INTERNATIONAL

IRAN LAUNCHES RETALIATORY STRIKES AMID ESCALATING MIDDLE EAST WAR

Missile attacks hit multiple targets after U.S.-Israeli offensive, fueling fears of a wider regional conflict.



The Staff Publication

SCHOOL PAPER VOLUME 6

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LOCAL

TALAKAG FESTIVAL CELEBRATES UNITY AND TALENT

The 109th Araw ng Talakag was celebrated at Tagalog Plaza from March 16 to 23, 2026, marking a week-long festivity with the theme, "Hayag Talakag: One Community, One Identity, Shaping the Future Together."

The festival commemorated the municipality's 109th Charter Day Anniversary, honoring Talakag's heritage and resilience while showcasing its history, culture, and progress as a peaceful community in the province of Bukidnon.

The celebration began with a Thanksgiving Mass held at St. Joseph Parish Church on March 16. The following day, opening activities featured a Grand Parade led by local officials and marching bands from various schools, including Talakag National High School and Saint Joseph High School of Talakag, Inc. Participants, dressed in vibrant colors, proudly represented their respective organizations through coordinated performances and banners.

Various activities highlighted the week-long celebration, including a Battle of the Bands, motocross and sports competitions, boxing matches, talent shows, and evening performances. A drum and lyre competition was also held, with participating schools showcasing their musical skills. Pageants such as Dyosa ng Talakag and Miss Talakag added to the festivities, drawing excitement from both residents and visitors. One of the most anticipated events was the celebrity concert, featuring performances by Eastside and the musical group Oh! Caraga.

Community members and visitors also participated in several events, including sports competitions, an agri-fair, a worship night featuring Mr. Jethro Alaban, and traditional Larong Pinoy games, which contributed to the lively and inclusive atmosphere of the festival.

The celebration not only brought people together but also promoted local culture, talents, and traditions. It also supported local businesses, as increased visitor activity led to higher demand for food, clothing, and other products.

As the festival concluded, attendees were left with lasting memories of the vibrant activities and performances. A colorful fireworks display marked the closing of the celebration, symbolizing unity and pride among the people of Talakag.



EDITORIAL



COLUMN



FEATURE



SCI-TECH



SPORTS





NATIONAL

Fuel Prices Rise Again, Straining Filipino Commuters

Oil firms implement another round of hikes nationwide

The Philippines experienced significant oil price hikes in March 2026 due to instability in the global energy market, particularly tensions in the Middle East that disrupted oil supply chains.

As a country heavily reliant on imported fuel, the Philippines was strongly affected by rising international crude prices, leading to frequent and sharp increases in local pump prices nationwide.

In mid-March, the Department of Energy confirmed major "big-time" price hikes affecting gasoline, diesel, and kerosene, with some of the steepest increases reaching up to ₱23.90 per liter for diesel and ₱16.60 per liter for gasoline. Additional adjustments followed in the succeeding weeks, including further increases announced around March 24. Although these were slightly lower than earlier spikes, they continued to reflect persistent volatility in global oil markets and placed a heavy burden on consumers.

The impact was widely felt, especially by transport workers and low-income households, as higher fuel costs reduced earnings and increased the prices of basic goods and services.

In response, the government declared a national energy emergency and implemented measures such as securing alternative fuel sources and coordinating international support. However, with ongoing global tensions, experts warn that fuel prices are likely to remain unstable, underscoring the country's vulnerability and the need for long-term energy solutions.

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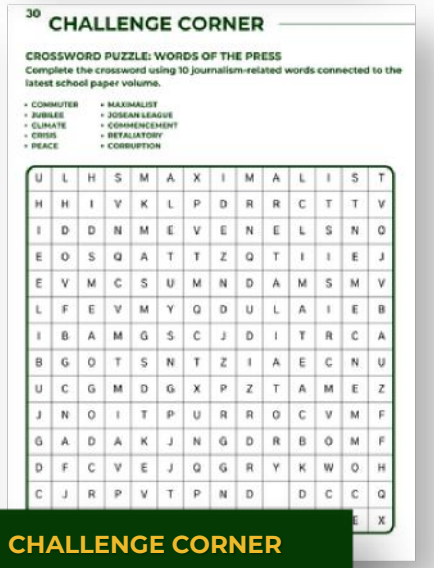
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EDITOR'S NOTE

Truth does not always come easily, and neither does the courage to uphold it. In a time when stories can be twisted, overlooked, or forgotten, journalism must remain rooted in integrity. This volume stands as both a reflection and a reminder: that to read is not enough. We must question, we must discern, and we must act—because a well-informed voice is only powerful when it chooses to speak.

JOVIL APISAN
EDITOR-IN-CHIEF

THE PRICE OF BEING "QUALIFIED"

Illustration by Leah Nadya Landar

In the Philippines, a college diploma has become more than a piece of paper. For many job seekers, it is a passport to employment—a requirement that must be earned before one can even hope to earn a living. Employers ask for degrees to prove competence, preparation, and readiness to carry responsibility. It is a standard many students spend years, money, and sleepless nights trying to meet.

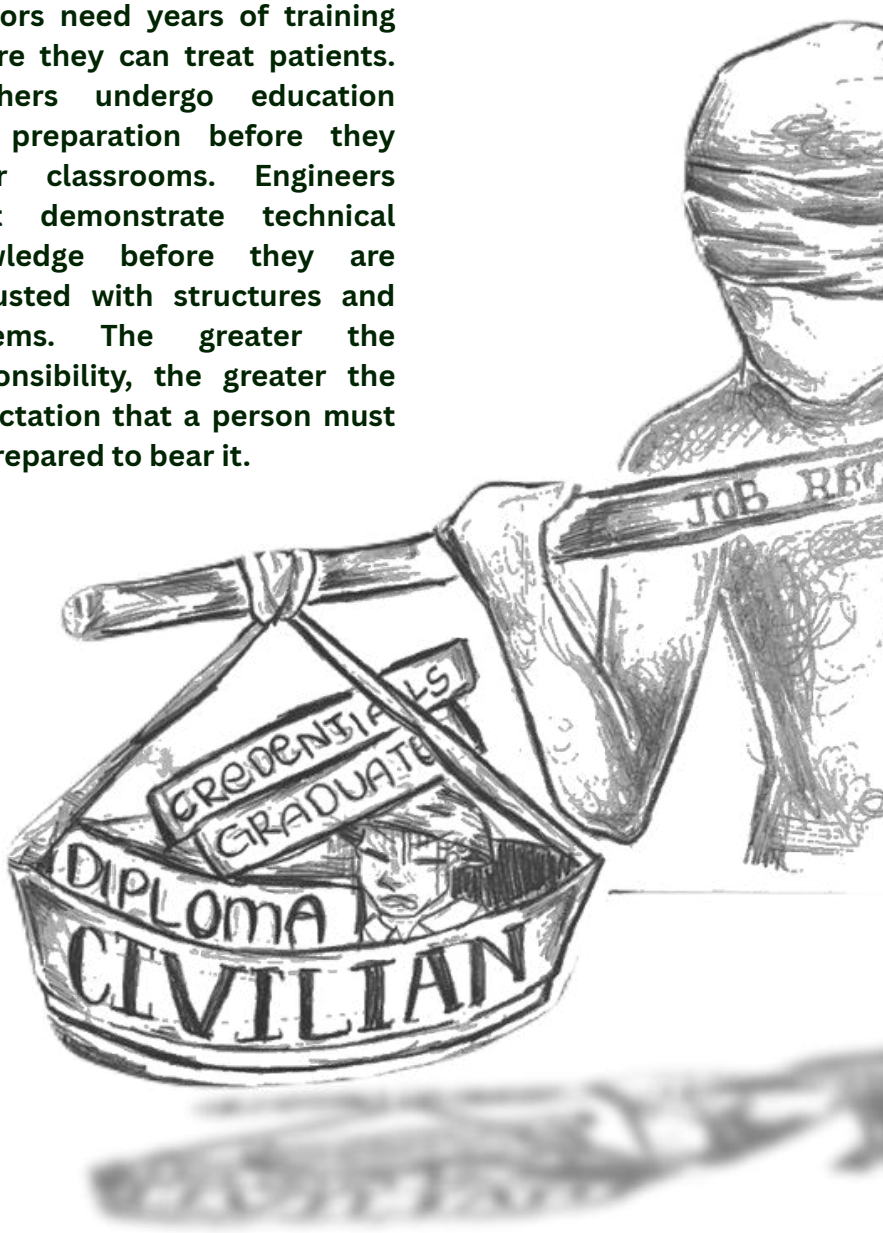
Yet there is a quiet irony in this system: a degree is often required to obtain the job that would allow a person to afford the very education that qualified them for it.

For students who cannot easily afford tuition, transportation, food, books, and other school expenses, education becomes a cycle of sacrifice. They are told to study harder, earn a degree, build credentials, and prove themselves worthy of an opportunity. And they do. They comply with the requirements because society has taught them that being "qualified" is the price of being given a chance.

But this raises a question that should make us uncomfortable: what does it truly mean to be qualified in a society?

In most professions, the answer appears straightforward.

Doctors need years of training before they can treat patients. Teachers undergo education and preparation before they enter classrooms. Engineers must demonstrate technical knowledge before they are entrusted with structures and systems. The greater the responsibility, the greater the expectation that a person must be prepared to bear it.



but when the responsibility becomes political—when the decisions no longer affect a classroom, a workplace, or a single household, but entire communities and millions of lives—the standards can suddenly become far less demanding.

Public office is not merely a title. It is authority over public funds, policies, institutions, and the direction of people's lives. Yet political leadership is ultimately determined through elections, ere formal qualifications may be minimal compared with those demanded by ordinary professions. A candidate can be elevated by name recognition, charisma, family influence, or carefully cultivated popularity.



Sometimes, the question of whether a person is truly capable of governing is drowned out by the question of whether that person is simply well known.

This is where the contradiction becomes difficult to ignore: we demand proof from those seeking ordinary employment, yet sometimes demand little from those seeking extraordinary power. This is not about saying a diploma determines one's worth or ability to lead. It is about standards. If competence and experience matter in the workplace, they should matter even more in positions entrusted with the lives and futures of millions. The consequences of hiring the wrong employee may affect a company; electing the wrong leader can affect an entire generation.

