WINNING THE FUTURE



FUTURE-READY CHAMPS. Edmerl Chris Tiongson and Kenaz Shem Quinanola program and design respectively their winning robot.

STEM DUO WINS IN TECHQUEST ROBOTICS CHALLENGE 2025

by | ***Edmerl Nhic Tiongson***

Grade 12 STEM students Edmerl Chris Tiongson and Kenaz Shem Quiñanola clinched the championship title in the TechQuest: Region 6 Robotics Challenge for Academia, held from September 30 to October 1, 2025, at Iloilo Science and Technology University (ISAT U), La Paz, Iloilo City, after their robot outperformed other entries in line patrol and racing events.

The secured additional awards, including Best Robot Design and VIP (Very Important Programmer), for their robot titled "JABE the 5th."

Ms. Kryslyn Alyssa Solacito, Robotics teacher of the Science Department, served as their coach, and they are set to represent Western Visayas in the National-Level Competition.

The competition, themed "Interstellar Crossing," challenged participants to build and program line-following robots during a workshop, which were later tested in patrol and racing categories.

The event was organized by DICT Tech4ED–DTC Region 6 through the ILCDB–Strengthening the Philippine Workforce through Adaptive and Responsive Digital Knowledge (SPARK) Program, bringing together student teams from various institutions across the region.

SSLG President Garners National Writing and Leadership Awards



by | Sarah Yvonne Pineda

Shai Ashly Cole Caspe, incumbent President of the CNCHS Supreme Secondary Learner Government (SSLG), earned national acclaim after securing two prestigious awards during the leadership gathering organized by National Association of Public Secondary Schools of the Philippines (NAPSSPHIL).

Caspe was awarded First Place in the Essay Writing Competition during the Training Program for Student Leadership, which carried the theme "Lead with Purpose, Inspire with Action." The event was held from October 28–30, 2025 at Hotel Supreme, Mall and Event Center in Baguio City.

Caspe, also a "The Glow" staffer, did not only win a literary achievement but was also recognized as one of the Most Outstanding and Inspiring Student Leaders of the Philippines 2025 during the 1st NAPSSPHIL Student Leader Congress, a concurring event in the same venue—an honor that underscores her exemplary leadership, influence, and commitment to student governance.

These recognitions highlight Caspe's dual excellence in both written discourse and transformative leadership on a national platform. Her participation in the congress was guided by the school's SSLG adviser, Mr. Mark C. Arguelles, who accompanied and supported her throughout the event.

Caspe's achievements bring pride not only to CNCHS but also serve as a testament to the caliber of student leadership emerging from the institution.









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The Official Student Publication of Cabatuan National Comprehensive High School

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Cabatuan Crowns Fiesta Queen 2025

*by | **Edmerl Nhic Tiongson***

The eve before the annual patronal fiesta of Cabatuan into a royal coronation of the Fiesta Queen 2025 during a coronation night held on September 9 at the Cabatuan Cultural and Sports Center.

Her Majesty Yanna Lauren Encajonado Manzalento, a 16-year-old Grade 10 student of Cabatuan National Comprehensive High School (CNCHS), was crowned Fiesta Queen 2025 and was consorted by Carl Dave N. Librado, a Grade 12 student of CNCHS.

Members of the royal court included First Princess Krystal Gail N. Scollick, consorted by Mavry R. Alviar, and Second Princess Janine Mae M. Mota, with Jarvis Luke S. Mayormente as her consort.

The crowning was conducted by Ziazan Kaye Aventurado, Ms. Cabatuan 2024, who formally passed the crown to Queen Yanna Lauren, marking the transition of the title. Hon. Arthur R. Defensor, Jr., Governor of Iloilo and Hon. Elizalde G. Pueyo, Municipal Mayor of Cabatuan also assisted in the coronation.

Queen Yanna Lauren is a consistent honor student and a member of the ICT Club and the CNCHS Drum and Lyre Corps. She is the daughter of Chief Engr. Nicolas O. Manzalento and Mrs. Gina E. Manzalento and is one of two children in the family.

As part of the program, officials from the Schools Districts of Cabatuan I and II presented a Rigodon and selected students of CNCHS performed Cotillion to add color and elegance to the occasion.

The coronation ceremony served as one of the major highlights of the patronal fiesta of Cabatuan.



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TEACHING ARAL. Mrs. Catherine Dapulaza, Master Teacher I of CNCHS, teaches learners during the Project ARAL Program simulation.

CNCHS conducts ARAL Program

by | Erylle Janeen M. Ortega

To address the learning gap of students in literacy, the school joined in implementing the Academic Recovery and Accessible Learning on September 15, 2025.

This initiative was implemented by the Department of Education with students from Grade 7-Grade 10 who struggle with fundamental skills, particularly reading as the primary focus.

The school selected 510 learners who will be pulled out from their TVE classes to attend two reading sessions, twice a week for one hour.

One of the components of the ARAL Program named ARAL Basic was first administered to help non- readers by providing intensive one-on-one training.

After that, students were given mid-year assessment to determine those that will proceed to the next stage of the said program which is known as ARAL Plus.

The teachers involved in the ARAL Program are Mrs. Catherine Dapulaza, Mr. Patrick Philip Casianan, Mrs. May Caspe, Ms. Evane Rose Reyes, Mrs. Ronabel Mallo, and Mrs. Leonyrose M. Valenzuela (School ARAL Focal Person).

The ARAL Program was established through RA 12028, to serve as a platform where learners could enhance their proficiency in reading.

CNCHS "Trio of Excellence" Shines at Iloilo Linggo ng Kabataan 2025 celebration

by | ***Shai Ashly Cole Caspe***

ILOILO CITY, Philippines— The halls of the Iloilo Provincial Capitol buzzed with youthful energy from August 11 to 13, 2025, as the province celebrated Linggo ng Kabataan.

This year, the focus was on the 15 Boy and Girl Officials of the Iloilo Province including the three outstanding students from Cabatuan National Comprehensive High School (CNCHS), who were honored for their remarkable contributions to leadership and academic achievement.

The three students, representing the finest from Cabatuan, received recognition for their various accomplishments that connect classroom lessons with community service.

This honor comes as CNCHS maintains its reputation for producing exceptional youth leaders, including past provincial "Boy and Girl" officials.

The three Board Members who attended included: 3rd District - Hon. Paolo B. Castillare, counterpart of Hon. Mark Palabrica; 4th District - Hon. Clemence Marie C. Alag, counterpart of Hon. Rolando B. Distura, and and 5th District - Hon. Alex Kriel T. Noquez, counterpart of Hon. Nielito "Doc Darling" Tupas.

The three-day celebration wrapped up with a call to action for all Ilonggo youth to follow the example set by the CNCHS achievers. As the students return to their school, they take with them the experience of governance and the pride of their community.

"These students from Cabatuan show what can happen when you mix quality education with a commitment to service," said Hon. Esara Aldeguer Javier.

For the last four consecutive years, CNCNHS has successfully produced several Boy and Girl Officials of Iloilo two of which became Boy and Girl Governors of their batch.

With ongoing support from the Iloilo Provincial Government and the Sangguniang Kabataan Federation, these young leaders have a bright future ahead.







Buwan ng Wika at Kasaysayan 2025 highlight Student Talents at CNCHS

by | Precious Ariella Severino

Cabatuan National Comprehensive High School celebrated Buwan ng Wika at Kasaysayan through a month-long event in August, highlighting students' talents and promoting appreciation for the Filipino language and history.

The celebration carried the themes "Paglinang sa Filipino at Katutubong Wika: Makasaysayan sa Pagkakaisa ng Bansa" and "Diwa ng Kasaysayan, Kabilin sa Kabataan," emphasizing the role of language and history in national identity.

Various activities and competitions were conducted throughout the month to encourage student participation and cultural awareness.

The program formally commenced with an opening remarks from Mrs. Ailyn M. Games, Head of the Filipino Department.

Mr. Valente L. Lauro, Principal IV, later delivered a message stressing the importance of language and history in shaping cultural identity and guiding future generations.

Winners in the different competitions included Mabiene Heart C. Beronio of 10-Archimedes for Pagsulat ng Sanaysay, Korina Marie Bernal of 10-Archimedes for Pagsulat ng Tula, Onate and Gonzaga of 10-Archimedes and 10-Einstein for Paggawa ng Infographics, Xedrick Napawit and Aebrel Aranda of 8-Humility for Poster Making, and Ayesha Faye Albo of 7-Daisy for Pagsasatao.

The celebration was organized through the efforts of the AP/UNESCO Club, KaMagFil Club, teachers, and students, whose collaboration contributed to the success of the event.

The activity concluded with the school community expressing appreciation to the organizers and participants for strengthening awareness and respect for Filipino language and culture.



HERITAGE AND HISTORY ON THE SPOTLIGHT. Members of the KAMAGFIL and UNESCO shine, celebrating language and culture with every performance in the Culminating Program.

CNCHS Holds Mass Oath-Taking Ceremony

by | Erylle Janeen M. Ortega

With the goal of inducting the newly elected student officers for the school year 2025-2026, Cabatuan National Comprehensive High School (CNCHS) conducted the Mass Oath-Taking Ceremony on July 29, 2025.

The Mass Induction Program was organized by the school's Supreme Secondary Learner Government (SSLG) and was participated by the newly elected student officers, Curriculum Advisers, Schools Club Advisers, and members of the Youth COMEA.

"To our young leaders, you are chosen to listen to and represent the voices of your fellow students," Mr. Valente L. Lauro, Principal IV of CNCHS stated during his opening remarks.

Additionally, Mr. Rudynel B. Gabanite, adviser of Cabatuan NCHS SSLG introduced Mr. Gee Orland Floyd M. Bais as the inspirational speaker during the said event.

Mr. Gee Orland Floyd M. Bais was a former SSG President (2020-2021) and and an alumnus of West Visayas State University College of Nursing.

"Leadership does not end when your term is finished. It should transcend to the actions you do for nation -building," Bais highlighted in his message.

Moreover, Hon. Elizalde G. Pueyo, Mayor of the Municipality of Cabatuan served as the inducting officer and Ms. Shai Ashly Cole P. Caspe, the newly inducted SSLG President delivered the State-of-the- Learner Government Address.

The activity concluded with a closing remarks by Mr. Joselito M. Bastiero, Assistant Principal II for Operations and Learner Support.

This program further fostered sense of leadership, accountability, and commitment of student leaders to their roles within the school community.



GLEE REWIND. Members and advisers of the Glee club performs last act during the Retro Rewind show|

Retro Rewind electrifies CNCHS audience

by | ***Zendrex John Dote***

"Retro Rewind: A Musical Time Machine" electrified audience at the jump-packed Cabatuan Cultural and Sports Center on September 5, 2025, as the CNCHS Glee Club, with partner performers, delivered an electrifying retro showcase supported by CNCHS and the Cabatuan LGU.

Blending iconic hits, vibrant choreography, and retro flair, the show featured the Glee Club, the Radical Motion Dancers, the Neon Extreme Collection, and CNCHS teachers and staff, creating a lively celebration of music and dance.

After weeks of rehearsals, the CNCHS Glee Club and other performers brought the retro theme to life through polished harmonies, dynamic choreography, and colorful staging.

"As one of the performers in Retro Rewind, I was most excited about the ending performance since it was the part where every cast member danced to the final song, celebrating the product of all our hard work," said a Glee Club performer.

The audience enjoyed a lively mix of acts, from the high-energy dances of Radical Motion Dancers and Neon Extreme Collection to surprise performances by CNCHS teachers and staff.

"It was fun and memorable. What I feared at first became a memorable experience, especially seeing even our bosses perform. When you enjoy what you do and pour your heart into it, your body and mind will follow." said a teacher who performed.

The program concluded with a finale performance that brought all participating groups, drawing strong applause from the audience and marking the successful staging of the activity.

