



THE EQUALIZER'S BIDECENNIAL ISSUE

The Official Student and Community Publication of JOSE RIZAL MEMORIAL STATE UNIVERSITY LABORATORY HIGH SCHOOL

Division of Dapitan City - Region IX

VOLUME XX ISSUE 1 | AUGUST 2024 - JANUARY 2025

Breaking Silence

Sexual harassment case rocks JRMSU; admin probes, vows justice to victims

VANESSA LOREIN SABEJON

HOT ISSUES

NO blind voting

EWS 📴 PAGE 3

NO bloodshed

DITORIAL : PAGE 6

NO stopping: Equalizer @ 20

PAGE 10

ose Rizal Memorial State University (JRMSU) faced nationwide attention and promised to deliver justice after a former student brought allegations of sexual harassment against a faculty member directly to Dapitan City Mayor Seth Frederick P. Jalosjos on November 18, 2024.



Sexual harassment has no place in our institution. The university remains steadfast in its commitment to fostering a safe and inclusive environment for all members of the JRMSU community.

JRMSU Official Statement published in the University's official Facebook page on November 20, 2024 in response to the sexual harassment allegations

The complainant, who chose to remain anonymous, claimed in a video-recorded interview with face covered to have experienced unwelcomed sexual advances and other inappropriate behavior without consent from an alleged instructor.

A hundred alleged victin

The complainant detailed the events surrounding the alleged harassment and expressed disappointment over the lack of action by certain university officials.

He revealed that over a hundred students reportedly victimized by the same faculty member.

"Daghan pami nga mga biktima, labaw pa 100, duha ka sectionan," the alleged victim said on a video recorded interview last November 18, 2024, revealing the disturbing claim that over a hundred was sexually harassed by same perpertrator.

According to the complainant, he disclosed it not only for himself

but for others who went through the same experience, but were ignored.

"Dili lang ni para sa akoa; kun dili apil na ang daghan pang estudyante na gipang-sexually harass, peru gi-ignore ra [It's not just about me; many others went through the same and were ignored]," the alleged victim said.

According to the alleged victim, the sexual harassment dates back to incidents occurring between 2020

VPAA Jay D. Telen said that his office when he was the Dean for Student Affairs that time conducted a meeting with the students and advised them to formalize the complaints by making sworn affidavit through a lawyer.

'The Equalizer' tried to contact the alleged perpetrator to get his side, but received no response.

The perpetrator resigned from his teaching position before the

alleged victim raise it to the City

JRMSU in crisis

According to JRMSU
President Dr. Maria Rio Naguit, the
accusations, which allegedly involve
over a hundred students, have
harmed the university's reputation
not only in Region IX but in the
country as a whole.

JRMSU Administration responded with an official statement condemning the alleged acts and promising to uphold a zero-tolerance policy for sexual harassment.

"We assure the JRMSU community and the public that sexual harassment has no place in our institution. The university remains steadfast in its commitment to fostering a safe and inclusive environment for all members of the JRMSU community," the University statement published on November 20, 2024 in its official Facebook page emphasized.

"It's devastating to hear about these allegations, especially may have been affected," remarked by James Bahian, SSG President. "We need accountability, not just from the accused but from the institution itself, " he added.

Dr. Patrick G. Galleta convened with the Vice President for Academic Affairs (VPAA) Dr. Jay D. Telen and the deans and associate deans from the different colleges to inquire on sexual harassment cases in the University.

University officials assured that an investigation by the Committee on Decorum and Investigation (CODI) chaired by Dr.
Marissa Recapente, Chief Administrative Officer, is ongoing in coordination with the City Government of Dapitan City.

Continue reading on page 5





A former student of JRMSU Main Campus exposes to Dapitan City Mayor Seth Frederick P. Jalosjos (*in white polo* sexual harassment case, appealing directly for support and justice.

Photo credits | Dapitan City Information



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CREDITS

Chain graphic: matejmo Student photo: Justinne May Laquio

COMBATING **STIGMA**

n April-June 2024 were



1245

youth aged 15-25 years old.

Source: AIDS Data Hub Report (retrieved

543%

staggering 543% increase

in new infections in the past



"Know and Protect" HIV/ AIDS and STI Awareness Caravan, led by JRMSU in partnership with various organizations, actively participate in ne PaHIValo Project las nuary 31 at the JRMSU Main Campus Library, which emphasizes the mportance of unity in promoting education to reduce infections and Photo credits LJRMSU

Student bully becomes victim, transfers school; admin acts

WANESSA LOREIN SABEJON

Grade 8 student of JRMSU and allegedly a 'bully' transfered to another school during the second quarter of the academic year after allegedly enduring bullying from classmates, prompting the university to take action.

According to High School Laboratory Program Chairperson, Kathryn Archueta, she summoned the alleged bullies for interrogation, regarding the bullying issue that has been circulating around the campus and was surprised to find out the classmates did not mean to bully but was only defending herself from the bullying of the supposed

> "Kay ginabully man niya among classmate so amo pud siya gi-bully," Rose Cinco, an eighth grader

Alleged bullies claimed that the supposed victim was also a bully, a reason for them to constantly bother her as she has been bullying classmates, affecting them mentally.

Grade 8 class adviser

"As their class adviser, I always reminded them to be kind, helpful, and supportive to one another, and I also keep or saying that they should treat not enemies which leads to having a safe and caring can learn and grow," Tagapan

The school took the matter seriously and further ensuring both sides are given clarification regarding the issue to resolve the problem



PRINCESS GLEIA GANADOS

RMSUans felt the impact of rising fuel prices, as

higher transportation

In Dapitan City, the regular fare has gone up from 7 pesos to 15 pesos -- an 8-peso jump that

"It's really hard to manage

my budget because I live far from

school. My daily fare is around 40

pesos, and when fares go up, it

gets even harder to cover all my

expenses." Justine May Laguio, a

senior high school student living in

Sicayab, Dapitan City, shared her

Parents are also concerned

about the growing costs. "Naglisud

agi sa taas nga pamasahe," Leonor

Rada Empeynado, whose daughter

expressed her worries, in Cebuano

The rising fares stem from continuous fuel price hikes across

In January 2025, diesel prices

reached around 62 per liter, while gasoline hit 69 per liter, according

to data from the Department of

Parents and students alike

"Increased fare discounts for

students would really help us," said

For now. JRMSU students

continue to navigate the rising

costs, balancing their education

with the financial strain on their

are calling for more affordable transport options or financial

is a junior high school student,

gyud kaayo me Mangayo akong

anak ug Php 20 extra allowance

Gusto nako mahatag ang

the Philippines.

Energy (DOE)

has deeply affected commuters

fares increased eight (8) pesos, adding to their daily

financial challenges.

DELAYED SERVICE

Late LGU typhoon advisory concerns students; LGU accountability sought as parents fumed

VANESSA LOREIN SABEJON

■he delayed advisory from the Local Government Unit (LGU) of Dapitan sparked outrage and concern among parents and students, who criticized the lack of timely announcements regarding class suspensions due to the typhoon.

Students with long commutes point out their dissatisfaction and worry, as LGU's delayed announcement lef them arriving at school soaked due to heavy rain, only for school to be suspended a few minutes after they arrived.

"It is very disappointing for them to not announce suspension ahead of time, causing students like me who need to commute long distances to waste our insignificant travel payments,

a Senior High School student A parent of a student

from JRMSU also conveyed her concern due to the delayed alerts of the LGU, orrying about the safety of her child as she only ound out about the typhoo through social media and ews reports, hours after it had already started.

xpressed Rovelyn Tumapon,

"I too am concerned for my child's safety departing

for school with heavy rain and LGUs late suspension but cannot do anything as LGU Dapitan are also taking precautions," the Janet T. Busico said.

not solved properly.

City vowed to assess the problem and take mediate actionas this can lead to accidents if

AUGUST 2024 - JANUARY 2025

JRMSUans okay DepEd's 5-Point Agenda, call for significant change

■he Department of Education (DepEd) announced on November 19, 2024 a 5-point agenda aimed at improving Filipino ners literacy and developing them into problem solvers and

The agenda includes better resources or classrooms, increased teacher training roved student support services, and

"These changes have the potentia o improve education, but their success depends on consistent and sustained and agenda can overwhelm teachers and

Archuleta added that DepEd strategies rather than constantly Students called for

make learning easier and mo enjoyable. "Nagkinahanglan ang students og mas maayo na facilities and support from o teachers," said Crystal Jane

Elumba, a Grade 12 student

One of the main points of the welfare of teachers by offering

ang mga bagong metodolohiya sa pagtuturo, gayunman ang mga Bucol, a teacher in Filipino.

The five-point agenda also materials, with a promise to computers, and other resources for students.

"Mas nindot nga mga materials, mas maayo. It will help

A recent survey showed that 67% of JRMSU students felt the current resources were insufficient for learning needs the new agenda and believe it will help their children succeed

promising," said Michelle Baguinat, a parent. eager to see the According to a survey, 95% of parents expressed satisfaction with the new would lead to better learning

The agenda also include: improving student counseling and mental health support

have the best education

possible, and this plan se

"Mental health is just as important as physical health,

793B⁺

billion, representing a 3.99% increase compared to their 2024 budget under the

the increase, as their original budget proposa was reduced. They noted that this cut could hinder the effective implementation of their 5-point agenda, which is critical to achieving their educational goals.



VOTE FOR THE COUNTRY.

vote in the 2025 election call for informed voting.



FAITH BEVERLY M. GOMEZ

he conflict between **President Bongbong Marcos** and Vice President Sara Duterte, former allies under the UniTeam electoral alliance, has raised concerns about how Filiping voters will approach the 2025 local elections, with JRMSUans

discouraging blind voting. "The tension between the current President and Vice President is making me worry for the future of leadership of this country," James Bahian, SSG President and

a voter of the 2025 elections said. Bahian expressed dismayed in the Sara are making fun of Filipino voters.

"It feels like they are mocking Filipino voters. Initially, they present them as close allies, running for the good of their true intentions-that they were only allies out of fear of losing to their rival," he exclaimed in frustration

Bahian additionally expressed his positivity regarding the obligation of voters to acquire knowledge concerning future

for 'wise voting' among JRMSUans, **Dapitanons in 2025 elections** officials who are unqualified.

VOTING

PH leadership divide spurs call

NO BLIND

pretending to be allies for the people, but later admitting they teamed up out of fear of losing to a rival.

"We must vote wisely by basing our decisions on the candidates' qualifications. background, and platforms-not merely on their popularity as politicians or celebrities," Bahian

Scrutinizing candidates Rafael Calib-og, teacher in Social Studies emphasized the importance of understanding the candidates' platforms before

"Voting is about responsibility and we need to focus on the issues, not just the names," Calib-og said

Calib-og stated, it is important to guide students in making thoughtful decisions that will benefit the community and never to do blind voting."

"Blind voting, the practice of casting a vote without fully

platforms, background, or track record, has been a longstanding issue in the previous elections i the country," Calib-og said. He added that blind voting

undermines the democratic process and perpetuates the election of

Expedita Endrina, a residents

of Burgos, Dapitan City expressed concerns about voters choosing ındidates without understanding their plans. "Before I vote, I research

each candidate's profile. But some are just gullible in voting celebrities without experience in making laws," said Endrina citing Senator Robin Padilla's remark, where he appeared unaware that ompelling his wife to engage in sexual activity without consent onstitutes assault.

Chery Mae Oga Political Science professor stressed that voters must focus on the candidates' goals for the country,

"Vote for leaders who will bring real change based on their

SSG President Bahian bared his plans to lead educational forums to help Dapitanon voters become better informed.

"We need to make sure everyone understands the importance of their vote," said

PRICE HIKE surge as inflation ups; students It feels like they [BBM and Sara] are parents clamor mocking Filipino voters. Initially, they present themselves as close FAITH BEVERLY M. GOMEZ

ising price of goods at JRMSU canteen sparked concerns among students

"The prices in the canteen have really gone up, including the viand and rice since the start of the school year," said Maria Calda University canteen vendor.

According to Calda, most of the goods they sell have increased prices after the nandemic but never considered closing as it an still be a source of income, stating they only need to increase the prices.

"It should be remembered that despite th if they don't increase the price of the goods, because we also have to pay workers and add

explained canteen vendor Calda, in Cebuano. Dean for Student Affairs and Services (DSAS) Dr. Paterno S. Baguinat III added that the University has already conducted an

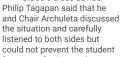
those of stores outside the University to see

that the price hike is attributed to the country's overall inflation which is increased to 2.9 percent in December 2024 from 2.5 percent in ovember 2024, citing the Philippine Statistics

The price increase is causing concer regard to spending for their daily needs at the

day will last, they need to budget properly," said Sabina Bhel Saldon, a Grade 12 student.

Philip Tagapan said that he





Mayor Jalosjos expressed his firm "Youth welfare is non-negotiable These allegations demand immediate action to prevent further harm and restore trust in

In the post published in Zanorte News Flash, about 37% of the ZaNortehanons posted urged the university to take more

this. I can't fathom the trauma and fear. I am case number 01. I've

scrutiny, particularly within Zamboanga del Norte, where

charges against a university staff member for sexual harassment,

Pialago expressed that she will take this very seriously for

JRMSU announced plans to strengthen its grievance mechanisms, including anonymou reporting platforms and enhanced

As the Committee on

concerned JRMSU alumnus, said

assured him the City is committed to fully

"The University's actions in the coming weeks will determine whether university in ZaNorte or remain a caution

"To ensure that the money allotted for the

THE EQUALIZER'S BIDECENNIAL ISSUE JOSE RIZAL MEMORIAL STATE UNIVERSITY LABORATORY HIGH SCHOOL



CHEATING ALERT

VANESSA LOREIN SABEJON

over the rising cases of

teachers enforce discipline

RMSU high school teachers

students forging parents' signatures

Teachers expressed that this

"JRMSU places a high priority on

dishonest behavior typically occurs

obligations or disciplinary actions.

Jomar Banua, a faculty member,

occurrence of this issue has raised

the administration.

Banua added that the growing

erious concerns not only educators but

"Forgery goes against the values

JRMSU upholds," Banua emphasized. He

mposed disciplinary measures

Students forge parents' signatures in excuse letters;

also explained that addressing this

the university's values.

to address this issue.

behavior is essential to maintaining

Banua outlined the disciplinary

"For a first offense, a warning

nforming the parents are appropriate

He further added that if the

The university also plans to

quences of dishonest actions.

to raise awareness about academic

integrity and the long-term

behavior is repeated, more serious

measures that will be implemented

a discussion with the student, and

steps," the instructor stated.

actions, such as counseling or

neetings with parents, will be

three years.

fear and

SPREADING AWARENESS Participants of the

addressing the misconceptions that perpetuate discrimination.

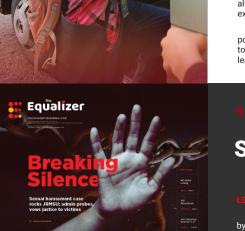
Education is the

key to reducing

HIV infections and

FARE HIKE HITS. Photo credits | Justinne May Laquid





Sexual harassment case rocks JRMSU; admin probes, vows justice to victims

pursuant to RA 11313 (Safe Spaces Act). I will pray for you and I hope

has high hopes that the university sexually harassed and for the safety of the current enrollees

harassment and provisions to promote safe spaces. Stakeholders however, remain skeptical. "Trust has been broken. It will take more than promises

Decorum and Investigation (CODI) investigations continue, JRMSU's leadership said the University faces pressure in bringing justice

Meanwhile, Mayor Jalosjos

people. But just days later, they

reveal their true intentions—that

they were only allies out of fear of

losing to their rival.

youth in Dapitan City," Mayor Jalosjos

Student Affairs and Services, said the tarnished reputation of JRMSU now ensure student welfare, and deliver justice



JRMSU students who wil

Photo and design | PSB

Canteen good costs

and parents, saying it adds to financial burden amid inflation.

price increase in the canteen, the cost of goods as also gone up. The canteen will suffer losses

evaluation regarding the price increase in the

They have also compared the prices with the difference between them and the campus

combat HIV stigma.

VPRDE Office

from transferring as they respect the mother's decision

'Allegations must be investigated and that the safety of the youth is ensured" Mayor Jalosjos said during a public address.

to the alleged victims and rebuild

for others," Baguinat said.

VOLUME XX ISSUE 1 | AUGUST 2024 - JANUARY 2025 news 4

Grade 7 hit at pedestrian lane; safety concerns rise

ue to lack of seminar for proper road etiquette, a Grade 7 JRMSU student was hit by a reckless driver while crossing a pedestrian ane near the campus, December 5, 2024.

The incident has raised concerns about the safety of pedestrians in Dapitan City and has sparked calls for tricter enforcement of traffic laws from parents and students.

According to the victim, Dranber Baes, 13, he looked both ways before crossing the lane, checking both sides pefore crossing, yet was hit while in the

"I looked both ways before and seeing no vehicles, then looking to the right where I saw a car far away, bu ssed, I was hit in the middle of

Witness Dwyane Francis Adasa, a classmate of the victim, immediately aided the injured victim, rushing him to

Parents are demanding stricter road safety measures near the school to protect their children.

"Motorcycle drivers need to slow been worse," said Mrs. Vina Baes, a parent of a JRMSU student

Teachers are also alarmed about the recurring safety issues near the

"We have seen motorcycles speeding through this area many times before," said Mark Anthony Gito,

Local residents are urging authorities to take immediate action, such as adding speed bumps and ensuring visible

"Drivers, especially motorcycle riders, need to follow traffic rules in school zones," said

pedestrian lanes.

The JRMSU administration the local government to address "We are pushing for stricter

enforcement of traffic rules and better road safety measures for our students," said Dr. Paterno S. Baguinat III, Dean for Student

Students are also calling for better protection while crossing We need traffic enforcers or someone to guide us, especially

Karliette Cinces Grade 8 Residents are calling on the city government to take immediate action to prevent

"Deploying more traffic enforcers near schools during

Dapitanons and JRMSUans.

