

CMMA cites TG as finalist for Best School Organ, receives 2 other citations

By Jamesnick M. Seramines

story on page 4



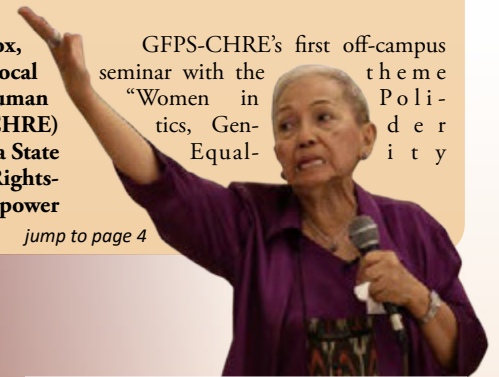
GAD summit empowers women in politics

By Bhee Jay C. Layug

MOVING OUTSIDE the box, Gender and Development Focal Point System-Center for Human Rights Education (GFPS-CHRE) launched 1st Bataan Peninsula State University GFPS-CHRE Rights-Based GAD Summit to empower women in politics, Oct. 17.

jump to page 4

GFPS-CHRE's first off-campus seminar with the theme "Women in Politics, Gender Equality"



GENDER EQUALITY. Dr. Remedios I. Rikken, chairperson of the Philippine Commission on Women, discusses the roles of women in politics. Photo by Camay Y. Villeroz

TG in depth

INFORMATION AT ITS DEPTH

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BPSU targets 'Research-based University'

RDO, OES cap agriculture as strong point to boost performance

By Carlo Jake O. Carballo and Kalvin Gerald S. Orgasan

IN 2011, University President Dr. Delfin O. Magpantay stated that to withstand the inevitable budget cut on SUCs, faculty and students must dwell more on the outcomes-based education to further boost the university's performance. Now, the university invests in more researches to clear its path in becoming a research-based university.

One of the successful researches is the 6-million peso externally funded Mango Technology research in Abucay campus which is in progress according to Forester Romualdo B. de Guzman, Jr., chairperson

for Auxiliary and Entrepreneurial Services of Abucay Campus. Director of Research and Development Office Ria-Ann Dizon bared a 2-million agricultural research funded by the university. Clearly, the uni-

versity continues to invest in researches that are able to boost the university's performance rating.

"Agricultural talaga. Ayon talaga ang tuloy-tuloy. Actually wala naman tayon pinopondahan na internal sa agri, lahat external. So ganun ka-supportive ang sector ng agriculture," Dizon explaining agriculture as one of the leading researches of the university.

jump to page 7



CULTIVATING THE VISION. A farmer tills his land to reap sumptuous and fruitful harvest depicting how the university envisions to be a research-based institution through agricultural research. Photo by Kenneth Jairo C. Rosales

Students address letter of complaints to prexy's den

By Kalvin Gerald S. Orgasan

LARGE NUMBERS of letter of student complaints were directly sent to the Office of the University President suing different problems from their courses and other related matter.

According to Officer-in-Charge of the Office of the Vice President for Academic Affairs Dr. Emmanuel C. Macaraeg,

jump to page 5

After six years of combat against climate change CSI: Earth is now ready to face the 'Inconvenient Truth'

By Jordan Teodoro D. Pascual



GREEN VISION. Gearing up to stand against climate change, Peninsulares partake on the seminar organized by CSI:Earth with its annual theme "Ready to Face the Inconvenient Truth". **Photo by Harold James S. Aveo.**

NEWS DEVCOM

THE ENVIRONMENT has developed way worse than what humans have expected and this time CSI: Earth advocated students and faculty to start facing this 'inconvenient truth.'

Considered as the biggest event as of its existence, change is the word to describe this year's CSI:Earth environmental awareness and development seminar themed "Ready to Face the Inconvenient Truth" held at Medina Lacson de Leon ground on October 14.

All-in-One

"Yung bago is 'yung seminar plus nagkaroon ng split o sabay na event. Tree planting saka amazing race," Harold James S. Aveo, president of CSI:Earth said.

Unlike previous years, the organization has consolidated the seminar proper, adopt-a-forest project, and amazing race all in one day.

Students from different colleges and organizations walked from Plaza Mayor de Balanga to the campus as participants in an ecowalk dubbed as "Know our Nature by Feet."

During the seminar, the Department of Environment and Natural Resources and Bureau of Fisheries and Aquatic Resources – Commission on Higher Education have related the issues of environment to the issues of government. Engr. Godofredo O. de Guzman, officer of Provincial Environment and Natural Resources Office and Ms. Nelia G. Castor of Community Environment and Natural Resources Office talked about the strategies to mitigate the impacts of climate

change. Dir. Rudy C. Flores discussed about strategies for sustainable fisheries development.

However, Mr. Mark Anthony C. Colentava, founder of MakerSpace and Engr. Dan William C. Martinez, founding member and former president of CSI:Earth have connected queries about environment to solutions of modern technology. Furthermore, Colentava shared about employment opportunities in resort industry while Martinez disclosed about this year's theme – that we are indeed ready to face our environmental dilemmas.

Meanwhile, Brgy. Tanato was chosen as the site of the adopt-a-forest which was also participated in by the students.

Also, one of the portion that exhibited astounding development was the amazing race.

"Binigyan ko lang ng touch ng team building 'yung amazing race, pero in CSI way. In- involve ko 'yung six years na existence niya, so naglagay ako ng six stations tapos in-incorporate ko 'yung mga theme, 'yung mga logos. Saka in- inpart ko rin d'on 'yung kung paano niya gustong ipakita sa students na nag-eexist 'yung CSI.

"Binigyan din natin sila ng konting info tungkol 'dun sa mga bumuo[founders], sila Kuya Gil," the organizer of the race, Jonlie Dacion, member of CSI:Earth and president of the Philippine Society of Mechanical Engineers – Student Chapter of BPSU explained.

The theme of the event was inspired by a documentary film by former vice president of the United States, Albert Arnold "Al" Gore, An Inconvenient truth – pertaining to the nature's escalating dilemmas.

Behind the Big Event

The preparation of the program became crucial as it was scheduled a week after the finals examination.

"Yung preparation naging sobrang mahirap kasi sinabay sa finals exam. Lahat ng members at officers naglaho, halos tatlo o apat lang kaming gumagalaw 'dun," Aveo lamented.

However, with the same mission to preserve the green environment, Joseph Pencil, chairperson of the campus' National Service Training Program (NSTP) volunteered for the NSTP to be a part of the big event. Balangay Bayani also offered a hand. The consecutive occurrence was of great help to the CSI:Earth according to Aveo.

Despite imperfections, the event still received positive feedbacks.

"Yung awareness para sa environment na ginagawa ng gobyerno nand'un. Nalaman ko na may gan'un pala," Aldrin Zeth Cuaresma, third year mechanical engineering student stated.

"Nalinawan kami sa tunay na kalagayan ng kalikasan natin. Kung paano natin siya mapeprevent saka kung ano ba 'yung dahilan niya," a Balangay Bayani member also stated.

Future Plans

According to CSI: Earth Adviser Jonna Abistado-Biong, this change will not only be manifested in the one day-event for it will signal the start of a stronger goal.

"Meron tayong parating na program, 'yung sa coastal resource management. So, aside from forest, bababa na rin tayo

jump to page 11

BPSU researchers receive global recognition

By Jamesnick M. Seramines

IN LINE with its vision to be a university of excellence, Bataan Peninsula State University (BPSU) educators received prestigious awards in the 1st International Conference on Multi-Disciplinary Research 2014 and in 2nd Global Conference in Education, Business, Engineering and Sciences 2014 as Outstanding World Researchers of the Year in Renaissance Hong Kong Harbour View Hotel, Hong Kong on October 17-18.

Dr. John Ryan Dizon and Dr. Hermogenes M. Pagua, instructor from College of Engineering and Architecture and Office of Extension Services director respectively, were the

recipients of the said award given by the International Association of Multi-Disciplinary Research (IAMURE).

IAMURE is an international organization of research institutions and researches in over 50 countries. It provides a world platform for researchers and give recognition to outstanding achievements and seeks to develop multi-disciplinary research encompassing all fields of expertise and endeavors for improvement of education and workforce.

Dizon and Pagua both secured the Outstanding World Researcher Award as they garnered 5 h-index and 1 h-

index respectively. The measurement of their h-index- a measurement of how often a researcher is cited in other studies in a year- credited them as awardees.

In an interview, Dr. Dizon defined basic research as like playing lego bricks, whatever you build, others will try to continue or improve it. He also stated the importance of conducting a research study because it plays a vital role of innovating and improving life's quality of people.

He also shared his secret in doing things as stated in his research essay.

"I enjoy teaching, doing research, doing everything with passion and enthusiasm," he shared.

Possible Investments

Meanwhile, Research and Development Office Director Ria-Anne Dizon said that these recognitions are very good investments.

"Well, ang impact niya sa labas ay ang tiwala din ng funding agencies sa atin. Para bigyan tayo ng project," she uttered.

She also said that the students from the university would also benefit from the acknowledgement.

"As for the students ng BPSU, once na may mga proyekto 'yung mga teacher niyo, darating ang panahon na kayo

na ang gagawa niyan [research study], sila na ang mentor, tuturuan kayo," she expressed.

One of RDO's programs is the visibility to provide more external linkages throughout the world. With this, the office aims to promote the school and be called as research university.

On the other hand, aside from the recognition and support given by the school to the school researchers, R. Dizon plead to supplement the incentives and considerations given by the university.

"Alam niyo naman 'yung situation ng mga teachers natin, ang daming klaseng hinahawakan so kapag dinagdag pa nila 'yun [additional loads] minsan, hindi nila kinakaya," she concluded.

Dizon and Pagua also both obtained 'Best Oral Presentation' award while Dizon bagged another recognition as 'World Citation Award'.

Moreover, IAMURE also recognized two BPSU researchers namely Neil D. David and Dr. Sylvia B. Pangilinan. David received 'Outstanding Research Leader of the Philippines', 'IAMURE World Publication Award' and 'Best Dressed Award'. 'Best Powerpoint Presentation' and 'Best Dressed Award' was given to Pangilinan.



RENOWNED RESEARCHERS. The goal of being research-based university is successfully attain when Dr. John Ryan C. Dizon, instructor from College of Engineering and Architecture, and Dr. Hermogenes M. Pagua, director of Extension Services, recognize as the World's Outstanding Researcher in the year 2014. **Contributed Photo**

UAPSA-BPSU bags 2 major awards in N. Luzon

By Cathrine Ivy E. Jordan

HARDSHIPS WERE paid off as the United Architects of the Philippines Students Auxiliary (UAPSA)- BPSU Student Chapter officers snatched two major awards on the annual UAPSA Area-A Assembly at Puerto Del Sol Beach Resort and Hotel Club, Bolinao, Pangasinan, Oct. 27-29.

The student organization grabbed Best Chapter President and Overall Mid-year Best Chapter in Area A spearheaded by their officers Maricar M. Sarmiento, UAPSA-BPSU chapter president and Roi Constantine Pontillas, vice president for planning and development as the university's representatives.

"Siguro 'yung duties ng officers, na-present ng mabuti. 'Yung activities hindi lang sa school umikot. Meron din kaming community service. Pinakahinahanap nila eh 'yung criteria. Na-perfect naming 'yun," Sarmiento stated.

She fostered that this event with a theme 'AKBAYAN: Connverge

Equip Transcend', was organized by various chapter officers and National Board of Directors (NBD) and participated is by 12 different universities in northern Luzon for the 25th anniversary celebration of the duly recognized student organization of the united architects of the Philippines.

Sarmiento stated that previously she had a hard time finishing her reports as she also had to comply with the organizing committee.



ARTISTRY AND SUCCESS. An Architecture student voluntarily inks a girl's arm during the university intramurals proving their worth to be at the top of success. **Photo by Karla Mae P. Cantillano**

"Di ko pa tapos 'yung report. Kasi pati 'yung financial ipe-present. Pagdating do'n hindi pa rin naming tapos. So magre-report na ko nag-eeedit pa rin ako. Kaya wala kaming tulog no'n," Sarmiento added.

On the latter part of the competition, Sarmiento admitted that she was very nervous because BPSU will vie against 'Don Mariano Marcus Memorial State University (DMMMSU)' and 'University of the Philippines

(UP)' the best chapter president spot.

"Sabi ko, baka 'di ko mai-panalo kasi DMMMSU nandyan. 'Di ko pa alam na kasama 'yung UP no'n. DMMSU lang 'yung kinatatakutan ko," said Sarmiento.

Moreover, she also expounded that it is not easy to be an officer as she needs to sacrifice things including family time and academics. Thus, Sarmiento hopes that the next batch offices would continue serving the organization.

"Sana magtuloy-tuloy pa rin 'yung support nila ditto sa organization namin. 'Yung mga next officers sana 'wag nilang isipin na 'ay wala na akong makukuha diyan', kasi serving talaga 'yung priority mo," Sarmiento stated.

UAPSA-BPSU continues to prove that success is correlated with action.

"So 'yung UAPSA talagang the best! Kahit punung-puno ka ng hirap. Kapag nakita mo 'yung resulta, masasabi mong worth it naman 'yung kinakalabasan ng pagod," she added.

BPSU-DOS gives back ‘love’ thru free tutorial

By Sajid T. Crisostomo

EXTENDING THEIR way of sharing back what they have learned, BPSU Department of Science and Technology- Science Education Institute Organization of Scholars (BPSU-DOS) launched its second Tutorial and Advanced Study Program on Oct. 27 to 31 at the ESF Building.

The program aimed to equip the students with enough knowledge and wisdom for the second semester. It was free of charge since BPSU-DOS wanted to share back from what they are receiving from the government.

“Ang ginawa naming parang it’s a way of giving back na kung ano ang meron kami, gusto naming makatulong sa mga kapwa namin estudyante,” expressed BPSU-DOS President Lorenzo T. Diuco II.

The tutorial starting from 8- 12 AM for the morning session and 1-5 PM for the afternoon only accommodated the first 25 registrants in each subjects.

Marjorie Mendoza, a BS Electronics and Communications Engineering student and also a scholar witnessed the success of the program as she completed the five-day tutorial which included general engineering, physical science and computer subjects.

“Sa kanila, na-discuss nila sa pinakamadaling paraan ‘yung lesson kahit estudyante lang din sila,” she expounded.

Contrary to their previous one-on-one study program, the scholars decided to do a classroom set-up tutorial for a more effective learning as Diuco said that more students will be involved with the executed set-up.

“Scholar kami ng bayan para sa bayan. ‘Di lang kami nakikinabang sa kung ano natatanggap naming kundi nashe-share rin naming ang knowledge naming para sa mga estudyante,” Diuco added.

Diuco and the scholars are now working out in enhancing and building up plans and strategies for their future advanced study programs.



“The best way to learn is to teach,” Maricris Macam, treasurer of BPSU-DOS. **Photo by Lorenzo T. Diuco II**

CMMA cites TG as finalist for Best School Organ

from page 1



CMMA NOMINEES. The Guilds staff and adviser had a chance to pose with Mr. Atom Araullo, news reporter of ABS-CBN News and Current Affairs, after hitting another milestone in media industry. **Photo by Lorenzo T. Diuco II**

INDEED, THE Guilds, the official student publication of Bataan Peninsula State University – Main Campus earned another recognition as its three entries advanced to the finals of the 36th Catholic Mass Media Awards (CMMA) at GSIS Theater, Pasay City on October 29.

The publication, grabbed three nominations in different student categories out of five entries they submitted to CMMA. The Guilds’ Pusod Literary Folio, Pusod the Documentary Film and Advocacies Magazine were nominated for Best Student Literary Publication, Best Student TV Production and Best Student Publication respectively.

CMMA is one of the prestigious award-giving body in the country that has a vision and mission to reward, as well as to pay

tribute to media products that enhance the total human development of the Filipino audience through the competent and professional use of mass media techniques.

Camay Y. Villeroz, internal associate editor of the said publication, shared that she was surprised when they received an invitation from CMMA notifying their qualification as final nominees to three categories.

“No’ng una akala naming ‘di kami pasok kasi tapos na ang Agusut, wala pa ring message from CMMA. Kaya parang hindi na kami umasa,” Villeroz stated

Meanwhile, Editor-in-Chief Jan Martin Calupitan stated that the publication is always trying its best to excel not just for the name of publication but for the university as well.

GAD summit empowers women in politics

from page 1

Champions” encouraged politicians to become channel in giving awareness about gender equality among people in their community.

Dr. Remedios I. Rikken, chairperson, Philippine Commission on Women (PCW), empowered lady politicians through series of lectures covering history of women’s movement, transformative leadership framework, power and politics.

“Ang goal natin dito, katu-lad ng Philippine Commission on Women, ginagawang parang vehicle ang BPSU para mai-cascade ang gender and development awareness among the people in the community,” Dir. Magdalena A. Abella, university GAD Focal

Person, shared.

“Karamihan sa mga kababaihang counselors, usually sila ang ina-assign sa gender na ‘yan. Edi ngayon makakapag-formulate sila ng mga gad planning budget tulad ng sinasabi ni chair na kami, as a BPSU, we can help them in awareness,” she added.

In accordance to the organization’s long term goal, GAD conducted set of trainings and seminars including the gender and sensitivity training to continuously spread gender awareness inside the university with the non-teaching personnel.

GFPS-CHRE started their long run to gender equality with the set of volunteer faculty mem-

“Maganda ‘to kasi hindi lang ‘yung Guilds ang narerecognize pati ‘yung school natin unti-unti na ring nakikilala sa larangan ng journalism,” he uttered.

The publication’s entries was unfortunate to grab the best titles during the awarding ceremony but The Guilds remains confident and hopeful to retry next year targeting to bring home the bacon.

“Siguro iba lang ang qualifications nila kaya hindi kami nanalo pero ita-try pa rin naming sa susunod kasi baka hindi pa talaga para sa atin ‘yon ngayon,” Villeroz concluded.

Aside from CMMA, the publication also participate in various award-giving bodies such as the EdukCircles International Center for Communication Studies and the Philippine Student Quill Awards.

bers compared to last year’s members who were appointed by the president but unfortunately did not work out well.

Last year, according to Abella, the Commission on Audit’s findings helped to formally establish GAD because as stated in the law, five percent of the total fund of the university will be used for the implementation of projects for gender and development.

But before the conduct of projects, the funding of the organization will be strictly based on the GAD’s planning budget submitted to PCW and Commission on Higher Education. This year’s fund for the organization is more than P10 million as shared by Abella.

Balangay Bayani seeds ‘nation builders’

By Jude Nicole J. Mendoza

“HEROES ARE not born, they are made.”

Reviving the spirit of bayanihan and servanthood in the land of heroes, Balangay Bayani, a localized name of Pilipinas Natin Bataan Chapter, molded 76 new ‘nation builders’ from various schools as it conducted its 6th Balangayan Camp at Bataan Heroes Memorial College on Oct. 25-26.

According to Efen dela Dingco, coordinator of Balangay Bayani, the concluded event was the first camp organized under its new name with the collaborated efforts of youth leaders and volunteers from different schools in Bataan including Bataan Peninsula State University. Youth leaders and volunteers were trained by Pilipinas Natin members outside the province.

Balangay Bayani is an organization of youth volunteers and leaders who ignite the spirit of nationalism and virtue of willingness among countrymen with the aim of building the modern home of heroes in the province. It is under the supervision of the national volunteer arm of the Office of the President – the Pilipinas

Natin.

“Hindi namin masyado vini-view kung ano ang magiging ambag namin sa bawat Peninsulares. Ang nasa isip namin, ano ang maiambag namin, kasama ang bawat Peninsulares sa Pilipinas. Pero para magawa natin ‘yun kelangan ma-inject sa bawat isa sa atin yung mga characters ng isang tunay na Pilipino,” Meynard Reyes, one of the core members of Balangay Bayani stated.

Aside from last year’s participants of Balangayan Camp IV, selected student leaders from Limay National High School and City of Balanga National High School also participated in the recently concluded camp.

“Pinaka-exciting siguro ‘tong huling camp. Kasi may klaro nang kapupuntahan ang mga um-attend do’n. Na-established na ‘yung mga orgs kada school at may mga nakalatag ng activities ang samahan natin,” dela Dingco said.

Meanwhile, Eiderf Dela Rosa, a volunteer, shared that everyone is an agent of change and should therefore be the ones to initiate actions.

Students address letter of complaints...

from page 1

strict rules of requirements on minor courses implemented particularly by General Education Curriculum instructors were mostly the subject of complaints. The letters issued on October sent by students of the campus still continued to flow until November in other offices as well.

Predominantly from the College of Engineering and Architecture, students claimed that addressing the complaints in their respective colleges failed to be properly accommodated resulting to send off the letters directly in the office of the president.

“There are still certain limitations kasi kung papano ia-address ang concern. And pag ang concern hindi mo talaga masagot dapat maging honest to say na ‘dito ka sa office na ito dapat pumunta.’ ‘Di naman sya actually lahat complaint. It’s actually more on how a certain subject is treated. Halimbawa, ‘yung English 101 ‘yung eh. Papano ba talaga ‘yung English 101,’ sir Macaraeg stated.

A freshman complainant said that their class’ main concern was to address the delay of their enrolment due to an un-encoded grade in their English course.

“Masyadong maraming requirements kaya ‘di na-encode? Tapos sinabihan n’ya [instructor] ‘yung isa

n’yang student nung tumawag na tao lang daw siya ‘wag siyang apurarin,” the student exclaimed.

In an interview with Officer-in-Charge of the Office of the Vice President for Student Affairs Dr. Edmundo C. Tuñgol, the sudden complaints and number of letters in the university were surprisingly a lot compared to past years.

“Kasi noong dean pa ako, konti lang at medaling nareresolve ‘yung complaints. Ang mga students ngayon is very bold in a sense that talagang sila ang lakas ng loob. Ang daming complaints actually. Engineering is not exempted to that,” Tungol said.

With this, the Office of student affairs initiated immediate resolutions to students’ problems and concerns. Tungol also explained that the letters of complaints as well as the students who filed the complaints are well secured and protected by OSA.

“Hina-hide namin ang bata kasi first and foremost tinutumbok namin muna ang sulosyon para sa instructors. So we don’t want the students to be harassed, be exposed to a bigger battle or whatsoever. Yun talaga ang focus ko ngayon na student service talag kami. Hopefully, maramdaman naman sana nila [yung help],” Tungol stated.

“Dapat buong puso ang pagtulong sa bayan kahit walang kapalit. Serbisyo muna bago benepisyo,” Dela Rosa said.

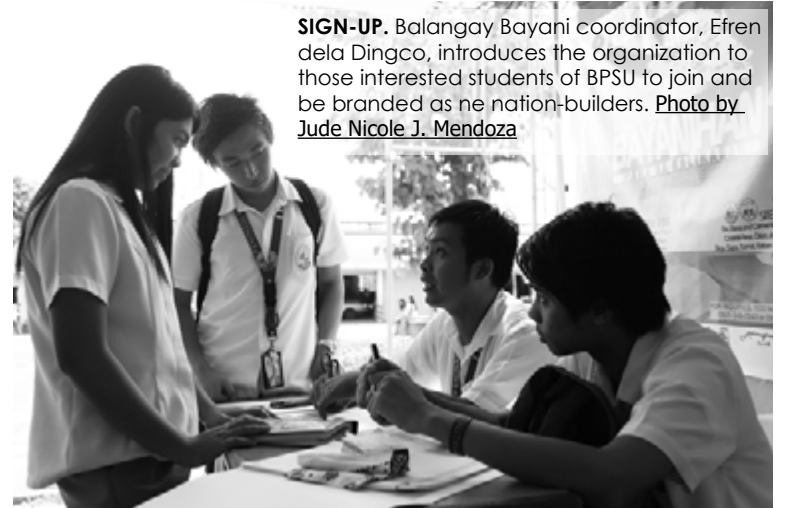
“Ang vini-visualize ko ay ma-train talaga muna sila sa school. Tapos kapag gumraduate sila. Paunti-unti lumalabas sila sa school, sa community,” dela Dingco expounded.