SSLG Launches PBB-Inspired Acquaintance Party

by | Kixlee Dane Formon

The Supreme Secondary Learner Government (SSLG) of Cabatuan National Comprehensive High School (CNCHS) conducted a "PBB Duo Student Edition"–inspired Acquaintance Party on August 21, 2025, at the CNCHS Covered Gym.

The activity featured the Search for the Big Winners of AKWE 2025, where student pairs participated in various segments that highlighted coordination, communication, and stage presentation.

Geo Orland Mainar and Aljean Penit of the Grade 9 curriculum, collectively known as the "MaiNit" duo, emerged as the Big Winners of the competition.

Ron Jhynald Del Rosario and Samantha Balondo of the Grade 11 curriculum secured the Second Big Duo, while Derek Vila and Alexis Jan Pedroso of the Grade 10 curriculum placed as Third Big Duo.

The program concluded with a musical segment led by DJ TJ Magno.

The Acquaintance Party marked the opening of school-based student activities for the academic year and provided an avenue for learner participation and interaction.



DUREX. Derek Vila (right) and Alex Pedroso (left), representatives of Grade 10 curriculum during the pageant portion of the PBB Ak-We Student Edition.



COMP-CONNECT. Personnels of DICT and META Club connects and teaches the indigenous people community in Cabatuan the basics of computer use and parts.|

META Club launches Project Aeta

by | ***Kixlee Dane Formon***

The Media Enthusiasts' Tech Academy (META) Club of Cabatuan National Comprehensive High School (CNCHS) conducted a two-day digital literacy training under Project Aeta on August 24–25, 2025, in Barangay Leong, Cabatuan, Iloilo.

The initiative introduced basic computer concepts and digital skills to members of the Indigenous Peoples community in the barangay.

The activity was organized in coordination with Barangay Leong officials led by Barangay Captain Hon. Felma Caballero, along with the barangay council.

Support was also provided by Hon. Atty. Jose Marie V. Lamparero, Sangguniang Bayan Member of the Municipality of Cabatuan.

The Tech4ED Center of Cabatuan participated in implementing the program, represented by Center Manager Mrs. Ray-Ann A. Legario, Assistant Manager Mrs. Marjorie A. Madragon, and Ms. Danesa D. Sibag, Officer-in-Charge of the ICT Department.

School administrators also contributed to the activity, including Mr. Teddy B. Gabanite, Principal I and Officer-in-Charge of the Senior High School Department, and Mr. Valente L. Lauro, Principal IV of CNCHS.

Training sessions on basic computer operations and related digital skills were facilitated by resource speakers Mr. Darwin J. Avance, Mr. Michael Angelo A. Legario, and Mr. Daniel P. Ferro.

Additional facilitation was provided by teachers from the CNCHS ICT Department, members of the META Club led by President Lenard Jam P. Cabahug, and the ICT–STEP Club.

Participants from Barangay Leong's Indigenous Peoples community engaged in the hands-on sessions, which offered foundational knowledge in computer use and access to technology-driven learning resources.

Organizers noted that the training forms part of continuing efforts to support digital inclusion and enhance community access to basic ICT skills.

The Glow Adviser Reaps Regional Journalism Award

by | Kixlee Dane Formon

Cabatuan National Comprehensive High School (CNCHS) school paper adviser of The Glow earned regional award during the DepEd Region VI journalism training and competition entitled "InkSights UNSCRIPTED: The Regional Training of School Paper Advisers and Coaches," held on October 17–19, 2025 at the Iloilo Grand Hotel, Iloilo City.

Mrs. Catherine L. Dapulaza, Master Teacher I of the school, secured the spot in Sports Writing (English) category after competing with advisers and coaches from different divisions in the region.

The three-day regional activity gathered school paper advisers and coaches from public schools across Western Visayas for training, breakout sessions, and category-based competitions.

Participants attended workshops per journalism category and took part in writing contests.

Also representing the school were Mr. Joey Amaquin, The Glow co-adviser, and Ang Sinag advisers, Mrs. Enriqueta Isabel Japson and Mrs. Susan Macado who joined the regional training with other advisers and coaches from the region.

Participants attended lectures and workshops facilitated by journalism speakers.

The training included breakout sessions per category, which allowed participants to focus on specific areas of journalism and take part in guided activities.

The event concluded with the recognition of participants and winners in the different journalism categories.



COLORFUL CAUSE. The artists pose with pride in front of their provincially-recognized mural painting on a CNCHS building wall.

CNCHS Muralists Place Bronze in Division DRRM Contest 2025

by | RJ Gabriel Parcon

The mural artists of Cabatuan National Comprehensive High School (CNCHS) won Second Runner-Up in the Disaster Risk Reduction and Management (DRRM) Mural Painting Contest for the secondary level held on July 28, 2025.

The award-winning team was composed of Shamica Yza Trabado, Cedrick Wenn Tizon, Vince Lian Casire, Floyd Clarence Gamuzaran, Aisach Jaser Beronio, and Jan Rey Pelonia (special participation).

Their artwork stood out for its powerful message on disaster preparedness and community resilience in mirroring vividly the rationale of the 2025 National Disaster Resilience Month celebration.

The team was guided by Mrs. Melissa D. Adolfo, Head Teacher III of the MAPEH Department and the school's DRRM Coordinator, whose leadership helped shape the students' creative vision into a compelling advocacy piece.

The contest, organized by the Disaster Risk Reduction and Management (DRRM) office and the Schools Division of Iloilo, aimed to promote awareness on disaster preparedness, risk reduction, and resilience-building among the youth.

Their mural was inspired by the theme, "Bida ang Handa: Sama-samang Pagkilos para sa Ligtas at Matatag na Pamayanan," highlighting the importance of unity and readiness in facing disasters.

In recognition of their achievement, Mr. Valente L. Lauro, Principal IV of CNCHS, awarded incentives to the winning students, commending their talent and commitment to using art as a tool for social awareness.

SSLG Opens Club Fair 2025

by | Kixlee Dane Formon

To provide students with opportunities to engage in school organizations, the Supreme Secondary Learner Government (SSLG) launched Club Fair 2025 on August 21, 2025, at the CNCHS Covered Gym.

The activity aimed to introduce existing school clubs, increase student awareness of their respective programs and advocacies, and support organizational initiatives through membership recruitment and resource generation.

Club booths were set up from 7:30 a.m. to 11:30 a.m., with participating organizations occupying designated areas inside the gym.

School Principal IV Mr. Valente L. Lauro delivered the opening remarks, followed by a ribbon-cutting ceremony that formally marked the opening of the club booths.

Various academic, interest-based, and service-oriented clubs participated in the fair, presenting their objectives and planned activities. Each organization was given the opportunity to introduce itself through cheers and yells.

Club Fair 2025 concluded with student sign-ups and inquiries, marking the start of club activities for the school year.



FAIR OPENINGS. SSLG President Shai Ashley Cole Caspe (girl in green) and Sir Valente L. Lauro, Principal IV of CNCHS, opens 2025 Club Fair.

CinePanitikan Short Film Competition Recognizes Student Excellence

by | Precious Ariella Severino

The CinePanitikan film competition, a key event of the Buwan ng Wika celebration of Cabatuan National Comprehensive High School, recently announced its winners, honoring students who skillfully portrayed Filipino characters inspired by film and literary works.

The awards recognized outstanding achievements in both Junior and Senior High School levels, with Alex Kriel Noquez, Sabina Caryll Sua, and Courtney Dago winning Pinakamahusay na Direktor.

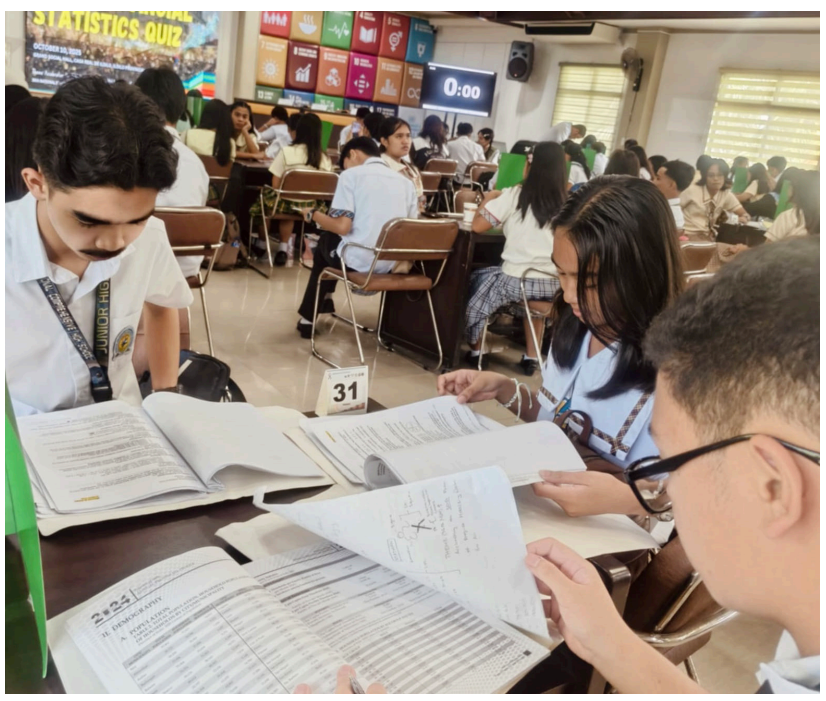
Zendrex John Dote, Vinece Angela Emperado, Jene Francis Saul, and Ashlee Suzanne Gonzaga were named Pinakamahusay na Aktor at Aktres, while 10-Archimedes and 12-Apollo claimed the title of Pinakamahusay na Pelikula.

The competition highlighted not only the talents of young filmmakers but also promoted unity and appreciation for Filipino language and culture.

Teachers from the Filipino Department served as judges, while students from various grade levels gathered to watch and support the films.

Held at CNCHS, the CinePanitikan Film Festival provided a platform for students to showcase their acting, directing, and writing skills, opening opportunities for recognition in the local film industry.

The event reaffirmed the school's commitment to promoting Filipino literature and culture through cinema.



FAIR OPENINGS. SSLG President Shai Ashley Cole Caspe (girl in green) and Sir Valente L. Lauro, Principal IV of CNCHS, opens 2025 Club Fair.

Math Enthusiasts Receive Regional Award

by | Erylle Janeen Ortega

The school once again proved its excellence by having its first regional win in the 2025 Regional Statistics Quiz held on Jalaur Hall, DepDev, Iloilo City, on October 16, 2025.

The team composed of Erylle Janeen M. Ortega, Edmerl Nhic G. Tiongson, both from 10-Einstein, and Steve Matthew L. Baldeviso of 9-Lavosier, managed to secure third place in the said competition.

Mr. Reniel A. Sulit of the Mathematics department who acted as their coach expressed his sincere delightment to the team's notable achievement.

"For me, as a first timer, it was definitely hard. But having great teammates and a teacher that could teach well made me feel ready for challenges during the competition," Baldeviso, one of the contestants, stated during an interview conducted by a Glow Staffer.

Moreover, both Ortega and Tiongson stated that being able to represent not only the school, but also the whole of Iloilo in a major competition is already a huge accomplishment by itself.

Other positions achieved by the team in the previous rounds include: first place in District level, first place in Municipal level, second in Division eliminations, and first in Provincial eliminations.

Statistics Quiz Bee is a yearly event performed during the National Statistics Month that aims to showcase the talents and skills of young individuals in problem solving and analytical thinking, with this year's theme "Accelerating the SDG Pace of Progress: Mobilizing Data for All".

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FROM RAW CLIPS TO REAL STORIES. Club officers and advisers dive into the world of video editing organized by the Tech4Ed Center.

META Club conducts video editing workshop

by | Kixlee Dane Formon

The META Club conducted a Video Editing Workshop using Adobe Premiere Pro on September 19, 2025, at the CNCHS Tech4Ed Center to introduce participants to basic video editing techniques and digital tools used in content creation.

