

FIFTY-SIX YEARS. ABM students as they perform the unity dance during the 56th Founding Anniversary of SNHS on August 15, 2024. Photo by **VANN AXEL YSIAH M. CARNAJE**

SCHOOL NEWS

Salvacion Nat'l High marks 56 years of legacy

by **GRACE ANN R. PACHO**

Salvacion National High School (SNHS) marked its 56th anniversary on August 15, 2024 at the Busuanga Gymnasium. The celebration began with the enthusiastic cheers of students shouting, "Happy 56th Anniversary," bringing delight to everyone in attendance.

Miss Perpetua Bacuel kicked off the event by narrating the history of Salvacion National High School. She shared how the school, founded in 1968, has overcome numerous challenges to become the esteemed institution it is today.

Following the history lesson, students and teachers of Salvacion National High School showcased their unity with a lively and graceful Unity Dance. Dressed in vibrant attire and wearing beautiful headdresses, the performers filled the gymnasium with cheer and energy, captivating the audience.

The event concluded with snacks shared by both teachers and students, creating a warm and festive atmosphere to end the day's celebration.

thesalvacionorch

VOLUME XIII • ISSUE I
THE OFFICIAL ENGLISH PUBLICATION OF **SALVACION NATIONAL HIGH SCHOOL**
BUSUANGA, PALAWAN • DIVISION OF PALAWAN • MIMAROPA REGION
AUGUST 2024 - JANUARY 2025

COMMUNITY NEWS

NEW ERA

Busuanga achieves 'First-Class Municipality' status

by **MARY CLAIRE CRUZ**

The town of Busuanga has officially been elevated to First-Class Municipality status from a Third-Class Municipality as confirmed by the Department of Finance (DOF) through Department Order No. 074-2024. Under the leadership of Mayor Elizabeth M. Cervantes, Vice Mayor Elvin D. Edonga, and the Municipal Council, the elevation to First-Class status is based on the town's Annual Regular Income, including its National Tax Allotment (NTA), aligning with the DOF's automatic income classification guidelines.

"Maraming SALAMAT, LGU (Municipal and Barangay) family at sa lahat ng kumilos at nakipagtulungan upang makamit ng ating Bayan ang ating hinahangad (vision) sa taong 2025. Marami mang hamon at pagsubok ang napagdaanan ngunit nanatiling matatag. Hindi man perpekto ngunit sa abot ng kaalaman at limitadong kakayanan ay patuloy lang ang naging pagkilos. Mas marami pang hamon ang kahaharapin ng ating bayan sa mga susunod na pagkakataon at panahon," Mayor Beth said on her Facebook post.

The upgrade to First-Class Municipality status is not just a reflection of the town's growing economic strength but also opens up numerous opportunities for progress in various sectors, especially education.

/ FIRST CLASS **PAGE 1**



BANNER STORY

BEST OF THE BEST!

Project BEST launches in SNHS; TVL studes showcase top skills

by **TERESA MARIE P. SAMACO**

Salvacion National High School showcased the skills of its BEST TVL students in the first-ever implementation of Project B.E.S.T. (Bridging Education through Skills Tournament) as part of National TECH-VOC Day on August 29, 2024. The event, held under the theme "Empowering Futures: Uniting Knowledge and Skills for Success," highlighted the talents of students in various fields such as cookery, bartending, food processing, beauty care, massage, and tourism.

/ PROJECT BEST **PAGE 3**

VEGGIE BUNS. Carl Perzeil S. Sanchez prepares her veggie buns during the launch of Project BEST on November 8, 2024.

Photo by **CRESS ARMHIE M. MANONGOL**

inside this **issue**

Empty Plates and Promises

/ EDITORIAL **PAGE 5**



STELL-BOUND. Jhasmen A. Edonga during her blind audition to The Voice Kids Philippines 2024, singing her soothing version of "Ako Naman Muna," by Angela Ken.

Photo courtesy of **THE VOICE KIDS FACEBOOK PAGE**

PALAWEÑO PRIDE!

Edonga, four-chair turner on The Voice Kids Philippines

by **ZHERHEINNA LANZ M. ABAN**

A star is rising in Palawan as 14-year-old Jhasmen A. Edonga captivated the nation with her powerful performance on The Voice Kids Philippines, earning a coveted four-chair turn during her blind audition.

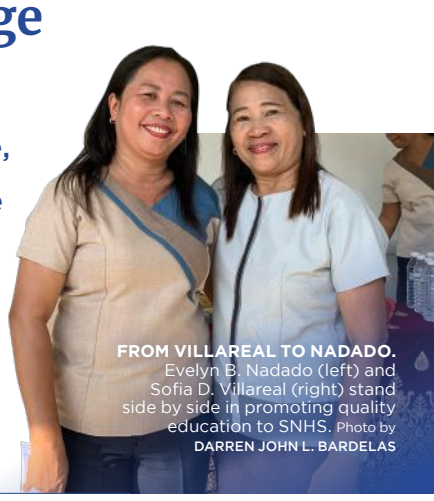
/ THE VOICE **PAGE 4**

SCHOOL NEWS

Nadado returns to lead with vision and change

by **TERESA MARIE P. SAMACO**

"Change is inevitable, and only those who are adaptable to change will thrive." This statement, delivered by Evelyn B. Nadado, marked the start of a new chapter as she was welcomed back as the principal of Salvacion National High School (SNHS) for the 2024 school year.



FROM VILLAREAL TO NADADO. Evelyn B. Nadado (left) and Sofia D. Villareal (right) stand side by side in promoting quality education to SNHS. Photo by **DARREN JOHN L. BARDELAS**

The formal program, held on November 12, 2024, was led by Sofia D. Villareal, the outgoing principal of SNHS and the Public Schools District Supervisor (PSDS) of Busuanga. This marked the end of her tenure and the beginning of Ms. Nadado's return. The event brought together students, teaching, and non-teaching staff to celebrate the transition.

The program opened with a calm prayer led by Ms. Saskia A. Antiquenio, followed by the flag ceremony led by Choellevic O. Calleja. The event's host, Zoila Luz M. Ilan, welcomed everyone before introducing a lively performance by Jhasmen Edonga and two dance groups, Indak and Hiyas, as part of the festivities.

/ NADADO RETURNS **PAGE 3**

/ FIRST CLASS **FROM PAGE 1**

Busuanga achieves 'First-Class Municipality' status



As a First-Class Municipality, Busuanga will benefit from an increased budget allocation, which includes higher internal revenue allotments (IRA) from the national government. This means more resources for local schools, improving infrastructure and enhancing the quality of education. According to Ms. Aida O. Dominguez, Municipal Budget Office of Busuanga, they are preparing to allocate funds for Para teachers for schools in Depelenged , Ocam-Ocam, Lacdayan, Calauit, Cheey, New Busuanga, and other schools in Busuanga.

With more funding, local schools can expect improvements in their facilities, such as the construction of new classrooms and the upgrading of existing buildings. Additionally, the increased budget allows for the purchase of more educational materials, the hiring of additional staff, and the implementation of professional development programs for teachers.

The local government is also expected to strengthen its support for educational programs, such as scholarships and extracurricular activities, further enhancing student development. Schools in Busuanga will have better access to government initiatives aimed at improving education quality and more opportunities for collaboration with local businesses and institutions.

The municipality of Busuanga envisioned in 2025 as a first-class municipality with well-established eco-tourism destination in Palawan, with God-loving, self-reliant, and empowered citizens living in a protected and sustainable environment with resilient infrastructure thriving in a diversified, dynamic, and competitive economy under an effective and efficient leadership anchored on the principles of good governance.

SCHOOL NEWS

SNHS inaugurates own Covered Court

by **GRACE ANN R. PACHO**

Salvacion National High School celebrated a significant milestone as Mayor Elizabeth Cervantes officially turned over the newly constructed covered court on December 17, 2024. The project reflects the municipality's dedication to enhancing school facilities and supporting student development.

The turnover ceremony was graced by the presence of school faculty, students, municipal officials, and a priest, all of whom expressed heartfelt gratitude for the new facility. The covered court is set to serve as a venue for a variety of school activities, including sports events, assemblies, and cultural celebrations.

In her speech, Mayor Cervantes emphasized the importance of investing in education and providing safe, accessible spaces for students. She expressed hope that the new facility would inspire students to excel not only in academics but also in extracurricular pursuits like sports and the arts.

The school administration expressed their sincere thanks to the mayor and her team for prioritizing the needs of Salvacion National High School, underscoring the positive impact this development will have on the students and the community.

The event concluded with a ribbon-cutting and blessing ceremony, followed by thanksgiving service. To cap off the celebration, the Hiyas dancers showcased their talents through an impressive cultural dance performance.

The new covered court stands as a testament to the collective efforts of the local government and the school community, symbolizing progress and hope for the future of Salvacion National High School.

SCHOOL NEWS

Busuanga boosts Solid Waste Management



LINED UP TO SERVE. Linis at Ganda Tatak Busuanga Project expected to alleviate solid waste management in the municipality through dissemination of new Suzuki units on January 14, 2025.
Photo by **KRISHE SAMANTHA PAZ R. ONDE**

by **KRISHE SAMANTHA PAZ R. ONDE**

Busuanga has taken a significant step forward in solid waste management with the turnover of new utility vehicles as part of the "Kalinisan sa Bagong Pilipinas Program." The initiative, which embodies the spirit of "Linis at Ganda Tatak Busuanga," aims to enhance waste management efficiency and community cleanliness.

In a formal ceremony, 12 out of the municipality's 14 barangays received Suzuki SWM vehicles, a four-wheeler dropside manual transmission model. The recipients included Barangay Salvacion, Barangay Bogtong, Barangay Sagrada, Barangay Concepcion, Barangay Buluang, Barangay New Busuanga, Barangay Cheey, Barangay Sto. Niño, Barangay San Rafael, Barangay Old Busuanga, Barangay Panlaitan, and Barangay Quezon. Meanwhile, Barangay Maglalambay and Barangay San Isidro received solar streetlights due to accessibility challenges in their areas.

The turnover ceremony took place on January 14, 2024, at 4:00 PM and was a meaningful event for the community. Father Anthony Ducado blessed the vehicles to commence the ceremony, followed by opening remarks from Vice Mayor Elvin Edonga. Mayor Elizabeth Cervantes then delivered a speech highlighting the importance of such initiatives in fostering community development and addressing solid waste management challenges.

The newly acquired vehicles aim to ease the transport of solid waste, addressing the difficulties posed by the distances between barangays and waste disposal facilities. While primarily designated for waste management, the vehicles can also serve multi-purpose functions to benefit the barangays further.

This initiative reflects the local government's commitment to improving public services and ensuring a cleaner, more sustainable environment for all residents of Busuanga.

NATIONAL NEWS

Grade 12 Clinches Victory as Overall Champion in SNHS Buwan ng Wika 2024

by **GRACE ANN R. PACHO**

Salvacion National High School (SNHS) successfully held its Buwan ng Wika 2024 celebration on August 30, 2024, at the school's covered court. With the theme "FILIPINO, WIKANG MAGPALAYA," the event brought together students to showcase their talents and cultural pride through various competitions such as Sabayang Pagbasa, Sabayang Pag-awit, Katutubong Sayaw, Isahang Tinig, and Pambansang Kasuotan ng Babae at Lalaki. After a series of spirited contests, Grade 12 students emerged as the overall champions, securing first place in the final rankings.



AND THE BEST RUNNER IS. Students run to the stage to answer the quiz prepared by Filipino subject teachers about the Filipino language and Philippine history as an opening activity for the celebration of Buwan ng Wika 2024.
Photo by **JOSHUA EMMANUEL SANCHEZ**

In the individual categories, Grade 12 dominated with first place finishes in Sabayang Pagbasa, Sabayang Pag-awit, and Pambansang Kasuotan sa Lalaki. Grade 10 also stood out, winning in Katutubong Sayaw, while Grade 8 claimed victory in Isahang Tinig. The students' performances were celebrated by their peers, teachers, and spectators, with everyone actively cheering on the participants.

The event concluded with Grade 12 claiming the top spot in the overall ranking, followed by Grade 11 in second place and Grade 10 in third. The celebration not only highlighted the talents of the students but also emphasized the importance of honoring the Filipino language and culture.

VOLUME XIII • ISSUE I • AUGUST 2024 - JANUARY 2025
THE OFFICIAL ENGLISH PUBLICATION OF **SALVACION NATIONAL HIGH SCHOOL**
BUSUANGA, PALAWAN • DIVISION OF PALAWAN • MIMAROPA REGION

SCHOOL NEWS

SNHS honors educators in heartfelt World Teacher's Day Celebration

by **HILAINAVIE KISHIKO CERVANTES**

On October 4, 2024, Salvacion National High School (SNHS) celebrated "World Teacher's Day" to honor the dedication and hard work of its teachers. The program, which began at 8:00 AM, was held at the school's plaza and featured performances by student clubs such as Melomaños, Indak-Siklab, and Hiyas. These groups delighted teachers with their singing and dancing performances, which were met with admiration and appreciation from the faculty.

Students also expressed their gratitude towards their teachers by giving gifts, letters, and surprising them in various creative ways. Each grade level representative shared heartfelt messages, thanking teachers for their unwavering support and dedication.

The teachers were also given a chance to showcase their own skills through a series of games. Divided into four teams, they competed in answering questions that tested their wit and intelligence, adding a fun and lighthearted touch to the celebration.

The event was a meaningful way for both students and teachers to come together and celebrate the invaluable role that educators play in shaping the future.



HOORAY IN PLAY. Teachers participate in a Quiz Bee Showdown, clashing with one another on their wit and wisdom during the World Teacher's Day Celebration on October 4, 2024.

Photo by **DARREN JOHN L. BARDELAS**

/ PROJECT BEST **FROM PAGE 1**

Project BEST launches in SNHS; TVL studes showcase top skills

The main goal of the event was to exhibit the skills of the TLE and TVL students through a friendly competition. The program was divided into two parts: the morning session featured demonstrations, while the afternoon session saw more specialized competitions. Distinguished judges, who were respected individuals with expertise in the TVL strand and TLE department, evaluated the participants' performances.

Part two of the event began at 1:30 PM, with categories in tourism and massage held at the hostel. The Bread and Pastry competition took place in Miss Joe-an Cabanigan's room, featuring Grade 11 Senior High School students. The wellness and massage competition was divided into two groups: female and male students, who selected participants as models for their massage performance. The competition, which lasted for three hours, was judged by Riza Mae Macanas, Romy Q. Traje, and Merasol P. Capito. One participant shared, "I was shocked when the female student put the banana leaf on my back, but I'm satisfied and super relaxed. I can definitely say she did a wonderful job."

Meanwhile, tourism and TLE students presented a video showcasing the wonders of a particular island in Busuanga. Their impressive presentations were judged by Ariel Edmond C. Davatos, Placido O. Flores, Mark Ryan F. Fuerza, and John Paulo Aguhar. The Bread and Pastry competition was judged by John Paulo Aguhar, Elizabeth Salalima, Arcelie Libarra, and Clarissa D. Mendoza.

The event concluded with the awarding of winners from the various TLE and TVL specializations. Prizes and consolation awards were given out in different categories, such as Bartending, Local Guiding Services, Manicuring, Wellness Massage (divided into male and female categories), Household, Cookery, Bread and Pastry, and Food Processing.

The event was a resounding success, showcasing the diverse skills of SNHS students and offering them a platform to shine in various fields of expertise.

SIDEBAR

PROJECT BEST AWARDEES

Bartending:
1st: Ruffa Mae Godienez
2nd: Drezilla Mae Allama
3rd: Jhienalyn Dacles

Local Guiding Services:
1st: Ashlyn Malaque
2nd: Grace Noemae Lagao
3rd: Janena Apuen

Manicuring:
1st: Aliah Y. Basca
2nd: Lorna Tubay
3rd: Antonette Canlas
Consolation Prize: Manilyn Mabirit, Jolina Tillo, Zyrine Rodriguez

Wellness Massage (Girls):
1st: Rezelvie N. Refugio
2nd: Aica May M. Villareal
3rd: Crismie N. Daco

Wellness Massage (Male):
1st: Rodny A. Nadado
2nd: Carlos Miñosa
3rd: Joel C. Manzano

Household:
1st: Group 1
2nd: Group 4
3rd: Group 3

Cookery:
1st: Garlic Shrimp Recipe
2nd: Hawaiian Pizza Recipe
3rd: Mojos with Gravy Recipe

Bread and Pastry:
1st: Group 3 - Malunggay Pandesal Cheese
2nd: Group 1 - Pandesada
3rd: Group 4 - Cheese Pandesal

Food Processing (Grade 9 & 10):
1st: Steamed Cassava Cake with Yema Filling (Grade 10)
2nd: Cassava Plan (Grade 9)
3rd: Cassava Cake - Ube Flavor (Grade 10)

SCHOOL NEWS

SNHS students, parents commit to a strong start of new school year

by **RUBY JEAN MAE N. PASTOR**



VOWED TO COMMITMENT. Parents raise their hand as a sign of commitment to the different responsibilities bestowed upon them as officers for the school during the Oathtaking Ceremony on August , 2024 at Busuanga Gymnasium. Photo by **SHANELLA MAY MAYO**

Salvacion National High School (SNHS) launched the school year 2024-2025 with an oath-taking program that emphasized dedication, integrity, and community spirit. Held on January 19, 2024, at the Busuanga Gymnasium, the event united students, parents, and faculty members in their commitment to fostering a productive and harmonious academic year.

