember the times where I was eating Turon when I was a child." responded by a student of North High. According to her, eating Turon had played a part in her life ever since she was at a young age. She also added that as she continues to grow more every year, Turon will always have a special place in her heart, mind and soul

Just for the price of ₱8.00 to 10.00, students could enjoy a filling snack of sweetness with healthiness in a lengthy size. This nostalgic and delicious food is sold in corners all over the Philippines, usually eaten during Meryenda or Snack Times occurred in the afternoon, or anytime we want to. As the saying goes, "Once a delicacy, it will always be one and nothing more".



SWEET DELIGHT: A Grade 9 student eats her favorite "turon" like in cloud 9 during a snack break. Photo by: Nala Sadie A. Sagun

Misbehavior Rids the World's Savior

by: Nellisa Reese V. Ollero



UNNOTICED: Two Grade 8 students seated at the back grab the chance to talk (misbehave) while the teacher is busy with the discussion.

When putting a batch of students from an older generation beside a newer group, the two do not have that much difference except that the evolution of learners worsens. Due to unpredictable changes and conditions, the learning progress of younger age groups slows down and behaviors aggravate over the years resulting in unproductive and disrespectful individuals.

Prior to the invention of new words and currently existing ones involving profanity came the everyday use of it mostly by teenagers raised in the 21st Century. A part that contributed to the constant speech involving curse words is assumed to be the rising popularity of various social media such as TikTok. This inappropriate act learned by young children is brought by them even to their schools causing even further spread of newfound swear words.

In addition to cursing, the n-word is becoming more known as well. From left to right, that word is spoken as if reciting your favorite song word for word. The 5-letter word is perceived as cool by naive scholars and would crack jokes by simply saying it. It would often return with laughs with the thought that it was the funniest

joke cracked by a human being. Few elder scholars would scold this conduct but disregarded in return.

Along with the improper speech, habits of most students often lean towards bad and unrecommended ways such as disobeying the school and classroom rules, talking during learning sessions, starting or participating in fights, cutting classes, bullying, not submitting due activities on time, etc. These practices are unsettling to their fellow peers and also teachers causing discomfort on others and causing trouble for yourselves.

The most common reason why these actions are performed is the lack of proper parenting and limitations when using gadgets.

Due to the lack of supervision, children are given

freedom to surf the internet and learn the concepts of their buzzing intrusive thoughts located in their curious minds. This leads to discoveries either for the good or bad. Oftentimes, it would lead to the latter therefore developing the ability to execute mentioned wrongdoings.

Since the early days of someone's life, parenting and guidance is essential in shaping that person's persona. In a new world where everything is advanced, novice learners are expected to enhance from older times and guardians are to guide their progress.

Having awareness of this ongoing matter should be acted upon for the sake of the people belonging in the GenZ for they are believed to be the future of our society and the courier of excellent opportunities.

The Judas Effect: The Inevitable BETRAYAL

by: Nellisa Reese V. Ollero, Art by: Enzo Arzaiah V. Villianueva

As the warm breeze of summer embraces our humanity, quiet and peaceful, just their teacher talking when she hears her friend and her classmate talking about her negatively, and exposing her secrets. She thought to herself that she should have not trusted her long-known company in the first place.

Who says that being backbitten is only experienced by adults? Sadly, such a sad scenario is also seen and felt by teenagers because it is indeed inevitable - betrayal.

Betrayal, the action of betraying one's country, a group, or a person; treachery. It would always have a negative outcome on someone, it could affect them mentally or physically.

Even Jesus was not exempted in avoiding betrayal by one of his disciples, Judas. Everyone has been through that, and we all know it is tough and hard to avoid, especially when they themselves are gullible.

This undeniably wrong turn of a relationship can lead a person into depression and self-infliction. Cases of betrayal can be traumatic and can cause considerable distress. Trust issues, damaged self-esteem, and self-doubting are the effects of betrayal. The effects of a catastrophic betrayal are most relevant for anxiety disorder, and OCD and PTSD in particular.

Sounds cliché but an

honest enemy is indeed better than a false friend. When in doubt, pay more attention to what people do and less to what they say. Their actions will show you the truth.

In the intricate web of human relationships, betrayal emerges as a universal theme, transcending age and circumstance. The sobering reality that even teenagers are not immune to the sting of betrayal underscores its pervasive nature. Whether it's the heart-wrenching tale of Jesus betrayed by Judas or the poignant struggles of individuals grappling with shattered trust, betrayal's resonance echoes through the annals of history and contemporary life alike.

The aftermath of betrayal is far-reaching, leaving lasting scars that manifest in trust issues and self-doubt. Yet, amidst the wreckage of fractured relationships, invaluable lessons emerge about discernment, resilience, and the power of genuine connections built on honesty and integrity.



Outcry of Yesterday: A Historic Glimpse of GOMBURZA

by: Zaiky Gail B. Zapanta

"MAJOHA!"

This line must be familiar to you. It went viral after the game occurred on a television reality show, Pinoy Big Brother. When one of the housemates was asked by

the host the question, "Sino ang tatlong paring martyr?" Some people online saw it as a laughingstock, but others were devastated, believing that people were starting to make fun of the sacrifices

made by our national heroes.

Is it true that slowly, the youth forget about yesterday's history? Who will serve as a reminder? or maybe, what will serve as a reminder is the right question.

Released in 2023, the story about the GOMBURZA- the lives of Mariano Gomez, Jose Burgos, and Jacinto Zamora, was made as a movie. This film strives to provide information and knowledge about the roles of these three priests in building the foundation of society of the present.

The movie GOMBURZA was directed by Pepe Diokno and produced with the help of the production team. They meticulously research

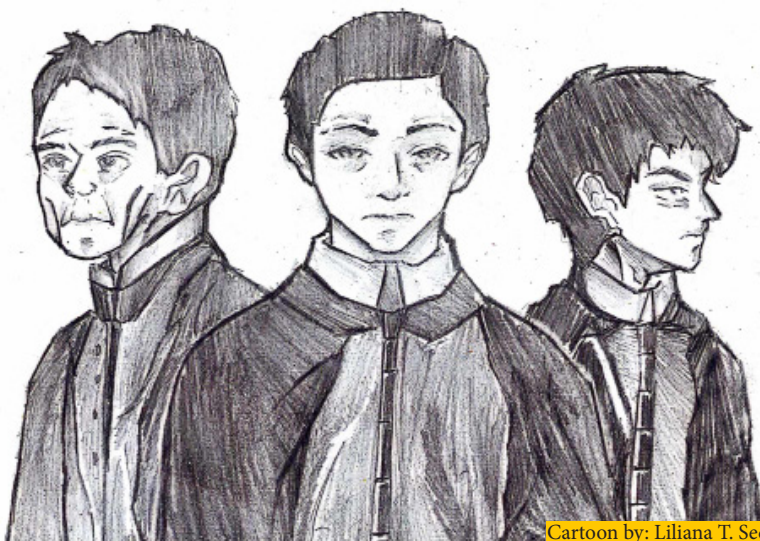
the lives of these three martyr priests for almost two consecutive years. They ensured that the information they gathered was accurate and based on the exact events before releasing the movie to every cinema.

Because of the outstanding reviews of the viewers of the movie, Pepe won various awards- Best Director, 2nd Best Picture, Best Cinematography and Production, Best Sound, The Punong Cultural, etc., all from the 2023 Metro Manila Film Festival (MMFF) Awards. The movie also became the topnotcher of the 2023 MMFF in the award count, with a total of 7.

But for Pepe, it is not the shining medals and trophies

that he considers as the indication that he is an indeed successful director, but the fact that many people watched the film directed by him and the thought that in his way he can remind the people about the sacrifice of these patriots of the country, is enough to make him feel as a successful director.

The life story of Pepe, when it comes to directorship, serves as proof that in the midst of seemingly forgetting the history of the past, forgetting where we came from, forgetting what heroes had that for us, and forgetting everything in the past, that there are still people willing to examine and revisit the past to remind the present people of the outcry of yesterday.



Cartoon by: Liliana T. Sequitin

Generations of Connections: Embracing the Emo-Digital

Written and Art by: Enzo Arzaiah V. Villianueva

Throughout the years, a lot has changed and is rapidly shifting due to the advancing technology and newfound knowledge leading to several breakthroughs. Along with the enhancing society came an upgrade in terms of love and relationships.

Comparing both old and modern times, nothing has really changed in how a person catches feelings on someone or to put it simply, having a crush. Your eyes set its sight on someone then unknowingly, that organ wants to catch glimpses of that person every chance given, imagining scenarios of him, and basically falling for that individual.