Participants who were school organization officers and advisers engaged in guided demonstrations and hands-on editing activities, where they were introduced to selected video editing platforms and applied basic workflows using Adobe Premiere Pro.

The activity was supported by school administrators, including Mr. Valente L. Lauro, Principal IV of CNCHS, and Mr. Teddy B. Gabanite, Principal I and Officer-in-Charge of the Senior High School Department.

Technical guidance was provided by the Tech4Ed Center management team led by Mrs. Ray-Ann A. Legario, Tech4Ed Center Manager, with Mrs. Marjorie A. Madragon and Mr. Michael Angelo A. Legario serving as Assistant Managers.

Support was also extended by Engr. John Felix T. Torino, DICT Iloilo Provincial Officer, and Ms. Faith Y. Cañales, PDO II and DTC Western Visayas Center Manager.

Mr. Gariel M. Legislador, Information Technology Officer I and Focal Person of the IRM Unit, served as the resource speaker and discussed the use of Adobe Premiere Pro during the workshop.

The activity was facilitated by META Club officers led by the president Lenard Jam P. Cabahug and was attended by teachers and students from various school clubs and organizations.

CNCHS ushers in New TEA, SPTA Leadership

by | Karel May Bernal

Cabatuan National Comprehensive High School (CNCHS) formally inducted the newly elected officers of the Teachers and Employees Association (TEA) and the School Parent-Teacher Association (SPTA) during an oath-taking ceremony held on August 1, 2025, at the school gym.

Leading the TEA are President Mr. Noli P. Claves, Vice President Mrs. Ma. Charry B. Sabares, Secretary Mr. Patrick Philip P. Casianan, Asst. Secretary Mr. Rudynel B. Gabanite, Treasurer Mr. Nestor B. Coo, Asst. Treasurer Mrs. Gelia E. Caballero, Auditor Mrs. Juvy H. Fondales, Asst. Auditor Ms. Ruth Grace A. Comodero, Business Manager Mrs. Marianne G. Bastiero, and Asst. Business Manager Mrs. Ailyn M. Games. Members of the Board of Directors are Mrs. Kareen B. Arcenas, Mr. Cyrian Neil A. Camero, Mr. Noel Eduardo C. Catolin, Mrs. Erlinda L. Guilamo, and Mrs. Leah Joy M. Villaflor.

Meanwhile, the SPTA officers for S.Y. 2025–2026 are Chairperson Hon. Rizaldy J. Nolasco, Vice Chairperson PLT Veto M. Bastiero Jr., Secretary Mr. Joe Philip C. Casianan, Treasurer Mrs. Marivic C. Hubag, Disbursing/Collection Officer Mr. Charlie O. Alarcon, Auditor Mr. Jessmar S. Veloso, and Board Members Mr. Joey E. Amaquin, Mr. Louven C. Leyso, and Ms. Kryslyn Alyssa H. Solacito.

Engr. Jay G. Pueyo, Municipal Administrator of Cabatuan, served as the Inducting Officer and underscored the importance of accountability and cooperation among school stakeholders in advancing school programs and initiatives.

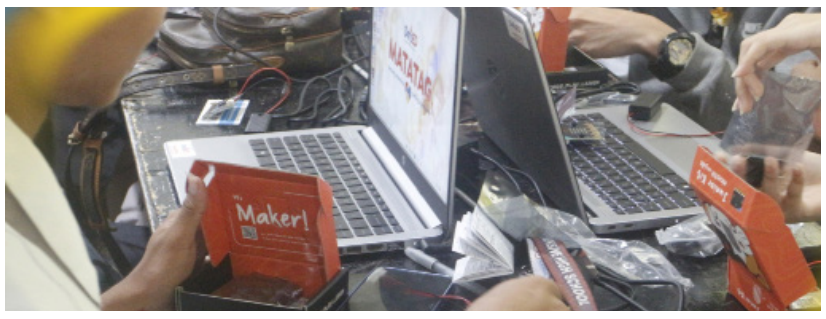
The ceremony reaffirmed the shared commitment of parents, teachers, and employees to excellence, service, and progress in the CNCHS community.



STRONGER SERVICE BECKONS. Municipal Administrator, Engr. Jay G. Pueyo, inducts the new set of TEA officers with Mr. Valente L. Lauro, adviser and school principal.

145 CNCHS learners join two-day robotics workshop

by | ***Zendrex John Dote***





CODE. BUILD. INNOVATE. Learning came alive as participants explored the fundamentals of robotics through dynamic lectures, exciting demonstrations, and immersive hands-on activities.

CNCHS Grade 10 STE and Grade 12 STEM learners participated in two-day Robotics Training on August 28–29, 2025 at the CNCHS Tech4ED Center, exploring BBC micro:bit programming and hands-on projects to enhance STEM and digital skills.

A total of 145 CNCHS learners explored robotics fundamentals through interactive lectures, demonstrations, and hands-on activities. They applied programming concepts such as loops, selection, and debugging while creating BBC micro:bit projects.

Guided by DICT Region VI resource speakers, including Mr. Darwin J. Avance, Ms. Cresile L. Lozano, and Mr. John Michael N. Lagos, learners applied programming concepts, built BBC micro:bit projects, and strengthened creativity, problem-solving skills and innovation.

"I enjoyed building BBC micro:bit projects, as they strengthened my problem-solving skills and practical coding knowledge," said a Grade 12 STEM learner.

The activity was made possible through the support of CNCHS school leaders, Mr. Valente L. Lauro, Principal IV, and Mr. Teddy B. Gabanite, Principal I, OIC–SHS Department, along with the guidance of Ms. Danesa D. Sibag, OIC, ICT Department, and Mrs. Ray-Ann A. Legario, Tech4ED Center Manager and DICT Iloilo Provincial Officer, Engr. John Felix T. Torino.

According to the organizers, the activity aimed to develop learners' foundational skills in robotics and programming while promoting innovation and collaboration.

The two-day Robotics Training was successfully conducted with the support of DICT Region VI, CNCHS school leaders, and Tech4ED staff, providing learners with hands-on experience in robotics and digital skills.

Cabatuan's New Leaders Sworn In

by | Edmerl Nhic G. Tiongson

Cabatuan's new leaders took their oath on June 26, 2025, in a program that combined a thanksgiving mass, oath-taking, and inaugural ceremonies.

The event brought together provincial and municipal leaders, barangay officials, students, and residents to witness the start of a new chapter in local governance.

Provincial guests who attended were Governor Arthur "Toto" Defensor Jr., Congressman Lorenz "Nonoy" Defensor, and Board Member Matt Palabrica, who joined the community in honoring the newly proclaimed leaders of Cabatuan.

The municipal government also introduced the newly elected slate: Mayor Hon. Elizalde "Doc Boboy" Pueyo, Vice Mayor Hon. Patrick Anthony Tobias, and the newly seated Sangguniang Bayan members: Ho. Jose Marie V. Lamparero, Hon. Reynalyn N. Echavez, Hon. Educardo S. Tuarez, Hon. Jebee M. Borbon-Baluyot, Hon. Rizaldi J. Nolasco, Hon. Noemi G. Caballero-Lujan, Hon. Fe V. Tobias, and Hon. Jacinto O. Parcon.

In a related ceremony, the Sangguniang Kabataan (SK) Secretaries and Treasurers from seven barangays officially took their oaths before Mayor Pueyo, together with Local Youth Development Officer Designate Maureen V. Comodero.

The new youth officers who will represent and serve the interests of young people in their communities are: Christian Zanarias Mondejar, SK Treasurer, Amerang; Lee Robin Belizario, SK Treasurer, Tuy-an; Micah Candame, SK Secretary, Tupol Este; Nicole G. Magtolis, SK Secretary, Zone 4; John Lexter Planco, SK Treasurer, Pamuringao Proper; Raiza P. Chicherita, SK Secretary, Pamul-ugan; Ivy Rose L. Hernandez, SK Secretary, Tacdangan.

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The Official Student Publication of Cabatuan National Comprehensive High School
Vol XXXV | No. 1 | June 2025 - October 2025

EDITORIAL

The Philippines, as a democratic nation, entrusts its leaders with the responsibility to safeguard the welfare of its people. Among these responsibilities, disaster preparedness—particularly flood control—stands as one of the most vital. However, as floods continue to submerge communities year after year, it becomes increasingly evident that the problem does not lie in nature alone, but in the failures of governance behind these recurring disasters.

Flood control projects are intended to protect lives, homes, and livelihoods. Funds allocated for drainage systems, dikes, and pumping stations symbolize the government's promise of safety to its citizens. Yet recent allegations of corruption and kickbacks linked to these projects expose a troubling reality: public funds meant for protection are being diverted for personal gain. As a result, poorly designed structures, unfinished projects, and substandard materials dominate flood-prone areas, collapsing under heavy rainfall and leaving communities vulnerable.

This issue reflects a deeper, systemic problem. Corruption within public works has transformed flood prevention into a cycle of waste and neglect. When officials prioritize profit over public service, disasters become man-made tragedies. The people are left to suffer not because floods are unavoidable, but because accountability is ignored.

Climate change further worsens the situation. Stronger typhoons, heavier rainfall, and rising sea levels have rendered many traditional flood-control methods ineffective. Despite this, outdated and concrete-heavy solutions continue to be implemented without considering modern, science-based approaches. Nature-based solutions, improved urban planning, and integrated flood management systems remain underutilized, even as experts stress their importance in adapting to present climate realities.

The Department of Public Works and Highways (DPWH) has implemented thousands of flood-control projects nationwide, particularly in major river basins and urban areas. However, critics point out that the absence of a unified and comprehensive flood-control master plan results in fragmented efforts that provide short-term relief rather than long-term protection. While government officials argue that total flood prevention is impossible under extreme weather conditions, this should not excuse poor planning, lack of transparency, or misuse of public funds.

Accountability and transparency are essential. Taxpayers deserve to know how their money is spent and whether projects truly serve their purpose. Investigations into corruption must lead to concrete action, not mere statements. Officials proven guilty must be held responsible to restore public trust and ensure that public service remains rooted in integrity.

Ultimately, flood control is not about overpowering nature—it is about defending human life. Every failed drainage system and collapsed dike represents a choice made by those in power, a choice that places profit above people. Protecting communities from preventable suffering is not a political favor; it is a moral duty. As citizens, we must refuse to accept corruption, incompetence, and neglect as normal. We must demand leaders who plan with integrity, govern with transparency, and act with urgency. Only then can flood-control projects become what they were always meant to be—not monuments to betrayal, but shields that protect the Filipino people from harm.



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The Official Student Publication of Cabatuan National Comprehensive High School
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SY 2025-2026

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Beyond Numbers: Rethinking the Philippines' Obsession with Topnotchers



Jan Seether Lanario
OPEN MIND

Every year, like clockwork, our headlines, school bulletin boards, and social media timelines light up with lists of top scorers in board exams, science high school placements, and academic competitions. We celebrate them, put them on pedestals, and often treat their numerical distinction as the ultimate sign of educational success. But what does this fixation actually say about the state of education in the Phil-ippines, and about ourselves?

The Philippines' obsession with topnotchers reveals more about our education culture than we might want to admit. Every exam season, we celebrate rankings as if they are the ultimate proof of intelli-gence and success. Schools highlight their top scorers, families boast about placements, and social me-dia turns academic performance into a public spectacle. While excellence deserves recognition, our fixation on being "number one" has narrowed how we define learning and achievement.

This ranking-driven mindset reduces education to numbers, often overlooking the purpose of learning itself. Students are trained to master test-taking strategies rather than to think critically, explore ideas, or solve real-world problems. In the process, curiosity is replaced by pressure, and understanding is sacrificed for memorization. Being a topnotcher may show discipline and hard work, but it does not automatically translate to competence, creativity, or ethical practice in the long run.