"This is a good decision

because many accidents happen

because of inexperienced drivers.

said Franklin Claros, a high school

According to the author of the

ordinance, City Councilor Modesta

H. Malayao, the ordinance aims to

reduce accidents involving young

drivers and promote road safety in

for any violations.

the community and impose penalties

"The ordinance is simply to

Dapitanons will understand that it is

Many residents support the

measure, viewing it as a necessary

ensure the safety of our young

Dapitanons," Councilor Malayao

said, explained, "Soon the young

for their own well-being."

peak hourse and busy pedestrian traffic rules," said Nestor Sarol in

"Regular audits of

promptly." Cagbabanua said.

a priority, and we will ensure

accidents," Cagbabanua said.

Students, parents, and teachers are hopeful the plans

similar incidents in the future

pedestrian lanes and traffic systems will also be conducted

o identify and address hazards

"Safety near schools is

neasures are in place to prevent

Jose Cagbabanua, Dapitan City Police Officer, said that conducting awareness campaigns will educate drivers and pedestrians about

Cagbabanua said that city speed limits near the campus and reduce the risk of accidents.

'Equalizers' face journo setback, after admin nays **District Prescon** participation

VANESSA LOREIN SABEJON

igh school journalists from **Jose Rizal Memorial State** University (JRMSU) nearly missed the annual journalism competitions when request to participate in the District Schools Press Conference (DSPC), scheduled for December 16, was disapproved.

The initial request, submitted by Ma'am Kathryn Archuleta, Chair of JRMSU aboratory High School, was denied by Dr. Patrick Galleto, Campus Director, as it onflicted with the "Fellowship Night" for the University Foundation Week Celebration nappening on the same date.

Even after a follow-up by Dr. Joji Recamara, Dean of the College of Teacher Education, the decision remained the same

n Friday, December 13. "I did not approve the consent letter a first because it jives with the schedule of the University Week," Dr. Galleto explained

Dr. Galleto elaborated that the university initially faced challenges in anaging two events simultaneously due to its already demanding schedule.

However, after request for consideration was made, Dr. Galleto, the participation was finally approved on urday, December 14.

"I realized the importance of campus iournalism and that the students must always be part of this undertaking," Dr. Galleto stated. "It is my high hope that the student journalists will be victorious in their various competitions," he added.

The late decision upset the students. "Disappointed gyud kaayo ko at first kay gina-anticipate na gyud namo ang event Kino Mamigo, one of the student journalists said. "That's why nalipay kaayo mi ag na-approve ra pod balik because natagaar na pod mi og chance to showcase our abilities," Mamigo added.

Online publishing participants, in particular, felt the pressure as they were left with less than 24 hours to train.

The coaches were also worried about the impact of the delay. "It was a stressful situation for everyone, but we're glad the students can finally join." Herard andantes, coach in Broadcasting, said.

Despite the challenges, the students essed gratitude for the final approval. better late than never," said Editor-in ief Justinne May Laquio, adding that they will do their best in the competition.

Meanwhile, Vice President for cademic Affairs Dr. Jay D. Telen also expressed his support for the initiative phlighting the university's encouragemen of student participation in campus

LGU to ban 'minors' driving; ordinance gets divided reactions ■he Sangguniang Panlungsod of Dapitan City Government public hearing on December 6, 2024 for an ordinance forbidding minors from driving motorcycles and vehicles, received mixed reactions among

Richard Bezar Cabanlit was honored

Cabanlit said that curing lives and property is a fundamental part of their

Rio Abdon Naguit also expressed commendation to the guards and encouraged the JRMSU munity to uphold moral

for his honesty in returning a lost PhP27,000 JRMSU High contribution demonstrating true civic duty.

further emphasized. responsibilities as university

University President Dr. Maria

step to ensure public safety and instill discipline among young

mas safe og less ang mga disgrasva kav mga minor man ang hilig makipagkarera," Alma Valeras, a concerned mother stated.

However, JRMSUans expressed their opposition about the ordinance, saying make their daily routines more

siva gamay kay maka-affect jud siya sa among social lives, pag-skwela, and other opportunities," Cassiopeia student, said. "If they ban us from driving, dapat e-make nila na naay enough, barato na transpo."

Other students, parents, and teachers are positive that the new policy will lead to too much inconvenience.

numberspeak

JRMSUans speak: DepEd's DLP, another band-aid solution to learning loss

University lauds

PhP 27K class

WANESSA LOREIN SABEJON

guards find, return

funds contribution

■ive security guards from Jose Rizal

■ Memorial State University (JRMSU)

eturning a PhP27,000 contribution lost

Perlito Talic, Rex Alcaraz, Christopher Ryan

formally recognized by Main Campus Director

"Sa pag roaming namo, nasaka mi sa

second floor sa room sa Grade 10-last roon

nakit-an sa akoang kauban na naay nahabilin

nga bag nga puti," Richard Bezar Cabanlit, one

Cabanlit recounted that upon arriving at

the guardhouse near Gate 2, they opened the

"Kinahanglan jud na juli jud to nga

bag and found it contained money.

Catulong, and Joseph Gardose Jr.-were

The guards reported that they

discovered the money during their routine

Ceremony held on October 21

patrol on October 17.

of the guards, explained.

The five quards—Richard Bezar Cabanlit.

Main Campus were commended

for their honesty and civic duty after

by a Junior High School treasurer.

RMSU students voiced their concerns over DepEd's DepEd Learning Recovery and Development Plan (DLP), calling it another band-aid solution to the worsening learning loss in the

Launched on November 4, 2024, the Dynamic Learning Program (DLP) aims to address disruptions caused by disasters and other challenges by

Program's features include engagement, student portfolios, and a reduced homework policy as it urages learners to engage deepl with lessons and build essential skills

JRMSU High School Program

technology, bigger education gaps,

is a problem.

"As a student that lives in DLP may not be a great solution kai it limits my ability to learn," Ronia

crucial to ensure the DLP effective supports education continuity in

Admin personnel denies harassment

> cover up, sues local newspaper for reckless reporting

> > FAITH BEVERLY M. GOMEZ

n administrative personnel at JRMSU has strongly denied allegations of covering up a sexual harassment scandal, threatening to sue a local newspaper for publishing false and defamatory claims.

Prof. Expedito Columnas, head of the College of Maritime Education (CME) said his name appeared in the November 23, 2024 issue of Press Freedom and accused the local publication of reckless reporting without substantiated evidence

"The allegations against me are outright false, fabricated, and malicious," Prof. Columnas said.

The personnel member stressed

Taking care of

your mental

health is just

as important

FAITH BEVERLY M. GOMEZ

According to the investigation, the incident happened during night class.

"We were in the middle of class

when she left and so I thought she was

going to the restroom, but she'd been gone for 30 minutes, so I went looking for her and found her on the rooftop,"

Managing to stabilize the

to hospital.

situation, faculties, staff, and students

assisted the student and was brought

A student from JRMSU conveyed

her thoughts how we need to address

and manage people's mental health, as the number of suicide has start to rise

due to youth crisis not being focused more in times they need it most.

university to not take the issue lightly

conducted to ensure students' mental

University Guidance Counselor Lopez said her office encouraged

the rise of suicide. I hope for the

and aid students with the webing

minds," a parent expressed.

as academic

goals.

publication's decision to name them premature and harmful. "My good reputation has already

me," Columnas added.

Columnas bared that 'The Pres Freedom' article referenced plans by an

been stained in the minds of all who read it, even without any case filed against

not seeking their comment for fairness.

Baseless claim

that no official complaint has been filed in any court or tribunal, making the

Columnas statement highlights the tension within the university.

alleged victim to file cases against those

Columnas criticized the publicatio

or relying solely on unverified claims and

"The article was written and nublished with reckless disregard as to the truth to the damage of my good eputation," Columnas stated, announcing plans to take legal action against the publication. "This article is downright

Tense atmosphere

faculty, and the public are waiting for

"The damage to my reputation is irreversible," he said, adding, "I will pursue all legal remedies to clear

claims and the truth behind the

"This situation is highly

sensitive," said Chery Mae Oga, Political Science Professor. "If no

official complaint exists, naming

ndividuals publicly could have

Call for responsible journalism

Columnas called for

o uphold their duty to report

accountability, urging journalists

significant legal repercussions fo

TikTok mishap lands Grade 7 in clinic; online challenge sparks concern

Jose Rizal Memorial State University (JRMSU) was injured after participating in a dangerous TikTok challenge, raising oncerns among student teachers, and parents.

According to victim Dwyane Francis Adasa, he participated in the TikTok airplane trend" involving risky stunts, after his friends convinced him to do so

Adasa said.

8 student who witnessed th incident, thought the victim was joking but immediately helped the injured proceed to he university clinic for proper

for many of us. It's scary how something fun online can turn dangerous". Jaures said in Teachers are now urging

and aware of the potential risks of participating in online "We need to educate tudents about the dangers

Rod Araola, English teacher. JRMSU High Chair Kathryn Archuleta respo by reminding students about the potential dangers of viral

"We will continue to safe choices both online and offline," said Kathryn Archuleta, the school principal

participation in contests

PRINCESS GLEIA GANADOS

lack of events tailored to high school students' interests lef marginalized. She emphasized that

greater student involvement in planning is necessary to create a more inclusive celebration.

Representative Gian Carred conveved these sentiments. school students in decision sense of belonging and encourage greater participation.

Dr. Paterno Baguina III. Dean of Student Affairs and Services, acknowledge the concerns, stating, "We

22%

Source: jedfoundation study

considered suicide in the past

Hotlines in the Philippines for mental health concerns, depression, and more

Tawag Paglaum **Centro Bisaya** 0966467 9626

02) 8804 457

In Touch: Crisis Line (02) 8893 7603

9 of 10 JRMSUans clamor burnout; principal urges learners focus academic values

PRINCESS GLEIA GANADOS

ine out of 10 JRMSU High students who participated in the 'Equalizer' survey reported feeling exhausted, stressed, and disheartened due to the relentless pursuit of high grades and the highly competitive academic

environment. "I am exhausted. My classmates in our section feel them same. It feels like we're running a marathon with a constantly shifting finish line said Justine Laquio, class mayor of Grade 12-B, expressing the

sentiments of many students. Students declared that since the beginning of School Year 2024 - 2025, they have been rking hard so as to receive at "With Honors" certificates.

Principal Kathryn Archuleta d.observed that the academic ressure of the school did not vet increased their instability.

"We see the toll it takes on our students. They are constantly stressed, sleep-deprived, and struggling to balance their academic lives with their personal well-being" Archuleta stressed.

In response to burnout clamor among students, the principal of JRMSU High urged students to prioritize academic values over grades.





WEDNESDAY

TUESDAY 1.3% MONDAY





she revealed that more students are skipping school for escapade especially on Fridays, saying the students feel that attendance is not crucial and that Fridays take up a significant portion of their time without academic necessity.

activities

"After a month of implementing half-day classes on Fridays, many students are not attending these

school administration prompting

a call for students to prioritize

sessions. Most of their reasons are that they feel they don't have to be day." Chair Archuleta stated.

mental health awareness in spotlight

student struggling with emotional distress to reach out without

hesitation, as they will listen, aid

and provide support for struggling

a safe and supportive environment where students feel comfortable

seeking help," Counselor Lopez said

To promote mental health

awareness and encourage self-care among students, the University

titled "Thriving Mentally in the Digital

Retchiel O. Abol, Certified

Abol emphasized that while

social media can provide connection

Escapade reason for absenteeism raises alarm;

Era" on November 22, 2024.

Human Resource Association

of social media to youths is a

and support, excessive use or

stress, anxiety, and feelings of

(CHRA) and speaker of the

"We are committed to providing

suicide attempt by a JRMSU student on November 18, 2024, prompted the university to intensify self-care through a mental

riday classes. Similarly, CTED Dean Joji Recamara pointed out that the on Fridays has led students to skip

importance of participating in the academic day since it is "close" to the eekend," said Dean Recamara. "They think, might as well just be absent.

students advised to prioritize academics

driven world.

speakers helped her.

The webinar also highlighted the

importance of self-care practices, such

as maintaining healthy routines, setting

oundaries, and seeking professiona

Abol explained that self-care is

essential in preventing mental health crises including suicidal thoughts, by fostering

CHRA Abol encouraged students to

"As time passes by, more and more

prioritize their well-being. "Taking care of your mental health is just as important as

people are starting to gain mental issues due to obstacles people face in life. We

need to properly address this issue and

betterment of our well-being." Abol added

Students and faculty praised the

webinar for addressing a pressing issue and providing actionable steps to enhance

mental health in today's fast-paced, online-

conducting the said event, as she has been

struggling mentally for the past few days,

and indicated how the messages by the

A JRMSUan expressed her

learn more about mental health for the

your academic goals," she said.

support when needed.

Banua cited Chapter 2: Attendance of the JRMSU Student Handbook, Section 292 Archuleta expressed her worries, which states that the students are expected noting that approximately two out to attend all scheduled classes. "Three unexcused absences are

permitted, but beyond this, absences will only be excused for valid reasons ermined by the teacher of the absentee, he added.

> developing a plan that includes offering counseling services "Students need to attend classes and co-curricular activities and not to

Chair Kathryn Archuleta expressed she is

enjoined students to prioritize studies and

not skipping classes for escapades.

skip classes and engage in escapades," Archuleta advised.



FAITH BEVERLY M. GOMEZ

"My friends said to do

Jaures Hamoy, a Grade

students to be more cautious

of following trends without sidering their safety," said

challenges. educate students about making

JRMSU Week sparks discontent as admin ignored high schools'

RMSU Week celebrations have sparked discontent among high school students as the administration allegedly ignored the tudents in various contest leaving them disappointed.

Junior High Representative disappointment, saving, "It felt ke JRMSU Week was designed for college students, and ignored high school students Bencila pointed out the

them feeling excluded and

Meanwhile, Senior High suggesting that involving high making would "foster a stronger

understand that there are areas involve high school students in

Baguinat assured students that their feedback would be addressed and that the university's commitment to creating a more inclusive celebration will be upheld.

kwarta kay ang tag-iya ato kay luoy pud kaavo if wala to namo na recover ug lahi moy integrity and civic responsibility in "Mas okay sa akoa nga bawa naka kita ato intawon, dakong problema," he sa mga minor magmaneho kay

> that DepEd should integrate a better approach for this pressing academic "Students may face more scree time, less physical learning, lower motivation, too much dependence or

Ronia Sumalpong, Grade 12, said that the proposal is not a great solution

For JRMSUans, addressing





PRINCESS GLEIA GANADOS tudents skipping classes for escapades have raised concerns among high

their responsibilities over leisure of ten students were absent during In an interview with JRMSU High Chairperson Kathryn Archulate,

Jomar Banua, grade 10 adviser

JOSE RIZAL MEMORIAL STATE UNIVERSITY LABORATORY HIGH SCHOOL

THE EQUALIZER'S BIDECENNIAL ISSUE

Opinion

Extrajudicial killings:

Clashing perspectives

n October 2024, Former Philippine

Senate that there was a "death squad"

when he was Davao City mayor. He said it

was used to control crime and stop drugs.

and the Dapitan community expressed their

opinions on whether extrajudicial killings are

acceptable as a means to stop illegal drugs

Walay katungod ang usa ka tawo nga mokutlo

sa kinabuhi sa ubang tawo bisag unsa pa ang rason. Dapat pasayluun. Kasilagan ang sala,

peru higugmaon ang makasasala. Kung naa

pay pamaagi nga kanang dili bayolente, aror

mahayagan sila, makaamgo sila, dili na sila

makabuhat ug dili maayo, mas maayo

Extrajudicial killings are wrong. Everyone

government take justice into their own

I am pro-life, peru ang death squads

maka-eliminate sa drug problem ug dali

kai mahadlok man mga sindikato. Kasabot

me sa uban na dili uyon peru, sometimes

maprotektahan ang tawo, especially when

drugs are destroying lives og komunidad

the law has to take strong actions aron

deserves a fair trial, and we cannot let the

hands. If we allow this, we risk losing our

rights and creating a society of fear instead

In light of these revelations, JRMSUans

from proliferating. Here are their views

resident Rodrigo Duterte admitted in the

C MMENTARY

(0)





Editorial

NO bloodshed

xtrajudicial killings destroy justice and democracy, and they must stop. The confirmation by former President

Rodrigo Duterte last October 28, 2024 about Davao Death Squad (DDS)'s extrajudicial killings in the fight against drugs sparked outrage and horror. Duterte said DDS was part of his plan to stop drug crimes. Reports indicated since Digong's war on drugs started, over 6,252 were killed without any trial or legal process. These deaths hurt not only the victims' families as they grieve without justice but also the justice system which should protect every Filipino equally.

Amnesty International says that since President Duterte became president in June 2016, over 7,000 people have been killed, of which over 6,200 people were killed in police actions, and the International



Many victims never had a chance to prove their innocence. When people are killed without trial, it is not justice, it is murder. Criminal Court is now investigating

Thousands were killed because they are accused of being drug criminals, but they are never given the chance to defend themselves in court. People being murdered under the guise of the war on drugs, undermines the rule of law and endanger human rights which needs serious attention.

As confirmed by Duterte, himself, the killings have been linked to various police operations that target alleged drug offenders Human Rights Watch reports that thousands of drug-related killings occurred between 2016 and 2021, many of which were by the police. These deaths often happen without proper investigation or

extrajudicial killings are mostly poor people who cannot protect themselves. The Commission on Human Rights expressed that drug operations were members of low-income families. This shows that the killings are unfair, as they target individuals who struggle in

Sadly, the victims of

Several human rights groups have condemned extrajudicial killings, and we stand with them in

this fight for justice.

Supporters of Duterte's policies argue that extrajudicial killings are needed to get rid of dangerous criminals. They claim that drug-related violence has escalated that decisive action is required, even if it means killing drug suspect. But this argument ignores the value of due process Everyone has the right to be treated fairly.