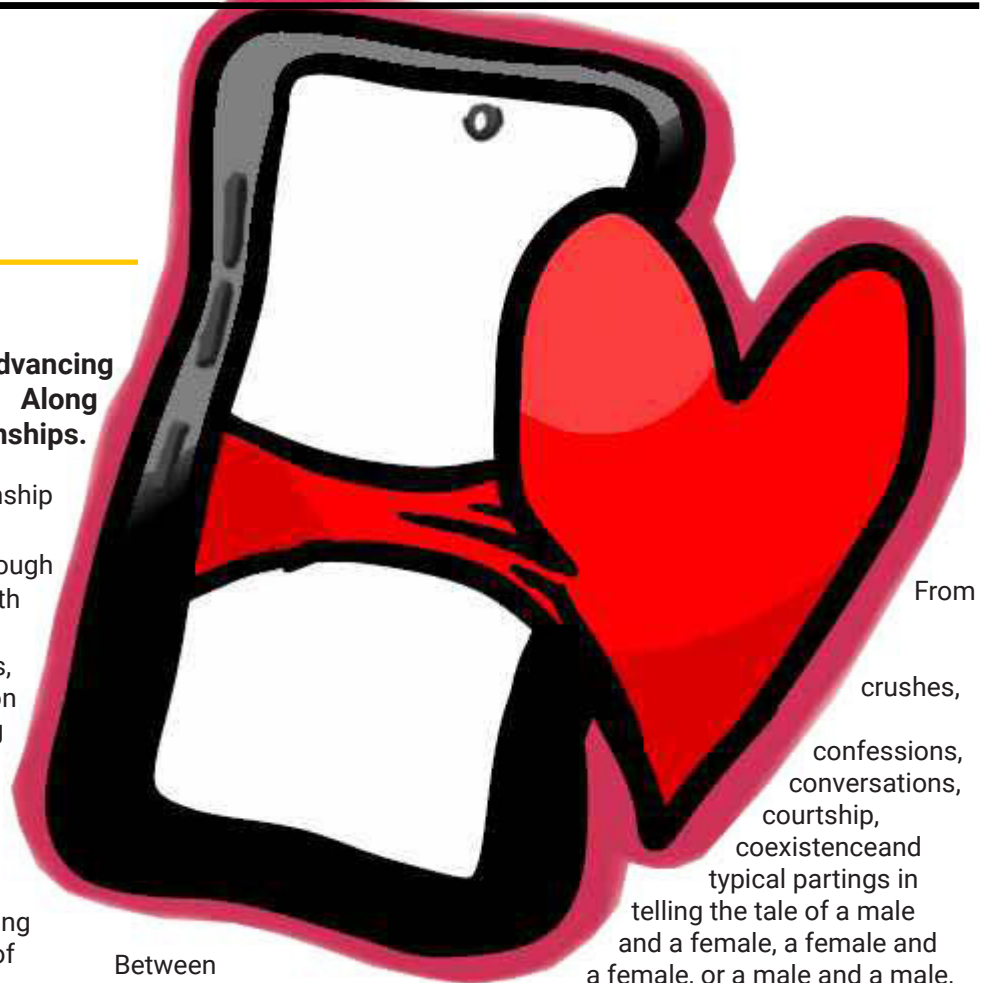
Back then, the first and only person someone would tell the overgrowing feelings are parents. Nowadays, the overbearing emotions were only to companions and peers, hardly shared with guardians. When it comes to current teenagers, after speaking of this puppy love to friends, they are likely met with another introduction of a new fictional, classroom, or campus crush unlike an older generation who sticks to one most of the time. On the day they planned for confession or on Valentine's Day, it's either admirers would profess their emotions with

gorgeous-looking artificial roses, a handmade yet thought-out letter, and a box of sweets or expressed digitally due to the advancing technology with little to no effort though presented with flowery-worded confession and told the tale of the beginning 'til present of their admiration.

After admitting the once unsaid feeling, it is either rejected or reciprocated with time or right away. After a heartfelt declaration, there begins a prologue of a budding relationship, courtship. In older days, this is done through a short, melodic performance sung with romanticism and genuine feelings. This act is regarded as "harana" where a guy playing guitar with human accompaniment would sing in front of the girls' house and soon be invited in to seek guidance from the parents. In today's world, the people are introduced with countless ways of courting derived from the ancient manner it's done. Though, most of the time it's almost never done, and

instead proceed to a relationship right away. An invitation of courtship often happens through messaging or conversing with one another.

During ancient times, the process of a conversation was written in an old-looking scroll exchanged through messenger birds. The inside of the historic stationery contained heaps of lovely and full words touching the hearts of its readers. Along with the increasing models of equipment such as phones, laptops, televisions etc., came the rising popularity and usage of applications, namely, Messenger, Facebook, TikTok, Twitter, and many more used in the procedure of a discussion between two or more people. Upon observation of chats found in these apps between two people with a mutual connection, they seem to talk about everything casual and comfortable, also cracking cheesy pick-up lines making each other tickle with excitement all the while cringing at its informality.



Between the two, the way a relationship works back in the older times still remains in the current society. Although, dating has become a trend among teenagers under the age of 17 meanwhile a relationship forms mainly in adults and matured individuals in reference to centuries before the 21st. The time spent within the two are filled with physical touch, exchanging of gifts, day-to-day talking, meet-ups, and spending quality time together until it eventually leads to separation.

From crushes, confessions, conversations, courtship, coexistence and typical partings in telling the tale of a male and a female, a female and a female, or a male and a male, two of these periods of time feature these phases though they differ in some aspects which exhibits the differences amidst the two eras and display the progress of passion including how they are portrayed in today's emo-digital world.

Though, one thing remains and it's the power that LOVE holds in forming connections and bonds with other people leading towards a happily ever after and a good forever.

UNFADING FILIPINOS TIMELESS K-POP CRAZE

Written and Art by: Liliana T. Sequitin

Over the years, literature has evolved and continuously advancing, adapting to the shifting of modern society producing brand new literary works. From an old fashioned technique of reading pure sentences and words in hard copies of books to skimming through them digitally until the recently known way otherwise regarded as "AU" popularized by Filipino K-Pop Fandoms.

"AU or Alternate Universe" is a term publicized by Filipino Fans wherein they pair two K-Pop idols in their own universe or invent a



character the viewers can project themselves into. This is done by creating a story containing a series of fake messages, exchanged by people in the storyline as well as made-up Twitter posts in a lesser known copy of applications. To add some finishing touches, the creator adds songs that match the theme of the story and post it to a widely-known app, TikTok through the slideshows mode.

This form of modern literature was already invented years back, though only became famous alongside the rise of TikTok. Aside from made-up fantasies with K-Pop idols, these are also used with fictional personalities exclusive in one's imagination only, in Japanese Anime fictional characters, actors in series and movies from different countries, and others more.

The key factor of the popularity of this medium is believed to be its contribution to fantasies by the audience. AU's allow them to daydream of moments

impossible with their situation. This form also grants the viewers access to various relationships with different concepts, giving them the feels of that type of relationship they do not have.

Though these writings contribute to almost every Filipino Fans, the reputation of these digitized literary works can be seen in a bad light. In the application TikTok, there are some innocent and romantic genres of AU's on the tip of the algorithm's iceberg. While in the deeper part of the ice is where the controversial AU's reside. These controversial works include obscene topics and abuse of K-Pop idols just because they have freedom to do so.

The rising popularity of the known modern literature takes part in indecent and decent ways depending on the usage of Filipino viewers. Though the idols featured in these contents are available online, respecting these artists should never leave a supporter's mind. Unlike older times where a character is invented and only known in one's imagination, the modern ones include real characters that should be respected.

Vehicul-art Manslaughter: When transportation and art converge

by: Nelissa Reese V. Ollero

In the current society, Philippine traditions invented years back such as jeepneys out on the roads are one of the Filipino people's main means of transportation. In today's "modernized" generation, these operations are urgently demanded to put an end to by the government. Losing these classic traditions would be ruthlessly taking away a part of the Philippine's heritage as well as it is one-of-a-kind designs created by the same people.

Plastered or painted art on jeepneys, otherwise known as Jeepney Art, could be seen in every wall and corner outside the vehicle. When put into a person's perspective, this type of art showcases the creativity and how massive a Filipino's/ Filipina's imagination could be. In almost every jeep spotted in the busy streets of Luzon, Visayas, and Mindanao, this kind of art is expressed either with humor and fun designs, a beautifully-executed art with intricate details, drawings and paintings of Philippine superheroes, a tribute to the owner's family as a showcase of family orientation, or displayed with other kinds of drawings.

In a recent order put down by the country's current ruler, President Ferdinand "Bong-Bong" Marcos Jr., every jeepney's franchise all over the nation are to be terminated and services are halted. Thousands of Jeepney drivers and operators were greatly affected by the President's command. The

situation then resulted in an outburst amongst 114,000 drivers as well as 60,000 Jeepney operators. Along with depriving drivers and operators of a proper and free-of-charge occupation, putting a close to this medium of transport would rid another way of artistic expressions of a Filipino.

Atty. Neri Colmenares joined forces with the petitioners, vigorously defending the rights of drivers and operators and denouncing the recent directive as a clear violation of Freedom of Association.

He emphasizes that a favorable outcome for their cause would not only ensure the continuity of this crucial operation but also uphold longstanding traditions within the Philippines' transportation or art sectors. His advocacy resonates deeply, symbolizing the ongoing struggle for social justice and equality, rallying support across the nation, and highlighting the imperative of safeguarding democratic values.



Forbearing the Struggles: A Teachers Predicament

by: Athena Althea Chelsea G. Raymundo

Thump! thump! thump! thump! thump! thump!

I can hear the heart beats of mine, for some reason my heart began to beat so fast! ...and I wondered. I knew it! I may be excited for something else but no worries I'll figure it out (talking to myself).

Heart is salient to humans, without it, life would be meaningless...it is so important that our life must be balanced. We should be physically, emotionally, and spiritually well. Downfalls are always part of one's journey and that's normal. All we need to do is to see the brighter side of it no matter how hopeless the situation is. I remembered former Pres. Rodrigo Duterte says "there is light at the end of the tunnel", as the old folks say "pagkahaba-haba man ng gabi, sisikat pa rin ang liwanag."

Project PUSO, the buzzword in school yet very timely. Lucky me, because I have

witnessed the process of healing. Admit it or not, often times people find hard time showing their emotions because they are afraid to be tag as coward nor weak. But through the help of Mr. Christopher Pegollo, speaker of the said activity, inspires me a lot by his words and through the words of God "Promoting Emotional Well-Being, healing a Broken Mind." put a huge impact on my senses and realization... "to forgive is to forget"

Sir Budz, one of the best teachers I knew, experienced emotional depression too. See! no one is exempted from it! Just like everybody else anyone could suffer from anxiety and depression but it's okay, "pinagdaanan ng lahat ng tao yan, what is important I moved on," he said from the interview. According to him, he suffered from excruciating pain not in a physical aspect but

through emotional suffering. At first, he's kinda hesitant to open up his personal story but later on after getting used to me interviewing him, he started sharing it to me.

The process of coping up is not easy, he added. "Every single day is a struggle, I feel so down and helpless at those times. I gave all my heart and soul for love but ended up losing a battle, that's my perception but God is really good, I recovered from that pain and got out from that darkness." He showed me the way and started healing my wounded heart" he added.

You only live once! So, as for me let us enjoy life while we can 'coz we don't know what the future holds. I may be young, not even a love expert or any struggles that people might be experiencing but I am a human too who happens to have a heart and feelings.

Surviving the Test of Faith

by: Arielle D. Telesforo

Complete trust or faith...easy to say but when you think about it has its own real meaning. Are there any instances of your life that you are actually questioning your faith to God or even to yourself? Come to think about it, admit it or not sometimes when things get rough that's the time, we do recognize that God exists into our lives. But do we really consider others feelings too when they stumble and fall? Most of the time we don't especially if we are not involved in something we don't care about and that fact saddens me...