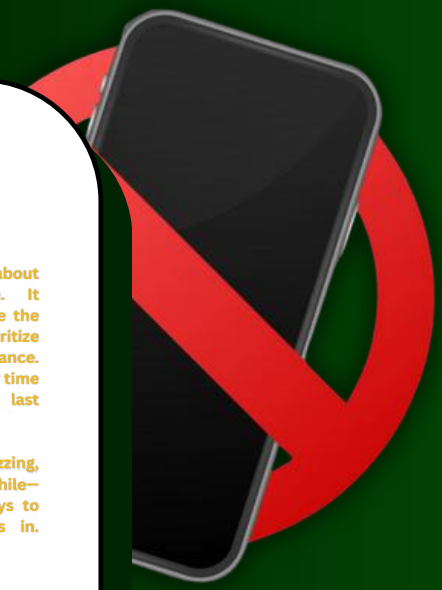
And ultimately, the choice is ours.

Every ballot is a form of trust. We must look beyond popularity, surnames, and public image and ask: What has this person accomplished? What do they understand? Can they be held accountable for the power they seek?

Students are taught to study, earn credentials, and prove they deserve an opportunity. Perhaps those entrusted with an entire nation's future should be expected to prove themselves worthy of that trust, too.

Because the question is no longer simply who gets elected.

It is what we, as a society, have decided is enough.



SCREENS OUT, BRAINS IN

Photo Courtesy of Google Images
Article by Yarom Vincenzo R. Corpuz

At Saint Joseph High School of Talakag, Inc., the No-Cellphone Rule is something most of us are already familiar with. It's written in the handbook, reinforced through bag checks, and often talked about in class. At times, it can feel strict—but I've come to realize that it exists for a reason beyond simple discipline.

I've heard the usual reactions. "It's just a phone." "Why can't we use it for research?" And honestly, those questions aren't entirely wrong. Phones can be useful and entertaining. But in the middle of a lesson, it only takes one notification to pull our attention away. One glance turns into a few minutes, and before we know it, we've missed something important. I've seen it happen—not just to others, but sometimes even to myself.

When phones are set aside, the difference becomes noticeable. Conversations feel more real, participation becomes more natural, and there's more focus in the room. It's easier to listen, to ask questions, and to actually think things through. Without constant distractions, we're given the space to develop skills that no screen can fully provide—like critical thinking, creativity, and problem-solving.

Some argue that banning phones limits access to information. But learning isn't just about finding quick answers. It's about understanding ideas, asking better questions, and engaging with others. A phone can provide information instantly, but it cannot replace the process of learning itself.

Maybe the rule isn't just about restriction—it's about intention. It reminds us to be present, to value the moment we're in, and to prioritize learning while we have the chance. Phones will always be there, but our time to fully engage in school won't last forever.

In a world that never stops buzzing, choosing to unplug—even for a while—might be one of the simplest ways to truly focus. Screens out, brains in. Sometimes, it really is that simple.

STANDING ON THE STAGE AS VOICES OF THE FUTURE

Photo Courtesy of Google Images
Article by Blanche Deanne Picut

In a world constantly challenged by corruption and the abuse of power, I often find myself wondering: is staying silent ever enough? As young people, we are often told to listen first, to wait our turn, and to let those older than us speak. But over time, it becomes clearer that our voices are not only meant for the present—they are meant for the future we will one day lead.

Sometimes, I question why we still have to fight for a kind of peace that should have already been ours. Why do those who hurt and oppress others seem to live so freely? These are not easy questions to answer. But if the youth refuse to speak, then who will? If we choose not to act, then who will? Despite everything, I believe that the power to create real change—no matter how small—still rests in our hands.

Being a voice is not easy. Many of us are afraid—afraid of making mistakes, of being judged, or of not being heard at all. There are moments when it feels easier to stay quiet than to stand for what is right. But how can a voice be heard if it is never used? This is where youth empowerment truly begins: in building the courage, conviction, and confidence to believe that our voices matter.

Across the world, there are young people who continue to rise and resist. They are not perfect, but they refuse to stay silent. They choose to speak, to act, and to stand not only for themselves, but for the future of others. In them, I am reminded that the youth are not merely followers—we are capable of becoming leaders of change.

As Dr. Jose Rizal once said, "The youth is the hope of the nation." But to become that hope, we must first learn to trust our own voices. In a world filled with noise and injustice, may we choose to speak, to act, and to stand for what is right—for in the end, the future begins with us.



WEAPONS AND WORDS

Photo Courtesy of Google Images
Article by Yarom Vincenzo R. Corpuz

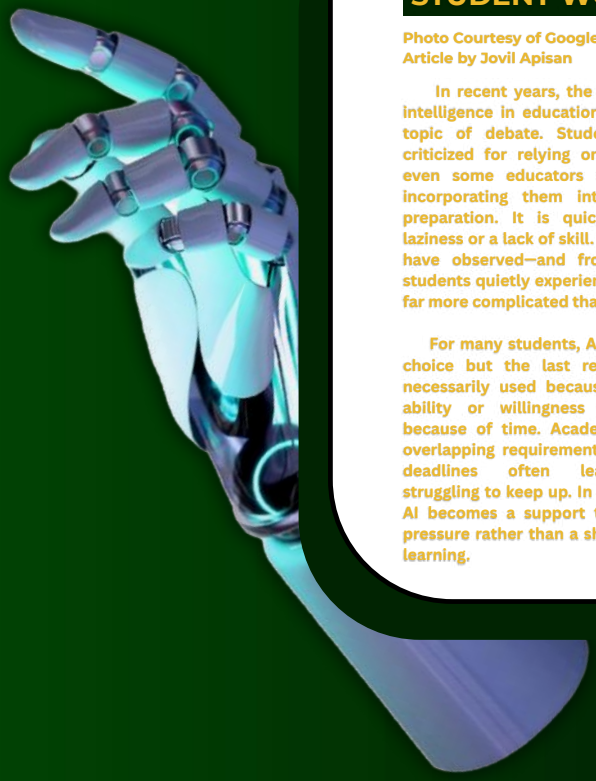
Whispers linger through the hallways—false words that slowly turn into belief.

I've seen how quickly stories change in school. One moment, someone is just another student trying to get through the day; the next, they become the subject of rumors they never created. Words spread fast, as if carried by a powerful wind. And somehow, by the time they reach everyone, they no longer resemble the truth.

False information can ruin almost anything. It can make something good seem bad, something harmless appear dangerous, and most painfully, it can shatter the image of an innocent person. Schools are meant to be places where students learn and grow, yet they can also become spaces where judgment spreads faster than understanding.

Some say words are easy to ignore—but not everyone has that choice. For some, these whispers slowly take away their confidence, their motivation, even their desire to come to school. What was once a place of learning becomes a place of fear.

Words are powerful. Before we speak, we should ask ourselves: are we sharing the truth, or are we simply adding fuel to a fire we don't fully understand?



BETWEEN TOOLS AND TIME: RETHINKING AI IN STUDENT WORK

Photo Courtesy of Google Images
Article by Jovil Apisan

In recent years, the use of artificial intelligence in education has become a topic of debate. Students are often criticized for relying on AI tools, and even some educators are judged for incorporating them into teaching or preparation. It is quickly labeled as laziness or a lack of skill. But from what I have observed—and from what many students quietly experience—the issue is far more complicated than it seems.

For many students, AI is not the first choice but the last resort. It is not necessarily used because of a lack of ability or willingness to learn, but because of time. Academic workloads, overlapping requirements, and multiple deadlines often leave students struggling to keep up. In such situations, AI becomes a support tool to manage pressure rather than a shortcut to avoid learning.

This raises a deeper concern about the structure of the education system itself. In the Philippines, students often face heavy academic demands across numerous subjects and requirements, some of which feel disconnected from practical learning or core competencies. When time is stretched too thin, students are forced to prioritize completion over depth of understanding. In that gap, tools like AI naturally become more appealing—not as replacements for thinking, but as temporary assistance to survive the workload.

This is not simply an issue of skill or intellectual effort. Many students are capable and willing, but constrained by time and structure. Instead of immediately condemning the use of AI, perhaps the more important question is why students feel they need to rely on it in the first place.

AI itself is not the enemy. The real challenge lies in how it is used and why it has become necessary for many. If education is meant to develop understanding rather than overwhelm learners, then the system must also be willing to reflect on the pressures it creates. Otherwise, the conversation will remain focused on tools, while the real issue—the conditions surrounding their use—is left unaddressed.



INTERNATIONAL

IRAN LAUNCHES RETALIATORY STRIKES AMID ESCALATING MIDDLE EAST WAR

Missile attacks hit multiple targets after U.S.-Israeli offensive, fueling fears of a wider regional conflict.



Photo Courtesy of United Nations
Article by Natasha Silhouette S. Booc
Sources: United Nations and The Washington Post

The Middle East conflict intensified in early March 2026 as Iran launched a series of retaliatory missile and drone strikes across the region following joint military attacks by the United States and Israel. The escalation marked one of the most widespread and coordinated offensives in recent years, drawing multiple countries into the conflict and raising fears of a broader regional war.

Iran's counterattacks targeted several countries hosting U.S. military bases, including Bahrain, Kuwait, Qatar, Saudi Arabia, and the United Arab Emirates. Reports indicate that dozens of missiles and hundreds of drones were deployed within days, striking airports, ports, and military facilities, as well as some civilian areas.

The strikes resulted in significant casualties and damage. Dozens of people were reported killed and hundreds injured across affected areas, while at least several U.S. service members were confirmed dead following attacks on military installations. In Israel, missile strikes also caused civilian deaths and structural destruction.

The conflict began after U.S. and Israeli forces launched large-scale airstrikes on Iranian targets, including missile systems and military infrastructure. These attacks reportedly killed hundreds in Iran and damaged key facilities, prompting Tehran to respond with . what officials described as a "full retaliation" across the region.

As the fighting continued into mid-March, additional strikes were reported in Iran, Israel, and neighboring countries such as Lebanon, where Iran-backed groups joined the conflict. The involvement of allied militias and continued exchanges of attacks have further widened the scope of the war, increasing instability across the Middle East.

The escalating violence has also disrupted global markets and transportation systems, particularly in the energy sector, with oil prices rising and international travel affected. World leaders and international organizations have called for restraint and renewed diplomatic efforts, warning that continued escalation could lead to a prolonged and devastating regional conflict.