> Others believe that the killing of drug suspects is justified because they are helping to fight drugs; however, this completely overlooks the reality that many victims never had a chance to prove their innocence, like Santos, Carl Arnaiz, and Reynaldo de Guzman. When people are killed without trial, it is not justice, it is murder

Extrajudicial killings are neve acceptable. We must always uphold human rights and make sure justice is served fairly for al

The government must ensure everyone follows the law and respect human rights. There should be more education and awareness campaigns about the importance of human rights justice and the dangers of taking the law into one's own hands. No to violence and bloodshed.

MARY ERLJOYCE THERESE MAGHINAY

surroundings shape who we are and

Equalizer

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war on drugs started, over 6,252 were killed, many of them without any trial or legal process.

Source: Department of Justice



worldwide lived in areas affected by

because war often stops children fron

going to school. Giving all children acces

education is a big part of helping them ecover after a conflict.

Source: reliefweb.int

SDG 4

Education

Quality



PACEMAKER

JUSTINNE MAY LAQUIO

True cost of war

ited Nations reported in December 27, 2024 that over 473 children lived in conflict zones, and worst they were hurt or killed in wars.

is a sad and dangerous thing, especially for the young ones. While soldiers fight, it is often the innocent children who suffer the most. They lose their homes, their families and most importantly, their chance to go to school. This is sad, because education is important for them to build a better future.

One of the first things that happens

Furthermore, roads and bridges are also broken, which makes it hard for students to reach their schools. In many cases, students have to leave their homes and become efugees, going to safer places where they cannot continue their education.

In 2024, UN claimed over 47.2 million children had to leave their homes because of war. When families are forced to move

The abovementioned data shows war

during war is that schools get destroyed. Classrooms are bombed, and buildings are ruined, so students cannot go to school

(WHO) says that children in war children often get separated from their zones are more likely to have

parents, and they lose the support they need

The loss of education is one of the biggest problems of war. When children cannot go to school, they fall behind and miss the chance to learn and have a better life. Indeed, education helps

children grow, get good jobs, and students may stay poor and have trouble finding work. Research shows that students

who cannot finish school because

of war are more likely to stay in poverty and have a hard time nelping their communities. Even after a war ends, the effects are still felt. Students who grow up in war zones often have

ental health problems like anxiety stress, or sadness. These problems can make it hard for them to focus on their schoolwork The World Health Organization for people to move forward. This is why peace is so important. War does not just harm people right now --it harms the future. We need to work for peace so that children everywhere

mental health issues, which car

with their emotional struggles so

they can continue their education

The true cost of war is not

ust the lives lost, but also the los

go to school. Education is a basic

right that every child should have

It helps them grow, succeed, and

getting an education, it hurts not

only the children but the whole

country. The loss of education

levelopment and makes it harder

slows down the country's

🧱 GIUSSEF BERNURD ABNE

feeling the effects. A study from

2023 found that 91% of 10-year-

old Filipino students cannot ever

read simple texts. I have seen

this in my own school. Many of

my classmates struggle, and it

is hard for them to catch up. It

education just aren't happening.

big plans, but the money is not

enough to make a real difference

recover from the pandemic, but

2024. And even that money is not

of helping students directly, it

goes to other things.

joing to the right places. Instead

only 40 billion was given for

needs 100 billion a year to

feels like the promises for better

The government talks about

make their communities better

When war stops children from

futures of children who cannot

last for many years. It is very

and grow stronger.

The true cost of war is not

just the lives lost, but also the lost futures of children who cannot go to school. **Education is** a basic right

can go to school, learn, and have a better future.

that every child should have.

FEARLESS



fight, the people suffer, Many

workers only earn 15,000 a

month, which is not enough

to cover the rising costs of

underemployment are huge

Bad taste of 'Bagoong' Pilipinas

The 2025 elections are fast approaching, and we must be cautious about who we choose to vote for. Let's not be fooled again like the ideal, but actually bad taste of

'Bagoong Pilipinas.'

llustrado pulse_____

The 'Equalizer' surveyed JRMSU

High students asking the top five

that concern them. The results

are broken down by gender and

LGBTQIA+).

social and political issues in 2024

hat runs through your mind when you have trusted a group project partner who promised to contribute, only to find out they did not hold up their end of the bargain? Well, bad news for you, the disappointments don't iust end in your personal life-they can also hit you when you least expect it, like when your voice in student elections gets drowned out by promises that were neve meant to be kept

Take the current administration, for nstance. Its campaign in 2022, under the banner of "Bagong Pilipinas," promised an economic revival and stability—a vision of hope for many Filipinos seeking a better life. But two years after the campaign, we have witnessed the crumbling promises just under the weight of political missteps.

Whether it was sincere or not, the dream of a new thriving nation has been slapped in the face by reality, with many questioning how the administration's vision, upon execution,

Extrajudicial killing 5

12 males, 32 females,

students indicated they

18 males, 56 females, and

6 of LGBTQIA+ expressed

they have academic

BBM-Sara Conflict

concerned them.

DAUNTLESS

41 males, 32 females,

and 5 LGBTOIA+ students

indicated BBM-Sara conflict

are concerned about

extrajudicial killings.

and 2 LGBTQIA+

seemed to be flawed.

Bagong Pilipinas was supposed to bring hope and change to the country. It promise a better life for everyone. But as time passed, people started asking, "Where is the change At first, it felt like things were going to get better, but now t feels like "Bagoong Pilipinas"

-like something that seems good at first but leaves a bad taste. Like bagoong, the promises were exciting, but when nothing

changed, it felt salty and bitter. The numbers show the real story. Around 2.99 million Filipinos still live in poverty. The cost of hings like rice and vegetables has gone up a lot because inflation is

at 3.2%. It's hard for many familie to buy food and basic goods. Students like me are also

Leaders should be working together to solve problems, but instead, they argue and make

problems, and many families re struggling to get by. The saddest part is that 31.6 million Filipinos really believed in "Bagong Pilipinas They trusted BBM-Sara's

ses, hoping for a better future. But it is clear now that words alone cannot solve the roblems. Real action is needed to fix poverty and education. The 2025 elections are

fast approaching, and we must be cautious about who we choose to vote for. Let's not be fooled again like the ideal but actually bad taste of 'Bagoong

42 males, 61 females.

42 males, 58 females,

and 3 LGBTOIA+

concerned about

sexual harassment.

students are

and 8 LGBTQIA+

concerned about

students are

mental health.

I strongly oppose extrajudicial killings. It is justice, fairness, and the rule of law. Killing

without a trial goes against these values and

sends the wrong message to our students



Makahadlok man jud na. pero nitabang man ang kahadlok kay gamay na dayon ang willing mogama ug krimen. Gikinahanglar

jud toh kay daghan kaau ug mga di naayong tawo atong panahona

ignoring our farmers, the future of country is at risk. We need to change our laws to make

farming in our taken care of.

RA 12078: A threat to Filipino farmers

o ignore the plight of our farmers is to gamble with our nation's future. Growing up, I became very close to

the farmers. Watching how hard they worked and how strong they were in tough times changed how I see things. But now, there are changes being mad

to the Agricultural Tariffication Act (RA 12078) that are causing a lot of worry. People say this law will help with food security, but in truth, it's hurting our farmers. RA 12078 favors cheap rice from other

countries instead of helping the people who grow our rice. If we keep ignoring our farmers, he future of farming in our country is at risk. We need to change our laws to make sure farmers are taken care of.

I have heard from many farmers in my community, and their stories are sad. They are earning less, getting into more debt, and feeling honeless. Even though they work hard, their efforts go unnoticed because cheaper rice from other countries is sold more. The Kilusang Magbubukid ng

sentence" for rice farmers, and that's not an exaggeration. It is the painful truth. Even when the Department of

Pilipinas (KMP) called RA 12078 a "death

will make the price of local rice even lower. which hurts our farmers even more. The government says they care about

don't support local farmers enough. We need to remember that Filipino enough food. It's time for a big change to help our farmers first. We do not just need to fix the Agricultural Tariffication Act: we

need to rethink our entire plan for

farming. We need a better system

that helps farmers by giving them

credit at low interest, supporting

research to grow better rice, and

creating groups to help farmers

work together. We also need to

make sure that rice prices are

money to live. The government

investing in rural areas. These are

🗱 YAHIYA ZAID HAYRE

Agriculture (DA) says there is a food security emergency, it seems like they just want to ng in more rice from other countries. This

should buy rice from local farmers food security and helping rural communities, to support them and create a but their actions don't match their words. steady market for their crops. They rely too much on importing rice and We also need to fix bigger problems in farming, like land ownership, irrigation systems, and

farmers are key to making sure we have

not small issues -- they are the foundation of a strong farming

our rice farmers.

problems, no plan to make sure we have enough food will work Rice should smell like a healthy, growing country, not like poverty and sadness. But right now, that is how things feel for

Without solving these

It is time to take action and make a change. We need to focus on growing rice here, paying fair prices, and fixing the problems in our farming system.

I won't just stand by and watch our farmers suffer: they are the backbone of our country, and we must take care of them.



sure farmers are

Killing people goes against the law and takes away their right to fairness and justice; this should never be allowed.

BM-Sara Duterte camp fights

do not just divide leaders and parties: they also affect schools, bringing tension and problems into education. The fight between Vice President Sara Duterte and President Bongbong

On November 23, 2024, at 12:32 a.m., Vice President Duterte held a midnight briefing where she openly

Marcos has caught everyone's

how it might affect the country's

criticized President Marcos and his wife. She called him a liar and accused him of failing the Filipino

"This country is going to hell because we are led by a person who doesn't know how to be a president and who is a liar," she said during the broadcast, continuing to insult him.

communications office react seriously, calling her words an "active The conflict between the two

This made the presidential

leaders has worried people all over

REAL TALK

Watching this happen, I wonder how students can focus on learning when our cause stress and distractions, making it harder for students to concentrate on their

BBM-Sara rift hurts education

If this continues, it could hurt education for a long time. Students might lose interest in learning, and a negative environment could lead to poor grades. We need to think about how these politic problems affect not just the country, but also our future.

As a student, I believe our

on their selfish vested interest.

how we grow. A good and peaceful environment helps us learn better but a negative one can hold us back That's why it's sad to see two of our country's top leaders in conflict. Education should be a place of growth, where students feel safe and

supported. It should not be tainted by political drama or hostility. Our leaders should set a good example by promoting peace and unity instead of fighting, and work for what is best for all Filipinos, and not



Our leaders should work together to create a positive environment. They should set a good peace and unity instead of fighting.



example by promoting

THE EQUALIZER'S BIDECENNIAL ISSUE JOSE RIZAL MEMORIAL STATE UNIVERSITY LABORATORY HIGH SCHOOL

opinion ®

STRAIGHT TALK

JUSTINNE MAY LAQUIO



AKAP: Purpose not served

■he Department of Migrant Workers (DMW) launched the AKAP (Ahot Kamay and Pagtulong) program to provide financial aid to Overseas Filipino Workers (OFWs) who were affected by the COVID-19 pandemic According to DMW, around 601 thousand OFWs have applied for this aid, but only about 500 thousand have received assistance so far. The program was designed to help workers who lost their jobs or were stranded in foreign countries due to the pandemic

of P3,000 to P5,000 to qualified people whose income is below the poverty line and who don't receive help from other government programs.

However, the program has faced criticism because it hasn't fully achieved its purpose. Many recipients, including OFWs and their families back home,

Instead of using the aid for its intended purpose, many have spent it on ambling, drinking alcohol, or other vices

One problem is that some

how the program's funds are being to help people get through tough times, some recipients have not used it o support their basic needs, like Students, whose parents

are OFWs, have expressed thei isannointment with the program A student from Zamboanga del Norte shared that the aid was

supposed to help with school

cover basic expenses like internet Other beneficiaries have experienced delays in receiving the id, and some say the application

process is difficult and confusing. Ben, a senior high school student whose father works abroad, shared, "We applied

the government must simplify the

that it truly benefits those in

eed. With this we can say AKAP

nonths ago, but the aid came too. late. My dad was already back in the country and struggling to find To truly serve its purpose,

oplication process and ensure that every eligible OFW and their like Ben, receives the assistance hey deserve. Additionally, steps should be taken to ensure that ne money is used properly, so

fulfills its promise to support our

numberspeak

billion spent out of the 26.7 billion budget.

STANDPOIN^T

SE ASTER JENN AGARING

program is better than none but

Others believe using volunteers is a

cost-effective solution, but without

half-baked solutions like ARAL

can waste time and resources

proper training, they may only

The ARAL Law is a band-

problem. It may provide short-term

aid solution to a deeply rooted

worsen the situation.

No to band-aid solution

Jr. signed on October 16, 2024 the Academic Recovery and Accessible Learning (ARAL) Act into law. The law promises to help students catch up on learning gaps caused by the pandemic by providing a free national learning intervention program led by the Department of Education (DepEd) involving teachers, para-teachers, and student teachers. The ARAL Program focuses on improving reading, math, and science skills for learners in Grades 1 to 10, while helping Kindergarten students build basic literacy and numeracy skills allowing them to join tutorials either face-to-face, online, or through a mix of both, making it flexible for everyone.

resident Ferdinand R. Marcos

While ARAL sounds good, it is far from solving the bigger problems of Philippine education. The country is in a learning crisis. According to a 2023 World Bank report, 91% of Filipino children aged 10 cannot comprehend or worst cannot read simple stories. Tests show that Grade 6 students scored an average of only 37.5%, while high school students scored even lower at 28%. These alarming numbers show that our

just a quick fix like ARAL. One major issue is the lack of

funding. Education experts say the Philippines needs 100 billion every year to address the learning crisis but in 2024, only 40 billion was allocated for recovery programs most of which went to othe projects. Without enough money ARAL cannot succeed.

Moreover, ARAL does not

address the lack of classrooms and

needs 91.000 classrooms and 112

million textbooks. These are basic

needs for proper learning, yet they

remain unmet.

TONGUE FLICK

ning materials. The country still

PoLOWtical dramas

elief but does not fix the root Another problem is the heavy causes of the learning crisis. reliance on volunteers and student Γο truly improve education, the teachers. Filipino teachers are government must invest more in already overworked, managing 40 schools, increase teachers' pay, to 60 students per class. Expecting and provide better training. It must also prioritize building classrooms more students effectively is both supplying enough books, and unrealistic and unfair. Teaching is ensuring every child gets access to a skill that requires proper training early education. and this approach might hurt students instead of helping them

system is broken, and patching it up with temporary fixes will not help. What we need are real, long-term solutions that address Filipino child the quality education

🐉 JEHA MAY



The Philippine education system is broken, and patching it up with temporary fixes will not



GIUSSEF BERNURD ABNE

INSIGHT

'Lagging' University

here is JRMSU now in reaching its vision of becoming a 'smart'

In her speech, University President Maria Rio Naguit promised to transform JRMSU into a 'smart University'. The niversity would modernize areas like education, management, environment, and security, all to benefit the community and help create quality learners, just like our national hero, Dr. Jose P. Rizal, wanted to make these promises a reality, we need genuine, decisive action, not

Some steps toward this goal have already been taken at JRMSU, like the nline enrollment system that makes it easier for students, especially those rom far away to register. The school has also used technology in the library to make services more efficient compared

to other schools. While these efforts are

Dear Editor,

good, they are still just small

steps in creating a smart' Recently, JRMSU started free internet on campus, and built new facilities to meet student needs. These are good chievements, and the new information screen at the main campus gate, which gives pdates to everyone, shows the school is trying to be more

But these steps are jus the beginning. We need to from doing more? Is it a lack of funding, leadership, or resistance to change? Whatever the reason, the result is clear: students are suffering

and better equipment port for students who have financial difficulties. Payments and records should be easier and mor digital, which can be done

with better internet. While these changes

moving fast. I know we need more We need faster and stronger school should also improve

will take time and mone the benefits are worth it. If we take action now, we can

make it happen

reate a better future for the University, one that matches its vision and values. We just need to move forward and

olitics is all around us. It seems like something only voters care about, with all the debates and arguments, but it actually affects students like me in real ways

For example, when the government cuts money from schools or stops giving scholarships, it directly impacts me and my lassmates. We feel it when libraries close, o there are fewer opportunities for us to get help with our studies. I also see that big political decisions, like how they handle inflation, can change the careers we choose. Some of my nds want to study economics because they want to help improve the economy.

Politics shows up in the way we argue with each other at school. Right now, there's a lot of arguing between President Bongbong Marcos and Vice President Sara Duterte. These fights between leaders trickle down to us, dividing students.

Some of us want to argue, while others iust want to avoid it because it feels too angry For me, it's hard to decide if I should speak up or just stay quiet.

The media also plays a part. When I see politicians being called dishonest or corrupt, it makes me question if the government is really doing what's best for us. Sometimes. I wonder if I should even think about I see young people standing up or what's right, it makes me fee

problems between the Marcos and Outerte families affect us. When

becoming a politician. But when hopeful and ready to do something

Vice President Duterte threatened President Marcos, it made me feel like the country was even more A lot of students I know are starting to lose trust in the

overnment. But for some of us, it pushes us to want to make a change and push for better In other countries, politics can

even make schools close because of protests or violence. We are ucky that our schools have no been shut down, but I know that n some places, students have to deal with a lot of stress and fear This makes me appreciate the

to school and get an education

feel like our contributions do not

matter. There are also times where we

wanted to participate but was ignored

With this, teachers have to

ognize all students for their

efforts, not just the ones who are

written responses, or one-on-one

more vocal. It is important for them to create an environment where

everyone can participate in their own

way, whether its through group work,

conversations. Though I must say that my teacher's treatment to us, students,

this year is much better than last year

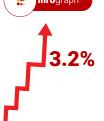
without worrying about what's happening outside

But we are not just waiting around. Young people like me are pushing for change. We are leading vements for things like climate change or social justice.

Furthermore, we also have social media to share our ideas, but sometimes it is hard to know what to believe because of fake news and online fights. Still, many students, including myself, want to speak out.