Many people say trust must be earned, so as faith, and for some reasons I agreed with it. I may be young and innocent but I do understand the process. I have a teacher who is very warm and humble. I am really fond of her. She has a strong personality and has faith in God that's why I really adored her. When I looked at her, I saw something that I couldn't explain until one day I decided to sit next to her and ask. Out of curiosity, I started asking in a very polite manner of course I needed to, considering she is our teacher... She began sharing her life story.

Little did I know Ma'am Janet G. Asis, 45 years old, was born in Pangasinan. Her father

died when she was eight. During that time her mom was pregnant. There's no source of income to support the family, she was obliged to do the farming while taking care of her sibling, the youngest one.

Growing up, she faced many challenges to the point she needed to collect all the stinks of an animal in exchange for food. She was determined to change her life. Eventually finds a teaching job through the help of her sister. Her journey still wasn't easy then but she chose not to give up instead pushed herself to be better and humble.

You might say her story is very typical or common but not

the way she believes in God. Her strong faith makes me feel more secure and safe, that no matter how worse you are in a particular situation God is always by our side.

At the end of our interview ma'am Janeth shared a word from God, "He whispered, "My precious child, I love you and will never leave you, never, ever, during your trials and testing. When you saw only one set of footprints, it was then that I carried you." she said. I firmly and strongly believed in Him, she added. That is Spiritual Healing...

Our faith in God does not excuse us from experiencing hardship and sadness. (Footprints in the Sand)

Mending the Woes of Ashley

by: Bilawol Saycon

Compassion...recognizing the pain of others yet taking action to help. I must say I'm not an expert on other's feelings nor mine but I am curious. As expected, as a normal person considering a student to be added I have my empathy and sympathy for others. As I think about it deeply, society must recognize people, especially students with special needs, for they are human too. Lend a helping hand instead of criticizing them. Let them feel they are important instead of treating them differently. Everyone has its own place in this world whether normal or not we deserve to be treated fair and just.

One day, I heard good news from our school that we will be having a Project Lingap (Inclusive Education Program). I feel great upon knowing it because it is clear to me that this will serve as an avenue to ensure that learners or students like me, especially those with medical conditions or diagnoses, could receive the support they need to have a better future as well as to reach their full potential. Thus, it aims to cater learner's specific needs and goals, and provide support in their academic, social, and emotional development. The goal of this program is to ensure that "no child will be left behind in learning."

Ashley, a 16 year-old, Grade 8 student served as an inspiration to me in writing not because I feel pity on her condition but because she is such an inspiration. What I loved about her is that she is a fighter and very positive in life.

She was diagnosed with cerebral palsy (athetoid), she can't control her neck moving, her arms were small too, but can write and comprehend, she even walks with her head bent down. But despite all of these, she grew as a sweet girl, has a positive outlook in life and is also fond of listening to music. Her dream is to be an entrepreneur and manage a business. That is why every recess she went down to the canteen and helped teachers there.

Then, I suddenly realized though life sucks it is you and me at the end of the day who are going to decide if we want our life to be miserable or not. I must say Ashley has a strong foundation of faith, love, and security to God and her family, that no matter what happens she will be guided and loved by them. I salute her for being brave and courageous and I wish I have that too...Her passion and determination is more than enough to recognize her as a person and not as a young lady with special needs. Ashley is a living proof that life is more than meaningful as the saying goes "live life to the fullest" while you can.

Being normal is a gift and I am thanking God for it. I may find things difficult sometimes but when I see and look at her my perspectives in life have suddenly changed. Sometimes I feel envious of her, why? Maybe because she could handle many things on her own when I couldn't. Through her eyes I can see the fire of fighting for her dreams though it wasn't easy knowing that her sibling has its own condition too but life must go on.

At this point and time, A young girl with a big heart, eyeing for her dreams to achieve someday... Surely through the guidance of God and support from her family, teachers and friends everything is possible.

Ambition driven by passion

by: Rhea Laica C. Guimmayen

When choosing a career, it is imperative to have a significant impact on your life. The chosen career must be aligned with your interest, emotions, values and skills. In order to achieve your goal, you must consider the word SMARTA (Specific, Measurable, Attainable, Relevant, Timebound, Action-oriented) Choosing a career path is quite confusing, many people will say "follow your dreams" or "do what makes your heart desires" but it wasn't easy at all as for me it is overstating. There are two types of goals, one is a short term goal and the other is a long term one. Just like everybody else we want a career which can satisfy our needs financially and most importantly a career where we can excel and showcase our talents, abilities and skills.

Rhea Laica C. Guimmayen, a 15-year-old student attended the career orientation which traces a clear track for North's Grade 10. According to her, she wants to become a chef, and wants to discover different dishes. "I believe becoming a chef can open an opportunity for me," she said. Rhea is passionate about cooking, twisting different cuisines and experimenting dishes.

January 12, 2024, wasn't an ordinary day for the soon-to-be completers of LYFJNNHS as this year's career guidance program

orientation. The career guidance activity served as an avenue to direct and equip the students which college course fits them, and to assess and evaluate their aptitude, skills or inclination in a particular occupational field to serve as a guide for their career options. While confidently wearing the outfit of their desired career, the participants, whom their respective advisers claimed to be future professionals and successful career-holders, brought home the knowledge, skills, and awareness necessary in attaining their dreams.

Three Reasons why RE reproduction in the Philippines is still outnumbered

by: Maria Isabel B. Casimero

As per the report of International Energy Agency (IER), the number of oil companies who switched and underwent an 'energy transition' to renewable energy (RE) increased by 50% from 2019 to 2024. These businesses resorted to this production strategy due to the fast-paced effects of climate change as said in a survey conducted by S&P Global, a market research provider.

Currently, Filipinos have come to support the use of hydro, geothermal, solar, wind, and bioenergy, also known as 'renewables' as a promising source of energy because of Republic Act No. 9513 or Renewable Energy Act of 2008. According to a study, among the 26.4 million households in the Philippines, 0.03% equivalent to 7,000 of which already utilize solar energy residentially as it is cheaper and more reliable compared to the common coal energy coming from coal-fired power plants since October 2022.

But despite of the many attributes the use of RE has, only 24% of power plants in the country uses the said energy while on the other hand, 47% is driven by coal. This is caused by many difficulties the Department of Energy or DOE currently faces in today's times.

The long process before the utilization of this power is one of the primary issue. Papers regarding the system

impact planning conducted to all commercial use of solar energy called Feed-In-Tariff takes too long to be approved and be given clearance to run. It is due to the fact that the consumers that take part in the program can also be a producer of the energy they use as they can sell also sell it if they want to.

"If you have a household and you want to switch to solar energy, you'd only be discouraged to install because of the slow system," said Elyssa Lopez, a reporter from Philippine Center of Investigative Journalism (PICJ).

Second from the main 'blockages' shouldered by DOE is the lack of enough funding to this industry. Lopez claimed that the insufficiency of monetary support is the main reason why renewable energy cannot keep up with the production of other energy sources.

In the present time, the country has a total of functioning 28 coal-fired power plants. Meanwhile, 1,038 RE projects

were already approved by the department with a total capacity of 31,886 megawatts (MW) that are still waiting to be issued clearances. However, even though it offers a promising amount of capacity, 59 percent of energy mix released to people still comes from coal according to Fitch Solutions or FS.

Advisor from Institute for Climate and Sustainable Cities or ICSC, Alberto Dalusung III asserted, "The renewable energy Philippines can produce has no chance to match its coal production."

The last underlying problem is the weak and slow transmission of RE inside the country. FS stated that even the 24% contribution to the overall renewable energy production of the natural gas mine in Malampaya, Palawan cannot sustain the country without help from other sources.

Hence, FS believes that the government's plan of replacing

coal with renewables as the main source of power supply is impossible within the next years.

In Pasong Camachile II, a biogas plant is found near the barangay hall in Phase Three. Here lies a tank that heats up natural biodegradable materials that acts up as a source of RE in the community. This plant is considered as the first-ever biogas plant built on February 2022 in General Trias City. Anchored with the City Environmental and Natural Resources or CENRO's inspection and support, the wastes collected in the Ronda Basura Project are the ones being used to operate the said structure.

The 35% power generation target of DOE that must consist of renewable energy by 2030 can only happen if actions are to be taken seriously by different agencies, organizations, and citizens regarding its situation. Not only that financial assistance should be involved, being part of its projects and studies can also be a great help.

22 year old Filipino, developed the power of the tidal turbine

by: Jessica Nicole Bercasio

A 22-year-old Filipino has developed his own prototype of a tidal turbine to harness the power of the waves to generate electricity.

According to Martin Javier's Game Changer report on "24 Oras," Monday, Patrick De Guzman named his device the Marissa Turbine in honor of his late mother, who passed away last year.

He also said that the name Marissa means "of the sea" in Latin.

"Kung mapapansin natin ang Philippines, archipelago tayo eh, ang dami nating tidal waves, rivers, canals," he said. "Ang dami nating tubig to create electricity."

Patrick said he started to have the idea for the turbine when he was still 16 years old. In 2022, he finally got the chance to build a prototype with the help of an international non-government organization, Department of Science and Technology, Ateneo de Manila University, and De La Salle University.

According to him, it takes 10 hours to charge a battery that can be used by a typical Filipino household.

"It will be modular in the future, and it will be accessible, and it will be easy to deploy," he said about his turbine.

As of November last year, there are nine ocean energy projects in the Philippines awarded by the Department of Energy. All of them are still in the pre-development stage.

Magnitude 4.8 Earthquake shocks Batangueños and CALABARZON residents

by: Jessica Nicole Bercasio

An earthquake of magnitude 4.8 occurred under the sea on Saturday, January, 20, 2024, the German Research Centre for Geoscience (GFZ) reported the quake hit an intermediate depth of 120km beneath the epicenter near Batangas, Calabarzon Philippines in the afternoon at 4:05 pm.

The quake had a shallow depth of 59km (37mi.) and was felt widely in the area. The shallow depth of the quake caused it to be felt more strongly near the epicenter than a deeper quake of similar magnitude would.