Furthermore, the organization is planning to conduct more camps and

activities that will tap not only the eagerness to help but also the values of every youth in the province to become the modern heroes of our nation.

“Kahit among kabutihan ang gawin natin sa bayan, iyon ay nation building. Basta gumawa ka ng mabuti para sa bayan mo, sa kapwa Pilipino mo, iyon ang nation building,” he concluded.

SIGN-UP. Balangay Bayani coordinator, Efen dela Dingco, introduces the organization to those interested students of BPSU to join and be branded as ne nation-builders. **Photo by Jude Nicole J. Mendoza**



School leaders convene

By John Louie L. Pascual

EXCITING GAMES for team building and unity through effective socialization were the substances of the 1st Leaders’ Congress held at the university’s administration building - ground floor on November 21.

Student leaders from different colleges and campuses joined the event to effectively strengthen their bond and teamwork. The event also acted as a pay-off for all the achievements and hard work the student councils have done last semester.

“Ngayon pinagsama-sama natin sila para mas lalong magkilakilala pa sila.” University President Dr. Delfin O. Magpantay stated.

Participants engaged in a series of games prepared by the Campus Student Council (CSC) of BPSU Balanga Campus.

According to Kelvin Mallari, University Student Council (USC) president, Magpantay planned the activity two weeks after the “Kapihan ni Isko” which was an assembly of university-wide student leaders on September 9 where they presented their accomplished reports and future plans regarding students’ activities and programs.

Director for Student Affairs Perla B. Estrrella alongside the university president served as guest speakers for the program, motivating the young students to become good and efficient

leaders.

In an interview with Kris Anne Razon from CSC dinalupihan Campus, she stated that the event was successful in establishing solidarity and camaraderie among the young leaders of different campuses.

“Parang naging united din, socialization din para sa ibang campus. Nakilala namin sila, nakabonding before matapos yung term namin.” Razon said.

She added that the event largely motivated the student leaders in different aspects.

“Na-motivate akong gawin ito sa campus namin na mag-form ako ng leader’s congress sa campus na lahat ng COSC namin i-invite namin, magcoconduct kami ng ganito. Sa mga kasama ko naman ‘yung mga current kasama kong CSC na may balak pa is ‘yung parang ma-motivate pa silang gawin ‘yung tama at ma-enjoy nila ‘di lang ‘yung mga ginagawa nilang trabaho sa CSC kundi pati na rin ‘yung mga ganitong mga merong enjoyment sa loob ng CSC,” she ended.

'Worst enrolment ever' CSC, admin twit to online bashes

By Mark Angelo T. Pumares

NEWS ANALYSIS

"BULOK ANG sistema ng enrolment ngayon."

This is just one of the provoking online posts that disparaged the numbering system implemented during the recent second semester enrolment in the main campus.

The said system was suggested by the Campus Student Council (CSC) purposely to help the students lessen their burden of standing in a long-stretching file. Their original plot was to mark a number on the students' documents and with that, students interfering the line could at least be

avoided.

Unfortunately, according to a number of criticisms, the anticipated plan was a failure.

STUDENTS' VOICE

It is ironic how the social networking site Facebook, which was programmed to connect networks of friends suddenly became a serious arena of online feud among netizens.

With almost 5, 000 members, predominantly students from the main campus, "Taga-trade Ka Kung..." is currently the only known Facebook group where most Peninsulares voice out almost everything and issues with enrolment did not escape from being heard on the site.

Expressing disappointment in the setup he has witnessed, Aldwin Aron Mendoza said, "Iba talaga 'pag may kilala ka na CSC noh? Napapabilis ka. May nakita akong CSC na nagpasingit ng dalawa. Hindi na nahiya. Tagal naming nakapila tapos siya nagpapasingit lang."

More posts regarding the "palakasan system" involving CSC officers and volunteers surfaced during the enrolment.

Izabeth Colinares, ECE student, publicized a post that gained almost 500 likes stating, "Ang alam ng lahat, ang pumipila dapat ay 'yung estudyante kasama 'yung kanya-kanyang clearance para magpa-number sa SG (Sari-Gamit Court). 'Yun pala, pwedeng clearance na lang ang pumila. Kunwari pa kayo sa numero niyo para walang makasingit. Eh isang buong section nga ang nakauna kanina,"

In an interview, she revealed that an identified mechanical engineering student who is a friend of a CSC officer collected all the clearance forms of his classmates intentionally to reserve a class section.

Ecka Dela Cruz, also a peninsulares, posted that CSC should just be grateful to students for putting them into their positions.

"At least kayo (CSC officers and volunteers), 'pag tapos n'yo pahinga kayo, masarap pagkain n'yo at libre pa. Galing sa estudyante 'di ba 'yan? So wag kayo magagalit. Kung 'di dahil

samin, 'di kayo makakakain nang masarap sa tanghalian at miryenda nang libre," Dela cruz exclaimed.

STUDENT LEADERS' CLAIMS

"Ang hirap naman kasi, tumutulog ka na nga lang, makakarinig ka pa ng masasakit na salita," CSC Senator Nikkaella Hipolito said.

She told that she herself received rude words not only from students but also from some parents.

Days after discouraging complaints bombarded their office, CSC Adviser Antonio Zapanta ordered his council to finally give up the enrolment assistance and pull out the numbering system.

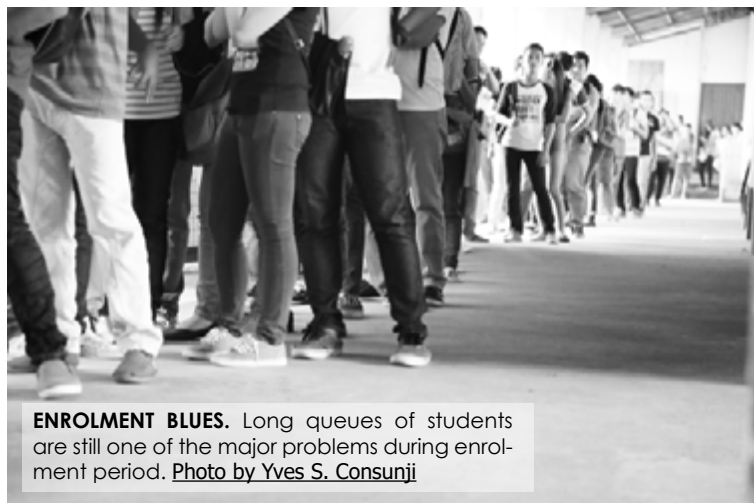
"Naawa na kasi ako sa CSC. Naiiyak na sila. Ang masakit lang kasi, voluntarily silang tumutulong sa enrolment. Hindi naman sila required sa ganyang trabaho. Pero dahil nga sa kagustuhang makatulong, nag-assist sila. Tapos mismong sa pila mumurahin ka pa," he stated.

Regarding the 'barkada system' issue, Zapanta responded that it was remediated immediately.

"Aminado naman kami du'n. Pero pinagsabihan ko na 'yung volunteer at officer ko. The next day, okay na," he explained.

More so, Michelle Ann Gravador, acting president of the CSC, explained how the council has foreseen the numbering system.

jump to page 10



ENROLMENT BLUES. Long queues of students are still one of the major problems during enrolment period. *Photo by Yves S. Consunji*

4th nat'l ME convention equips students toward globalization

By Camay Y. Villeroz

AFTER THEIR skyrocketing passing rate, Mechanical Engineering students of the university now eye international recognition as they attend the 4th Philippine Society of Mechanical Engineers (PSME) National Student Conference at the SMX Convention Center, Pasay City on Oct. 22-23.

With the theme "PSME-Mechanical Engineering Students' Prime Mover to Achieve Global Recognition," plenary speakers namely Engr. Ramos A. Picornell, PSME national president and Engr. Liberato S. Virata former president, cited the roles of mechanical engineers in the upcoming ASEAN and APEC integration.

Engr. Desiderio M. Pepito, an instructor, said in an interview that the vital part of the discussion was the implementation of ASEAN and APEC standards to engineering industries and all engineers must apply for a license to fit on the standards.

"Malaking bagay ito [national convention] kasi nagging isang malaking realization ito na after graduation kailangan hindi tayo magpahuli sa ibang bansa at dapat maging globally competitive tayo," said Ralph P. Del Mundo, participant.

Competitions like Machine Design and National Quiz show were held in the afternoon session while different company displayed their products for the exhibit during the second day.

On the other hand, PSME-Bataan chapter was awarded as the most outstanding chapter in Luzon with Engr.



GLOBALLY COMPETENT. To finely strengthen the competency and competitiveness of mechanical engineering instructors and students in the country, various professionals in industries and academe convene a gab to drive information in the upcoming ASEAN and APEC integration.

Gerald S. Robles as being the chapter president.

"Masaya kasi first time mangyari sa history ng Bataan chapter ito kasi kung titignan mo mga competitors doon

puro mga batikan sa field at s'yempre 'yung recognition na iyon ay collective efforts ng mga iba't ibang engineers dito sa Bataan," Engr. Robles ended.

Due to persistent effort

COB wins Literacy Award anew

By Dulce D. Carbadora

ON 2016, Balanga City will be back to be a hall of famer.

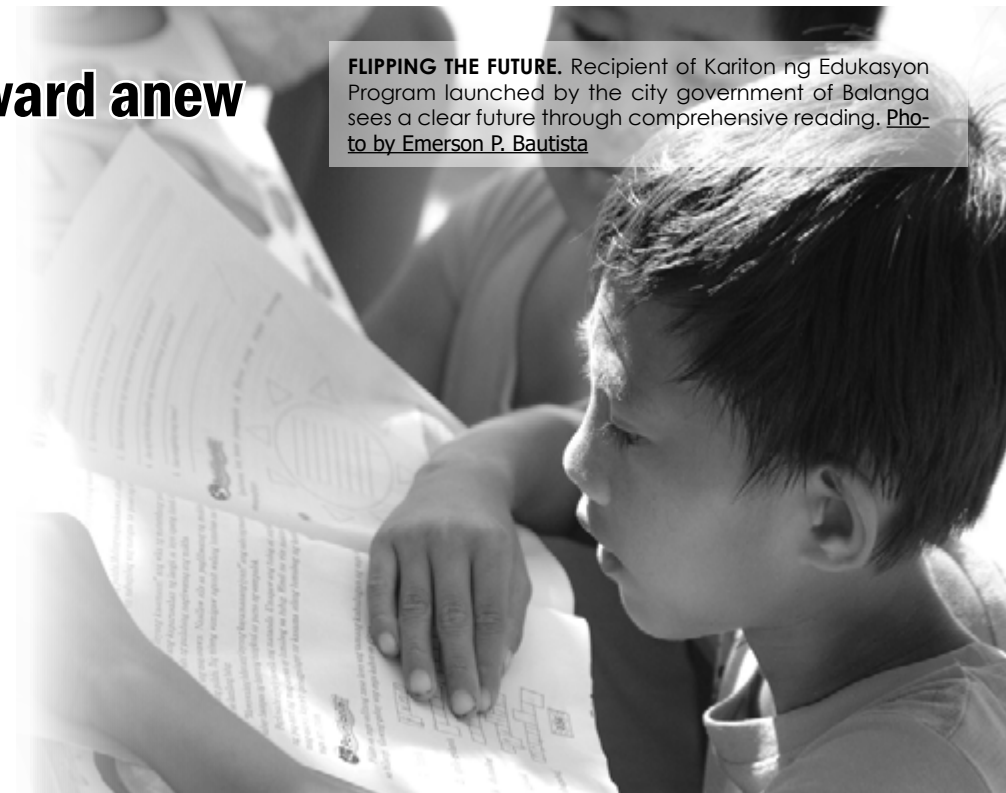
Recognized for exemplary literacy-related programs, the city accepted its 2nd championship title in the 2014 National Literacy Awards at Teacher's Camp, Baguio City in September this year with the theme "Literacy for Resilient Cities".

With the literacy rate of 98.82 %, the 93,199 population of the city considered educated bested four other finalists nationwide under Component Cities Category.

Furthermore City Administrator Rudy de Mesa referred the University Town Project to be the one and solid program that helped boost the literacy rate of the city. The program allots more funds and land space in the city for academic use

"This award means so much to our city because our vision is to be a city that is known for excellent education and strong learning atmosphere by fostering the culture of learning," City Mayor Jose Enrique S. Garcia III said in his acceptance speech.

Garcia received the award together with city barangay officials and department heads. Also, he recognized their dedication in implementing programs that will help boost literacy like Learning Barangay Week where senior citizens, women's groups, out-of-school youths, fishermen and farmers continuously undergo various skills and livelihood trainings and assessment



FLIPPING THE FUTURE. Recipient of Kariton ng Edukasyon Program launched by the city government of Balanga sees a clear future through comprehensive reading. *Photo by Emerson P. Bautista*

programs.

Plus, Garcia emphasized that these programs are the main priorities of the city because these are in line with its vision to be a university town.

"In fact, ang pinakaconcept ditto is life-long learning kasi kahit na graduate ka na madami pa rin pagkakataon na kailangan pa rin talagang matuto.

Dito pinapakita ng city ang iba't-ibang initiative sa lahat, wether students or senior citizens, parents, fishermen or farmer. Lahat mayroon tayong nakaprogram para makatulong sa kanila sa pamamagitan ng additional learning," Garcia added.

The component city category concluded with Tuguegarao City, Cagayan in third place and Tabaco City, Albay second.

BPSU targets 'Research-based University'

from page 1

"Everything can be solved through researches"

It can be recalled that in 2011, Bataan Peninsula State University bagged its first international awards as two researches from the university were lauded in the International Seminar on National Resources Climate Change and Food Security in Indonesia.

With this, the role of researches in building the university's foundations saw its way for improvement.

Dizon shared that university is very supportive towards the growth of both student and faculty researches in the university.

"Okay naman 'yung research natin sa school. May naka-allot naman siyang budget. Nag-aallot ng budget para sa research ang school. Sa lahat ng operation ng research sinusupportahan ng university," she stated.

Recently, the International Association of Multi-Disciplinary Research, an organization of research in-

stitutions and researches that provides a world platform for researchers bestowed series of awards to four BPSU researchers including two representatives from the main campus. Other campuses also offers more established research studies.

"Marami tayong linkages na related sa agriculture research. Tulad ng dun sa College of Engineering, lahat ng mga electronics nila, electronics, civil, halos nagshishift na sa agriculture based yung mga research nila e," Engr. Ricson L. Ines, chairperson of Extension Services of Abucay Campus confirmed.

In an interview with the Guilds, Officer-in-Charge of the Office of the Vice President for Academic Affairs Dr. Emmanuel C. Macaraeg said that due to the strategic plan 2015-2019, the university is no longer aiming for instructions as a performance based university.

"Kasi four levels yun eh at least yung 2nd level, research university mabuo natin kaya napapansin nyo

may mga in-house review tayo para sa mga students for them to get more knowledge about research based (university) and to be able to apply the knowledge through research studies," Macaraeg said.

Linkages between RDO and OES

There is power in research, even more, progress in research-extension linkage.

Macaraeg believes that improving the connection between the Research and Development Office (RDO) and Office of Extension Services (OES) will also increment the university's advancement toward becoming a research-based university.

Macaraeg said that extension projects should be born out of the researches from the RDO.

"Gagawin ng research, ibaba ng extension 'yung product sa community," he stated.

Previously, correlation between both offices have been vague but the

dawn of becoming a research-based university cleared their connection.

"Parang ang activities nila ay medyo naiiba kesa doon sa research pero ngayon ina-align na natin sya, na after talaga ng research ayun lang yung id-disseminate," Dizon stated regarding about the said matter.

RDO and OES right now concentrate on livelihood projects that could share knowledge in both offices. Dizon also confirmed that the university is still on the process of becoming a research based university.

"Pero kung tatanungin mo ko kung malapit na tayo sa pagiging isang research based, malapit na tayo sa gitna pero marami pa kasi dapat tayong gawin sa research unit natin," she added.

Moreover, even though the vision of becoming a research based university was implemented in 2011, RDO has been conducting studies since 2007. Presently, 99 research studies are recorded by their office.

Making another history
BPSU grabs 7th spot as top-performing school

By Roy F. Boringot

IT’S HARD to be on top but it’s harder to stay on top.

Apparently, Bachelor of Science in Mechanical Engineering (ME) graduates knew what it takes to stay on top with the result of the recently concluded ME board exam showing the university still being part of the top performing schools in the country.

Grabbing 7th spot this year, ME department continued to wave BPSU’s crest across the country with its 91 newly registered mechanical engineers (RME) garnering 88.35% university passing rate, higher than last year’s 81.67 % and this year’s national passing rate 77.06% as released by the Professional Regulatory Commission (PRC). Batangas State University on the other hand clinched again the highest rank with almost perfect percentage.

“Na-maintain natin ‘yung pagiging isa sa top performing schools. ‘Yung sa 7th placer, so nakita natin ‘yung consistency kahit papaano, ‘yung

pagpupursigi ng mga bata, ‘yung instructors. Lahat naman tayo part n’u n e,” Engr. Alfredo Valentos, ME department instructor, expressed in the result of the exam results.

The success of the graduates in the exam fostered positive feedbacks especially with the number of ME students for this semester.

“Kitang kita sa enrollment. Hindi man namin ginusto, ‘yung ibang course gustong magshift. Nabalitaan ng ibang school gustong magsilipat dito,”he said.

Sustaining the fuel as a top-performing school, Valentos pointed out different strategies in maintaining the spot.

“Unang una pagpasok palang ng ating mga estudyante rito, number one na ‘yung ating mga strict policy pagdating doon sa ating entrance exam. Pangalawa ‘yung retention policy, ‘yung pangatlo ‘yung mga instructors, ibig sabihin magmula sa pinaka minor natin

then ‘yung curriculum. Hindi mo rin dapat pinababayaan yung skills ng mga bata pagdating sa industry. Pinakahuli doon is guidance,” he said.

More so, preparations for the exam also boosted the graduates knowledge to further achieve the spot.

“Simple lang naman preparations. Siyempre tamang review at tamang pahinga lang. Focus lang din sa review tsaka sipag at tiyaga. Mahalaga ring marami kang natutunan sa studies sa college para kaunting adjustments na lang sa review,” he advised.

In addition, the faculty members helped them by tracing the top three performing review centers for them to choose upon.

Meanwhile, regarding Machine Element subject wherein most of the takers found hard due to unencountered terms, Engr Valentos who handles the subject in the college shared his strategy.

“Very effective ‘yung ginagawa ko

sa kanila ‘yung mga book. Pinapasaulo ko sa kanila ‘yung mga formula during the oral defense. Ngayon kaya sila nahirapan sa machine design na ‘yun, ngayon kasi ‘yung PRC nag introduce ng mga bagong terms at ‘yun ngayon ang dini-discover namin,” he narrated.

Regarding the need of improvements in teaching, Engr. Gerald Robles said that to ensure the learning of students, lessons or topics should be explained in the simplest and clearest manner with the efforts of instructors.

With high hopes of making another history, Valentos left a message and motivation to the next batch of takers.

“They have to prepare ‘yung knowledge nila dun sa ating course. Pangalawa ‘yung kanilang physical health. Tapos focus. Pero kailangan din ang financially, kailangang suportado pa rin ng mga magulang hangga’t maari,”he ended.



TOP PERFORMERS. Mechanical Engineers strike a pose after getting an 88.35%, the highest passing rate so far in the history of Mechanical Engineering in BPSU. Photo by Camay Y. Villeroz

Newly Registered Mechanical Engineers October 2014			
Engr. Joedenn Joseph Angeles	Engr. Jose Mari De Jesus	Engr. Michael Jordan Manalo	Engr. Roman Renz Saddi
Engr. Narjason Aranas	Engr. Jon Ryan De Leon	Engr. Jess keven Manoy	Engr. Jeffrey Sampang
Engr. Francis Bangco	Engr. Kenesis Ma. De Leon	Engr. Heidee Manalac	Engr. Lorena San Pedro
Engr. Rio Angelie Bangco	Engr. Cristian Dela Rosa	Engr. Cezar Marquez	Engr. John Marvin Santos
Engr. Ramonsito Bantay	Engr. Ted Marvin Diesta	Engr. Dan William Martinez	Engr. Jonell Jon Santos
Engr. Gian Carlo Barata	Engr. Aimy Dimayuga	Engr. Emmanuel Masamoc	Engr. James Carlson Sebastian
Engr. Jelliane Barroga	Engr. Ian Dinglasan	Engr. Nikko Francis Mateo	Engr. Renz Marion Servera
Engr. Nhelson Bobos	Engr. Gerome Dizon	Engr. Celso Mejia	Engr. Eldrin Eivan Simbol
Engr. Jude Noah Bondoc	Engr. Joseph Dizon	Engr. Niel Bryan Mentoy	Engr. Elizalde Simeon
Engr. Mar john Buan	Engr. Abet Ecijan	Engr. Joy Ann Mimay	Engr. Evangeline Sumil
Engr. Razar Buhay	Engr. Anjo Faundo	Engr. Eldwin John Miranda	Engr. Harby Tabinas
Engr. Ruel Cabahug	Engr. Ellenbeth Francisco	Engr. Aldrin Molino	Engr. Francis john Tanarte
Engr. Francis Acel Cabrera	Engr. Joel Francisco	Engr. Emil Morales	Engr. Rodolfo Jr. Tiangco
Engr. John Lerry Candelaria	Engr. Ralph Angelo Francisco	Engr. Miguel jr. Muli	Engr. John Emmerson Tordera
Engr. Miel Venn Carranza	Engr. Jorgen Galvez	Engr. Leonhel Nafuerza	Engr. Kenny Valencia
Engr. Alfred Rick Cleto	Engr. Elever Garcia	Engr. Kim Mervin Nisay	Engr. Elizalde Valerio
Engr. Dexter Contawe	Engr. John Ivan Gatdula	Engr. Joie Olarte	Engr. Ynno Micael Velasco
Engr. Mc Harvey Cuevas	Engr. Rinz Ian Gregorio	Engr. Joven Oliveria	Engr. Michael Vianzon
Engr. Laurence Dacuno	Engr. Jay-r Juanitas	Engr. Cedric Pangiliinan	Engr. Wilfredo Villafuerte
Engr. Michael Nino Dasco	Engr. Robert Joseph Limcumpao	Engr. Edwin II Panlaqui	Engr. Jovi Villegas
Engr. Mark Gil De Guia	Engr. Ronald kevin Lomibao	Engr. Kristine Ann Reclosado	
	Engr. Jb jhon Lucio	Engr. Lester Remorin	
	Engr. Ralph Magat	Engr. Avel John Reyes	
	Engr. Marvin Magtanong	Engr. Mark Anthony Robles	
	Engr. Dandy Mamerto	Engr. Mark Joseph Roque	
			National Passing Rate: 76.06 % BPSU Passing Rate: 88.35 %

Next target for Bataan economy: BPO
IT studies attend roadshow

By Kalvin Gerald S. Orgasan

HAVE WE been living under a rock?

With the onset of calling Balanga as a Tech City, Bataan geared up to increase technological advancement in the province thru the introduction of Bataan Information Communication Technology (ICT) to Information Technology (IT) students around the province during the Information Technology Business Process Management (IT BPM) Roadshow.

Development of the Business Processing Outsource (BPO) industry in the province is the key goal of the formation of the said group according to Bataan ICT Development Council Chairman Rogelio S. Zulueta.

“Isa sa tulong sa probinsya natin para lumago is yung magkaroon ng call center industry,” Zulueta said.

The road-show held on November 28 at the Crown Royale Hotel in Balanga City aimed on sharing students’ knowledge about BPOs such as a call center. More so, the seminar aimed to train students before graduation and even offering them to be part of the group after they graduate.

Zulueta meanwhile shared that one of the concerns of the established Bataan ICT is to instill awareness to students about the BPO industry.

“Kadalasan ang alam lang ng mga estudyante pag BPO call center lang, kaya dapat talaga awareness,” he said.

There were also discussions about non-BPO related industry such as animations. Nilo Roberto, governor from the College of Information and Technology in BPSU shared his thought about the benefits of the seminar.