Worse, this culture quietly sidelines the majority who do not top the lists. Average-performing students, many of whom may excel in leadership, innovation, or practical skills, are made to feel invisible or in-adequate. The constant comparison fuels anxiety and reinforces the dangerous idea that a student's worth is tied to rank, not growth or potential.

Recognizing high achievers is not the problem, making them the sole symbol of success is. If the Philip-pines wants a stronger education system, it must learn to value learning beyond rankings — celebrating not just who scored highest, but who learned deeply, persevered honestly, and contributed meaningfully. Only then can education move from competition to genuine transformation.

Erosion of Trust

Fake news is a huge problem especially because we are addicted to our gadgets. It is not just something adults are worried about; it is making our generation less trustworthy. It even ruins how we see the world and who we trust.

Fake news spread way faster than the real ones because they are usually more shocking. The spread of sharing online is the biggest weapon fake news has. It travels instantly through direct messages and small group chats. Articles designed to trigger strong emotions (like outrage or extreme happiness) get shared way faster than boring, factual articles.

We have seen how fake news poisons trust and spreads faster than the truth because it plays on our emotions. It's easy to blame



Mary Felicity Tacloban
OPEN MIND

social media companies, but the real change starts right here, with our thumbs hovering over the "Share" button. Our generation has the tools to spot bad information. Let us prove we are smart enough to use them. Before you forward that shocking headline, take five seconds to check it. If we all commit to thinking before sharing, we can clean up our digital world.

Flood Control or Fund Control?

Flooding has been in our sights in many parts of the Philippines, turning our places into bodies of water. While heavy rains and typhoons often occur in our country, it is not surprising for us, the worsening flood problem is not just a natural disaster caused by nature but also by corruption. Funds meant for flood control projects often disappear into the pockets of the few, leaving communities defenseless. The flood control issue is not just a small problem but a reflection of a deeper problem in our governance.

For many years, billions of pesos have been allotted for flood control projects, yet many of these projects have been abandoned and remain incomplete. Roads are dug up and left unfinished, dikes are made but will eventually break, and canals are easily clogged because of poor planning and lack of accountability. What should have been our protection became a highlight of our country's wasted opportunities.

Corruption in flood control projects not only wastes money, or should I say the taxpayer's money but it also costs lives. Every time a family loses their home and source of income, it showcases how failure the elected leaders who put their self-interest first above public service. Instead of acting as they say, citizens are left with false promises.

This problem can be fixed. Stricter monitoring of government spending and active community involvement are part of the keys to ending the corruption in flood control projects. We must demand accountability from those in power and support leaders who prioritize genuine service over profit.



Ayllah Jaicevel Gonzales
OPEN MIND

Every storm will not only bring water but also remind us of the corruption that keeps us sinking. I hope that everybody dares to talk about this issue and never be quiet until it is settled. I truly believe that we do not lack solutions, but we lack genuineness and honesty. True progress will only come when funds are spent where they should be and not in pockets that deepen greed.

Hope for the future, for a drug-free Iloilo

Drug abuse is one of the most morally unjustifiable crimes that a person could commit, not only does it ruin the users life, it also affects other people — people who care about the person in question, from friends to family, to even their neighbors. This isn't just an individual problem but a societal one, this problem requires the full cooperation of everyone involved in order for it to be fixed.

Regarding Iloilo Provincial Governot, Arthur. Defensor Jr.'s plan — I personally hold it in a positive light, the plan is there, the funding is there, the support is there, and most important of all is that the justification is there and valid, all that's left to do is going ahead and implementing it. I don't believe we will ever fully eliminate drugs in the Philippines, however, that is not to say we cannot fully eliminate drugs from Panay. With coordination from neighboring provinces such as Capiz, Aklan, and Antique, there Is a possibility — a very likely possibility that we could become fully drug-free , and with Barangay Bulaqueña in Estancia currently receiving provincial government assistance, it's highly likely that Panay will become 100% drug free this year.

This situation is one of the few examples that showcase that if the government wants to help, it can, Gov Defensor Jr. has a goal — to eliminate drugs use in Panay, and he's currently implementing it right now, hitting his goals. Unfortunately, there are too many corrupt politicians in office but with outliers such as the previously affirmentioned Gov. Defensor Jr., I believe that the government can do so much good, that is to say if you place it in the hands of righteous people who lead and act as an extension of the people instead of tyrants who rule, and trample over people just to satiate their greed.



Jan Seether Lanario
OPEN MIND

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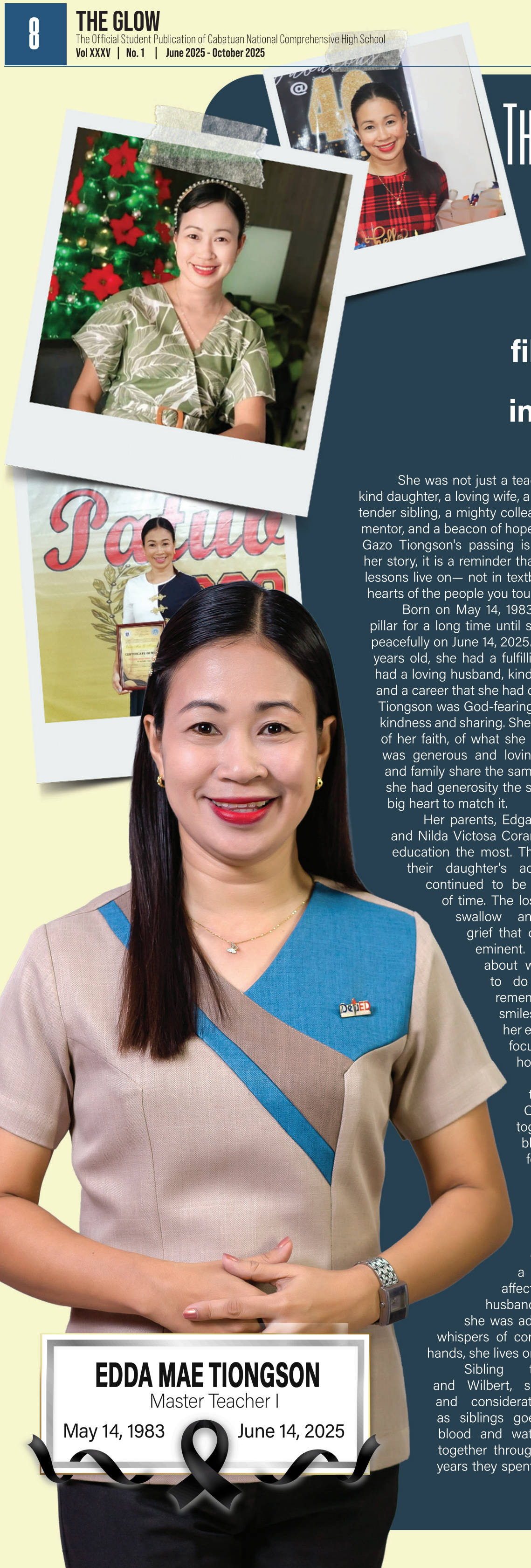
THE GLOW
The Official Student Publication of Cabatuan National Comprehensive High School
Vol XXXV | No. 1 | June 2025 - October 2025



The Light that Keeps on Burning:

Remembering Ma'am Tiongson

by | ***Rhianna Nicole Aguilar***

Her days as a teacher were filled with passion for teaching and kind words that still live inside the students she taught.

She was not just a teacher. She was a kind daughter, a loving wife, a strong mother, a tender sibling, a mighty colleague, a nurturing mentor, and a beacon of hope. Mrs. Edda Mae Gazo Tiongson's passing is not the end of her story, it is a reminder that the greatest of lessons live on— not in textbooks, but in the hearts of the people you touch.

Born on May 14, 1983 she stood as a pillar for a long time until she passed away peacefully on June 14, 2025. At the age of 42 years old, she had a fulfilling journey– she had a loving husband, kindhearted children and a career that she had dreamed of. Mrs. Tiongson was God-fearing; she believed in kindness and sharing. She was a testament of her faith, of what she believed in– she was generous and loving. Her students and family share the same testament that she had generosity the size of a lake and big heart to match it.

Her parents, Edgardo Grado Gazo and Nilda Victosa Coran, supported her education the most. They are proud of their daughter's achievement and continued to be for the longest of time. The loss of a child will swallow any parent, the grief that comes with it is eminent. However, it's about what we choose to do with it. Thus, remembering how she smiles and the way her eyes sparkled and focusing on that, we honor her memory.

Married to Engr. Merlo Ollosa Tiongson, together they were blessed with four wonderful children: Edmerl Chris, Edmerl Nhic, Edmerl James ,and Meredda Ghel. She was a recipient of affection from her husband and children, she was adored. In the soft whispers of comfort and warm hands, she lives on.

Sibling to Rosemarie and Wilbert, she was caring and considerate. Their bond as siblings goes deeper than blood and water. Connected together through the childhood years they spent together, she is memorialized in the memories shared laughing and childlike wonders.

This foundation of love within her family served as the spark for her lifelong passion for education, which began at Cabatuan Central Elementary School. She was full of enthusiasm and dreams of being a teacher. Then, she had her secondary education in Cabatuan National Comprehensive High School– which after a few years, she would go back again and teach there. After high school, she proceeded to continue her tertiary education at West Visayas State University taking up Bachelor of Secondary Education in Major English. After college, she continued on to the University of Iloilo taking up Master of Arts in Administration and Supervision (39 units). After that, she went to Iloilo State College of Fisheries to earn the degree, Master in Instructional Leadership (English). She would then become one of the finest teachers the CNCHS had ever known.

While studying at the University of Iloilo, she started working in CNCHS as a Secondary School Teacher I. After that, she got promoted to Teacher II in 2012. And in October of 2019, she became a Master Teacher I. There's no doubt that her journey as a teacher stands as evidence to her tireless dedication to teaching and her skills. Almost two decades in the service from 2006 t0 2025.

Her days as a teacher were filled with passion for teaching and kind words that still live inside the students she taught. She had a certain strictness to her, a kind of strictness that could only be caused by her desire to hone her students to their very best. She liked to bring out the potential in her students– her words set ablaze their inspiration within and the determination she held left motivation to kick-start hidden talents.

She was a great teacher– outstanding even. In 2018, she won the Engr. & Mrs. Martin Award for Most Outstanding Teacher of CNCHS. The award is one of the highest honors that could be given to a teacher, annually. A privilege that was given to Mrs. Tiongson to attest to her expertise as a devoted educator.

Her love for English also extended to the school's publications. She was The GLOW's Teacher-adviser. Many journalists expressed their heart-felt gratitude to Mrs. Tiongson and her advice that paved the way towards outstanding awards and roads to the Regional Schools Press Conference.

Mrs. Tiongson's unyielding commitment to English and teaching is one for the books. Although she is gone from our sight, she remains in our hearts. The countless people she had helped, loved and aided are no doubt touched by her goodwill.

A woman of God that keeps on being hopeful in times of hopelessness. She did not give up, she didn't despair even when all hope is lost and gone.

Classrooms fall silent but memories speak louder. The warmth she carried has spread to those who were lucky enough to be by her side all throughout the years. She is treasured, remembered and admired. The teachings she had left keeps burning in the hearts of those who revered her.

THE GLOW
The Official Student Publication of Cabatuan National Comprehensive High School
Vol XXXV | No. 1 | June 2025 - October 2025

SALLY MAE JORDAN:
An Epitome of a Golden Heart

by | *Zea Mays Biyo*



She was not only a woman of commitment but also a ray of sunlight who never backed down to anything.

"Huod. Okay lang ako."

A typical reply from Ma'am Sally when asked about her state. She had mastered the art of doing things her way.

Breaths heave in between long pauses and eyes spark the memories of yesterday, reflecting longing and gentle remembrance. The Araling Panlipunan teachers mirrored each other's expressions as they recall the moments shared with someone who once shed light and stood as an unrelenting support despite challenging waves; her smile and immeasurable love etched in their minds and hearts.