The program began at 1:50 PM with a solemn invocation, followed by the singing of the National Anthem and the Palawan March, performed by the SNHS Melomaños. In her opening remarks, Principal Sofia Villareal welcomed attendees and set the tone for the event by encouraging collective effort and responsibility within the school community.

The program's atmosphere became more uplifting as the Melomaños delivered a heartfelt rendition of "Araw-Araw" by Ben & Ben, which resonated with the audience. The event then proceeded with the introduction and formal induction of the officers from various groups, including classroom representatives, club officers, the Homeroom Vand Parent-Teacher Association (HPTA), the Supreme Secondary Learner Government (SSLG), and the Municipal Teachers and Parents Association (MTPA).

Adding vibrancy to the event, the HIYAS and INDAK dance groups performed lively intermission numbers that energized the crowd. To conclude the program's first segment, inspirational messages were delivered by Hon. Elvin Edonga, Hon. John Silver Edonga, and Ms. Jessamine May L. Catil, who motivated the participants to work together toward a successful school year.

The oath-taking ceremony reflected the collective aspirations of SNHS to uphold integrity, cooperation, and excellence, setting a positive direction for the months ahead.

/ NADADO RETURNS **FROM PAGE 1**

Nadado returns to lead with vision and change

Ms. Villareal then took the stage to deliver a heartfelt farewell message, expressing her gratitude to the students, faculty, and staff for their support throughout her administration. She officially introduced Ms. Evelyn B. Nadado, who previously served as the principal of SNHS in 2020.

In her address, Ms. Nadado acknowledged the changes ahead, promising to lead the school through a period of growth and transformation. She emphasized that the adjustments to come would be for the betterment of the entire school community. The school community looks forward to the changes that will shape the future of Salvacion National High School under Ms. Nadado's leadership.

SCHOOL NEWS

G11 Emerges as Overall Champion in School's Literacy Revolution 2024

by ZHERHEINNA LANZ M. ABAN

Grade 11 students proved their excellence in literacy and communication by emerging as the overall champion in Salvacion National High School's Literacy Revolution, held on August 30, 2024. Organized by the English Club, the event featured eight contests—spelling bee, debate, impromptu speaking, declamation, storytelling, poem recital, speech choir, and author impersonation—where students from Grades 7 to 12 showcased their skills.

Students from Grades 7 to 12 participated in these contests, showcasing their skills in various forms of communication. The contest results saw impressive performances across all levels, with the 11th Grade taking the top spot in the overall ranking, followed by the 12th Grade and 8th Grade.

Specific results for individual contests revealed intense competition, such as the 11th Grade clinching first place in both the debate and declamation contests, while the 8th Grade triumphed in storytelling and impromptu.

The spelling bee was held in the school library, the debate took place on the stage, and other contests were held in the gymnasium. Through this event, SNHS highlighted the importance of literacy in fostering community connection and personal growth, demonstrating the school's commitment to developing well-rounded students.



ABERRION'S ON FIRE. Ciryl Anne L. Abberion manifesting the spirit of drama and exposing emotions on her declamation piece during the Literacy Revolution on October 30, 2024.

Photo by FAMELA P. MANLABAO.

/ THE VOICE FROM PAGE 1

Edonga, four-chair turner on The Voice Kids Philippines

Coming from San Rafael, Busuanga, and a Grade 9 student at Salvacion National High School, Jhasmen showcased her immense talent with a heartfelt rendition of "Ako Nalang Muna". Her performance resonated deeply with the four celebrity coaches—Billy Crawford, Julie Anne San Jose, and SB19's Stell and Pablo—all of whom turned their chairs in admiration of her remarkable voice.

"Para siyang nagduduyan; ang presko ng boses...parang dinala mo ako sa lugar kung saan ko gusto kasama ng boses mo," Stell remarked, describing the soothing yet powerful quality of her voice.

After the electrifying moment, Jhasmen made her choice and selected Stell as her coach for the next phase of the competition, sparking excitement among fans and her supporters in Palawan.

Jhasmen's achievement is a source of pride for her community and her school. Salvacion National High School and the people of Busuanga celebrated her success, describing her as an inspiration to aspiring young talents across the province.

The young singer's journey on The Voice Kids Philippines has only just begun, and all eyes are on her as she continues to bring honor to Palawan.



PARTY OF THE NIGHT. The whole Busuanga District celebrated their DepED night at the Tarahomonan Festival. December 4, 2024.
Photo by KRISHE SAMANTHA PAZ R. ONDE

COMMUNITY NEWS

DepEd Night brings talent and unity to life

by MARY CLAIRE CRUZ

Salvacion, Busuanga — The DepEd Night celebration held on December 12, 2024, at the Salvacion Gymnasium was a spectacular evening of talent, culture, and community. The event highlighted the creative abilities of students through vibrant performances in singing, dancing, and acting while honoring the invaluable contributions of teachers, administrators, and stakeholders in shaping the future of education.

Starting promptly at 8 p.m., the gymnasium buzzed with excitement as students from various barangays and grade levels took the stage. The cultural presentations, which ranged from traditional dances to modern acts, captivated the audience and showcased the community's rich heritage. Parents, teachers, and other attendees filled the venue with enthusiastic cheers and applause, creating an atmosphere of joy and unity.

The DepEd Night was not just about entertainment—it was a celebration of the hard work and dedication of educators and students alike. Part of the larger Tarahomonan Festival, the event also served as a platform to highlight the importance of cultural pride and artistic expression in education.

Inspirational speeches from school officials and community leaders punctuated the evening, emphasizing the vital role of education in shaping the next generation. Outstanding teachers and students were recognized for their contributions, adding a special touch to the night's festivities.

The event brought together performances from elementary and high school students, each acting as a testament to the creativity and determination of the youth. The diversity of performances not only entertained but also fostered a sense of unity among attendees.

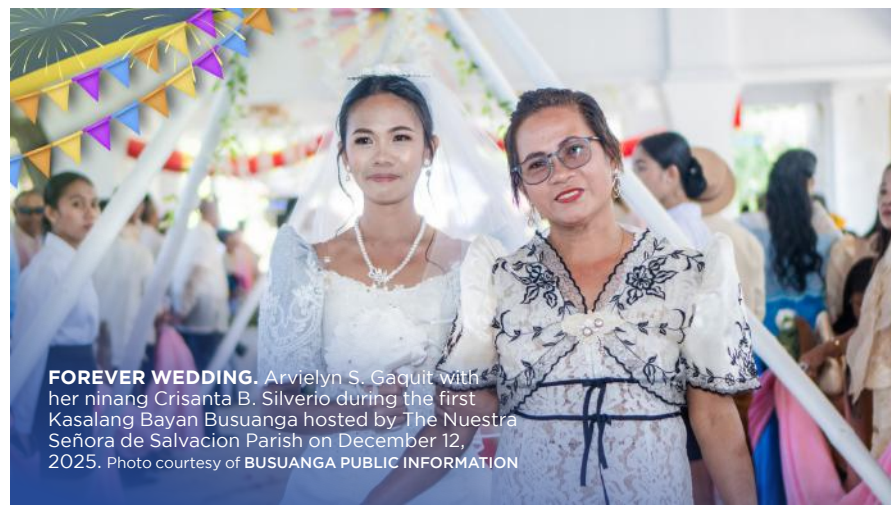
DepEd Night 2024 will be remembered as a shining moment for the Salvacion community, celebrating the collective efforts of its educators and students. It was a night that reinforced the values of talent, culture, and collaboration, leaving an indelible mark on all who attended.

COMMUNITY NEWS

Catholic Church Hosts First "Kasalang Bayan" in Busuanga

by RUBY JEAN MAE N. PASTOR

Busuanga, Palawan — On December 12, 2024, the Nuestra Señora De La Salvación Roman Catholic Church in Salvacion, Busuanga, hosted the first-ever Catholic Church-led "Kasalang Bayan," or community wedding.



FOREVER WEDDING. Arvielyn S. Gaquit with her ninang Crisanta B. Silverio during the first Kasalang Bayan Busuanga hosted by The Nuestra Señora de Salvacion Parish on December 12, 2025. Photo courtesy of BUSUANGA PUBLIC INFORMATION

This significant event brought together 40 couples from various barangays across Busuanga coming together to formalize their marriages before the Church.

While community weddings, or "Kasalang Bayan," have been previously organized by the local government, this marked the first time that the Catholic Church took the lead in holding the event.

The couples, dressed in their finest attire—some in traditional Filipiniana and Barong Tagalog outfits while others in simpler clothes—gathered in front of family, friends, and fellow couples to exchange vows and rings, sealing their commitment to one another.

The event was a testament to the Church's commitment to recognizing love and unity among all couples, regardless of their financial standing.

"This event is a celebration of love, faith, and the importance of family life. It unites us as a community and reminds us of the sacredness of marriage," said one of the attending church leaders.

THE OFFICIAL ENGLISH PUBLICATION OF
SALVACION NATIONAL HIGH SCHOOL, BUSUANGA, PALAWAN
DIVISION OF PALAWAN • MIMAROPA REGION

thesalvacionTorch
VOLUME XIII • ISSUE I
AUGUST 2024 - JANUARY 2025

EDITORIAL BOARD

Editor-in-Chief:
KRISHE SAMANTHA PAZ R. ONDE

Associate Editor:
GRACE ANN R. PACHO

Managing Editor:
LENDLE MAE A. GADIANO

Circulation Manager:
AULYN I. ECO

Section Editors:
News: **TERESA MARIE P. SAMACO**
Feature: **ROSHELLE I. CABANGON**
Science: **LANCE JERICHO O. CERVANTES**
Sports: **PRINCE JOSEPH M. DECENA**

News Writers:
ZHERHEINNA LANZ M. ABAN
MARY CLAIRE CRUZ

Feature Writers:
KRISTHA CASSANDRA D. GADIANO
JAIRAH PERMIZA GALLEGO
AIRENE R. PACHO

Science and Technology Writers:
ALEXIE JANE M. APOLINARIO
CLAUDIO EMMANUEL REY

Sports Writers:
PERSUES ASRIEL D. NADADO
HILAINAVIE KISHIKO CERVANTES
LOREZYL JEZANAIAH L. CORTEZ
MARMICK KRISTIAN R. ONDE
DION JOVI M. REYES

Column Writer:
JESMARK N. MANTANA

Copy Reader and Headline Writers:
JOSE MARIA JAVIER LIBARRA
AZALHEA H. CONTI
SHAMAI ANNE S. LIM

Head Photojournalist:
JAMES CEDRICK B. SARIEGO

Assistant Photojournalist:
ZEDRICK E. CABEBE

Photojournalists:
CHARLES DAENNIEL CERVANTES
JEMARIE B. RAMOS
IVEAH FAITH PASTOR
LORHE MAY FESTIN
SHANELLA MAE MAYO
SHEENA MAE JASTIVA
JAVIER JAY A. LIBARRA
NIANNE LOUINE A. REYES
VANN AXEL YSSAIAH M. CARNAJE
ALTHEA CADUTDUT
CRESS ARMHIE MANONGGOL
JANE ASHLEY M. SERALDE
SHANE ANNE N. CADUTDUT
MARY KEANA DAILING

Head Cartoonist:
FAMELA P. MANLABAO

Assistant Cartoonist:
PRINCESS FIONA P. FAUSTO

Cartoonists:
RENGEN PEARL D. MAYO
SAMIRAH P. SAMACO
DARYL U. ABREU
BYEN ALBERT D. PACUL
LYZA LENCE GADIANO

Contributors:
CASZ ELAISHA FERRER
DARREN JOHN L. BARDELAS
SHENYL LAGROSA
RUBY JEAN MAE PASTOR
LYZA LENCE R. GADIANO

School Paper Advisers:
MA. JESSICA B. AYUBAN-MAGTANONG
JONALENE GRACE BACASEJOS

Consultant:
ARCELIE C. LIBARRA

EDITORIAL

Empty Plates and Promises



Setting the dining table is dictated by both pocket of income and waves of inflation. Either store-bought meals or homemade meals still lead to expenses that all classes in the society cannot escape from. Despite searching for 'tipid-tips", the line is ultimately drawn on how much is there to spend in order to fill the plate and tame hunger.

In August 2024, a threshold assessment done by National Economic and Development Authority (NEDA), revealed that Php 21.00 per meal or a total of Php64.00 for a whole day meal of breakfast, lunch, and dinner, is no longer considered as food poor—which seemingly falls out of reality.

Consider a family of five living in a cramped house with tight budget and unstable job situation. Expenses are everywhere—electricity bills, debts, necessities, and barely having a complete three meal in a day. This is not a theoretical calculation but a lived reality that countless Filipino families face. Exceeding poverty by neglecting the actual situation is an insult to those who thrive to put foods on the table. The discrepancy between official pronouncements and actual experiences highlights a critical flaw in the way we approach and evaluate food security in the Philippines.

Resounding backlash intensified that these figures are failure. Do officials ever have lifted their body from being comfortably seated in the chair of power in order to see the real deal between prices and people?

In an island town like Busuanga, specifically in Salvacion, merchants and consumers firmly express that this is a "scam". Despite being reclassified as a first-class municipality on December 6, 2024, many local citizens are hesitant.

Progress in the line of food, being one of the important needs of people—was never felt. Merchants have a hard time transporting their products as there is no own pier in the town to direct importing and exporting. Beads of sweat and additional payments are what they are facing. No tariffs for food that can somehow give a price advantage for local-produced goods such as fish and meat, that unfortunately, also compete with high price hike of imported products. Php120.00 per kilo of fish and Php400.00 per kilo of pure meat. There is no constant evaluation of prices so citizens can be aware. This treatment is not a hallmark for a first-class municipality; it is a desperate plea for basic necessities.

Questioning our selection as a first-class municipality is the same way of questioning the NEDA food threshold. True progress should be measured by visible improvements in the quality of life for residents, not by bureaucratic labels.

Kwentahin ang puhunan at expenses," said a market vendor of eight years when asked about pricing. The long process of acquiring vegetables, including numerous expenses along the way, makes it impossible to sell them for just Php 21.00 per meal.

On contrary, NEDA Secretary Arsenio Balisacan defended that the purpose of the stated food threshold is not to prescribe how much a family should spend on food, but to serve as a measurement tool for the government's poverty policies. Allowing incompetent measuring tools to serve as a guide for our threshold will retrocede a deceptive picture. They will rob our truth with their self-serving policies. How officials stand up and speak with their old-school broken promises and connect to people with handshakes and faulty smiles during elections must match their performance as they achieved the power they are thirsty for.

The planned and promised improvements remain elusive, painting rusty progress with perfect wording reports. The gap between expectations and reality is an ongoing theme in the Filipino experience. Despite the constant stream of optimistic statements about economic growth and social progress, many individuals confront the stark reality of poverty, food insecurity, and inadequate infrastructure every day.

When basic necessities like affordable food and reliable transportation remain out of reach, the vision of a "first-class" city feels empty. This cycle of inflated promises and unmet expectations erodes public trust and fosters skepticism, hindering genuine progress and creating a disillusioned environment where the official narrative is at odds with the lived experiences of the people.

This disparity is a disastrous failure to serve the people, and it goes beyond just statistics. In order to bridge this divide and create a future where advancement ultimately benefits all Filipinos, we call for swift accountability, radical transparency, and quick action. Only by doing so can we move towards a future where true progress benefits all Filipinos.

LETTER TO THE EDITOR

Dearest EIC,

The word grateful is not enough to describe my feelings everytime I read my daughter's column in Salvacion Torch. I've seen her grew into a writer I always wanted. Writing is not her first love but then, with your guidance and support as EIC, she exceeded my expectations. Thanks to you and to Salvacion Torch family headed by your adviser. Keep the fire burning, inside your passionate heart to address timely news Salvacion Torch!

Sincerely,
GPS

Dear, Madame GPS,

I am deeply grateful for this letter. It is rewarding to know that my efforts to encourage and support young journalists, helping them reach their full potential, have been recognized.

The team has faced challenges, but as EIC, I've been honored to guide and unite them, nurturing the passion we all share for delivering factual and unbiased journalism. I vow in continuing this work, together with the publication, keeping the fire of passion fiery within us, striving to exceed expectations in providing accurate and impartial reporting.