Voters, teachers, and leaders need to understand that politics where we can talk about these issues without fear of being judged. We need to learn how to think for ourselves and understand all the different opinions

The political drama we see today does not have to stop us. We can use these experiences to become a smarter, stronger, and more determined voters. We are the leaders of tomorrow, and the choices we make today will shape better Philippines.



rate target is at 3.2%, after he National Economic an Development Authority

This means that if the price of rice or basic groceries amilies when they go



STALWART

RONIA JANE SUMALPONG

Everyone plays a big part

of 10 JRMSUans **GUARDians of bias a** C expressed guards in the University are

because the university is not

Letter to

the Editor

I would like to express my concerns about the

confusing. Rules should be the same for everyone.

rule is followed fairly for all students

forcement of our school's dress code and "No ID, No Entry

still allowed to go inside the campus. But others, who are in the same situation, are not allowed to enter. This feels unfair and

problems, like not having enough money to quickly buy a new

uniform or replace a lost ID. Instead of stopping them at the

gate, maybe the guards can give a reminder or guide them to

I hope the school can look into this and make sure the

Tristan Dave De Villa

Some students who don't wear their full uniform or ID are

We also need to understand that some students have real

policy. While this rule is important, many of us feel it is not

00000

biased.

3.6%

rate of JRMSU High every Friday.

have seen my fair share of problems around campus that hold us back from truly thriving. From biased treatment by security guards class requirements, it is clear that these issues need to be addressed if we want a better, more air campus environment. It is time to break

One issue that I have noticed is the unfair school for the student's supposed safety.

It is disheartening to see how some students are treated better than others based on their appearance. Those who look a certain way or are dressed a certain way seem to get off more easily, while others are scrutinized more harshly. I have already experienced this myself, and believe me when I say it is far more than incomfortable. This creates an atmosphere of unfairness and frustration. Unfair to those students who have a valid reason of why they preached the school policy and frustrations for the classes that we students missed on that day

this cycle and start making positive changes, Guards' biased treatment treatment some of us receive from security

when it comes to submitting

JRMSU must provide training for security guards on how to treat all students fairly, regardless of their appearance. It needs to create a culture where everyone feels respected Students can also voice their concerns through will help bring attention to this issue and lead to

It is not hard to notice that some teacher

tend to favor the more outspoken students, often

overlooked, even when I am putting in the effort

giving them more attention or opportunities. As a quieter student, I have sometimes felt

Student irresponsibility in The most common problem in JRMSU High and one of the most frustrating things that students do that even I, who is also a student hates, is the lack of responsibility

> Delayed submissions are mon, and this often forces professors to extend deadlines, which auses a domino effect that me up lesson plans and adds stress for

Students are full of complaints, I will not deny that for I often complain rom a lots of school works, and we often blame the teachers for it, and our teachers being a softhearted human being towards their students, give us more time to do the works

We need to start taking our

creating study groups to keep each other accountable. It would also help if teachers were clear about the consequences of late submissions and emphasized why meeting deadlines is important for everyone's

deadlines more seriously. As students

we should set personal goals for time

management and stick to them. Maybe it

While everyone can be late ionally, habitual lateness disrupts the class and shows a lack of respect for the teacher and fellow students. I know it car

be tough sometimes, but we all need to be more mindful of the time. This behavior of the flag ceremony at 7 A.M in the mornin and for those who are late to be punished To fix these behavior, teachers have

to analyze why their students are late, ask

them their reasons and from that they can

think of a way, they can strategize their JRMSU already implemented a new policy regarding this issue wherei students who are late is required to secure a late slip from the Program Chairperso Jpon securing the late slip, they have to state their reason. They can only enter the lass once the late slip is signed by the

Program Chair.

Everyone plays a big part in makin JRMSU a place of equality, respect, and growth. But to reach that potential, we need to tackle these issues of favoritism irresponsibility, and tardiness. It is up to us students, faculty, and staff-- to make this change happen, one small step at a time. Big steps sound better.



All play a part

in making JRMSU a place of equality, respect, and growth...It is up to us --students, faculty, and staff-- to make this change happen, one small step at a time.



Only through collaboration can we ensure that the issues at hand are resolved fairly, without any unnecessary complications or

misunderstandings.



Protecting Learners

he sexual harassment allegations stain Jose Rizal Memorial State University's reputation and a violation of student tirust.

Sexual harassment allegations involving over a hundred students have recently emerged at JRMSU, putting the university's reputation in Region IX in jeopardy.

inappropriate advances and the alleged culture of silence paints a

of the allegations, the fact that complaints were reportedly raised as far back as 2020–2022

internal communicatio and the trust students

that protect

The City Government of Dapitan has rightly called for an audit of the

to the students that was essential. He even took the proactive step prepare sworn affidavits with the assistance of a lawyer. This is a standard legal backing. Despite this

been submitted through VPAA Telen, including was shocked to know delivered to the Dapitan City mayor. This situation

nent of a clear

pathway for the students,

months have passed, and

ability to handle thei Why has the

University, or did that their concerns

> The arrival of need to be aware that but can also hinder the

On the other hand, ensure that the system is accessible and trustworth confident in pursuing formative avenues for resolution.

effective resolution of their

must follow the prescribed procedures, while the administration must create an environment of openness and ensure that the issues at hand

walks through its doors

JRMSU needs to implement laws that protect students fron harassment.It needs to rebuild trust by being transparent, offerin

OUTLOOK

MARY ERLJOYCE THERESE



difficulties often impact

studies. Rather than being able

many students find themselve

distracted by worries about

how their parents will pay fo

school or how they will make

Education should be a

tool for success, not a source

of constant stress or the bitte

price of pursuing dreams. The

the financial struggles many

families endure to fund their

to open doors that make

accessible and affordable

As inflation

continues to

rise, the cost of

tuition, school

contributions,

and daily living

also increasing,

expenses are

children's education and work

to concentrate fully on their

lessons and assignments.

Bitter price of education

ducation has always been seen as the key to success, the rising costs are creating huge harriers. With inflation increasing tuition fees, school contributions, and living expenses are becoming harder to manage, especially for families struggling financially.

As inflation continues to rise, the cost of tuition, school contributions and daily living expenses are also increasing, making it harder for students and their families to keep up. This financial strain is especially difficult for families already struggling o make ends meet For many students, the pressure

of affording education falls heavily on their parents. Parents are working tirelessly to ensure their children car attend school, often stretching their incomes thin and sacrificing personal needs to meet the costs. The toll this takes on families is

between paying for school fees and roviding for other basic needs, like food, utilities, and health care. Despite these sacrifices, many families find that they are still unable to fully cover all of the educational

immense, as they face difficult choice:

As a student, I've witnessed the struggles of my classmates and friends, whose parents work long hours. sometimes in multiple jobs, just to keep

The reality is that these financial

costs, which leads to constant stress

and anxiety.

SPILL THE BEANS

Silent struggles

we feel a sense of emptiness

long been a symbol of success for driving many individuals into an them to lose their passion for

In today's society academic exhaustion and our communities as a whole, with many students

> studies have shown that multiple students with many of them failing to catch up with their to overwhelming need to succeed Often leading them to lose their enthusiasm for learning.

Additionally, as a student. I was able to witness just how much academic pressure, procrastination, and burnout nave affected our learning environments, as I saw how once passionate students lose their spark for studying becoming dependent on others due to them no

the burden. has found that burnout is not just a byproduct of too much work. It is an outcome of a mindset that demands perfection. I believe that this mindset could be one of the many reasons that have caused various learners to take on more than what they can handle. Most of them have started to try and achieve meaningless awards in order to meet various standards—pushing

longer being able to carry

cannot physically take it anymore. academic burnout is not just something that we should take lightly, as it could create great chaos if Thus, let us empower our students by encouraging them to embrace their imperfections and help them focus without

compromising well-being.











 \odot



forever; they come and they go, and once they're gone, within us, making us crave for

Academic achievements have many people for years and years, endless race towards it. Leading education because of burnout and constant pressure.

procrastination have engulfed due to pressure and high them physically, mentally, and emotionally.

> terms of academics, standards, and a



Academic burnout is not just something that 0000





we should take lightly, as it could create great chaos if not managed or 9

he Equalizer is celebrating two decades of hardwork, struggles, and successes. For 20 years, it has been the voice of the students, telling stories and standing for truth and justice. The diligence of the **Editorial Board pays off as it garnered** awards in division, regional, and national competitions. What began as a small group has grown into a family called "Equalizers," where students and teachers find their voices and improve, with many going on to succeed in their chosen careers. "The Equalizer" @ 20 is not only a look at the past but also a way to inspire everyone to speak up, share stories, and make a positive difference. "The **Equalizer**" stays resilient in keeping with its essence. There is no stopping it, now or in the future.

Through all its

challenges, The

Equalizer shows

teaches us that

the power of never

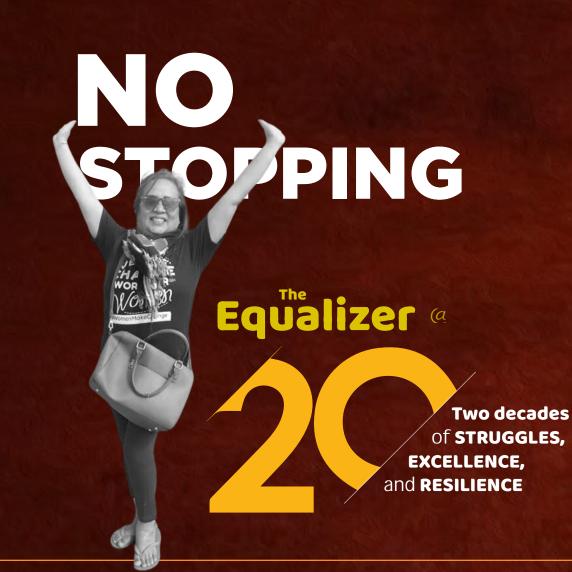
giving up. Its story

with hardwork and

teamwork, we can

even during tough

achieve great things,



'PAGSULAY'

Equalizers' struggles behind successes

ehind the awards and national recognition lies the untold story of 'The Equalizer' (TE). From its humble beginnings in 2004 to its rise as an award-winning campus paper not only in the region but in the entire country, 'TE' has faced countless struggles that tested its existence and

In 2004, Dr. Arlene P. Baes founded 'TE'. At that time, it was published as a simple newsletter because there were no funds to produce a tabloid-sized publication. Despite the challenges, Dr. Baes pushed forward, believing that students needed a voice.

us," Dr. Baes shared. "We started small, with just a few

Funding has always been one of the biggest a tabloid in 2009 was a major step, but it required

Advisers and staff had to look for creative ways to

"It wasn't easy. Grabe ang mga 'pagsulay' (hardships, struggles)" said former adviser Dr. Paterno S. Baguinat III. "We worked with what little we had. There were times when we had to prioritize between printing

Baguinat shared that with the support of key figures such as Dr. Rizza B. Bagalanon, the former Director for Quality Assurance, Dr. Jay D. Telen, the Dean of Student Affairs and Services, Dr. Narcisa S. Bureros, the former CED Dean, and Dr. Joji T. Recamara. the current CTED Dean, and other JRMSU stakeholders

In its early years, TE struggled to gain recognition When it first joined the Division Schools Press Conference (DSPC) in 2011, the Equalizers, a term used to refer to the scribes and advisers competition and had a lot to learn.

Despite finishing 5th in Region IX, TE staff felt that they can do better. hard time keeping its importance as the world changed quickly. With social media becoming more "We knew we had a lot to learn," said Rhidjel D. Ageas, one of the 201 popular, many students started using Facebook and other online sources staff members, and now an enginee "But instead of giving up, we used paper. This shift made it harder for TE to keep up.

"Some students, when they receive the paper, would just One of the most challenging 2020 during advent of the Covid-19 pandemic. Eighteen (18) Equalizer crumple it up and throw it away, which was very sad to see. It felt like our hardwork was being ignored Baguinat, former adviser and now

The said experience tested not just the 'Equalizers' physical

endurance but also their mental strength. Yet, they remained

FIEHEMPLO Figure 1 Equalizers make difference

committed to their craft, using their

Amid the rise of social media, Naomie Daguinotas, one of the advisers, shared how this change in behavior affected the staffers. to Manila, then to Dumaguete, and finally to Dapitan Pulauan Port," recounted Miss Cristylen Bucol,

"Students started turning to Facebook and online news for updates," she said. "To keep up, we Miss Bucol added that "It was had to change how the paper looked and what we wrote about. But it was virus in March 2020. And when we tough because we didn't have a lot o

Despite the struggles, TE kept working hard to stay relevant by improving its design and content to

In 2023, the Equalizers faced

Over the years, TE has had a

staunchest supporters.

Bureros was always there to

the school publication, but we knew she would want us to keep going," said Dr. Dennis A. Maghanoy, one o

Despite struggles, TE has remained a symbol of perseverance Every obstacle has shaped TEs into better writers, leaders, and

"Our challenges taught us resilience," said Shekinah Ruth G.

Bayron, the first Equalizer to win at the national level in 2015. "We learned to

rise above setbacks and keep pushing

Today, TE continues to face financial hurdles, but the Equalizers remain hopeful. They call on the

"Campus journalism is important," said adviser Jomar

Banua, "It helps students find their

a difference. We hope more people

will see the value of what we do an

Through all the hurdles

power of never giving up. Its story teaches us that with hardwork and

teamwork, we can achieve great things, even during tough times.

support us in any way they can.

rage us. Her loss left a void in

an emotional blow with the passing on Dean Narcisa S. Bureros, one of TE's

EQUALIZER

For the first time, two Equalizer

national win in The Equalizer's history Four Equalizer

Daguinotas feared the publication

received the and Creative from the Best Designed Campus Paper (BDCP) Awards It also ranked

in the Top 5 for Campus Design Innovation and Minimalist Campus

plea admin - Halt plans to abolish high school dep't" was chosen as a Top 5 Best

> and Design during the NSPC in Cagayan de Oro with the cover story "JRMSU Senior High is DEAD." The passing of Dean Narcisa S. Bureros a passionate supporter of The Equalizer, dampened the team's spirit



Sports Page during the NSPC in Carcar, Cebu, story titled "Get up TiaGO."

the future.

Equalizer Triumphs **Struggles**

> Dr. Arlene P. Baes founded The Equalizer as the official school published as a newsletter

> > 2009

2011

The Equalizer was published as a tabloid

The Equalizer participated in the Division Schools Press Conference for the first time. It was awarded 5th Place as Best School Paper in Region IX. Paterno S. Baguinat

III served as the adviser

The Equalizer was awarded 2nd Place as Best School Paper in Region IX and held this title for

(2012-2016).

2013

3rd Best in Editorial

Page during the

NSPC in Olongapo

with the editorial titled

Attendance in Flag

2015

2018

Due to the Covid-19 lockdown, 18 Equalize writers who joined the NSPC in Tuguegarao faced a stressful

to be quarantined.

2021

2023

won 2nd Best

GET UP TIAGO

journey, traveling from Tuguegarao

to Manila, then to Dumaguete, and

finally to Dapitan Pulauan Port, only

Chloe Deatras became the first Equalizer writer to win at the Regional Schools Press

at the NSPC. Shekinah Ruth G. Bayron won 7th Place at the NSPC in Taguig City, the first

writers won in national journalism competitions. The qualizer was named Best School Paper in

Naomie Daguinotas, Kathryn served as advisers of The Equalizer

might not push through due to the added cost of offset printing in Cebu City. However, despite the challenges, The Equalizer was successfully published and proudly retained its status as one of the Bes School Papers in Region IX.



Paper Design The story "SAVE JRMSU High: JRMSUan

The Equalizer won Best Page Layout



2024

VOLUME XX ISSUE 1 | AUGUST 2024 - JANUARY 2025

11) feature

'KALAMPUSAN'

Equalizer's feat despite challenges

or almost 20 years, 'The Equalizer' (TE) has been the pride of JRMSU, showing that success is possible even when there are many challenges. From its beginning as a newsletter in 2004 to its current success, TE has faced many struggles but has always found ways to keep going.

Having established in 2004 by (TE) gave students much-needed By 2009, the newsletter had grown into a tabloid, making smal

yet significant progress despite In 2011, upon designation

S. Bureros, adviser Paterno S. Baguinat III guided the Equalizers to join the Division Schools Pres Conference (DSPC) for the first time. The competition was tough but the Equalizers managed to earn 5th Place as Best School Paper in Region IX. This was a huge moment for the publication right path.

"It was a proud moment fo Baguinat III. "We were just starting out, and this win proved that our

Since 2012. The Equalizer has remained one of the top school papers in the region, building a strong and respected repu In 2013, writer Chloe Deatras

won TE's first individual award at the Regional Schools Press Conference (RSPC). This success inspired other students to try

In 2014, The Equalizer earned 3rd Place for Best Editorial Page Conference (NSPC) in Olongapo. The editorial, titled "Attendance in thought-provoking message. This feat proved that the publication was not only growing but excelling in areas beyond just layout and

> "It felt great to see our editorial recognized, in the

(successful) kami," said Maryz Noveline Jarapan, 2014 Editorde Oro. The winning cover stor "JRMSU Senior High is DEAD,"

According to her it was a real boost for them and showed that their words.

In 2015, two Equalizers competed in the National Schools Press Conference (NSPC) for the first time. Shekinah Ruth G. Bayror made history by winning 7th Place

putting TE on the national stage. By 2017, the Equalizers had become even better, with four members winning national awards. It was adjudged Best School Paper

national recognition for its design and impactful stories.

in Region IX.

Medallion of Visual and Creative Excellence from the Best Designed Campus Paper (BDCP) Awards. This award recognized and creativity in its design. The publication also ranked in the Innovation and Minimalist Campus

"We worked hard to make the paper look as good as it reads," Associate Editor. "The award shows that design matters just as much as the content."

Additionally, TE's story "SAVE JRMSU High: JRMSUans plea to admin -- halt plans to abolish high school department" was chosen as one of the Top 5 Best Banner Stories by BDCP.