“Mas nalalaman po naming (students) yung latest trend. And mas nakikita natin kung saan tayo magfo-focus pa more, kung saan tayo dapat mag e-excel,” Roberto said.

He also added that having information about IT industry could give the university more edge compared to other schools. As of the present, the government plans to first apply the development in balanga city for foreign companies to get easy access to their IT industry related facilities.



Mechanical Engineering students show their determination to learn different area of engineering aside from typical knowledge in gears and machines through the help of CICT Faculty. Photo by Camay Y. Villeroz

CICT teaches ME studees
to up competitiveness

By Carlo Jake O. Carballo

TO ADHERE with the success of previous Mechanical Engineering graduates in uplifting the university’s pride, Philippine Society of Mechanical Engineering members took part in a 5-day comprehensive AutoCAD training under College of Information and Communications Technology (CICT) instruction.

With the approval of CICT Dean Engr. Aida T. Solomon, the activity which was administered by Noel Tolentino, Aaron Paul Rivera and Charles de Lazo together with some Associate in Technical Graphics student facilitators.

PSME President Jon Lee Dacion shared that the crash course on Oct 20-24 aimed to provide 25 graduating students knowledge of the software to boost their competitiveness and therefore help in obtaining a new achievement for Bataan Peninsula State University.

He added that the class would be of great help as the software instruction is not part of the engineering curriculum in the university.

“Pag nagkakaroon kasi ng mga defense, gusto nila (panel) nakikita nila ‘yung 3D parts tsaka 2D parts ng mga machines at prototypes na ating ginagawa,” he related.

Furthermore, Dacion shared that most companies now require AutoCAD capability for engineering professions, hence, the impor-

ance of the tie-up.

“Magandang stepping stone ‘yung mga AutoCAD seminars para doon sa pagkakaroon ng certification sa trabaho,” Dacion added.

CICT College Coordinator Noel Tolentino who was also one of the course instructors also agreed sharing that AutoCAD knowledge is vital for one to become hired in the industry.

“Pag labas kasi nila (ME students) sa industry, halos nirequire knowledgeable ka sa AutoCAD kasi ‘yung mga drawings, for example technical drawings ng mga mechanical aspects usually panay computer-generated na, computer-aided drafting na kaya napakahalaga,” Tolentino said.

Tolentino explained that the CICT had been offering tutorials only for those who have requested it in their office. PSME saw this opportunity to create a tie-up with the college and sent a request for the conduct of the classes.

Meanwhile, Dacion expounded the importance of including an AutoCAD subject in the engineering curriculum of the university.

“Mas maganda talaga na magkaroon kasi ‘yung ibang students gagastos pa ng 5 to 6 thousand, iba pa yung pamasaha, para makapag-aral ng AutoCAD sa Pampanga or Subic,” he said.



The Next Wave City. Mr. Monchito Ibrahim, executive director of DOST-ICTO, Gov. Abet Garcia, and Mayor Joef Garcia exchange thoughts and ideals on software and communication industries that are about to build in Bataan . Photo by Camay Y. Villeroz

NEWLY REGISTERED ELECTRONICS ENGINEERS OCTOBER 2014	
Armeza, Cyrene Claire M.	National Passing Rate: 31.58 % BPSU Passing Rate: 17.65 %
Bordios, Arvin DC.	
Cabares Julie Grace M.	
Camingal, Elmer P.	
Dizon, Jasmin DL.	
Enriquez, Omar G.	
Fernando, Joanne Hazel S.	
Lagunilla, Danrose B.	
Landicho, Kenneth Brian B.	
Long, Joseph Joven E.	
Sagabaen, Ervin James P.	
Valenzuela, Peter Jason R.	
	National Passing Rate: 76.06 % BPSU Passing Rate: 88.35 %

To secure awareness on smoke-free community

Tobacco control taps BPSU officials

By Sireen D. Sadia

“WHEN TOBACCO control succeeds, tobacco industry fails.”

Due to strict implementation of No Smoking Policy among students, the Guidance Office in cooperation with Civil Service Commission (CSC) organized “I am Tobacco” held at Conference Room 1, Administration Building on October 28.

According to Dr. Edmundo C. Tuñgol, Officer-in-Charge for the Office of the Vice President for Student Affairs, the symposium about prohibiting teaching

and non-teaching personnel to smoke is the initial activity of the university to eradicate smoking within university premises.

Integration of the Joint Memorandum Circular (MC) No. 2010-01 issued in June 2010 by the Civil Service Commission (CSC) and Department of Health on the Code of Conduct of employees provides employees with specific guidelines for interactions with the tobacco industry.

“Kasiang Joint Memorandum Circular ang title niya is protection of the bureaucracy against tobacco industry interference.

When you say bureaucracy lahat ng government agencies covering government officials and employees. “Yung coverage hindi pa pasok ang mga estudyante since they are not yet in the government service,” said Emily R. Reyes, director of CSC Field Office Bataan.

Punishment on employees who will not conform with the policy requires two witnesses and a caught-in-the-act photo.

“Kung ano ang nakalagay sa batas ‘yun din ang ilalagay (sa Code of Conduct). Ang punishment ng employee kapag

first offense suspension from one month to six months. Walang bayad ‘yan. Ibig sabihin nakalagay sa record nila suspended sila. ‘Pag second offense termination. Tatanggalin na sila sa trabaho,” said Rachel R. Laureano, guidance counselor.

When asked about the case of student who caught his course adviser, Laureano stated that the school shall make a way to secure the confidentiality of the student to protect his grade from possible revamp of instructor.

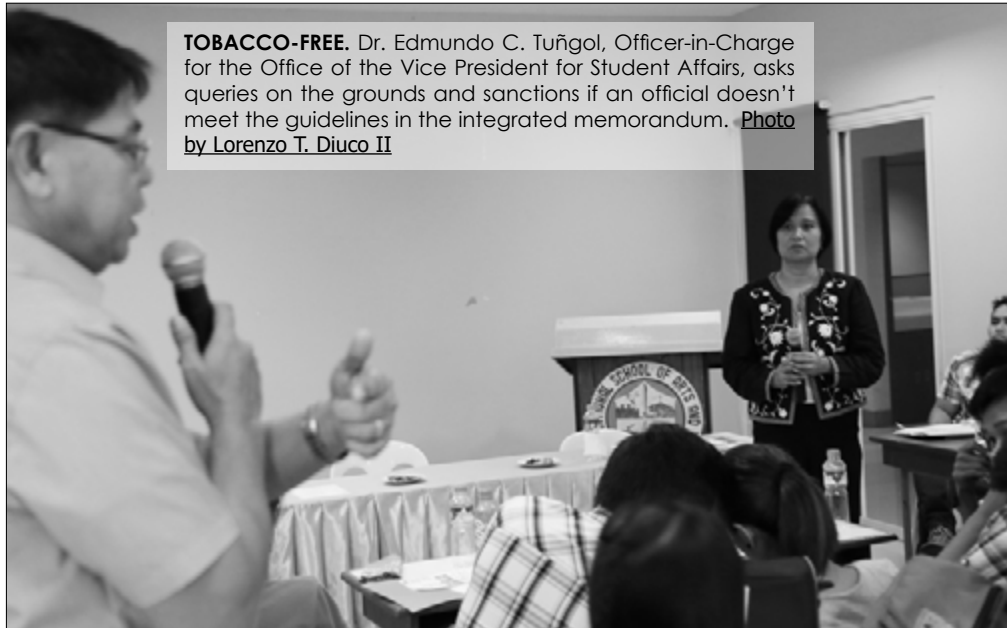
Meanwhile, the policy does not exclude students from compliance on the guidelines since absolute prohibition of smoking is one of the coverage of MC.

“Since this is a campus, this is a government agency involved in education, absolute ang prohibition dito. Ibig sabihin hindi lang dapat ang government employees ang bawal manigarilyo dapat pati mga estudyante. Kasi kaya nga naging absolute ‘yun pinoprotektahan kayong mga estudyante. Pinoprotektahan ang health ninyo. Otherwise kung hindi pinoprotektahan ang health ninyo eh di hindi na naging absolute sa kanila,” Reyes said emphasizing that students were still young and shall not be exposed to smoking.

The Office of the Students Affairs (OSA) plans to conduct smoke-free university campaign thru posting of “no smoking” signs on all strategic area of the university and other activities about smoking awareness among satellite campuses.

“Actually magkakaroon tayo ng stirring committee. Ang member ng stirring committee ay some of the personnel of the school and most of the members are the health team, ang medical team natin dito sa buong university. Naintroduce ko na ito sa medic teams ng buong university. Mag-seset na lang ako ng guidelines,” said Tuñgol.

As of press time, OSA is working on the policy to be implemented on the campaign and proper information dissemination.



TOBACCO-FREE. Dr. Edmundo C. Tuñgol, Officer-in-Charge for the Office of the Vice President for Student Affairs, asks queries on the grounds and sanctions if an official doesn't meet the guidelines in the integrated memorandum. *Photo by Lorenzo T. Diuco II*

CSC, admin twit to online bashes

from page 6

“As namumuno sa kanila, umiisip kami ng mga way kung papaano naming mapapabuti ‘yung enrolment at other activities para sa student. Kasi hindi lang din naman kami magbe-benefit dun, kundi sila.” Gravador said.

“Hindi rin totoo na may fast lane ang officers. Mga estudyante rin kami at alam naming ‘yung pakiramdam na pipila ka nang mahabang-mahaba habang nakadarang ka sa init. Kahit ako rin, nung nag-enrol ako, pumila rin ako,” she added.

Gravador also expressed, “May nagsabi dun na parang hindi applicable ‘yung numbering system sa mga Peninsulares. So parang sinasabi niya dun na, ibig-sabihin ang Peninsulares hindi disiplinado? Parang ganun. Parang hindi marunong mag-adjust sa bagong process.”

APPRECIATED EFFORTS

On the other hand, some students still found the positive side of the said system.

“Wala pa rin naman kasi akong nakikitang perpektong enrollment process sa school. So why judge the motives of this year's administration? Buti nga may tumutulong eh,” Emil Cruz commented, acknowledging the support of the student organization.

More so, University Registrar Rosa Maria Cortel commended the efforts given by the officers and volunteers of the student council. “Great help sila sa amin. Previous enrolment saka ito. Nagkaroon lang nung umalis sila. Sila ang nagma-manage ng mga estudyante sa labas. Great help talaga. Ever since dumating ako rito, talagang ang SC tinutulungan na kami,” she said.

She also said that the initial cause of delay was the late posting of grades that resulted irregularity in the scheduled day of enrolment per year level.

“This time, may mga teachers na hindi agad nakapag-encode ng grades kaya bumagal. S’yempre, parang chain reaction ‘yan eh, she expounded. “Ang

system, nilalagay natin para sa kabutihan. Pero nakikita ko, ‘yung mga bata kasi kung minsan sila rin naman ang mgay problema eh, she added.

Lastly, Gravador said, “Hindi kami nagpapasikat or nagpapalakas lang sa lahat ng ginagawa namin. Ang hinihingi lang naming, ‘yung paggalang, respeto, cooperation nila at saka ‘yung disciplina.”

Meanwhile, NSTP campus coordinator Joseph Pencil, who was also triggered by the online posts, suggested that social media accounts that bear the name of the university, must first undergo accreditation to at least put boundaries on usage.

Lydia Pinili from Management Information System however clarified that no account aside from the existing BPSU website was officially registered. The office said that they are planning to launch the official Facebook page of BPSU next year.

As of press time, the officer of the registrar recorded 7080 officially enrolled students – a 9.94% decrease from last semester's 7861 population.

COB is next to Davao, Maasin as smoke-free berth in PH

By Jude Nicole J. Mendoza

IN ITS effort to be a smoke-free den in the country, City of Balanga (COB) now reaps its fruit of labor after the Southeast Asia Tobacco Control Alliance (SEATCA) recognized the city's strict adherence on anti-smoking campaign and received the Red Orchid Award for three years in a row.

The Red Orchid Award is an annual search for 100% tobacco-free environment being implemented by the local government. The first cities to receive the prestigious awards were Davao and Maasin City and then followed by other cities including Balanga City.

“Masaya tayo dahil una promotion ‘yun. We could promote our small city to the ASEAN country,” stated Dr. Mariano Antonio Banzon, city health officer.

Moreover, Mariano proudly

said that Balanga is one of the cities being looked up by other cities nationwide and other foreign countries with regards to the implementation of Anti-Smoking Campaign.

“We were given the chance to be invited sa iba't ibang mga lugar para maipakita ang mga ginagawa natin pagdating sa anti-smoking policy,” he furthered.

On the other hand, SEATCA also picked COB as the host province of 2nd Smoke-Free Cities ASEAN Regional Workshop. With this year's theme, “Shaping the Future of Smoke-Free in the ASEAN,” the conference was participated in by public health officers, local government officials along with other stakeholders from the seven ASEAN countries.

“Well ito ‘yung mga delegates from contries of the ASEAN region. Gusto rin nila makita kung

paano natin aktwal na ipinaputupad ‘yung kampanya against sa smoking and lalo na ‘yung education dito sa Balanga,” Mariano said.

“We are pleased to gather champions and inspirations from the region in a two-day workshop in Balanga, one of the recognized smoke-free cities in the Philippines,” Bungon Rithiphakdee, director of the Bangkok-based organization said.

Mariano also explained that the city's strict adherence with the Anti-Smoking Campaign is in line with its vision of becoming a University Town by 2020.

“Ang target talaga natin dito ay kasabay ng university town 2020. Kasi iyon ‘yung conducive learning environment, when you say conducive learning environment, free from vices and clean air,” he ended.

Placement Office formulates new perspective, improves BPSU grads’ recruitment procedures

By Jude Nicole J. Mendoza

BATAAN PENINSULA State University – Placement Office strengthens its recruitment processes to grant opportunities to all the alumni from 2013 up to present through their recently launched program “Monitoring of Graduates.”

According to Hazel T. Ilaya, placement office coordinator, the program is one of the easiest ways to access the graduates of the university for employment. It started in July this academic year wherein colleges of Engineering and Architecture, Arts and Sciences and Information and Communications Technology were the first to undergo the program.

“di sila nagconfirm katulad din sa mga companies,” she explained.

On the other hand, she shared that gathering of participating companies also posed a problem as most companies are non-compliant to requirements needed by the office.

“Mahirap kasi silang [companies] kapag hingian na ng report.

“Sige ma’am i-update ko kayo parang okay kapag habang nagrecruit sila pero after recruitment ‘yun na ung mahirap kasi hindi na sila naga-update. Although may ilan-ilan nang nagpasa siyempre nagu-update naman sila pero ‘yung most companies wala tayong updates ng mga na-hire nila,” expressed Ilaya.

More so, recruiters for the events of the office take time to be completed.

“Ang job fair dahil kailangan

kang makipa-coordinate sa mga companies, kailangan mo silang i-invite, i-follow up. Kukunin mo ung mga requirements na kailangan kasi hindi naman porke gusto nila o pumayag sila to participate into a job fair e okay na iyon. We need ‘yung mga requirements nila yung mga permit to operate,” Ilaya stated.

Meanwhile, the office is very hopeful towards a smoother operation with their events especially since the university had been very supportive to their goals.

“Supportive naman ‘yung mga admin, ‘yung mga boss ko. Lahat naman nagflo-flow nang maayos siyempre ito kailangan mong bigyan ng sapat na time para mai-ayos mo,” she said concluding that everything the office needs to improve will be done one step at a time.

Dizon lists down ten survival tips

By Jesse G. Ladines

WELCOME TO the jungle

Through the initiative of the City government of Balanga to help students survive their college life, a seminar themed Collage Jungle, A Survival Guide was spearheaded at the City Library, Nov. 21.

Ten practical study habits were discussed as the seminar tackled the resemblance of life in a jungle with life in college.

“Kanina sa presentation ko, ipinakita natin na sa university or sa college ay kailangang maka-survive ka, parang sa jungle din, maraming uri ng wild animals, at medyo ‘yung resources mahirap din, so ganun din sa kolehiyo na ang professors iba-iba, mga subjects mahihirap, para siyang jungle na hindi moa lam kung makakalagpas k aba or in other words kung makakapasa ka,” Dr. John Ryan C. Dizon, guest speaker, explained.

Dizon discussed the factors that can help or distract the students in their daily life in school. He further elaborated that the study habits he presented will serve as a lesson and have a good impact that could inspire the student to face the difficulty of being a college student.

“Sa mga first year makakatulong ito [seminar], sa mga ngayon pa lang papasok sa university, hindi pa nila alam kung papaano mag-aral din siguro sa kolehiyo kasi medyo iba ‘yung high school to college eh, itong seminar na ito makakadagdag sa good habits nila sap ag-aaral,” Dizon explained.

Valerie Mae Campomanes, one of the participants shared what she learned from the seminar “It made me realize na yung key talaga sa survival in college is matutong magbalance. Studies and ‘yung other stuffs, hindi ‘yung parating aral lang or what.”

More so, Campomanes further elaborated that discipline play a vital role to survive in college.

CSI: Earth is now ready to face...

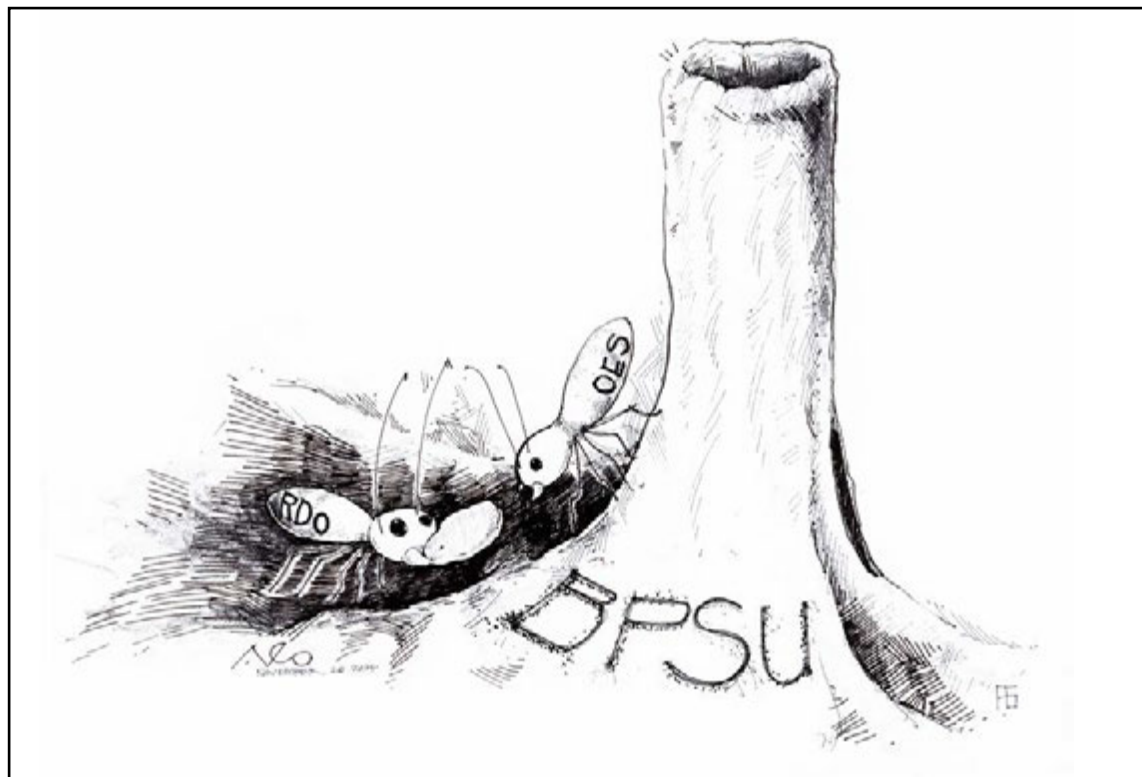
from page 2

sa dagat. Magtatanim tayo ng mga bakawan through the extension services,” Biong asserted.

Concurrent to the organization's development, the documentary film festival and photosynthesis eco-photography contest participated in by students will also turn campus-wide. CSI:Earth will launch the festival hopefully by December.

“Tapos meron tayong mga tinatarget na national contests para ‘yung mga gawa ng bata ma-recognize hindi lang sa BPSU kundi pati d'on sa labas,” she added.

Also, through extension program outside BPSU, CSI:Earth has given birth to a young environment concern body at Bataan Christian School.



A Tighter Linkage: RDO and OES

Every research project should not just be printed and stored in the pages of a book; it should be implemented for the benefit of the community and the university.

As University Vice President on Academic Affairs, Dr. Emmanuel Macaraeg, said on an interview, a closer linkage with the Research and Development Office (RDO) and Office of the Extensions Services (OES) will definitely be of great assistance, to pace the university's Strategic Plan 2015 – 2019.

Before tackling the subject regarding the improvement of linkage between the two offices, Macaraeg emphasized the revision of Strategic Plan 2015-2019 from the original Strategic Plan 2014-2018. He said that the latter was primarily based on the output-based education system while the former focused on a higher level of quality education, the outcomes-based education system.

This is in accordance to the Commission on Higher Education Memorandum Order (CMO) No. 46, s. 2012 which challenges all State

University and Colleges to realign their Standards and Accreditation instruments to the Outcomes-Based Quality Assurance System.

Basically, the Outcomes-Based Quality Assurance System shapes the result of the output-based system. Macaraeg's example to measure the output-based education system is the number of graduates produced by a university while the measure for the outcomes-based education is the number of graduates who passed the required board exam of their acquired degree.

In line with the research department, the Outcomes-Based Quality Assurance System also scopes the results and products of the RDO and OES. Another logical comparison for the university to be competent for the system is the linkage between the two offices. The output researches of the RDO should complement the projects of the OES.

Corollary to this, the 11th BPSU R&D In-House Review on November 21 showcased not just researches but assessment and development

studies which have a direct effect in the community. If ever implemented, the Outcomes-Based Quality Assurance System of the university will be directed upward.

The First Best Paper in Development Studies category entitled "Waste Management Practices in the Adopted Barangays of Bataan Peninsula State University, Dinalupihan Campus" focused on how to attain zero-waste management on specific areas inside Dinalupihan.

In conceptualizing a research paper, Maria Fe V. Roman, presenter of the paper, that proponents should consider problem-based studies. She said that they conceptualized their research so as to answer the needs of selected specific communities. In fact, her team is already implementing the research and continuing to achieve the goals they have in mind.

* * *

We are now entering a new era of quality education, we must learn to adapt and journey along the changes that are happening in our university and in the country.



BATAAN PENINSULA STATE UNIVERSITY

City of Balanga 2100 Bataan PHILIPPINES

VISION. A university of excellence acknowledged in the country and in the Asia-Pacific Region for quality graduates and knowledge responsive to socio-economic needs

MISSION. Provide quality and relevant education that will develop highly qualified and competitive human resources responsive to national and regional development

In DEPTH

Information at its Depth

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Dahil Lahat ng Bagay Parang Pag-ibig II

Bago ang lahat, gusto kong sabihin na nakatahi 'tong opinion article ko sa feature article nina Ivy at Jamesnick. Nasa mas personal na lebel nga lang. Parang pag-ibig.

* * *

Sa panahong ginagawa ko 'tong opinion ko, mabigat ang lahat. Siguro mabigat kasi natatakot ako sa mga pwedeng mangyari o sa mga hindi pwedeng mangyari. Baka kasi mahulog ako at lumagpak sa sobrang bigat. Parang pag-ibig.

Tapos ngayon, pinapanood ko lahat ng staff ng The Guilds at habang nagpapagal silang nasa loob at labas ng office makatapos lang ng isang issue, tinatanong ko 'yung sarili ko, "bakit ba namin ginagawa 'to?"

Kung iisa-isahin 'yung sagot nila, siguro iba't-ibang litanya 'yung maririnig ko. Pero kung ang itatanong ko eh, "kaya ba nating gawin 'to?" sigurado ako na 'yung karamihan ito ang isasagot: Puso lang!

Pero bakit nga ba namin ginagawa lahat ng ito?