Towns or cities near the epicenter where the quake might have been felt as very weak shaking include Santa Clara (pop. 4,400) located 4km from the epicenter, Batangas (pop. 237,400 15km away), San Pascual (pop 39,400 10km away), Bauan (pop, 33,600 10km away) Lipa City (pop. 212,300) 21km away, Taal (pop. 397,007 23km away), San Pablo City (pop. 207,600, 42km away), Calamba (pop. 316,600 51km away), Manila (pop. 1,600,000 95km away), and Quezon City (pop. 2,161,700 99km away).

Adequate Sleep: An Achiever's Secret

by: Geoffrey A. Francisco

Ferrerians, they are students of Luis Y. Ferrer Jr. North National High School (LYFJNHS), facing off challenges armed with their bags, pens, papers, and other things to aid them in their journey. As hard as academics and extracurricular activities might be, nothing can stop these Ferrerians when they have a dream to reach. However, there's just one buff that a majority of them have never used in its full capability, and it is sleeping.

According to a survey conducted by the North Star this January 2024, the average sleep for a Ferrerian is 5.2 hours, with 3 out of 10 students having a healthy sleep ranging from 7-8 hours. As they were asked, most of them answered "I wanted to catch up with my tasks, that's why pulling an all-nighter is the only option".

As gloomy as it sounds, the whole country or even the whole world can correspond to this either. The Philippines has an average sleep of 6.2 hours while the world has 6.8. "Humans are at great risk of chronic diseases and mental disorders if this continues. These are dangerous and

expensive problems.", Dr. Michael J. Berus, the professor who led this research warned.

According to a Professor in Neuroscience and Psychology, Dr. Matt Walker. "Sleeping before and/or after studying is 2x more better than pulling an all-nighter" To prove this hypothesis, he led an experiment in which he separated a group of people into two groups. The 1st group would sleep 8 hours while the other one will not sleep at all.

As they studied and took a test after, it showed that those who slept learned 40% more than the group that slept less.

"There's this brain part

called Hippocampus, and think of it as a memory inbox; Receiving and storing information then helps you recall them. When you're sleep deprived, this part shuts down and blocks some of the information that you receive" Dr. Walker explained.

Like many other ferrerians, Adrian Simon T. Jalimao is a 10th grade student that also deals with a lot of schoolworks and activities. The only difference is he was also part of the group of students that gets 7-8 hours of sleep everyday, at least per average. Why is that?

"Have a schedule planned out in your head, prioritize what's more important, and don't forget to

take enough rest for yourself," He said.

Although keep in mind that it is still a skill to learn and it may be hard at first but once mastered, its a piece of cake. Sleep is a common superpower that is underrated with its healing abilities. If utilized, it helps students maximize their memory capabilities.

Dr. Matt Walker then added, "In this generation, sleep is overlooked for its healing abilities. It is a norm to think of it as an optional lifestyle, but it's your life-support system in this world. Sleep is mother nature's best effort yet at immortality".



ABCDE Method to resist Teenage Pregnancy

by: Maria Isabel B. Casimero

Mrs. Ellen Pata, speaker in the Teenage Pregnancy Symposium held on the 13th of November 2023 advised the ABCDE Method as a preventive measure and solution to the rise of teenage pregnancy cases. A is for Abstain, meaning to avoid sex or practice celibacy before marriage. B is for Be faithful, while C is Consult. The D is for Don't drink or do drugs whereas E is for Educate yourself.



“Do not replace your dreams with temporary pleasure,” said Mrs. Pata. The event catered to more than 70 student-leaders from different school organizations aiming to provide helpful ideas and widen students’ minds.

The speaker stressed the topic’s depth and seriousness by delving into local data recently recorded by the Local Government Unit (LGU).

According to them, 10 percent of 15 to 19 aged females have already been pregnant within the past three years. The LGU also stated that almost 41.1% of the entire population in the country is not fully educated on matters related to the said issue. It was said that this occurrence is a product of the internet’s

influence to the youth; believed to open the vulnerability of many to pornography and being engaged to online people.

In most cases, complications are experienced by young mothers during and after giving birth. Some of these are: having high blood pressure, premature births, Sexually Transmitted Diseases or STDs, and Postpartum Depression wherein mothers who have the said condition experience excessive sadness, anxiety, hallucinations, and even psychosis.

Things like this are the ones people, especially the youth, shouldn’t rush for. Aside from the aforementioned method, self-control and discipline are still the main keys in managing a promising future for one’s self.

236k Trees: A nationwide environmental cause for global impact

by: Geoffrey A. Francisco

In order to preserve the earth’s future, Vice President and Education Secretary Sara Duterte initiated an ambitious plan for public schools across the Philippines to plant 236,000 trees on the 6th of December for the Department of Education’s (DepEd) Christmas project. This aims not only to contribute to a healthier environment but also to provide a unique educational experience for students.

With 47,678 public schools, including Luis Y. Ferrer Jr. North National High School (LYFJNNHS), engaged and at least 5 trees to plant per school, the amount of trees might exceed expectations up to 2390 trees more as the total of trees is approximately 238,390.

It seeks to nurture a deeper awareness of environmental issues and encourage conservation among

the younger generation.

“The trees should be planted within school grounds but if space is scarce, schools may find alternatives in local parks, marine protected areas or any open space near schools.” VP Sara Duterte said.

Getting Things Right

To ensure the success of this project, VP Sara Duterte assigned all of the DepEd regional offices along with the Department

of Environment and Natural Resources (DENR) to acquire suitable seedlings for each school in their respective region.

“The seedlings are required to be fruit-bearing, native to the Philippines, or mangroves for schools located in coastal areas.” VP Sara Duterte said.

In such cases wherein regional DENR offices are unable to provide seedlings, schools are encouraged to utilize nurseries

and/or request seedlings from local governments.

As the nation rallies behind this green initiative, it reflects a collective commitment to environmental conservation and education.

The coming together of students, teachers, and regional environmental authorities showcases the power of unified efforts in nurturing a healthier planet for generations to come.



The Fatal Threat of Rabies

by: Arielle D. Telesforo

Rabies is a vaccine-preventable, viral zoonotic disease that causes progressive and fatal inflammation of the brain and spinal cord. Clinically, it has two forms: Furious rabies - characterized by hyperactivity and hallucinations. Paralytic rabies - characterized by paralysis and coma.

If a person does not receive the appropriate medical care after a potential rabies exposure, the rabies virus will slowly become virtually 100% fatal and the virus can cause disease in the brain, which ultimately will result in death.

In up to approximately 99% of cases, domestic dogs are responsible for the rabies virus transmission to humans. Yet, rabies can affect both domestic and wild animals. It appears to people and animals via saliva, usually through bites, scratches, or direct contact with mucosa (e.g. eyes, mouth, or open wounds.)

Rabies is present on all continents except Antarctica. It is estimated to cause 59,000 human deaths annually in over 150 countries, with 95% of cases occurring in Africa and Asia. However, rabies cases are rarely reported and/or registered, numbers differ greatly from the estimated burden. The burden of the disease is disproportionately borne by rural poor populations,

with approximately half of the cases attributed to children under 15 years of age.

Rabies is one of the neglected tropical diseases (NTD) that predominantly affects already marginalized, poor, and vulnerable populations.

Although effective human vaccines and immunoglobulins exist for rabies, these are often not readily available and/or accessible to those in need. Managing a rabies exposure, where the average cost of rabies post-exposure prophylaxis (PEP) is \$108 along with travel costs and loss of burden on affected families whose average daily income may be as low as \$1-2 per person.

Every year, more than 29 million people worldwide receive PEP. This is estimated to prevent hundreds of thousands of rabies deaths annually. Globally, the economic burden of clog-mediated rabies is estimated at US\$8.6Billion per year, in addition to uncalculated psychological trauma for individuals and communities.

SCI-TRIVIA!

by: Geoffrey A. Francisco and Maria Isabel B. Casimero

1/3 - Video Games causing Hearing Damage

Playing on your phone or desktop at full volume with headphones might be nice, but be wary! Playing at over 100 decibels for hours can lead to hearing loss, as our ears can only tolerate 98 decibels for just 38 minutes. The Hearing Health Foundation suggests to keep volume for only 50% (50 decibels) to protect your hearing. So don’t ignore those volume limit warnings – they’re like your ear’s lifesaver!”

2/3 - Global Warming

Did you know there are flowers blooming in Antarctica? Scientists are becoming increasingly concerned, despite the fact that it sounds beautiful. According to Bloomberg, scientists predict that this year’s temperature will rise by 1.3-1.60°C. Which might beat last year’s record, even with 2023 being the warmest year in history. The

urgency of addressing global warming has increased, and we must act now!

3/3 - Scientists finding a way to extract energy from photosynthesis

The Researchers of University of Cambridge have found a way to extract renewable energy in plants from the process of photosynthesis! In case you didn’t listen to your science teacher in 5th grade, photosynthesis is named after the process that plants do in order to turn sunlight into their food called glucose, and to provide oxygen for mankind. Not only does plants become our food and oxygen, it can now power the world!

4/5 - Video Games causing Hearing Damage

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hearing loss, as our ears can only tolerate 98 decibels for just 38 minutes. The Hearing Health Foundation suggests to keep your audio volume for only 50%, equivalent to 50 decibels in order to protect your hearing. So don’t ignore those warnings, as they could also be your lifesaver.

5/5 - Scientists found way to extract energy from photosynthesis

Researchers from the University of Cambridge have found a way to extract renewable energy in plants from the process of photosynthesis. In case you didn’t listen to your science teacher in fifth grade, photosynthesis is the name of the process plants do in order to turn sunlight into their food which is called glucose.

This new discovery helps humans utilize plants more as a life source. It can now also power the world.



School Garden: Unveiling the Enriching Secret

by: Johcas F. Padilla

“As development continues, we shall not forget the nature,” said Mr. Ryan Edel S. Abueg, a TLE teacher and the Gulayan sa Paaralan Project Coordinator of Luis Y. Ferrer, Jr. North National High School (LYFJNHS). In a short interview, Mr. Abueg shared his secret regarding the rich garden of the school.

The school garden, famous for its prosperous crops like radish, pepper, tomatoes, and others has been serving the canteen with good products since the restart of face-to-face classes last school year. These crops that also help the ongoing feeding program of the school were undoubtedly grown with extreme care to have quality-wise harvests. And aside from the mentioned plants, what stood out the most are the trees with hanging large papaya fruits.