In 2023, The Equalizer won in the National Schools Press Conference (NSPC), despite the

TE won Best Page Layout and

"Being recognized at the NSPC is a significant mileston that inspires us to continually

now JRMSU High chairpersor

and the layout stood out for it Kathryn Archuleta said that each of the TE awards show However, this success was bittersweet, as the team mourned "We have faced a lot of Bureros, a passionate supporter o

the publication. "It was really hard to celebrat without her," said Dr. Paterno Baguinat III, the then adviser. "But we knew she would want us to keep going, so we dedicated the win to her."

In 2024, The Equalizer won 2nd Best Sports Page at the NSPC

tackled a controversial issu

boldness and clarity.

in Carcar, Cebu, with its main story titled "Get Up, Tiago." The story highlighted the importance of perseverance in sports, and the page's layout was praised for its clean design and strong

ome through stronger. For nearly 20 years, Th not just about big wins. It i about pushing through the hard times, learning from

grow. The Equalizer's journey is a testament to the fact that is always within reach when



'KALIG-ON'

Equalizer's resilience stands the test of time

or two decades, The Equalizer (TE) has shown remarkable resilience. From a small newsletter in 2004 to an award-winning publication today, it has faced many challenges but has never given up, proving that hardwork and perseverance can overcome even the toughest difficulties.

Since 2004, many things have changed for TE. In April 2016, in the Philippines and by then, more FB. This made it harder for The online platforms for news; but the

"Some students would crumple But the staff didn't give up.

paper look better and wrote about Dapitan City community," she said.

To stay relevant, The Equalizer versions of the paper, making it

easier for students to read online. The shift from print to online was not easy, but it made a big "Going digital made things

Archuleta, "We didn't have to worry The digital transformation also allowed The Equalizer to try new things. They started online publication and built a strong

Facebook page "The move to digital helped said adviser Archuleta "But even our values of responsibility and

Reflecting on these achievements, Baguinat said, "The Equalizer is more than just to what we can achieve when we work together and stay resilient." positive change I've noticed is the Archuleta stated.

Baguinat added, "It's not just growth of every staff member and the impact we make in the

From its early days as a

as a digital and award-winning school paper, The Equalizer has truly stands the test of time. It has innovation, and stayed true to its

change, one thing is certain: The Equalizer will keep moving forward its story of perseverance and

newsletter to an awardwinning school paper, The **Equalizer has** shown resilience (kalig-on) by adapting to changes and

From its start

as a small

staying true to its purpose, and it will continue to inspire.

According to Angelo, his time with TE gave him more than skills. It gave him a purpose. He learned how creativity and design are important in telling stories. Angelo's story shows that TE is more than just a place for develop skills, and grow into professionals who can make a

arning never stops for ANGELo

from TE can lead to success in various fields.

Angelo Hamoy Cagbabanua, a former layout artist for he Equalizer (TE) and a regular participant in the National schools Press Conference (NSPC), is a great example of how it is never too late to succeed

Even though Angelo joined TE later than most, he turned his experience into a stepping stone for his future. Now studying Multimedia Arts at Cebu Institute of Technology, Angelo says his time with TE helped him become the graphic designer he is today As a layout artist, Angelo not only learned design skills but also understood the value of journalism. "The Equalizer wasn't just a paper; it helped me find my passion," he said.

Angelo hopes the current Equalizers learn transformational transform him into a better person he is today. Angelo reminds us passion can lead to success.

From editor to engineer

SABINA BHEL SALDON, JEHA MAY, AND JUSTINNE MAY LAQUIC

Engr. Rhidjel Ageas, a former editor of The Equalizer, is now an engineer and teacher. He believes that the skills he learned from his time at The Equalizer played a significant role in his success as an engineer and educator.

he Equalizer (TE) has been a place where students could share their ideas and also a stepping stone to successful careers. Over the years, TE has molded "Equalizers" (TE staff) who

now become engineers, teachers, doctors, and other careers. They still use what they learned as journalists in their jobs today, serving as examples (ehemplo) of how the lessons

"The Equalizer wasn't just a paper. It showed who we were and who we wanted to be," said Sir Ageas, reflecting on how his experience At first, Rhidjel didn't plan on becoming the editor, but with acouragement from Dr. Paterno Baguinat, he accepted the challenge.

"It went from being uncertain to being one of the best experiences," he said. Rhidjel's time with TE also helped him discove his love for storytelling and its power. "It wasn't just about writing; it was about telling important stories," he shared.

Now, as an engineer and teacher, Rhidjel uses the skills he

gained from TE every day. As an engineer, he applies the discipline and

teacher, he uses his experience to inspire his students to think critically

His time as editor taught him the value of teamwork and believing in

Looking back, Rhidjel knows that The Equalizer helped shape the journalists, showing them how the lessons learned in journalism can

A NSPC winner to SocSci teacher

Shekinah Ruth Bayron's journey from an Associate Editor of 'The Equalizer' to a teacher at Guimputlan Integrated School is a story of growth and making a difference.

Shekinah started as an editorial writer for TE in high school. She competed in many contests and in 2015, she represented Region IX at the National Schools Press Conference (NSPC) and earned 7th place out of 53 participants. "Journalism changed my life for the better," Shekinah said. "I loved traveling and learning new things beyond the classroom."

Her time in journalism helped her become a better Araling Panlipunan teacher. "Now as a social studies teacher, journalism taught me how to think critically," she explained. "I still use the lessons from 'The Equalizer' to inspire my students

helped shape her future, giving her the skills to her students to think critically.

to think deeply, especially now that many like to trample historical facts and proliferate

optimistic about

2025

JOSE RIZAL MEMORIAL STATE UNIVERSITY LABORATORY HIGH SCHOOL

ou aren't wealthy until you have something money

of Joseph Gardose, a security

guard at Jose Rizal Memorial

he found ₱27,000 pesos left

behind in a bag.

State University, whose steadfast

values were put to the test when

Joseph, 41, and a resident of Liyang, Dapitan

Rizal: Our hero,

A JRMSUan transcends the boundaries of ordinary hero

n a small classroom filled with the usual chatter of adolescence,

remarkable faith lies a story rooted in

carefully passed down through the

her family's history—one that has been

generations. Her grandfather, a revered

the day he stood among the crowd as an

event but a life-changing experience.

gure in their household, often recounted

nim, that moment was not just a historical

With gratitude so profound, he

believed Rizal's sacrifice was not merely

heroic but divine, sparking a tradition of

Rizal's martyrdom was the seed of their

a spiritual cornerstone— a sacrifice that

through her passion for the arts, where

she feels a divine connection to Rizal's

genius. Known for her remarkable singing

bestowed upon her by Rizal himself, whom

she reveres as a prodigy of Philippine arts

Despite her tendency to be bashful

and her bouts of stage fright, Jeanie finds

paying homage to the hero she reveres as

the courage to perform. To her, every

performance is more than an artistic

Rizal Memorial State University-Main

Campus' Laboratory High School is a

celebratory milestone, not just for her

but for her community of Rizal devotees. To Jeanie, being part of this institution is

and spread his legacy among her peers.

the older Rizalian members are alumni

of the same school, and her acceptance

brought immense joy to their group.Her

glorify Rizal's life and teachings.

achievement was seen as a continuation

Jeanie's story is not just about

faith-- it shows how history, family, and

personal identity can intertwine to create

a unique narrative of devotion. Her belief

hero worship, blurring the lines between

everence and religion, patriotism and

generations.It is both a familial duty and

a personal calling- a devotion that drives

ner to share his story and values with a

passion that transcends the boundaries o

For Jeanie, honoring Rizal's legacy is

system challenges conventional ideas of

another opportunity to honor Rizal's name

Jeani proudly shared that many of

expression— it is a sacred act, a way of

brought freedom and enlightenment to the

Jeanie's devotion is further expressed

faith as they view his death not only as

veneration that would define his family's

For Jeanie and her fellow Rizalista

one student stands out-not for academic achievements or

extracurricular pursuits, but for a faith that borders on the

Jeani's God

extraordinary.

For Grade 8 student Jeanie

Proceso, Jose Rizal is far more than the

national hero immortalized in textbooks

and statues. To her, Rizal is divine—a

unwavering devotion as she proudly

dentifies herself as a Rizalista.

figure deserving of worship, prayer, and

Rizalista refers to various religious

movements in the Philippines inspired by

he life and ideals of José Rizal. These

novements, often blending elements

of Christianity and indigenous Filipino

of reverence, considering him a divine

figure---a prophet, the second son of God,

For Jeanie. Rizal's divinity is not a

mere notion but a deeply ingrained belief.

spirituality, view Rizal through a lens

or even the reincarnation of Christ.

Her home is adorned with relics and

but profound ways, from whispered

prayers to enrolling to a school that's

sacrifices, and when asked about her

devotion, Jeanie's face lights up with an

him a god," she explains with sincerity.

elevate a historical figure to divine

status? Is it a unique expression of

patriotism, a spiritual connection to

unmistakable conviction. "Rizal gave his ife for our country. To us, that makes

What compels a young mind to

Rizal's ideals, or a deeper

cultural narrative

ledicated to pay tribute to Rizal's

reserve for religious artifacts.

antiques dating back to Rizal's era, each

treated with the same reverence others

Jeani's faith is expressed in subtle

City has proven that no amount of money can budge

one's values that's reflected deep into the roots of

his identity by his family and the institution

proves that integrity is priceless,, when

he found ₱27,000 in a bag, he returns

it showing that true wealth lies in

Photo credit | Philip Tagapar

can't buy. Such is the story

and spirit of a true Dapitanon --

RESILIENT SPIRIT

just deliver goods in her

stories, and a spirit tha

Photo credit | Justinne

hardwork bore fruit as her children

"Bisan lisod ang kinabuhi,

mawala gyud ang tanan kapoy (Even though life is hard, seeing

Manang Emily's story is a

love of a mother. Her 'sari-sari

is a symbol of love, hope and

nspire not only her family but

basta makita nimo nga

completed their education and

eldest son is now a Business

Showing love through (SARI-SARI)

loss for the students became a moment of relief and gratitude Mr. Gardose's selflessness all thanks to the unwavering reminds us that true wealth lies principles of a man who has not in monetary gain but in the devoted his life to safeguarding richness of character. not just the school grounds but His story is a testament to also the trust placed in him. how small, yet profound actions For Mr. Gardose, this act can ripple through a community of honesty is not an isolated inspiring others to uphold the incident but a reflection of deeply ingrained values. In a time where trust can feel Raised in a family that prioritized integrity over material wealth, he carries the lessons taught to him with

fragile, Mr. Gardose's actions stand as a powerful example of what it means to be truly honorable. His story is a reminder that honesty is not just a personal

Moreover, his dedication virtue but a gift to the community, one that fosters trust and transcends the basic duties of strengthens bonds. For the 10th grade students "It is our job to secure lives of JRMSU, the safe return of and properties of the school-

their class fund was more than just a financial relief— it was a life lesson in integrity, a real-life demonstration of what it means to

So, the next time you see the school guard standing watch, just protectors of buildings and

They are guardians of values, silent sentinels of trust, and in the case of Joseph Gardose, true guardian angels in every sense of

GUARDian JOSEPH

Priceless integrity of Joseph Gardose

The substantial amount, collected painstakingly by nearly 50 students as part of a 10th-grade class fund, lay vulnerable and unguarded For many, such a discovery could

trigger a conflict between personal gain and moral obligation. But for Mr. Gardose, the choice was

Without a moment's hesitation, he turned the bag over to the guardhouse. ensuring its safe return to its rightful owner, which was the class treasurer of

What could have been a devastating

Rechell-ing for a dream

the 10th-grade section.

Selling bags that carry her future

to his role at JRMSU

JRMSU Main Campus," Guard

Security guards like Mr.

Their vigilance and sense

protectors of physical spaces,

but their contributions go far beyond the visible.

of responsibility create an environment where students

and staff can focus on learning

and growth with the presence

of trust and security among the

Gardose shared when asked

about his act of integrity.

Gardose are often seen as

a security guard.

■he key to keeping your balance is knowing when you've lost it. A student who juggles academics and a part-time job is nothing short of extraordinary. The pursuit education, intertwined with the desire to earn, tests not only one's resilience but also their ability to maintain balance. Yet, balance is easier said than done.

only learned the alue of hardwork but also the importance of self-discipline, time management, and perseverance; skills that will serve her well, no matter where life

Meet Rechell Cati-an, a senior high student of JRMSU, who dared to take on the dual responsibilities of studying and earning. Her story is a

the will to thrive under pressure. For nearly a year, Rechell has shouldered a part of the financial burden that weighs heavily on he

As one of six siblings, she is known for her contentment, rarely

Yet, over time, the natural desire to enjoy more of life's comforts began to manifest; a desire that pushed he to start her own small business. In early 2024, Rechell became

between schoolwork and managin Her phone has become her

about the bags she sells Initially, it was the sparked her interest. Over passion for the work-

and the joy it brings

to others— that keeps her going. "It feels nice to see my customers deal. Such a small thing can brighte someone's day. I really like it," Rechell

> Rechell's dedication goes beyond online transactions. Not only does she frequently offer discounts, but she also delivers her products using her own

often on the road, delivering orders as far as Dipolog City. The same routine Still, when it comes to choosing

her priorities are clear. "My online selling is only temporary. When I finish my studies and get a permanent job, maybe I'

stop," she says. For her, this business is not just

to posting online, and if deliveries cannot be done after school, she compensates by scheduling them on weekends.

However, the journey is not without its with late deliveries— despite knowing she is a student- to scams and non-paying buyers When asked if quitting is an option, she

"If my limit is breached, I'll quit. For my own sake, I'll choose peace rather than masking my worn-out efforts."

For now, she embraces the responsibilities she willingly took on, working; and it will also be her choice when

Rechell's perspective shows us that quitting is not a sign of weakness but rather a brave act of self-preservation. takes to navigate challenges, the courage to let go when needed, and the resilience to keep

Knowing when to stop is balance itself, the possibility of imbalance is as dreadful as

not only learned the value of hardwork but management, and perseverance; skills that will serve her well, no matter where life takes

n Barangay Sicayab, a familiar figure brightens mornings with the sound of her cheerful greetings. Neria Navarro, a 67-year-old vendor, goes from house to house with her iceboxes of fruits, meats, and Cebu delicacies. But it's not just her goods that bring people to their doors --- it's her warmth, wisdom, and indomitable spirit.

unique trade began as a response to her yearly trips to Cebu City for nedical check-ups, accompanied by one of her sons. As a mother who spent her life outting her family first, she began to

For Nanay

Neria, the true

the friendships

she's built and

the lives she's

touched, one

house and one

conversation at

reward lies in

Nanay Neria's journey into her

feel burdensome- not just because of her old age, but because of her Born into a family of 13. Nanay Neria, as the eldest, had no chance at a childhood. Poverty meant working instead of schooling, a

sacrifice she made to help her parents and siblings Despite her lack of formal education, she worked tirelessly to ensure her sons would have the opportunities she never did.

Now successful, her sons offered her a life of rest, but Neria, in her resilient way, decided she wasn't ready to slow down.

What started as a practical way to avoid feeling like a burden became a vibrant part of her

After every check-up in Cebu. Nanay Neria brought back apples oranges, grapes, and Cebu's famous

longganisa and chorizo, selling them to neighbors and as the years pass by, it became the whole What she found, though, was

more than customers— she found connection. With every transaction, Neria

shared more than her wares; she shared stories of her faith in Jesus Christ, advice about raising children, and hard-earned lessons on marriage, forgiveness, and

"You need to listen to your kids even when they're wrong. You need hard. And most of all, you need to forgive— always forgive," she'd say, her voice carrying the authority of someone who had lived through

> Her goods came with a price, but her conversations and advice are free for her customers.

To her granddaughter, who has watched these interactions closely. Neria's rounds are more than a job- they are a reclaiming of the childhood she lost.

Manang Emily's sacrifice

n Dapitan City Poblacion market, where the air is

Mendoza, a mother of four from Barangay Bagting, Dapitan City, is an inspiring figure whose dedication hardwork shine brightly among her fellow vendors.

filled with the aroma of fresh vegetables and the lively

chatter of market-goers, one vendor stands out. Emily

sales, and the physical toll of her work. She recalls how

challenging it was when he

"Pag-college sa akong mga anak, usahay lisod

gyud pangitag pamaagi para mabayran ang ilang tuition. Moabot mi ug alas-otso o

alas-nwebe sa gabii nga abl pa ang tindahan para lang

makadugang ug halin (When my children were in college, i

find ways to pay for their tuition

until 8 or 9 in the evening just to

Despite the struggles, Mrs. Mendoza never gave up. Her

for love to family

For over 20 years, Mrs

egetables to support he

mily. Her small 'sari-sai

(Cebuano word for assorted) stall is more than just a place

her unwavering love for her children and her determina

"Lisod gyud kaayo ang

magbaligya, labi na kung gamay ra ang halin. Pero para

sa akong mga anak, andam

ko mo-antos (Selling is really difficult, especially when sales

JUSTINNE MAY LAQUIO heartfelt conversations with her customers-turned-friends, she

finds the joy she missed as a young girl working to support her

But Nanay Neria's business Her sons, ever protective, have suggested she hire workers to

take over the labor. But she refuses. "I love what I do," she says simply.

Nanay's work is not just a livelihood- it's a lifeline to the community and a source of personal fulfillment.

The money she earns is never just for herself. It goes to charity, to her sons, and to sponsoring snacks for children t church during Flores de

For Nanay Neria, the true ard lies in the friendships she's built and the lives she's touched, one house and one conversation at a time.