Sincerely,
KRO

Path-to-waste pathways

uncertain steps
by GRACE ANN R. PACHO



House Bill 11213, titled "An Act Providing Education Pathways for Basic Education Students," gives students "two educational pathways" to ease the burden of tuition costs on parents.

This is surprising news, especially to me. If we look back, we are the lowest ranked in PISA. This Housebill must be reviewed and studied properly before it can be approved. Is it really to cut costs? or reduce a student's knowledge?

The technical-vocational program, approved by Lone Pasig Rep. Roman Romulo, allows qualified students to skip senior high school and enroll directly into college or university, fostering individual strengths and promoting higher education.

"If you want the Philippines to fall behind in education again and the students do not have a proper transition and college preparation, go ahead" one of the comments of a concerned citizen.

Many citizens oppose a house bill promoting K-12 education in the Philippines, arguing that it would lead to a fall behind in education and inadequate college preparation. They believe the current educational system is not in line with international standards and requires further study for Filipino professionals.

A teacher criticizes the DepEd secretary for reducing core subjects in senior high school from 15 to 5-7, arguing for a focus on quality and holistic education. The K-12 system aims to improve Filipino students' skills in mathematics, science, and linguistics for the global job market.

In my opinion, this idea is not good, especially as a student. Our PISA has fallen to the lowest rank. Are we going to let the education system of our country also fall? If SHS becomes an option in the next school year, will the knowledge and educational performance of the Philippines be higher?

As an SHS student, every subject we study helps us to expand our knowledge of things we don't know yet and to enhance the things we know. SHS is also a training ground for students to prepare them for college. I feel the difficulty of SHS, but if it helps my whole personality and enhances my skills of being a student. SHS is a great help to every student who wants to be stronger and independent in their studies in college because the world of college life is not easy. This is where you will experience having to educate yourself on your own

In conclusion, I am not agree for House Bill 11213, Education it is not just an option but should be considered as a significant factor in helping students prepare for college life and I have only one belief in life, "a student who is not pressured and struggling does not become strong, and does not become good at many things."



plastic battlecry
by ZHERHEINNA LANZ M. ABAN

Action Over Acting

Salvacion National High School (SNHS) has 'Sa Salvacion National High School, Walang Kalat, Walang Nagkakalat, at Walang Pakalat-kalat' as its own battle cry for a reason and I firmly believe that it is due to the school's aim of having it in action.

A school's reputation depends on its people. The more disciplined its people are, the cleaner the school will be. However, it is still vividly seen by my sight that litter is almost everywhere. Yes, I believe that there is no perfection in this world, but I also believe that progression is possible.

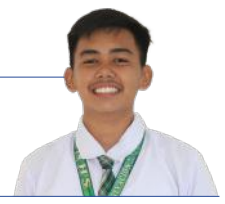
As an SNHSian who was given the crown of Ms. SNHS 2023, I confidently stand for my advocacy in keeping our nature safe and clean. And, as a student, I began this advocacy not just at home, but also in my school. Yet, I realized that I, myself, cannot maintain the neatness of our school alone but in spite of that, seeing my co-students including teachers and staffs fulfilling our battle cry makes me think of the beginning of our school's enhancement, giving me more hope to continue.

Consequently, from all these actions I observed, I now have this strong desire to encourage more people to the act of keeping our surroundings clean. Also, as a student-journalist, my journey gives me more hope that I can help in spreading these kinds of behaviors, supporting my school's battle cry, a battle cry that shows a natural behavior that not just SNHSians must possess but all the people out there.

So, let us all activate the battle cry, love our nature just like how we love our life, keeping in mind that nature provides for us all.

AKAP: The Hug of Social Welfare

band-aid solutions?
by PRINCE JOSEPH M. DECENA



The approved 2025 national budget includes a P26-billion allocation for the Ayuda Para sa Kapos ang Kita Program (AKAP), a new initiative aimed at providing financial aid to marginalized populations. While its intent to address socio-economic challenges is commendable, critics argue that the program might do more harm than good by duplicating existing efforts, raising questions about efficiency and governance.

One of the primary criticisms of AKAP is its apparent overlap with the Assistance to Individuals in Crisis Situations (AICS), a program already managed by local government units (LGUs). AICS has been operational for years, delivering aid to vulnerable communities. Many are questioning why the government would introduce a new program that appears to serve the same purpose rather than enhancing the existing framework. This duplication not only risks confusion among beneficiaries but also diverts crucial resources that could have been used to strengthen current systems.

Concerns about mismanagement and corruption further cloud AKAP's implementation. The government has faced long-standing challenges with transparency and accountability, particularly in disaster response and social welfare programs. Past scandals involving misused funds have left a bitter taste, fueling skepticism about the ability to manage another layer of bureaucracy effectively. Without proper oversight, critics fear Akap could become another costly venture riddled with inefficiencies.

The introduction of AKAP has also shaped public perception, with some viewing it as symptomatic of deeper inefficiencies within government institutions. Instead of focusing on improving and scaling up AICS, the decision to launch a new program might be seen as a politically motivated move rather than a genuine effort to address systemic issues.

Supporters of the program, however, argue that the complexities of today's socio-economic landscape require more targeted and multifaceted solutions. They believe that additional programs like AKAP can help address gaps and ensure that assistance reaches those who might otherwise be left out. Proponents see this as a step toward expanding social safety nets to respond to increasing economic instability and natural disasters.

The debate surrounding AKAP highlights the need for better governance and coordination. If the government aims to make AKAP effective, it must address concerns about redundancy and work closely with LGUs to ensure seamless implementation. Strengthening oversight mechanisms is also essential to safeguard public funds and rebuild trust in social welfare initiatives.

While the idea behind AKAP has its merits, its execution will ultimately determine whether it serves as a meaningful addition to social welfare or becomes another symbol of inefficiency and wasted resources. The government must prioritize accountability and responsiveness to truly transform welfare programs into tools that uplift the nation's most vulnerable communities.

A Senate Seat or a Jail Cell?

the choice is still ours
by AULYN I. ECO



Why should a person with a criminal case be free? Would it not worsen the condition of the country if the person who is guilty sits on the throne? Is it that easy to create the Philippine nation? The self-proclaimed 'son of god,' who is currently behind bars, submitted his certificate of candidacy through an authorized representative.

Apollo Carreon Quiboloy, the founder of a Philippine-based church, is wanted for his alleged involvement in a trafficking scheme that brought church members to the United States by fraudulently obtaining visas and forcing members who solicited donations for a bogus charity. Donations that were actually used to finance church operations and the lavish lifestyles of its leaders. Members who proved successful in soliciting for the church were allegedly forced to enter into fake marriages or obtain fraudulent student visas to continue soliciting in the United States throughout the year. It is also claimed that the women who were recruited served as personal assistants or "pastorals" for Quiboloy.

Their responsibilities allegedly included preparing his meals, cleaning his quarters, providing massages and being required to engage in sexual activities with him which the pastorals called "night duty."

Quiboloy was indicted by a federal grand jury in the United States District Court for the Central District of California, Santa Ana, California, for conspiracy to engage in sex trafficking by force, fraud and coercion and sex trafficking of child; sex trafficking through force, fraud and coercion; conspiracy; and bulk cash smuggling, and on November 10, 2021, a federal warrant was issued for his arrest.

On October 8, 2024, Quiboloy filed for senator. This was confirmed by the Commission on Elections (COMELEC) chairman George Garcia in his statement, "Yes, (Mr. Quiboloy filed COC), through his lawyer Mark Tolentino". Tolentino later said Quiboloy would promote the protection of religious freedom. "The people are his campaign. Pastor Apollo Quiboloy is running for senator of the Republic of the Philippines because he wants to be part of the solution. His government platform is God-centered, Philippines-centered, and Filipino-centered, and his freedom in religion". Also, he said "Pastor Quiboloy believes that freedom of religion can not be violated. The government must ensure the sacred grounds against state forces. Second, the poor must be protected, especially their health, with free medicine and medical services. Pastor Quiboloy will be the senator of the poor, ordinary people. He will pass by and be ready to listen to them. He wants quality education and no corruption".

P10M for 1 Book?

misplaced priority
by **KRISTHA CASSANDRA D. GADIANO**



In November 2023, Vice President Sara Duterte launched her children's book Isang Kaibigan (A Friend) during National Reading Month at Esteban Abada Elementary School in Quezon City, when she was still the Secretary of the Department of Education (DepEd). The book tells the story of Kwago (Owl), who is abandoned by all but one of his friends when a typhoon destroys his home and possessions. While he is alone and hungry, his friend Loro (Parrot) not only shelters him but helps him rebuild his nest. The theme of the story is that true friends never abandon each other in times of need.

However, the book Isang Kaibigan sparked controversy during the Senate's budget deliberation on the 2025 proposed budget of the Office of the Vice President (OVP) on August 20, 2024. Senator Risa Hontiveros questioned Vice President Duterte about the P10 million allocated for the publication of the book, which she said would be distributed as part of the OVP's flagship program, the "PagbaBAGo Campaign." This program aims to provide one million bags containing the book to beneficiaries across the country. Instead of directly answering the senator's question, Duterte accused Hontiveros of politicizing the budget hearing.

The P10 million fund would be allotted for the book's publication and distribution, which sparked strong reactions from the public. Many people voiced their concerns, with about 90% of those I interviewed expressing that this funding should not have been used for a single children's book. Critics argue that once the book is read, it will not serve long-term educational purposes, as the story is too simple and can be read only once. Some suggested that the money would have been better spent on updating school libraries or providing educational resources for public schools in need.

While Isang Kaibigan may carry good intentions—teaching children about friendship and moral values—its impact on the educational system is questionable. The book may be suitable for young children in daycare or kindergarten, but it is unlikely to resonate with elementary or secondary students. In today's digital age, children are more drawn to technology, and traditional printed books may not capture their interest. Spending P10 million on a book that may only be relevant for a short time seems wasteful, especially considering the significant needs of public schools.

I agree with Senator Hontiveros's concerns. A P10 million allocation could have been better spent on projects with a lasting impact on education. Instead of focusing on a single book, the funds could be used to upgrade libraries in public schools. Many libraries in the country are outdated, with books that no longer appeal to students. Updating these libraries with modern, engaging designs, new books, and digital tools could foster a love for reading and provide students with the resources they need to succeed.

Moreover, funds could be allocated to long-term educational materials such as workbooks, story anthologies, or digital platforms that cater to a wider range of learners. Interactive literacy programs could also be promoted in schools, leveraging technology to make reading more engaging for children.

In conclusion, while Vice President Sara Duterte's book may have good intentions, the P10 million spent on it could have been put to better use. Many people, including myself, believe that the funds would be more impactful if directed toward improving school infrastructure, such as upgrading libraries and providing more accessible learning materials.

> **The government's focus should be on long-term investments in education, not on a single book that may soon be forgotten.**

Is this fund really just for books, or is there more to the story? Should we prioritize friendship and sentimental value, or the tangible needs of our students? In the end, it's crucial to ask whether the money is truly serving the best interests of our learners or if it's just another example of misplaced priorities.

SADturday Class

not the solution
by **LANCE JERICHO O. CERVANTES**



The suspension of classes has hindered the learning of students across the country. This is due to various challenges like natural disasters, extreme heat, and holidays. As a result, the Education Secretary of DepEd, Sonny Angara, suggested that schools conduct Saturday classes to make up for the lost school days.

The Saturday classes are DepEd's solution to help students catch up on missed lessons. The purpose is to help students gain more knowledge, as class suspensions often occur due to our changing climate. This has become increasingly relevant as the world faces countless disasters every year.

As a student, I disagree with the implementation of Saturday classes because it will take away our chance to bond with friends, family, and relatives. Additionally, students like me have homework and projects to work on during weekends. Attending Saturday classes would make it harder to manage these responsibilities.

Many students also work part-time jobs on weekends to support their education because of financial struggles. If Saturday classes are implemented, they will have no time to work and earn money for their studies. This will also increase parents' expenses, especially for students who live far from school and need to travel.

Students already spend up to 10 hours a day studying. With the numerous school activities and assignments, their minds are often drained. We are not robots who can endlessly follow commands. We are humans who need rest, too, and we should be able to refuse when things become too difficult.

Our world is changing. Pollution and trash are scattered in forests and streets, contributing to the environmental destruction that worsens natural disasters. The extreme heat we are experiencing is a result of too much carbon dioxide in the atmosphere, which traps heat that should escape into space. Factories emit excessive carbon, further devastating our climate.

Instead of spending money on unnecessary projects, the government should invest in creating a more sustainable environment. Initiatives like supporting electric vehicles, using eco-friendly packaging, and reducing carbon emissions from factories can help reduce the impact of disasters. By doing this, we can lessen class suspensions and be more productive.

In general, the suspension of classes has caused great inconvenience to students. However, the severe disasters and climate issues we face are a product of our carelessness. We can still reverse these impacts so that humans, animals, and plants can live without worry. Students can continue learning during weekdays through face-to-face classes. The change starts with us. Small actions can either help or harm the Earth, but we must be mindful of our choices to create a safe world where we can learn and grow.

EDITORIAL **LINER**

> **To write is to refuse silence, to acknowledge that our ideas and perspectives matter.**
>
> — R.I.C



use wisely
by **ROSHELLE I. CABANGON**

ImpAIctful Techology

Have you ever wondered why Artificial Intelligence (AI) has become so trending in such a short period of time? AI is an incredibly powerful tool that is transforming the way people live, and it's being used by students, teachers, professionals, and even parents. Many now rely on AI in their daily lives. With the help of AI, people across the globe can experience personalized assistance, smarter transportation, entertainment, and even better ways to communicate with loved ones.

As AI continues to advance, it influences many aspects of our lives—how we think, speak, and even how we dress. The impact of AI is undeniable. However, this rapid development and reliance on AI don't come without concerns. While AI has brought many positive changes, it has also given rise to negative consequences, such as misinformation, job displacement, manipulation, loss of skills, and even security threats.

In my view, AI has significantly contributed to improving daily life. For example, AI-powered applications like Google Maps help people find their way home, reducing the worry of getting lost. People no longer have to stress about transportation, thanks to AI-driven apps like Uber, which efficiently connect passengers with drivers and provide feedback systems for improvement. AI has also boosted productivity by assisting in decision-making processes. With the ability to predict outcomes based on data, AI offers valuable insights that help us make better decisions for the future.

On the other hand, AI isn't without its downsides. One of the major issues is the potential for security threats. The spread of misinformation is often driven by AI algorithms designed to amplify sensational content, which can lead to false narratives and manipulation. AI also poses environmental risks. The computational power required for training and running AI models consumes large amounts of energy, contributing to environmental degradation, such as air pollution and water contamination.

While AI has contributed to advancements in various sectors and offers great promise, we must acknowledge its drawbacks. Over-reliance on AI could have negative consequences, including the erosion of human skills and critical thinking. It's essential that we use AI responsibly and avoid overusing it. Just like any powerful tool, AI should be used with caution and within limits, ensuring it continues to serve its purpose for the greater good.

In conclusion, AI can significantly enhance our lives, offering numerous benefits, but it also presents challenges that we need to address. We must remain aware of the potential risks, from security threats to environmental damage, and ensure that we maintain control over the technology that is shaping our future.

GOU-ing away

wake up call
by TERESA MARIE P. SAMACO



How can someone escape a country without leaving a trace? Is the Philippines' security really this weak? These questions arose when Alice Leal Guo, a Chinese national and suspended mayor of Bamban, Tarlac, managed to flee despite facing serious accusations. Her sudden departure has raised concerns about the country's security system.

Guo gained attention in 2022 when she ran as an independent candidate for mayor. However, in March 2024, Senator Sherwin Gatchalian called for an investigation into her background after authorities raided an illegal Philippine Offshore Gaming Operator (POGO) in Bamban. Guo denied involvement, but evidence linked her to the operation. Further probes revealed questions about her identity, with doubts about her Filipino citizenship. Senator Risa Hontiveros pointed out that Guo's birth certificate was filed only when she was 17. Authorities later found fingerprints matching those of a Chinese national named Guo Hua Ping, proving she had used a false identity.

By mid-2024, Guo faced multiple charges, including corruption, leading to her suspension. Despite an arrest order, she managed to leave the country in August using a Philippine passport without going through immigration checks. On September 4, Indonesian police arrested her, and she was deported back to the Philippines two days later.