INTERNATIONAL

CLIMATE IMBALANCE THREATENS GLOBAL STABILITY

Global temperatures and environmental indicators hit record highs, prompting urgent calls for stronger climate action worldwide.

Photo Courtesy of Google Images
Article by Natasha Sillhouette Booc
Sources: United Nations and Global Issues

The United Nations' weather agency has warned of a record-breaking "climate imbalance" as global temperatures continue to rise at an alarming pace, highlighting worsening extremes in heat, sea levels, and greenhouse gas concentrations. Recent assessments show that the period from 2015 to 2025 was the hottest decade on record, and key indicators such as ocean heat, atmospheric temperatures, and greenhouse gases have all reached unprecedented levels. The agency noted that this acceleration in warming is occurring despite natural climate fluctuations like La Niña, underscoring the urgency of global action.

According to the World Meteorological Organization (WMO), the imbalance refers to the growing gap between incoming solar radiation and heat escaping back into space, resulting in excess energy being trapped in the Earth's system. Most of this heat is absorbed by the oceans, driving record ocean temperatures, more intense storms, prolonged droughts, and accelerated sea level rise. These changes are already impacting vulnerable populations, increasing the risk of floods, food insecurity, and displacement in many regions worldwide.

Officials emphasized the urgency of immediate global action, urging governments to strengthen climate policies and reduce emissions to prevent further damage. United Nations Secretary-General António Guterres described the situation as a "state of emergency" and stressed that climate chaos is rewriting the rules of weather, with more frequent heatwaves, wildfires, and extreme rainfall events. Experts warn that without decisive intervention, these impacts will worsen and persist for generations, affecting ecosystems, human health, and global economic stability.

INTERNATIONAL

IRAN REJECTS U.S. PEACE PLAN, CALLING IT 'MAXIMALIST AND UNREASONABLE'

Tehran dismisses the Trump administration's 15-point proposal as unworkable amid ongoing conflict, as both sides maintain opposing war objectives.

Photo Courtesy of United Nations
Article by Natasha Sillhuoutte Booc

Iran has rejected a 15-point peace proposal from the United States aimed at ending the widening war in the Middle East, calling the plan "maximalist" and "unreasonable," according to a diplomatic source cited by Al Jazeera. Iranian officials, speaking through mediators, said the plan's conditions were excessive and did not address Tehran's core concerns, which include an end to attacks and respect for its strategic positions.

The U.S. plan, reportedly delivered to Iranian officials via Pakistani intermediaries, is part of growing diplomatic efforts to halt hostilities that have continued for nearly a month. Iran's rejection comes even as the Biden administration signalled openness to negotiations, a move that followed recent military escalation by both U.S. and allied forces in the region.

Iran's response reflects deep mistrust of Washington and its allies, consistent with previous statements from Tehran denying direct negotiations with U.S. leaders despite reports of indirect diplomatic communications. Iranian leaders have repeatedly emphasized that any ceasefire must be accompanied by guarantees that address perceived threats to their sovereignty and security.

The ongoing conflict has sparked global concern, with world leaders calling for renewed peace efforts while hostilities continue to affect the region's stability. Both sides remain far apart on key issues, and analysts say resolving the conflict will require significant diplomatic compromise in the face of entrenched positions.





NATIONAL

FUEL PRICES RISE AGAIN, STRAINING FILIPINO COMMUTERS

Oil firms implement another round of hikes nationwide

Photo Courtesy of United Nations
Article by Ayesha Glenn Rebuyon
Sources: PhilNews, The Guardian, and Philippine Information Agency

The Philippines has been experiencing significant oil price hikes in March 2026, driven largely by instability in the global energy market. The ongoing conflict in the Middle East, particularly tensions affecting key oil-producing regions, has disrupted supply chains and pushed international crude prices upward. As a country heavily dependent on imported fuel, the Philippines is especially vulnerable to these global fluctuations, resulting in frequent and substantial increases in pump prices nationwide.

In mid-March, the Department of Energy (DOE) confirmed a series of "big-time" oil price hikes affecting gasoline, diesel, and kerosene. Some adjustments reached as high as ₱23.90 per liter for diesel and ₱16.60 per liter for gasoline, among the steepest increases recorded in recent years. Oil companies implemented these hikes in a staggered manner over several days to cushion the immediate impact on consumers, although the increases still placed a heavy burden on motorists and transport operators.

Further increases followed in the succeeding weeks, with additional adjustments announced around March 24. Gasoline prices were projected to rise by around ₱6.47 per liter, while diesel and kerosene saw even higher increases. Although slightly lower than earlier spikes, these continued hikes reflected the ongoing volatility in global oil markets and the lack of immediate relief for consumers.

The impact of these fuel price hikes has been widespread, particularly among transport workers and low-income households. Rising fuel costs have significantly reduced daily earnings for drivers, forcing many to work longer hours while still struggling to cover basic expenses. Economists also warn that sustained increases in oil prices could trigger higher inflation, as transportation costs directly affect the prices of food and other essential goods.

In response, the Philippine government declared a national energy emergency to address the crisis and ensure fuel supply stability. Measures include securing alternative oil sources, creating an emergency fund, and coordinating with international partners to mitigate supply disruptions. Authorities have also explored conservation strategies and policy interventions to lessen the economic impact on the public.

Despite these efforts, the situation remains uncertain as global tensions persist. For many Filipinos, the oil price hikes are not just an economic issue but a daily struggle, highlighting the country's vulnerability to global energy crises and the urgent need for long-term energy solutions.

NATIONAL

ENERGY CRISIS HITS HOME: PHILIPPINES DECLARES NATIONAL EMERGENCY

Fuel shocks prompt urgent government response, exposing deep reliance on imported oil

Photo Courtesy of United Nations
Article by Natasha Sillhuoutte Booc
Source(s): PhilNews

President Ferdinand Marcos Jr. declared a state of national energy emergency in the Philippines on March 24, 2026, through Executive Order No. 110, citing the growing threat of a fuel supply crisis. The declaration came amid escalating conflict in the Middle East, which disrupted global oil production and transport routes, raising concerns over the country's energy security. As a nation that relies heavily on imported oil, the Philippines faces heightened vulnerability to these international developments.

The executive order emphasized the "imminent danger of a critically low energy supply," prompting the government to take urgent and coordinated action. The emergency status, which will remain in effect for one year, allows state agencies to respond more swiftly to supply disruptions and stabilize the energy sector. It also empowers the government to ensure the availability of fuel while minimizing the impact of rising prices on

Central to the government's response is the creation of the Unified Package for Livelihoods, Industry, Food, and Transport (UPLIFT), a whole-of-government framework aimed at addressing the crisis. The initiative coordinates efforts across sectors such as energy, transportation, agriculture, and finance to maintain essential services and protect vulnerable groups, while agencies like the Department of Energy are tasked to implement fuel optimization and conservation measures. The declaration also grants expanded powers to secure fuel supply, including advance oil procurement and action against hoarding and profiteering, as authorities work to stabilize domestic supply chains and explore alternative sources.

Alongside these measures, the government has rolled out interventions such as transportation assistance to cushion the impact on affected sectors. The situation highlights the Philippines' dependence on imported energy and the need for long-term solutions like energy diversification.





NATIONAL

ICC CASE AGAINST DUTERTE DRAWS NATIONAL ATTENTION

Legal proceedings raise questions on accountability and sovereignty

Photo Courtesy of the ICC
Article by Natasha Sillhuoutte Booc

The case involving former president Rodrigo Duterte and the International Criminal Court continues to draw attention both locally and internationally, as discussions on accountability and jurisdiction persist. The proceedings are linked to allegations connected to the administration's anti-drug campaign, which has been the subject of scrutiny by various groups.

The ICC has stated that it retains jurisdiction over incidents that may have occurred while the Philippines was still a member, despite the country's withdrawal from the court in 2019. This position remains central to ongoing debates about the extent of the tribunal's authority.

Officials and legal experts have expressed differing views on the matter. Some stress the importance of national sovereignty and the role of domestic institutions, while others point to international mechanisms like the ICC as essential in addressing serious allegations and ensuring accountability.

As the situation develops, the case continues to shape public discourse on justice, governance, and the balance between national and international law. Observers note that its outcome may have lasting implications for similar issues in the future.



LOCAL

SAINT JOSEPH HIGH SCHOOL OF TALAKAG, INC. RECOGNIZED AS JUBILARIAN AWARDEE BY CEAP

Photo by Mr. Feleoncio Puno
Article by Jovil Apisan

Manila, Philippines — October 3, 2025

Saint Joseph High School of Talakag, Inc. (SJHSTI) is recognized as one of the 2025 Jubilarian Awardees by the Catholic Educational Association of the Philippines (CEAP) during its National Convention at the SMX Convention Center in Manila.

The recognition comes as the institution celebrates its 75th founding anniversary of nurturing faith, values, and excellence. CEAP confers the award in honor of the school's enduring legacy and continuing mission in Catholic education.

The award citation commends SJHSTI as it faithfully integrates Gospel values in the holistic formation of its students, nurtures academic excellence while developing skills and talents for service and leadership, and fosters a vibrant school community rooted in faith, strengthened by prayer, and lived through Christian witness. The school also continues its commitment to transform lives and serve the broader community through Catholic education.

Representing the institution in receiving the award are Sr. Gina L. Dahan, MCM, MAEAD (School Directress), Mrs. Ivy A. Echavez, MAEM, and Ms. Koena Anjellika R. Alim. Their presence reflects the united leadership of the school in carrying forward its mission.

This milestone affirms Saint Joseph High School of Talakag, Inc. as it continues to form graduates who are not only equipped with knowledge and skills, but also grounded in strong faith, enduring values, and a lifelong commitment to service.



LOCAL

CELEBRATING 75 YEARS OF BUILDING JOSEAN LEGACY

Photo by Jovil Apisan
Article by Carl Justin Agnao

Talakag, Bukidnon, Philippines — July 1, 2025

A legacy 75 years in the making—built piece by piece, life by life, heart by heart.

This morning, Saint Joseph High School of Talakag, Inc. joyfully opened its 75th Founding Anniversary celebration with meaningful traditions that honored both the past and present.