Ainne't nothing with BANANA CUE-TIVATOR. 48-year-old Ainne Gajetela resilience and sweet success, 13 years in the making. to credit I Sabina Bhel Saldon banana cue-



dedication. In the heart of Dapitan, a quaint rovince tucked away in the southern Philippines, the irresistible aroma of caramelized sugar lures passersby o a small roadside stall. Here, amid the clatter of skewers and the hum of ively chatter, stands Ainne Gajetela---a 48-year-old woman with a story as rich and golden as the banana cues

llivelihood, every coin that

clamors and every hand that

reaches, whispers a story of

It was 13 years ago when she started to pursue her dream of With the pan she holds, the bananas and a committed heart, Ainne turns ordinary days into

moments of delight for cue became a must-try for As the sole provider for her

family, every skewer of banana cue she sold meant another meal for her family, another day

"Namaligya ko para ma tustusan ang amoang mga kinahanglan sa akong pamilya, (I sell to provide for the needs of my family)," says her.

Everyday around 4 in the afternoon, the crackle of frying oil announces her presence long before she is seen, along with the sweet scent that simply serves as an invitation to her promising delicacy.

At her stall, you'll find a mouthwatering spread: the crispy, sugary turon; the seamless pinagpay; and the usual golden brown tinuhog na saging.

Over the years, her banana anyone passing through Dapitan. Laying back on her seat, Ainne

doesn't need to boast her food--simply, people drift naturally. Akin to every story marked

by hardwork, Ainne stumbled upon challenges along her iourney. There are days when sales are low, however Ainne never let any of those overshadow her demeanor as she continues to strive harder each day.

> "Di man jud stable ang halin taga adlaw pero kay business mani bawi napod pagka ugma," expressed Ainne. After all, knowing that each

new day is another opportunity to try again, she keeps the pan hot and the bananas ready. As she watches the crowd form around her setting, may it linge to that what stands on the side of the road is far more than just a stall--- it is the reflection of the Philippine cuisine marked by



What stands on the side of the road is far more than just a stall--- it is the reflection of the Philippine cuisine marked by nostalgia.



passed down through generations? Behind Jeanie's

spirituality.

5 scitech

environmental changes, and outdated methods. Jose Rizal Memorial State University researchers and students worked together to provide practical and innovative solutions to these problems. With projects that use solar power, sustainable practices, and modern engineering, JRMSU is empowering farmers in Zamboanga del Norte (ZaNorte) with smart tools and methods. **Solar-Powered FARMERotary tiller** Project: Design and Fabrication of the

ilipino farmers face challenges like rising costs.

Performance of Solar-Powered Rotary Tiller Researchers: Ronnie M. Tacal, Johnkarl Marturillas, Karlfred Junnee A. Doydora

Tacal's project focuses on making farming easier and more eco-friendly by designing a Solar-Powered Rotary Tiller. The tiller uses solar energy to cultivate soil in both upland and lowland areas. I achieved 96% efficiency in unland areas and 94% efficiency in lowlands, saving farmers time and effort.

"We wanted to create a machine that would not only help farmers but also reduce their dependence on fuel. said Ronnie Tacal. "This tiller shows efficient and affordable."

Safer harvesting using hook-type

coconut climbing device Project: Performance and Ergonomic Evaluation of the Climbers Using the Hook-Type Coconut Tree Climbing Device

Researchers: Novagen C. Pamunag, Karlfred

Climbing coconut trees is risky and exhausting. To make it safer, researchers developed a Hook-Type Coconut Climbing Device. The device improves climbers' safety, reduces effort, and increases palm collection rates, reaching up to 41 palms per hour.

"This tool makes the job easier and less dangerous," said Novagen Pamunag. "It's designed to keep both

Boosting coco productivity through centrifugal virgin coco-oil extractor Project: Development and Performance

Evaluation of Centrifugal Virgin Coconut Oil Researchers: May-Ann C. Banawa, Angelica

Sandra L. Sotto Coconut farmers often struggle

with manual oil extraction, which is time-consuming and inefficient. The Centrifugal Virgin Coconut Oil (VCO)

profitability by automating the process "This extractor helps farmers save time and produce more oil," said May-Ann Banawa. "It's a game-change for coconut farmers who rely on VCO

production for their livelihood. Capillary irrigation for Bananas: Better

Proiect: Growth Performance of Banana (Musa Sapientum L.) Under Controlled Invironment Using Combined Drip and

Capillary Irrigation Researchers: Mica Jane N. Montimor Charmee Paulaine B. Erap, Karlfred Junnee A. Doydora, Yhebron J. Lagud, Gizel A.

To address water scarcity, researchers designed a Combined labor-intensive and limits productivity Drip and Capillary Irrigation System for The SAFITEK Coconut Dehusker solve bananas. This system uses coco peat this by being three times more efficient to conserve water and improve plant than traditional methods. Farmers who growth. It resulted in taller plants and used the machine reported significant more leaves compared to traditional time savings and increased income.

"This dehusker is more than just a "This irrigation system helps tool. It's a lifeline for farmers who depend farmers save water while improving on coconuts," said Doydora. yields," explained Mica Montimor.

SAFITEK coco dehusker:

with SAFITEK Coconut Dehusker

Project: Transforming the Coconut Industry in

Dehusking coconuts manually is

Zamboanga del Norte: Enhancing Efficiency

Researchers: Karlfred Junnee A. Doydora,

Yhebron J. Lagud, Alfredo Q. Liboon Jr.

Farmers who tested these

technologies shared positive feedback

A coconut farmer from Labason said,

of hardwork and makes my job safer."

drip irrigation system said, "I can now

manage water better, even during dry

seasons, and my plants grow faster

"The SAFITEK Dehusker saves me hours

Organic liquid fertilizers for sustainable farming

Project: Response of Sweet Pepper (Capsicum Annum L.) to the Application of Different Combinations of Organic Liquid Fertilizers Under Screen House Condition Researchers: Merlyn Castro, Niño S. Chiong, Sheika Lood

JRMSU's researches prove that innovation can make farming easier, safer rironment. This study tested organic and more sustainable. Offering practical liquid fertilizers like Vermi Tea and solutions, researchers are helping farmers nted Plant Juice, which improved overcome challenges and improve their plant growth and reduced greenhouse

Engr. Doydora said, "Our goal is to "Using organic fertilizers not only empower farmers and show them that helps the environment but also produces with the right tools, they can thrive in the healthier crops," said Merlyn Castro.



developed by Engr. Karfred Doydora coconuts, regardless of size or variety

NO BOUNDARIES JRMSU's agri-teck solutions for ZaNorte farmers JUSTINNE MAY LAQUIO Junnee A. Doydora, together with collaborate to lift the Seaweed Harve from a boat for its pilot testing. Duly Development Authority (NEDA) IX. nnovations of JRMSU.

Bio-Guardians

JRMSUans investigate biodiversity for the future

SABINA BHEL SALDON

■aking care of plants, animals, and nature is very important. It helps keep our environment healthy and makes sure we have a good future. This year, JRMSU faculty and students collaborated in working on special projects to protect nature. Here are the inspiring research projects that show how JRMSU is living up to its role as "Bio-Guardians."

Mangroves are special trees that grow by the sea. They are like the "lungs air and fight climate change. Studentresearcher Christian June Villalon and his adviser Junasir Sakilan studied mangroves in Dapitan City to find out might happen if the trees are cut down

Villalon and Sakilan found that amount of carbon, but if the trees are destroyed, a lot of carbon dioxide will be released into the air, which is bad for the

'Mangroves are very important pecause they act like natural cleaners for the air, this study

The researchers said we need to plant more trees and take care of mangroves to keep the air clean and stop carbon dioxide from being released Life Inside the Zapanta-Gomez Cave

Zapanta-Gomez Cave in Lipakan, Pres. Manuel A. Roxas, Zamboanga del Norte, is a special place full of life.

Student Roxanne Marie F. Patinga and Donabelle G. Mayola, with their advisers Tessie G. Pulido and Ma. Dulce C. Guillena studied the plants and animals living in and around the cave. They found 22 types of animals and 19

Even though they found many species, Patinga and Mayola's study howed that the number of plants and animals is low, so the cave needs

"Caves are very delicate and need to be taken care of," said Patinga. "We are and why they should be protected."

The researchers also discovered beautiful rock formations like stalactites and stalagmites. Patinga and Mayola's study shows the cave's beauty and the need to take care of it.

Mosses might be small, but they are very important for nature According to Reah Jane Barbadillo moss indicates the health of an environment and signal pollution levels

Barbadillo and her adviser

Jariet Siano-Adriatico's study titled "Taxonomy and Conservation Status of Mosses in Selected Forestlands of Katipunan, Zamboanga del NorteResearchers: Barbadillo and Jariet Siano-Adriatico" looked into the nosses in Matam and Sanao, two forestlands in Katipunan. They found

"Mosses are amazing because they can survive in tough condition and are helpful in many ways," said Barbadillo. "They can be used in farming, medicine, and even food

Barbadillo and Jariet's research shows that even unprotected forests have a lot of mosses, but more research is needed to understand them

Eco-friendly way to reduce plastic waste discovered by JRMSU researchers

GIANNA LUCY PADAO

IDFIS in,

o reduce microplastics, researchers at Jose Rizal Memorial State University conducted study that focuses on reducing plastic waste present in oysters, helping both the environment and people's health.

JRMSU's study titled: "Microplastic Abundance Reduction through the Use of an Improvised Depuration and Filtration System (IDFIS)" by Kristine Gladys E. Jambre, Josephine R. Adraincem, and Dr. Maria Rio Abdon Naguit focused on cleaning oysters, which are a food was to use improvised depuraton and tration system that cleans the oysters by filtering the water they live in.

"We wanted to find a way to remove icroplastics from oysters before they reach people," Jambre said.

Jambre added that after 48 hours of cleaning, they saw an 89.72% reduction

Research finding showed that the cleaning system works well and keeps the oysters healthy. It could help oyster farmers and improve food safety.

JRMSUfinds

89.72%



HAZARD HERO

JRMSU students innovate for disaster-ready communities

🧱 JEHA MAY

APP AGAINST

create the Hazard

Hero App to help people in Katipunan Zamboanga del Norte prepare for and respond to disasters by making importan information easy to

Photo Credit I SC

isaster preparedness is crucial especially in our country where natural disasters such as typhoons, earthquakes, and floods are common. JRMSU students step up to address this challenge with innovative solutions. Their project, "Embracing Technology for Resilience in the Face of Natural Disasters," aims to create a lasting impact in their community amid natural disaster.

Keesha A. Bagood, Jela Mie Mae R. Nataa, and Jean Richel B. Santander created the Hazard Her App. a mobile app to help people in Katipunan, Zamboanga del disasters. The app includes features. like multilingual support, updated and details about evacuation

centers, all made for local needs. "Our goal was to make disaster nformation easy to access and this app, we want to help residents and responders act quickly and stay

safe during emergencies.' The app was developed using a fast and effective process called the Rapid Application Development

(RAD) model. It was tested by dents, emergency responders and IT experts, earning high marks for being reliable, easy to use, and

"Our app works like a guide during disasters," explained Sophia Cabilin. "It helps users step by step, whether they need to find ar evacuation center or get updates.

Local leaders have already seen its value. One barangay captair said, "This app is a big help. It keeps everyone informed and helps us respond faster in emergencies.

The Hazard Hero App is a great example of how technology can create disaster-ready communities It shows how JRMSU students are using their skills to make a disaster-

JRMSUtechno

Breakthrough

JRMSU Research

ose Rizal Memorial

(JRMSU) is making

State University

a difference in

Norte communities through

worked together in developing

projects that tackle real-world

problems, such as creating

smart farming tools, using

renewable energy, preparing

life, and managing waste in

for disasters, protecting marine

eco-friendly ways. Their works

health and agriculture through

biotechnology, showing the

University's dedication to

lives and inspire positive

change.

also extend to breakthroughs in

promote the quality of Filipinos'

innovative researches.

Teachers and students

Zamboanga del

Some innovation developed as result of collaboration by JRMSU teachers and students this year

Solar-Powered **Rotary Tiller**

Sinag Power Sprayer



sweet potato

some of today's

pressing health

and agricultural

challenges. With

these research

learn new ways

and use natural

projects, we

to grow food

resources to

become more

healthy.

addresses

Researchers: Kimberly B. Asucan, Jecel Jane B. Tanoy, Marque B. Vinson, Lagud, Rosemarie E. Ducoy

operates for up to 6 hours when charging and covers wide areas efficiently. Designed for mango and coconut farms, this sprave reduces air pollution by using clear



need for expensive fuel.

Powering sustainability JRMSU's green innovations

GIANNA LUCY PADAO

RMSU researchers explored how renewable energy can provide practical and eco-friendly solutions to everyday problems. Solar-powered devices and clean cooking technologies developed aim to help local farmers and communities reduce costs, improve efficiency, and contribute to a more sustainable community.

A greener way for SINAG Power

Project: Design and Development of Towed Wheel-Mounted SINAG Power

Karlfred Junnee A. Doydora, Yhebron J The SINAG Power Sprayer replaces traditional hand sprayers with a solar-powered device. It

"This sprayer helps farmers work faster while protecting

the environment," said Kimberly Asucan. "It's a small step toward more sustainable farming practices.'

Making farming greener using Solar-powered water sprayer

Solar-Powered Water Spraye Researchers: Lorenzo V. Sugod and Jay

The Design and Development of Solar-Powered Water Sprayer focuses on helping farmers reduce labor and costs while protecting the environment. The sprayer run on solar power, eliminating the

that makes farming easier and more affordable," shared Lorenzo Sugod, one of the researchers. "At the same time, we wanted to make sure it's environmentally friendly.

durability, reliability, and costeffectiveness, earning a rating of 'Most Acceptable' in quality. "We were surprised by how

nuch this innovation can help farmers," added Jay Claire Binauro "Not only does it save money, but it's also built to last longer than traditional spravers." According to Sir Lorenzo,

one farmer who tested the device said in Cebuano. "Using this sprayer makes my work much easier. I don't have to worry about fuel costs, and I know I'm using something that's better for the Turning waste into clean energy

with Gasifier Stove (GASOVE) Project: Production and Performance

Evaluation of Gasifier Stove (GASOVE)

Project: Design and Development of

Claire P. Binauro

"Our goal was to create a too

The sprayer underwent rigorous testing to ensure it met the needs of farmers. It was

Researchers: Jovagin M. Sotto and

Rumel P. Barote about showing how renewable energy can transform even the The Gasifier Stove simplest parts of daily life." (GASOVE) is a revolutionary A mother who tested the cooking device that uses

agricultural waste-such as stove shared her experience: rice hulls, sawdust, and durian used to spend so much or eels-as fuel. This innovation fuel for cooking. Now, with not only reduces dependency the Gasifier Stove, I can use n traditional fuels like gas and wood but also provides home. It's a big help." a cleaner, more efficient way

Innovation matters

isn't just about cooking. It's

SINAG and Sugod "Farmers often burn solar-powered Water Spraye eftover materials from their as well as the Gasifier Stove harvests, which harms the s one of the tangible proofs environment," explained of JRMSU's commitment to ovagin Sotto. "With GASOVE producing renewable energy we're turning those materials and sustainability. These into something useful-clear projects provide practical

The stove is easy to use households, helping them and provides a cost-effective save money, reduce waste alternative to conventional and embrace greener cooking methods. It helps "Our work is focused or money while addressing empowering cor said Dr. Sugod. environmental concerns by

reducing waste and emissions Rumel Barote highlighted



BioTech for better lives JRMSU researches address health and agriculture woes

■aculty and students of Jose Rizal Memorial State ■ University are pushing the boundaries of biotechnology to improve both health and agriculture. Their research

Potato the future

SABINA BHEL SALDON

One exciting project is "Sensory and Nutrition Value of Food Products Fortified with Ipomoea Batatas L. Leaves" by researchers Norma I. Cabornay Corpuz, Dr. Rizza B. Bagalanon, and Dr. Archer Campoy.

in this project, they focused on the leaves of potato, a common

POTATO POWER nutritional benefits of swee

potato by creating healthy snacks

Photo Credit | Norma Cabornay

vegetable known for its nutritional

focuses on using everyday plants and innovative farming

techniques to help communities live healthier.

snacks, such as bread, candy, and chips, fortified with these leaves "We wanted to make healthy food accessible and tasty," said

The team created healthy

Their research showed that sweet potato leaves are packed



as iron and calcium, and can mprove the quality of everyday snacks.

> and Acceptability Tests of a Functional Beverage Derived from Underutilized and Neglected Crop - Purple Sweet Potato" led by Earl Warrin P. Deiparinea, Dan Hoffer P. nontea. Yhebron J. Laguda Karlfred Junnee A. Doydora,

with important nutrients, such

Another promising study

worked on creating a functional beverage using the leaves which are rich in antioxidants and other health-boosting

healthy and enjoyable," said

After testing various formulas, the drink was

In the field of agriculture the study "Growth and Yield

Julius G. Testa, and Wennie Jr B. Vicente is making waves. This study explored the use of hydroponics to grow in areas with limited space and water.

(Lactuca sativa) under

(ratky Method of Hydroponi

System Applied with Different

ilizer Combinations" by oiland S. Gumao, Jean

and Gizel A. Ansalan. combinations helped boos he growth and yield of lettuce, with hydroponics howing great promise as a

"We wanted to turn a eglected crop into something

well-received for its taste and health benefits, showing grea potential for both consumers

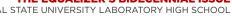
found that different fertilize

sustainable farming method "Hydroponics is a game changer for areas with water scarcity," said Gumao. Researches on sweet

ootato and lettuce addresses

some of today's pressing nealth and agricultural challenges. With these research projects, we learn new ways to grow food and use natural resources to become more healthy.

just about science, but also about making a real difference in the lives of Filipino people.









Ignorance

Breaking HIV misinformation

VANESSA LOREIN SABEJON

Stigma is more harmful than HIV.

epartment of Health (DOH) vealed that in 2024, HIV cases n Zamboanga del Norte have seen a troubling increase, raising concerns among local communities, including students at Jose Rizal Memorial State

As the numbers grow, rumors and misinformation about the virus are also spreading rapidly. For example, some JRMSUans have been sharing posts falsely claiming that HIV can be contracted by eating fish.

