

BC verticals 2-storey bldg

KRISTOFFER LLOYD QUICHO

*“There is actually no classroom shortage.”
-Dr. Casupanan*

IN SPITE OF THE COLLAPSE of the five classrooms of the College of Social and Behavioral Science (CSBS) in Balanga Campus (BC), Campus Director Dr. Mary Ann V. Casupanan assured the Peninsulares that there is no classroom shortage.

“I would like to comment on the term ‘shortage’. There is actually no classroom shortage in Balanga Campus. There has only been displacement of classes because of the construction of the new building at the CSBS area,” Dr. Casupanan said regarding the construction of the new building.

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lumos

How ESGP-PA aids indigent Bataan youth

Tying up with 3 national agencies,

BPSU grants 4Ps beneficiaries with two-month stipend

KRISTOFFER LLOYD QUICHO with reports from LESLIE JOY P. EVALLE

TO UPLIFT THE STATUS OF THE UNDERPRIVILEGED FILIPINO youth, Bataan Peninsula State University (BPSU) teamed up with the Commission on Higher Education (CHED), Department of Budget and Management (DBM) and Department of Social Welfare and Development (DSWD) in granting the two-month stipend of 233 Peninsulares under the Expanded Student Grant-in-Aid Program for Poverty Alleviation (ESGP-PA) at Bataan Youth Center, July 21.

“This project (ESGP-PA) is a joint collaboration of CHED, DBM, DSWD and BPSU. *Ito ay programa lamang na ibinaba sa amin mula kay President Noynoy Aquino upang maiangat ang kabuhayan ng karamihan sa mga Pilipino. S’yempre, para makatulong sa mga mag-aaral natin na nagnanais makapagtapos ng pag-aaral,*” said Dr. Caridad Abuan, CHED Region III director, during an exclusive TD interview.

Abuan furthered that the beneficiaries under the ESGP-PA are in a very rare opportunity because they are given the chance to continue their tertiary education for free.

P/02

ISKOLARS undergo SPES

ANGELINA MAE L. EUGENIO

EARNING THE FRUITS OF THEIR LABOR.

Iskolar ng Bataan recipients bid goodbye to their routine summer activities as they have undergone a worthwhile job experience through the Special Program of Employment for Students (SPES), a program of the Public Employment Service Office (PESO) and Department of Labor and Employment.

“Through the SPES, *masasabi natin na ang mga estudyante ay makakaexperience ng kung ano nga ba ang nararamdaman ng mga nagtatrabaho.*

They are provided job experience and financial support *na magagamit nila for their education,*” said City of Balanga Mayor Jose Enrique ‘Joet’ S. Garcia during the orientation program of the SPES.

P/05

DREAMS DO NOT COME CHEAP.

Despite the limitations brought by his age, a young Balangueño tries to earn ample amount of money to support the daily needs of his family and his education.

ANGELINA MAE L. EUGENIO

WHAT'S INSIDE?

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BC Labs set eyes on new facilities, equipment arrival

KRISTOFFER LLOYD QUICHO

BALANGA CAMPUS LABORATORIES are set for a makeover once the requested facilities, laboratory apparatuses and equipment, and chemicals arrive in the campus after one or two months.

On July 07, 2014, Bataan Peninsula State University President Delfin O. Magpantay signed the approval and marked the procurement of the five million peso worth of laboratory materials as urgently needed.

"I am hoping *na lahat ng* materials and equipment which were requested by the different laboratories – Physics, Chemistry and Biology, will arrive in one or two months' time. These materials and equipment are

all needed for instructional purposes," said Dr. Mary Ann V. Casupanan, campus director.

PHYSICAL FITNESS ROOM RELOCATION

Aside from the procurement of the new laboratory equipment, Dr. Casupanan quipped that the Physical Fitness Room located behind the NSTP office will be transferred at the Teatro Peninsulares Office.

"As prescribed by CHED, the Sports Room (Physical Fitness Room) must be square in shape. *Nakausap ko na ang Teatro Peninsulares* and they were okay with the new room assignment," the Campus Director added.

Likewise, the space vacated by the Physical

Fitness Room will be transformed into the Teatro Peninsulares office and will be widened to house the members of the said organization.

MUSIC ROOM INSTRUMENTS

Meanwhile, Dr. Casupanan stressed that the request for the purchase of musical instruments amounting two hundred thousand pesos was also approved and marked urgent by the University President.