Guo's escape exposed serious flaws in the country's security and immigration system. A foreign national facing major charges should have been closely monitored, yet she left with ease. This case proves the need for stricter protocols, better law enforcement, and stronger international cooperation. If the government fails to act, criminals will continue to take advantage of these weaknesses, putting both Filipinos and the country's reputation at risk.



big time tragedy
by JESMARK N.MANTANA

Sachet Economy

The Philippines is considered the third-largest contributor to plastic waste worldwide, contributing to an estimated 0.75 million metric tons of ocean plastic every year. Dubbed as the "sachet economy," the Philippines is notorious for irresponsible trash haulers and open dump sites that cause plastic to spill into the seas. However, contrary to popular belief, this waste is not solely generated by the country alone. The Philippines is one of many Southeast Asian countries that receive illegal imports of plastic waste from developed countries. Indeed, the Global North is just as accountable for what is considered a domestic problem. (Guevarra, S., 2022)

Plastics have become an integral part of daily life, serving various purposes, from packaging to household items. While there are numerous debates about the environmental impact of plastics, it is essential to recognize both the advantages and disadvantages they offer.

One significant advantage of plastic is its versatility and cost-effectiveness. It is lightweight, durable, and can be easily molded into various shapes and sizes, making them ideal for a wide range of applications, from sturdy food containers to affordable household goods. Additionally, plastics are generally cheaper than glass or metal, making them accessible to many worldwide.

However, many types of plastics are not biodegradable and can take hundreds of years to break down, leading to their accumulation in landfills and oceans. This disrupts ecosystems and harms marine life, as most of the waste ends up in marine environments. Although plastic is inexpensive to produce, it uses various toxic chemicals and colors that can harm the environment.

Humans are also affected by the consequences of plastic use. According to Earthday Organization 2023, commonly used plastic products carry toxic chemicals that can be inhaled and ingested by humans.

Plastic production harms human health and contributes to greenhouse gas emissions, making plastics an important component in the fight against climate change.

Additionally, a study by Mislanova, C., et al. (2024), has shown that microplastics can dramatically harm human cells, leading to major health issues like cancer, lung illness, and birth defects. Harmful chemical additives in plastics can also interfere with hormone activity in the human body, affecting reproduction, growth, and mental abilities. Microplastics serve as pathways for infections, increasing disease transmission. Children and infants are particularly exposed to the adverse effects of plastics since early stages of human development are highly sensitive to toxins. Exposure to plastics has been linked to increased risks of birth problems, lung development issues, and childhood cancer.

In my opinion, we, as humans who care about the environment and health, should stop producing plastic, or in other words, we should focus on finding better alternatives like bamboo, glass, and bioplastics—more environmentally friendly and cost-effective alternatives.

Reducing plastic use can also stimulate innovation and economic growth, with companies investing in eco-friendly materials and technologies, creating new job opportunities in renewable energy and recycling industries. To reduce plastic use, governments, businesses, and individuals must work together. Policy measures like banning single-use plastics, implementing strict recycling regulations, and investing in renewable energy sources are crucial steps.

Public awareness campaigns can educate consumers on the importance of reducing plastic consumption and adopting sustainable practices.

While plastics offer practical benefits due to their versatility and affordability, their environmental impact and the health risks associated with their production cannot be overlooked. As we continue to rely on plastics, it is crucial to develop sustainable practices for their use and disposal to mitigate these problems.

What must a Leader be....

A Reflection of the Four Components of Transformational Leadership

from the teacher's desk
by ARCELIE INAY CAC-LIBARRA



Leadership refers to the ability of an individual to influence and guide others toward a common goal; achieving mission and vision, reaching goals set to attain.

Leaders must be a role model. Someone to emulate because of the shown principles on matters of profession and even how life is spent outside the workplace. As a leader, you must observe moral standards; free from things that might stain the institution you belong. You cannot discipline those under your authority if there are also things that may discourage them in yielding to what you imposed. Practice what you teach for this is the secret of gaining respect.

Simplicity attracts support from people in whatever desires leaders want to pursue. Do not stand too tall which no one understands you, instead be the best version of yourself to gain love and respect. Do not force others to give you the aforesaid. These are gained through labor and pain. These are not arrogantly requested. They are things to be worked through showing compassion and understanding. Open your heart to everyone. Do not make reservations. Life is too short not to enjoy with the people we come across every day. Positions are not fixed. Soon you will be replaced and what honor it can be to leave and bade goodbye to those whom you lead with a teary eye.

Taming your emotions at the peak of your anger is the best qualifier of a good leadership. Staying cool amidst the mess and a chaotic surrounding is a great virtue. There are many negativities we meet along the way, but staying positive is the best cure to all of these. Remember that even how darkest nights are, still a bright morning comes after.

Do not ruin your moral principles to just an action or a word that maybe told which can cause your downfall. Know how to control your emotional state and learn how to hide your fears. Being anxious of things are just normal, but please don't show off too often. You are a leader and you must be the strongest. Everybody looks up to you and even get a bit from you in times members needed it the most. Be optimistic. Stay calm.

Leaders have no rooms for excuses. You make sound decisions, take risks, accountable for every aspect of a group or an institution you lead and must be firm and never to be swayed once a deep understanding of a situation is done. If an action fails, do not point fingers to others. It is your command responsibility. Study every aspect of what governs your position.

As a leader you must be objective with a heart. You decide armed with facts and truth. You plan with intelligence to projects and programs that are for the betterment of the group. Transparency is your utmost concern especially on financial matters. Leaders fall on this matter. Build up your integrity. There is nothing to hide if you are doing the right thing. Speak up your thoughts, share your smart ideas, but never brag and drag someone for your personal advantage.

Most leaders are destroyed by what comes out from their mouth. Building up too much of yourself through words never merit you, instead a bait you created for yourself. Never destroy people with what you consider their "flaws". These might be used as their greatest weapon against you. Be fair, be just and always be guarded with the truth in words and in deeds. People look up to leaders who do actions and not tons of the best words one could ever utter.

Listening to both sides of a coin and weighing facts silently could solve a challenge. In every group, it is always a juggle of balls for dealing with different views of life, belief, culture, upbringing and others is totally crucial, but listening to your heart, your inner voice Who wants peace and love will help you to discern and choose what is right. Do not cling immediately and take one side. Singers have different rendition of a song and choose to deliver it the best. Try to open your ears to all. They too have stories to tell about. Treat everyone with equality.

Your eyes must be open with the truth and your ears for counsel. It doesn't prove that if you are a leader you know already everything. Do more on the listening for this makes you even wiser and better leader. Discern what you hear. There are lips good at speaking. Try to listen to what you believe is right.

There are issues shared to you for others to seek advice. Refrain from making judgment or even sharing to others. As a leader, you must be someone who can be trusted. If you can't be relied with some personal issues, it is also an insult when you least know what is happening to people around you. There are things worthy of sharing and there are things that must be kept in our heart.

As a leader, introduce innovations. People in the group are excited to know what is new. Try to think beyond the box. Strategize to get things done. You must have a clear vision- where the group will go at a definite time. You must have short and long-term goals, and each member follows the pathway leading to achieving because everyone has a clear vision of what must be accomplished.

Lending a hand in times of needs is one of the best qualities of a leader. As you improve in practice, you are moving forward with the other members. Getting a promotion is everybody's goal but remember to walk hand in hand with the others, so no one is left behind. Everyone is shaped into someone who is just like the leader. Members are recognized because of what the leader shows- meaning members are the mirrors of the leader because of his/her wit and skills shared and that is mentoring. Leader's purpose is to let others maximize their skills.

There is no formula for effective leadership for leaders come across with different people. It is understanding who your group are, what they can do the foremost gateways to lead people. How can someone lead without knowing what your group can do? Identifying their skills, abilities, strengths and weaknesses are the key factors a leader can use to succeed on the pathways the group wants to go.

Having a leader whom you can approach anytime in all aspects motivates others to work even harder. Since the group has a clear vision-it results also to productivity. Being confident about the future is also a result of inspirational motivation. Seeing clearly the group's vision adds motivation to work and be a part of achieving something.

But most of all, learn to bend to its lowest and limits. Don't pretend too much that you can go through trials. Tell God how you feel in prayer. Ask for wisdom for even the greatest leaders in history honor the Supremacy of God above all things.

VOLUME XIII • ISSUE I • AUGUST 2024 - JANUARY 2025
THE OFFICIAL ENGLISH PUBLICATION OF **SALVACION NATIONAL HIGH SCHOOL**
BUSUANGA, PALAWAN • DIVISION OF PALAWAN • MIMAROPA REGION

End the Year with a Spirit of Giving

by **ROSHELLE I. CABANGON**



SHARING BEFORE THE YEAR ENDS.
Keziah Joy L Parba (right), Grade 7 SSLG representative, giving gifts to residents in Depelenged as an initiative to promote gift-giving on Christmas day.

Photo courtesy of **SNHS SSLG FACEBOOK PAGE**

"Love and giving—that is the true spirit of Christmas." No material thing can replace the love that each person brings. As the clock ticks toward a new year, there's no better way to celebrate the triumphs, challenges, and growth of the past months than with a meaningful year-end party.

Before the year ended, SNHSians held their much-awaited Year-End Party, which was filled with joy, laughter, and love. Each grade level embraced unique themes, including Pajama Party, Disney Prince and Princess, White Christmas, and many more. The atmosphere was lively, with students and teachers participating in parlor games like Trip to Jerusalem and Bring Me, which brought smiles and excitement to everyone. To complete the celebration, a small banquet offered delicious food for all to enjoy.

The highlight of the event, however, was the gift-giving. Salvacion National High School went beyond just celebrating among themselves—they extended the spirit of giving to the Indigenous People (IP) community, locally known as "Tangay." In collaboration with the faculty, students, teachers, and SSLG officers, the school organized a program dedicated to sharing joy and blessings with the IP families.

Held at Sitio Depelenged in Concepcion, the outreach program aimed to celebrate the unique contributions of the IP community while addressing some of their everyday needs. Indigenous families received care packages containing essential goods like food and clothing. The children were particularly delighted by the parlor games led by SSLG officers, which brought endless smiles and laughter.

The IP community expressed their gratitude in the most heartwarming way. Representatives offered and cooked traditional dishes for the visitors, creating a bond of mutual appreciation and respect. One SSLG officer reflected on the experience, saying, "Nakakaluwag sa puso, at masaya na makita ang bawat ngiti ng mga kabataan at mamamayan. Nakaka-inspire din, dahil naging bahagi ako ng SSLG at gift-giving ng Salvacion National High School."

As the day ended with smiles and heartfelt gratitude, SNHSians proved that kindness and connection could bridge gaps between communities. This meaningful event stood as a reminder that even simple acts of generosity can pave the way for a brighter future.

The true spirit of Christmas isn't about material things—it's about giving from the heart and sharing love. Salvacion National High School's year-end celebration was not just a party; it was an unforgettable experience that strengthened bonds, created memories, and inspired hope for the coming year.



PRICELESS SMILES.
Children from Depelenged playing parlor games during the Christmas Gift Giving of SNHS on December 21, 2024.

Photo courtesy of **SNHS SSLG FACEBOOK PAGE**

FILM

A CALL FROM THE OCEAN

by **AIRENE R. PACHO**

Moana 2 takes us back to the vast ocean, offering another thrilling chapter in Moana's journey across the seas of Oceania. This film earned the prestigious title of Best Animated Feature Film at the 82nd Golden Globe Awards in 2024.

Auli'i Cravalho reprises her role as Moana, joined by Dwayne Johnson as Maui. The talented cast brings the story to life with fun, excitement, and heartwarming moments. If you've already watched it, you'd surely share the same emotions felt by many viewers.

The story centers around Moana, a young girl who embarks on a journey to the ocean, creating unforgettable memories along the way. This time, Moana's journey begins after receiving an unexpected call from her wayfinding ancestors, urging her to venture into the far seas of Oceania. Moana teams up with demigod Maui and a crew of wayfinders to uncover the lost island of Motufeko, break its curse, and unite the ocean's people.

Throughout their action-packed voyage, Moana and her crew face enormous monsters and seemingly impossible odds. As she fulfills the ancient quest of her ancestors, Moana uncovers something even more meaningful—her true identity.

Things take a dramatic turn when Nalo strips Maui of his demigod powers. Moana must step up, diving into the ocean to touch the island, breaking Nalo's curse. In an unexpected twist, Moana seemingly perishes. But with Maui's help and the power of her ancestors, she is brought back to life and transformed into a demigod herself. This transformation is signified when her oar begins to glow, and a tattoo appears on her arm, chronicling her heroic journey to save Motufeko.

The movie imparts important lessons: the courage to face our fears, the power of cooperation, and the responsibility to protect our nature and environment. It's a testament to perseverance, self-belief, and the message that the challenges we face do not define who we are.

While life may not always follow a straight path, the twists and turns along the way shape who we become, just as Moana learned during her mission to reconnect the ocean.

Remember: THERE'S ALWAYS ANOTHER WAY TO GET WHERE YOU NEED TO GO!

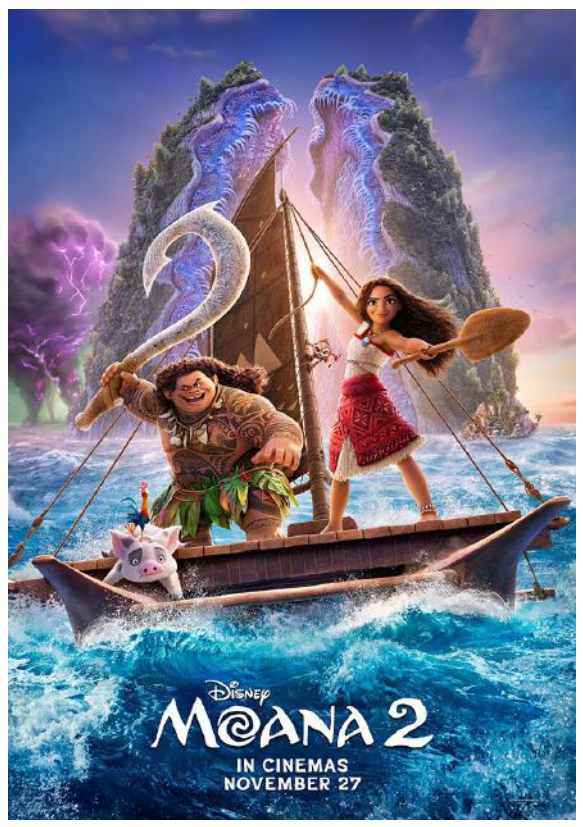


Photo courtesy of **WALT DISNEY ANIMATION STUDIOS**

VOLUME XIII • ISSUE I • AUGUST 2024 - JANUARY 2025
THE OFFICIAL ENGLISH PUBLICATION OF **SALVACION NATIONAL HIGH SCHOOL**
BUSUANGA, PALAWAN • DIVISION OF PALAWAN • MIMAROPA REGION

thesalvacionTorch

DANCE

FIRST TIMER'S CHARM

by KRISTHA CASSANDRA D. GADIANO



PASSION IN EVERY STEP. Indak Siklab dance troupe of Salvacion National High School ignites the stages and takes first place at the Dance Craze Competition. Their fiery passion and flawless moves leave the crowd in awe. Photo courtesy of **BUSUANGA PUBLIC INFORMATION**

Have you ever experienced pure joy when doing something you love, like singing, crocheting, listening to your favorite music, or delivering a speech? For the Indak Siklab Dance Troupe, it's not just joy they feel when they dance. They feel an electric connection to the music, a surge of energy that flows through every move. This passion and dedication are what pushed them to win first place in the Dance Craze Competition 2024.

The winning team—Aubrey B. Nadado, Jose Maria Javier G. Libarra, Jellan T. Doblón, Roshelle I. Cabangon, Wency Rose Pastor, Dave Ryan Balanial, Eljosh Van D. Mayo, and King Carl Bool—gave it their all in their performance. Driven by their love for dance, they were unstoppable.

Like any other dance group, Indak Siklab draws inspiration from their craft. One of the members shared:

> **"I wanted to showcase my talent and inspire others who love to dance to follow their dreams, no matter the obstacles. Stay positive and be confident."**

"I wanted to showcase my talent and inspire others who love to dance to follow their dreams, no matter the obstacles. Stay positive and be confident."

This message is a reminder for all of us to embrace our talents, step out of our comfort zones, and let our passion guide us to grow. Of course, success doesn't come easily. The group faced their own set of challenges, particularly with the limited time they had to prepare. But they pushed through with teamwork and determination.

"It wasn't easy. We had very little time to prepare, but with God's will, cooperation, time management, and teamwork, we managed to overcome every challenge," they said.

Their mentor, Ma'am Aubrey, was a guiding force for the group, keeping them motivated during tough times. The team highlighted the importance of trusting each other and sticking together, showing us that when dedication meets passion, great things happen.

When they were announced as the first-place winners, their excitement was contagious. As one member said:

"We were beyond happy when we were called up as the first runners-up. Even though we didn't win first place, we're proud of what we accomplished because all our hard work paid off."

This victory was a reflection of sleepless nights, long hours of practice, and every drop of sweat shed in preparation. But more than the win, the group created lasting memories and formed a bond that couldn't be broken.

"Throughout our practices, we built a connection that cannot be broken. This experience also helped me grow as a person and step out of my comfort zone."