Ma'am Sally Mae Jordan was a teacher and colleague to most, a best friend to a few, a daughter and sibling to her family, and a mother to one. Although surrounded by different people who've known her in different depths and eras, her character is recognized in a similar way – a flowing river of kindness.

A STABLE CURRENT OF PASSION

She entered the teaching world in 2017 after completing her bachelor's degree in Secondary Education at West Visayas State University - Januiay Campus. She found a place back in her Alma Matter, Cabatuan National Comprehensive High School, where she dedicated the following years as an AP teacher and had taught Values Education in the recent year to grade nine and seven students, respectively.

Ma'am Sally was described as an innovative instructor who integrated teaching modes that meet the needs and intellectual capacity of her learners. Despite this, Ma'am Sally made sure enjoyment is not sacrificed in her classes.

"As her Head Teacher, I always remind her of the matters about our subject and she would always adhere with no hesitation, despite sometimes feeling ill." Mrs. Marianne G. Bastiero, AP department head, recalled.

FREE FLOWING WARMTH

Ma'am Sally's heart cannot only be traced inside the classroom as it also transcends its walls. She was evidently loved and remembered by her students, even after years, who would visit her with warm greetings and thoughtful gifts in hand.

Like a flowing body of water, Ma'am Sally seem to always understand what people around her need. From a pen and piece of paper, a hand cream and a bottle of fragrance, to the piece of bread she brought, she never hesitates to offer. Even not asked to, she was always ready to lend a hand or two, especially to those who are important for her, because for Ma'am Sally, her own struggles come last.

Coffee dates, late karaoke nights, countless gala with friends – she was always up to everything. Ma'am Sally was a model of balance in every aspect of life.

Of all the different roles she had to juggle in life, her greatest was being a loving and nurturing mother. Ma'am Sally made time and effort to witness the growth of her child amidst everything. She was someone who's willing to drain her own lake to fill others' and above all, for her son. Despite life struggles and recurring health issues, she always tried to create a life that her dearest son wished. In any way, she loved and gave what she had and can.

AN OASIS OF KINDNESS

From school responsibilities and friendly getups, to motherly duties, her compassion never went unnoticed despite having to endure personal and health issues. She was more than just a teacher and co-worker. Her dedication was seen till her very last days that she spent teaching. Ma'am Sally left a part of her through her kind gestures, patient and tender personality, and uplifting smile.

She was not only a woman of commitment but also a ray of sunlight who never backed down to anything. Ma'am Sally never failed to plaster a smile of assurance and hope that even in her remaining hours, she bid goodbye with it – peace and kindness ingrained in her, still.

Life may have took her but she will never be erased in the hearts of those she once touched. Her kindness will be remembered inside the classrooms she once graced and her generosity will serve as an inspiration. Her heart of gold will be treasured.

Now, the people who felt her love visit her memories and relive them. The hit of nostalgia now replaces her light touch and stories of recollection fill the space she left. What used to be shared moments now belong to the stream of remembrance – one that is golden and will never be forgotten.

"Houd. Okay lang ako." Ma'am Sally assures. She is okay now, at peace.

Now at peace with her Creator who she committedly to serve throughout her beautiful lifetime.

THE GLOW
The Official Student Publication of Cabatuan National Comprehensive High School
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Salutations To

by | *Steve Matthew Baldeviso*

As the gates open and people walk in, unfamiliar steps are heard. A shift in the air, a change in mood. A new set of faculty and staff just joined the Cabatuan National Comprehensive High School family. They are the ones who keep this place up and going, ensuring quality education for all.

"Not only the teachers but also the workforces of this school are very important, not only because they are the ones that teach the students or learners, but also because they are the factors for education and maintain our school through rules, regulations, approaches, and strategies," said by Ma'am Evane Rose Reyes, a new teacher of the Junior High School.

That is why Cabatuan National Comprehensive High School is fortunate enough to gain new talented and knowledgeable members of the team.



JINKY BENITEZ ORTEGA, appointed on January 10, 2025, is an Administrative Officer II under the Administrative Staff of SHS. She graduated from the University of Luzon earning Bachelor of Science in Accountancy.



SHARON ROSE B. ANGELO is an Administrative Officer I appointed on January 13, 2025. She graduated from the Mindanao State University earning Bachelor of Science in Business Administration (Marketing).



MA. JOSIE P. ABIADO, appointed on March 4, 2025, is Teacher I of the Mathematics Department. She attended the ISAT U-Barotac Nuevo Campus earning Bachelor in Secondary Education (Mathematics) and graduated Magna Cum Laude.



EVANE ROSE PACIFICO REYES was appointed on November 13, 2025 as a Teacher I of the English Department. She graduated from the West Visayas State University – Janiuay Campus earning Bachelor of Secondary Education (English).



MAY FLOR LOABLE BORBON was appointed on November 19, 2025 as English Teacher I of the HUMSS group. She graduated from the University of San Agustin earning Bachelor of Secondary Education (English).



CHRISTEN JOY SADAVA FORRO was appointed on November 27, 2025 as Teacher I of the HUMSS group. She graduated from the University of Iloilo earning Bachelor of Science in Business Administration (Financial Management).

to the New Mentors



STING FEDRICK DE RAMOS ALLANARES is a Special Science Teacher I under the STEM group and was appointed on July 23, 2025. He graduated Cum Laude and was a DOST scholar earning Bachelor of Science in Civil Engineering at the Northern Iloilo State University.



THEA MAR NGITNGIT GENTON, appointed on October 22, 2025, is a Teacher I of the Values Education Department. She graduated from the University of San Agustin earning Bachelor of Science in Psychology.



PAULO DALISAY LINDERO was appointed on October 25, 2025 as Teacher I of the Industrial Arts Department. He graduated from the West Visayas State University – Janiuay Campus Cum Laude earning Bachelor of Science in Technology (Automotive Technology).



JOVEMAR BOLIVAR CORONADO was appointed on November 27, 2025 as Teacher I as part of the TVL Group (Home Economics) group. He graduated from the West Visayas State University – Janiuay Campus earning Bachelor of Secondary Education.



JESSA PERANTES CAMPOS, appointed on November 28, 2025, is a Teacher I of the Science Department. She graduated from the Iloilo Science and Technology University – Main Campus earning Bachelor of Secondary Education (Science).



JEE NEYNA TANANGONAN was appointed on November 28, 2025 as Teacher I of the Araling Panlipunan Department. She graduated from the West Visayas State University – Janiuay Campus earning Bachelor of Secondary Education (Social Science).

The Bright, New Tomorrow

Cabatuan National Comprehensive High School continues to thrive as a community of dedicated educators, hardworking staff, and determined learners. With the arrival of these new mentors and personnel, the school welcomes not only additional manpower but also fresh perspectives, new ideas, and renewed enthusiasm for teaching and service. Each of them brings unique experiences, knowledge, and skills that will surely contribute to the growth and development of the institution. Their presence strengthens the school's mission of providing quality education and nurturing students who are prepared for the challenges of the future. As they begin their journey in guiding and inspiring young minds, the entire school community looks forward to the positive impact they will create both inside and outside the classroom.

Indeed, with passionate teachers, supportive staff, and motivated students working together, Cabatuan National Comprehensive High School moves forward with confidence, unity, and hope for a brighter tomorrow.

TECH4ED CENTER: CNCHS PRIDE!

by | *Rhianna Nicole Aguilar*

Today, in a modern fast-paced technological advancement, technology is no longer a luxury—it is a necessity. Yet, that is not the case to many students or even households with limited opportunities for technical learning and online services. This is where the Tech4ED center steps in as a game-changer.

Tech4ED or Technology for Education aims to alleviate poverty, promote inclusive growth through technology, to use the power of Information and Communications Technology to enable, transform and empower society that creates opportunities for employment and entrepreneurs. By launching seminars and workshops for students, teachers and the whole community, the Tech4Ed center stays true to its course by opening opportunities for the unserved and underserved

Tech4Ed in Cabatuan: How it Came to be

The Tech4ED Center is a project of the Department of Information and Communications Technology. This initiative was the government's response to the World Summit on Information Society Plan of Action of which the Philippines was a signatory which states that "Governments and other stakeholders should establish multi-purpose community public access points, providing affordable or free-of-charge access for their citizens to the various communication resources, notably the internet."

Cabatuan National Comprehensive High School was given both the privilege and honor to establish a Tech4Ed Center inside the campus—the only one in the 3rd district of Iloilo.

Mrs. Ray-Ann Legario, the assigned Center Manager, expressed gratitude and a positive outlook towards making a better future for the students and communities alike. She was accompanied by Assistant Managers, Mr. Michael Angelo Legario and Mrs. Marjorie Madragon. With coordination between Mrs. Legario and the DICT, along with the supportive Principal IV, Mr. Valente Lauro, Mr. Teddy Gabanite, Principal I, OIC SHS Dept., cooperative Technical Working Group members and the META club, the launch of the Tech4Ed Center was a success. Paired with unwavering support and from the LGU, the school and the community, the process of building the Tech4Ed center became an easy feat.

Community Empowerment

Without a doubt, the Tech4Ed Center is on account of many stories of growth and improvement. Mrs. Legario launched activities, seminars and workshops that accommodated the needs of the people, may it be from underserved communities, indigenous people and even interested students. Tech4Ed is not just a program, it's the dancing soul embodied by inclusivity and a wide range of technological skill sets.



To empower students and marginalized communities, several programs was kick-started by Mrs. Legario to help and offer ICT related skills to those who needs it and those who are willing to learn:

Digital Literacy Training focused on introduction to photography, held at CNCHS Tech4Ed Center in collaboration with the DICT during January 9, 2025.

Video editing workshop using Adobe Premiere Pro, was held at CNCHS Tech4Ed Center on September 19, 2025.

In December 4, 2025, Mrs. Legario was formally recognized during the ILCDB Partner Summit 2025. The award was to attest to her dedication to enhancing digital connectivity, ICT empowerment, and community involvement through the Tech4Ed program.







Challenges Along the Way

Achieving great things inherently involves obstacles for Mrs. Legario and the TWG members.

The problems of the financial aspect surfaced, the activities, seminars and workshops had no allocated budget. But the school principal Mr. Valente Lauro— with a kind display of valiance— made a way to fund the impactful programs initiated by Mrs. Legario.

Even with hurdles along the way, as long as you are determined, you will see the light at the end of the tunnel.

What to expect from Tech4Ed: Its Goals

With guidance from the shining and strong pillar of the Tech4Ed center, Mrs. Legario aims to further improve their program and create more chances of learning. For students, it continues to make an environment for learners to thrive, learn new skills and showcase their talent. For unserved and underserved communities, it will still focus on helping these marginalized sectors on different aspects of life such as employment, entrepreneurship and skill-learning. The expansion of Tech4Ed reach is one of its missions—to empower Filipinos and help them pave a way for a better future that will fulfill the goals set for the program.

With continuous support and an enthusiastic attitude to help, the Tech4Ed Center will persist and will provide all materials that cover learning technological skills.

As the digital age continues to evolve, the Tech4ED Center reminds us that progress is most meaningful when no one is left behind. With every click, every lesson and every opportunity unlocked, these centers are building a more inclusive and connected Philippines. Students will thrive. The community will advance with technology to success.



BALAY PATNUBAY: A New Haven for Learners

by | *Zea Mays Biyo*

The flourishing of academic excellence, young talents, and a common space for a sense of community in Cabatuan National Comprehensive High School is expected to grow more through the construction of the new teen center building.

Like its name, Balay Patnubay will be a support and guide for both learners and teachers. A vision of Mr. Valente Lauro, Principal IV, together with the school's guidance counselors, and faculty is now turning into a reality. This huge step was made possible through the kind help of Uswag Ilonggo Partylist and the support of the town's Local Government Unit (LGU).