According to WebMD, Carica papayas or papayas in short are known for their great antioxidants which are helpful in digesting cholesterol or fats. Digestive enzymes that are also present in the said fruit called papain improves the body's absorption of nutrients. And since the school's area is appropriate for growing these, Mr. Abueg stated that planting it isn't that hard.

After many careful experimentations, the GPP Coordinator found the most

suitable way of ensuring its healthy growth. Mr. Abueg demonstrated the combination of the upper stem (scion) and another lower stem with roots (understock) of a papaya tree called grafting. This method, proven to bear larger fruits than the normal ones, is the one he uses not only to the papaya crops but to the other plants as well.

“I recommend planting these in hotter seasons because of its high heat resistance. Unlike peppers, papayas can survive the blazing sun directly the whole day,” Mr. Abueg explained. He also added that because of the products of the school's GPP, the school canteen's expenses regarding food ingredients decreased by 30 to 40 percent.

Mr. Abueg emphasized the advantages of planting not only in school but to households as well.

And as the program GPP continues, the teacher never fails to encourage learners to practice planting and helping it for better manpower and growth.

Higher Danger in Uncertain Weather

by: Maria Isabel B. Casimero

According to the Atmospheric, Geophysical, and Astronomical Services Administration or PAGASA, 2024 could possibly be 'one of the warmest' years ever recorded due to heightened effects of El Niño throughout the world. This report affected and took the attention of many sectors as more and more health-related cases and problems were surfacing in different areas of the country.

Hospital cases caused by illnesses from the extreme heat in the Philippines such as heat stroke, hypertension, difficulty in breathing, and dehydration are increasing in number daily; especially in crowded places like Manila. If left untreated, these may even result in death; the reason why giving the utmost attention regarding this topic should be implemented by many agencies and public establishments including school administrations.

On the other hand, the Department of Education (DepEd) through Secretary Sara Z. Duterte delivered her Basic Education Report or BER on January 25 which mentioned the target reversion of the old school calendar; wherein the opening of classes would be forcefully go back to June. This may cause issues, particularly health-related as both the learners and educators may suffer.

One reason why reverting

to the old calendar abruptly is the rushed school work for the education sector. The Alliance of Concerned Teachers (ACT) expressed their disapproval in a statement, “With almost 50,000 schools suffering from being understaffed, we need at least 2 administrative staff per school to truly unload the teachers from being overworked.”

This may constantly cause more school work given to students and teachers resulting in it taking effect on their physical, mental, and emotional health. Based on a study conducted by Transformations Care Network, academic and work-caused pressure can lead to poor performance and irritation. Scenarios like this couldn't be solved by mere salary increases that were promised since a long time ago.

The second and last reason is the inability to teach

and learn proficiently due to the unpredictable climate. It was said that El Niño is expected to end on the month of June, and the wet season will then enter after.

This sudden change in weather may not be a suitable learning environment as class disruptions brought by the rainy season would be frequently observed. “Colds, flus and other respiratory illnesses are more common in colder months,” Hopkins Medicine said. “And the cold, dry air may weaken resistance,” they added.

These types of situations are not to be rushed or implemented hastily, as many factors other than health may affect the overall status or performance of the concerned people.

Undergoing the transition period which is expected to be five years could be a better resort than gambling with everyone's wellness.

LEARN: Hazardous Effects of Volcanic Smog

by: Maria Isabel B. Casimero

According to the Atmospheric, Geophysical, and Astronomical Services Administration or PAGASA, 2024 could possibly be 'one of the warmest' years ever recorded due to heightened effects of El Niño throughout the world. This report affected and took the attention of many sectors as more and more health-related cases and problems were surfacing in different areas of the country.

The notice sent by PHIVOLCS explained all the volcanic activity by Taal since the first week of September 2023. Almost 4,570 tons of sulfur dioxide or SO₂ was mentioned to be released each day as recorded by the institute. This abnormal amount of gas sparked the concern of people nearby the affected area. CALABARZON would be the most affected region by this hazardous gas, they added. “The strong wind force is the reason why the vog (volcanic smog) spreaded hastily,” said Teresito Bacolcol,

PHIVOLCS Director.

Volcanic smog is a product of volcanic activities defined as a mixture of fine volcanic gas, oxygen, dust, sunlight and moisture. According to the US Geological Survey, this could cause headaches and eye, lung and throat irritations if exposed within a long period of time since it mostly consists of acidic gas. Even though January 2022 was the last explosion of Taal, it still remained on Alert Level 1; wherein the presence of smoke and abnormal

occurrences can still happen and is present such as earthquakes and ashfall.

The agency advised the public to limit leaving from home, wear N95 or KN95 face masks, hydrate themselves, eat a balanced diet and prepare emergency kits as precautions just in case the volcano would react more violently.

Being alert with the newest updates and educating oneself are also two among the valuable tips to avoid the dangerous effects of volcanic smog.

Canopy Symphony

by: Madel S. Rosario

In the verdant heart of our planet's lungs, a silent revolution is taking root. Amidst the towering giants and whispering leaves, a symphony of diversity is orchestrating the recovery of our forests from the throes of adversity. It's a tale of resilience, where the varied hues of tree canopies emerge as unsung heroes, breathing life into ecosystems scarred by common, yet formidable foes: small fires and pathogen outbreaks.

In the face of escalating climate uncertainties and human-induced disturbances, forests worldwide stand at the frontline of resilience battles. But nestled within this struggle lies a beacon of hope — diversity. Diverse tree canopies, like an intricate tapestry woven by nature's hand, hold the key to not just survival, but thriving in the face of adversity.

Imagine a forest where every tree wears a different crown — a mosaic of shapes, sizes, and species. Here, resilience isn't a mere concept; it's a living, breathing reality. When small fires dance through the underbrush or pathogens creep through the soil, these diverse canopies act as natural shields, buffering the impact and fostering swift recovery.

At the heart of this phenomenon lies the power of variation. Different tree species possess unique traits, from fire-resistant bark to disease-resistant foliage, each contributing a vital piece to the puzzle of forest resilience. By embracing diversity, forests

become dynamic ecosystems, capable of adapting and regenerating in the face of adversity.

But the benefits extend far beyond mere survival. Diverse tree canopies fuel a cascade of ecological riches, nurturing a web of life that spans from the forest floor to the highest canopy. Biodiversity thrives in these diverse havens, from elusive species of birds to microscopic fungi, each playing their part in the intricate dance of forest life.

As stewards of the Earth, we hold the power to shape the future of our forests. By championing diversity, we can sow the seeds of resilience, ensuring that our forests not only endure but flourish in the face of uncertainty.

It's a journey of restoration, where every tree, every leaf, every breath of wind whispers the promise of a brighter, greener tomorrow.

So let us stand together, hand in hand, as guardians of diversity.

The Threats of Soda

by: Geoffrey A. Francisco

One best example of a beverage that you'll really need for today's hot weather are soft drinks. Meanwhile, we conducted a survey for students in which we asked them who's addicted to soda. And the results stated that out of 550 students, only a percentage of 5% considered themselves to be addicted to soda, while 86% of them only drink occasionally, and 9% of them never drank soda in their lives.

To deepen the result, we asked a student that is part of the 5% that considered themselves addicted to expand their opinion on why it's addicting, and they mentioned that its sweetness and its cold temperature that is perfect for today's hot weather really made them addicted to it. Addicted to the point that; they gain an urge to get more after finishing their drink.

But what's the real reason for this addiction? What is the professional opinion among scientists regarding this matter?

Psychological and Physical Issues

In reality, the reason for having cravings on soda can actually be linked psychologically. Sodas contain a considerable amount of sugar that when ingested, gives a "rush" feeling that makes the drinker extremely addicted, leading to bigger cravings. In this moment, the reward centers of the brain are triggered, releasing dopamine and other hormones to create a

sense of euphoria. Additionally, as per Danielle Dresden's article that was medically reviewed by Katherine Marengo LDN, R.D. Excessive soda intake can be also linked to serious health issues such as obesity, diabetes, kidney disease, etc.

Scientific Study on Soda

According to a study performed by American Journal Public Health in 2007, Soft-drinks could offer energy as it contains caffeine, yet it's still accompanied by little nutrition which makes the disadvantages much more bigger than its benefits. Therefore, they suggested that we should drink in moderation.

On top of all that, students should make a habit to drink sodas occasionally, as high consumption can lead to health problems in the long-term. To follow that up, as experts of Harvard College quoted, "Individuals should make healthy drinking their personal priority."

Human Activities impact the world's condition-er

by: Nelissa Reese V. Ollero, Art by: Liliana T. Sequitin



As time passes, the world is continuing to evolve in both good and bad ways. As the human population increases, their impact on the environment heightens leading to either the ruin or an advance of the Earth's pace. Because of human activities being performed within the globe, what's considered an air conditioner is melting.

10% of our world contains sea ice and glaciers responsible for the unusual coldness that soars through the night and sometimes during the day, experienced by several Filipinos nationwide. In our nation, the Filipino people benefit from the ice by experiencing the cold air outside while inhabitants in countries belonging in the Arctic Circle attain their water through them.

In considering the entire globe's comfort, the Cryosphere System contributes to events such as snow and keeps the cool of the

Earth.

Upon the research of scientists, they observed the rapid melting of the cryosphere is resulted with the continuous usage of fossil fuels used in to produce energy to carry on the day-to-day needs of the individuals living in the globe. The discontinuation of the cryosphere was also affected by deforestation wherein humans chop trees for their own advantage.

If the defrosting were to ever be complete, causing the disappearance of Mountain

Glaciers, sea levels are expected to rise by 40 centimeters.

In the Arctic Circle where there is a lot of ice floating, water levels around the world are predicted to escalate by 6-7 meters which is already considered a lot for the Philippines to handle.

By the harmful activities Filipinos perform alongside other nationalities worldwide, scientists predict the glaciers to liquefy due to the heat humans indirectly cause resulting in the drowning of several areas located on Earth and soon the entirety of it.

Fixing Misapprehension on Transexualism

by: Nala Sadie A. Sagun

Transexualism has become widely known and respected since the 1950's, this practice in which people would change how they act, and how some parts of their body look by performing surgeries just to look like the opposite gender, have become a way to express their true self. But some people do oppose the culture of Transexualism. so much more than in the Philippines; out of 1,800 respondents, a majority of 26% strongly disagree in passing the law on protecting the rights of LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and More Identities).