Bakit patuloy lang kami sa paggawa ng tatlong diyaryo, isang magazine at isang literary folio para sa 'estudyante? Kahit nakikita na mismo ng mga mata namin 'yung mga diyaryong pinagpuyan na punit-punit sa ilalim ng bench o kaya pinamunas sa natapong sauce ng siomai. Kahit ginagawang ipitan

ng mga quiz at notes 'yung magazine tsaka literary folio o kaya upuan sa mainit na aspalto. Wasak 'yung mga inilimbag na letra, salita at tinta para sa kanila. Parang nasasayang lang yung pag-aalay namin ng panahon at effort. Parang pag-ibig.

Bakit patuloy lang kami sa pagtatanggol ng mga karapatang pang-estudyante at pilit na pagtutuwid sa maling sistema? Kahit sarili pa naming instructor o maling kultura pa 'yung binabangga namin para lang matanggap ng mga estudyante 'yung ang mga karapatang para sa kanila. Kahit na kami ang pag-initan, habarapin namin ang lahat. Parang pag-ibig.

Bakit patuloy lang kami sa pag-aalay ng oras at panahon kahit na nahahati ang isang buong araw ng The Guilds sa paggagawa ng diyaryo? Mga oras na dapat natutulog at nagpapahinga 'yung mga staff at mga panahon na dapat nasa bahay lang sila nanonood ng TV o kahit anong pelikula nina Sarah at John Lloyd. Pero sa halip, nandito sila sa Guilds: naggagawa ng article o kaya nagkocover ng event. Nandito sila nag-aalay ng oras at panahon. Parang pag-ibig.

Bakit patuloy lang kami sa pagkapit sa publikasyon kahit iba't-ibang labas na pagbatikos ang ibinabato sa amin? Tulad ng pagkukuwestiyon ng iba't-ibang personalidad, bumubungad sa mga staff ng Guilds ang mga tanong na,

"magagamit mo ba 'yang pagdiya-diyaryo mo kapag engineer ka na?" at "ano bang nakukuha mo diyan?". Hindi pa siguro nila nakikita ang mga tulong na nabibigay sa'min ng Guilds pero siguro pagdating ng tamang panahon, mari-realize din nila 'yung importance ng lahat. Parang pag-ibig.

Bakit nga ba namin ginagawa lahat ng ito?

Siguro...

...hindi pa ako sigurado, pero siguro

... dahil sa pag-ibig.

Pag-ibig para sa mga mambabasa. Pag-ibig para sa mga Peninsulares na natutunan kong mahalin sa loob ng tatlong taong pananatili sa publikasyon.

Pasensya na kung parang nanunumbat. Sa tingin ko kung nagmamahal ka talaga kailangan mong manumbat, eh. Isumbat lahat ng sakripisyong binigay mo dahil nagmamahal ka nang walang kapalit. Lahat ng effort, lahat ng oras at lahat ng nagawa mo gusto mong ma-appreciate ng pinag-alayan mo. Gusto mong malaman niya lahat ng ginawa mo para sa kanya sa pamamagitan ng mga salita. Parang pag-ibig.

Para sa buong Peninsulares. Pasensya na ulit sa panunumbat. Puso lang!

Muli, mahal ko kayong lahat.

Dying Medium

I have known many smokers. There is no way they could stand a day or two not to light even a single stick of cigarettes. I suppose there is such sense of addiction.

My tertiary schooling started the time I saw instructors smoke within the school premises. They talk with co-faculty with smoke aerating out their mouth. Still, these men seem not to care regardless of the name they carried as the medium of learning and implementor of good manners and right conduct. It includes the fact that nonteaching personnels shall also show an act prior to the code of conduct of employees.

Cigarettes are great hobby makers. No person used by the smell of temptation these sticks produce can resist stopping such hobby. However, students are the primary affected by that irresponsible action.

Indeed, the issue about smoking is an old story yet a narrative with uncertain ending. It would be really hard to decline great number of smokers in the country but in BPSU community, the story is near to end [with hope and faith].

On October 28, the Guidance Office in cooperation with Civil Service Commission organized

a symposium about prohibiting teaching and nonteaching personnel to smoke within the university premises. According to Dr. Edmundo C. Tuñgol, OIC of the Office of the Vice President for Student Affairs, the symposium is the initial activity of the university to eradicate smoking in the school.

Specific guidelines for interactions with the tobacco industry written in the Joint Memorandum Circular No. 2010-01 will be integrated on the Code of Conduct of employees. The integration is another movement of strict implementation of putting away cigarettes in craving lungs.

As punishment to employees who will not conform in the policy, the first offense will be a suspension from one month to six months with no fee. Second offense will be termination from work.

It is obvious that smokers should undergo a long process to stop influencing clean air with polluted one. The university has nothing to do if its employees cannot quit smoking. It only has the power to secure their resignation when they are inside the university. From the beginning, BPSU is already committed with the vision of being a university of excellence. Included in this vision is disciplined

manpower serving as the core of operation why the school continuously existing and bearing a good name not only in the Philippines but also in the Asia-Pacific region.

The idea of prohibiting officials from smoking is different from not allowing them to smoke outside. In consideration with the hobby smokers are used to, there are particular smoking areas outside the university. That places could provide them freedom from sure punishment. There might be no policy over them but a remark of fraud is already in their soul. Employees who smoke indirectly harm the name of the school the way they unintentionally influence other people.

No matter how good a smoker is, there is still a bad angle capturing their image. There is still judgment that they do wrong. However, the university is highly concerned with how officials with smoking habit can execute their duty well and share students with knowledge and learning.

I am just hoping that these smokers find themselves better when cigarettes are out of their sight. Everyone needs a secured living. The university needs a secured community for the benefit of students and achieves quality assurance from wall to skin.



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"Pasensya na kung parang nanunumbat. Sa tingin ko kung nagmamahal ka talaga kailangan mong manumbat, eh. Isumbat lahat ng sakripisyong binigay mo dahil nagmamahal ka nang walang kapalit."



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"It would be really hard to decline great number of smokers in the country but in BPSU community, the story is near to end [with hope and faith]."

One-Kilowatt Advocacy

Every month, we used to pay P 5,000 for our electric bill and P 1,000 for our water bill. If you're thinking we are rich, we're not. We are just able to pay it and we need to because it is part of basic needs as important as shelter and clothing.

Actually, our power generation cost only half of the total bill and for whatever important reasons, the bill doubled its amount because of its additional charges including system loss and distribution losses. Its high cost doesn't mainly proposed that it is the major problem in the Philippines but having unsustainable resources and inefficient power generation.

This realization triggered me as a future engineer and supporter of greener nation to stand up for my advocacy. Having sustainable electric resources and greener venture for power generation are my dreams for the country. This is also what Leandro Leviste, founder of Solar Philippines and a son of Sen. Loren Legarda, initiates for the country, to build a power plant in every roof.

Solar Philippines is the one who installed solar panels in SM North Edsa and now the biggest solar powered

mall in the world that has 5,760 solar panels with a maximum capacity of 1.5 Megawatts. This is a major leap not only for economic industry but also for the country to support its environmental and social development with a minimum adverse effect on the environment.

Based on Department of Energy, in the year 2015, there will be 500 Megawatts shortfall to the supply of electricity in the country. I believe it is not too late to solve the major setback in the country. There are hundreds and thousands of engineers in the country and millions of supporters towards greener nation. If we just lend a hand to pioneer long term and innovative solution, we can all be benefited to its effect and our standard monthly bill of P 5,000 will be reduced. It is a win-win situation. There is nothing to lose yet everything may gain.

I challenge everyone who read this opinion to bear and support greener vision. There are so many ways to show support just what like Ms. Bianca Gonzalez, ambassador of Climate Change Commission, laid during Greeneration Summit. A proper use of electrical components, patronization of environmental-friendly products,

economical use of plastics, and getting informed. These are the ways to promote the vision of responding to the cry of Mother Earth and to get involved to the march of getting green.

A massive thank you for those people who push me to join the rally. It really elevates my awareness in global crisis and environmental stability. As a journalist, this is also my part to use myself as a medium to share knowledge and integrate things that I've learned. After college, I will pursue my advocacies. Just like what ate Angel said during Youth Hours in Tarlac State University, don't stop getting involve after college. There are so many avenues to pursue our dreams and even we have different advocacies in life as long as it is for the sake of the nation, you will not feel alone and you will never be alone.

In fact, we do not really need to formulate complicated plans because sometimes a paradigm shift in our lifestyle could greatly affect towards the betterment of the country.

I am now green-minded.

God Bless The Guilds. God Bless BPSU.

Isang Pribilehiyo

Ang pagkakataong magsulat na marahil ang isa sa pinakamalaking pribilehiyong habang buhay kong ipagpapasalamat.

Simple lang naman ang layunin ko nang mag-transfer ako rito sa Treyd: ang mag-aral ng mabuti, maka-graduate at maging isang licensed civil engineer balang araw. Wala sa plano ko ang pumasok sa Guilds. Hindi rin sumagi sa isip ko na mamahalin ko ang publikasyong ito sa loob lamang ng maikling panahon. Hindi ko inakala noon na ang pagseserbiyo sa mga kapwa ko estudyante sa pamamagitan ng mga dyaryong aming ginagawa ang trabahong magpapabago sa pananaw ko sa buhay. Hindi planado ang lahat. Pero wala akong pinagsisisihan sa lahat ng nangyaring iyon.

Nguni't sa totoo lang maraming beses na akong binigo ng Treyd. Maraming beses na akong nadismaya sa pila sa enrolment, sa mga hindi gumaganang electric fan, sa sirang kisame, hanggang sa mga kagururang may balukto't na prinsipyo at bulok na sistemang pinairal sa loob ng apat na sulok ng silid-aralan. Aaminin ko, hindi ako isang outstanding student. Nguni't hindi ko naman kailangan maging candidate for summa cum laude para mapansin ang lahat ng kabulugang nagaganap sa loob ng kwartong dapat sana'y nagiging punlaan ng dunong at kaalaman.

Nito lamang nakaraang semestre,

nasaktan ako nang malamang kailangan pang hubarin ng mga kapatid ko sa Guilds ang kanilang university press i.d. bago pumasok sa klase. Hindi dahil ikinahihiya nila na miyembro sila ng pamilyang ito nguni't para bigyang proteksyon ang kanilang mga sarili mula sa isang malinaw na pagyurak sa kapangyarihan ng panulat.

Simpleng papel lang naman ito, ni hindi ko nga alam kung kaya nga ba nitong magdala ng pagbabago. Pero gayunpaman, alam kong dapat kong subukan. Sabi nga ni Lean Alejandro, "But there is a fate worse than death, if I am just going to sit around. I am going to suffer more If I keep quiet and not take the risk."

Makapangyarihan ang panulat. At naging saksi ako kung paanong binago ng mga puna at kritisismo ng Guilds ang ilang mga maling sistemang umiiral sa loob ng unibersidad. Makapangyarihan ang panulat, maniwala ka. Kahit itanong mo pa kina sir o ma'am.

Sa kabilang sabi, sa aming malalim na pag-aanalisa sa mga bagay at paglalagum-lagom sa mga nangyari nitong nakaraan, isang hinuha lamang ang aming napagtanto, na may grupo ng mga kaguruang walang pakundangang ginantiang ang ilan sa mga kapatid ko sa Guilds sa pamamagitan ng pagbibigay ng mababang grades. Personalan kumbaga. Isang malinaw na patunay ng karuwagan sa kanilang parte at

katotohanan naman para sa amin. At mula rito, hindi ako matatakot sabihin na totoo ang Guilds hinggil sa mga isyung isiniwalat ukol sa kanila.

Simple lang naman ito, kung kaya nilang manindigan at buo ang loob nila na patunayang mali ang publikasyon sa mga iniulat ukol sa kanila, disin sana'y nagtungo sila sa aming opisina upang pabulaanan ang lahat ng iyon. Bakit hindi nila nagawang magpasa ng pormal na reklamo upang dumaan sa higit na mas LIGAL na proseso? Ang aming opisina ay lageng bukas para sa mga taong tulad nila.

Ang personal na pag-atake sa grade ay hindi kayang magpababa ng moral ng isang mamamahayag na naninidigan para sa katotohanan. Hindi nito kayang pahintuin ang pulang pluma sa pagbulwak upang iguhit ang tuwid na landas. Hindi nito kayang itikom ang katotohanan na mayroon pa ring iilang kaguruang takot tanggapin ang reyalidad. Nakalulungkot, pero hindi nito kayang matinag ang Guilds.

Simpleng papel nga lang ito at marahil hindi nga kaya nitong magdala ng pagbabago. Nguni't patuloy pa rin kaming magsusulat para sa katotohanan. Patuloy pa rin kaming magsusulat hanggang ang reyalidad ng buhay ay unti-unti nang matanggap nilang nabubuhay pa rin sa maling paniniwala. Patuloy pa rin kaming magsusulat dahil isa itong pribilehiyong habang buhay naming ipagpapasalamat.



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"...we do not really need to formulate complicated plans because sometimes a paradigm shift in our lifestyle could greatly affect towards the betterment of the country."



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"Ang personal na pag-atake sa grade ay hindi kayang magpababa ng moral ng isang mamamahayag na naninidigan para sa katotohanan."

#MoveOn

Hindi pa rin ako maka-move on.

Limang taon na rin ang nagdaan, nguni't sariwa pa rin ang mga alaala ng marahas na pagpatay sa Maguindanao kung saan 32 sa 58 na namatay ay mga mamamahayag. Subali't magpahanggang ngayon bingi pa rin ang hustisya para sa kanila.

Mula sa datos ng supreme court information office, 197 ang orihinal na bilang ng mga akusado, 194 na lamang ngayon. Una, dahil sa pagiging state witness nina dating Sultan sa Barongis Mayor Sukardo Badal at Esmael Canapia. Pangalawa, noong 2010, dahil sa kakulangan ng matibay na ebidensya, inalis sa listahan si PO1 Johan Draper.

Sa pagdiriwang ng ikalima nitong anibersaryo, wala pa ring nahahatulang may sala sa malagim na pangyayari sa kasaysayan kung saan naitala ang pinakamaraming namatay na mamamahayag sa panahon ni Pangulong Gloria Macapagal-Aroyo.

Noong umupo bilang pangulo si PNoy, nagbitaw siya ng salita na bibigyang hustisya ang mga naging biktima ng Maguindanao Massacre na animo'y kinatay tulad ng mga hayop ng mga armadong tauhan.

Subali't taliwas sa kanyang pahayag na tatapusin ang walang habas na pagpaslang sa bansa, naitala sa unang siyam na buwan ng administrasyong Aquino ang 45 insidente ng pagpatay at limang insidente ng biglaang

pagkawala base sa grupong, Karapatan.

Hustiya rin ang hiling ng mga kamag-anak ng tinaguriang pitong martir ng Hacienda Luisita—Jesus Laza, Jhaivie Basilio, Juancho Sanchez, Jessie Valdez, Jun David, Jaime Pastidio and Adriano Caballero.

Taong 2004, ika-16 ng Nobyembre, naganap ang madugong pagpatay sa mga magsasakang nakikipaglaban para sa kanilang karapatan sa lupa at matapos ang isang dekada ng karumal-dumal na krimen, bigo pa rin silang matamo ang inaasam na hustisya.

Gayundin, bago pa man maupo si PNoy ibinandera niya rin na magkakaroon ng reporma sa pamamahala at tutugunan ang ipinaglalabang lupa na ilan taon nang binubungkal ng mga magsasaka.

At bilang paggunita sa hindi makataong pagpaslang sa pitong martir, nagmartsa ang mga kamag-anak at nakikipaglaban para sa Hacienda Luicita Massacre mula Morayta patungong Chino Roces Bridge (dating Mendola Bridge) hawak ang mga larawan ng pinaslang upang bigyang pansin ang mabagal na sistema sa bansa.

At hindig hindi malilimutan ang madugong Mendiola Massacre sa panahon ng administrasyong Aquino. January 22, 1987, 13 ang iniwang walang buhay ng komosyon sa pagitan ng Kilusang Magbubukid ng Pilipinas at pwera ng pamahalaan.

Traditional Education

Western culture has practiced that when a person comes of legal age, he is obligated to get a life of his own. Some 18 year-olds get shipped to universities while some gets to stay around and start to seek for employment. But the Philippine familial scene depicts not very much alike.

See, traditions and customs bind Filipino families close to each other, literally. Eighteen year-olds are still dependent to their parents mostly because the system of education has fixed this generation to graduate high school at 16. What is immeasurable is that even after graduating, most Filipinos tend to stay under the same roof with their parents, some even bring in their spouses. This scenario perfectly describes the tertiary education system of the Philippines.

For 61 years now, Bataan Peninsula State University- Main Campus still cling to the government in order to financially operate the institution, as is with most SUCs in the country. But with the dawn of the Roadmap of Philippine Higher Education Reform (RPHER), this

dependent-to-government tradition of higher education institutions is bound to be dissolved.

One of the subsequent effects of the RPHER, a framework to the rationalization of SUCs in the Philippines, is to convert SUCs into self-sustaining institutions. SUCs shall no longer be subsidized by the government and shall therefore have to create Income Generating Projects or IGPs in order to continuously operate without burdening the students too much. Yes, students will be burdened. Once the subsidization of SUCs are removed, the cost of operation of the schools will be shouldered mostly by the main source of finance a school can have- tuition fees. And who pays tuition fees? Students.

It would be a dream to compare the level of tertiary education of the Philippines and countries with rationalized collegiate education system but the apparent truth is that with RPHER, education will be scarce. The number of students that would enroll could possibly be halved when the cost of education grow extensively. If the university starts incrementing the tuition

Bahagi rin ng pakikipaglaban para sa lupa ang Kilusang Mayo Uno (May One Movement), Bagong Alyansang Makabayan (New Patriotic Alliance), League of Filipino Students and Kongreso ng Pagkakaisa ng Maralitang Lungsod (Unity Congress of the Urban Poor).

Halos tatlong dekada na ang nagdaan, subali't ang lupang dahilan ng kanilang protesta ay hindi pa rin nila nakakamtan.

Bilang mandato sa makasaysayang pagdinig sa Korte Suprema noong Abril 2013, ang Department of Agrarian Reform ay magbabahagi ng higit sa 4,300 ektarya sa 6-445 ektaryang lupaing pag-mamay-ari ng pamilya Cojuangco.

Hindi pa rin ako maka-move sa walang katapusang kwento ng pagpaslang sa sector ng pamamahayag at agrikultura sa bansa at tila hanggang ngayon bigo silang kamtan ang hustisya para sa mga mahal na nagbuwis ng buhay.

Naniniwala pa rin ako na may mga bagay sa nakaraan na dapat na balikan at sariwain dahil maraming pangyayari sa kasalukuyang panahon ang nag-ugat sa mga naganap noon.

Hindi pa rin ako maka-move on. Kasi hanggang ngayon naghihintay ako.

— Ng hustisya.



BLOWS & JABS

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"Hindi pa rin ako maka-move on. Kasi hanggang ngayon naghihintay ako. — Ng hustisya."



QUINTESSENCES

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"It would be a dream to compare the level of tertiary education of the Philippines and countries with rationalized collegiate education system but the apparent truth is that with RPHER, education will be scarce."

Right of Way

Slacking off was a daily routine before I became part of The Guilds. I never once wanted to grow as a person who stayed in the campus for more work or having consecutive overtimes writing articles. And now I'm here, productively writing this opinion article for our dear readers.

If one deeply analyzes students here in the campus, some of them only find themselves having trouble coping to their chosen program. One basic reason to this matter is the orientation of priorities to a student. I too am having problems with priorities but I am currently trying to positively solve things on my own.

One of my close friends Carlo (not his real name) once said to me that priorities of students are somewhat a shifting process. It usually depends on the situation of a student. For example, during my first year in college, one of my main priorities was at least get an average grade of 2.0. But since I failed a major course in the following years, my mind-set shifted

to at least get a 3.0 until it came to point where I am now just aiming to graduate with legitimate passing grade.

Family is also a big factor here. Some students enter a program simply because his dad or mom took it before or it is their dream to see them graduate in that particular program. Lots of cases here in the campus always include family matter and I understand that living in a broke country leads people to push themselves beyond the limit even if it results to a serious downgrade. And there is no better choice but to encourage the students to just hang on in their programs and believe in themselves.

Extra-curricular activities inside or outside campus could be one of the most controversial reasons to an academic troubled student. As part of the student publication and environmental organization, I honestly struggled to work things out together. Like I said, slacking off is an old habit of mine that got me in a

tight situation. Clearly, lots of students are not used to responsibility. So for those students who are saying that extra curricular is the reason, they are wrong. They know in their own mind that the problem is in themselves.

For me, the reason why I kept myself together is because of the people that showed me what I should prioritize and handle carefully. If you have problems concerning about your family picking the program for you misaligned to what you really want then find courage persevere your program. Don't worry, after you graduate I think you can still pursue your dream. And if you are a part of an extra-curricular activity then manage your time.

As we enter college, our priorities were not fully built and it will gradually emerge through our experiences. As a student of this university, you should work your way up to be a better person. It is in yourself whether you choose to give up or fight for a brighter future. The key is finding a reason in everything you need to do.

Nang Matuto Akong Magmahal

November 4. Martes. Tahimik ang hapon na 'yon. Gusto kong mapag-isa kaya palihim akong lumabas sa office ng Guilds. Napagpasyahan kong umakyat sa third floor ng CEA building gaya nang madalas kong ginagawa sa tuwing nag-iisip ako.

Biglang may nagsalita. "Magandang hapon. Ang ginagawa mo rito?" Bumungad sa akin ang isang lalaking may bitbit na walis at dust pan.

Si Mang Elmer! S'ya ang naka-assign na utility man sa CEA ngayon. Dahil wala rin naman akong kasama, nilapitan ko siya at nakipag-kwentuhan ako sa kanya.

Marami akong natutunan sa halos isang oras na pag-uusap naming dalawa, nguni't 'higit na nag-iwan ng marka sa isip ko ang mga sagot niya sa huling parte ng pag-uusap namin.

"Tay, hindi po ba kayo nagsasawa? Kasi po, araw-araw kayong naglilinis kahit ginugulo lang din naman ng mga estudyante. At saka medyo may edad na po kayo."

"Sampung taon na ko rito. Ni minsan hindi pumasok sa isip ko na tumigil. Kasi para sa pamilya ko 'to. At saka ito talaga ang trabaho ko eh. May naririnig man ako sa mga estudyante pag nakikita nilang naglilinis ako. Hindi ako nahihiya kasi trabaho ko to. Mahal ko 'yung ginagawa ko."

Ang sarap pakinggan ng huling pangungusap. "Mahal ko 'yung ginagawa ko."

Nung hapon din na 'yon. Nagkausap kami ni Ate Maricar, tindera sa canteen. Napag-alaman ko na wala palang

kasiguraduhan sa klase ng trabaho nila. Na anumang oras, maaari silang matanggal. Kaya naman ayon sa kanya, sinigurado niya ang lahat ng kanyang ikinihilos habang nasa trabaho.

Ugali kong makipagkwentuhan sa mga nakatatanda. Naniniwala kasi ako na maraming mapupulot mula sa mga karanasan nila.

Matapos kong makipagkwentuhan, hindi ko alam kung bakit pero agad pumasok sa isip ko ang mga instructors dito sa Trade. Gaano kaya nila kamahal ang pagtuturo?

Naniniwala ako na marami pa rin dito ang nagbibigay ng isandaang porsiyentong pagpapahalaga sa mga estudyante. Marami ngunit hindi lahat.

Kung naging maayos lang siguro ang pakikitungo ng lahat ng instructors, walang estudyanteng babagsak sa isang subject nang ganun-ganun na lang. Kung talagang minahal at inalagaan lang ang bawat estudyante, wala sigurong maghishift ng kurso dahil sa trauma sa terror instructors; wala sigurong irregular student ang gayo'y problemado sa schedule n'ya; wala sigurong third year student ang hihinto sa pag-aaral; wala siguro sa sampung porsiyento ang hindi guma-graduate sa tamang taon; at marah'y wala rin sa kalahating porsiyento ng first takers ang babagsak sa board exam.