The old teen center situated beside the school's gymnasium had stood generations of students and still functions as a space for a leisure break after busy school hours. To reset from classroom demands, learners seek an ideal place to sit for a while, a book to wind down, and maybe...a quick Jenga game with friends.

Balay Patnubay, split into two floors, is designed to cater the needs of a greater number of learners, not just because of its wider floor



space but as well as its better accommodation for resting and counseling. Unlike the old one, this will feature better rooms for talk therapies and orientations for students, meaning to encourage openness and freedom of self-expression.

This will also motivate teachers to hold class lecturettes or small group activities. Learners studying and holding subject-related tasks or practices won't need to go outside the school premises.

Balay Patnubay is also expected to become a venue to reinforce awareness campaigns like teenage pregnancy and drug addiction campaigns, further encouraging students to advocate for social issues prevalent nowadays.

As much as CNCHS values producing learning-oriented students, it is part of the institution's virtue to create balance in the lives of learners, and the new Balay Patnubay, a place of countless purposes, where the breeze of the day and picture of nature blends with its concrete walls, proves this.

Balay Patnubay will be a new haven of growth and motivation and a multipurpose ground for learning and extracurricular means. This new facility desires to extend better and more inclusive help to the upcoming learners of the next school year, 2026-2027. This marks CNCHS' dedication not only to make a space for identity-seeking and personal development but to also further hone the remarkable characteristics of young Cabatuananons.

Filling More Than Stomachs

by | *Zea Mays Biyo*

A girl with uneven ponytails, runs in after another who's clutching a piece of hair tie. In the middle of the room was a circle of students, sharing a peal of laughter talking about last night's teleserye episode. Everyone's young, bright smile and youthful energy is evident, as much as some sunken cheeks and protruding bones; eyes that carry depth more than just enthusiasm.

This is a typical scene that Ligaya encounters every day. Upon entering the room, her frail legs immediately brought her to Luis who, unlike the other kids, is ducking on his arm chair. His left hand catching the side of his head while his right busy doodling colors on a paper. Ligaya sits beside him and puts out a similar paper on her desk, line art pages of with a title above it: "Ang Handom Ko"

Hers was a picture of a cemented house with huge windows in front a scenic background while Luis' was a doctor with a stethoscope resting on his neck. Both sat in silence, with scattered pieces of crayons, 'til the bell rang a signal for a break.

Ligaya and Luis join a row of students before a stall, where paper cups and a pile of food containers sit. For all grade two learners like Ligaya and Luis, along with other elementary students in their sitio, a meal is given every two weeks as a part of the school's feeding program.

A nourishing program that aims to fulfill 175 days of feeding was implemented by the Department of Education, Department of Social Welfare and Development and the local government, ensuring the health of students where balance and nutrition is prioritized.

Ligaya, who's eight years old is often mistaken a year or two younger because of her thin body, visible from the way her tanned skin hug her fragile frame. Her parents who work as street sweepers, with incomes insufficient to provide Ligaya's basic school needs as well as her daily essentials. Programs like this become children's pantawid-gutom when their own homes struggle to afford three meals a day.

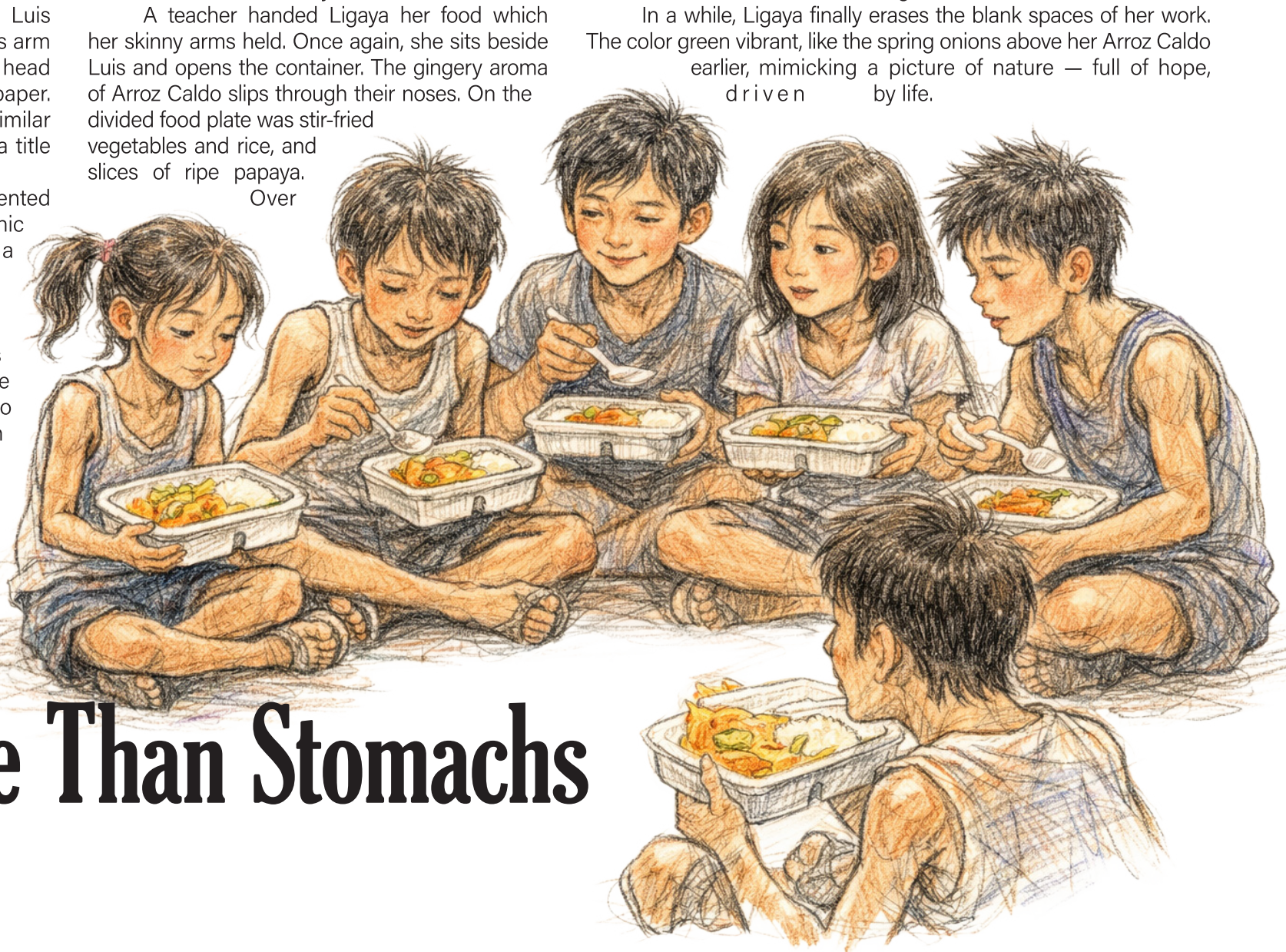
A teacher handed Ligaya her food which her skinny arms held. Once again, she sits beside Luis and opens the container. The gingery aroma of Arroz Caldo slips through their noses. On the divided food plate was stir-fried vegetables and rice, and slices of ripe papaya.

Over their meals, stories exhange between her, Luis and their other classmates about the illustrations of their handom.

Ligaya goes back to her half-colored paper and grabs the green crayon out of her almost used up materials. Once again, loud chatter and rippling laughter brim through the concrete walls of the room.

For Ligaya, this is not just a vision of her future but a proof that a young girl like her is filled with so much aspirations — ones that may be compromised when denied access to balanced, nutritious food. While education carves the path toward a child's dreams, that journey can only begin when they are armored with a nourished body and a foundation of total well-being.

In a while, Ligaya finally erases the blank spaces of her work. The color green vibrant, like the spring onions above her Arroz Caldo earlier, mimicking a picture of nature — full of hope, driven by life.



P-ALS in Need

by | *Steve Matthew Baldeviso*







It's 7:30 in the morning. Lights are dim, the sun is still rising. Desks are lined in rows and columns. There are about 35 desks, but only 9 are occupied. One student is flipping through a worn-out module with missing pages. Another is wearing wrinkled clothes and shoes with no soles. In the corner of the room, a student is sleeping, tired from his night shift job. It's a diverse bunch, all from different backgrounds. But they have one thing in common—a willingness to learn.

Many out-of-school youth across the country do not have access to formal education due to teenage pregnancy, poverty, or broken families. But a change—a chance is being kindled for these students. The Alternative Learning System (ALS) program was initiated to support out-of-school youth and adults by providing a non-formal education for basic literacy, life skills, and equivalent pathways to finish the K-12 curriculum. A golden ticket per se to higher levels of education and success, however they may define it.

A Mother and a Child

A mother walks along a concrete road while her baby spews "goos" and "gaas". The smell of morning dew and light morning breeze marked the start of a new school day. The office is almost empty, but a familiar face came by.

"Can you watch my baby for me," the mother asked. The teacher happily obliged. And so the mother went into the classroom and took her seat

The ALS program is not exclusive to anyone, including teen mothers. In fact—it acts as a second chance. But at the heart of this system are the teachers. Some provide personal support—watching kids when a parent is in class—or even financial support, far beyond the job description. They go out of their way to ensure a student is getting the best quality of education in and out school.

"Thanks for taking care of my baby," the mother said while fixing her bag. The teacher slightly grinned and said, "No problem."

A Need to Read

Challenges are expected in the Alternative Learning System. It's not every day that students are present or that students will learn, but the results are tangible. "The beauty of my ALS class from last year to this year is that all of them know how to read," said Ma'am Imee Enriquez, an ALS teacher.

Despite the numerous challenges they face, or the hardships life throws at them—they still achieved something monumental. This achievement shows the resilience of the ALS students and the commitment of the teachers. The students can proudly say "I can read," something other students can't.

Challenges Along the Road

Birds chirping—winds breezing. A teacher climbs a mountain. On the top, an indigenous student is making a broom. The teacher gives the student modules. They look a bit worn-out, ink blots and ripped pages, but still usable. "Give this back by the end of the week," the teacher instructed. The student hesitantly agreed. The end of the week comes, but still no sign of the modules.

This highlights a major discrepancy in the ALS program. The cultural structures of indigenous people. In some communities, manual labor or work takes precedence, leaving little room for education. The failure to do schoolwork, such as returning modules or classroom presence, does not always equate to lack of willingness. When families are forced to choose between education and work, most would choose the latter, not because education is unimportant—but because survival is.

The ALS program in Cabatuan specifically also lacks resources or specialists to help students in need. Although the ALS teachers are already going out of their way to help using the resources available, some of those resources are coming from their own pockets.

The Golden Ticket

Despite the lack of resources or budget, the ALS program is already showing promise as this year progresses. Mrs. Marivic C. Prieto, ALS Coordinator of the Senior High School has been trailblazing multi-faceted approaches to sustain the program through benchmarking and community mobilization. This program is a golden ticket, a second chance. As said by Ma'am Imee Enriquez, "The mistakes of their past does not define their future." With astounding teachers doing their jobs and beyond that—diverse people from diverse backgrounds—this boon is bound to create a new generation of people that will come, see, and conquer.

It's 5:00 in the afternoon. Students are rushing out of the gates like a pack of wild animals. A mother is holding her child as she packs her module. A student bumps into another while reading a textbook. And another hops on a tricycle listening to the cacophony of conversations, laughter, and hope.



THE GLOW
The Official Student Publication of Cabatuan National Comprehensive High School
Vol XXXV | No. 1 | June 2025 - October 2025



THE CLOCK TOWER'S SECRETS

A GLIMPSE INTO ANOTHER PHILIPPINES

by | ***Johannah Mae Ferro, Nicole Paula Ardoña, Maria Hannah Medoza, Ruuiji Van Irvine Salcedo, and Ruby Ann Lago***

Diego and Isabel had always been drawn to Manila's old clock tower. It stood as a silent witness to history, its gears and levers forgotten by time. One afternoon, while exploring, Isabel stumbled upon a hidden button embedded behind a loose brick.