But what are some disadvantages of transexualism? What is the science and psychology behind it?

Concealing the truth to get along

As per online psychologically info's study, out of 0.305% of Americans stated themselves to be a transgender, with some of the people not being certain with the decision they made due to fear of being discriminated against by the public. Following that, they also said that this is one of the biggest problems they face today, having fear of being rejected by society.

Reason behind transexualism, clear or unclear?

As of now, there has been no clear reason on why people turn on

transgenderism. According to Dr. Olson,. "We have conducted many studies on the reason for people turning on transgenderism, but we've come to the conclusion that factors like genetics, hormones or other elements likely play a role."

Dr. Olson also added that "The information that is being discovered now is indicating that the neural wiring in a transgender person's brain looks more similar to their gender of identity rather than their gender of assignment at birth."

As of this moment, Let them freely express themselves, for they are human like we do. While our journey towards equality requires empathy, understanding, and acceptance.

As we navigate the complexities of transgenderism in our society today, let us strive to create a world where every individual, regardless of their identity, can live authentically and embrace their true selves.

An Egg-cellent Point!

by: Maria Antonia B. Olaviaga

We all know that eggs are the most versatile meal, whether it's for breakfast, lunch, etc. meanwhile, it's also a source of debate between two friends, Dion and Justsuel of North Ferrer. Dion agrees that eggs are very nutritional, and a great way to start your morning. Justsuel says otherwise, he dislikes eggs as he deemed them to be repetitive. He also stated that it could give you high cholesterol levels.

But what does the source say? Are eggs good or bad for you? What's the reason Dion and Justsuel get so heartedly divided?

The truth, as with most things on nutrition, it's somewhat complex. Eggs are a rich source of protein which is important for building muscle and other parts of tissues of the body. On the other hand, they also contain cholesterol, a building block for

heart diseases.

So where does that leave us? According to the ZoZo Health Guideline from the US, eggs should be eaten in moderations, where in some cases it is one egg per day. Although if you have high cholesterol, or your family has a history of heart disease, you should opt to consult an expert on what's right for you.

That's not the end of the story

though.

As Dion and Justsuel know all too well, the science of nutrition can be interpreted in different ways.

What works for one person may not work for another. As they continue their egg-cellent debate, they can at least agree on one thing: eggs are an endlessly fantastic and delicious topic of conversation.

Increasing ILI cases, alarms PH

by: Maria Antonio B. Olaviaga

The Department of Health (DOH) sounded the alarm for Influenza-Like Illnesses (ILI) in CALABARZON as data showed a 46 percent rise in said cases sweeping through the country. Surveillance data revealed that the spike that reached 17,000 in the region was due to the seasonal cold and increased holiday activities.

Although there are cases that have been confirmed to be recovered, DOH emphasized preventive measures, urging the public (particularly those aged five to 20) to adopt health precautions and vaccinations.

Caused by Mycoplasma pneumoniae, walking pneumonia is categorized as atypical pneumonia, presenting milder symptoms than the typical counterpart. Spreading through respiratory droplets during coughing, it poses a contagious threat within a two to four-week

incubation period. As of today, it is still being observed in the country with no cases being confirmed.

The DOH advises the public to rest, eat a balanced diet, do regular exercise, and practice proper hygiene against this threat. Public vigilance, vaccination, and adherence to health standards are very crucial for collective well-being as the threat of walking pneumonia entering the country is deadly.

"For additional protection, pneumonia and flu vaccines are available. If symptoms arise, wear

a face mask and refrain from leaving home. Moreover, avoid going to school or work to protect co-workers or classmates," DOH recommended.

Consulting a doctor for prescription and guidance remains vital, ensuring the timely and proper management of walking pneumonia cases. This would be necessary in today's times especially that climate change progresses and affects the world gradually.

North High taeks kick a blast in City Meet 2024

by: John Zeniel Lorio

North's Taekwondo team, under the leadership of Ma'am Chinkee Dechavez and Sir Edwin Santos, secured two gold medals from the 2024 City Meet which was held at the Governor Ferrer Memorial Integrated National High School (GFMINHS), January 26, 2024.

Jackson Mahilum, competing in the Feather category, and Princess Velono, participating in the Poomsae category, were the victorious athletes.

Jackson Mahilum emerged as a formidable competitor against rival schools, demonstrating his resilience through three intense matches and dominating each one with unwavering determination.

Princess Velono exhibited her expertly honed fighting abilities, impressively meeting all the judges' criteria with precision and skill. Infused with a blend of discipline and determination, they both now set their sights on the next challenge ahead of them... Regionals.

Not only did two members showed their excellence in the sport, the others demonstrated remarkable determination throughout their performances, every member of the team received medals, including both silver and bronze in their respective categories and matches.

Both Silver and bronze. With Ashanti De Santos, Zoe



Paula, and Mike De Jesus earning Silver for their Kyoguri matches.

De Jesus, holding his ground on his matches until losing in his second fight. De Santos fought her way to finals where the pressure was on, with both sides tied, a tiebreaker

match was set in place to determine which player will secure their spot in regionals. Unfortunately, with one swift kick from the opposing team, Ashanti lost in her final match.

Alongside Velono in the Poomsae category is Zien

Antonio, presenting her stances with precision and grace, yet have minor mistakes.

Claiming a bronze medal, together with Dave Allen, Rayhan Bautista, Adrian Aloya, Kyla Galabutan, Caleb Cailles and Justin Laguartilla. Who all gave it their all in the City Meet.

Taekwondo in a Peek

by: Mark Ezekiel Y. Agang

Taekwondo is a form of martial arts which originated in the 1940s in Korea. As a combat sport, it involves techniques in punching and kicking. While the literal meaning of taekwondo is "kicking", "punching", and "the art or way of", it sometimes involves the use of weapons.

Dobok is the uniform that players wear in this form of martial arts. Developed during the 1940s and 1950s by Korean martial artists, Taekwondo is said to be a combined karate, Chinese and indigenous Korean martial arts.

Korea Taekwondo Association is the oldest governing body for taekwondo. It was formed in 1959 through the partnership efforts of the representatives from nine original martial arts schools in Korea. Today, the International Taekwon-Do Federation and the partnership of the Kukkiwon and World Taekwondo are the main international organizational bodies for taekwondo.

Taekwondo officially became the national martial art of Korea in 2018 as per the South Korean government. Meanwhile, the World Taekwondo is the governing body for taekwondo in the Olympics and Paralympics.

North High chess masters hook ranks

by: Matthew E. Manalo

North High Chess Team started out hot and finished proud with one of its players ranking 9th out of 25th, the highest in its lineup during the Division of General Trias City Meet 2024-Chess Tournament held on January 25-26, 2024, at Sports Park General Trias City, Cavite.

The lineup for the tournament consisted of high school students, with two students in the male and female categories, for a total of four representatives. The female lineup included Jelinley Trumpo, Grade 8 and Anne Josh Javier, Grade 9, with Trumpo placing 9th and gaining a total of two points and Javier placing 16th with a total of three points.

Geraldine Camarines of Luis Y. Ferrer Jr. North National High School (LYFJNNHS) takes rank 1 in the chess tournament (girl's category) garnering 6.5 points, followed by Jirah Floravie Vutiyog from Bethel Academy as 2nd also with 6 and a half points, and Aaliyah Duvao of LYFJNNHS as 3rd with a total of 5 and a half points.

The male lineup of North, on the other hand, included Isaac Daniel Vergara and Markal Aaron Torrefiel. Vergara placed 10th out of 24th with a total of 4 points, and Torrefiel placed 21st with a total of 2 and a half points.

The top three for the male category consisted of two Lyceum of the Philippines (LPU) and one Governor Ferrer Main Intergrated National High School (GFMINHS) student. Angele Tenshi Biete (LPU)

places 1st, acquiring 6 and a half points, Del Emerson Dela Cruz as 2nd with 6 points, and lastly, Josh Edmar Castro (GFMINHS) ranks 3rd with a total of 5 and a half points.

Trumpo also shocked the team when she ended up winning against Javier in a match between them on the first day - round 3. "Unexpected na nanalo si Jelinley kay Anne (It was unexpected that Jelinley won over Anne)", said Mrs. Galos. "Oo kasi mas maalam si Anne pagdating sa mga moves kaya 'di ko talaga in-expect 'yun" Mr. Reynaldo F. Galos added, coach of chess - boys.

Some of the highlights of the tournament also included Torrefiel's unexpected draw from player Earl Siegfried Sta. Maria (LYFJNNHS) as he is a well-known experienced player with a national rating of 1808.

As stated by Mr. Rey Galos, "Si Isaac ang makakakuha ng mataas na puntos pero si Aaron unexpected yung pag tabla (draw) kay Earl (Isaac will get the highest points but for Aaron, the draw against Earl was unexpected)."

Vergara also stated, "Don't worry, pinagbigyan ko lang siya (Don't worry, I just let

him won)," after losing to LPU'S top player, Biete, only within minutes after the game started, promising that he will 'get it back at him' showing that he remains committed to achieving victory in future tournaments.

Although the team wasn't able to qualify for the regionals, it was still a great

and rewarding experience for them, considering this was their first ever city meet. After the tournament ended, although their minds were filled with a feeling of defeat, their hearts were still burning to strive for victory—truly, North has a bright future ahead in chess.



6 Fun Facts about Taekwondo

» Taekwondo is a Korean martial art. It blends self-defense and combat techniques for exercise and sport. Taekwondo is also Korea's national sport.

» The literal translation of Taekwondo is "the way of the hand and foot". Tae means "to destroy with the feet." Kwon means "to strike". And Do means "way". Taekwondo training generally consists of learning a system of kicks, punches, blocks, and open-handed strikes.

» Taekwondo follows a belt ranking system. It is said that there was only one belt rank in Taekwondo for the first 2,000 years. Today, Taekwondo students work their way through six belts (typically): white, yellow, green, blue, red, and black.

» Taekwondo is an Olympic sport. In the past, only two martial arts styles have been included in the olympics.

» Taekwondo has appeared in many movies. Celebrities like Jean Claude Van Damme and Jackie Chan have all featured Taekwondo in their films.