The day began with the Josean Walk, a symbolic journey of unity where alumni and current students walked side by side—representing the unbroken bond shared by generations of Joseans. This was followed by a solemn Thanksgiving Mass, lifting our hearts in gratitude for the blessings and milestones God has bestowed upon our school.

In harmony, alumni and students led the Invocation and National Anthem, their voices blending into one—a reflection of the unity and patriotism that defines our community.

Our beloved school principal, Mrs. Ivy A. Echavez, delivered her heartfelt Opening Remarks, reminding us of our rich history, cherished achievements, and the ongoing mission we all share as Joseans. Messages of inspiration followed from Sr. Gina L. Dahan, MCM, MAED, and Ms. Koena Anjelika R. Alim, who emphasized the lifelong impact of Catholic education in shaping compassionate and morally grounded individuals.

One of the morning's highlights was the presentation of the official logo for the 75th Founding Anniversary celebration—a vibrant symbol of growth, renewal, and readiness for the future, while staying anchored to our mission and values.

A special musical performance by the Amazing Duo, Mrs. Genette B. Bigcas and Ms. Michelle Genette B. Bigcas, filled the room with joy, followed by a heartfelt presentation from alumni and students that beautifully captured the enduring spirit of Saint Joseph.

We also proudly launched "Pieces of Us", a memory-sharing campaign that gathers unforgettable SJHSTI moments from students and alumni—each story a piece of the 75-year puzzle we continue to complete together.

The morning's program closed with a touching song performed by both alumni and students, leaving the audience with full hearts and deep pride in the school we call home.

And this is just the beginning. The celebration continues this afternoon with games and activities designed to bring more joy, laughter, and memories to this already unforgettable day.

Long live Saint Joseph High School!

75 years of gratitude, growth, and grace—may we continue to shine, serve, and inspire for many more years to come.



LOCAL

SJHSTI HOLDS 67TH COMMENCEMENT EXERCISES

Photo by Mr. Konan Tuadles I MAVIS Studio
Article by Natasha Silhouette Booc

Talakag, Bukidnon, Philippines — March 27, 2026

On March 27, 2026, Saint Joseph High School of Talakag, Inc. celebrated its 67th Commencement Exercises carrying the theme, "Josean 2026: Drawing New Maps of Hope." The event honored the Graduates of 2026 for their dedication, perseverance, and success throughout their years of study.

The commencement exercises became a heartfelt celebration filled with unforgettable memories as graduates looked back on the challenges, friendships, and experiences that shaped their journey in SJHSTI. For many students, the ceremony symbolized not only the end of their school life but also the beginning of new dreams and opportunities waiting ahead.

The graduates and the entire SJHSTI community express their deepest gratitude to Dr. Said M. Macabago, Education Program Supervisor in English, Division of Bukidnon, for his presence as the Confirming Officer. Special thanks are also extended to Dr. Phoebe Angelique Seno-Salazar for gracing the celebration and inspiring the class with her wisdom.

The school also acknowledged the efforts and commitment of the SJHSTI community, especially to our School Directress Sr. Lydia T. Perejan, MCM, and Mrs. Ivy A. Echavez, School Principal for continuously guiding students toward excellence and strong values.

As the graduates move forward to a new chapter of life, they carry with them the lessons and values they learned from SJHSTI. With courage in their hearts and hope for the future, the Class of 2026 is now ready to pursue greater opportunities and overcome new challenges ahead.



LOCAL

MINDANAO WEEK OF PEACE 2025

Photo by Jovil Apisan
Article by Ayesha Glenn Rebuyon

Talakag, Bukidnon, Philippines — December 3, 2025

Last December 3, 2025, Saint Joseph High School of Talakag actively commemorated the Mindanao Week of Peace through a series of meaningful activities that promoted unity, harmony, and shared responsibility within the community.

The celebration began in the morning with a vibrant Color Fun Run, participated in by students, teachers, and members of the community. The activity not only encouraged physical wellness but also symbolized the diversity and unity of cultures coming together for peace. Safety and order throughout the event were made possible through the support of the Philippine National Police (PNP) Talakag, Municipal Disaster Risk Reduction and Management Office (MDRRMO), Municipal Traffic Enforcement Unit (MTEU), and the Bureau of Fire Protection (BFP).

In the afternoon, a symbolic ceremony was held to deepen the significance of the commemoration. Ms. Mona Lisa D. Pangan and Ms. Gabriella Gil Cristy Z. Alaba shared insightful talks centered on peace-building, responsibility, and commitment to fostering understanding within the community. This was followed by the Commitment Chain, where participants expressed their personal pledges to uphold peace and solidarity. The program concluded with a tree-planting activity, symbolizing growth, hope, and the community's shared responsibility to nurture peace for future generations.

The Saint Joseph High School of Talakag community extends its heartfelt gratitude to everyone who contributed Their presence and support to the success of this event, especially the guest speakers, participating agencies, and the representatives of each barangay council strengthened the collective message that peace is a shared mission—one that begins with commitment and action.

Through these activities, SJHS Talakag reaffirmed its dedication to promoting peace, unity, and service, reminding everyone that lasting peace starts within our communities.



LOCAL

COMMUNITY OUTREACH PROGRAM BRINGS JOY TO SPED LEARNERS

Photo by SJHSTI Faculty
Article by Natasha Silhouette Booc

Talakag, Bukidnon, Philippines —March 24, 2026

On March 24, 2026, SJHSTI successfully held its yearly Community Outreach Program at the SPED Elementary School through the donation of a seesaw for the learners.

As part of the outreach activity, the project aimed to bring happiness to the children and provide them with a fun and meaningful recreational activity where they could play, interact, and build friendships with one another.

The donated seesaw is more than just playground equipment, as it also reflects the school's desire to extend care, love, and support to the SPED learners. Through this simple act of sharing, the school hoped to create joyful experiences and encourage cooperation and social interaction among the children.

The outreach program showed that even simple acts of kindness can bring happiness to others. Through this activity, the school continued to share care, unity, and support with the learners.

LOCAL

SJHSTI BLOOMS INTO ORSEM 2025



Photo by Ryhanne Madrid
Article by Phoebe Czythrel Mojado

Joseans, did you really think you'd walk in on the first day and jump straight into classes? Grabe naman!

As BINI reminds us in their hit song—"Buhay ay 'di karera"—there's no need to rush. That's why the Supreme Student Government (SSG) made sure your first day wasn't filled with lectures and deadlines, but with connection, fun, and full-on campus vibes.

On June 16, 2025, Saint Joseph High School of Talakag, Inc., officially kicked off Orientation Seminar (ORSEM) 2025 with a colorful and empowering BINI-themed celebration!

Then came the highly anticipated Club Hopping. Students eagerly roamed the campus, exploring vibrant booths that brought each club's personality to life through colorful posters, engaging videos, and live demonstrations. Club members warmly welcomed new faces, shared their stories, and inspired others to discover and pursue their passions.

But it wasn't just about joining. It was also a day for leading. After signing up, clubs wasted no time in holding their officer elections, giving students the chance to step upand shape the direction of their groups for the year ahead. From presidents to secretaries, new leaders emerged —ready to serve and make a difference.

"It's exciting because we didn't just join clubs; we also got to choose who will lead us this school year," shared a Grade 7 student who joined the Math-Sci Com Club. "It really made me feel that I can have a voice—even as a new student."

The day wrapped up with the announcement of newly elected officers, group photos, and a sense of pride that filled the air. Day 2 of ORSEM 2025 wasn't just about exploring options—it was about igniting school spirit, building community, and empowering students to take the lead.



LOCAL

SJHSTI CONCERT FOR A CAUSE 2025

Photo by The Staff's Media Team
Article by Jovil Apisan

Last October 29, 2025, the halls of Saint Joseph High School of Talakag, Inc. were filled with rhythm, passion, and purpose as the SJHSTI Concert for a Cause came to life.

Featuring spectacular performances from the faculty, students, and alumni, the night was more than just a celebration of talent—it was an offering of love and service.

All proceeds from the concert will go toward the construction of the School Covered Court, a space that will continue to nurture faith, fellowship, and growth within our community.

Through every song, dance, and applause, the spirit of generosity shone brightly. Truly, it was a night that proved that when hearts come together for a purpose, miracles begin to unfold.

LOCAL

GREEN SOARS HIGH IN JOSEAN LEAGUE 2025

Illustration by Princess Liam Pajo
Article by Carl Justin Agnao

History has repeated itself — and this time, louder and prouder.

The Soaring High Green Falcons have officially reclaimed their long-awaited Champion title in the Josean League 2025 Overall Results, finishing with an outstanding 1,015 points.

After seasons of fierce competition and near misses, the Falcons proved that champions may stumble, but they always rise again — higher than ever.

The pressure was intense, with powerhouse rivals coming in strong. The Legendary Blue-Eyed Ravens delivered an impressive performance, securing the Runner-Up spot with 765 points. Meanwhile, the Blazing Red Jaguars and Mighty Yellow Eagles.

Battled passionately until the final scoreboard settled on 3rd and 4th places, respectively. The Fierce & Growling Pink Panthers also showcased unwavering determination, landing in 5th place with 455 points.

This year's tournament was marked with thrilling matches, explosive energy from the crowd, and undeniable school spirit. But in the end, it was the Green Falcons who showed what true resilience looks like — turning every challenge into fuel for a championship comeback..



LOCAL

THE NEW FACES OF GLORY—MR. AND MS. INTRAMURALS 2025



Photo by Jovil Apisan
Article by Jovil Apisan

Radiance, confidence, and school pride filled the stage as Joseans witnessed the much-awaited Mr. and Ms. Intramurals 2025 coronation—the culminating highlight of this year's Quest for Glory.

After rounds of competition that showcased creativity, grace, and eloquence, the winners emerged—embodying the spirit of sportsmanship and excellence that define the Josean community.

MR.AND.MS. INTRAMURALS 2025:
–Ms. Gracenell C. Sanchez (Legendary Blue-eyed Ravens)
– Mr. Kevin James A. Ragandang (Soaring Green Falcons).

Each contestant brought pride and power to the stage—representing not only their respective teams but the enduring spirit of unity and excellence that the Intramurals stand for.

From the fierce performances to the heartfelt answers, every moment was a testament to the dedication and talent of the Josean community.