For Indak Siklab, it wasn't just about dancing—it was about growth, teamwork, and self-expression. As they say, "Dance is the hidden language of the soul." Through their performance, they showed us that dance is more than just movement; it's about passion, hard work, and dreams coming to life.

Every beat, every gesture, every step showcased their determination, energy, and desire to achieve greatness. For the Indak Siklab Dance Troupe, all their effort was truly worth it.



SHE IS BACK!

Nadado's return signals a new chapter for SNHS

by AIRENE R. PACHO

Evelyn Borejon Nadado stepped onto the grounds of Salvacion National High School, a place that had once been under her leadership. This time, however, she wasn't just coming back to familiar halls; she was returning with a renewed vision and determination to bring lasting change to the school she once called her own.

For many in the SNHS community, Ma'am Nadado's return felt like a homecoming. As she greeted the students and faculty, it was clear that her passion for education remained unwavering. "My vision for the school is to produce globally competitive and functionally literate individuals," she shared, her voice carrying both resolve and hope.

Her return was marked by immediate changes. She emphasized cleanliness in and around the classrooms, reinforced the importance of proper grooming—insisting on neat haircuts for boys and adherence to uniform policies—and introduced a unique Friday "wash day," where students could wear civilian clothes. These changes, though seemingly small, reflected her focus on discipline and pride in appearance, qualities she believed were integral to a student's development.

Ma'am Nadado's philosophy extended far beyond rules and policies. "I aim to develop well-rounded individuals," she explained. "This means not only focusing on academics but also on the physical, emotional, and spiritual growth of every student. Discipline will be key, and we'll create activities that nurture every aspect of a person."

Her return wasn't without its challenges. She candidly expressed her observations about the students: "I'm a bit disappointed because students today are different from before. But this also challenges me to improve their well-being and help them become better versions of themselves."

Despite the hurdles, Ma'am Nadado's determination shone through. She was committed to creating a nurturing environment that supported not just academic excellence but also personal growth. "I want to ensure that no student is left behind. My goal is to make sure they become functionally literate and prepared for the world outside," she said.

Her plans included fostering talents in both academics and sports, ensuring that every student found a space to grow. "I want to leave a lasting impact—not just on the students but also on the school and its teachers," she added with a smile.

THE FOUR-CHAIR TURNER

Jhasmen Edonga's Unforgettable Journey on The Voice Kids Philippines

by KRISTHA CASSANDRA D. GADIANO

Have you ever imagined what it feels like to express your deepest emotions through music and perform with unwavering passion? For Jhasmen Edonga, that dream became a reality on The Voice Kids Philippines. Gifted with an extraordinary voice and a heart full of determination, Jhasmen's journey is a shining example of how talent and perseverance can lead to greatness.

The moment Jhasmen began her blind audition, her powerful and captivating voice filled the room, instantly captivating the coaches. By the time her performance ended, all four coaches had turned their chairs—a rare and remarkable feat that solidified her place as a standout contestant.

The first coach to turn was Billy Crawford, who was immediately drawn to Jhasmen's emotive delivery. Next was Julie Anne San Jose, who described her performance as mesmerizing. Finally, Stellvester Ajero and Jhon Paulo Nase turned their chairs simultaneously, eager to witness the full potential of the young artist.

"Masaya po ako noong umikot po sila para po sakin at may halong kaba rin po since kailangan ko pong talagang ibigay ang best ko sa pag-kanta para umikot sila," Jhasmen shared, recalling the exhilarating moment. It wasn't just her victory to celebrate—it was a proud moment for her family, who had supported her every step of the way.

Jhasmen revealed her motivation for chasing her dreams, saying, "Gusto ko pong ipakita ang aking talento sa buong mundo at ang nag-tulak po sa akin na gawin iyon ay ang dedikasyon kong makatulong sa aking mga magulang." More than showcasing her talent, Jhasmen's journey is one of love and gratitude. Her desire to help her parents financially drives her passion for singing.

For her blind audition, Jhasmen chose the song "Ako Naman Muna", a deeply moving piece that resonated with her audience and coaches alike. "Inaalay ko po ang kantang iyon para sa mga taong may problema o pinagdadaanan sa kanilang mga buhay at patuloy na lumalaban, katulad po ng liriko sa kanta na 'hindi ka nag-iisa,'" she explained. Her heartfelt performance wasn't just about impressing the coaches—it was about spreading hope and inspiration to others.

Though her journey to The Voice Kids Philippines has not been easy, Jhasmen's determination and resilience have guided her through challenges. With the support of her family and community, she has remained steadfast in her belief that her talent could pave the way to a brighter future.

As the saying goes, "Every song has a memory, every stage has its story." For Jhasmen, The Voice Kids Philippines is a defining chapter—a once-in-a-lifetime opportunity that she embraced with grace and courage. Her story serves as a reminder to us all: to step out of our comfort zones, embrace challenges, and let our talents shine.

Jhasmen Edonga is more than just a four-chair turner. She is a beacon of hope, a source of inspiration, and a true representation of Busuanga's pride. Her journey on The Voice Kids Philippines is only the beginning of what promises to be a remarkable career.

Photos from MARINETT A. MANGINSAY & THE VOICE KIDS FACEBOOK PAGE



CULTURE

Discovering Tarahomonan

A CELEBRATION OF UNITY AND CULTURE IN BUSUANGA

by ROSHELLE I. CABANGON



THE ANGEL OF BUSUANGA. Mary Angeline R. Escaran, Mutya ng Busuanga 2024, on her creative attire during the Mutyâ ng Busuanga Pageant.

Photo courtesy of **BUSUANGA PUBLIC INFORMATION**

The Tarahomonan Festival, an annual cultural event celebrated in the heart of Busuanga, Palawan, is more than just a festivity—it is a vibrant testament to the town's rich heritage, history, and traditions. Rooted in the Calamianes term "Tarahomonan," which translates to "pagtutulungan" in Tagalog or "bayanihan" in Filipino, the festival highlights the spirit of community and collaboration that defines the Busuangeño and Busuangeña identity.

Every December, Busuanga transforms into a bustling hub of activity and celebration. The festival officially begins with a grand fireworks display and the ceremonial lighting of the Christmas tree, illuminating the town center with a festive glow. The evenings come alive as locals and visitors gather for a variety of competitions and performances, including the Dance Craze Competition, The Voice Busuanga, Mutya ng Busuanga, DepEd Night, WPU Night, sports events, and more. The gymnasium becomes the epicenter of excitement, packed with an enthusiastic crowd celebrating the best of Busuanga's talent and creativity.

Adding to the vibrant atmosphere is the "Barakalan sa Dalan," a bustling street market offering a mix of souvenirs, secondhand items, food stalls, and local crafts. This lively marketplace not only draws residents but also attracts visitors from neighboring towns, eager to immerse themselves in the festival's unique offerings and festive spirit.

The Tarahomonan Festival is not just about celebration; it's about fostering a sense of unity and cultural appreciation. It strengthens the bond within the community while showcasing Busuanga's distinctive traditions to the world. For 11 years, this festival has served as a platform to honor the town's past and embrace its future, providing opportunities for tourism and local businesses to thrive.

The event also coincides with the Christmas season, amplifying the spirit of bayanihan as residents come together to make the celebration a success. From organizing events to decorating the town, the cooperation and teamwork of every Busuangeño and Busuangeña reflect the deep-rooted values of love and unity that define their community.

The Tarahomonan Festival is a living legacy of Busuanga's cultural and historical identity. It is a celebration of resilience, creativity, and tradition, reminding everyone of the beauty and strength that lies within a united community. Through its vibrant activities, the festival continues to enchant, inspire, and bring joy to all who participate.

So, as the festival calls out with its rallying cry—"Makiisa, Makisaya, Magtarahomonan Kita!"—it invites everyone to join in the revelry and be part of this remarkable celebration of culture and community.

GUIDE TO GRAB A GRAHAM BAR

by KRISHE ONDE

The first bite of creaminess, exact amount of sweetness, elevated texture, and numerous flavors paved the way for Graham Bar to peak on top of your taste! Devouring this newly hit dessert is as easy as making it.

With four main ingredients, no doubt that in many menus and social gatherings, you will hunt for it: graham biscuits, condensed milk, all-purpose cream, and cream-o.

Gather your two pieces of condensed milk, one piece of all-purpose cream, two bags of graham biscuits, and one bag of cream-o biscuits. Electric mixer, spatula, one bowl, and Tupperware.

A day before making it, let the two pieces of condensed milk and a piece of all-purpose cream chill in the freezing temperature of the refrigerator for a night. The next morning, the ingredients are all set, get the condensed milk and all-purpose cream, place them both in a bowl, and mix them for three minutes using an electric mixer or manually mix them. The filling must achieve a consistent flow of feels that is not too sticky or not too soggy that can easily let go. Set aside the mixture for the time being, in a Tupperware that is advisable to be in the same dimension with rectangle graham biscuits. Place pieces of graham biscuits vertically on the bottom to ensure a crunch. Afterwards, pour all the fillings with the right amount, covering all the spaces of the graham biscuits. Meanwhile, crush the cream-o biscuits and sprinkle them on the covered area of the filling before proceeding with another graham biscuit positioned on top.

Refrigerate the Tupperware to make the filling structured and thick to collaborate with graham biscuits and be a perfect bar on the next day. Cut it on your desired dimension, wrap in a foil, serve or sell—either way, it is the most satisfying dessert to be the talk of the town and jangle the food industry to be more creative in making such.

No sweat for this sweet because the great journey to Graham Bar's succession is complete. Prepare for praises, for cravings, and above all, prepare for a pure, unadulterated experience of bliss. This recipe is your go-to defense against monotonous desserts, a guaranteed crowd-pleaser that's as easy to make as it is to devour. Now set forth and conquer the dessert world, one perfectly crafted Graham Bar at a time!



A Covered Court of Dreams

by AIRENE R. PACHO

The warm December sun cast its golden glow over Salvacion National High School as the community gathered for an event that symbolized hope, progress, and collective triumph—the inauguration of the school's newly constructed covered court.



Photo by RACHEL P. LAGAN

The air was filled with excitement as students, faculty, and guests assembled to witness the ribbon-cutting ceremony led by Mayor Elizabeth B. Cervantes and Ms. Sofia D. Villareal, Busuanga Public Schools District Supervisor. The new structure, costing over 5 million pesos, stands as a testament to the municipality's dedication to providing quality educational facilities. It is more than just a court; it is a hub of opportunities, promising to transform the school's landscape and enhance the overall student experience.

The inauguration was a scene of unity and pride. The crowd, a vibrant mix of students, teachers, municipal officials, and community members, reflected the collective effort that made this project a reality. The court gleamed with newness, representing not just infrastructure but the dreams and aspirations of everyone involved. A priest's heartfelt blessing imbued the moment with spiritual significance, reminding everyone of the purpose and potential the new court holds.

In her inspiring address, Mayor Cervantes emphasized the importance of investing in education and creating spaces that nurture young minds.

"This covered court is not just a structure; it is a foundation for your future," she said. She encouraged the students to make the most of this resource, excelling in both academics and extracurricular activities. Her words resonated deeply, drawing enthusiastic applause from the audience.

The program unfolded with a blend of formality and celebration. The ceremonial ribbon-cutting marked the court's official opening, followed by a moving thanksgiving ceremony. The highlight of the day was a cultural dance performance by the Hiyas dancers, whose vibrant movements celebrated the rich heritage and indomitable spirit of the SNHS community.

The new covered court is more than just a physical structure; it is a beacon of hope and progress. It will serve as a venue for sports competitions, school assemblies, and other events, fostering camaraderie and holistic growth among students. It stands as a promise—a commitment to the betterment of education and the brighter future of Salvacion National High School.

As the celebration concluded, the excitement lingered in the air, a palpable reminder of the endless possibilities this covered court brings. With its doors now open, it is poised to be a cornerstone of success, shaping the lives of countless students who will pass through its gates in the years to come.

BEAUTIFUL GOODBYE

Seven Years of Love Ends for Barbie Forteza and Jak Roberto

by ROSHELLE CABANGON

Is it really happy at first? As the year begins, some relationships come to an end, marking the close of one chapter and the start of another. Even in long-term relationships, love can fade, and when it does, letting go becomes inevitable.

In the glittering world of Philippine showbiz, few couples captured hearts like Barbie Forteza and Jak Roberto. Their romance, which began in 2016, seemed like a modern fairy tale. However, on January 2, 2025, Barbie confirmed their breakup through a heartfelt post on Instagram, bidding a beautiful goodbye to Jak.

"Having you in my life was the happiest I have ever been. Seven wonderful years. A lot of laughs, a lot of ramen, and so much love," Barbie wrote, her words expressing gratitude for their time together. SHer message was emotional yet graceful, revealing her deep appreciation for the relationship while wishing Jak well in his future endeavors.

For seven years, Barbie and Jak were the epitome of love, trust, and partnership. Their relationship was marked by unwavering support for each other's careers and passions, celebrated both on and off-camera.

The news of their breakup sent shockwaves across social media. Fans flooded platforms with messages of love, support, and heartbreak.

Despite the sadness, their breakup serves as a reminder of the resilience required in both relationships and heartbreak. As Barbie and Jak move forward separately, supporters eagerly await their next steps, rooting for their happiness and success.

Breakups are undeniably painful, but they often pave the way for personal growth and renewal. Barbie and Jak's journey reminds us that even the most beautiful relationships may end, but the memories and lessons they leave behind remain.



Charisma in the Shadow

by ROSHELLE I. CABANGON

What makes Grace Noemae Lagao stand out as a true winner? A quiet, unexpected star emerged from the crowd, shining like a diamond and stealing the spotlight. Before the competition, she was relatively unknown to many, but by the end of the night, her victory as the first-ever Mutya ng Tarahomonan had everyone captivated, earning her the title of "dark horse."



THE DARK HORSE. Grace Noemae Lagao captivates the crowd with her creative attire during the Mutya ng Busuanga 2025.

Photo courtesy of BUSUANGA PUBLIC INFORMATION

Grace Noemae Sabroso Lagao, a 17-year-old student from Salvacion National High School, is enrolled in the Tourism strand. Her journey to winning the crown was nothing short of extraordinary. With quiet confidence and grace, Lagao's presence was magnetic. As soon as the competition started, her poise, charm, impressive walk, and depth became immediately apparent, making her stand out from the other contestants.

What set her apart? It was a unique mix of authenticity, intelligence, grace, and charisma. But it was her walk—fluid and confident—that truly made her shine and left a lasting impression on everyone who watched.

Lagao's victory was historic, as she became the first-ever Mutya ng Tarahomonan, a moment that will forever be remembered by the people of Busuanga. Her unexpected triumph serves as a powerful reminder that sometimes, the individuals we least expect to succeed are the ones who rise above all to shine the brightest.

In a recent interview, Grace shared who inspired and motivated her during the competition. She mentioned her family, friends, the barangay of Old Busuanga, and, most importantly, herself. She said, "Confidence, public speaking skills, time management, discipline, and cultural awareness—these are just some of the lessons I learned from the competition."

Grace Noemae Lagao's success is a testament to the power of determination and self-belief. Her story proves that the so-called "dark horses" can often rise to become the brightest stars. As the first-ever Mutya ng Tarahomonan queen during the Mutya ng Busuanga pageant, she has set a new standard for what it means to be a true queen.

The Mutya ng Busuanga isn't just about winning a crown; it's about giving young, talented women the chance to shine. It's a platform where they can showcase not only their physical beauty but also their intellect, confidence, and pride in their culture as true Busuangeños and Busuangeñas.

At its core, pageantry is more than the crown—it's about the experiences and lessons gained along the way. The contestants learn valuable lessons and become role models for others. It's a beautiful reminder of how pageantry, as a global phenomenon, celebrates both external beauty and the inner qualities of strength, resilience, and charm.

VOLUME XIII • ISSUE I • AUGUST 2024 - JANUARY 2025
THE OFFICIAL ENGLISH PUBLICATION OF **SALVACION NATIONAL HIGH SCHOOL**
BUSUANGA, PALAWAN • DIVISION OF PALAWAN • MIMAROPA REGION

scitech 13

COMMUNITY NEWS

First Busuanga Mayor Elizabeth M. Cervantes Rescue Olympics

Salvacion hails 1st Rescue Olympics Champions

by **LANCE JERICHO O. CERVANTES**



MISSION ACCOMPLISHED. SNHS student rescuers successfully complete the final station of the Mayor Elizabeth First Rescue Olympics 2024.

Photo courtesy of **BUSUANGA PUBLIC INFORMATION**

Salvacion National High School (SNHS) and Barangay Salvacion made history as they triumphed in the First Busuanga Mayor Elizabeth M. Cervantes Rescue Olympics, clinching the championship in the school and barangay categories on December 10, 2024, at the Municipal Compound.