» It's a popular martial art. Over 70 million people practice Taekwondo all over the world.
Source: TheWayFamilyDojo.com

Larong Pinoy: Where Tradition Meets Playful Delight

by: Gariana Coline E. Roche

With time, technology is improving, and on every trip, we can't help but think of the favorite "Larong Pinoy" memories that once filled our youth. In the midst of today's responsibilities, it's natural to want to return to a carefree time, when all we cared about was playing with friends and enjoying life's simple pleasures.

Among the classic "Larong Pinoy" games that etched in our hearts is "Patintero," it stands out for its simple yet engaging rules that evoke nostalgia in players of all ages. The game involves two teams, one defending and the other offensive, navigating through a gridded playing area. Defenders, forming a human barrier, aim to tag offensive players, who must showcase agility and strategic thinking to cross the designated boundaries without being tagged. The dynamic interaction between teams adds an exciting twist to "Patintero." Tagged offensive players join the defending team,

altering the game's course and ensuring active participation from everyone. The game's simplicity encourages creative strategies, fostering qualities like teamwork and adaptability. The determination to overcome the obstacles represented by the opposing players is a testament to the resilience of the Filipino spirit.

The game will also bring unity to the players who are trying to think about the right extraordinary strategy that is needed for them to win.

This is also where unforgettable friendships are formed, smiles that shine like the night sky, heartbeats that feel like a frog jumping up and

down because of exhaustion after running; all this remains only as a happy memory of the past. But all these happy experiences will come help us in the present and future.

The strategies and thoughts we learned in this game will help us make the right and precise decision in life that we will lead to the path of victory.

The strategies and quick thinking cultivated in "Patintero" play a role beyond the playground. Life, like this traditional game, presents challenges requiring calculated decisions to progress to the next stage. Every choice we make, akin to the directions

in "Patintero," comes with its unique consequences — some good, some alright, and some bad.

The game emphasizes the importance of thinking broadly, encouraging players to consider various perspectives and open their minds to different ideas. This ability to broaden one's understanding becomes a valuable skill, applicable not just within the confines of a game but in navigating the complexities of life.

In the grand tapestry of life, decisions shape our destiny, and "Patintero" serves as a metaphor for the choices we encounter.

It is a reminder that unforeseen consequences may

arise from our decisions, and the key lies in being prepared to embrace both the risks and opportunities.

In essence, "Patintero" teaches us that good results stem from well-thought-out decisions. It implores us to take risks and seize chances, for in doing so, we not only partake in the joy of victory but also in the rich tapestry of experiences that shape our character and contribute to the story of our lives.

So, as we navigate the intricate maze of decisions, let the echoes of "Patintero" guide us toward making the right choices, leading us down the path of triumph and fulfillment.

Luksong Baka: A Legacy that never jumps out of the Philippine streets

by: Isaiah Bethovene P. Serrano

Part of the Filipinos' rich culture are around a hundred games typically played in the streets, fields, plazas. One of them is "Luksong Baka". This game, usually played by children, has been played through generations and has brought many smiles to Filipino children and even adults.

Luksong baka or also translated as "Jump Over the Cow" is a traditional Filipino game that originated in the province of Bulacan. The name of this game is known throughout the archipelago and in some parts of the world.

This is a no-ordinary game as it is deeply rooted in the culture of Filipinos and cannot be missed during barangay

festivities, school and community events, making it significantly considered as part of the country's traditional games.

Considered as well as an easy-to-play game, luksong baka is played consisting of a minimum of three and a maximum of how many players the group of people wants.

The "taya" or the "cow" needs to be picked first and it

is usually done by the so-called "maiba taya" method, where they pick the taya based on their hands gathered in one place and if your hand is the only hand that is facing downward or upward then you are the taya.

When the taya is picked, they will jump over the "baka" and their main goal is to jump over the "baka" without touching or falling over him/her, as they

successfully jump over the baka the height of the crouching baka will also increase making it more difficult to achieve their goal.

It is important to preserve this game for it to continue for the upcoming years, as it encourages social interaction and camaraderie among children and some adults, as well.

In an era dominated by technology, this can be a way

to interact and communicate with other people and break the "gadget addiction" and the eyesight problems that many youngsters have.

As we see the importance and cultural effect that luksong baka has, let us treat it as more than a game, but a cultural treasure that will continue its way through many generations to pass.

Luksong Tinik: The Nostalgia of the Thorn

by: Isaiah Bethovene P. Serrano

One of the traditional Filipino games, "luksong tinik" holds a special place in the hearts of Filipinos serving as a nostalgic reminiscence of carefree childhood days. This game, considered a timeless means of leisure, has been played for generations, giving Filipino adults a smirk when reminded of those times.

The literal translation of luksong tinik is "jump over thorns." This game has its roots deeply inlaid in the culture of the Filipinos. To trail its origins, it is said to have been played during the pre-colonial times, thus, this game entails a rich history. Cabanatuan, Nueva Ecija is said to be the birthplace of this game. It was originally played with plants having thorns but over the years it is now played using either hand or feet.

The game is composed of two teams, each takes turns as jumpers and blockers. The blockers are seated close together on the floor or ground and form a makeshift obstacle course with their legs raised. Typically agile and nimble, the jumpers attempt to clear this

thorny barrier without touching any of the blockers' hands or legs or the "thorns." The height of the thorn obstacle increases after every successful jump, which adds an extra challenge to the game.

For many Filipinos who have played luksong tinik, this game is not merely a game but a cultural vessel. The game teaches values such as teamwork, sportsmanship. It also fosters a sense of camaraderie among players, reinforcing the importance of unity and cooperation.

Over the years, luksong tinik has undergone quite a number of adaptations. There are communities who introduce their own twists, and some modifications with the rules or and incorporate

additional challenges. Despite these differences, the main essence of the game remains intact, connecting diverse communities through these shared traditions.

With the new generation dominated by technology and computers, luksong tinik faces the risk of fading into obscurity. Efforts to preserve and promote traditional games are hard but it's crucial for safeguarding cultural heritage. Schools, local communities, and cultural organizations play an essential role in passing on these cherished pastimes to younger generations.

Luksong tinik, revered not only as a playful diversion but as a vessel of cultural significance, embodies the very essence of Filipino identity.

As we navigate the currents of modernity, it becomes increasingly vital to anchor ourselves in the traditions that have shaped our collective heritage. Luksong tinik stands as a testament to the resilience and creativity of Filipino youth, its enduring popularity serving as a poignant reminder of simpler times and cherished memories.

In the hustle and bustle of contemporary life, the allure of Luksong tinik and other traditional games lies not only in their entertainment value but also in their ability to foster a sense of community and connection. These age-old pastimes serve as cultural touchstones, bridging the gap between generations and preserving the wisdom of our ancestors. Through the preservation and celebration of

Luksong tinik and similar "larong lahi," we honor the legacy of those who came before us while imparting timeless lessons of cooperation, perseverance, and joy to future generations.

As we look towards the future, let us not forget the importance of safeguarding the traditions that define us as a people.

Luksong tinik reminds us of the diverse range of experiences and narratives that bind us together as Filipinos, acting as a beacon of cultural pride. We ensure that the spirit of Luksong tinik continues to leap through time, perpetuating the enduring legacy of Filipino youth and childhood for generations to come, by embracing our heritage and passing down these cherished customs to the next generation.

Never run out of time: 'Mga Laro ng Lahi' remain Pinoy kids' leisure

by: Madel S. Rosario

In an era where mobile phones, digital materials, gadgets, and computers are not that popular, particularly with children, our traditional games are the one that keeps reminding Filipinos about the overflowing creative heritage of their nation.

Larong Pinoy plays an essential role and part in sharpening the heritage and culture of the Philippines. These traditional games are commonly played by children in the Philippines, using their flourishing creativity and thinking to invent games without the need of anything such as gadgets and more, except themselves as the players of the game. With the Filipinos' flourishing creativity, it

makes the game more challenging, fun, and exciting to do so. These traditional games are mostly played outside the houses or in the streets, requiring a spacious area where they can start their challenging and exciting games. Tumbang preso or Tumbang lata is one of the most played traditional games in the Philippines. In this game, it emulates the sense of resourcefulness. It requires 3 or more players. Each player

is provided with a slipper or a large throw-away object called a "pamato".

Using an empty tin can placed upright about 6 to 8 meters from the throwing line and a slipper or a large throw-away object, where Filipinos can showcase their skills by sharpshooting.

"Do I step here? No! What about here? Yes!" a line that is commonly used by children when

playing the game called Piko or also known as Hopscotch. In this game, they use chalk or charcoal to draw lines where the stone or also called "pamato" should not cross the line or edge when you hop or kick it.

The players stand behind the edge of the line and should throw their stone or pamato. Whoever succeeds in throwing their pamato nearest to the place or number that they have agreed

upon will play first.

By the challenging and exciting activities Filipinos have, there are still more games to be included in Larong Pinoy such as patintero, langit-lupa, luksong baka, chinese garter, agawan base and more. Children and Adults should be encouraging the next generation and be courteous in giving support to keep our flourishing creative heritage alive upon the next generation.



Tumbang Preso: A Glimpse to a Traditional Filipino Sport

by: Aizelle May C. Gulong

The Philippines is known to be wealthy of natural resources but it is also home to interesting traditional games which have been a big mark in the hearts of the Filipinos. Even up to this date, these traditional games like the Tumbang Preso are still being played.

A timeless favorite among Filipino children, tumbang preso or tumba lata, is a native sport derived from the two local words tumba and preso which means "to fall" and "prisoner" respectively. Therefore, the game as a phrase means "knock down the prisoner".

Tumbang preso is best played in open fields or areas like backyards and streets. The mechanics of this sport is closely similar to 'tag and dodge-ball' to infuse smart strategies and tactics among the players.

The primary objective is to knock down the guarded "prisoner" or "can". Players commonly use a slipper as a tool to hit the prisoner. The slipper should be retrieved by the player but should not be caught by the guard.

Playing tumbang preso extends far beyond mere recreation; it serves as a multifaceted platform for physical, intellectual, and social enrichment. Beyond the thrill of the game itself, participants experience the benefits of stress relief, sharpened cognitive abilities, and

enhanced social skills. Through the strategic maneuvers and collaborative spirit inherent in tumbang preso, players not only engage in friendly competition but also cultivate problem-solving capabilities and forge meaningful connections with their peers.