As the lights dimmed, Ms. Gracenell C. Sanchez and Mr. Kevin James A. Ragandang stood crowned, symbolizing the heart of this year's Quest for Glory—leadership, resilience, and passion in motion.

Here's to the New Faces of Glory—may their reign inspire every Josean to shine brighter and reach higher.



LOCAL

SJHS RECOLLECTION DAY 2025

Photo by Jovil apisan
Article by Jovil Apisan

The SJHSTI Parents' and Students' Recollection, held last November 29, 2025, became a meaningful pause in the rhythm of our daily routines—a much-needed moment to reflect, breathe deeply, and reconnect with the Lord.

With hearts open to grace and spirits ready for renewal, the entire SJHSTI community entered this sacred space with a shared longing for peace and spiritual growth.

The parents' recollection was guided by Br. Kevin Pepito, whose reflections offered gentle wisdom and heartfelt reminders about faith, family, and God's constant invitation to return to Him.

Meanwhile, the students' sessions were thoughtfully facilitated by the MCM Sisters, our dedicated teachers, and our CLE teachers, ensuring that each group was accompanied with care, understanding, and pastoral presence.

Throughout the day, parents and students journeyed separately yet united in purpose—rediscovering God's nearness in silence, prayer, and honest self-reflection.

As we continue moving forward, may the seeds planted during this encounter grow into deeper faith, greater compassion, and a renewed desire to live each day with love and purpose.

LOCAL

SJHS BUACS QUIZ ON AIR 2026

Photo by SJHSTI Faculty
Article by Natasha Silhouette Booc

Saint Joseph High School of Talakag, Inc. proudly celebrates the outstanding achievement of our students in the BUACS Quiz on Air held on March 8, 2026, at San Isidro College, Malaybalay City, Bukidnon.

With determination and excellence, Mart Bernie Molina, Carl Justin Agnao, and Crissel Prince Prejan successfully brought home the 1st Runner-up trophy among 23 participating BUACS member schools—marking a triumphant return to the top.

Jovil Apisan, Syra Gayosa, and Princess Lycah Seno, commendably scored 225 out of 300 points, showcasing remarkable knowledge and skill.

Special recognition is likewise given to the observers, Sydney Bernabe and Sydney Ledon, for their support and presence throughout the event.

This achievement was made possible through the guidance of Mrs. Vivian N. Bersamen, School Registrar, and Mrs. Ivy A. Echavez, School Principal, who served as the students' chaperones.

Indeed, these accomplishments reflect that SJHSTI continues to uphold its commitment to academic excellence and remains steadfast in maintaining its high standards.



LOOSE THREADS

Illustration by Jovil Apisan
Article by V. Astralis
Sources: United Nations

Once the war is over, leaders will shake hands. Countries will reconcile, statements will be released, and cameras will capture the moment as if it were a beginning instead of an end. Peace will be declared in headlines bold enough to convince the world that something has been fixed. But I know that not everything mends the way it is meant to.

Because some things do not break cleanly. They come apart slowly, like threads pulled loose.

War does not only destroy what can be seen. It reaches into the quietest parts of a child's mind—into memory, into safety, into the simple understanding of how the world is supposed to be. What once felt whole becomes uncertain. Loud sounds linger longer than they should. Sleep comes in fragments. Even silence begins to feel unfamiliar, as if it, too, might shatter without warning.

I think of the children who will grow up like this—carrying pieces of something they cannot fully name. Their lives, once carefully woven with routine and small joys, begin to loosen at the edges. A missed day of school becomes many. Laughter is replaced by caution. The world, which once made sense in simple ways, becomes something to watch carefully, something that can turn without warning.

And then there are the things left behind.

A burnt sock on the ground, small and half-charred, its threads curled inward from the heat. It is easy to overlook, easy to dismiss as just another remnant of destruction. But it belonged to a child—to someone who once lived in days that followed a pattern, where socks came in pairs and were worn without thought. Now, it exists alone, its fibers loosened, its purpose quietly altered.

War unravels like that. Not all at once, not always in ways the world notices. It loosens what holds a life together—thread by thread, memory by memory—until what remains is no longer what it used to be.

And long after peace is declared, after the headlines fade and the world turns its attention elsewhere, the loose threads remain.





EVERY DROP COUNTS

Illustration by Jovil Apisan
Article by Sophia Lanas

Before the morning starts, I'm already behind the wheels.

I stop at a gas station. My shoulders dropping as I see the price. I hesitate then looked down at my coins. Will the passengers still pay if I raise the fare? Will my earnings be enough to cover the expenses? Will I even bring food back to my familY?

I've learned to save every drop of fuel, every peso, every chance to earn. Every morning, I ask myself, How much diesel do I need today? How much money do I have? How much should each ride cost? This is what rising gas prices have done.

Every drop. Every liter. Every kilometer is expensive. I remember when I don't even have to think twice about how much I spend on gas, now, every ride feels like endless calculations. I remember when every stop at a gas station doesn't feel like a gamble. Back then, I could drive feely, pick up passengers without worrying if each trip was worth the fuel it consumed.

Sometimes, I overhear people talking about the reasons, they say it's because of conflicts in the other parts of the world, problems with oil supply, and how our country depends on imported fuel.

I may not fully understand global economics, but I understand this, when fuel prices rise, life becomes harder. Diesel prices keep climbing and with each increase, a piece of our livelihood disappears.

I keep hearing that the government are trying whatever they can to help us. Giving subsidies, adjusting taxes, finding solutions. And maybe they are, but here on the road, progress seems slow. And I know that I am not the only one affected. I can see my co-jeepney drivers counting each coins as if it was treasure, because it really was.

Passengers complain, and I understand why. Students count their money twice before boarding. Mothers hesitate, thinking of the rice and food they could buy instead.

Everyone is affected. Fuel p\ices don't just stay at gas stations. They travel into markets, into our homes, and into empty wallets.

Still. I drive.

Because stopping is not an option. I drive for my children's fees I drive for food on the table. I drive because this is the only way I know how to keep going. Each day, I hope for change, not ease, not riches, but just a little relief. Maybe more passengers, maybe lower prices. Maybe a day where I don't have to choose between gas and food.

Until that day comes, I grip the steering wheel tighter, start the engine and join the long line of jeepneys on the road, each one carrying not just passengers, but stories of struggle, resilience and hope. Because in times like this, every drop of fuel matters. And so does the life it moves

DROWNING IN DOUBTS

IPhoto Courtesy of Google Images
Article by Andrea Torcino

As floodwaters wash away everything in its path, unanswered questions remain. While thousands of families struggle to survive typhoons and severe flooding, billions of pesos intended for flood control projects are reportedly missing. Corruption in flood control projects has affected countless Filipino communities.

Homes get destroyed, roads get flooded, and whenever a heavy typhoon strikes, families are forced to evacuate. Despite having billions of pesos allocated for flood control projects, many projects remain unfinished.

Reports indicate that since 2023, the Philippines has lost an estimated ₱42.3 billion to ₱118.5 billion in flood control funds due to issues such as ghost projects. Instead of using the money intended for public protection, it was used by corrupt individuals to fulfill their own greed, while the problems affecting many families were ignored.

Corruption is not only about stolen money; it is about stealing safety, opportunities, and trust from citizens.

Every Filipino voted and trusted them, believing they would help develop the country, but instead, the money was wasted for personal gain and selfish interests. While powerful individuals continue to protect their own interests, many families are left struggling against disasters that should have been addressed by the government.

When the floodwaters disappear, the damage caused by corruption remains. Until the government prioritizes the country's problems, many Filipinos will continue drowning not just in floods, but also in doubt.

FORGED IN FIRE

IPhoto Courtesy of Google Images
Article by Jeff Cyrus Flores

In the quiet corners of life, there are stories that burn unseen—stories of women who have endured violence, silence, and deception. Many have longed to speak the truth but were held back by fear, by circumstance, or by a world that refused to listen. But even in silence, something begins to spark. Not all fires are loud. Some begin as embers—steady, patient, and waiting.

What once tried to consume them did not turn them to ash. Instead, it forged them. From the heat of pain and the weight of hardship, women have risen —stronger, fiercer, and unwilling to be broken. Their struggles did not extinguish them; they became fuel. And in that fire, they found their voice, their courage, and their power to break free from the chains that once bound them.

This is what empowerment looks like—not just survival, but transformation. Like pink fire, it defies expectation. It is both soft and strong, gentle yet unyielding. It burns not to destroy, but to illuminate—to make space for truth, for healing, and for growth. Every woman who rises becomes a flame for others, lighting paths out of darkness and into possibility.

We are reminded that this fire does not belong to one—it belongs to all. It lives in every woman who dares to speak, to resist, and to reclaim her story. And as it spreads, it does more than break chains—it reshapes the world around it.

To every woman: you are not meant to dim your light. You are meant to burn —boldly, brightly, and freely.



THE EQUATION TO A LEGACY

Photos from Mrs. Vivian N. Bersamen
Feature Article by Jovil Apisan

Ma'am Ivy remembers the number clearly: zero.

It was the score she received on one of Ma'am Vivian Bersamen's long tests when she was still a student. A zero could have meant embarrassment or a scolding, but Ma'am Vivian offered her kind words instead, reminding her that she could still catch up.

For Ma'am Ivy, those words stayed. They became one of the reasons she eventually wanted to become a teacher herself.

When she entered the profession, she looked to the teacher she had once admired from behind a student's desk. "Idol na idol jud nako na si Ma'am Vian," she recalled. She admired Ma'am Vivian's demure manner and quiet composure, even wanting to emulate her. Eventually, however, she realized that a person cannot simply be copied; everyone has their own personality.

Perhaps that is part of Ma'am Vivian's legacy: she did not create people exactly like herself. She simply left something in them worth carrying forward.



For 35 years, Ma'am Vivian served Saint Joseph High School of Talakag, Inc., retiring at 61. To Ma'am Ivy, she was a private, neat, and well-kept woman who carried herself with remarkable calm. She was also known for following the system and respecting what had been implemented.

"She is a woman of great principles," Ma'am Ivy recounted. Those principles were reflected in her consistency. Rain or shine, Ma'am Vivian showed up for her mathematics classes. She was known for not needing to bring books, carrying her lessons through the mastery she had built over years of teaching.