Curious, she pressed it.

In an instant, the world around them twisted. Colors blurred, and the air itself seemed to ripple. When the dizziness faded, they found themselves in an unfamiliar version of their city.

Manila was different—cleaner, more organized, and buzzing with energy. Billboards displayed public service announcements, electric jeepneys filled the streets, and murals of national heroes adorned the buildings. Something was undeniably different.

A newspaper at a nearby stand caught Diego's eye. The bold headline read:

"President Leni Robredo Expands MRT to Laguna Amidst Economic Growth!"

Their eyes widened in shock.

"What?" Diego grabbed the paper. "Leni Robredo is president?"

"But... Bongbong Marcos won in our time," Isabel murmured.

As they wandered the streets, they noticed more changes. Schools had better facilities, college tuition was free, and news outlets openly discussed past government abuses. Corruption was being tackled, and infrastructure projects thrived under a transparent administration.

"This is what the Philippines could have been," Isabel said in awe.

Diego, however, was deep in thought. "But what happened to the Marcoses?"

Through conversations with locals, they learned that Marcos Jr. had lost the 2022 election due to record-breaking voter turnout. Without political power, his family's influence weakened, and cases against them moved forward. Stolen wealth was recovered, and history books finally told the full truth about martial law.

At a public library, they discovered an exhibit on "Leaders Who Never Took Office." A small section mentioned Bongbong Marcos—a man who had once pursued power but never succeeded.

"This future was possible," Isabel whispered.

Just then, the clock tower chimed, its sound reverberating unnaturally through the air. The world around them shimmered—then, in a blink, they were back in their own timeline.

The headlines were different now, filled with rising debt and political controversies. Manila was once again crowded, its air thick with uncertainty.

Diego clenched his fists. "People need to know."

"But who would believe us?" Isabel sighed.

They exchanged a determined look. They couldn't change the past—but maybe, just maybe, they could still shape the future.

Star-crossed Lovers in the Underworld

by | ***Steve Matthew Baldeviso***

The trees bent to Orpheus' lyre,
Rivers stopped flowing,
Wild animals calmed,
And gods were inspired.
Eurydice's ears drank the notes,
And the world held its breath.

A white dress, Eurydice wore;
The trees laid the wedding floor.
Orpheus sang a song,
While the rivers sang along—
A song for the world,
A song for his own world.
In the meadows, Eurydice ran,
But a snake caught her hand.
Venom spread through her body,
She fell on the green grass,
Then boarded a boat on the River Styx,
Heading to the underworld.

A lifeless, pale body she became.
Orpheus could not bear
To live without her.
Then he would rather die.
Defying the Furies, he went
To the domain of the dead.

As he walked,
A wall blocked his way.
So he sang a song so sad
The bricks themselves wept,
Moved aside,
And let him through.
And so he went
Down, down below.

Colossal deities stood in the way—
Hades and Persephone on their thrones,
Hesitant to look at eachother's face

So Orpheus sang a song,
A song of love,
That even Hades and Persephone shed a tear.
He poured his grief and longing out,
Calling Eurydice to appear.

Hades was merciful.
He let them go on one condition:
"You must be in front.
She must be in the back.
You must not turn around,
Or she will be trapped."

Doubt comes in:
"Is this a trap?
Is this a snare?"
His legs were aching,
His feet were numb,
A body stripped of feeling.

Eurydice was always behind,
Walking past Cerberus
And the tormented souls.
"Wait for me," she said,
Hoping Orpheus would not turn his head.

As Orpheus saw the yellow sun,
He wondered if she was behind him.
He took a step,
His neck betrayed him,
Their eyes met.

"It's you."
"It's me."

In the blink of an eye,
Eurydice was gone.
And Orpheus could do nothing.



UNTOLD STORIES BENEATH THE SCREEN

by | *Clemence Marie Alag*

One click, one type, and one command can generate multiple networks of information and opportunity. As the world exixts the modern era, innovations and technological advancements continue to shape our everyday lives. However, this increasing technological growth has intensified digital divide, especially to those communities and marginalized individuals with limited access to technological resources. This significantly affected and neglected those people by leaving them behind to the other side of the screen, where everything's dark and opportunities are scarce. Hence, people instilled with enough knowledge in this field must stand up and lend a helping hand to these individuals by equipping them with essential skills and competencies, empowering individuals to engage and navigate the brighter side of the digital world.



Technology has continuously influenced the people around, from gathering relevant information, interacting with loved ones, to creating vital things that our world needs, nowadays. It generates vast benefits in education, health care, and economic development. Yet, this meaningful step toward greatness remains uneven especially to our Indigenous People in the community. These individuals are considered to be one of the most hardworking, persevered, and dedicated people in the society. In addition, they often experience adversities in life but with their fighting spirit, they are able to continue and face every circumstance. One way to bridge the gap is by the use of technology where their untold stories, silent sacrifices, and unending curiosity can be heard and seen by everyone.

Addressing this setback requires effective intervention focused on digital literacy. On August 24-25, 2025 the Media Enthusiasts' Technology Academy (META) Club conducted an initiative entitled Basic Computer Literacy for the Indigenous People Community of Brgy. Leong, Cabatuan. The active participation, willingness and courageous act of IP's were the highlight of the program. The facilitators and resource speakers were able to impart their backgrounds about computer literacy including its importance, functions, and impacts. Also, IP's were given the opportunity to learn the basic parts of computers and how to manipulate and utilize them. This included hands-on exposure to different software tools such as Microsoft Word, Excel and PowerPoint. Bringing this technology closer to them served as a stepping stone to empowerment and a brighter future.



According to global statistics, approximately 70% of the population uses gadgets and mostly connected to multiple apps that perform certain functions. This keeps us informed and aware at all times, knowledgeable with new ideas, and builds strong relationships. Technology such as computer tools, internet access, and effective softwares . It is a powerful tool for cultural preservation, providing access to healthcare and education, and lastly, contributing to economic development.

Moreover, the adaptive nature of IP's allow them to explore the resources around their residence by producing herbal plants. When provided with access to technology, IPs can use online platforms, systems, and digital media to promote, and distribute herbal products as affordable alternatives to costly pharmaceuticals. These technological platforms not only improve livelihood opportunities but also enable Indigenous communities to share their knowledge, contribute to public health awareness, and gain recognition for their cultural and scientific practices. According to the Philippine News Agency, the shared service facility (SSF) provided by the Department of Trade and Industry to an organization of indigenous peoples (IPs) in the municipality of Laua-an boosted the herbal medicines production, serving as their source of livelihood.

Amplifying the voices of Indigenous People through the use of technology can serve as a platform for them to fight for their rights and have an equal opportunity. They could take us back from the past and witness the evolving journey of our unique tradition to what we have now. Every word in a page tells a story, and so does every type on a screen. In this digital world, everyone can be an instrument of hope through actions that reflect beneath the screen. As access to technology expands, our IP's in the future may unfold not only as users but also as one of the transformative innovators who actively advocate for the significance of technology in our life.



POWDERED *Annona muricata* LEAVES AS A NATURAL IRON ADSORBENT

Researcher: Bernal, Korina Marie D.

ABSTRACT

Iron is essential for all living beings. Nonetheless, the presence of excessive iron in water can present health risks to humans, especially when harmful bacteria contaminate the water. Consequently, it is crucial to explore methods to mitigate its effects. This study aims to investigate the effectiveness of powdered *Annona muricata* leaves as a natural iron adsorbent. Four different treatments were utilized: one gram, five grams, and 10 grams of powdered *Annona muricata* leaves, along with no treatment (negative control). The adsorption ability was assessed using the batch adsorption method. The iron concentration (in mg/L) was measured after two hours of exposure to the treatments. The results indicated that, out of the four treatments (one gram, five grams, 10 grams, and no treatment), only the 10 grams of powdered *Annona muricata* leaves was effective in adsorbing the iron present in the water after a two-hour exposure, while the other treatments did not reduce the iron levels. This study concludes that *Annona muricata* has potential as a natural iron adsorbent.

INTRODUCTION

Iron is an essential element for living organisms; however, concentration of iron above 0.3 mg/L is unsafe (Minnesota Department of Health, 2024). It encourages the growth of harmful bacteria, damages the immune system and skin, causes reddish-brown stains, metallic odor, and discoloration in clothes and fixtures (Hennigan, 2023). Therefore, finding effective and sustainable ways to reduce iron levels in water is important.

There are several environmentally sustainable methods for water purification, and one of the most effective is adsorption, a simple, affordable, and efficient technique for removing various pollutants from drinking and wastewater (Satyam & Patra, 2024; Ghaedi et al., 2021). The adsorption test measures a material's ability to remove contaminants based on the accumulation of molecules from a liquid or gas onto the surface of an adsorbent (Brandani, 2020; Saleh, 2022)

Annona muricata, also known as Soursop or Guyabano, is a plant species belonging to the *Annonaceae* family. Although it is native to America, it has spread to Southeast Asia and Africa (Amalia et al., 2022). The leaves of *Annona muricata* contains phenolics, alkaloids, acetogenins, tannins, flavonoids, coumarins, and saponins. A study of Amante et al. (2023) and Dilshan et al. (2022) stated that the leaves of *Annona muricata* contain natural compounds capable of binding iron in water, making them effective for adsorbing harmful chemicals. This evidence suggests that powdered *Annona muricata* leaves has a potential to be a natural iron adsorbent. However, this hypothesis was not tested yet.

OBJECTIVE

The purpose *of* this study is to determine if powdered *Annona muricata* leaves has the potential to be a natural iron adsorbent in terms of iron concentration (in mg/L) two hours after treatment application.

SIGNIFICANCE OF THE STUDY

SDG 6:Clean water and sanitation. This study is important for achieving SDG 6 by offering a sustainable and efficient way for removing hazardous pollutants from water sources.



Communities in rural/underserved areas & industries with water systems. This can be used as an alternative for costly adsorbents offering a more affordable solution for clean water.



Future researchers. This study can serve as reference data or source of information for future studies.

METHODOLOGY



Gathering and washing of *Annona muricata* leaves.



Air-drying of *Annona muricata* leaves.



Grinding of *Annona muricata* leaves.



Contaminating the 1.2 L of distilled water.



Testing the initial concentrating of iron.



Transferring 100 ml of water in each flask.



Application of treatments.



Shaking of each flask.



Filtration



Results

RESULTS AND DISCUSSION

Results revealed that among the four treatments (one gram, five grams, 10 grams, no treatment), only the 10 grams of powdered *Annona muricata* leaves demonstrated the capability to adsorb iron from the water after two hours of exposure.



Figure 1. Iron concentration in (mg/L) two hours after treatment application.

This result of this study aligns with the studies of Amante et al. (2023) and Dilshan et al.,(2022), which said that the extracts of *Annona muricata* contain compounds that act as reducers, stabilizers, and coating agents, and can also chelate ferrous ions, binding them and reducing their harmful effects. Furthermore, the findings of Hegazi (2013) on the enhanced reduction of iron with increased plant dosages further supports the results of this study that only the maximum dosage is proven to be effective. The plant contains phenolics, alkaloids, acetogenins, tannins, flavonoids, coumarins, and saponins, as well as cellulose, hemicellulose, and lignin, which can aid in reducing iron levels in water (Aguayo et al., 2022; Alexander et al., 2021; Chang et al., 2018; Amorim et al., 2025).

CONCLUSION

In conclusion, this study had proven that *Annona muricata* leaves has potential as a natural iron adsorbent in terms of iron concentration (in mg/L) two hours after treatment application.