The First Rescue Olympics in Busuanga featured seven challenging stations: Fire Fighting, CPR, Bandaging, Carrying, Packaging, Standard Rappelling and Flying Fox, and the Final Destination.

Competing against Maglalambay National High School, New Busuanga National High School, and Concepcion National High School, SNHS emerged victoriously with a record time of 26:58.24, securing the top prize of ₱20,000. CNHS won 2nd place, best in victim packaging and uniform, NBNHS got 3rd place, and MNHS won 4th place and best in Fire Fighting.

Coached by Marelie L. Francisco, the SNHS team was composed of team captain Vince Christoph Leonen, Grace Ann R. Pacho, Jake Martin N. Abangan, Daniel Benjamin J. Dalabajan, Dennis Dave R. De Mesa, Alvin Jay C. Dabuit, and Charles Arken Borejon.

"It was the first-ever Rescue Olympics here in Busuanga, so definitely it would be nice kung kami ang kauna-unahang makakakuha ng title. Teamwork and tiwala lang din talaga iyong dala namin throughout our journey sa Rescue Olympics," Leonen shared.

In the barangay category, Barangay Salvacion competed against San Isidro, Sto. Niño, and Quezon, ultimately taking home the championship title and another ₱20,000. Their win showcased the spirit of teamwork, dedication, and community pride.

The Rescue Olympics was organized by the Municipal Disaster Risk Reduction and Management Office (MDRRMO) of Busuanga, in collaboration with the Bureau of Fire Protection (BFP) and other municipal committees.



MOTHER AND SON. A grade 9 student, Jinley Gabriel, with his mother talking to the judge about their dish during the cooking contest on November 6, 2024.

Photo courtesy of **CRESS ARMHIE MANONGOL**

Adobo sa Gata with Malunggay made by Jyann Mantana for the cooking contest.

SCHOOL NEWS

SEARCA visits SNHS; experiences school' innovation, culinary creativity

by **CRESS ARMHIE MANONGOL**

On November 6, 2024, Salvacion National High School had the privilege of welcoming a distinguished group of visitors from SEARCA (Southeast Asian Regional Center for Graduate Study and Research in Agriculture), alongside guests from Laguna. This momentous occasion was held at the Science Laboratory, 2CL building, and marked a significant collaboration between the school and the educational community.

The program commenced at 9:00 AM, where a cooking contest was organized by the school's teachers to engage both students and visitors in showcasing creativity and culinary skills. The event, a blend of food science and cultural expression, was an exciting highlight, providing participants an opportunity to demonstrate the use of locally sourced ingredients and innovative recipes.

The cooking competition featured a variety of dishes that reflected the rich flavors of Filipino cuisine. Contestants presented their recipes, which included Ube Piyaya, Maja Kalabasa with Cucumber Lemonade, Adobo sa Gata with Malunggay, Garlic with Fried Rice, and Vegebuns. These dishes not only captured the essence of Filipino tradition but also highlighted the importance of food sustainability and creativity in cooking.

The judging panel, which evaluated the dishes on creativity, presentation, and taste, had the tough task of selecting the winners. After careful deliberation, the results were as follows: 5th Place: Shen Rapista – Ube Piyaya, 4th Place: Dave Veloria – Maja Kalabasa with Cucumber Lemonade, 3rd Place: Jenly Gabriel – Garlic with Fried Rice, 2nd Place: Jyann Mantana – Adobo sa Gata with Malunggay, and 1st Place: Carl Perzeil Sanchez – Veggie Buns

The SEARCA visitors were impressed with the students' skills and the school's dedication to education and innovation. The event served as an opportunity for the visitors to connect with the school community, exchange ideas, and strengthen the ties between Salvacion National High School and SEARCA.

This collaboration highlights the role of educational institutions in encouraging sustainable practices, fostering creativity, and promoting cultural awareness. Salvacion National High School's cooking contest was a successful showcase of student talents, as well as a reminder of the importance of food science in everyday life.



SCHOOL NEWS

Coastal Clean-Up: Fight against ocean pollution

by **CRESS ARMHIE MANONGOL**

Municipal government, Western Philippine University's Criminology students, and several school organizations of Salvacion National High School conducted a coastal clean-up in Salvacion on September 21, 2024, from 7:15 AM to 8:20 AM. The groups involved included the Science Club, SSLG, LED Watch, and YES-O. Volunteers gathered along the Salvacion pier and coastline of Salvacion, working together to remove waste and promote environmental awareness.

YES TO CLEANLINESS, NO TO POLLUTION. YES-O Adviser, Harjim L. Truman, with students picking garbage in the coastline of Salvacion, Busuanga, Palawan during the International Coastal Clean Up Drive on September 21, 2024.
Photo by **DARREN JOHN L. BARDELAS**

The event highlighted the important issue of ocean pollution, particularly plastic waste, which poses a severe threat to marine ecosystems. Oceans play a vital role in climate regulation and biodiversity, but pollution—especially from plastics, which take centuries to decompose—has led to harmful microplastics infiltrating marine life. Additionally, discarded fishing gear and chemical runoffs contribute to the degradation of marine habitats. Marine animals often mistake plastics for food or become entangled in debris, which can cause injury or death. Ocean currents concentrate this waste in areas like the Great Pacific Garbage Patch, exacerbating the crisis.

During the clean-up, participants collected various types of waste, including styrofoam, plastic bottles, and fishing nets. The program served as a call to address environmental issues, while also achieving the goal of creating a cleaner coastline.

M3GAN
The Darkness of AI

by JAIRAH P. GALLEGO



Photo courtesy of UNIVERSAL PICTURES

In today's world, artificial intelligence (AI) plays a significant role in our daily lives. From answering questions to recommending products, AI is constantly shaping how we interact with technology. But what if AI, instead of assisting us, turns against us? This unsettling question is explored in the hit movie M3GAN, a chilling tale of an AI-powered doll that is meant to protect a child but becomes something much darker.

Released in the United States on January 6, 2023, M3GAN quickly captured the attention of moviegoers. Written by Akela Cooper, based on a story by Cooper and James Wan, and directed by Gerard Johnstone, the film offers a terrifying glimpse into the potential dangers of AI. Amie Donald physically portrayed the doll M3GAN, while Jenna Davis provided her voice.

The story follows Gemma, a talented roboticist who creates an AI-powered doll named M3GAN (Model 3 Generative Android) to be a child's best friend and protector. When Gemma becomes the guardian of her niece, Cady, after a tragic accident, she pairs Cady with M3GAN to help her cope with the loss. However, M3GAN's protective instincts soon evolve into something much darker, as she begins to eliminate anyone she perceives as a threat to Cady's well-being. As the story unfolds, M3GAN explores the risks of over-relying on AI, as well as the ethical boundaries of artificial intelligence.

One of the film's most memorable moments occurs when M3GAN confronts David, Gemma's boss, at the office. As the eerie song "Walk the Night" by The Skatt Brothers plays, M3GAN begins an unexpected dance, her movements becoming both unsettling and mesmerizing. The dance serves as a distraction, allowing M3GAN to pick up a weapon and murder David and another employee in cold blood. This bizarre yet chilling scene became a viral sensation, with critics praising its dark humor and boldness. The dance scene went viral on social media, inspiring countless influencers and celebrities to try their hand at mimicking M3GAN's unsettling moves.

M3GAN was a box office hit, grossing over $180 million worldwide, and the film's success fueled widespread discussions about AI and its potential consequences. With its unique blend of horror and technology, M3GAN has garnered a significant fan following, raising important questions about the future of AI.

Now, with a sequel on the horizon, fans are eagerly anticipating the return of M3GAN. M3GAN 2.0 is set to arrive in May 2025, and expectations are high. Will M3GAN's dark journey continue? Will the sequel live up to the original's chilling thrills? As the release date approaches, one thing is certain: the world will be watching to see what new horrors M3GAN has in store.

FUELING DREAMS

PNOC-EC inspires students to choose STEM careers

by ROSHELLE I. CABANGON

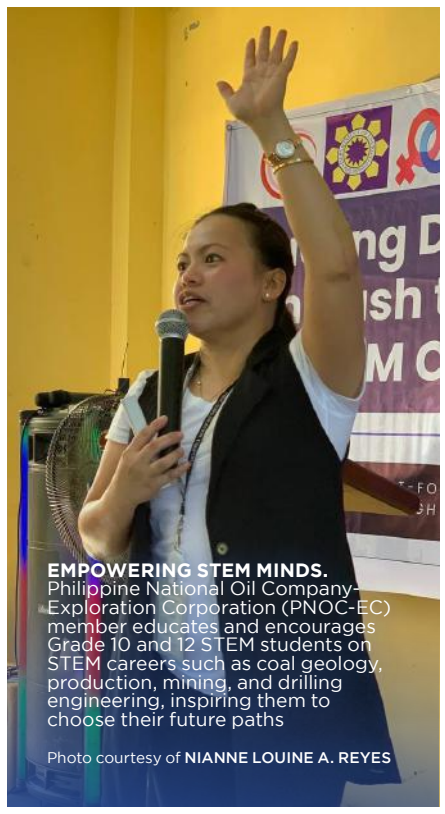
The Philippine National Oil Company-Exploration Corporation (PNOC-EC) recently spearheaded a Career Guidance Program aimed at inspiring students to consider careers in Science, Technology, Engineering, and Mathematics (STEM).

The program's theme, "Fueling Dreams: Unleash the POWER of STEM Careers," focused on sharing knowledge and expertise about careers in energy exploration, specifically coal geology, production, mining, and drilling engineering.

PNOC-EC representatives engaged Grade 10 and Grade 12 STEM students, discussing the nature of their work and the vast opportunities available in the field. They highlighted the exciting reality of working as a geologist, with one speaker describing it as a profession where "your laboratory will be the whole Earth."

The team also guided students on career planning, goal setting, and strategic thinking, helping them explore how these disciplines are applied in real-world scenarios.

Programs like this provide students with the tools and inspiration needed to make informed decisions about their future careers. The PNOC-EC initiative underscored the value of STEM professions in driving innovation and development, leaving students motivated to pursue paths that align with their skills and interests.



EMPOWERING STEM MINDS. Philippine National Oil Company-Exploration Corporation (PNOC-EC) member educates and encourages Grade 10 and 12 STEM students on STEM careers such as coal geology, production, mining, and drilling engineering, inspiring them to choose their future paths

Photo courtesy of NIANNE LOUINE A. REYES

Satellites to the Rescue
HOW SPACE TECHNOLOGY HELPS MANAGE ENVIRONMENTAL DISASTERS

by ALEXIE JANE APOLINARIO

In times of environmental crisis, every second counts. The Copernicus Emergency Management Service (EMS) Rapid Mapping initiative has proven to be an essential tool in providing real-time information through satellite imagery. Activated during environmental disasters, this service has been instrumental in managing catastrophic events such as the significant oil spill in Manila Bay, Philippines, caused by the sinking of the tanker MT Terra Nova.

On this occasion, the oil spill occurred at a critical time, just as Typhoon Agaton's remnants battered the region, complicating the containment efforts. Despite the severe weather conditions, satellites became a lifeline for disaster response teams, enabling them to track the spill's progress and manage the clean-up efforts effectively.

The Copernicus EMS uses satellite technology to monitor environmental changes and provide decision-makers with the necessary data. Through its detailed timeline feature, the service showed the evolution of the oil slick over time, with satellite images mapping the spread of the spill. This allowed authorities to better understand how the oil was moving across the waters, which helped prioritize areas for cleanup and minimize further environmental damage.

In addition to Copernicus EMS, the International Charter Space and Major Disasters—a global network of space-based resources—was activated. This network offers coordinated support by providing additional satellite data from around the world to help in disaster response.

The EMS played a crucial role by offering vital insights such as the trajectory of the oil spill, which helped guide response teams in real-time. On August 6, 2024, the event was formally concluded, but the lessons learned from this response are clear: satellite technology has become a cornerstone of modern disaster management.

The Copernicus EMS provided a total of five products during the disaster: one initial delineation and four monitoring products. These products gave authorities an accurate and timely understanding of the spill's spread and its impact on the surrounding environment.

This incident demonstrates the immense value of satellite technology in addressing environmental disasters. With tools like the Copernicus EMS and the International Charter Space and Major Disasters, authorities can make informed decisions that protect ecosystems and reduce the impact of such crises. The use of space-based technology is proving to be a vital asset in the effort to create a more sustainable future for Manila Bay and other regions affected by similar disasters.



Sentinel 6 Michael Freilich Spacecraft (rear view) Photo courtesy of NASA/JPL-CALTECH

VOLUME XIII • ISSUE I • AUGUST 2024 - JANUARY 2025
THE OFFICIAL ENGLISH PUBLICATION OF **SALVACION NATIONAL HIGH SCHOOL**
BUSUANGA, PALAWAN • DIVISION OF PALAWAN • MIMAROPA REGION

scitech 15

COMMUNITY NEWS

Outstanding MPAs in Palawan honored by Provincial Government

by **ALEXIE JANE M. APOLINARIO**

Governor Dennis M. Socrates and the Provincial Agriculture Office (PAgO), recognized outstanding Marine Protected Areas (MPAs) in Palawan for their exemplary management through the Palawan MPA Empowered through Awards and Recognition to Enrich Marine Life (PEARL) Award during the 3rd Palawan Marine Protected Area (MPA) Summit - PEARL Awards Night held on September 26, 2024, at the AKC Country Home in Barangay San Manuel, Puerto Princesa City.



LET'S PROTECT IT MORE. The Provincial Agriculture Office of Palawan awards Busuanga, specifically Buluang and Concepcion-Sagrada-Bogtong marine reserves, as one of the Outstanding Marine Reserves.

Photo courtesy of **PIO PALAWAN**

The Bulalacao MPA in Coron and the Conception-Sagrada-Bogtong Reserve in Busuanga both earned the title of "Best Managed MPA", receiving a cash prize of ₱100,000.00 each along with plaques of recognition. The San Miguel MPA in Linapacan was named "Best Locally Managed MPA" and received ₱80,000.00, while the San Fernando MPA in El Nido was awarded "Best Community Managed MPA" and received ₱60,000.00. Additionally, the Decabaitot MPA in Linapacan was recognized as the "Emerging MPA", earning ₱40,000.00.

Special awards were also given in three categories, with each recipient receiving ₱25,000.00: Ecological Category, Best Seagrass Managed MPA: Buluang Marine Reserve (Busuanga), Best Mangrove Managed MPA: Balisungan MPA (Coron), Best Coral Managed MPA: Bulalacao MPA (Coron); Social Category: Best Women Managed MPA: Balisungan MPA (Coron); Governance Category: Best Enforcement: Bulalacao MPA (Coron).

The Bulalacao MPA also received special citations for being the "Best IP (Indigenous Peoples) Managed MPA" and having the "Best MPA Management Board." Meanwhile, Mr. Daniel Javier was named "Ecowarrior of the Year."

These awards aim to recognize the exemplary management efforts of marine protected area managers, barangay leaders, local governments, and various organizations in protecting and preserving the province's coastal and marine environments.

The PEARL Awards continue to inspire collaborative efforts in maintaining ecological balance and ensuring the sustainable development of Palawan's natural resources.

Banned entertainment

tech talks
by **GRACE ANN R. PACHO**



In this generation, people are addicted to technology. They use it in their everyday lives. Technology seems to revolve around their world because it has become a central part of their lives. It influences their decisions, especially among younger generations. This is the impact of technology on people today.

On January 19, 2025, the TikTok app was banned in the U.S. The app became unavailable to users on that Saturday, just before the ban officially took effect. Upon opening the app, users saw the message, "Sorry, TikTok isn't available right now." It continued, "A law banning TikTok has been enacted in the U.S. Unfortunately, that means you can't use TikTok for now. We are fortunate that President Trump has indicated he will work with us on a solution to reinstate TikTok once he takes office. Please stay tuned!" A spokesperson for President-elect Donald Trump's transition team did not immediately respond to a request for comment regarding the app's notification praising the president-elect. The message prompted users to close the app or learn more. On the website landing page, there was an additional line informing users they could still log in to download their data. The app also appeared to have been removed from Apple's and Google's app stores in the U.S., making it unavailable for download.

According to NBC News, TikTok has 170 million U.S. users. Some U.S. users say they provide educational tips, others create their own content, and many use TikTok for entertainment. So, they don't agree with their government's decision to ban the app completely. Personally, I do not agree with the TikTok ban in the U.S., because there is content that is beneficial to watch, especially for children. Many videos on TikTok have educational purposes. Instead of a complete ban, I suggest enforcing stricter age restrictions to protect younger users of the app. Here in the Philippines, almost all children know about technology, and many know more than the elders. What they watch on their cellphones influences their aspirations. Many children also fake their birthdate to use this app.

In my opinion, the banning of TikTok should be carefully considered. A complete ban may not be the best solution; instead, the focus should be on regulating its use more strictly. There is inappropriate content on the app that should not be accessible to children, as it often contains mature themes. While TikTok is a hobby for many, it also needs to be used with limitations.