To her students, her dedication sometimes became a joke: Ma'am Vivian had to teach—teach, teach, teach. Yet behind that persistence was a teacher who saw her students as her own children. She never wanted to leave them behind to fend for themselves.

The student who once received a zero and was told she could still catch up was not an isolated case. It was a glimpse of the teacher Ma'am Vivian had always been: one who believed that a setback did not have to be the end.

Her life had already passed through extraordinary chapters before those decades in the classroom. As a student in Manila, she witnessed the Martial Law era and later participated in the first EDSA People Power Revolution. Yet Ma'am Ivy remembers her not for being loud, but for being steady—a woman whose calmness followed her wherever she went.

Even when teachers or students complained about life, her response was often simple: "Inana jud ang life."

That's just how life is.

For 35 years, Ma'am Vivian taught students to work through numbers and find solutions. But a teacher's influence cannot be measured by scores or years of service alone. It lives in the people who remember her—in the student who received a zero but was told she could still catch up, and in the teacher who carried her admiration into classrooms of her own.

Ma'am Ivy once wanted to become like Ma'am Vivian. She eventually learned that she could not copy her—and perhaps she was never meant to.

For Ma'am Vivian's legacy was never about creating another version of herself.

It was about leaving behind a lesson others could make their own.

And perhaps, after 35 years of teaching, that is the equation she leaves behind: not a single answer, but countless people who learned that even after a zero, there is always a chance to catch up.

Artemis II: NASA's Journey Around the Moon

Photo Courtesy of Google Images
Article by Heiralou Pabayos

The National Aeronautics Space Administration or NASA sent the crew of Artemis II in a mission that made a major step in space exploration. The mission is the way for NASA to test their spacecraft, rocket, and the crew system in deep space before future Moon landings.

Artemis II carried four astronauts for this mission in space: Reid Wiseman was the commander, Victor Glover was the pilot, and Christina Koch and Jeremy Hansen were the mission specialist. All four worked together to carry out a historic test flight beyond the Earth's orbit.

The purpose of Artemis II was to test wether NASA's systems could safely carry astronauts into deep space and bring them back without harm. The mission carefully checked the Orion spacecraft which was the "home" of the astronauts for the duration of their mission, the Space Launch System (SLS) rocket, life support systems, and communication tools.

The crew launched aboard the Space Launch System and travelled around the Moon without landing. The mission lasted for about 10 days, while the crew worked with control to monitor the spacecraft and their health. The duration of their flight helped NASA learn how humans and the spacecraft perform while deep in space.

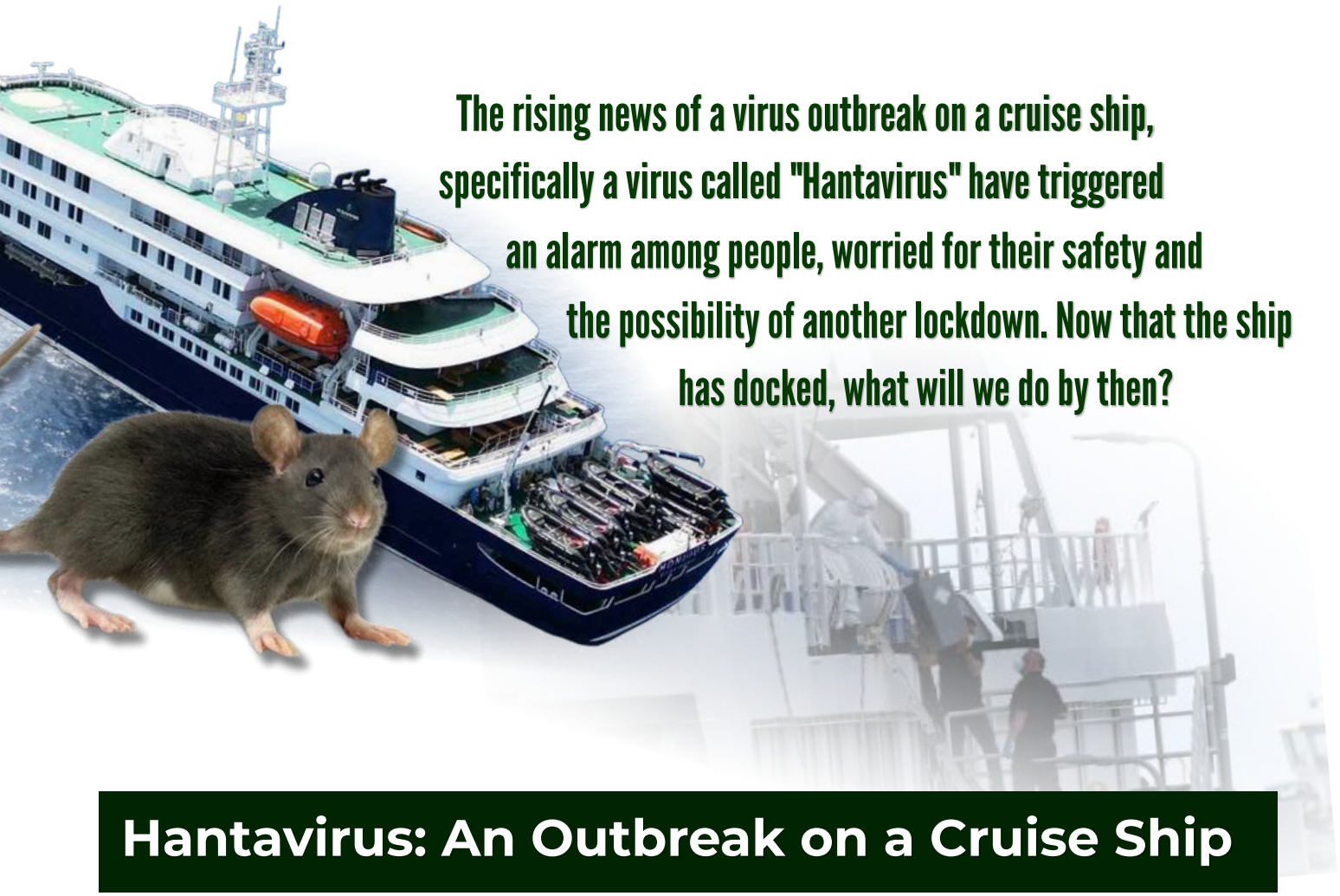
After completing their 10 day lunar flyby, the crew returned to Earth safely. The Artemis II successfully concluded with a safe splashdown of the Orion spacecraft in the Pacific Ocean. This successful return showed that the mission system worked well.

Artemis II made history as the first crewed test of NASA's new lunar exploration system and the first human lunar mission in more than 50 years.

This mission; gave NASA new important knowledge about space travel, astronaut safety, and spacecraft performance. These new discoveries will help with future space missions and Moon landings.

Overall, Artemis II was a historic mission that brought humans one step closer to longer space travel and future exploration beyond Earth.





The rising news of a virus outbreak on a cruise ship, specifically a virus called "Hantavirus" have triggered an alarm among people, worried for their safety and the possibility of another lockdown. Now that the ship has docked, what will we do by then?

Hantavirus: An Outbreak on a Cruise Ship

Photo Courtesy of AFP France
Article by Heiralou Pabayos

Wild rodents like rats and mice carry hantavirus and can infect people through direct contact with their urine, droppings, or saliva. In May 2026, the World Health Organization (WHO) received reports of an alarming group of hantavirus cases linked to the cruise ship, which quickly drew the attention of many, this just shows how a rare virus can spread in crowded environments. The outbreak was serious, impacting several passengers and resulting in fatalities.

The virus that was identified is the Andes virus, a rare type of hantavirus that can spread from person to person. Authorities believe some passengers may have been exposed before the boarding of passengers, with them being on a crowded ship, which further transmitted the virus from one person to another. This situation is different from most hantavirus infections, because it typically originates from rodents rather than humans.

Symptoms of hantavirus often start with fever, muscle aches, headache, nausea, vomiting, and stomach pain. In severe cases, the illness can rapidly develop into breathing difficulties, pneumonia, shock, and even death. Because early signs are similar to the flu, recognizing the infection early can be really challenging among people as some may view it only as an ordinary flu.

To prevent being infected with a hantavirus involves avoiding contact with rodents, safely cleaning contaminated areas, and maintaining good hygiene, especially in places where exposure is possible.

On cruise ships and in other crowded settings, isolating sick individuals, ensuring proper ventilation, and thorough cleaning are key measures to reduce spread. Since there is no widely available vaccine, prevention and prompt medical attention are our best defenses against this virus as of now.



EXTREME HEAT IN THE PHILIPPINES: A HEALTH AND LIFESTYLE CHALLENGE

Photo by Jam Sta. Rosa
Article by Heiralou Pabayos

The Philippines is currently experiencing extreme heat that is having a major impact on the health, education, and daily activities of the citizens. Due to the high heat index in different parts of the country, the need to understand the risk of heatwave and the ways to avoid its adverse effects is becoming more intense.

A heatwave is a period of extremely high temperatures that often feel more than normal heat. In the Philippines, it is more dangerous because of the high humidity, which increases the heat index and makes it difficult for the body to cool down. When the environment is too hot, the body will tire more quickly, become dehydrated, and be exposed to heat-related illnesses such as heat cramps, heat exhaustion, and heat stroke.

One of the biggest affected by the extreme heat are the students and workers. Many classes and activities are affected when the classrooms are too hot, especially in schools that lack ventilation or cooling systems. Workers also experience this, especially those who work outside such as construction workers, vendors, and drivers. Because of this, a proper work schedule, adequate rest, and regular water intake become important. Not only the individual should be careful, but also communities and governments. Providing heat index advisories is important so that the public knows when the heat is dangerous.

Planting more trees, creating spaces with shade, and better urban planning can also help to reduce extreme heat in cities. This way, science and technology can offer solutions in protecting the health of people by providing proper readings of the next heat wave and more innovations to fight the heat while being outside.

In the face of continued warming, increased awareness and preparedness are needed. Simple precautions like drinking plenty of water, avoiding direct sunlight, and wearing fresh clothes can go a long way.

In conclusion, the heatwave shows that it is important for the country to prepare for the effects of climate change in order to protect the lives and livelihoods of Filipinos.