May malaking benepisyong dulot ang Executive Order No. 83 o ang Performance-Based Incentive (PBI) system ng kasalukuyang administrasyon. Pero sana, hindi lang ito ang tanging

dahilan upang maganyak ang mga empleyado na gawin ang tungkulin nila, kundi higit sa lahat, ang kagustuhan nilang humubog ng isang pangarap na nagsisimula sa kolehiyo.

Hindi ba't siguradong mas tataas ang kalidad ng edukasyon kung lahat ng instructors ay may pusong mak-estudyante?

Hindi pa rin ako nawawalan ng pag-asa na darating ang panahon na bawat maestro at maestro ay magiging katulad nina Mang Elmer at Ate Maricar.

November 4. Martes. Hindi ko inasahan na sa araw na iyon, makakatagpo ako ng mga taong magtutulak sakín para ipagpatuloy ang mga nasimulan ko – ang pagsusulat at ang kursong civil engineering.

Ang palangiting si Ate Maricar na masayang nagtitinda ng burger at si Mang Elmer na bagamat may edad na ay walang sawa pa ring sinisinop ang tatlong palapag na gusali ng CEA – ordinaryo lang sila gaya ng marami pang empleyadong nakikita mo araw-araw sa Trade.

Hindi nila kinailangang maging guro upang ibahagi ang kwento ng mga simpleng taong sumasalamin sa tunay na mundo. Hindi nila kailangan ng anumang karagdagang kapalit upang maging inspirasyon para sa mga estudyanteng katulad ko.

Sapat na ang mga kwento nila upang matutunan ko ang ilan sa mga pinakamahahalagang leksyon sa buhay – ang pagmamahal sa responsibilidad at pagpapanatili ng dedikasyon sa mga bagay na nasimulan.

Kung papaano sumuko bilang isang tao

Ilang beses ko narin nabitawan 'yung katagang 'suko na ako'. Ilang beses na akong nagtangka. Hindi ko rin maiwasang dumating sa puntong mawalan ng pag-asa. At bumitiw nalang mula sa pagkakakapit.

Naaalala ko kung unang taon ko rito sa Treyd. Naaalala ko kung mga dahilan kung bakit ako andito. Siguro, dahil sa kanya. Kung gaano ako kadalas hindi pumasok sa mga klase ko. Bilang sa daliri na abutan ako ng instructor ko sa classroom naming. Sa mga panahon na 'yun, wala sakín kung babagsak ako. Andito ako sa Treyd, hindi sa malayong lungsod ng Maynila dahil ang alam ko sumuko ako.

Hindi rin maalis-alis sa isipan ko kung bakit ito ang napili kong program na kuhanin. Siguro, dahil narin sa malaking oportunidad na ibinigay ng scholarship ko para lang makapag-aral lang ako sa kolehiyo. Hindi ko man lang nagawang ipaglaban 'yung architecture kasi alam kong sumuko ako nun.

Andito ako sa Treyd at nag-aaral bilang ECE student, pero sabi ko nga ilang ulit narin akong nagtangka sumuko. Bago pa man matapos ang unang semestre, oras ng final exam sa major subject namin, nagduda ako sa sarili ko. Balita ang resulta ng board exam, sa animnapu't limang examinees, labindalawa ang nakalusot

at magiging ganap na engineers. Hindi narin naman bago sakín 'yung mababang bilang ng pumapasa sa ECE board exam. Pero kung tutuusin nakakabahala sa isang estudyanteng tulad ko. Mula rito, parang gusto kong sumuko.

Lumipas ang sembreak na puno ng gawain para sa amin. Naging abala ang bawat isa. Hindi ko narin namalayan 'yung mga linggo na itinagal ng walang katapusang pila ng enrolment. Alas saís ng umaga nang makita ko 'yung pila ng mga estudyante mula sa east gate hanggang north gate. Nakita ko kung paano lumiwanag 'yung mukha ni Kuya na kaninang alas kwatro y media pa pumila. Hindi s'ya sumuko.

Sa mga puntong iyon, alam kong isusuko ko na. Isusuko ko na 'yung apat na taong pakikipagbuno ko sa napiling kurso. Isusuko ko nang 'yung enrolment na hirap at gutom lang ang mararanasan ko.

Hindi ko man pangarap 'yung pagiging engineer at nakaramdam ng pagsuko, nagpatuloy ako para harapin 'yung tatlong semestrenge natitira para sa akin dito sa Treyd. Hindi ako ganap na sumuko.

* * *

Hindi ko naman s'ya masisisi kung marunong s'yang sumuko. Ang hindi rin naman tama 'yung sinukuan

n'ya 'yung mga taong handang sumuporta sa kanya. Ang hirap kasi sa'tin masyado tayong nabubulagan sa kung ano pwedeng kaligayahan maidulot ng mga taong nakapalibot sa'tin. Hindi naman laging saya ang buhay. Nabubulagan ka lang.

Pero, alam ko sumuko s'ya hindi bilang estudyante ng institusyong ito kung hindi bilang isang taong nakakaramdam ng sakit na baliwalain nalang ng mga inaasahan n'yang tao na makakasama n'ya hanggang dulo. Sinukuan s'ya ng mga taong inakala n'yang hinding-hindi mang-iwan.

Hindi masamang sumuko. Hindi rin kahinaan 'yung bawat pagsuko. Ang masama ay 'yung pinatayan mo ng kalakasan 'yung sarili mo para akayin. Hindi mo kailangan magmukmok sa apat na sulok ng silid at hayaan na lamang magpabugbog sa bawat sakit.

At sana sa susunod na susuko s'ya, subukan n'yang lumigon muna sa likod n'ya. Hindi man tulad ng mga taong nakasama n'ya nung una, sigurado akong makakatagpo s'ya ng mga taong aalalay sa kanya.

P.S: Tinatamad akong sumuko sa'yo. Pero ikaw mismo ang nakalimot at nang-iwan sa sarili mo. May mga pusong makikinig sa'yo. Magsabi ka lang.

Being World Class

known as the university of research.

It takes so much effort and number of years to be recognized by a global body as an outstanding world researcher and it is great honor for us students to be catered by the university that has competent and proficient faculty.

According to the director of RDO, Ria-Anne Dizon, it is a mandate for a teacher to conduct research studies for the promotion of position. What she was pleading, aside from the acknowledgement that the campus is giving to the researchers, is the incentives of giving more consideration to their teaching loads.

Therefore, I strongly believe that the university should pay much more attention to what the RDO is aiming for the institution. This would open greater opportunity not just for the benefits of the researcher but for the school itself. This recognition will provide concrete linkages in different disciplinary research worldwide. Funding agencies and investors may create a great contracts for new projects that the school may study.

But, it is my faith too that the university should provide time for

the instructors who are conducting researches while they are handling teaching loads at the same time. I think it will not be a waste of time because they have already proven what they make in the field of research. Aside from this, greater funds in conducting a study is needed for the university to perform and create more innovations in aid for the community problems especially in agricultural sector. Tangible incentives are just bonus if they might performed well and received awards globally with their worthwhile studies.

I believe that if this institution invest a good extent and empower research study, BPSU will be known as one of the top in research universities in the world. It might be a perfect time for the institution to start this as the Association of South-East Asian Nations Integration in 2015 is about to come.

Truly, the awards receives by the BPSU faculty during the global conference in Hong Kong is worthy of commendation. It is a proof that the university continues to provide a world class instructor for its student to receive a quality education as well.



VENN MAN
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“As a student of this university, you should work your way up to be a better person.”



MARK MY WORD
MARK ANGELO T. PUMARES
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“Hindi pa rin ako nawawalan ng pag-asa na darating ang panahon na bawat maestro at maestro ay magiging katulad nina Mang Elmer at Ate Maricar.”



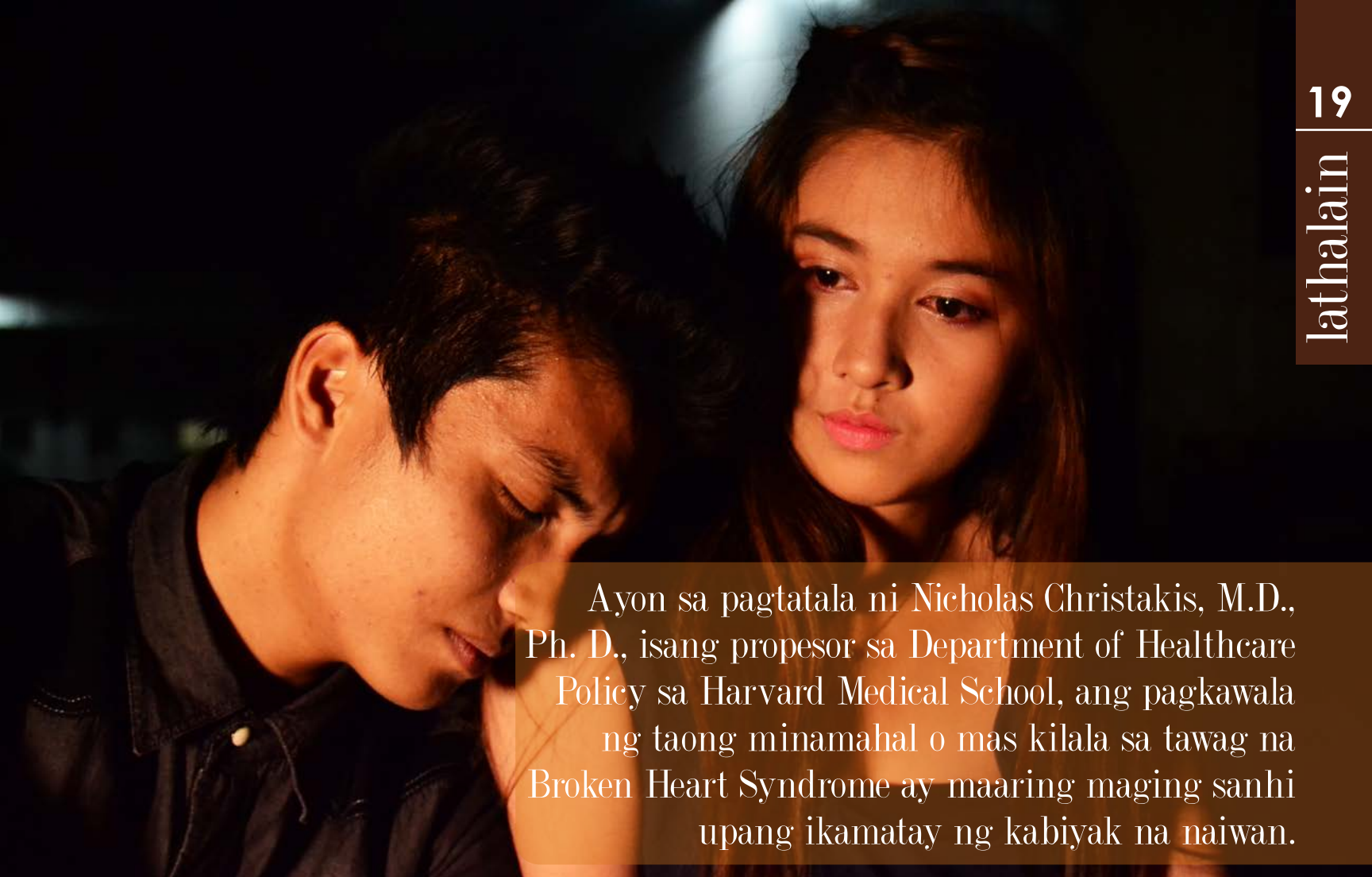
BEYOND THE LIMIT
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“Sa mga puntong iyon, alam kong isusuko ko na. Isusuko ko na 'yung apat na taong pakikipagbuno ko sa napiling kurso.”



NICK OF TIME
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“I believe that if this institution invest a good extent and empower research study so that the BPSU will be known as one of the top in research universities in the world.”



Ayon sa pagtatala ni Nicholas Christakis, M.D., Ph. D., isang propesor sa Department of Healthcare Policy sa Harvard Medical School, ang pagkawala ng taong minamahal o mas kilala sa tawag na Broken Heart Syndrome ay maaring maging sanhi upang ikamatay ng kabiyak na naiwan.

WAGAS:

Ang Kwento ng pag-ibig at kamatayan dulot ng Broken Heart Syndrome

Nina Ezekiel D. Cunanan at Roy F. Boringot
Mga Larawang Kuha ni Christian Clark P. Salvador

Models: Angelica Vergara at Teody Camacho
Hair and Make-up: Darlyn Gerona

“10:30 n’on. Hinihintay niya ‘yung text ko, siguro mga nasa 20 text messages na ‘Mahal mo pa rin ba ako? Kasi ako mahal na mahal kita... sige na please,’nagmamakaawa siya sa akin. Tapos n’ong sinabi ko na ‘Oo, mahal pa rin kita, at mahal na mahal pa rin kita.’ 10:31...”

May kulang.

Panandaling huminto ang mabilis na ikot ng orasan noong panahong iyon. Pilit na pinaghiwalay ng tadhana ang mga sandaling magiging daan sana upang pagdugtungin muli ang dalawang pusong pinaglayo ng galit. Sa puntong iyon, muling nagbalik ang mga alaala.

Si Sabrina*, isang estudyante ng BPSU ang

nagpaunlak sa amin upang ibahagi ang istorya ng pag-iibigan nila ni Harold*.

Pagdurugtong ng mga Pusong

Taong 2008, buwan ng Agosto nang pagtagpuin ang kanilang mga landas sa bayan ng Morong. Kaklase ng kanyang pinsan si Harold at palibhasa malapit si Sabrina sa kanyang pinsan, ipinakilala ito sa kanya at ito ang nagsilbing daan upang magkakilala ang dalawa.

Naging daan ang pagpapalitan ng text messages upang lubos silang magkakilala at sa loob ng ilang buwan ay hindi na nila namamalayang nahuhulog na sila sa isa’t isa.

Gawa ng masidhing pag-ibig, nagkaroon ng

lakas ng loob si Harold upang personal na ligawan si Sabrina at ipakilala sa kanyang mga magulang. Sa loob ng dalawang buwan, nakamit rin ng binata ang matamis na ‘oo’ ng dalaga.

Mula nang maging magkasintahan ang dalawa, hindi na lingid sa kaalaman ni Sabrina ang sakit sa puso ni Harold. Sa katunayan, naging tulay pa siya sa pagpapalakas ng loob ni Harold upang ipagpatuloy ang kanyang paggagamot. Sa kabila ng kondisyong ito ay umabot pa rin ang kanilang pagmamahalan sa apat na taon.

Nguni’t hindi maiiwasan na dumarating ang suliranin sa mga taong nagmamahalan tulad nila. Binago at nilamon ng galit ang matamis na pagsasamahan ng dalawa nang minsang nadala

si Harold sa tukso. Buntis nang mga panahong iyon si Sabrina at dala ng sama ng loob dulot ng nasirang pagtitiwala ay pinili niyang lumayo at iwan si Harold.

“Pinagsabay niya kami. Naging sila noong December lang, eh kami four years na, doon lang kami nagkaroon ng ‘di pagkakaunawaan,” salaysay ni Sabrina.

Lamat at Pagsisisi

Ginawang daan ni Harold ang kanilang anak ilang buwan matapos ang pangyayari upang muling buuin ang nasirang relasyon. Nguni’t nito lamang Enero, sa muli sana nilang pag-aayos ay isang pangyayari ang hindi inasahan ni Sabrina.

“10:30 ‘yun, nagtanong siya kung mahal ko pa daw siya. Tapos maraming send ‘yun, hindi ko siya nireplyan,” salaysay niya.

Sapagkat sariwa pa ang sugat ng pagtataksil ay hindi niya alam ang isasagot kay Harold.

“Hinihintay niya ‘yung text ko, siguro mga nasa 20 text message na ‘Mahal mo pa rin ba ako? Kasi ako mahal na mahal kita... sige na please,’nagmamakaawa siya sa akin. Tapos nung sinabi ko na ‘Oo, mahal pa rin kita, at mahal na mahal pa rin kita.’ 10:31, namatay siya,” tila isang bangungot ang balitang gumuhit ng panibagong sakit sa puso ni Sabrina’ng handa na sanang magpatawad.

Panandaling huminto ang mabilis na ikot ng orasan noong panahong iyon. Tiinuldukan na

nga ng tadhana ang mga sandaling magiging daan sana upang pagdugtungin muli ang dalawang pusong na pinaglayo ng galit.

“Parang nasira ang buhay niya nang dahil sakin dahil parang ‘yung pag-aaway namin ang naging rason para lumala nang lumala ang sakit niya sa puso,” pagsisisi ni Sabrina.

Ayon sa pagtatala ni Nicholas Christakis, M.D., Ph.D., isang propesor sa Department of Healthcare Policy sa Harvard Medical School, ang pagkawala ng taong minamahal o mas kilala sa tawag na Broken heart Syndrome ay maaring maging sanhi upang ikamatay ng kabiyak na naiwan. Maaring maranasan ang kondisyong ito sa loob ng 30 araw matapos ang pagkawala ng minamahal at mas madalas ang ganitong kalagayan sa mga kalalakihan kaysa mga kababaihan.

Base rin sa mahigit 90 taong pag-aaral at pananaliksik tungkol sa sakit na ito, napatunayan na 49 porsyento ng mga asawang lalaki at 30 porsyento ng asawang babae ang namamatay taun-taon.

Ang pananaliksik ay nagpapakita na konektado ang mga tao sa pamamaraang ang kondisyon ng kalusugan ng isang tao ay may kaugnayan sa kalusugan ng kanyang kabiyak.

Paglisang Pagpapalaya

Sapagkat musmos pa ang kanilang anak na si Gerald* ay hindi nito maiwasang mangulila sa

yakap ng kanyang ama.

“Si papa mo wala na, iniwan na tayo. Nasa heaven na siya kasama si Jesus, namatay na siya,” masakit man sa kanyang kalooban ang paulit-ulit na pagsambit nito sa kanyang anak, kailangan pa rin at patuloy niya itong ipapaunawa habang sinusubaybayan ang paglaki ng bunga ng kanilang pagmamahalan.

Sa kabila nito, inaala pa rin ni Sabrina ang matatamis na sandaling kapiling nila ni Harold ang isa’t isa.

“Noong pagkapanganak ko doon sa baby ko, dahil nando’n siya saka siya ‘yung unang kumandong, ‘yun ‘yung pinaka-memorable sakin kasi buo kami, buong pamilya,” pag-alala niya.

Sa huli, para kay Sabrina nanatili pa ring naririyang sa kanilang piling si Harold nguni’t sa katauhan na lamang ng kanilang anak.

* * *

Mahalaga ang bawat sandali. Kasabay ng mabilis na pagdaloy ng panahon ay ang paglisang natin dito sa mundo. Kailanma’y hindang hindi na natin maibabalik ang nagdaang pagkakataon at tanging dalawang bagay lang ang mananatili. Pareho itong nasa huli – kaligayahan o pagsisisi.

Walang nakaalam kung kailan darating ang mga bagay na ito at sa laro ng tadhana, walang mananalala.

**hindi nila tunay na pangalan*

Dahil ang Treyd ay #ParangPag-ibig

Isang pagtatangkang bigyan ng konkretong depinisyon ang bawat hugot at pagtibok

Nina Cathrine Ivy E. Jordan at Jamesnick M. Seramines
Mga Larawang Kuha nina Christian Clark P. Salvador
at John Carl Emala

Malawak ang sinasaklaw ng salitang pag-ibig nguni't sapat ang apat na sulok ng Treyd upang makahanap ng kahulugan nito.

Ang mga sumusunod na talata ay isang pagtatangka na mabigyan ng simpleng kahulugan ang salitang pag-ibig mula sa mga ordinaryong tao, bagay o pangyayaring nagaganap sa loob ng ating unibersidad.

THE 'ILLEGAL WIFE'

Bago ka pa man makapasok sa Treyd at hiranging ganap na Peninsulares, hindi mo matatakas ang nakaka-stress na pila tuwing enrolment. Mahaba-haba ang lakbayin mong tatahakin upang matapos ang prosesong ito. Sa sobrang init at tagal mong nakapila, magugulat ka na lang sa malakas na agos ng pawis sa pagitan ng 'yong dibdib at kili-kili. Kailangan mong magbaon ng isang sakong t'yaga at pasensya sa paghihintay. Pero kung minsan, hindi nakasasapat ang t'yaga at paghihintay dahil siguradong may darating at darating upang sumingit. Kung kailan akala mong ikaw na ang mabibigyan ng atensyon ng registrar ay do'n ka pa maaagawan ng iba. Nakakasama ng loob. Parang pag-ibig.

ONE-WAY

Hindi malawak ang mga daan sa Treyd kung kaya naman pinaiiiral ang 'One-way Policy.' Sapat para sa iisang daloy ng mga sasakyan. Malinaw ang direksyon. Hindi pwedeng umatras. Dapat sigurdo ka na sa daang iyong tutumbukin para hindi magka-aberya sa huli. Nguni't sa kabila ng polisiyang ito hindi mapigilan na may mga pasaway na sumasalungat sa tamang daan. Paalala lang po, One-way lang po dapat. Parang pag-ibig.

TICK-TOCK

Lumipas na ang oras pero naghihintay ka pa rin. Umaasa at nangangamba kung darating pa nga ba s'ya. Kung minsan gusto mo nang sumuko dahil pakiramdam mo nasasayang na lahat ng oras na ibinibigay mo sa kanya. 'Yung totoo, may klase pa ba? Mahigit isa't kalahating oras na pero wala pa ring paramdam si ma'am at sir. Alam mo sa isip na hindi na s'ya darating pa, pero gano'n pa man patuloy ka pa ring umaasa. Parang pag-ibig.

SECOND CHANCES

Sa buhay natin may mga pagkakamali tayong nagagawa. Kung minsan, 'yung mga pagkakamaling 'yon ang nagiging dahilan upang tayo'y malugmok at bumagsak. Mahirap pa naman ang mapabilang sa mga tinatawag na irreg students. Mahirap lumugar sa mga taong alam mong ikaw ang lageng least priority. Huli na nga sa enrolment pati ba naman sa klase dahil may mga subjects na kailangan pang i-offsem o i-overload. Lageng naro'n ang pagsisisi na sana nung umpisa pa lang ay pinagbutihan mo na. Sana pwede pang ibalik 'yung nakaraan para maitama 'yung mga maling nagawa mo. Swerte na lang dahil may summer at off-sem pang pinapayagan. Second chance? Para lang 'yun sa mga taong nagkamali at gusto pang maayos ang pagkakamaling 'yon. Parang pag-ibig.

SURPRISE QUIZ

Malaki ang impluwensya ng musika sa ating pagkatao. Kaya naman masasabing may kasalanan din si Bruno Mars kung bakit ka tinatamad ngayon. Ang hirap bumangon lalo na kung ang simoy na ng kapaskuhan ang yayakap sa'yo sa oras na buksan mo na ang iyong mga mata. Tutunog si alarm pero papatayin din. Isang pagsubok din ang maligo. Late ka nang natulog kagabi kasi nag-facebook ka pa. Nag-selfie at nag-posts ng kung anu-anong mga status na ikaw lang naman ang may pakialam. Kampante ka kasi. Ang resulta, late ka na naman sa klase. 'Yung moment na pagkaupong-pagkaupo mo at hihinga ka pa lang ng isang kilong oxygen eh nagpalabas na ng yellow paper si ma'am o sir. Tama, may surprise quiz. Oh well, college life is full of surprises. Parang pag-ibig.