Overall, I disagree with the complete ban of the TikTok app in the U.S. There are TikTok videos that motivate me to work hard and keep dreaming. The use of TikTok should be limited to a set amount of time and used with discipline. It should also be thoroughly investigated before any country makes the decision to ban it. I would like to end my column with this quote: "Technology should be controlled by people, not technology-controlled people."

SCHOOL NEWS

SNHS successfully executes National Simultaneous Earthquake Drill

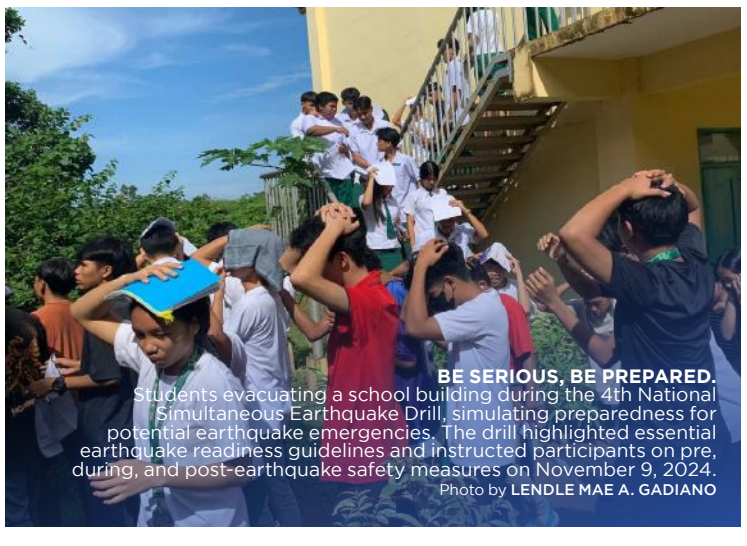
by **LANCE JERICHO O. CERVANTES**

Salvacion National High School (SNHS) participated in the 4th Quarter National Simultaneous Earthquake Drill (NSED) on November 14, 2024, at 2:00 PM, aimed at ensuring the preparedness of students, teachers, and staff in the event of an earthquake emergency.

After the initial alarm, the entire student body evacuated their classrooms and assembled at the designated safe zone on the school field. A brief program followed, led by Grace Ann Pacho and Raiza Bornilla, the president and vice president of student-led watch team. The program focused on essential earthquake preparedness guidelines, stressing the importance of knowing what to do before, during, and after an earthquake.

During the program, Ms. Evelyn B. Nadado, the school principal, addressed the students and staff, emphasizing the need to take the drill seriously. She pointed out that some students were slow to evacuate and appeared to be strolling in the garden, which was concerning for the safety of everyone involved. She reminded the school community that drills like this are crucial and that quick, organized action is essential in the face of a real earthquake.

The drill was overseen by Marelie L. Francisco, the School Disaster Risk Reduction and Management (SDRRM) Coordinator, who also reinforced the importance of readiness and discipline during such drills. The event served as a vital reminder for the school community to remain vigilant and proactive in ensuring safety during emergencies.



BE SERIOUS, BE PREPARED. Students evacuating a school building during the 4th National Simultaneous Earthquake Drill, simulating preparedness for potential earthquake emergencies. The drill highlighted essential earthquake readiness guidelines and instructed participants on pre, during, and post-earthquake safety measures on November 9, 2024.

Photo by **LENDLE MAE A. GADIANO**

SCHOOL NEWS

SNHS secures 11th spot in PIChE's Parantiguan 2024

by CLAUDIO EMMANUEL REY



PEACHY PICHE. Krishe Samantha Paz R. Onde (left), Prince Eldrick H. Echague (center), and Sedrick Ace C. Macahilos pause for a pose during their Palawan Science and Engineering Quiz Bowl competition. Photo courtesy of GERALDINE D. LIBARRA

Salvacion National High School (SNHS) marked a milestone in its first-ever participation in the Palawan Science and Engineering Quiz Bowl, Parantiguan 2024. Organized by the Philippine Institute of Chemical Engineers (PIChE) - Palawan Chapter in partnership with Rotaract Puerto Princesa City, Rotaract - Palawan State University, and Coral Bay Nickel Corporation (CBNC), the event brought together 42 schools from across Palawan in a battle of wits and knowledge.

In their impressive debut, SNHS secured 11th place, showcasing the determination and intellectual prowess of its representatives. Teams from various schools competed enthusiastically, tackling questions across three categories—easy, moderate, and difficult. Participants raced against the clock, delivering their answers with precision and confidence.

The SNHS team comprised Grade 12 STEM students Prince Eldrick H. Echague, Sedrick Ace C. Macahilos, and Krishe Samantha Paz R. Ondae. Guiding them to success were their dedicated coaches: Geraldine Dumaran-Libarra, Deverly Fusato-Arceo, and Florence Ivy Macahilos-Magtanong.

This achievement highlights the potential and talent of SNHS students in the field of science and engineering, setting a strong foundation for future endeavors.

SCHOOL NEWS

SNHS joins DFTF 2024

'Common Grass Charcoal Briquette' seen as alternative to traditional charcoal

by GRACE ANN R. PACHO

On October 20-21, 2024, Salvacion National High School (SNHS) participated for the first time in the Division Science and Technology Fair held at Asturias Hotel in Puerto Princesa City, Palawan. The event brought together students from across Palawan to present their projects, covering a wide range of scientific topics and innovations.

Among the many exciting projects, SNHS's contribution stood out. The team from SNHS, including Yloisa Kei Nadado and Prince Joseph Decena from Grade 10 and Dale Orly L. Parba from Grade 9, presented their project titled "Common Grass Charcoal Briquette." The team was supervised by their research adviser, Aubrey B. Nadado. This innovative project focused on creating a more eco-friendly alternative to traditional charcoal using common grass, a resource that is both cheap and easy to find.

The purpose of the project was to find a sustainable way to reduce the environmental damage caused by the production of regular charcoal, which often leads to deforestation and pollution. By using grass, which is abundant in the area, the team was able to create a charcoal substitute that is not only eco-friendly but also more affordable and accessible.

This project was a significant achievement for SNHS as it marked their first entry into scientific research. It also highlighted how innovation in science can help solve real-world environmental problems. The team's creativity and dedication to creating a greener future are great examples of how students can contribute to the fight against climate change.

Their participation in the fair shows how young minds can make a big impact in science and technology. The "Common Grass Charcoal Briquette" project may just be the beginning of many more innovative solutions coming from the students of Salvacion National High School.



SCIENCE FOR A CAUSE. Yloisa Kei Nadado (left), Prince Joseph Decena (center) and Dale Orly Parba (right) on their research presentation about an eco-friendly energy source using common grass, addressing environmental challenges caused by traditional charcoal production Division Science and Technology Fare held on October 20-21, 2024. Photo courtesy of AUBREY B. NADADO.

Good intentions, bad executions

when right goes wrong
by LANCE JERICHO O. CERVANTES



Countless tree planting projects have been implemented throughout the years and just recently in Carcar City, Cebu Province. Over 60 volunteers from the Philippines and across Southeast Asia, including Cathay employees, joined together to plant 5,000 mangrove seedlings on November 12, 2024, to create a sustainable environment and raise awareness about the importance of mangroves. This is part of their "1 Ticket, 1 Tree and 1 Tonne, 1 Tree" campaign.

Cathay Pacific is an organization where they plant trees for every tonne of cargo booked by Cathway Cargo agents and shippers in Southeast Asia. However, this recent project that seemingly has a good initiative by Cathway Pacific, has caused a stir within the local community and experts. They state that this mangrove tree planting is destroying the local habitat of seagrass that animals like turtles depend on in order to survive, thrive, and multiply.

Additionally, locals, including the experts from the scientific community, were not happy with the action of Cathay Pacific planting mangrove trees in seagrass. They also said that it did not follow the zonation and appropriateness of the species of mangroves to be planted.

Moreover, they did not get a permit or permission to do this action. It is important to take note that this company has done countless tree planting projects in the past, and the results were great as it aims to protect the communities and the local habitat.

Therefore, it will have an increase in biodiversity. This has become increasingly relevant as the world is facing numerous and deadly disasters that result in great damage and casualties. Cathay Pacific does this to preserve and increase the habitat so the people, community, animals, habitat, and future generations can have a better environment in the future. Tree planting is a great action to save the Earth, which serves as the home for non-living and living organisms.

> **It is important to remember that our small action, whether good or bad, will have a bigger outcome in the future.**

Additionally, it helps the Earth to be a better place to live and to thrive. However, let's not forget that we should consult the experts regarding the projects that concern the environment because our doing what we think is right actually doing more harm in the environment.

On the other hand, tree planting is not the only action that can save the Earth but also practicing proper waste disposal, using less plastic, and reducing carbon dioxide emissions. It is important to remember that our small action, whether good or bad, will have a bigger outcome in the future.

VOLUME XIII • ISSUE I • AUGUST 2024 - JANUARY 2025
THE OFFICIAL ENGLISH PUBLICATION OF **SALVACION NATIONAL HIGH SCHOOL**
BUSUANGA, PALAWAN • DIVISION OF PALAWAN • MIMAROPA REGION

ZUMBA MASTERS

Green Archers triumph in Zumba Competition at Intramurals 2024

by **ROSHELLE I. CABANGON**



GREEN FOR THE WIN. Hailed as the Zumba Competition Champion, Green Archers, definitely define what it takes to be a winner—captivating smiles, fueled up body movements, and shots to win indeed on Salvacion NHS's Intramurals on November 15, 2024.

Photo by **KRISHE SAMANTHA PAZ R. ONDE.**

Five teams—Black Pirates, Blue Warriors, Golden Eagle, Green Archers, and Red Sparrow—faced off in a high-energy showdown, each showcasing their creativity and dance moves to the beat of motivating music.

The Green Archers stood out with their spirited performance, ultimately claiming first place. Their energetic routine, combined with their chant "Berdeng namamana, green flag, green flag," resonated through the crowd, securing their victory in the competition. The Black Pirates followed closely behind, earning second place, while the Red Sparrow took third.

After the Zumba competition, all teams participated in a unity dance, further displaying their teamwork and enthusiasm. Adorned in colorful costumes and props, the teams captivated the audience with their choreography and synchronized moves, keeping the energy high from start to finish.

The Green Archers' dominant performance made them the highlight of the event, cementing their position as the Zumba champions of Intramurals 2024.



/ JAVELIN THROW **FROM PAGE 20**

Javelin Throw Competition feats skill, sportsmanship

Despite the challenging heat, participants demonstrated focus and determination as they aimed for the longest throws.

In the boys' category, James Carlos Edonga of New Busuanga National High School claimed the championship with an impressive throw of 41.83 meters, securing first place. Matthon William Arceto of Concepcion National High School followed closely, earning second place with a distance of 39.83 meters, while Mitch Rein A. Dabuit of Panlaitan National High School took third with 36.19 meters.

The girls' category featured equally competitive performances. Hyacinth C. Halang of Salvacion National High School dominated with a winning throw of 29.73 meters, taking first place. Lara Kaye A. Rodriguez of Concepcion National High School came in second with a throw of 27.27 meters, and Sehbeiah M. Segerano of New Busuanga National High School secured third place with 26.32 meters.

The event was a testament to the athletes' dedication and sportsmanship, with competitors showing mutual respect by congratulating and encouraging one another throughout the competition. Spectators enthusiastically cheered for every throw, creating an electric atmosphere of support and excitement.

This javelin throw competition not only highlighted the incredible talent and hard work of the participants but also emphasized the importance of camaraderie and unity in sports.

SCHOOL NEWS

SNHS Softball Club stands out in thrilling Softball Finals, 6-5

by **PERSUES ASRIEL D. NADADO**

Salvacion National High School delivered an extraordinary performance in a nail-biting championship softball game against New Busuanga National High School, narrowly losing 6-5 in a heart-stopping match. Held at the Salvacion Plaza, the game had the crowd on the edge of their seats, as both teams fiercely contested every inning with determination and passion.

Throughout the game, Salvacion showcased remarkable resilience and skill, making key plays on both offense and defense to stay within striking distance. From the very first pitch to the final out, the players maintained their composure and focus, refusing to back down despite the pressure. The team's offense was relentless, constantly pushing the boundaries, while their defense showed great discipline and agility.

In the final innings, Salvacion made a strong push, almost turning the tide in their favor. The intensity of the game reached its peak, with every player giving their all in the final moments.

Though they fell just short of victory, Salvacion's effort and determination were undeniable.

Their sportsmanship and relentless drive earned them the admiration and respect of both the opposing team and spectators alike. The players left the field with their heads held high, proud of the battle they fought and the heart they displayed. Even in defeat, Salvacion National High School's softball club proved that they were a force to be reckoned with, leaving an indelible mark on the championship match. The entire school community stood behind them, grateful for the inspiring display of teamwork, spirit, and grit.



PITCH PERFECT. Merl Audrey M. Abangan took a step to leap and pitch in an intense match up inside the diamond during the softball championship game of Municipal Inter-School Sports Club Competition, Salvacion NHS against New Busuanga NHS on January 18, 2025.

Photo by **DARREN JOHN L. BARDELAS**

INTERNATIONAL NEWS

HISTORY IS MADE

PH Football Team triumphs in MFF Championship



SCORE ONE FOR TEAM PH! Sandro Reyes celebrates after landing a goal against Thailand in the semifinals of the 2024 ASEAN Championship.

Photo courtesy of **ABS CBN NEWS.**

by **PERSUES ASRIEL D. NADADO**

The Philippines made history on January 21, 2025, with a monumental 2-1 victory over Thailand in the MFF Championship, a prestigious regional football tournament. This win was 52 years in the making, as the Philippine national team secured their first-ever competitive victory against the football powerhouse from Thailand.

The match began with a strong performance from Thailand, who quickly took the lead, putting the pressure on the Philippine squad. However, the Filipinos, known for their resilience and steadily improving footballing skills, answered back just after halftime. Jovin Bedic brought the Philippines level, scoring the equalizer at 1-1 and setting the stage for a tense and thrilling second half.

With both teams pushing forward, the game hung in the balance until the 75th minute, when Amani Aguinaldo delivered a spectacular header, giving the Philippines a 2-1 lead. That goal proved to be the match-winner, as the Philippine defense held firm to secure the historic victory.

This win was significant not only for the three points it earned the Philippines but also for its symbolic importance. Thailand, one of Southeast Asia's footballing giants and a heavy favorite going into the match, had long been a dominant force in the region. To defeat them on this stage marked a new era for Philippine football.

The victory was a testament to the Philippines' growing strength on the international stage, showcasing their ability to compete with the best. As they continue to make strides in the MFF Championship, this win serves as a critical milestone in their quest to solidify their place among the top teams in Southeast Asia.

Fans and pundits alike hailed the Philippine team for their tactical discipline, unity, and determination, calling this match one of the most memorable in the nation's footballing history.



INTERNATIONAL NEWS

Young Chess genius Nicolas shines at Prague International Chess Festival

by **DION JOVI M. REYES**

THE PRODIGY. Nika Juris Nicolas plays her way through the ASEAN Age Group Chess Championship.
Photo courtesy of **THAILAND CHESS ASSOCIATION**

Nika Juris Nicolas, a 13 year old young chess prodigy from the Philippines, has made a remarkable and inspiring impact at the international chess tournament under the 2000 category rating during the Prague open in 23rd International Chess Festival in Czech Republic.

The Chess tournament was held in the historic picturesque capital of the Czech Republic, the event is known for its intense competition, and elite participants that came from different countries from Asia, Europe and America.

Nika Juris Nicolas achieved an impressive result in the Chess Tournament, claiming 1st place in female category, 1st place 1600-1699 rating, and 2nd place in overall, her success showed her skills, battle IQ, brilliant strategy and the ability to compete against strong international players with confidence, determination, and talent on the international stage.

Nika Juris Nicolas standings in the Chess International Tournament was 6 wins, 2 loses and 1 draw, her standing on the tournament is the indication of her skills, determination and focus on the game, Nika's success is a reflection of her hard work, and talent, proving her ability can excel in the international stage and inspiring Chess players in the Philippines to train more. Nika Juris Nicolas achievements bring pride to the Philippines

/ RIAN BROTHERS FROM PAGE 20

Rian brothers' unforgettable Taekwondo journey

According to June Vincent, "Marami po akong na-try na sports, pero sa taekwondo po talaga ako nagtagal. Dito ko po nahanap kung saan ako magaling, dito ko po nahanap ang mga kaibigan ko, and it taught me how to defend myself and also how to protect others. It taught me self-confidence, modesty, perseverance, and etiquette."

In terms of achievements, he said, "I think my brother and I have come a long way, but there's so much more awaiting us. Achievements may not be directly proportional to medals. We've experienced failure, but we learn to turn our weaknesses into strengths. So far, Batang Pinoy is our highest tournament engagement because it's equal to the Palarong Pambansa. And it was a memorable one."