Stolen Progress: The Impact of Corruption on Science and Technology

Photo Courtesy of AFP France
Article by Carl Justin Agnao

How can a nation rise if the very tools meant to drive change are instead used by those in power for their own personal gain?

Science and technology are considered the backbone of any country's development. They enable faster processes, improve public services, and elevate the quality of life of citizens. However, in many instances, the promise and hope they bring are replaced by failure and disappointment. The primary reason for this is the deeply rooted corruption that disrupts and hinders the proper use and advancement of modern knowledge and tools. Corruption is not merely the theft of money—it is also the theft of a nation's future.

Every year, numerous science and technology projects are launched by the government, yet many of them remain only on paper or are left unfinished. Large budgets allocated for purchasing modern equipment, building facilities, and conducting research often end up in the pockets of corrupt officials and their accomplices. There are cases where the equipment procured is of poor quality, outdated, or unnecessary, yet reports falsely present them as modern and expensive.

Moreover, corruption deprives honest and competent scientists, engineers, and experts of opportunities. Instead of selecting individuals based on merit and capability, positions and contracts are awarded to friends, relatives, or those who offer bribes.

As a result, progress slows down because those who should be driving innovation are replaced by individuals motivated only by personal wealth. Technology is sometimes even used to conceal wrongdoing or manipulate information, rather than to uphold truth and justice.

The unfortunate consequences of this are felt by every citizen. Weak communication systems, inadequate healthcare services, and the slow development of agriculture are just some of the outcomes of corruption in this sector. While other countries advance through science, we are left behind because our resources are wasted on meaningless and corrupt practices.

Science and technology should serve as instruments to lift our nation out of poverty and backwardness. But as long as corruption persists in our society, this will remain nothing more than a dream. Strong oversight, integrity, and accountability are essential to ensure that every project and fund benefits the majority. True progress can only be achieved if we cleanse the system and ensure that every innovation is used for the good of all—not just a few.



INTERNATIONAL

NORWAY DOMINATES MILANO CORTINA 2026 AS WINTER OLYMPICS CONCLUDE IN ITALY

Photo by REUTERS
Article by Alexa Gin Sarong

Norway cemented its dominance on the snow and ice as it topped the medal standings at the Milano Cortina 2026 Winter Olympics, finishing the Games with a record-breaking 18 gold medals and 41 medals overall.

Held across venues in Milan and Cortina d'Ampezzo, Italy, from February 6 to 22, the Winter Olympics brought together the world's finest winter athletes for more than two weeks of fierce competition, emotional victories, and historic performances.

Norway's 18 gold medals surpassed its previous record of 16 golds set at the Beijing 2022 Winter Olympics. The country also led the overall medal tally with 18 gold, 12 silver, and 11 bronze medals, followed by the United States with 12 golds and 33 medals overall.

Leading Norway's golden campaign was cross-country skier Johannes Høsflot Klæbo, who captured six gold medals to become one of the Games' most decorated athletes. His unbeaten run further highlighted Norway's strength in endurance and winter sports.

Host nation Italy also enjoyed a historic campaign, collecting 30 medals—its best-ever total at a Winter Olympics. Among its standout performers was Federica Brignone, who captured gold in the women's super-G and giant slalom.

As the Olympic flame was extinguished in Verona, the Milano Cortina Games closed with nations leaving behind more than medals—bringing home stories of perseverance, record-breaking performances, and triumph on the world's biggest winter sporting stage.

The United States provided one of the Games' most memorable finishes after defeating Canada in overtime to claim the men's ice hockey gold medal, ending a 46-year wait for an Olympic championship in the event.



NATIONAL

DLSU LADY SPIKERS SWEEP NU LADY BULLDOGS TO RECLAIM UAAP WOMEN'S VOLLEYBALL CROWN

Photo by UAAP Media Bureau
Article by Alexa Gin Sarong

The De La Salle University (DLSU) Lady Spikers completed a perfect 16–0 campaign and reclaimed the UAAP women's volleyball crown after sweeping the National University (NU) Lady Bulldogs, 3–0, in Game 2 of the Season 88 Finals at the SM Mall of Asia Arena on May 9.

The Lady Spikers overwhelmed the two-time defending champions, 25–23, 25–16, 25–16, to cap off one of the most dominant campaigns in UAAP women's volleyball.

The opening set saw both teams trading powerful attacks and crucial digs as they battled for an early advantage. NU kept pace with DLSU, but the Lady Spikers eventually found openings in the Bulldogs' defense. With composure in the closing points, DLSU pulled away and secured the first set, 25–23.

Carrying the momentum into the second frame, the Lady Spikers immediately seized control. NU struggled to contain DLSU's attacking offense as gaps began to emerge in their defense. DLSU capitalized on every opportunity, widening the lead and cruising to a 25–16 victory to move one set away from the championship.

Refusing to surrender the crown without a fight, NU opened the third set with renewed energy and managed to establish an early lead. However, DLSU quickly shifted gears and mounted a comeback, steadily taking control of the set.

As the Lady Spikers' offense continued to click, the Bulldogs found themselves unable to recover. DLSU closed out the deciding set, 25–16, sealing the sweep and officially dethroning the reigning champions.

Leading the charge was Shevana Laput, whose stellar performance throughout the Finals earned her the Finals Most Valuable Player (MVP) award. Laput played a crucial role in guiding DLSU to its flawless 16–0 championship run.

After completing their dominant campaign and reclaiming the crown, Laput expressed her pride in what the team had accomplished.

"This is us fulfilling that promise."

From the opening serve to the championship point, the Lady Spikers remained relentless—turning an unbeaten season into a golden finish.



NATIONAL

CALABARZON OVERPOWERS DAVRAA TO SEIZE PALARONG PAMBANSA 2026 MEN'S BASKETBALL CROWN

Photo by BEA MICALLER, GMA News
Article by Alexa Gin Sarong

Calabarzon captured the gold medal after overpowering the Davao Region Athletic Association (DAVRAA), 79–62, in the men's basketball finals of the Palarong Pambansa 2026 at the Evacuation Center in Prosperidad, Agusan del Sur, on Saturday, May 30.

Led by rising star Dairick Duterte, Calabarzon maintained its composure and unleashed a strong offensive push to pull away from the hometown-backed DAVRAA squad and secure the championship.

Duterte emerged as the driving force behind Calabarzon's title run, averaging 21 points per game across six matches. His consistent offensive production helped propel Region IV-A to the top of the tournament and provided the spark the team needed throughout its championship campaign.

Calabarzon showcased confidence and discipline on both ends of the court, utilizing effective offensive strategies and knocking down crucial three-pointers to establish control of the game. Their aggressive offense allowed them to withstand DAVRAA's attempts to close the gap.

DAVRAA, however, refused to go down without a fight. Former MVP Rene Clert Baterbonia spearheaded the Region XI squad, displaying his scoring ability and court awareness while rallying his teammates against the Calabarzon defense.

Despite DAVRAA's resistance, Calabarzon's balanced attack proved too much to overcome as the Region IV-A squad held on to its advantage and secured the 79–62 victory.

Ali Mamaug and Rainheart Panaligan also delivered crucial contributions for the champions, scoring 18 and 17 points, respectively. Their timely baskets helped keep Calabarzon afloat during the crucial stretches of the final period.

With Duterte leading the charge and his teammates stepping up when it mattered most, Calabarzon finished its Palarong Pambansa campaign on top—turning a hard-fought battle into a golden triumph



LOCAL

SOARING GREEN FALCONS CLAIM JOSEAN LEAGUE 2025 OVERALL CHAMPIONSHIP

Photo by The Staff Publication
Article by Alexa Gin Sarong

The Soaring High Green Falcons reclaimed the throne as they emerged as the Overall Champions of Josean League 2025, amassing 1,015 points to secure another championship title.

After claiming the overall crown in the previous edition of the league, the Green Falcons once again rose above their competitors, finishing well ahead of the Legendary Blue-Eyed Ravens, who placed second with 765 points.

The Blazing Red Jaguars followed in third place with 560 points, while the Mighty Yellow Eagles and Fierce & Growling Pink Panthers rounded out the standings with 535 and 455 points, respectively.

The Green Falcons' championship campaign was built on consistent performances across the league's various sporting events. From the court to the field, their athletes collected crucial victories and points, with each competition contributing to their eventual rise to the top of the overall standings.

Beyond individual wins, the Falcons' title run showcased the importance of teamwork, discipline, and determination. Athletes competed not only for their respective events but also for the overall standing of their team, turning every point into a step toward the championship.

The competition also brought the school community together, with students, teachers, coaches, and supporters rallying behind their respective teams. Cheers echoed throughout the venues as athletes fought for every point and represented their teams with pride.

When the final tally was announced, the Green Falcons stood alone at the summit with 1,015 points, completing their successful title defense and adding another championship to their Josean League campaign.

With another crown secured, the Soaring Green Falcons proved that reaching the top is only half the battle—true champions know how to soar back to it.

GUMUHONG BAHA

Photo by Inquirer Net Philippines
Written by Wena Mae D. Abello

Gumuhong baha sa kalagitnaan ng labanan ng katotohanan at ng walang katapusang dahilan at kasinungalingan.

Masyado nang bumabaha ng impormasyon tungkol sa korapsyon, ngunit bakit wala pa ring aksyon?

Parang tubig-baha ang mga paliwanag ng mga namumuno—malalim, ngunit hindi malinaw. Kailan kaya bibitaw ang mga komedyanteng hilaw? Noon, akala ko mga payaso lamang ang nagpapatawa. Hindi ko alam na mayroon pa palang ibang uri ng nagpapatawa—mga nakabarong, nakaupo sa matataas na puwesto, at nagsasalita sa harap ng taong bayan.

Ang kaibahan nga lang, hindi sila nasa entablado.

Nasa pamahalaan sila.

Masyadong matayog ang kanilang puwesto kaya tila hindi nila marinig ang boses ng hinagpis ng taong bayan. Patuloy silang nagpapatawa sa pamamagitan ng mga paliwanag na walang saysay, sapagkat marahil ay inaakala nilang natutuwa ang mga mamamayan sa kanilang mga ginagawa—sa kanilang mga katangahan, sa kanilang mga kabobohan, sa kanilang mga pangakong paulit-ulit na binibigkas ngunit bihirang natutupad.