Furthermore, tumbang preso stands as a poignant symbol of Filipino cultural identity and heritage. By perpetuating this traditional sport across generations, Filipinos not only preserve their rich cultural legacy but also instill a sense of pride among the Filipino people.

Mastery's Strike, Silver of Triumph

by: Grace Baladjay

The resounding success of the Northern representatives unfolded during the recently concluded City Meet 2024, with the dynamic duo Lance Gabriel Balbalosa and Carl Cadalso clinching the coveted double boys' silver medal, while Lance Lanuza secured the bronze in Single A. The culmination transpired on the final day of the Badminton Finals at the covered court of Tejero Elementary School.

Inside the court, a palpable tension gripped the spectators as Cluster 6's doubles, comprised of Lance Gabriel Balbalosa and Carl Cadalso, faced off against the formidable Cluster 7 opponents, Robert Joya and Gabriel Vargas, in the ultimate match of the Finals. Despite fierce offensive and defensive strategies displayed by both teams, the young athletes from Cluster 7 of General Trias emerged victorious, amassing 15 points and securing the cham-

pionship. The rival team failed to score in the second set of the game.

Although Cluster 6 fell short of clinching the championship, Cadalso expressed, "While we may not have emerged victorious, we showcased the skill and sportsmanship of the Northern players," leaving with the resonating words, "If we dare to win, we should dare to lose," echoing the sentiments of Lee Chong Wei.

Following Cluster 7's triumphant battle, they are now

set to embark on the upcoming months to represent General Trias in the Regional Athletic Association Meet (RAAM) 2024.

The upcoming challenges include competitions in double girls for Cluster 9, double boys for Cluster 7, Single A girl for Cluster 3, Single A boy for Cluster 4, Single B girl for Cluster 3, and Single B boy for Cluster 9. The journey continues as the General Trias athletes prepare to showcase their prowess on a regional stage.

Heartbeat of 'Tamaan Tao' Traditional Pinoy Game

by: Madel Rosario

Quietly weaving its way through generations in the heart of Filipino communities, a spirited tradition known as "Tamaan Tao" has been infusing joy and camaraderie into the tapestry of local culture. This ancient game, reminiscent of childhood innocence and shared laughter, is the quintessential embodiment of Filipino play – a celebration of unity, resilience, and the indomitable spirit that defines the essence of being Filipino.

"Tamaan Tao", translated as "Hit the Person," transcends the boundaries of time, bringing together young and old alike in an exhilarating dance of agility and strategy. Played in streets, empty lots, and barangay plazas across the archipelago, this game showcases the ingenuity of Filipino recreation, rooted in simplicity yet rich in tradition.

The game's rules are deceptively simple: players form a circle, and a designated thrower attempts to hit others with a soft object, usually a rubber ball or a cloth ball. The agility and creativity of the dodgers come to the fore as they strive to evade the projectile, creating an atmosphere charged with excitement and friendly competition.

What sets "Tamaan Tao" apart is its ability to bridge generational gaps. Grandparents share tales of their youth, reminiscing about the echoes of laughter that once reverberated through the same streets. Parents become children again, momentarily freed from the burdens of daily life. Meanwhile, the younger generations learn the art of camaraderie, quick thinking, and most importantly, the beauty of connection through play.

Beyond its recreational value, "Tamaan Tao" fosters social skills, teamwork, and a sense of community. The game becomes a microcosm of life, where dodging obstacles and navigating challenges are not just individual pursuits but shared experiences that bind people

together.

In an era dominated by digital screens and virtual interactions, "Tamaan Tao" stands as a beacon of authenticity and genuine connection. It defies the trend of isolation, offering a refreshing reminder that the simplest games can ignite the purest joys.

At its core, "Tamaan Tao" embodies the essence of communal bonding and collective enjoyment, transcending barriers of age, status, and background. It serves as a unifying force, bringing people together in moments of shared laughter and friendly competition. In its simplicity lies its beauty—a simplicity that belies the richness of cultural significance and communal harmony that it fosters. As the sounds of gleeful banter and the clatter of balls fill the air, "Tamaan Tao" becomes not just a game, but a celebration of the interconnectedness and solidarity that define Filipino identity.

In the bustling streets and vibrant plazas of the Philippines, "Tamaan Tao" reigns supreme, symbolizing the beating heart of play and recreation. Its resurgence serves as a testament to the enduring allure of tradition in a rapidly evolving world. As we gather to partake in this cherished pastime, let us honor its legacy and embrace its role as a cultural cornerstone, preserving its essence for future generations to cherish and enjoy.

SOAR HIGH, North High!

Athletes once again embed medals in North High's vault – SP

by: John Zeniel Lorio

What else but hats off to North High's extraordinary athletes who soared to new heights at the City Athletic Meet, held January 24 to 29, clinching well-deserved medals!

Recognizing the efforts and endurance of the young sportsmen, School Principal (SP) Dr. Naneth P. Salvador said, "Your dedication, resilience, and sportsmanship have truly inspired us all. Congratulations!"

"We are now embedding a number of new medals in our vault, which is about to come full," Dr. Salvador metaphorically added.

Rookies No More – Table Tennis

Table tennis players secured a total of 3 silver and 3 bronze medals across various categories in the said sports tournament. Their passion for the game and commitment to excellence truly shine through.

Seeing how the game has flowed, coaches, Ms. Joyce Ann A. Ambata, Ms. Glydel R. Perez, and

Ms. Haydee Fabellon said that the table tennis players are not any more rookies but young lions ready to devour their contenders in the game.

Rocket Royals - Badminton

Badminton Boys clinched silver in Badminton Doubles and bronze in Single A Bracket.

Inspired by how agile the North High gamers handled the rocket and hit the shuttlecock, coach Mr. Salvador B. Quigaman commented that the players' hard work, dedication, and sportsmanship truly shone throughout the tournament, and he could not be prouder of their tactics.

Reign on the Greens – Lawn Tennis



North High's Lawn Tennis Team brought home an astonishing three golds earning them the honor of representing the City of General Trias at the upcoming Regional Athletic Association Meet (RAAM) 2024.

Looking and feeling proud, Coaches: Ms. Nancy S. Reyes and Mr. Chris Gapusan congratulated the phenomenal athletes, saying their hard work and dedication have truly paid off.

Master Kickers - Taekwondo

Jackson Smith R. Mahilum from Grade 10-Crawford, a back-to-back gold medalist in the Taekwondo Featherweight category. The same goes with Princess Velono from Grade 9-Donaire, who also garnered gold in Taekwondo Individual Poomsae.

The power kickers will once again represent the City of General Trias at the upcoming RAAM 2024.

North High's Taekwondo team proudly brought home a total of 2 golds, 3 silvers, and 7 bronzes from the recent citywide sports clash.

Coaches and trainers, Ms. Chinkee Mae Dechavez, Mr. Edwin P. Santos, and Mr. Edilberto Gumpay Jr. said that the triumph of the team is a testament to our athletes' hard work, dedication, and relentless pursuit of excellence. Together, they achieved perfection with a 12/12 completion rate.

SPORTS

The North Tribune

The Official School Publication of Luis Y. Ferrer, Jr. North National High School Volume 1, Issue No. 1

North High to level up caliber in two famous ball games

by: Zaiky Gail B. Zapanta

Two games often come to mind when talking about ball games - volleyball and basketball. Both games were invented in the same period, basketball by Naismith in 1891 and volleyball by Morgan in 1895. These two famous ball games are quite similar because both require teamwork, and the team with the most points after regulation time wins the game.

Recently, on January 24th to 29th, year 2024, a competition was held for athletes to compete in the

City Meet held in General Trias City. One of the schools that participated in the City Meet were the players who came from the Luis Y. Ferrer Jr. North National High School.

The athletes raced under the heat to win with determination while carrying the name of

their respective schools.

Basketball athletes from the North played with sportsmanship, in a display of skill and speed the other side of the school Fiat won against the school of the North in a 5v5 game and brought home a bag full of medals. Under the hot weather and a hot battle, the players remained strong.

Meanwhile, as the time for the Volleyball match, each athlete has the face of readiness. In the first game Women's Volleyball - North against LPU. In the first set of the

game, LPU won with a total score of 25 points while North had 5 points. In the second set of Women's Volleyball between LPU and North, LPU again won with 25 points and 11 points for North.

In the second game of Women's Volleyball, athletes from San Francisco and the North competed. In the first set, the North won with a total score of 25 and 18 points in San Francisco. In the next set, North won again with a score of 25 and 15 points in San Francisco.

When it came to Men's

Volleyball, LPU played against North. In the first set of the game, LPU scored 25 points and Norte had 11 points. Whereas in the second set of the game, LPU once again got 25 points and North 12 points.

In the next game of Men's Volleyball, athletes from San Francisco and the North competed. In the first set, the North won with a score of 25 and 10 points in San Francisco. In the next set, North won again with a score of 25 and 19 points in San Francisco.

CITY MEET '24

MEDAL TALLY



5 GOLD

Lawn Tennis - 3 Gold
Taekwondo - 2 Gold



7 SILVER

Taekwondo - 3 Silver
Table Tennis - 3 Silver
Badminton - 1 Silver



13 BRONZE

Taekwondo - 7 Bronze
Badminton - 1 Bronze
Softball - 1 Bronze
Baseball - 1 Bronze
Table Tennis - 3 Bronze

Why Badminton becomes North High's sport craze

by: Mark Ezekiel Y. Agang, Art by: Enzo Arzaiah V. Villianueva

Badminton is a sport that uses body movements, smart techniques, and a skillful mind. It is played by using a racket which is used to hit the shuttlecock, one which is being struck.

A Grade 9 student graced us with an interview and told us why she loves playing badminton among other sports. She said that she just loves it and she feels like exercising and developing her speed, agility, and stamina.

Badminton lovers

in school find playing it as a good way of socializing with others like with their schoolmates and teachers. Some actually brag about how interesting badminton is.

Students tend to play badminton during breaks and after class not only in the school's

covered court but also at their backyards or in clubhouses in different phases of Mary Cris Complex and Wellington Subdivision. Badminton, as a sport being so popular in schools, is becoming the craze in town. Simply put, the craze in North High.