This alarming misinformation has caused unnecessary fear and panic among the student body. It is crucial to address these misconceptions and provide accurate information to help the community understand the fact about HIV

Christian Lopez, JRMSU clinical instructor. HIV awareness advocate and proponent of "PaHIValo Cebuano for announcement) about HIV awareness stated that HIV stands for Human Immunodeficiency Virus.

"It is a virus that attacks the immune system which are esponsible for fighting infections Over time, if untreated, HIV can weaken the immune system to the point where the body becomes vulnerable to serious infections and diseases," Lopez said.

How is HIV Transmitted?

Miraluna Omaguin, JRMSU

during pregnancy, childbirth, or transplant from an HIV-positive

Furthermore, HIV is also transmitted through blood **How is HIV NOT Transmitted**

Clinic in-charge said that HIV is

transmitted through specific activities that allow the virus to enter the body. These include unprotected sex, with someone who has HIV: transmission from mother to child

eeding; receiving an organ

nsmitted by eating fish or any other type of food, kissing or touching, such as handshakes or hugs or sharing drinks, utensils, or food containers with HIV-positive indivdual," Lopez said. Lopez also stressed that

HIV transmission

wearing other people's clothes or

towels, using public toilets, showers

or swimming pools, and insect bites

such as mosquito bites, don't cause

HIV Advocate Lopez stated that

HYGIENIC FOOD CART

JRMSU researcher creates

FAITH BEVERLY M. GOMEZ

Jumuad's study titled "Design

and Development of Solar-Powere

Multifeatured Hygienic Streetfood

at the hygiene conditions of food

carts along Dipolog City Boulevard

The research collected

managers, and a representative

feedback from 55 people, including

from TESDA, using Dr. Garvin's Eight Dimensions to evaluate the findings

The results showed that cleanliness and hygiene were big concerns for food vendors Jumuad's solar-powered food

by including features that make

food preparation areas clean and

:"he use of solar power is an important part of the design. It helps

reduce energy costs and is better for the food cart a more sustainable

option in the long run," Jumuad said.

Cart" designed and tested the solar-

powered food cart while also looking

solar-powered cart for safer street foods

treet food is a favorite choice for many JRMSUans

because it is quick and tasty. But hygiene and cleanliness are often a problem for both food vendors

and customers. To solve these issues and make food safety

created a solar-powered food cart that focuses on sanitation

better, JRMSU faculty-researcher Rey Mark T. Jumuad

and is more eco-friendly for street food vendors.

contact or everyday activities

"For example, HIV is NOT

transfusion with HIV-infected blood and use of non-sterile syringes, needles, or tools that may be

According to Lopez, it is with the right medical care, HIV is a important to understand that HIV manageable condition. cannot spread through casual

HIV is **transmitted** by





HIV is **NOT transmitted** by









"Antiretroviral Therapy or ART is the standard treatment for people living with HIV. ART reduces the amount of the virus in the blood to undetectable levels, meaning the virus cannot be passed to others through sex," Lopez said.

Lopez emphasized that all must help to spread accurate information and correcting minsinformation to reduce stigma, prevent fear, and encourage people with HIV to seek treatment.

"Education is really needed. Let us work together to stop HIV misinformation, and build a more compassional and informed community," Lopez exclaimed.

that with help from the local

could be produced in large

government unit, this food cart

intities, helping more street

This development could be

food vendors adopt this solution

a great way to improve hygiene

renewable energy

in the street food industry while

also encouraging the use of clean

Takraw Men, Women teams secure gold in Mindanao games, advance to SCUAA meet

JENNIFER DELICA

se Rizal Memorial State University sepak takraw men and women teams advanced to SCUAA National Meet, after reaping gold in the MASTS 2024 Sepak Takraw Championship tilt, peeling off the universities of Zamboanga Peninsula and Sultan Kudarat at the Win Gatchalian Sports Complex, Dao, Pagadian City, November 28.

"Start pa lamang, sigi na

event. Gi upgrade namo among

among mga talent," said coach Jun Rey Balbuena on how they

nave prepared in order to wir

Meanwhile, Ehroll

Yangco stressed the

importance of their

among hinaguan og

nagbanat jud mi

arun makuha

mapildi rami, maong

on big stage.

mga skills, gi upgrade namo

In the women's division, Lady Regu April Mae Basilisco, Jenny Lou Maylan, and Hellary Atay only need a flawless 2-0 sets (15-10. 15-10) to send the Zamboanga Peninsula Polytechnic State University (ZPPSU) crashing of the finals round, settling for a heartbreaking second spot

While in the Men's Division, Sultan Kudarat State University(SKSU) managed to chip in a closed-fight set against the first Regu. But after that, it was all a massacre, as second Regu, led by spiker Ehroll Yangco who has been ensational throughout the second set, bulleted all the SKSU with them to only score below 10 points

The momentum went on to continue until the third set and hopes of the intro SKSU boys,

HOLDING BACK

JRMSU champs in Mindanao Sports; 175 athletes prep for national clash

ith preparation, teamwork, and collaboration, Jose Rizal Memorial State University (JRMSU) achieved a historic victory, emerging as the overall champion over 35 State Universities and Colleges (SUCS) in the Sports competition at the Mindanao Association of State Tertiary Schools (MASTS) Games held in Pagadian City from November 23 to 30, 2024.

JRMSU proved dominance in the sporting arena after securing an with remarkable 79 gold, 26 silver. and 48 bronze.

"This victory is the result reparation for the MASTS among the athletes and coaches, with the support of Ivo Matthew Siaton, JRMSU

The university dominated most of the sporting events particularly in athletics

26

karatedo, lawn tennis, sepak futsal, and football, as they outsmarted more or less 30 other state universities and colleges across six regions ir Mindanao.

With these impressive esults, Campus Director Dr. Marvin A. Recapente, expressed his unwavering gratitude and salutations to all the athletes for the great job as well as to the officials kitchen staff.

JRMSU President Dr. Maria Rio Naguit commended

"This achievement is a proof of dedication and coaches and staff. It reflects Rizal's spirit of excellence and pride," President Naguit said.

With this triumph, Dr. Siaton said that 175 athletes will represent Region IX to the national competition in May

""We are now preparing to take on the challenges ahead and represent JRMSU to SCUAA National Games, said Allysa Kyle Sumena, Champion of beach volleybal

JRMSU beach volleybelles overthrow 2-peat NEMSU, gears for SCUAA nationals

PRINCESS GLEIA GANADOS

RMSU beach volley duo Mary Joy Dologuin and Alyssa Kyle Sumena handed a hard-earned gold medal for JRMSU as they snapped the winstreak of the two-time champion North Eastern Mindanao State University(NEMSU), in a down to the wire, decisive 3-2 sets in the 2024 Beach Volleyball Women, at the New Road, Dao. Pagadian City, November 26.

"Kamo raman gong duha sa court, so communicate jud dapat, " said team captain Mary Joy Dologuin on how important it is to communicate inside the court with your teammate to create chemistry.

Dologuin emphasized how constant coordination helped her and Kyle stay in sync, especially during the crucial moments of the game.

Champion coach Dr. Ma. Corina Camazo, emphasized that a coach's role extends beyond merely supervising players on the court.

"And role natu as a coach kay dili lang limited within the court," coach Camazo said.

"As a coach, ikaw na ang second parent nila, ikaw nay mo lookout sa ilang welfare, sa health and mental condition, she added.

Camazo added that JRMSU duo faced relentless attacks from NEMSU beach volleybelles but managed to stay composed, relying on their chemistry and effective communication to edge out the competition and earned a ticket for SCUAA national games.

"Kapoy man ug practice, peru kayahon. Excited nami for the nationals," Sumena said.

12080

President Bongbong Marco signed Republic Act 12080, or the Basic Education Menta Health and Well-Being Promotion Act on December 9, 2024

better care of students' mental health. It focuses on teaching students about mental health preventing problems, and giving them support when needed

RA

This law helps schools tak

On December 9, 2024, President

Republic Act 12080, also known as

the Basic Education Mental Health

law aims to help students by raising

But what does this mean for us

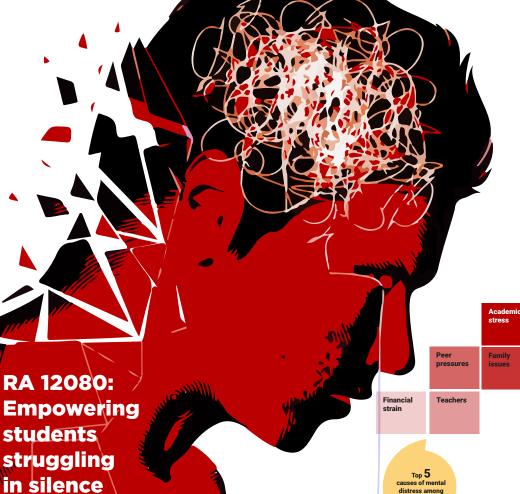
According to Kristine Karl Lopez, JRMSU Guidance Counselor

the impact of this law is significan

me to access mental health services.

In one of Equalizer interviews, a

help they require.



whether that be academic

cope with stress and difficul

things that can hurt them,

they now have ways to fee

We, students are the

every opportunity, like this

With the guidance of

continue to strive for our best

Moreover, the law offers

CHICKENPOXCLUSIVE

Chickenpox outbreak hits Grade 7, safety measures strengthened

PRINCESS GLEIA GANADOS

■ith the chickenpox outbreak that has affected 15 Grade 7 students and a teacher at JRMSU, the administration has quickly responded by intensifying safety measures to prevent further spread.

JRMSU Clinic in-charge, Miraluna Omaquin, explained that chickenpox spreads quickly, especially in places like schools where people are close together.

"Chickenpox spreads through the air when someone coughs or sneezes, or by touching surfaces with the virus. This is why many Grade 7 students are affected," Omaquin said.

JRMSU High Program Chair, Kathryn Archuleta, shared that one Grade 7 student reported feeling feverish, tired, and itchy with a red rash, which are signs of chickenpox. The student asked to

"The student was really uncomfortable.

His parents requested that he rest at nome to avoid spreading the virus,"

Archuleta explained. A week later, the boy returned to school after feeling better, only to find out that he had spread the virus to his classmates and a teacher.

"All Grade 7 were worried so as

he parents and the administration," Archuleta added. Several teachers have also caught

"I started feeling unwell last week. and then the rash appeared. I've had to stay home to recover and keep others safe," said Rod Araola, an English

To stop the virus from spreading further, JRMSU has taken extra safety

"We're asking students with symptoms to stay home and see a doctor," Archuleta said. "We've also stepped up cleaning in classrooms corner of the school."

Archuleta also advised that students and staff with chickenpox stay home until they are no longer tanious, which usually takes abou a week. "It's important to stay away from others during this time to sto the virus from spreading," she said. Omaquin reminded everyone to

practice good hygiene. "Washing hands often and ering your mouth when coughing or sneezing can help prevent the

MINDANAO **GOLD**

STRIKE FOR GOLD.

Photo Credit | TSC - Dip

JRMSU spiker Ian Pularan kicks

JRMSU spikers blank CMU, champ volleyball; Castillon receives MVP, best setter awards

howcasing their exceptional prowess fueled with strong teamwork, willpower, and tenacity, Jose Rizal Memorial State University seized the championship title after surmounting the determined Central Mindanao University State University seized the championship true after sufficiently the determined by the straight sets, 3-0 (25-22, 25-19, 25-22) during the MASTS Games Volleyball Women's Division championship round held at the Sports Complex Volleyball court, Dao, Pagadian City, November 28.

It was a dominant erformance executed by the JRMSU ladies as they had an early lead though the CMU attempted to recover in the later part of the first set with a strong hit by Sydney Rubin with the help of her teammate's ace making them a 4-0 run.

Chennie Jean Bubutan made a strong attack making them lead by two points, 24-22 and their setter, Meryl Rose Castillon who seald the set, 25-22.

In the second set, the nomentum rose by each team as they exhibited

collaborative efforts with long rallies and laudable digs. CMU's star player, Mariury Mano-op showed her undeniable hits.

But JRMSU volleybelle continued it's goal not to be left behind as the they made commendable digs resulted to delivering variety of attacks. The set went to the JRMSU after a service error committed by their opponents, 25-19. In the third set, the

CMU ladies made an early advantage, 4-2 as its team captain, Kentley Castañeda, made a 3-0 run With the perseverance to

abled to close the score Irah Jean Bayrola, Mary Aubrian Castillon, and Carlyn

win the game, JRMSU girls

Despite that performance, JRMSU errors than the CMU. On the other hand, CMU continued to overpower in the almost halfway of the set, 13-9, and a back-to-back ace by Dhanisa Khen Muring. CMU's momentum rose up making

them lead, 16-11. But as

squad was still hopeful to

the lead reached to one in favor of CMU, 21-20. With the passion not to have another set. JRMSU ladies made a run and ended the

> winning strategy, team captain Castillon revealed that trust and adding that they put pressures as a motivation.

"I always tell them to stay composed and calm because that's the only way that we can get what we desire for," she

come closer the encounter until

match with a strong attack by Bayrola, 25-22. When asked about their

respectively.

four JRMSU women clutched five awards, two of those were grabbed by Meryl Rose Castillon as the Best Setter and Most Valuable Player.

On the other hand Bayrola got the First award while Bubutan and Vazquez were the Hitter and Best Outside Hitter awardees,

The team is coached by Ms. Lourdie Lyn Ybañez



VOLLEY VICTORY. Chennie Jean Bubutai delivers a powerful attack to clinch the

MASTS 2024 Volleyball Photo Credit | TSC

THE EQUALIZER'S BIDECENNIAL ISSUE JOSE RIZAL MEMORIAL STATE UNIVERSITY LABORATORY HIGH SCHOOL

ur mind is like a maze, constantly processing our emotions and guiding our actions. These processes are always shifting, influenced

place to support students in improving their mental health and well-being.

by the environment around us. Thankfully, a new law has been put in

pointed out that mental health

COVID-19 pandemic, lockdown

and increased reliance on the

law, there is hope for change.

sessions, a student experienc

In addition to improving

need to regain focus and energy.

mental health, the law helps

by providing the support they

Counselor Lopez indicates



O

 $(\overline{1})$



GOLDEN STRIKE.

ger, earning his spot in the regional meet.

noto credit | Justinne

Dirk Gian Ogao-ogao claims gold in arnis sword and

HITomi GOLD

Hamoy, Jamolod

dive for 7 golds;

regional meet

medals gleam

In a breathless glide of rattling pace,

Hitomi Hamoy and Jamelah Jamolod

bagged 7 golds altogether during the

2024 Dapitan City Athletic Association

(DACAA) Meet swimming competition

December 5, advancing to the upcoming

an impressive feat, grappling two golds in the 4×50 Medley Relay and 4×50

held at JRMSU Swimming Pool on

of Jose Rizal Memorial State University

Manage Page 1



JRMSU's success in Mindanao games has shown that the athletes' spirit, effort, and determination plus the support system matter more than the lack or absence of proper sports facilities.



SportSTANCE

Victory in LOSING

BLESSA T. BUSICO

n October 2024, JRMSU Junior High made history by winning the Saludo competition and beating the Senior High in team sports trophy and medal haul. The junior high students were excited about their victory, while the senior high students felt sad about the results.

My coach tells me that athletes need to realize that rinning in sports is not just about the trophy or medal, but about learning, growing, and giving our best. Even the word LOSING" can teach us how

earn from mistakes. Sir Herard said that losing is ot the end. Let us lool at what went wrong and hink about how we can do better next time

ercome challenges. ndeed, doing sports car e tough, but we should ot let problems stop us stav strong

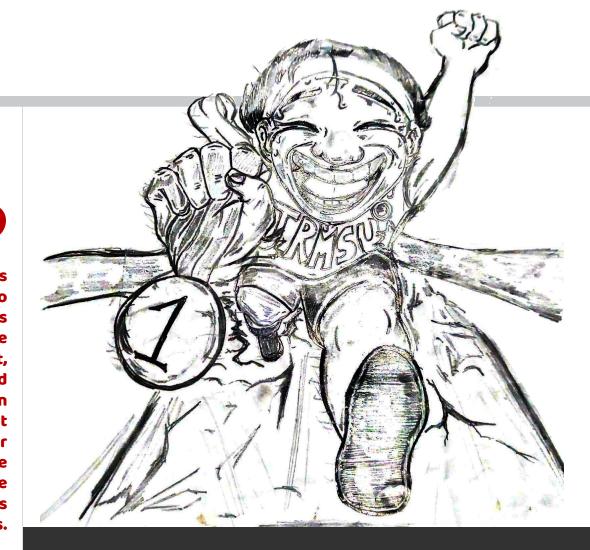
tay focused. Practicing very day, eating healthy and taking care of our body and mind keep us ocused. Hardwork help

us win. nspire others. TE onsultant Sir Pat said that it is important to now kindness and espect, even to our competitors. Being a good example for everyone is golden meda n many aspects.

ever give up. Sometimes we feel frustrated and ppointed if we lose out even when it feels hard, let us always keep going. It is a fact that many winners were jus rdinary people who did not auit.

ow confidence. Nurture e mindset that lieving that we can do it helps. Believing our team mates is also important. Let us think positive, and not be afraid to try again.

As a player myself, my coach and mother tells me that winning s not just about being the best, but it is about getting better, trying harder, and never giving up. Even when you lose, we are still learning how to win. So, let's go LOSING.



GREATNESS BUILT ON RUINED FIELD

RMSU showed that even without proper sports facilities and infrastructure, victory is still possible, after it emerged as the overall champion of the 2024 MASTS Sports Games held in Pagadian City, leaving 35 other participating schools in Mindanao behind.