Kailan kaya natin matatamasa ang maayos na pamamalakad ng mga naglilingkod, hindi lamang sa bayan kundi pati na rin sa taong bayan?

Sapagkat, sabi nila, hindi sila tumakbo para sa pansariling interes. Tumakbo sila upang maglingkod—sa bayan, sa mamamayan, sa bawat taong nagtiwala.

Ngunit bakit sa bawat paglingon natin, pansariling interes pa rin ang nakikita?

Kung hindi lamang siguro bumagyo at gumuho ang mga itinayong proyekto, baka patuloy silang nagpapakasasa sa yaman ng bayan—yamang para sana sa mga mamamayang araw-araw na nagtatrabaho, nagtitipid, at umaasang kahit kaunti, aangat pa ang kanilang buhay.

Gumuhong baha.

Dahil kung hindi lamang bumaha at nasira ang mga proyektong hindi garantisado, baka patuloy lamang silang nagbubulsa ng perang pinaghirapan at pinagpawisan ng bawat manggagawang umaasa at naniniwalang makaaahon pa sila sa sitwasyong matagal na nilang tinitiis.

Ngunit ang baha ay hindi lamang tubig.

Minsan, ito ay mga kasinungalingang unti-unting umaapaw. Mga paliwanag na hindi matapos-tapos. Mga pangakong inaanod bago pa man matupad. At mga salitang paulit-ulit na binibitawan hanggang sa tuluyan nang mawalan ng kahulugan.

Kaya kailan kaya muling maibabalik ang tiwala ng taong bayan sa gobyernong akala nila ay maaasahan?
Sapagkat ang tiwala ay parang salamin—madaling mabasag, ngunit mahirap buuin.

At sa bawat proyektong gumuho, sa bawat pondong nawawala, at sa bawat katotohanang nilulunod sa mga palusot, may isang piraso ng salaming unti-unting nababasag.

Gayunpaman, patuloy pa rin tayong naniniwala.

Hindi dahil hindi natin nakikita ang kabulukan, kundi dahil ayaw nating maniwalang wala nang pag-asa.

Sapagkat baka balang araw, ang baha ay tuluyang humupa. At kapag dumating ang araw na iyon, sana'y hindi na mga paliwanag ang makita natin sa ibabaw ng tubig, kundi ang katotohanang matagal nang pilit na nilulunod.

Sana, sa pagkakataong iyon, ang bayan naman ang manatiling nakatayo.

At hindi ang mga gusaling itinayo mula sa perang dapat sana'y para sa atin.

SA BAWAT PINTIG

Photo by PEXELS
Written by V. Astralis

Sa unang himig ng ating awitan,
May pintig sa dibdib na di mapigilan;
Sa bawat salita, sa bawat bigkas,
Pag-ibig sa bayan ang siyang lumalakas.

Kapag ang watawat ay dahan-dahang pumapailanlang,
Kasabay ng awit na sa hangin ay sumasabay;
Ako'y napapatingin, puso'y napapahawak,
Sa lupang sinilangan, sa bayang minamahal.

Sa Lupang Hinirang, puso ko'y tumitibok,
Sa bawat himig, damdamin ay umuusbong;
Hindi lamang awit ang aking naririnig,
Kundi tinig ng bayan na sa puso ko'y nakaukit.

Ikaw ang lupang unang aking nakilala,
Sa iyong yakap, ako'y unang huminga;
Dito ang unang luha, unang ngiti,
Dito rin hinubog ang aking pagkatao't sarili.

Mahal kita sa araw na payapa,
Mahal kita sa gabing puno ng pangamba;
Sa ganda ng bukirin, sa alon ng dagat,
Sa bawat sulok mong aking pinagmulan at pangarap.

Hindi man perpekto ang bayang minamahal,
Hindi ko iiwan ang lupang aking tinubuan kailanman;
Sapagkat ang tunay na pag-ibig sa bayan
Ay hindi lamang sa saya, kundi sa panahong ito'y nasasaktan.

Kaya sa tuwing maririnig ang himig na pamilyar,
Puso ko'y kusang pumipintig, damdami'y sumisiklab;
At sa bawat nota na aking inaawit,
Pangalan ng bayan ang laging nasa aking dibdib.

Kung darating ang araw na ako'y mapalayo,
Ang lupang ito'y mananatili sa puso ko;
Saan man dalhin ng panahon ang aking mga paa,
Ikaw pa rin ang bayang aking laging uuwian, sinta.

Kaya habang may tinig na kayang umawit,
Habang may pusong patuloy na pumipintig,
Sa bawat himig ng ating pambansang awit,
Mabuhay ang bayang sa puso ko'y nakaukit.

CHALLENGE CORNER

CROSSWORD PUZZLE: WORDS OF THE PRESS

Complete the crossword using 10 journalism-related words connected to the latest school paper volume.

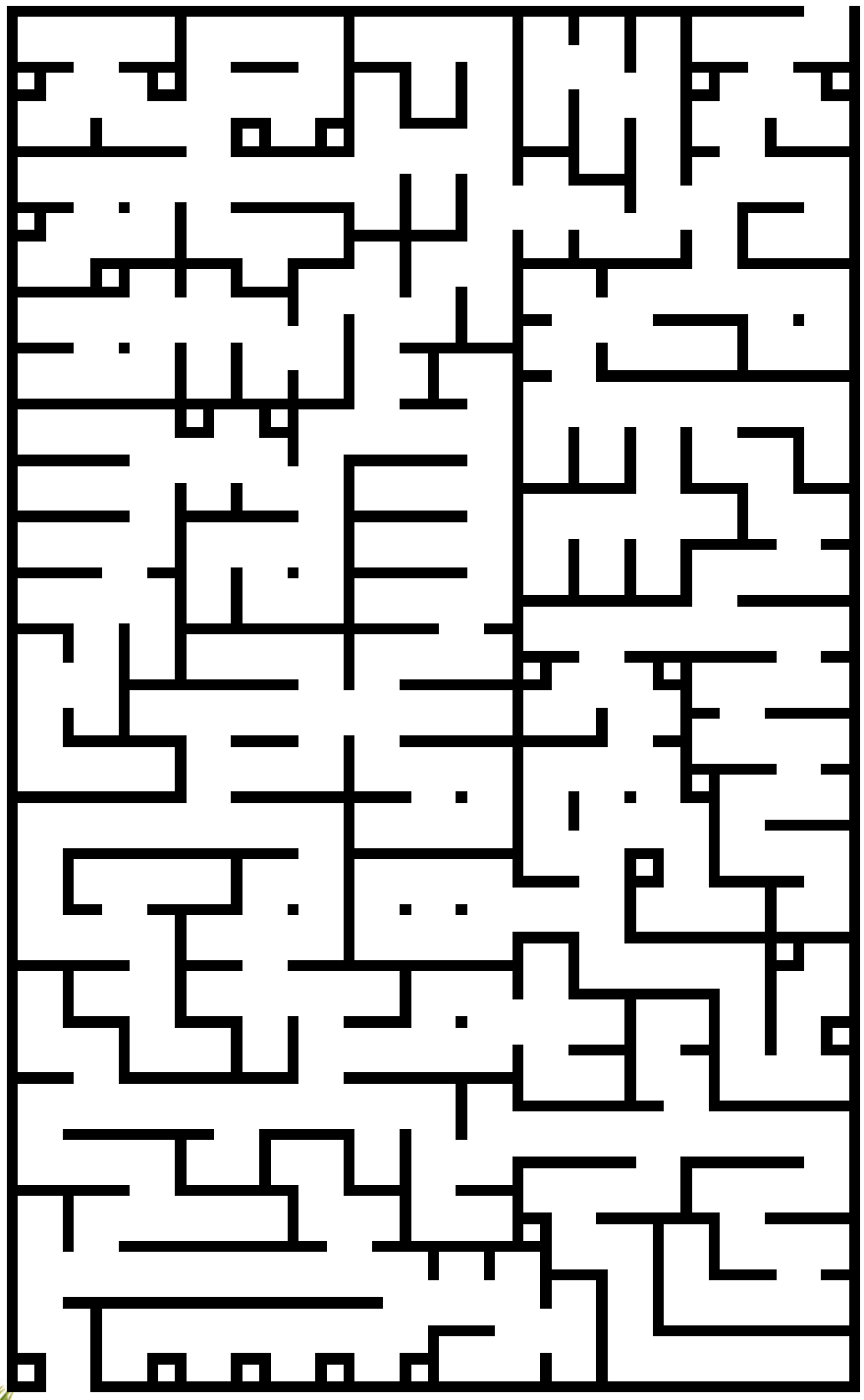
- COMMUTER
- JUBILEE
- CLIMATE
- CRISIS
- PEACE
- MAXIMALIST
- JOSEAN LEAGUE
- COMMENCEMENT
- RETALIATORY
- CORRUPTION

U	L	H	S	M	A	X	I	M	A	L	I	S	T
H	H	I	V	K	L	P	D	R	R	C	T	T	V
I	D	D	N	M	E	V	E	N	E	L	S	N	O
E	O	S	Q	A	T	T	Z	Q	T	I	I	E	J
E	V	M	C	S	U	M	N	D	A	M	S	M	V
L	F	E	V	M	Y	Q	D	U	L	A	I	E	B
I	B	A	M	G	S	C	J	D	I	T	R	C	A
B	G	O	T	S	N	T	Z	I	A	E	C	N	U
U	C	G	M	D	G	X	P	Z	T	A	M	E	Z
J	N	O	I	T	P	U	R	R	O	C	V	M	F
G	A	D	A	K	J	N	G	D	R	B	O	M	F
D	F	C	V	E	J	Q	G	R	Y	K	W	O	H
C	J	R	P	V	T	P	N	D		D	C	C	Q
J	O	S	E	A	N		L	E	A	G	U	E	X

MAZE: THE JOURNEY TO THE NEWBORN KING

Guide Saint Joseph through the maze to find the Baby Jesus.







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EDITOR'S NOTE

Truth does not always come easily, and neither does the courage to uphold it. In a time when stories can be twisted, overlooked, or forgotten, journalism must remain rooted in integrity. This volume stands as both a reflection and a reminder: that to read is not enough. We must question, we must discern, and we must act—because a well-informed voice is only powerful when it chooses to speak.

JOVIL APISAN
EDITOR-IN-CHIEF