RECOMMENDATIONS

1. Test *Annona muricata* iron adsorbent capability using waters samples with naturally high iron levels.
2. Determine the amount of *Annona muricata* leaves that will yield the optimal yet economical adsorbent ability.
3. Test the adsorbent *Annona muricata* leaves using more analytic assays.
4. Test *Annona muricata* leaves adsorbent ability on other metals such as cobalt, lead and mercury.

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SUPER FLU: Not so Super

by | *Deuel Miguel Salillas*



What starts as a simple cough, runny nose, and sore throat is once again raising concerns across the country. Dubbed by the media as "Super Flu" a fast-spreading Influenza variant is affecting thousands of Filipinos nationwide — though experts insist that it is not as frightening as it sounds.

"Super Flu", a mutated variant from Influenza A , is an RNA virus known for its ability to frequently mutate. Allowing the virus to adapt more rapidly to its environment, concealing and hiding amongst healthy cells — unrecognized by our existing immunities against flu.

Transmission works the same way as airborne types of diseases, traveling through coughing or sneezing in the air. Therefore, it is best to avoid close contact o r enclosed spaces. if it is necessary, wear facemasks to keep yourself protected and always wash your hands or apply alcohol whenever you come into contact with an unknown surface.

Despite the virus's ag gression, there are numerous ways one can prevent and control this disease according to experts. One of which is proper hygiene by washing hands frequently and isolation when symptomatic.

Some experts have stated that recovery usually only takes about 3 days. If it takes more than a week or so, then it is best to consult a doctor.

In addition, vaccination allows us to have an extra layer of immunity against this disease. Experts suggest that already existing influenza-vaccines are enough to keep us protected against new and existing types of variants of Influenza. However, availability and accessibility is still an ongoing concern among health officials, as locally available supplies cannot meet its increasing demand. Thus, protecting ourselves first with conventional ways would be wiser as we wait for new supplies.

As individuals, it is crucial that we do our part to keep one another protected from this disease. By actively acknowledging our symptoms, we are able to keep this virus contained and prevent further infection. Hand-in-hand with our health officials, getting ourselves checked when symptoms persist is one way to lift a heavy burden on our already short staffed hospitals and clinics.

It starts with one to save everyone. By making joint awareness and prevention the new normal, even something regarded as "Super" isn't frightening at most, as long as we become supers ourselves by actively acknowledging, controlling, and protecting ourselves — any villain would be conquered.

THE GLOW
The Official Student Publication of Cabatuan National Comprehensive High School
Vol XXXV | No. 1 | June 2025 - October 2025

When the Water Rises, take the L.E.A.P.

by | *Jannah Havania*

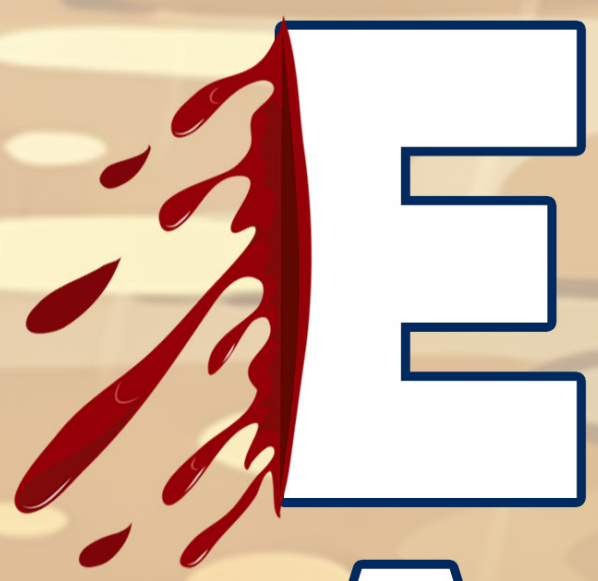
The wet season is in and the dry season is out. The Philippines has experienced several typhoons this 2025, causing some regions to flood. Yet nothing surpasses the humor of Filipinos, even in situations that place them in difficult circumstances. Most videos on social media show Filipinos swimming in floodwaters or even dancing despite the heavy rain and flooding. While this may be a coping mechanism for positivity, from another perspective it can also pose several health risks. An infection called leptospirosis is not new to us. This infection continues even in today's generation. In 2025, the Philippines' DOH recorded 3,037 leptospirosis cases from January to July. But by following the L.E.A.P. steps, we can truly minimize or prevent cases of leptospirosis.

People with open wounds who come into contact with floodwaters may contract leptospirosis, a bacterial infection brought on by animal urine, as a result of the flood. According to the National Institutes of Health, headache, cough, non-pruritic rash, fever, rigors, muscle pain, anorexia and diarrhea are the symptoms that are most likely to occur. But severe cases can lead to jaundice (a yellow discoloration of the body tissue), hemorrhage (loss of blood from a damaged blood vessel) and respiratory distress. But it is still very treatable with the right medicine. However, always remember, prevention is always better than cure, so I suggest following this simple acronym called L.E.A.P.:



LESSEN CONTACT WITH FLOODWATER

If there is no important reason to have contact with floodwater or if you have open wounds, then it is much better to stay away from it. Still, as I mentioned, there are some Filipinos who use this as content to post on social media. It is not a good idea to swim or dance in floodwaters because they contain urine, trash and sewage. All contain dangerous bacteria and viruses that can endanger your health. One of the first steps in prevention is to limit or avoid contact with it.



EVERY WOUND IS A MUST TO COVER

We cannot deny the fact that sometimes we cannot really avoid having contact with floodwaters, like for example if your whole barangay is flooded and you need to buy food, or you are a responder so you really need to wade into the flood. Studies show that Leptospira (bacteria) can stay for about weeks in floodwaters. For that, having an open body tissue is a must to cover. I would highly suggest wearing long boots, making sure your wounds will not get contaminated with the water. Also, covering your wounds with a clean bandage or waterproof material can help lessen the chance of getting leptospirosis. Putting your health at risk, unbeknownst, even if you have a small open wound, may develop into leptospirosis.



AVOID IMPROPER WASTE DISPOSAL

According to the article Waste Sector of the Philippines, the Philippines is among the top waste generators in Southeast Asia. About 35,580 tons of garbage are generated daily. This has occurred because of improper waste disposal. We throw our trash anywhere, and because of that, this becomes a habitat for animals such as stray dogs, cats, and especially rats. Not only that, trash that has been clogging the sewage might also increase the chance of flooding. And during times of flooding, this increases the bacteria and viruses we get from floodwaters. If we have proper waste disposal, this may be lessened. So, a simple segregation of trash or even just throwing your trash properly can help minimize any infectious disease we can get from floodwaters.



PROPERLY WASH YOURSELF

Even though you don't have an open wound, it is still best if you wash your body with clean water and soap to clear any bacteria or viruses you get from the floodwaters. In addition, regular washing of hands and taking a bath can help prevent not only leptospirosis but also any other infections that can be found in the floodwaters.

Let us find the solution to prevention because this is the effect of our own actions. There are multiple solutions to minimize this bacterial infection, but by following the simple L.E.A.P. steps, this is enough to save oneself and others. I encouraged everyone to unite and take a leap for this problem. When the waters rise, let us also rise together and take the L.E.A.P. against leptospirosis.

The GLOW
The Official Student Publication
of Cabatuan National Comprehensive High School
Vol XXXV | No. 1 | June 2025 - October 2025

GRASSROOTS GLORY



Mike Banguiran's Coaching Revolution Unfolds

*by | **Angelique Grayz Arguelles***

The sharp sound of arnis sticks clashing echoes through Cabatuan National Comprehensive High School, but behind every strike stands a mentor whose impact reaches far beyond the mat. At the heart of the program is Mike Banguiran, a devoted MAPEH teacher and arnis coach who has dedicated nearly a decade to shaping not only skilled athletes but disciplined, grounded individuals.

Sir Mike's journey with arnis began in his childhood. From elementary school through college, the sport became part of his identity. Influenced by mentors like Sir Grana and Master Mel Balberde, he learned that coaching is not simply about winning medals but about instilling character, respect, and purpose. Today, those same values guide his leadership.

Now in his ninth year of coaching, Sir Mike finds motivation in his athletes' perseverance and trust. As a former competitor, he understands the pain of defeat and reframes losses as lessons in growth. He challenges his team to focus on effort, teamwork, and constant improvement rather than the scoreboard.

His athletes admire his belief in their potential. They say he lifts their spirits with humor and encouragement during tough moments, teaching resilience and acceptance when outcomes are unfair.

Balancing his roles as teacher and coach is demanding, yet Sir Mike remains committed. For him, success is not measured by trophies but by confident, resilient students who carry the spirit of arnis, strength, respect, and perseverance into every part of their lives. Through his guidance, they grow into leaders ready to face any challenge with courage and integrity.



INTRAMURAL MEET 2025
AUGUST 22-23, 2025

OVERALL RESULT

CHAMPION
GROWLING GRAYS
Grade 12

1ST RUNNER UP
SENIORS
Grade 10

2ND RUNNER UP
MIGHTY MAROONS
Grade 11

3RD RUNNER UP
FRESHMEN
Grade 7

4TH RUNNER UP
JUNIORS
Grade 9

5TH RUNNER UP
SOPHOMORES
Grade 8

CABATUAN, UCFC HOST 3RD FOOTBALL FESTIVAL

by | ***Karel May Bernal***

The Municipality of Cabatuan, together with the United Cabatuan Football Club (UCFC) concluded the 3rd Mayor Doc Boboy Pueyo 8-Aside Football Festival with thrilling matches across all divisions and standout performances from local and visiting teams on August 30-31, 2025 held at the Cabatuan Central Elementary School, Cabatuan, Iloilo.

The two-day event, successfully brought together athletes of all ages for a celebration of community and competition.

The host club showcased its strength in youth development after claiming victory in two key categories.

UCFC wonthe U15 Boys division, while also securing the title in the U17 Boys category, much to the delight of the home supporters.

However, the planned senior matches for the Men's Open, Women's Open, and 40 & Above categories on August 31 were halted by persistent heavy rains and unsafe field conditions.

The wait proved worthwhile, as a spirited atmosphere returned to field on September 6.

In the rescheduled games, Primera emerged victorious in a competitive Men's Open bracket

The Women's Open title was captured by Sta. Barbara Locals, who displayed exceptional skill throughout the tournament.

The 40 & Above division was won by Bordz Abet FC, whose experience proved that triumph has no age

The 3 Mayor Doc Boboy Pueyo B-Aside Football Festival has been halled as a resounding success that highlighted local talent and competition and strengthened the bonds of the football community in the region.

Rising Through Strength and Determination: The Inspiring Athletic Journey of Diofe Fenis

by | ***Angelique Grayz Arguelles***

Through determination, discipline, and heart, a 14-year-old athlete from Cabatuan proves that true victory goes beyond medals.

Diofe Arbel Marie T. Fenis, a Grade 8 Aristotle student of Cabatuan National Comprehensive High School, has already made her mark in the sporting arena. Competing in the Pin Weight Girls category of labanban, she won one gold and three silver medals during the Western Visayas Regional Athletic Association (WVRAA) 2025 held in San Jose de Buenavista, Antique. Her performance earned her a place in the prestigious Palarong Pambansa 2025 in Ilocos Norte, where she proudly represented her town and region.

Being selected as part of Team Negros was both an honor and a challenge for Diofe. It was her first time competing away from her original team, which brought excitement and nervousness. Determined to do her best, she trained harder and pushed herself physically and mentally.

Arriving at the competition venue brought mixed emotions of fear, pressure, and responsibility. As the only athlete from Cabatuan representing Western Visayas, expectations were high. Despite the pressure, the support of her family, coaches, and teammates helped her stay focused and motivated throughout the competition.

Although she fell short of victory in her match, the experience became a turning point rather than a setback. She learned that effort and dedication matter more than results. The experience taught her resilience, discipline, and confidence.

Diofe now plans to continue training and joining more competitions. Her journey reminds young athletes that greatness is measured not only by medals but also by perseverance and courage.