"*Yung request na magkaroon ng mga bagong* musical instruments that will be used by music majors was also approved by the President. *Malaki ang maitutulong ng mga 'yun* for the betterment of the learning of our students," said Dr. Casupanan.

Moreover, the Campus Director shared that the newly built room at the Bataan Youth Center will be converted into the new music room once the construction of the new two-storey building is completed (See Banner Headline).

STUDENTS' ASSESSMENT

On the other hand, students were thrilled when they learned that there will be new laboratory apparatuses and equipment.

"Happy ako na magkakaroon ng mga bagong materials sa laboratories natin. Because of the new equipment, *mas magiging* motivated kaming mga student at magiging mas comfortable kami na pag-aralan 'yun kasi mahahawakan na talaga namin 'yung apparatus," shared Rosette Gay B. Garcia, Bachelor in Secondary Education (BSE) major in Physical Science student.

In addition, Shane Angeles, BSE major in Biological Science student, said that once the new equipment arrive, students will no longer have a hard time in conducting experiments because there is no need to improvise materials. TD



Marco T. Sayas

BPSU GRANTS ... from page 1

"*Napaka-rare ng opportunity na ito para sa inyo kaya dapat mag-aral kayo* (ESGP-PA beneficiaries) *ng mabuti at dapat lang na tapusin nyo 'yung pag-aaral nyo, huwag nating bitawan ito dahil ito lang ang kakapitan natin para gumanda ang buhay natin,*" added Abuan.

LEGAL BASIS

As stated by the CHED Memorandum Order Number 09, 2012, the university will be granting 233 ESGP-PA beneficiaries of financial assistance amounting to Php 60,000 per annum.

"*Ang mga scholars natin na part ng ESGP-PA 'yung mga kasama 'yung families sa 4P's (Pantawid Pamilyang Pilipino Program).* Most of the ESGP-PA beneficiaries are first year students, *pero meron pa rin naman na iilan* coming from the higher years," explained Erna Liza Mateo, scholarship officer, regarding the basis of being an ESGP-PA beneficiary.

Likewise, Mateo emphasized that the beneficiaries of the said program are currently enrolled under CHED priority courses. More so, most of the grantees who are housed in the Balanga Campus are taking up Bachelor of Science in Psychology (BSP) and Bachelor in Secondary Education (BSE).

DELAYED AWARDING

Despite the granting of the two-month stipend worth Php 9,500, most of the program's beneficiaries addressed the Scholarship Coordinator that the awarding is already late. The stipend covers the book, lodging, and fare allowance of the grantees.

"*Late na talaga 'tong pagbibigay nila ng allowance kasi July na. Dapat naibigay na ito nung June pa. Pero kahit ganun, masaya na rin kasi kahit papaano naibahagi naman nila sa aming mga anak,*" expressed Marissa Sidon, a parent of an ESGP-PA grantee.

Meanwhile, Maellan Joyce Horario, BSE student, stressed that most of the beneficiaries of the program experienced insufficiencies in paying for the dormitories they are currently staying at.

"*Yung iba pinapalayas na sa mga dorm kasi hindi pa nakakapagbayad pero*

kahit ganoon, pinanghawakan namin 'yung promise namin na magtatapos kami ng pag-aaral para gumaan na ang buhay namin," a teary-eyed Horario shared.

However, Dr. Abuan emphasized that the deliberate processing of the agencies with regards to the release of budget caused the delay of awarding of stipends.

"*Alam nyo naman na napakaraming programa ngayon ng gobyerno kaya medyo na-delay pero sabi naman ng chairperson sa mga state university presidents, tanggapin na lang muna ang mga estudyante kahit wala pang bayad,*" she uttered.

FOR EDUCATION PURPOSE

Meanwhile, Mateo stressed that she was alarmed upon knowing that some of the beneficiaries are planning to buy things that are not meant for their studies.

"*Nagulat ako sa mga narinig ko sa mga estudyante kasi sabi nila na kapag dumating na ang allowance nila mamimili sila ng mga damit, cellphone.* I advised them to use the money para mamili ng gamit which are used in school *kasi para naman sa pag-aaral nila ang dumadating na stipend,*" she added.