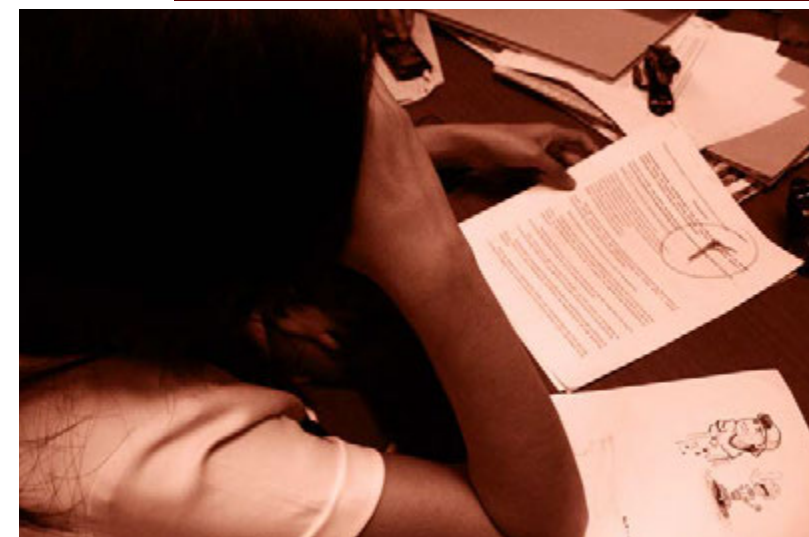
CROSSROADS

Nakakakilig pagmasdan 'yung bagong Tourism Building at CEA Building. Alam mong magkaharap. Halos ilang dipa lang ang layo nila sa isa't isa. Araw-araw at gabi-gabing nagkakatatigan. Pero kahit anong gawin nila hindi sila nagkakalapit. Oo tamang nasa ilalim nga sila ng iisang langit pero meron pa ring hadlang na pumapagitan sa kanilang dalawa. Parang pag-ibig.

* * *

Makapangyarihan ang salitang pag-ibig. Sa katunayan, mahirap itong bigyan ng isang konkretong depinisyon. Bawat isa may kanya-kanyang pakahulugan dito. Bawat isa may kanya-kanyang love story. Bawat isa may kwento ng pagtibok, kilig at pighati. Nguni't anu't ano pa man ang iugnay sa salitang ito hindi maipagkakailang pag-ibig na nga ang pinaka masarap na bagay na pwede mong maramdaman kung ito ay tunay.

Hindi na kailangan pang lumayo at galugarin ang iba't ibang lugar upang mahanap ang pag-ibig. Kung minsan sapat na ang isang lingon at kaunting panahon ng pagninilay-nilay sa paligid upang matagpuan ito. Dahil ang tunay na pag-ibig, walang pinipiling lugar, oras, panahon at pagkatao. Ang tunay na pag-ibig, makapangyarihan at dakila.



Kung 93 porsyento ng 100 milyong Pilipino ang may trabaho at ang bawat oras ay binabayaran ng 42 piso, nangangahulugan lamang na sa kada-isang oras na inilalaan natin sa paggawa ng walang kabuluhang bagay ay nagsasayang lang naman ang Pilipinas ng humigit-kumulang 3.9 bilyong piso.

Tunay palang gastador ang mga Pilipino dahil hindi lang isang oras ang inaaksaya natin sa simula pa lang ng araw.

Yamang ganito kahalaga ang oras, hayaan ninyo kaming bigyan kayo ng ilang tips upang mas maging kapaki-pakinabang ang bawat minutong iginugul niyo sa mundong ibabaw.

1. PATAYIN ANG ALARM

“Sinong nagpatay ng alarm?!”

Masakit man, ito ang reyalidad na madalas na nangyayari kahit dulot pa ng masidhing pagnanais mo na huwag masayang ang oras ng milyun-milyong kaluluwang kinabibilangan mo ay nagseset ka naman ng alarm na gigising sa’yo. Pero sino nga bang nagpatay ng alarm?!

Meron tayong tatlong suspect. Una, ‘yung mahal mo (na iiwan ka rin naman) na kaharutan mo sa panaginip. Nagising ka na sa tilaok ng alarm pero bitin ka pa, kaya ini-snooze mo muna para makabalik kay b3h. Snooze nang snooze hanggang sa hindi na kataka-takang kamalian ay “stop” na ang napindot mo. Ganyan talaga.

Pangalawa, ang Air Supply dahil kanta nila ang alarm tone mo na mas nakakaantok pa kaysa oyayi. At huli, ikaw. Baka naman hindi ka talaga nag-set ng alarm?

2. SISIHING ANG PANAHO

May mga araw na parang pinag-titripan ka ng panahon. Ayan ‘yung palagi kang nagdadala ng payong, pero hindi mo naman nagagamit. At kapag naiwan mo naman, saka bubuhos ‘yung senting ulan.

Nakakaburyo na minsan isa talaga sa mga dahilan para ma-late ka eh ang panahon. Hindi ka nakapasok? Kasi baha. Hindi ka makabangon sa higaan? Masarap matulog, maginaw.

Pero aba naman, ilang siglo nang problema ng mga ninuno natin ‘yan at magiging problema rin ng mga susunod pang henerasyon. Hindi makakapagsalita ang panahon laban sa mga paratang natin. Eh di gawin na nating non-working holiday ang buong Ber Months para wow.

3. SULITIN ANG INTERNET CONNECTION

Minsan talaga, may dulot na sense of satisfaction ang “Good Night” selfie. ‘Yung tipong matutulog ka na lang, nakuha mo pang mag-photoshoot! Para bang hindi kumpleto ‘yung araw mo hangga’t hindi ka nakakapag-check ng account.

May pagala-galang elemento talaga tuwing gabi kaya madalas, ‘yung 9 pm na tulog mo eh nagiging

2 am. At s’yempre, pagka-gising kinabukasan, titignan mo muna kung nag-like si crush. Kung hindi, i-push mo pa ang #JustWokeUp status mo with matching gusot na buhok at chinito o chinita look.

Wala namang masama. Basta bago mo i-check ‘yung COC, LOL o ano pang pinagkakaabalahan mo, maligo ka muna. Nasa paliligo ang tunay na fulfillment, friend. Wala sa iPhone at wifi ng kapitbahay n’yo.

4. BUMIRIT SA KUBETA

Sa madalas na pagkakataon, banyo talaga ang lugar kung saan inilalabas natin lahat ng sama ng loob na meron tayo. Alam mong masakit sa tenga pero wala eh, dito ka lang talaga makakatagpo ng instant Araneta Coliseum. Walang i-istorbo sa pag-e-emote mo. Walang lalait sa bawat pagpiyok, sa pasimpleng pagsayaw ng All About That Bass at minsa’y pag-arte mo ala-Teatro Peninsulares habang nagsasabon.

Alam mo ‘yung feeling na paglabas mo ng CR, akala mo ikaw na si Ed Sheeran o Whitney Houston? Ang saya ‘di ba? All-out performer ang dating! Problema lang kung masyado kang na-carried away at naging isang oras ang mini-concert mo. Bigti na friend!

5. PURIHIN ANG SARILI

Maglalagay ng wax sa buhok. Guguluhin. Aayusin. Guguluhin. Aayusin ulit. Guguluhin na

naman. ‘Yan ang madalas na problema ng isang GGSS (Gwapong-Gwapo/ Gandang-Ganda Sa Sarili).

Oo. mahirap talagang pumorma lalo na kapag wash-day. Kaya matapos ang mahaba-habang seremonya sa paliligo, isang orasyon na naman ang magaganap sa harap ng salamin. Matagal pumili ng isusuot lalo na kung ‘yung mismong damit mo na ‘yung ayaw bumagay sa’yo. ‘Yung tipong umaasa ka pa na may mababago sa itsura mong parang noong 1914 pa naimbento, kasabay ng unang digmaang pandaigdig.

Pero hindi ka pa rin titigil hangga’t hindi mo pa naa-achieve ang perfect outfit-of-the-day. That moment, mare-realize mo na late ka na pala. It’s too late.

6. MAGING MAPILI SA SASAKYAN

Nangangarag ka nang pumasok pero okupado na ang favorite spot mo.

Tatlong upuan nalang ang bakante sa jeep at dahil nga banidoso ka, alam kong hindi ka pupwesto sa alanganin. Yung tipong sumasampal na sa mukha mo yung hangin. Oo, marahil gusto siya ng marami, pero iba ka eh. Hindi ka rin naman sasabit lang. Pwede ba namang late ka na eh bad hair day pa? Mag-aabang ka nalang ng susunod na biyahe.

7. MAG-ASTRAL PROJECTION

Dumarating talaga ‘yung mga sandali sa buhay natin na wala tayong ginawa kundi tumunganga. For no reason. It’s either, hindi ka nakakain ng almusal, hindi nag-reply si crush, sinermunan ka ni nanay, wala kang baon, o kaya eh sadyang lutang ka lang.

Nakakainis pero hindi mo ma-explain. ‘Yung tipong hindi mo alam kung saan mo naiwan ‘yung wallet mo, kung bakit hindi mo na-save sa flash drive ‘yung assignment sa pa-major n’yong subject, kung bakit nag-uniform ka kahit Wednesday!

Ano pa man, wala kang choice kundi bumalik sa bahay. At dahil d’yan, isang klase na naman ang hindi mo mapapasukan. At s’yempre, sino bang hindi sasang-ayon sa “it’s better late than never” motto mo?

8. ‘WAG ISUOT ANG I.D.

3 minutes left! Male-late ka na kaya walang pwedeng tumayo sa dinaraan mo. Humarang, giba, bugbog, at ang malala, trashtalk! Pagkatapos ng ilang aberyang pinagdaanan mo ay makakahinga ka na sana ng maluwa kung hindi mo nakita na blockbuster na naman ang pila sa gate. Simulan na ang countdown!

Sabay-sabay na iinit ang ulo ng tatlong tao. Una, ikaw na bumubulong na ng lahat ng murang alam mo. Pangalawa, ‘yung instructor mong

seryoso noong sinabi niyang ibabagsak ka na niya sa susunod na late mo at pangatlo, ang mga gwardiyang payapa sana ang trabaho. Bakit nga ba may pila, diba?

Pero bago pa maghalo ang balat sa tinalupan, ipapaalala lang namin sa’yo na bilang estudyante, dapat ugaliing suot ang ating ID dahil ‘eto lang naman ang kailangan ng mga guard. Baka kapag nawalan na ng pila sa gate, eh mawalan na rin ng male-late. Baka.

* * *

Naisabatas ang Republic Act No. 10535 o mas kilala bilang “The Philippine Standard Time Act of 2013” na naglalayong magsapubliko ng iisang oras sa lahat ng opisina at establisimyento sa bansa upang mas mapahalagahan ng mga Pilipino ang panahon. Nakapaloob din dito ang pagdiriwang ng National Time Consciousness Week tuwing unang linggo ng taon upang lalong maturuan ang mga mamamayan ng tamang disiplina at paggalang sa oras at sa oras ng iba.

Totoong mahalaga ang bawat pitik ng orasan dahil dito tayo maaaring kumita o malugi. Hindi lamang pera kundi pagkakataon ang nasasayang sa bawat sandaling hinahayaan nating lumipas.

Sinadyang maging satiriko ang mga pahayag sa itaas upang mas mabigyan natin ng pansin ang mga maliliit na bagay na madalas ay ugat ng malalaking kawalan.

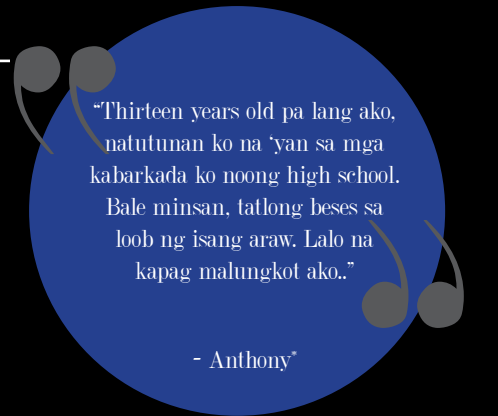
ANONG ORAS NA?

Ilang paalala bago ang National Time Consciousness Week

Nina Mark Angelo T. Pumares at Jordan Teodoro D. Pascual
Dibuho ni Cathrine Ivy E. Jordan

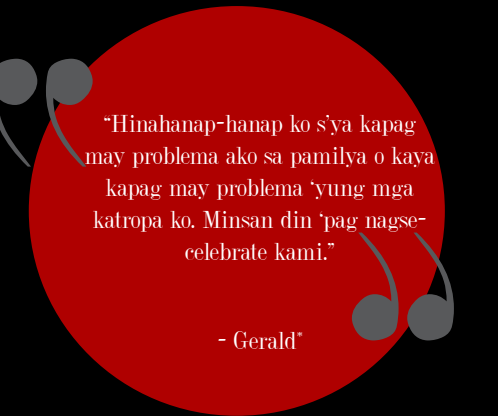


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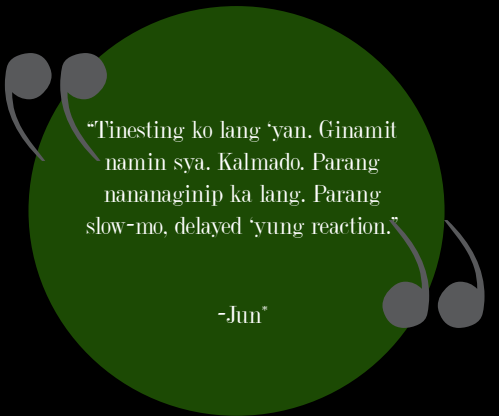
“Thirteen years old pa lang ako, natutunan ko na ‘yan sa mga kabarkada ko noong high school. Bale minsan, tatlong beses sa loob ng isang araw. Lalo na kapag malungkot ako.”

- Anthony*



“Hinahanap-hanap ko s’ya kapag may problema ako sa pamilya o kaya kapag may problema ‘yung mga katropa ko. Minsan din ‘pag nagse-celebrate kami.”

- Gerald*



“Tinesting ko lang ‘yan. Ginamit namin sya. Kalmado. Parang nananaginip ka lang. Parang slow-mo, delayed ‘yung mga reaction.”

-Jun*

Ayon sa isang survey na ginawa noong 2009, tinatayang nasa 17.3 milyong Pilipino na may sapat na gulang o 28.3 porsyento ng populasyon ng Pilipinas ang naninigarilyo. Karamihan sa mga ito ay pawang mga lalaki na nasa edad 15 pataas. Kumukunsumo ang mga naninigarilyo ng 838 pirasong sigarilyo o nasa 42 pakete kada taon. Base naman sa pag-aaral ng World Health Organization (WHO), may sampung Pilipino ang namamatay kada oras sanhi ng iba’t ibang sakit dulot ng paninigarilyo.

Halos limang milyong Pilipino ang nagpapakalunod sa alak. Nagresulta ito sa pagiging pangalawa ng Pilipinas sa may pinakamaraming komukunsumo ng alak sa buong Timog Silangang Asya. Isang malaking rason nito ang pagiging matipid sa balsa ng alak sa bansa.

Ilan sa masasamang epekto ng alak ay ang pagkakaroon ng iba’t ibang komplikasyon sa kalusugan gaya ng kanser at sakit sa bato. Nguni’t ang isa sa pinakanakabahalang epekto ng alak ay kamatayan. Ito ang apat na porsyento ng dahilan ng kamatayan sa buong mundo.

Naging malaking isyu ang tangkang pagsasalegal ng marijuana sa bansa. Sa ngayon, hindi pa rin malinaw ang kahihinatnan ng mga panukala ukol rito. Isa sa mga nakikitang dahilan ay ang pang-aabuso at maling paggamit sa ginawang dala ng marijuana.

Ayon sa artikulong Drugs Statistics in the Philippines, sa kasaysayan ng Pilipinas, ang pinakabatang nakagamit ng droga ay nasa walong taong gulang lamang at ang pinakamatanda naman ay nasa 73 taong gulang na. Sa 11 naman na gumagamit ng droga, 10 rito ay mga kalalakihan at isa lamang ang babae.

Sina Anthony, Gerald at Jun ay ilan lamang sa mga pinag-uukulan ng ganitong klase ng programang pangkalusugan.

Patuloy na naniniwala ang lokal na pamahalaan ng Balanga sa pangunguna ni Mayor Enrique S. Garcia III na darating din ang panahon na mababawasan ang mga biktimgang sakal pa rin ng masasamang bisyo – hindi lamang upang ang papaunlad na lungsod ay kilalanin bilang isang lugar na may pinakamalusog na mamamayan kundi upang panatilihin ang bisyon ng Balanga sa pagiging isang World-Class University Town.

Gasgas na nga ang kasabihang, “Ang kalusugan ay kayamanan.” Nguni’t hangga’t may usok na inilalabas ang sigarilyo, habang patuloy na umiikot ang baso sa inuman at kung patuloy pa ring tatangkilikin ang mga ipinagbabawal na gamot, hindi matitinag ang pamahalaan sa paghahanap ng paraan para mahinto ang mga ganitong nakamamatay na bisyo.

Hindi nawawalan ng pag-asa ang lokal na pamahalaan ng Balanga na darating ang panahon na sa ibang mas kapaki-pakinabang na gawain makakahanaan ng kaligayahan ang mga tulad nina Anthony, Gerald at Jun. Hindi sila nagsasawang mangalampag upang ang siyudad ay ganap na maging world-class.

**hindi tunay na pangalan*

Ni John Carl Michael G. Emala

Huwag maging

Smoker. Alcoholic. Drug addict.

SA POSITIBONG DAAN NG RPHER

Nina John Carl Michael G. Emala at Jan Martin D. Calupitan
Dibuho ni Ezekiel D. Cunanan

Maaga pa lang, nag-aayos na si Nick ng kanyang gamit para sa pagpasok niya sa pamantasang kanyang kinabibilangan. Sa bawat araw ng kanyang paggising kasabay niya ring bumabangon ang determinasyon niya sa pag-aaral. Sa bawat pagpasok niya sa pinto ng silid aralan ay ang dedikasyong matapos ang kanyang programa at sa bawat kursong kanyang ipinapasa ay ang papalapit na hakbang sa kanyang pangarap.

Habang patuloy s’yang nagsusumikap na matapos ang kanyang napiling karera, patuloy rin ang Commission on Higher Education (CHED) sa kanilang hakbang na magbigay ng dekalidad na edukasyon sa Pilipinas. Layunin nitong magkaroon ng mga mahuhusay at dalubhasang Pilipino na magdadala sa pambansang pag-unlad at pakikipagsabayan nito sa ibang bansa. Isa sa hakbang na ito ay ang Roadmap for Public Higher Education Reform (RPHER).

Sabay na Pagtahak sa Roadmap

Ang RPHER ay pinatutupad ng CHED bilang daan sa bagong mukha ng edukasyon sa kolehiyo. Ang mga layunin ng repormang ito ang pagkakaroon ng rasyonal na edukasyon sa mga pamantasan, pagbibigay ng kalidad at magandang programa at pagbibigay daan sa mga taong gustong makapag-aral nguni’t may problemang pinansyal.

Kaakibat ng RPHER, ang Strategic Plan 2015-2019 ng unibersidad ay patuloy lang ang pagtahak sa “Roadmap” na itinalaga ng CHED. Nirebisa ng unibersidad ang orihinal na Strategic Plan 2014-2018 sa kadahilanang mas nais tugunan ng administrasyon ang outcomes-based education.

Ayon kay Dr. Emmanuel C. Macaraeg, vice president for academic affairs, inilinya ang Strategic Plan sa RPHER at sa ngayon pinagtutuunan ng pansin ang Outcomes-Based Quality Assurance System ng unibersidad.

Ito ay kaakibat ng Philippine Development Plan 2011-2016 at Commission on Higher Education Memorandum Order (CMO) No. 46, s. 2012 na naglalayong ilinya ang mga Standards and Accreditation instruments ng lahat ng State Universities and Colleges (SUCs).

Sa pamamagitan nito, ang mga kurikulum ni Nick at iba pang nag-aaral sa SUCs patuloy lang ang pagbabago.

Ipinaliwanag sa artikulong inilabas ni Dr. Nilo E. Colinares noong Pebrero ngayong taon ang mga pagbabago. Kung dati’y ang mga tanong na dapat sagutin ng mga guro sa SUCs ay kung ano ang mga programang ituturo nila sa kanilang estudyante at kung ano ang mga paraan ng pagtuturong gagamitin, ngayon mas nakatuon na ang mga tanong sa ibang perspektibo. Sa Outcomes-Based Education, ang mga kwestyon na sasagutin ng mga guro ay kung ano ang mga hindi pa natututunan ng mga estudyante na kailangan nilang matutunan matapos ang programang pinili nila at kung paano nila makakamit ito. “Outcomes” ika nga.

Isa pang lohikal na paliwanag naman ni Macaraeg sa pagbabago ay ang pagkukumpara ng mga numero ng mga magsisipagtapos. Kung dati’y mas tinitingnan ng mga SUCs ang bilang ng mga magsisipagtapos sa isang taon, ngayon ay isang hakbang na lamang ang mga numerong ito sa prosesong tinatahak. Mas pinapahalagan ng pamatasan ang numero ng mga magsisipagtapos na nakapasa sa Board Exam o ang bilang ng mga nagsisipagtapos na nagkaroon ng trabaho.

Para kay Nick, napakalaking progreso ito sa kalidad ng

edukasyon. Sa parte naman ng pamantasan, napakalaking pagbabago ang dapat sabayan para sa ikauunlad ng mga estudyante. Ilan sa mga pagbabagong sinasabayan ay ang paglilinya ng mga instructor sa mga kurso, na dapat ang kanilang itinuturo ay alinsunod sa natapos nilang programa. Ayon pa kay Macaraeg, ang mga accreditation na nangyayari sa iba’t-ibang kolehiyo ng campus ay para rin sa Outcomes-Based Quality Assurance System.

Dagdag pa niya, isang magandang halimbawa ang itinatayong Science Building ng pamantasan sa pagsagot sa sistemang sinusundan nila. Dahil sa accreditation ng mga Engineering Programs noong nakaraang taon.

* * *

Baku-bako ang daan ng patungong sa progreso. Sa katunayan, iba’t-ibang anomalya ang nagpapadilim sa “Roadmap” na naglalayon ng organisado at mataas na kalidad ng edukasyon. Pero sa ngayon, patuloy lamang ang pagtahak ni Nick at ng pamantasan sa hindi sigurado pero positibong daan ng RPHER.

Habang patuloy s’yang nagsusumikap na matapos ang kanyang napiling karera, patuloy rin ang Commission on Higher Education (CHED) sa kanilang hakbang na magbigay ng dekalidad na edukasyon sa Pilipinas.





VEGGIE NOODLES

open new green option

By John Carl Michael G. Emala and Lorenzo T. Diuco II
Contributed Photos from Wilfredo Briñes

Veggie Noodles are better than commercialized one. It uses no chemical and other food preservatives. It is organic and healthy, that has a great impact why these goods venerated by the community.

Everybody loves pasta, coherent with many cuisines serving various foods with pasta as the main ingredient. Due to financial deficiency, others tend to go with the cheaper version, which are the noodles. However, with the creative perception of every food enthusiasts, innovation of viable noodle products begin. While these noodles are not exactly pasta, they are growing in popularity due to their extremely valuable benefits to health and to farming industry.

By definition, noodle is a well known primary food made from unleavened dough which is stretched, extruded or rolled flat and cut into one of a variety of shapes. At the present time, fusion cuisine is offering new versions of noodles that are delicious, affordable and healthy all at once

Today's aisle for noodles on the marketplace opens a new green option. Veggie noodles bring you a healthier choice for a better diet.

Fresh in Bataan

The propagation of knowledge about the preparation of Veggie Noodles in Bataan has been started with the sponsorship of Department of Trade and Industry (DTI) to the Balanga Agrarian Reform Beneficiary Multipurpose Cooperative (BARB-MPC). One of the DTI's objectives is to support non-government organizations with regards to their industry.

Way back 2008, a personnel of the BARB-MPC, Mang Jojo was brought to Baguio and Nueva Ecija in order to learn various techniques in manufacturing veggie noodles. Afterwards,

Mang Jojo spearheaded the upbringing of knowledge in Bataan.

"Ako 'yung nagturo sa mga taga-Bataan. Para matuto silang gumawa ng veggie noodles. Kaya ngayon na ka-tie-up kami ng city hall sa tourism. Nagtuturo rin kami sa mga estudyante," explained Jojo.