The absence of proper sports facilities, like the ruined athletic oval which remains unrepaired, and the lack of infrastructure if compared to other schools should have hindered the University from garnering the over-all champion title but the JRMSU athletes outshone rivals and prove that passion spiced with hardwork, discipline, and nination made thei

Many athletes from other schools saying, "Diba maot mana sila'g oval nganong daghan mana sila'g

Champion?" This comment which questioned how JRMSU reigned champion sparked a lot of reactions online, but were humorously answered by JRMSUans that the oval was destroyed pecause of their "heavy and fast feet" during practice

award? Sila pagyud ang

Apart from the ruined oval, it was observed that the athletes trained in not-so-good conditions as available sports facilities however, they endured, adapted to the space

their best performance. This historic win for the University they brought home 75 gold, 26 silver, and 48 bronze medals The athletes revealed that their success is also

provided to them, and gave

attributed to the support of their parents, coaches and fellow JRMSUans. The athletes to stay motivated and allowed them to improve and excel in their sports.

JRMSU's success in Mindanao games has shown that the athletes' spirit, effort, nination plus the

or absence of sports overcome structural limitations, rise above the challenges, and rear victory and honor for and for Zamboanga del Norte province.

support system matter

more than the lack

To sustain this triumph, JRMSU need to provide the athletes better sports facilities for with these facilities, they will reach even



With passion, anything is possible

PRINCESS GLEIA GANADOS

■he 12th ISF Sports Competitions. held in October 2024, will always be remembered as a big moment in JRMSU history. The junior team didn't just win the Saludo exhibition but also took home 7 gold medals out of 16 team sports. With passion and dedication, these young athletes showed that they were strong competitors, beating their senior opponents and demonstrating great teamwork, strength, and skill.

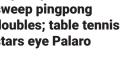
From the start of the competition, the juniors stood out. They were full of confidence and excitement. "Our hard training and strong determination pushed us to do our best," said Jeretza Hamov, the Junior High Representative. Throughout the competition, the audience couldn't believe the juniors' quick moves. speed, and clever tactics. They played so well, beating the senior team in every

Vanessa Sabejon, a key player for the Junior Hives, shared how their coaches helped them. "Our coaches taught us how important it is to have a plan, to stay disciplined, and to work together. We did everything right, and I really respect the Senior Rhinos for making the 12th ISF so fun for us."

The juniors said their success was due to teamwork. They had a strong connection with each other, which helped them face the tough challenge of competing against the older, more experienced seniors. At first, they felt nervous, but their strong bond, hardwork, and never-give-up attitude helped them

Brett Hoyohoy, a table tennis player in the Men's Category, said, "Every drop of sweat, every tear, and every sacrifice was worth it. We made our own path and didn't let the seniors scare us."

When the competition ended, the iuniors from JRMSU were excited to celebrate their well-earned victory. They had made their mark in the university's sports history. Their win will inspire other students at JRMSU for many years to come. It showed that with hardwork, dedication, and teamwork, anything is possible, even when you're younger or



drives and pushes, Brett Owen regional headway.

together with a player in the same district, finished as gold medalists proving their unmeasurable duo tie-up "As a grade 7 student and the youngest player in secondary table tennis competition in DACAA, my

nindot nga match and as much as

Their current accomplishment Norte, scheduled this February,

bannering JRMSU.



uniorHives' bees proved age and height were just

12th ISF Sports tilts held last October 24-27, 2024 at the

mbers after they reign victorious against older, gger SenioRhinos in the various events during the

NO LIMITS

prove age, height just numbers

Grade 7 JuniorHives stun Grade 12 SenioRhinos,

athletes would have a fruitful and joyous youth as they continue to master and sports competitions

Freestyle Relay, towering over other senior swimmers as a first-time challenger in Hamoy also garnered one silver in 50-meter Butterfly and captured one bronze medal in 50-meter Freestyle. "My mindset and my goal

were to do my best and win for my school, JRMSU," uttered Hamoy, a rookie who just started swimming 6 months ago, is now

gearing up for the next competition. At boot, Jamolod, who is a 7-year swimmer, flaunts gilt-edged discharges eigning numerous swimming categories 4×50 Medley Relay, 4×50 Freestyle Relay 50-meter Butterfly, 200-meter Individual Medley, and 200-meter Freestyle, securing five gold medals, upholding her

Jamolod grappled two silver medals in 50-meter Freestyle and 100-meter Backstroke as well.

proficiency cemented through years of

experience

"Throughout the competition, I kept elling myself gyud na I have to do this for myself in order to prove what I'm capable of. I also wanted to qualify for the next egionals, so I gave it my best," said Jamolod.

Jamolod, a four-time regional qualifier, has won two bronze medals in 2018 ZPRAA and two bronze medals in 2019 ZPRAA, blooming a possible snapback in the long-awaited regional

With their current victory, first-time qualifier Hamoy and four-time qualifier Jamolod are presumed to participate in the forthcoming 2025 Zamboanga Peninsula Regional Athletic Association Meet in Siocon, Zamboanga del Norte, scheduled for February, bannering

vinners, but not everybody trains to become winners.' Villaruz emphasized to Rizz and Lyka that there is an enormous importance of discipline, self-respect, and dedication in each taekwondo player because if they want to win, they need to train hard. Riizz and Lyka are now in

their solid preparations for the upcoming ZPRAA to be held at Siocon, Zamboanga Del Norte

surrounded by an environment

and support for each athlete.

that is filled with encouragemen

taekwondo team head coach, was

in immense spirits to address his

that 'Everybody wants to become

He would always remind them

Joe Peter Villaruz, JRMSU

gold

JRMSU High hauls Meet, readies for regionals



"Kulang gyud kaayo among

reparations kay aside nga nag clash siya

among time ang paglihok sa among papers,"

Having been through their two years

aster ride because of the numerou

There were a lot of times that they were

The two athletes have also participated

sa acads, and despite nga nahatagan mi

ug excuse letter, dagko pug ug kuha sa

in the last ZPRAA, as well as their first

and counting journey, they said it was a

ups and downs that they have experienced.

discouraged, and sometimes they felt joyous

Maghinay stated.

Hoyohoy, Jumawan sweep pingpong doubles; table tennis stars eye Palaro

Ang daog wala ga base sa ug asa ka

naabot or sa ug unsa

ka kadugay gaduwa,

kung dill, sa ug unsa

ka kamaantigo ug ka

determinado pagka

PING-PONG PRODIGY.

Brett Hovohov, a five-flat

by beating his seniors.

Photo Credit | Justinne

JANESTEL BUSICO

n a calculated unleash of Hovohov and Mark Ivan Jumawan of JRMSU surged triumphant, garnering two gold medals during the 2024 Dapitan City Athletic Association (DACAA) Meet table tennis match (Men's Doubles). held at Dapitan City National High School on December 6, making a

Hoyohoy, a seventh-grader who was the youngest table tennis competitor in the secondary level,

Hoyohoy said in Cebuano (Bisaya)

possible, idaog, ilabi na karon kay last

brings them to the near-to-come Palarong Pambansa after the 2025 Zamboanga Peninsula Regiona Athletic Association (ZPRAA) Meet in Siocon, Zamboanga del



he JRMSU Tiago Football Club reclaimed in November 29, 2024 the gold medal in Mindanao football during the 2024 MASTS Games held at Pagadian City, after a heartbreaking loss in 2023. With scores of 1-0, 2-0, 4-2, 1-1, and 2-0 from group stage, quarterfinals, semifinals to finals, respectively, it is interesting to know how they did it. 'The Equalizer' has the answers.

The secret behind JRMSU Tiago's seventh gold win in Mindanao Football

TRESHA DE VILLA

to the 2023 MASTS Games. central defender Japeth John E Dumat-ol explained in Cebuano, kapoy after class, practice gyud.

Dumat-ol said that their but this time, we did a lot of practice. "We even play during holidays," he said

TIAGO, rise and GO. JRMSU Tiago potball team reclaims gold in 2024

Preparation plays big

When asked about how this "Short ra among preparation last of practice. Kada-hapon bahala'd

preparation was short last year.

Despite conflicting class schedules, the team ensured that they meet after 4 pm to practice, putting in extra hours to be ready.

Drive to push harder According to Midfielder

"After the defeat. everyone really want to win the championship again. We knew we could do better, and we wanted to prove to others that our loss in 2023 was just

they balanced academics and other, 'We're going to win the

and faith Coach Antonio "Bor" Buca emphasized the importance of

Mendoza.

Frank Lawrence Mendoza, with Tiago's failure to secure the 7-peat win in 2023, their drive to

a mistake," Midfielder shared in

Lawrence said that even as ınshaken, "We kept telling each championship this year," said

Power of teamwork, discipline,

also paid off," Buca said. Secret ingredient Coach Buca revealed that Tiago's strategy was simple vet effective focus strong communication and the

mindset to never give up. "We staved focused on our training every afternoon The athletes' motivation to wir make them work even harder,"

According to Coach

Buca, winning the 2024

communication on the field.

"In football, the players need

never give up. What I like this

year if even when they were

close to losing they stayed

to support each other and

gvud." Midfielder Mendoza said Pagpaningkamot, disiplina sa kaugalingon ug kanang pagsalig sa taas (faith in God) importante

personal victory for the athletes.

pressured, especially after the

2023 loss, it was all worth it.

efforts paid off," he said.

"Even though they were

Thev sacrificed so much and thei

With the victory in the 2024 MASTS Games, JRMSU Tiago has after a loss. Their seventh gold is a proof of their hardwork, work, discipline, and faith. The 2025 SCUAA National Games s approaching and Tiago shows

expertise in the taekwondo turf. mindset was to show that age does not With power and passion in matter. I believe that through effort, I taekwondo, they outshined other will compete fairly to my seniors and schools in Dapitan City and earned give my very best in every game)," ticket to the regionals. Nevertheless, the two icons Meanwhile, Jumawan, a six-time of JRMSU High School Taekwondo regional qualifier, grasped a palm with a player in the same district, and worked

hard for Palarong Pambansa ticket. "I'll try nga mahatagan nako silag

Jumawan stated.

Everybody wants to become winners, but not everybody trains to become one.

kicks, firm blocks and stances, fueled

JRMSU taekwondo team, Victoria Rizz

Secondary Women---Poomsae Categor

with extreme determination, the

Maghinay and Lyka Jea Sambilad,

soared triumphant in the Taekwondo

during the 2024 Dapitan City Athletic

Association (DACAA) Meet, held at

Dapitan City National High School, on

December 6, 2024, and advanced to

the upcoming Zamboanga Peninsula

Tenacious Maghinay and

Regional Athletic Association (ZPRAA).

Sambilad showed their charisma and

POOMSAE POWER.

silve

25 medals in 2024 Division

Mary Jane Rudas

The Official Student and Community Publication of JOSE RIZAL MEMORIAL STATE UNIVERSITY LABORATORY HIGH SCHOOL

Division of Dapitan City - Region IX
VOLUME XX ISSUE 1 | AUGUST 2024 - JANUARY 2025

INSIDE THIS ISSUE

NO holding back

SPORTS NEWS

NO limits

SPORTS FEATURE

Greatness built on ruined field

SPORTS EDITORIAL

SURRENDER, TIAGO

After 7-peat haul failure

JRMSU Tiago dethrones rival, reclaims Mindanao football suprendey

fter a year of heartbreak that halted its bid for a seventh straight title, JRMSU Tiago reclaimed its football supremacy by dethroning Zamboanga Peninsula Polytechnic State University (ZPPSU) and capturing its seventh championship crown at the 2024 MASTS Football Games, held on November 29 at JH Cerilles State College (JHCSC) in Dao, Pagadian City.

Tiago's victory in 2024 MASTS marked a dramatic redemption for the team, who, after a stunning defeat in 2023, strives hard to dominate the Mindanao football field

Midfielder and team captain Frank Lawrence C. Mendoza said that after their defeat, everyone really wants to win the championship again, saying further they want to prove to others that their loss in 2023 was just a mistake.

In MASTS 2023 football games, Tiago was defeated by the Zamboanga Peninsula Polytechnic State University (ZPPSU), ending their 6-peat reign. Tiago's coach Antonio Buca said that the loss wake the team up and work hard to

"Giingnan nako sila Dili gyud magsalig, kay ang bola lignin. Maningkamot. (I told them to never be overconfident because hard)," said coach Antonio unpredictability of football.

Tiago prepared intensively. Central defender Japeth John E. Dumat-ol revealed that their preparation was short last year, but this year they practice a lot, even during holidays.

"If we miss any training, we make sure to train even from the 2023 MASTS games is that our preparation last stated in Cebuano.

Led by team captain and main scorer Mendoza, JRMSU Tiago started strong in the group stage, edging Caraga State University (1-0) and dominating University (2-0)

"Ang teamwork ug determination gyud maoy agi. Ang mga goals nako kay agi rapud sa team. (Our teamwork and determination kept us going. Scoring those goals felt incredible because I knew it was a team effort), Mendoza shared

The quarterfinals was Tiago's clash against the home team, JHCSC. Thro the goals of Mendoza, Angelo Ocampo, and central defender Japeth John Dumat-ol, Tiago vanquished the home advantage, 4-2, earning their spot in the

The semifinals was a test of resolve for JRMSU Tiago Davao Oriental State University (DORSU) tested Tiago's determination after it struck an early 1-0 lead in the first

"Wala me ga-expect na makadaug. Maayo kaayo ang players sa DORSU, labi na sa pagpasa sa bola. (We didn't expect to win at first. DORSU played an excellent game with accurate passes)," said sharec

However, Mendoza's grit spiced with his teammates' support equalized the lead in the second half, 1-1, pushing a

Intense penalty shootout enveloped the field, but the composed and precise kicks of Dumat-ol, Mendoza, holding

midfielder Christian Sanchez, forward right Edzel Siatol, and attacking midfielder Carlo Lapas, led Tiago to victory, with DORSU suffering a crucial one-point missed

MMSU'TIAGO

For Tiago, their championship rematch against ZPPSU was a redemption, who ended the team's 7-peat dream.

"Labaw pato sa dula. Ganahan gyud me e-redeem among kadaugan. (It was more than just a game. It was redemption), said Coach Buca.

Tensions filled the JHCSC field as ZPPSU and Tiago exchanged calculated moves and strong attacks.

In the first half, Rulph Runuel Colot, another JRMSU High alumnus, broke the stalemate with a crucial goal at the 29-minute mark.

"Ako maoy naka-goal, pero dili to nako mabuhat ug wala akoang teammates (I scored the goal, but it wouldn't have been possible without my teammates)," Colot humbly said.

Rulph's goal boosted the Tiago's spirits in the second half, and with adrenaline running high, forward right Siatol struck a decisive goal ensuring Tiago's return to football supremacy.

Equalizer

ports

Coach Buca shared that Tiago's journey to reclaiming the gold was far from easy.

"Daghang problem gyud. Time management sa athletes llaang mental og physical health during sa training, peru na-overcome rapud. (The players faced numerous obstacles, including time management struggles as student-athletes and the mental and physical toll of intense training. They overcome these)," Buca said

When was asked about the future, Tiago confidently declared, "Of course, depensahan ang title, makuha ang 8th gold!" saying they will defend the title

"Kanunay ra gihapon ug practice bisan pa ug homan na ang MASTS, para SCUAA napud", Coach Buca said.

EQUALIZER STRIKE.

a thrilling penalty shootout in the semifinals, and the rematch for gold against

Mindanao ASTS

2024 Footb

Friendship Games

Nov. 22-29, 2024 Pagadian City

ccelerate

Oga dominates track; City champ eyes regional glory

■leet-footed, with aplomb ■unbowed, Santiago Zidanne Oga of Jose Rizal **Memorial State University** clenched two gold and one silver medal during the 2024 Dapitan City Athletic Association (DACAA) Meet running competition held at JRMSU Oval on December 5-6 securing a spot in the regional.

Oga, an 11-month runner anchored two golds in the relay, further clutching silver in a roughly contested 3000-meter

"I'm self-assured on running is my first time running really competitively, I'm hoping that I will get a new PB [personal best] and a medal," Oga

> 2024, Oga joined the Noli Run in Dapitan City, clocking a 14-minute finish gold medal

also bested Amlan Half Marathon Run Challenge held at Dapitan City, maneuvering a run, placing seventh in the male category, registering his longest race yet in his

held DACAA Meet, Oga is advancing to the soon-to-Peninsula Regional Athletic Association (ZPRAA) Meet del Norte, this February

"I am pretty confident about running against my competitors, but I won't underestimate them. I know that all of us have been training going to stay humble and keep my composure throughout the competition," uttered Oga

MAXana, Ogao-WOW

Arnisadors strike 5 golds in division meet; Ogao-ogao, Jumamoy lead charge

n a clash of heavy hits and sharp whacks, Dirk Gian Ogao-ogao and Maxana Dhave Jumamoy of JRMSU reaped an impressive five gold medals during the 2024 Dapitan City Athletic Association (DACAA) Meet arnis competition held at Dapitan **City Central Elementary School covered court on** December 6, saving a slot to the next regional

Ogao-ogao drew an incredible triumph as the youngest arnis player at the secondary dagger, and padded point.

Ogao-ogao has also joined his biggest matchup so far, winning bronze in the Higalaay Arnis Eskrima Open Invitational category in Cagayan City, scrabbling up to the third spot against 30

participants as a

13-year-old rookie player, showing mightiness despite such a young age.

showcased a hell-bent dash, seizing gold in Full Contact Padded Point Half Light Weight sparring.

regionals, considering na dugay na pod ko ni-enter ani nga sport and gi-push jod pod ko sa akong coach to give more exposure sa akong sport, Arnis (I really aimed to advance in the regionals, considering that it has been a long time since I started playing this sport and I was also encouraged by sport, Arnis)," uttered Jumamoy

Jumamoy has also succeeded noted arnis player in Dapitan, and was actually appointed as an ass coach in Mayor Bullet's SBB Free Summer Workshop program last year.

numberspeak

Marathon Run Challenge held in Dapitan City, Oga completed and finished seventh in the male category.

Santiago Oga finished 14

2024 Noli Run

minutes in



VICTORY STRIKE.

JRMSU strikes for gold in Division Meet securing

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