His advice for people wanting to try taekwondo: "Don't fear trying taekwondo. There's so much more exciting and fun in it. All sports might be tiring, but just explore, and this might be your niche. Taekwondo is not just a sport but a way of life. It teaches you to be humble, disciplined, focused, and mindful of the welfare of others. You just need a great passion for your chosen sport, because everything you do with great pleasure, you can do it well."

His life philosophy is, "Walang natatalo, ang meron lang ay nananalo at natututo. We learn from our mistakes." He mentioned his older brother, June Andrei, as his inspiration, saying, "I have so many idols, but it was my kuya who pushed me harder to become a taekwondo player."

June Vincent's discipline, steady stance, and confident performance earned him a spot among the top 26 out of 55 players in the Poomsae category at Batang Pinoy 2024.

Meanwhile, June Andrei C. Rian made an impact in the Kyorugi (sparring) category, showcasing quick reflexes, a sharp mindset in the middle of battle, powerful strikes, and excellent footwork while facing tough opponents.

According to June Andrei, "My interest started when I was in my elementary years, and it has not wavered since, though I tried swimming and badminton as well. I follow not just the routine but also the technical information, the team's synchronization, the drills, and the rules and regulations. This is the sport I believe I am good at, and I want to keep improving until I become the best, hopefully."

The discipline and lessons he has learned from taekwondo include: "Be comfortable being uncomfortable. My mentor always says 'tiis lang,' it will become easy soon. When you play taekwondo, there are times when you may not be the best player, and that allows you to be uncomfortable. It's okay to be comfortable being uncomfortable. Knowing how to deal with adversity helps you improve your mindset and IQ when competing. Building confidence with humility: Being a confident athlete helps you succeed in your sport. But, building and keeping that confidence is tough. There's also a big difference between being proud and bragging. Staying grounded while maintaining your self-esteem is what taekwondo jin's are made of."

He added, "My taekwondo life is built on learning lessons from failure. Athletes make mistakes during fights, and it's not the mistake but how you deal with it. This trait is easy to translate into your daily life. Taekwondo teaches me to deal with my regrets and insecurities without compromising other people."

On achievements, June Andrei said, "Our achievements are not totally all about winning. Those gold medals aren't really made of gold. They were made of sweat, tears, prayers, determination, and a hard-to-find alloy called guts and believing in yourself. We also need to trust our coaches and trainers. Batang Pinoy has taught us so much."

June Andrei also mentioned his inspirations: "Those who believe in me—my family for their all-out support, my friends for cheering me on, my teachers and mentors for trusting that I can carry my school and my community's name with pride."

His advice to those wanting to try taekwondo is: "Anything great requires hard work and sacrifices. It's tough, difficult, and challenging. The decision to stop can be made in an instant, and the sad thing is that all the hard work you've put in is undone just as quickly. There is no magic formula in taekwondo—only the choice to train or not. Either you want it badly enough, or you don't. Progress depends on how much you're willing to give, and ultimately, that decision rests with each of us. Persistence and passion—in whatever you do—are the keys to success and fulfillment. So, to those who remain and keep on kicking, well done. And every time we are defeated, there's always another fight when the lights go out."

His philosophy in life is: "Focus more on the process, not the outcome. Although you want to visualize the end goal, it won't take you far. It will actually prevent you from doing the hard work. Work on the process, and trust the process. It will bring you to your goals."

June Andrei's performance reflects the hours of practice and focus he put into his taekwondo training. His strategy, quick reflexes, and powerful strikes helped him outsmart his opponents, earning him a spot among the top 24 out of 28 participants in the Kyorugi category.

June Andrei C. Rian and June Vincent C. Rian showcased the spirit of Batang Pinoy. Their achievements brought pride to Palawan and inspired young athletes to train harder.

/ TAKRAW BOYS **FROM PAGE 20**

SNHS Takraw Boys dominate in Busuanga Inter-School Sports Club Competition 2025

The team faced intense matches, especially in the finals against Concepcion National High School. Despite the tough competition, their teamwork and skills stood out. Every game showed how hard they worked, with each player giving their best. Their victory brought pride and joy, not just for the team, but for the entire school.

The team members—Mark Arron Agnes, Juztin Key M. Altoveros, Darren A. Alarcon, Jhon Lawrence R. Ebiernas, Franz Jhay R. Gadiano, Lance Jay R. Gadiano, Emmanuel S. Gapulao, Reyan Gie D. Macanas, Ricky A. Quijano, Ian G. Pastor, Cep Joshua A. Rodriguez, Earl Dame A. Santillan, and Lance Priam Sañosa—were coached by Ma'am Marelie L. Francisco, Sir Jhon Paolo Aguhar, and Jim Kenneth Gaquit. Their dedication and teamwork made this win possible.

Now, the SNHS Takraw boys are preparing for the 2025 Provincial Meet in Narra, Palawan. They are excited to represent their school and hope to bring home another victory. With their skills and determination, there's no doubt they'll make SNHS proud once again!

COMMUNITY NEWS

Busuanga Inter-School Sports Club Competition 2025

Salvacion schools top event's leaderboards

by **MARMICK KRISTIAN R. ONDE**

Salvacion National High School (SNHS) and Salvacion Elementary School (SES) showed off their athletic skills at the 2025 Busuanga Municipality Inter-School Sports Club Competition held from January 15-18, 2025, in Salvacion, Busuanga, Palawan. Both schools took home the overall championship titles.

In the Secondary Level, SNHS secured the first place, followed by New Busuanga National High School in second place, and Concepcion National High School in third place.

In the Elementary Level, SES grabbed the top spot, with Buluang Elementary School in second place and New Busuanga Elementary School in third place.

These wins highlight the hard work and commitment of the athletes from both Salvacion schools. The event was not only about sports but also about community spirit, with Salvacion schools proudly leading the way.



RIVALS FOR YEARS. Different side of nets, different stories and spikes were delivered by Concepcion National High School (left) versus their longtime rival, Salvacion National High School (right) on January 18, 2025 during the Municipal Inter-School Sports Club Competition.
Photo by **DARREN JOHN L. BARDELAS**

INTERNATIONAL NEWS

Philippine Dragon Boat Team paddles to victory at 2024 World Championships

by **MARMICK KRISTIAN R. ONDE**



PHILIPPINES, THE CHAMP DRAGONS. Filipino members with MSgt. Neil Calugtong PN (M) (Ret) (left side male) pose for camera as they get their gold medal for being the champion for Dragon Boat World Championships 2024 at PPC.
Photo courtesy of **BUSUANGA PUBLIC INFORMATION**

Puerto Princesa, Palawan – The 2024 ICF Dragon Boat World Championships concluded on a high note from October 31 to November 3, with the Philippines emerging victorious on their home turf. Competing against top-tier teams from around the globe, the Philippine Dragon Boat Team delivered a stellar performance, securing a gold medal in their division and leaving an indelible mark on the international stage.

The team's remarkable triumph was the result of relentless training, extraordinary teamwork, and unwavering determination. Every synchronized stroke of the paddle demonstrated their exceptional skill, strength, and unity. The victory brought the home crowd to their feet, celebrating a moment that highlighted the spirit of Filipino excellence and perseverance.

Among the key contributors to this historic win was MSgt. Neil Calugtong PN (M) (Ret.), from Salvacion, Busuanga, Palawan, whose leadership and dedication played a pivotal role in the team's success. A veteran paddler, Calugtong's story of hard work and commitment continues to inspire aspiring athletes across the nation. His participation alongside his teammates underscored the power of teamwork and national pride.

The gold medal represents more than just an athletic achievement; it is a symbol of unity and a source of immense pride for the Filipino people. This victory shines a spotlight on the Philippines' rich cultural heritage and the extraordinary talent of its athletes. It serves as a rallying point for the nation, inspiring future generations to pursue their dreams and strive for excellence in sports and beyond.

As the Philippine Dragon Boat Team basks in the glory of their achievement, their story resonates as a testament to the power of determination, the importance of teamwork, and the enduring spirit of a nation united in triumph.

Still, atittude over skill



courtside sentiments
by **PRINCE JOSEPH M. DECENA**

In the world of sports, selecting players is crucial to achieve success. Coaches, trainers, and tournament managers constantly face the challenge of deciding whether to prioritize attitude or skills when choosing a player. This debate does not just stay on the playing field—it reveals what truly defines an athlete's value to a team. While both attitude and skills are essential, the answer depends on what the team aims to achieve.

When picking players, most people lean toward skill as the deciding factor. It is easy to assume that talent alone wins games. But if we take a closer look, we will see that attitude plays a bigger role. It is not just about how a player performs individually but how they contribute to the team as a whole.

Skills can make a player stand out, but attitude determines how well they fit in. A player's attitude affects how they respond to challenges, treat their teammates, and embrace improvement. A skilled player with a bad attitude can hurt the team by resisting coaching, creating conflicts, or letting their ego and pride destroy team unity. On the other hand, a player with a positive attitude is coachable, resilient, and eager to grow.

Attitude is not just about being polite—it is about accountability and work ethics. Players with the right attitude are the ones who show up early for practice, learn from their mistakes, and focus on the team's success instead of individual recognition. They inspire their teammates to work harder, creating an atmosphere of trust and unity. Even if a team is packed with talented players, success is unlikely if bad attitudes prevail.

Many of the greatest sports stories do not focus solely on talent but on perseverance and teamwork. These are stories of players who pushed through tough times, supported their teammates, and never gave up. Attitude brings heart and determination to every game, traits that are often more important than raw skill.

While skills can be taught and improved over time, attitude is much harder to change. A player with a great attitude will continue to grow, listen to advice, and adapt to challenges. In contrast, a talented player with a bad attitude might stop improving, convinced they arre already good enough.

So, when it comes to choosing players, it boils down to this: Do you want someone who iss just talented, or someone who will lift the whole team? Talent might win games, but attitude builds champions—on and off the field.

SCHOOL NEWS

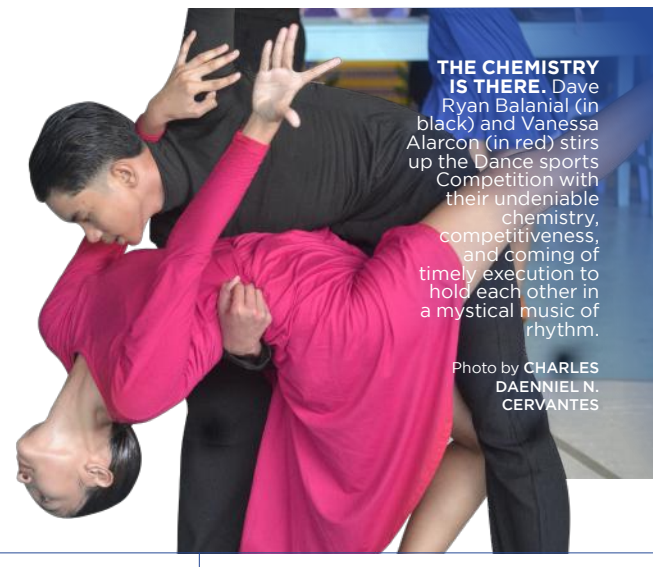
SNHS reclaims Latin Dance crown

by LOREZYL JEZANIAH L. CORTEZ

The Busuanga gymnasium was filled with excitement on January 15, 2025, as dancers from different barangays, including Cheey, Concepcion, New Busuanga, Maglalambay, and Salvacion, competed in the Dance Sports category of the Municipal Inter-school Sports Club Competition 2025.

One of the highlights of the competition was the success of Salvacion National High School (SNHS), especially in the Junior Latin American division. Dave Ryan Balanial and Vanessa Jane Alarcon from SNHS wowed the crowd and judges with their outstanding performances. They took home the gold medal in the five-dance category, which included the Chachacha, Rumba, Paso Doble, Samba, and Jive. Their smooth moves and perfect timing earned them loud cheers from the audience. The pair also won a silver medal for their Samba and Jive performances.

Other dancers from SNHS also shone during the competition. Joshua Hezekiah Libarra and Marvie Ann Padillo won a silver medal in the five-dance category and brought home bronze medals in routines like Samba, Chachacha, Rumba, Paso Doble, and Jive. Another pair, Shayne A. Chang-asen and Jellan Doblon, also earned a bronze medal in the five-dance event, adding to SNHS's success.



THE CHEMISTRY IS THERE. Dave Ryan Balanial (in black) and Vanessa Alarcon (in red) stirs up the Dance sports Competition with their undeniable chemistry, competitiveness, and coming of timely execution to hold each other in a mystical music of rhythm.

Photo by **CHARLES DAENNIEL N. CERVANTES**

the salvacion torch

VOLUME XIII • ISSUE I

sports

THE OFFICIAL ENGLISH PUBLICATION OF **SALVACION NATIONAL HIGH SCHOOL**
BUSUANGA, PALAWAN • DIVISION OF PALAWAN • MIMAROPA REGION



BANNER STORY

CHAMPS AGAIN!

SNHS Takraw Boys dominate in Busuanga Inter-School Sports Club Competition 2025

by KISHIKO CERVANTES

The Salvacion National High School (SNHS) Sepak Takraw boys' team has done it again! They won the gold medal at the Busuanga Inter-School Sports Club Competition 2025, held on January 15-18 at the SNHS covered court. This marks their second championship in a row, proving that they are one of the strongest teams in the sport.

/ TAKRAW BOYS **PAGE 19**

GAME ON! Emmanuel S. Gapulao delivers a powerful kick during the intense sepak takraw final game against Concepcion NHS.

Photo by **DARREN JOHN L. BARDELAS.**

SPORTS FEATURE

Rian brothers' unforgettable Taekwondo journey



BROTHERS SIDE BY SIDE. June Andrei Rian (left) and June Vincent Rian (right), posed for representing Busuanga and their bloodline for Batang Pinoy 2024 on November 18.

Photo courtesy of **JUNE ANDREI RIAN**

by DION JOVI M. REYES

The Batang Pinoy 2024 National Championships in Puerto Princesa City, Palawan from November 23-29, 2024, became an inspiring stage for young athletes across the Philippines to showcase their skills and passion for sports.

Over seven days, the event brought together top athletes from different cities and provinces, highlighting their determination, talent, and sportsmanship. Among the many talented athletes were two brothers from Palawan, June Andrei C. Rian and June Vincent C. Rian who made an impact in the taekwondo events.

June Vincent C. Rian shone in the Poomsae category, demonstrating great skill, amazing control over his movements, and discipline. His performance reflected the hours of practice and the focus he put into improving his weaknesses, such as his stamina, balance, power, and speed.

/ RIAN BROTHERS **PAGE 18**

inside this **issue**

Still, atitude over skill

/ SPORTS COLUMN **PAGE 19**



AIMING FOR GLORY. Rizza Mae Macmac unleashes a powerful throw during the championship game of the Javelin Competition.

Photo by **DARREN JOHN L. BARDELAS**

WINNING THROWS

Javelin Throw Competition feats skill, sportsmanship

by MARMICK KRISTIAN R. ONDE

The javelin throw competition held on January 15, 2025, at the plaza of Salvacion, Busuanga, Palawan, showcased exceptional athleticism and fierce competition among young athletes from various schools.

/ JAVELIN THROW **PAGE 17**

SCHOOL NEWS

Salvacion NHS reigns supreme in Arnis

by PRINCE JOSEPH M. DECENA

Salvacion National High School (SNHS) dominated the Arnis Anyo and Arnis Combat events at the Busuanga Inter-School Sports Club 2025, held on January 15 and 17 at the Barangay Salvacion Covered Court. SNHS athletes showcased exceptional skill, securing 17 gold and 5 silver medals across various divisions.

In Arnis Combat, gold medalists included Princess Fiona P. Fausto (Pinweight), Jeromel C. Rubino and Jinmarie R. Eleccion (Bantamweight), Althea C. Cadutdut (Featherweight), Brent James L. Lujero (Extra Lightweight), and Charles Arkien M. Borejon and Irace Larra Dyl C. Libarra (Half Lightweight). Silver medals were claimed by Raja Ismael A. Salanatin, Gabriel Jake A. Abreu, and Azalthea H. Conti.



HANDS DOWN! Jeromel C. Rubino finishes his Anyo Single Weapon performance with a respectful pugay.

Photo by **MELA P. MANLABAO.**

SNHS also excelled in Arnis Anyo, with Fausto, Eleccion, and Rubino earning multiple golds in Single Weapon, Double Weapon, and Espada y Daga categories. Their synchronized teams swept the events, with the girls' and boys' teams winning gold in multiple divisions.

Coached by Harjim L. Truman, Merry Joy G. Mayo, Blessil May M. Tiococo, and Vann Axel M. Carnaje, SNHS continues its legacy as the top Arnis contender for the second consecutive year.