Similarly, the Scholarship Coordinator expressed that she is hoping that all of the beneficiaries of the said program will graduate the programs they enrolled in.

GRANTEES' STANDPOINT

With the two-month stipend now in their hands, the ESGP-PA grantees are pleased and said that they can now buy things that are much needed in school.

"*Masaya ako kasi pagkatapos ng ilang buwan, dumating na din sa wakas 'yung allowance. Mababayaran na namin 'yung mga libro na kailangan sa school at saka makakabili na kami ng uniform, hindi na rin kami mahihirapan sa pamasahang kasi may budget na,*" stated Hannah Dj Elijah Gallego, a BSP student.

Also, Nephtalie Mendoza, a BSE freshman hoped that the distribution of allowances would not be delayed again so that the ESGP-PA scholars will not encounter the same insufficiencies.

In relation to Mendoza's reaction, Dr. Abuan explained that the awarding of stipend will not again be late and will be distributed regularly by the Scholarship Coordinator and Mr. Paolo Manaligod, Guidance and Admission Office clerk, every first week of the month. TD

Dialogue with BC Peninsulares

Senator Marcos discloses plans on SK ratification

JUDY ANN L. AGUILAR and MARK JAMES A. BAGANG

SENATOR FERDINAND “BONGBONG” Marcos Jr. bared his plans in reconstructing Sangguniang Kabataan’s (SK) baseline objectives, including the widening of the age range and trainings to be attended by the new set of officers to be elected, Bataan Youth Center, August 8.

“I am a great believer of the youth movement,” Senator Marcos said as he reiterated his report regarding the Youth Empowerment and Development Act of 2014.

Senator Marcos expounded that the youth needs to have a voice in nation building for they will soon be the leaders of the country in the near future.

“Hindi ko tatanggapin na mawalan ng boses ang kabataan sa ating gobyerno. The youth is idealistic and they want to have projects that can really help their co-youth,” the senator added.

AGE MATTERS

As part of the amendment of the SK code, Senator Marcos stressed that the age limit of

the would-be elected officials is raised to 24-30. Likewise, he added that the inclusion of these age range is in line with the Association of Southeast Asian Nations provision that estimated the age of the youth up unto 30 years old.

“Minsan kasi dahil hindi pa of age ang SK officials, ang pumipirma na sa mga kontrata of their projects ay ang Barangay Chairman na. Tinaasan na din ang age range kasi most of the time ang mga SK dati na 15-17 years old ay nasa school, parang hindi naman tama kasi hindi nila mapagsisilbihan ang kapwa nila kabataan,” he added.

However, some BC Peninsulares expressed their disagreement with the proposed change in age scheme.

“Too impossible to view at the moment the changes in the SK because their proposed age limit. It was absolutely impossible and it is “SK” meaning “kabataan” eh sa proposed age nila, that is not the age of kabataan anymore,” said Joan T. Isidro, Bachelor in Secondary Education major in English student.

IMPROVED PLANS FOR PROGRESS

Senator Marcos furthered that with the revised Youth Empowerment and Development Act of 2014, the youth leaders will receive mandatory training programs that includes basic technicalities in making financial statements and lectures on the different political theories.

“Learning our country’s history is a must. When we are knowledgeable about the things that happened to the Philippines, we will know how we should educate our youth leaders. We can teach them goals that can help them to be great leaders,” he added.

On the side note, the election for new SK officials will happen on the first Saturday of May 2015 and will take place every three years. Likewise, an organization is to be established called Local Youth Development Council composed of SK, student councils of secondary and tertiary level, out of school youth organizations and other youth organizations.

TD

CoEd introduces stude-mentors to academe

MARGIOLEH G. ALONZO

IN LIGHT OF URGING student-teachers to be role models in the community, Bataan Peninsula State University-College of Education (BPSU-CoEd) presented 276 would-be teachers to the members of the academe during the 13th Pre-Service Teachers’ Investiture held at Lou-is Restaurant, July 11.

“Bakit nga ba pinili niyong maging guro? Dapat there’s a commitment to teaching profession that is to lead, to care, and to inspire,” this was the message sent by Carolina L. Sugpatan-Violeta, Ed. D., Assistant Schools Division Superintendent of the province of Bataan delivered by Ilynne S.J. Samonte, Education Program Supervisor-English.

In the inspirational message sent by Dr. Violeta, she emphasized the future responsibilities of teachers not only inside the classroom but as well as in the community.