On the other hand, Mang Leonardo David, chairman of BARB – MPC was one of the three demonstrators in Bataan. The other two was in Mariveles and Bagac Municipalities. Nevertheless, DTI made them unified. According to him, they built an association, the Bataan Producer that manages a stall in the market. They offer the product in Php35 per 225 grams.

Veggie Noodles are better than commercialized one. It uses no chemical and other food preservatives. It is organic and healthy, that has a great impact why these goods venerated by the community. Moreover, the noodles are made from carrots, squash, malunggay, sweet potato and spinach.

"Yung mga bata ayaw sa gulay pero noong binigyan namin sa veggie noodles kinakain nila. Kasi kahit 'di pa luto, pwede na kainin 'yung noodles, parang bang kropek," said Mang Jojo.

Rotten Reality

Jojo admitted that they are frightened in their outside country competitors. Chinese commodities are cheaper than the veggie noodles of BARB-MPC but the cooperative assured that their products are healthier and safe.

On the dim face of reality, our local products are not subsidized by the authority, unlike the foreign commodities which are supported by their government.

"Yung ibang bansa, 'yung mga produkto nila binibili ng gobyerno ng mahal tapos binebenta ng mas mura, tayong hindi, bahala ka na magbenta ng mga produkto mo," expressed by Mang Leonardo.

Meanwhile, he expressed other difficulties of their industry, that sometimes lead in their loss of sale. "Isa sa mga problema namin is 'yung lifespan ng noodles, dahil sa organic 'yung product, wala s yang mga preservatives kaya usually 3 weeks pa lang nagfa-fade na 'yung kulay. Hanggang ikatlong buwan lang 'yung tinatagal ng veggie noodles," he explained.

On the positive note, the cooperative received supports from DTI.

They also suffer floods leading to crop's destruction in some instances. "Suntok talaga sa buwan kapag tinatamaan kami ng bagyo, swertihan na lang kapag may nabubuhay kaming mga pananim. Pero minsan naman, umaasa lang din kami sa ulan," said Mang Leonardo.

* * *

According to online article, making a commitment to healthy eating is a great start towards a healthier life. Indeed, veggie noodles of the BARB-MPC opens new perspective for human regime. This proved that the way of man's living is moving on its better prospect.





Namumugto ang mga titig ni Edgardo Almazan II, kasalukuyang nakatira sa Payapay, Village 89, Tacloban City, habang nananawagan sa kanyang asawa at tatlong anak. Umaapaw ang mga emosyong hindi mapigilian sa dokumentaryong in-upload ng isang online na pahayagan sa YouTube. Hanggang ngayon, umaasa siyang hindi na siya mag-iisa at muli silang magtatagpo ng nawalay na pamilya.

Isang taon na ang nakalipas pero sariwa pa rin ang alaala ng humagupit na hanging humambalos sa kanilang tahanan. Hanggang tangayin ito at unti-unti silang lamunin ng tumataas na tubig sa dalampasigan.

#AfterYolanda

Naghihintay pa rin siya. Naghihintay pa rin si Mang Edgar sa kanila, kasama ang isa niyang anak na si Ned. Humihingi siya ng kapatawaran sa tatlo pa niyang anak na babae dahil wala siyang nagawa. Dahil kalaban niya ang malalakas na hampas ng alon.

Inilunsad ng rappler.com, ang nasabing online na pahayagan, ang #AfterYolanda na naglalayong kamustahin ang kalagayan ng mga naapektruhan ng bagyong humambalos sa buong Visayas at ilang parte ng Luzon noong nakaraang taon.

Isa ang kwento ni Mang Edgar sa halos apat na milyong Pilipinong pilit umaahon sa sakit at kawalan na hatid ni Yolanda. Hindi kwento ng kapighatian ang nais ilunsad ng rappler.com. Gusto lamang nilang alalahanin ang mga nawalang buhay dahil sa bagyo at bigyan ng pag-asa ang mga biktima ng kalikasan.

Tulad ni Mang Edgar, naniniwala ang online na pahayagan na hindi susuko ang mga nasalanta bagkus mananatiling nakangiti ang mga Pilipino at sabay-sabay na malalagpasan ng bawat isa ang pagsubok na kanilang kinakaharap.

Tulad nga ng sabi ni Jene-Anne Panguie, manunulat sa rappler.com “, kahit gaano kasakit ang pagbalik sa mga alaala ng mga kwento ng kabiguan at kaligtasan, kailangan nating harapin ang kinabukasan. Hinding-hindi na mawawala ang mga peklat ng kahapon pero hindi ito dapat makahadlang sa atin na bumangon at bumuo ng mas magandang bukas.”

#ReliefPH

Isang taon ang nakalilipas mula Nobyembre 11, napagal ang hindi pantay na paa ni Meynard Bryan Z. Reyes, Campus Student Council Senator, dahil sa pagbubuhay ng mga sako ng relief goods sa Villamor Airbase Elementary School (VAES) at Pasay City Jose Fabella Center (PCJFC).

Sa pamamagitan ng university memorandum number 774, inilunsad ang “Haplos ng Pagmamahal Project” noong isang taon sa pangunguna ni Dr. Edmundo C. Tungol. Ito ay upang makatulong sa mga hinagupit ng bagyong Yolanda na nagmula sa Tacloban at lumipat sa VAES at PCJFC.

Ayon kay Meynard, sa bawat anunsyo at paghingi ng tulong sa social media tulad ng facebook, nakikiisa siya sa paggamit ng #ReliefPh.

Inilunsad ng opisyal na twitter account ng The Official Gazette (@govph) at Presidential Communications Development and Strategic Planning Office (@PCDSPO) ang nasabing hashtag upang makalikom ng mga donasyon mula sa lahat ng naabot ng social media, at impormasyong makatutulong para sa mga nasalanta. Ang #RescuePh ay para magbigay impormasyon kung sino at saan ang dapat sagipin. Isa pang hashtag ay ang #FloodPh upang mamonitor ang lagay ng baha sa mga tiyak na lugar.

Ayon sa Foreign Aid Transparency Hub, umabot ng 336,115,394 dolyar o 14,997,132,777 piso dahil sa tulong na galing sa iba’t-ibang bansa. Nagbigay ng 530 milyong piso ang Australia, ang bansang may pinakamalaking donasyon; sumunod ang Bahrain na may 90 toneladang relief goods.

#GlendaPh

Matapos magamit ang #YolandaPh para sa mga tulad ni Mang Edgardo sa Tacloban, ngayong taon patuloy pa rin ang mga netizen sa paggamit ng social media upang makapagpalaganap ng impormasyon para sa mga naapektruhan ng mga bagyo.

Ngayong taon, humagupit ang bagyong Glenda sa rehiyong malapit ang Cagayan, Bicol, Palawan, Bataan at Zambales. Naging matunog muli sa social media ang pagragasa ng bagyo, napakinabangan ng panibagong henerasyon ang #GlendaPh hindi para sa kanilang sarili pero para sa mga hindi pinalad na matamaan ng bagyo.

#MarioPh

Septyembre 19, muling hinagupit ang Metro Manila dahil sa 95 km/h na hanging dala ng bagyong Mario na may kasama pang pagbaha. Nagdulot ng matinding pagtaas ng tubig ang bagyo sa Luzon lalung-lalo na sa Metro Manila.

* * *

Patuloy lang na maghihintay si Mang Edgardo kahit walang kasiguraduhan siyang may darating pa. Sa likod ng namumugto niyang mga titig at mga nasulyapang kamatayan sa Tacloban, may kislap pa rin ang kanyang mga mata para sa kinabukasan niya at ng anak na si Ned. Dahil kahit hindi pa naghihilom ang mga sugat ng mga nasalanta, may pag-asa pa rin at tulong na magmumula sa makabagong henerasyon ng ipad.



#After Yolanda

Pag-alala Matapos ang Isang Taon ng Makabagong Bayanihan

Ni Jan Martin D. Calupitan
Mga Larawang Kuha ni Christian Clark P. Salvador

Isang taon na ang nakalipas pero sariwa pa rin ang alaala ng humagupit na hanging humambalos sa kanilang tahanan. Hanggang tangayin ito at unti-unti silang lamunin ng tumataas na tubig sa dalampasigan.

Pangkaraniwang tanim sa ilalim ng luntiang kagubatan ng mga katutubong Ayta ng Limay ang mani at kamote. Maliban dito ay may nagsisimulang umusbong na produktong patuloy nilang binubungkal.

Sa Sitio Kinaragan, Duale makikitang abala sina Aling Marissa Salonga, 49 taong gulang at ang kanyang mga kasamahan sa loob ng isang silid sa paggigiling ng mga luyang kanilang ipinoproseso upang gawing salabat.

* * *

Mahigit limang taon na mula nang nabuo ang Samahan ng mga Kababaihang Ayta sa Kinaragan (SKAK). Binubuo ito ng mahigit sa dalawampung mga kababaihan na nagtutulungan sa paggawa ng iba't ibang produktong kanilang pinagkakakitaan. Si Aling Marissa ang tumatayong presidente nito.

Sapagka't napapalibutan ng kabundukan, pagtatanim ang naging pangunahing ikinabubuhay ng mga katutubo. Dagdag pa rito ang manu-manong paggawa ng mga banana chips at

salabat.

Ayon kay Aling Marissa, hindi naging madali ang paggawa ng salabat noon. Karaniwang inaabot ito ng dalawang araw.

Nguni't nitong Enero, sa tulong ng Department of Trade and Industry (DTI) at sa pakikipagtulungan nina Mayor Lilvir B. Roque at iba pang kasapi ay nabigyan ng pagkakataong mapagaan ang kanilang pagtatrabaho gamit ang makina. Sa tulong ng makabagong teknolohiyang ito ay napabilis ang pagpoproseso nina Aling Marissa.

“Malaking tulong [ito]. Una, ‘di tulad noong araw ang mga katutubo talaga kumbaga walang kaalam-alam. Pangalawa, natuto na kaming gumawa ng mga ganito [salabat]. Hindi na kami nahihiya na magbenta ng aming mga kalakal saka mas maganda talaga na matuto ka sa mga ganitong produkto.”

“Ginigiling muna namin d’yan [makina], tas ‘yung katas niya ‘yun ‘yung aming sinasangkutsa sa kawa. Habang sinasangkutsa namin siya, lumilitaw ‘tong powder,” paliwanag niya ukol sa paggawa ng salabat.

Kakaiba ang salabat na kanilang ginagawa. Naglalaman ito ng mga herbal katulad ng oregano, kalamansi at pulot-pukyutan. Ayon sa mga taong nakasubok na, maganda ito sa kalusugan ng lalamunan dahil sa mga espesyal na sangkap nito.

Ginhawang Hatid ng Salabat

Sa pamamagitan ng produktong ito, unti-unti nitong binago ang kanilang pananaw at pamumuhay.

“Malaking tulong [ito]. Una, ‘di tulad noong araw ang mga katutubo talaga kumbaga walang kaalam-alam. Pangalawa, natuto na kaming gumawa ng mga ganito [salabat]. Hindi na kami nahihiya na magbenta ng aming mga kalakal saka mas maganda talaga



AROMANG HATID NG SALABAT SA MGA KABABAIHAN NG KINARAGAN

Ni Roy F. Boringot

na matuto ka sa mga ganitong produkto,”saad niya.

Karaniwang ibinebenta ito sa halagang 40 pesos. Sa tulong na rin ng kanilang mga nalikom mula sa mga kasamahan, ito ang kanilang gagamitin upang paikutin ang pondo na gagamitin pambili ng mga hilaw na materyales.

Sapagka't may responsibilad pa sa kanilang tahanan, hindi lahat ay nakakapagtrabaho. Gawa na rin ng maliit na pondo, hindi ito nakasasapat upang patakbuin ng maayos ang kanilang produkto.

“Ang kulang namin dito, pondo kasi maliit ang pondo namin. Pinapaikut-ikot lang namin yung pondo, kumbaga hindi pa namin maipangsasapat ang aming pondo,” salaysay niya.

Isa pa sa kanilang ikinababahala ay ang pagtaas ng presyo ng luya na dahilan upang panandaliang huminto ang produksyon ng

salabat. Upang masolusyunan ito, gumagawa sila ng kamote at banana chips.

Nguni't sa kabila nito ay hindi nawawalan ng pag-asa si Aling Rosa at patuloy pa ring ninanamnam ang matamis na simula ng pag-unlad.

“Maganda kasi sa mga produkto namin, ito [salabat] ang pinakamaganda,”tugon niya.

* * *

Hindi madali ang pagtatanim ng luya nguni't sa mahigit na sa dalawang taon na kanilang iginugol sa produktong ito ay patuloy nitong binabago ang kanilang pamumuhay. Dahil hatid ng bawat pagbungkal ang pagsibol ng bagong simula.

Para sa mga katutubong Ayta, patuloy pa rin silang gagawa hangga't may mga lalamunang handang humigop ng kanilang salabat.

Jan Martin D. Calupitan

Hayaan mo ang mga Buhangin

Para sa pagpaslang sa mga bahaghari habang bulag ang mga awtoridad sa tingkad ng kulay ng pagkamatay ni Jennifer Laude.

Hayaan mo ang mga buhangin sa dalampasigan
na balutin ang hubad nating mga katawan
habang nakatitig ang iyong mga mata sa may kalayuan
at ang tanging saksi ay ang talim ng buwan.
Patuloy lang ang pagragasa ng ulan.

Hayaan mo ang mga buhangin sa dalampasigan
na tangayin ng nanlalamig na hanging amihan
habang kasabay ng pagbaybay ng alon
ang mga daliri mong may paghihinuha
sa mga pantig ng tula na nakalimbag sa'king katawan.

Hayaan mo ang mga buhangin sa dalampasigan
na salatin ang iyong... hindi, aking kaibuturan
at sana'y sa bawat pagdampi ng tuyot na labi
ay malaman ang iniwang kakulangan sa'king katauhan,
dala-dala sa iyong paglisan.

Jamesnick M. Seramínes

Kasal-kasalan

Mamamanhikan ang kangit sa lupa
sa pagsuyo ng hanging makata.
Sa pagbuhos ng ulan,
hahalo ang putik sa nababasang bulak,
nguni't dinudugo ang lupa sa pag-iisang dibdib,
habang nakangiti ang ulap sa pagsiil sa putik,
Yumuyuko ang mga puno't nagdiriwang ang paligid
Saksi ang namamagitang hangin,
nang magdikit ang mga labing alanganin.

Leah Pearl A. Pulos

You can't, can you?

Can't you feel the weight
Of the grudge you feel?
Seeping through your heart
That once was pure

Can't you hear the lies
From what you believed in?
Rotting your perception
That once was innocent

Can't you see the guilt
Playing across their eyes?
Consuming your senses
That once was keen

Can't you smell the rat
Playing around you?
Stealing the memories
That once was ours

Can't you disengage
From the tangles of contest?
Decaying the individual
That once was you

Can't you consign to oblivion
The new ones around you?
To whom your time was spent
That was once with me.

Edrin Marl F. Rimando

Proseso

Gigising
Gigising ng umaga
Gigising ng umagang mahamog
Gigising ng umagang mahamog ng Lunes.

Kakain
Kakain sa mesa
Kakain sa mesa kasama sila
Kakain sa mesa kasama sila nagkakape.

Papasok
Papasok sa trabaho
Papasok sa trabahong mababa ang sahod
Papasok sa trabahong mababa ang sahod at walang day-off.

Uulit
Uulitin ang proseso
Uulitin ang proseso ng pagsubok
Uuliting ang proseso ng pagsubok sa tatag ng tao.

Karla Mae Cantillano

Kampana

Nang balutin ng hamog
ang mga talulot ng rosas,
mahigpit ang aking hawak
sa 'sang bigkis na tangkay.
Habang siya'y naghiintay,
humalik ang malaperlas na luha
sa ngiti ng matamis niyang labi.
Nag-aalab sa galak ang bawat puso
sa habambuhay na pangako.
Nguni't naglaro ang tadhana.
Dumating ang delubyo.
At sa huling tunog ng batingaw,
Ang lahat ay naglaho.

Literary



Sculpture by James Conrad Q. Medina

Dryden Jhon L. Reyes

Liham para kay Satanas

Ginoo,

Wala akong puso at ikaw pati. Sana tanggapin mo ko sa pagyao ko. Hindi daw kasi ako papapasukin sa pinto ni Pedro pagka-ubos ng tubig na nasa plastik. Mabait pa naman daw ako, magalang, matulungin at mapagmahal. Labat na nga daw ata ng kabaitan nasa sa akin na e. Kaso hindi parin daw 'yun sapat.

Mag-isa na lang ako sa buhay. Sana kahit ikaw makasama ko. Kahit maniiit diyan sa inyo. Salamat.

'Di pa ako nabibinyagan. 'Yun 'yung sabi nila.



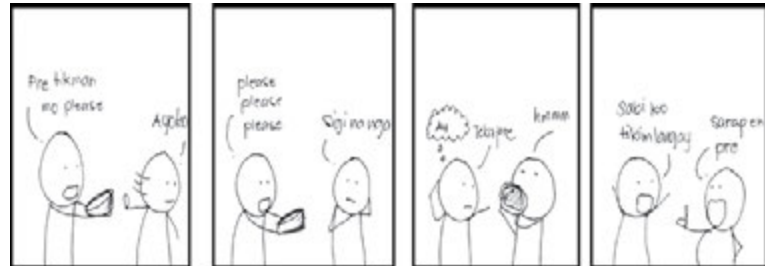
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PILA PA!

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BAD DAY!

Jairo



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AFTERMATH-TAPOS

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SPORTS

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IN AT ITS DEPTH

35

Behind gold-less campaign

Currently, the Philippines still continued its gold-less campaign in Summer Olympic Games. Two dismal silver and seven bronze medals form boxing, swimming and athletics highlighted our bid.

Being one of the reasons, Philippine Sports Commission set priority on 10 sporting events to focus on including archery, athletics, billiards, bowling, boxing, taekwondo, swimming, weightlifting, wrestling and wushu.

Now questions arise. How could be possible for other national to get into the world stage if that system of prioritizing others will be implemented?

A criteria for the priority of sports should consider the first the skills of Filipino. The best thing to ponder is the kind of sports that gives a high percentage on winning an international competitions.

Unending stories of corruption also contributed to the country's gold-less campaign. As expressed by our national players, government agencies like PSC and Philippine Olympics Committee are governed by corrupt politicians.

Another factor that might drive our country in the future Olympics is by having a strong mental alertness even though we may be considered as an underdog when it comes to Olympic games.

According to Sheryll Caluag, a sport psychologist, the toughest challenge for Filipino Olympians is the



mental barrier that comes from knowing that no Filipino has won a gold medal before.

Mental preparation is the key to success. Every country goes through the same pressure despite on their number of medals. If you are going to observe, technically, no matter what the country already achieved does not measure its consistency in the medal race.

The challenge is now on our national teams' training staff to condition our athletes' mindset. Mike Powell, an American track and field athlete and the holder of the long jump record, once said that he has

already broke the world record in his head long before his actual jump.

In addition to our gold-less campaign is the biased decision during the gold medal bout. In history, Mansueto Velasco and Anthony Villanueva controversially lost against rivals even they recorded a much higher volume of punches.

Based on the 1987 Philippine Constitution, sports is sixth priority of the government having education as the most prioritize sector of the country. Undoubtedly, national team's stories of lacking of support from government are just ordinary things for them.

Barya lang po sa umaga

Sa araw-araw nating pagsakay sa mga pampasaherong sasakyan upang makapasok, nao-obliga tayong magbayad ng barya upang sumakto at para hindi na mamroblema ang mga drayber sa pagbibigay ng mamisong sukli.

Walang iniwan ang ganitong senaryo kung ihalalintulad sa pagbibigay parangal at pagkilala sa ating mga pambansang kuponan na nagbibigay ng dangal sa ating bansa.

Sa bawat atletang ipinipresenta ang ating bandila sa bawat internasyonal na kompetisyon, walang sinoman ang nagbibigay ng hindi sapat o kulang na pagsisikap. Hindi natin maaaring husgahan ang mga taong nagasakripisyo para sa buong Pilipinas sapagka't hindi natin alam ang kanilang mga pinagdaraan at mga pagdaraan.

Hindi sapat ang pagkilala lamang sa kanila kung hindi ay kinakailangan din silang bigyan ng suporta katulad na lang ng suportang ibinibigay ng ating gobyerno sa mga personalidad na nakapaggawa na ng pangalan hindi lamang sa ating arkipelago ngunit pati na rin sa ibang bansa.

Hindi kinakailangang magpakita ng labis na tagumpay upang makuha ang

atensyon ng ating gobyerno para bigyang suporta at pagkilala sa ating mga atleta ngunit taliwas ang nararanasan ng ating pambato na Philippine Dragon Boat team.

Napakalaki ng naimbag ng ating kuponan sa larangan na dragon boat. Ngunit ilang ulit nang muntik na hindi makalaro ang Philippine Dragon Boat team dahil sa problemang pangpinansyal sapagka't hindi ganoon kalaki ang suportong ibinibigay ng ating pamahalaan dito.

Kung kailan naman naging matagumpay ang kuponan ng ating bansa sa dragon boat ay saka lamang nag-umpisang akayin ng ating pamahalaan ang mga atletang bumubuo rito. Patunay ito na hindi sapat ang sakto upang bigyang sukli ng ating gobyerno ang mga karangalang ibinibigay ng kuponan, sa halip ay naghahangad muna sila ng higit na tagumpay mula sa mga manlalaro sa lahat ng larangan ng isports.

Marahil isa sa mga dahilan ng kakulangan sa suporta ay ang limitadong pondo na mayroon ang ating bansa dahil sa mga kinakaharap nitong problema partikular na sa problemang pampulitika tulad na lang ng pagkakasangkot ng ilang mga pulitiko sa korapsyon.

Ngunit ang suporta ay maaaring hindi lamang sa paraang pagbibigay ng tulong sa pamamagitan ng salapi o ano pang materyal na bagay. Dahil nakapagbibigay-tulong din ang suportang maipapakita ng gobyerno sa pamamagitan ng pakikiisa sa kampanya ng bawat kuponan para sa kampeonato.

Kung naghahangad ang mga nasa posisyon ng mga magbibigay karangalan sa ating bansa, siguradong gayundin ang inaasahan ng ating mga atleta sa ating mga opisyal. Malamang ay naghihintay rin sila ng mga magbibigay sa kanila ng malalim na pundasyon upang lalong magkaroon ng inspirasyon ang ating mga atleta.

Tulad na lang ng ating pagsakay sa mga pampasaherong sasakyan, sapat din naman ang ibinibigay na karangalan ng ating mga kuponan ngunit patuloy pa ring naghahanap ang ating gobyerno ng sobra bago pa lamang sila magbigay ng sukling parangal para sa ating mga atleta.

Kung patuloy ang ganitong sistema – magbigay muna ng sobrang karangalan bago suklian ng parangal, higit na mas mahihirapan ang ating bansa sa paglilikha ng mga kalidad na atleta. Dahil bago pa man makatungtong sa tuktok, hirap nang umakyat ang mga nagnanais na magrepresenta sa ating bansa.



CORNER SHOT
SAJID T. CRISOSTOMO
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Dahil bago pa man makatungtong sa tuktok, hirap nang umakyat ang mga nagnanais na magrepresenta sa ating bansa.



BULLIED. With support from teammate, Lady cager tries to make a shot even challenged by lady Falcon. Photo by Kurt Russel Jarvin B. Nieva

Women's basketball, archery still missing

By Bhee Jay C. Layug

IN THE upcoming State Universities and Colleges of Region III Olympics, Bataan Peninsula State University still unoccupied its line-up for women's basketball and archery.

Since 2011, when archery was introduced in the annual regional meet, Stallions continuously blanked the slot primarily due to student athletes' inefficient knowledge and competence to fill the vacant post.

"Ngayon bale dalawa na lang ang wala pa ring entry, women's basketball tsaka 'yung archery. Pero the rest meron tayo para sa SCUAA," former Sports and Physical Development director, Jenifer Z. Carandang stated.

In support, newly-installed chief, Romeo Nisay Jr. said, "Titignan natin kung mayroon tayong available athletes kasi kung wala naman, sa laki ng gastos sa archery equipments, mahirap isapalaran 'yung mga estudyante o 'yung mga athletes na dun pa lang matututo maglaro ng archery."

Currently the sports department already provided the equipment for archery, unfortunately, still, the university is looking for skilled students

who already had experience in playing the newly endorsed sports.

"May gamit tayo kaso lang wala pa ring nag-aaply na may alam na o kaya naman sumali na sa CLRAA, 'yung may knowledge na kasi magastos ang archery kaya dapat masulit. Mula sa bayad sa coach, gamit," Carandang added.

In women's basketball, poor performance of the lady cagers ignited the university head to pull out the team with a 0-2 winless record after a defeat against Neuva Ecija University of Science and Technology and Bulacan State University.

"Definitely, ipupush ko na kasama sila. Mayroon tayong mga estudyante na gusto ring maglaro. So why not? Bigyan nating ng chance ulit sa kanila," Nisay answered when asked about the return of women's basketball,

"Kasi sa'tin, ang ginastos natin sa SCUAA, pinag-aambag-ambagan ng mga estudyante. So gusto nating hindi masayang ang pera. Magastos sa talagang dapat niyang puntahan," Nisay ended.

On Feb. 3, sprinters will again be favored as the race proceeds to Lingayen, Pangasinan, going to Kennon Road, before reaching the final destination which is the summer capital of the Philippines-Baguio.

The LtDF has been scheduled by the International Cycling Union on February next year to conform with the Asian Tour Calendar.

Stallions highlight friendship, camaraderie in '14 SCUFA-III

By Sajid T. Crisostomo

RECENTLY, INSTRUCTORS and faculties took break from the pile of their paper works and partook at the annual State Colleges and Universities Faculty Association of Region (SCUFAR) III from Oct. 22 - 24 at Tarlac College of Agriculture (TCA).

Now that we are now living in a modern life, camaraderie is hard to obtain because of the innovation technology has caused. The bonds between people lessened due to insufficient time allotted for socialization.

If there is a time allotted for the students to get together and strengthen their bonds which is during the week of Intramurals, of course the faculty has the same too.

Unity will always be the name of the game when it comes into occasions like this to shine over rival teams but let the SCUFAR be different. Instead of establishing odds between different universities, camaraderie was built between the faculties and instructors.

"Yung purpose ng SCUFAR, nabalik. Ang sabi nga natin sa competitions just enjoy. 'Yung barriers between campuses nawala kaya talagang makikita mong lahat sila

masasaya," stated FAsso president Engr. Alfredo Valentos.

In fact, compared to last year, more faculties participated in the annual event because of its new policy. They applied a stricter rules regarding the participation in games. Each faculty must have only one game to play, contrary to last year where they can play more than one.

"Tapos ang isang nakita ko sa TCA, 'yung magagalang sila. Talagang kahit na ganun ang eskwelahan nila, yung kanilang hospitality makikita mo pa rin," he added.

If there is something they were going to miss on SCUFAR, it is not the time they played their game but the camaraderie they have built between their co-faculty members. Not only among BPSU faculty members but also among members of the faculty association around Central Luzon.

"Compared last year, pati si Sir Magpantay nag-comment siya na halos 'yung attendance natin mas madami ngayon." Valentos added.

"Yes, definitely, na-achieve natin 'yon [camaraderie] dahil 'yon talaga ang gusto naming mangyari do'n," he ended.



FIGHT AS ONE UNIVERSITY. Stallions' Tug of War team shows extreme emotion during the match highlighting camaraderie as big factor to win a game in SCUFAR-III. Photo by Christian Clark P. Salvador



100-m Relay. Aldrin Silva runs like it would be his last to help Stallions grab the gold medals in athletics. Photo by Christian Clark P. Salvador

Langas, Silva overcome mud, foes, capture title in men's 100-m relay

By Bhee Jay C. Layug

THE MUDDY field of Tarlac College of Agriculture served as historic site for Bataan-based runners.

Veteran-rookie duo, Josefino Langas and Aldrin Silva, historically captured the gold medals in State Colleges and Universities Faculty Association of Region III athletics two-man men's 100-m relay on October 23.

Silva, being the first runner, slowly started the match second to the speedy Nueva Ecija University of Science and Technology but as he passed the baton to Langas the game changed and favored to Bataan Peninsula State University.

Langas quickly past his rivals in the last 50-m of the heat 1 beating the clock with best 17.55 mark inching Don Honorario Ventura Technological State University who topped the heat 2 having 17.86 seconds.

"Dahil nga maputik 'yung field lamang ako sa kanila kasi sa spike ng sapatos ko. Nakatulong 'yon. Tsaka siguro since pareparehas kami ng age ang advantage ko lang eh medyo nag-practice ako talaga," Langas humbly stated.

"Before SCUFAR event nag practice ako ng mga five Saturdays 'yun. Nagasimula muna ako sa slow then papunta dun sa pinakahigh peak nu'ng training," he added.

Cabanatuan-based pair,

meanwhile, clinched the bronze medals with .03-second deficit against the second place finishers. Philippine Merchant Marine Academy (PMMA) failed to seize medals having 18.76 mark and finish fourth.

In women's division, Stallions still managed to finish in silver medals tapping the clock with 25.56 seconds, .32-second deficit against the top finishers PMMA lady runners. Bulacan Agriculture State College settled for bronze medals with 27.85 seconds.

Bagtas boosts bid

By Sajid T. Crisostomo

DAMA ARTIST Pablo Bagtas maneuvered Bataan Peninsula State University Stallions as he contributed 4.5 points in the team's total of 12 after displaying an appropriate strategies and mental coordination against the dama masters of different states and universities of Central Luzon on Tarlac City, Oct. 23.

Bagtas of board four registered an early domination with two wins against one loss at the first phase of the round-robin format of tournament and contributed a couple of points and a draw on the second round to help Stallions masters in grabbing medals.

Arnold Canare and Sibido Bidei solidified their hold on board two and three supplying a total of seven points combined for the Stallions both with three wins, two loss and a draw.

The hope for the title of the Stallions dama artists, however,

was dramatically pulled down after Francisco Liggay and Ricson Ines of board one faced a tough trades of chips, finishing only with one win and a draw throughout the tournament.

With domination in his board, Bagtas grabbed silver against his rivals on board four. In addition to Stallions' medals, Canare and Bidei pocketed bronze on their respective division.

"Kung 'yung huling laro namin sa TCA (Tarlac College of Agriculture), nakatatlong panalo kami, kami sana ang mag-

gogold. Kaso sa halip na tatlong panalo, tatlong talo ang inabot namin e," Canare expressed humor in an interview.

Stallions chess masters, on the other hand, failed to pursue their campaign on gold after getting knocked down early in the round-robin format of the tournament.

Fe Maglaque, Jennifer Carandang and Roxanne Bongco, meanwhile, clinched the silver medals unleashing their wide vocabularies that outsmarted rival universities on scrabble.

SPORTS SONIC

Pacman-Mayweather fight on the line, Roach: Manny will KO money

By Sajid T. Crisostomo

Six-time trainer of the year coach Freddie Roach was convinced that Manny Pacquiao will win via knockout over Floyd Mayweather Jr.

After a six-knockdown demolition of Chirs Algeri, coach Roach now thinks that the fight Pacquiao-Mayweather will not get even, contrary to what he thought that the match would be anybody's fight.

"Floyd can't run like he used to. He can't move, his legs are shot, he's a washed-up, old fighter. We'll knock out Floyd," coach Roach said after the postfight conference.

Pacquiao, however, also have been looking forward for the fight to happen.

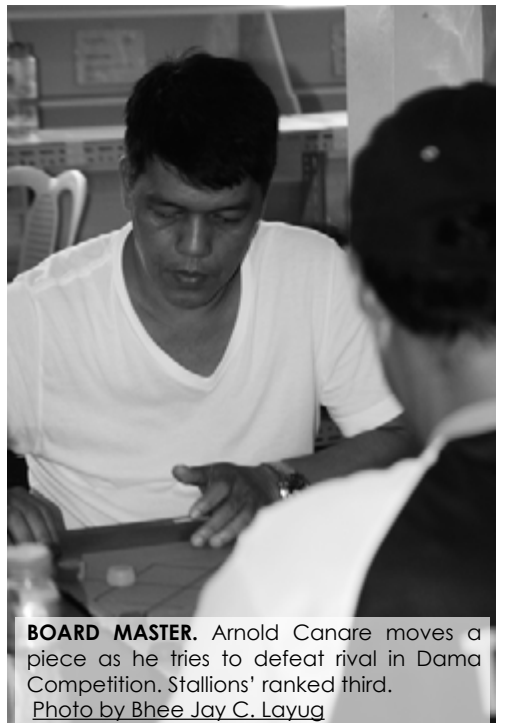
"I want this fight. It is now the time to give it to all our fans. They deserve it," expressed the people's champ.

As a response to Pacquiao's challenge, Mayweather demands a rematch clause to be inserted in the contract if Pacquiao beats him.

According to Jeff Powell of dailymail.co.uk, the target date for the fight will be scheduled on May 2015, and an instant rematch being scheduled later in September.

"My understanding is that Floyd is insisting on the rematch if Manny beats him, which I believe he will," Roach told Powell in a published article.

"That's okay with us," he ended.



BOARD MASTER. Arnold Canare moves a piece as he tries to defeat rival in Dama Competition. Stallions' ranked third. Photo by Bhee Jay C. Layug



RECLAIMING CROWN. Jenelyn dela Rosa concentrates to make a shot as she reclaim the glory in billiards' women's doubles championship match with new partner, Jocelyn Manalang. Photo by Christian Clark P. Salvador.

Dela Rosa, Manalang prevail as new queens in billiards

By Sajid T. Crisostomo

ROOKIE JITTERS? That's not the case of Stallions lady poolers.

Rookie-veteran tandem, Jocelyn Manalang and Jenelyn Dela Rosa, prevailed as queen in billiards defeating their opponents in a closed championship match and taking home the crown in women's double category at Tarlac College of Agriculture, Camiling, Oct. 23.

Stallions' Dela Rosa-Manalang tandem dominated the tournament after the duo posted a thrilling 3-2 win in a best-of-five championship match against Nueva Ecija University of Science and Technology (NEUST) duo, Ruby Perez and Mary Rose Santos.

Bataan-based poolers started the gold match by rallying midway through the first rack and clustering four straight numbers in pockets but Manalang committed an unforced error which gave NEUST a chance to make the ninth ball.

Cabanatuan-based billiard masters gained momentum from their win in first rack was not enough to take over the second frame with Manalang sustaining her fine form and delighting the crowd with her spectacular shot to tie the series at one apiece.

Displaying confidence in the third rack, Stallions duo successfully

gave their rival a number of difficult placing shots caused their opponent to commit three consecutive fouls and ignite the 2-1 advantage for maroon and white duo.

Looking for a revamp, lady phoenix showed both skill and confidence in the next rack to nose out Dela Rosa who stumbled a chance to lay the ninth ball inside the pocket and luckily pocketed it to mark another deadlock, 2-2.

Exchanges of faulty attempts in the deciding rack evidently displayed by both teams until Santos opened an easy corner shot to Dela Rosa who suddenly pocketed the ninth ball and caused to reclaim the lost crown.

"Ang sa'kin kasi, sa tuwing mag lalaro ako ng billiards, parang enjoy lang. Hindi naman talaga parang laban kung laban. I-enjoy mo lang kasi pag sineryoso mo matatalo ka pa," expressed Dela.

PMMA shatters BPSU...

from page 40

comeback of Bataan-based team with his tricky moves and powerful kick to once again save the day for Stallions as he made a crucial goal and inch their rival.

But the Zambales-based football club answered back and returned on track with two game-winning shots prevailing over the Stallions, 5-4, to stop the opponent's campaign to championship crown.

Losing the chance to make it to the finale, the Stallions moved down to battle for third and easily crushed the Orani Football Club, 4-1, with Micor displaying his heroic performance to end with bronze medals.

"Nakakadismaya kasi no'ng time na akala naming panalo na kami eh hindi pa pala. Kaya sa mga susunod naming laban di na kami magpapakampante kahit alam naming lamang kami sa laban," Micor.

As result of Memorandum No. 773...

from page 40

natin 'yung best kasi malaking bagay 'yun eh," he added.

Juggernauts swimming team felt the sudden shift at the top when they failed to join the Philippine Swimming League as a huge preparation for the upcoming regional meet where the team always emerged as major contributor of medals.

Solutions to the problem

With this new policies influencing the sports department, sudden solutions already implemented by players, coaches and trainers.

Being one of the affected varsity team, Stallion's taekwondo team coach, Elvino Romero said, "Wala pa rin kaming laban hanggang ngayon kasi nga hinold ng school. Kaya ginagawa ko dinadaan ko na lang sa matinding training."

Taekwondo team annually joined

different competitions like Smart National Inter-school Taekwondo Tournament and Luzon Interscholar Taekwondo Championship to enhance athletes' morale and competence.

In response, BPSU futsal team organized an invitational cup spearheaded by trainer Samuel Odunlami as a solution to stricter policy on off-campus fete inviting neighbor football club for friendly competition.

"For example sa football. Mayroong pumuntang iba't ibang outside based sa region tapos dito (BC) natin ginanap. So tinitignan pa

natin ang ibang events kung paano natin mabibigyan ng competition ang mga players natin kagaya sa badminton," Nisay affirmed.

In contrast, the karatedo team moved outside university as Coach Jonas Raginel eyed positive

improvement among athletes with those outside competition's exposure and recently, they conquered the 1st Sensei Rey Gingco Cup.

Shelling out his personal savings and with waiver from parents of involved athletes, the team successfully joined off campus competition to basically increase their learning and exposure to real arena.

"Personal expenses naming 'yun and my waiver from parents. Gusto lang naming magkaroon ng tournament exposure lao na 'yung mga rookie natin," he exclaimed.

Nisay, on the other hand, also supported the president's decision on implementing the order, "Pero syempre, intindihin natin ang president kumbaga primary concern 'yan. Kaya nga titignan natin kung ano ang effect nito. Makikita natin 'yan sa December."

Stallions dispatch Phoenix, 3-0, seize 8th straight tennis crown

By Bhee Jay C. Layug

IN SPORTS, defending a championship is difficult, but for Stallions' paddlers it's just a matter of focus and determination to bring glory for the university.

Seasoned dynamic duo, Romano Flores and Roy Oroyo dispatched Neuva Ecija University of Science and Technology in a no mercy match, 3-0, to sustain its eight-year supremacy in table tennis men's doubles 41-50 division at G. Teodoro Multi-Purpose Hall, Tarlac College of Agriculture, Oct. 23.

Flores-Oroyo tandem welcomed the championship round in oomph launching well-executed plays and constructing solid defense to early set the pace of the match against the feeble Phoenix duo ending the first set, 11-5.

With their improved offensive strategy, Stallions duo continuously displayed domination in the gold medal clash as they recorded seven-point advantage in the second set limiting the Cabanatuan-based rivals to just four points, 11-4.

One win away from their eight championship crown, Flores and Oroyo combined momentarily in third set with their vicious attacks and tricky plays to overwhelm their erroneous rivals closing the match with 11-3.

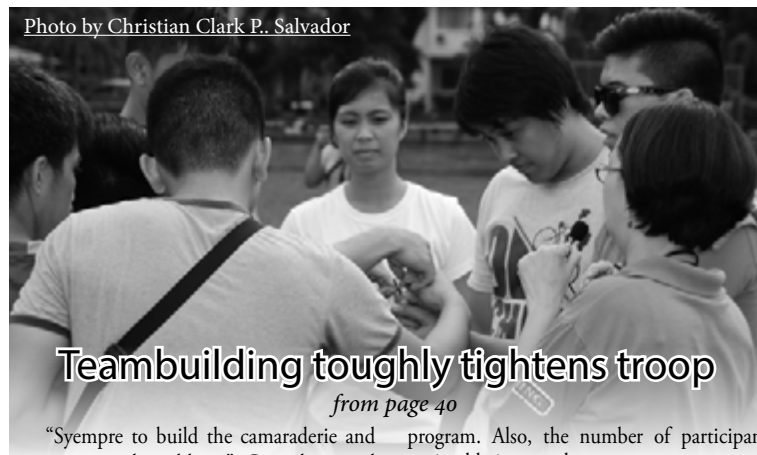
With their 3-0 sweet sweep, Flores and Oroyo not only successfully defended their title this year but also historically grabbed their eight championship title in the State College and University Faculty Association of Region III table tennis tournament.

"Medyo alanganin ngayon kasi walang practice, sobrang busy pero gayunpaman nakapag-practice kami minsan nung try-out for SCUJAR. No'ng simula nakakalamang sila, akala nila di namin makukuha 'yung service nila. Kumpyansa sila," Oroyo stated.

Stallions' smashers secured its slot in the finals after beating Tarlac State University in the semifinal round while Phoenix duo halted Bulacan State University Gold Gears from clinching a finals' berth to move in the gold medal round.

"Kasi 'yung nakalaro namin mga bata, 'yung adjustment, inayon namin 'yung laro namin sa kanila. Mas mabigat 'yung training naming ngayon. 'Yung mga bata ngayon, next year ka-bracket na namin sila. Sana next year mapaghandaan namin mabuti," he ended.

Photo by Christian Clark P. Salvador



Teambuilding toughly tightens troop

from page 40

"Syempre to build the camaraderie and unity among the athletes," Carandang said in an interview regarding the purpose of initiating the program.

Cheermaking, team push ups and selfie photobomber were activities undergone by participants of the event to improve athlete's coordination, resourcefulness, and choreography as part of one-day activity.

"Aside from their physical skills, they also had common things like they all need to study on their academics and certain scopes in their life," Hualda, facilitator and a guidance councilor, stated.

As planned, the objective of the event was evidently achieved through participants' feedbacks and reactions during and after the

program. Also, the number of participants noticeably increased.

"Malaki 'yung naitulong sa akin kasi nagkaroon ako ng chance na makilala at ma-experience na makasalumuha 'yung ibang mga players," Jerico Micor, futsal frontline, happily shared.

In 2009, the lady chief pioneered the annual gathering of players with the objective of giving the Stallions' varsity players an avenue to develop individual's personality to be used in achieving greater heights.

Though Carandang will vacate her post as head, Hualda clearly affirmed that their office will still be willing to facilitate the annual event even with the chief's absence for the sake of student athletes.



"Kung Php 175, then taga-Balanga ka tapos magpapractice ka sa Orani three times a week, kulang. Pamasaha lang 'yun baka kulangin. Titignan namin kung pwede ibukod dun 'yung travel expenses.'" Photo by Bhee Jay C. Layug

Still in transition, Nisay states plans, changes in SPD

By Bhee Jay C. Layug

WILL HE exceeds Jenifer Z. Carandang's performance?

Since 2009, when Carandang seated as head, the continuous development in the medal tally in State Universities and Colleges of Region III Olympics was very evident including its historical 1st runner-up finish in 2010 edition.

As newly-installed Sports and Physical Development director, Romeo Nisay Jr. stated his plans for his term to continuously improve the university's performance in the annual regional meet and the student's physical development program through various changes and modifications.

Before the annual tournament, the newbie head wanted to primarily prioritize student athletes' welfare. Currently, no guidelines in the student handbook tackle the student athletes' welfare when it comes to computation of grades and academic matters.

"With regards to student athletes, ang una talaga naming gustong mangyari, 'yung ma-monitor sila hindi lang sa paglalaro kun'di pati sa pag-aaral. Kasi nga madalas nagkakaproblema sila sa academics," Nisay shared.

Nisay strongly believed that regular monitoring of grades will gradually help varsity players in attaining a good academic standing. Also, the implementation of guidelines on how to compute athletes' grade will help.

In contrast, Balanga Campus already had their way of computing the varsity players' grade, through their set patterns and standards but

other campuses of the university did not apply the same system.

"Magagawa lang 'yun pag na-establish na ang guidelines 'tska 'yung rules kasi after nila magtrabaho para sa university, ano naman ang binibigay ng university sa kanila (players)? So dapat malinaw din 'yun," he added.

More so, the director will also work on the athletes' allowances to aid their increasing expenses during training. On his own perspective, P175 incentives was not enough for their weekly expenditures and modifications should be done.

Nisay expressed, "Kung Php 175, then taga-Balanga ka tapos magpapractice ka sa Orani three times a week, kulang. Pamasaha lang 'yun baka kulangin. Titignan namin kung pwede ibukod dun 'yung travel expenses."

In addition, the proposed regular monitoring for players, coaches and trainers will be part of the plan to evaluate individual's performance. The implementation of the monitoring program will also cover the expulsion and inclusion of coaching staff and players.

But still, Nisay clarified that his administration is still in the planning process to systematically arrange his plans under his directorship.

in depth sports

INFORMATION AT ITS DEPTH

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Teambuilding toughly tightens troop

By Christian Clark P. Salvador

A SOLDIER will lose a war but not a well-bonded troop.

Sports and Physical Development strengthened its troop for the upcoming war against state universities and colleges in Region III through teambuilding activity with the theme, "Developing Optimal Student Athletes Performance through Teambuilding," at BPSU- Orani Campus.

Director Jenifer Z. Carandang spearheaded the event having Ernalisa Mateo and Mylene Hualda as facilitators to enhance communications and interpersonal bonds among student athletes as preparation for regional tournament.

jump to page 39

PMMA shatters BPSU, Micor's 3-goal explosion

By Christian Clark P. Salvador

CITY OF BALANGA — Philippine Merchant Marine Academy shattered Jerico Micor's 3-goal explosion to halt Bataan Peninsula State University from clinching a championship slot, 5-4, in Invitational Futsal Tournament at Bataan Youth Center, Oct. 11.

Futsal front liner, Micor, made a deep, well-covered goal to start the semifinal round, 1-0, then, momentarily created space with the help of Stallion defenders to record another goal and extend their lead to two.

Maroon and white armada continuously set the court on fire as Marwin Lintag stepped up to announce his presence building a well-composed assault and successfully recorded a goal to end the half, 3-0.

Trailed by three-point deficit, PMMA striker gradually changed the pace of the match to stop the bleeding and set their own momentum making three consecutive shots to tie the game and stay on track to championship.

Still for everyone's game, Micor commanded the

jump to page 38

DOLPHIN DIVE. Louie Cesdoiro, Stallions' tanker, shows hope for BPSU team even halting off-campus activities.

Photo by Kurt Russel Jarvin B. Nieva.

As result of Memorandum No. 773, SPD chief eyes SUCO-III bid in peril

Sports Analysis by Bhee Jay C. Layug

UNIVERSITY MEMORANDUM No. 773-A, series of 2014 not only barred off-campus activities but also affected student athletes' complete preparation for the upcoming State Universities and Colleges of Region III Olympics (SUCO-III).

Newly-installed Sports and Physical Development director, Romeo Nisay Jr., firmly expressed his insights on the effect of the sudden release of order when asked on the possible outcome of the SUCO-III for Stallions.

"Malaki ang epekto no'n kasi that is an integral part of preparation. Tune-up games na 'yun eh. Kumbaga titignan mo on how they compete on other teams in a competition scenario. So how will you apply 'yung psychological strategies, skills sa mismong laro kung wala kang tune-up games,"

Nisay stated.

Implementation Overview

Unpredictably, the sudden release was based on the Commission on Higher Education Memorandum No. 17, series of 2012 with its primary concern of enhancing policies and guidelines on educational tours and field trips of college and graduate students.

But due to some restrictions set by the said memorandum, practice games and outside competitions regularly joined by varsity teams has been denied as a prevention

mechanism to avoid the possible repeat of Bulacan's madlum tragedy.

In the latest edition of SUCO-III, maroon and white armada ranked third overall following the powerhouse Bulacan State University and Central Luzon State University who placed first and second respectively.

"Ako dinidiretso ko na. There is an effect. 'Di nga lang natin alam kung positive o negative. Sana maging positive pero malaki ang chance na negative. Siguro papaliwanag natin sa mga athlete na kahit wala tayong exposure, ibibigay

jump to page 38

Women's basketball
Story on page 36