“Teachers must give back to society, help other people and they must have passion in teaching and serve as role model. Let us always remember that those who are motivated in altruistic and intrinsic are dedicated in teaching,” Dr. Violeta stressed.

Further, the Assistant School’s Superintendent discussed the different characteristics a teacher should have. She stated that the spirit of seeking discovery and motivation, team spirit and the support of key stakeholders are the main elements that a teaching professional must possess.

On the other hand, Arvin Romualdo, a newly-hailed Social Studies major expressed that the flow of the event helped him and the other students to truly and wholeheartedly feel the essence of the said event.

TD

Bigyang kahulugan ang baraw salita,
Ibahad ang isyu sa likod ng baraw
larawan,
Sapagkat naghihinay ang mundo
Sa pagbubatas mo ng iyong eksperyal na kaisipan;
may paunang para sa iyong obra.

Habagat
ibahagi na ang iyong sanaysay na may haba
na hanggang 500 salita.

Lente
ipakita ang nasipat ng iyong lente gamit ang
anumang uri ng camera.

Tema
“Fear of not knowing...”
Sapagkat hindi mo alam kung ano ang hatid
sa iyo ng bukas.

Sa mga interesado, ipasa lamang ang inyong
likha sa opisina ng THE DEFENDER, Room
215 2/F, CBA Building.

DEMOLITION JOB. On this demolished CSBS site, a two-storey building will soon rise aiming to cater the growing number of BPSU-BC enrollees.
MARGIOLEH G. ALONZO



BC VERTICALS ... from page 1

Dr. Casupanan furthered that the construction is timely because the old building had been plagued by termites and that it is no longer safe to conduct classes there.

“Nung dinemolish ang building last July 5, ‘yung mga kahoy sa rooms ay kinain na ng anay. And I was really concerned that there had been classes at these rooms which are unsafe to use,” she added.

CLASSROOM DISPLACEMENT

Dr. Casupanan stressed that two weeks prior the construction of the new building, the Campus Administration had already made plans on where to place the classes of the affected rooms.

“Right now, the Plaza Peninsulares is being used as an alternative classroom and we have transformed the upper portion of the BYC into two classrooms,” emphasized Dr. Casupanan as she narrated where the classes had been placed.

Likewise, she said that the students must still be thankful despite of the inconveniences they are experiencing.

“Kaunting tiis muna sa inconvenience. We have made alternative classrooms because of the construction of the new building, but rest assured, by the second semester, the new building is already functional,” Dr. Casupanan quipped.

BUILDING AMENITIES

Meanwhile, the Campus Director stressed that

the two-storey building will have six 9x9 meter classrooms: four classrooms at the first floor and two rooms at the second floor. Likewise, the building will also be the new location of the Registrar and the Cashier’s office.

“Ililipat natin ang Registrar’s Office at ‘yung Cashier’s Office sa second floor ng new building as to the recommendations of the Accrediting Agency of Chartered Colleges and Universities Inc. (AACCUP) and Commission on Higher Education (CHED) accreditors na all offices must be placed sa taas dahil nga sa mga records,” added Dr. Casupanan.

In addition, she uttered that the room that will be vacated by the Registrar’s Office and Cashier’s Office may be changed into an Audio-Visual Room (AVR) or a Multimedia Room.

“Yung iiwanan na opisina ng registrar ay may kalakihan kaya iniisip ko na gawin siyang AVR o kaya bagong Multimedia Room kasi may possibility namatapyas ‘yung Multimedia Room ng Library at part ng Skills Laboratory ng Nursing because of the construction of the new building. But there are also suggestions to convert the vacated area into the offices of the four deans of the different colleges in BC. Pero, lahat ng ito ay plano pa lang,” she articulated.

BUDGET ALLOCATION

On the other hand, Dr. Casupanan reiterated that the construction of the building roughly costs at around ten million pesos and was withdrawn from school funds.

“Hindi na tayo magkakaroon ng problema when it comes to the budget kasi sagot naman nila [Building contractors] ito. And ‘yung pinagkuhanan naman ng pera ay mula sa savings ng university, it was withdrawn,” stressed the Campus Director.

However, according to her, the facilities of the new building are not yet included in the ten-million peso budget.

“Hindi pa kasama sa budget na nauna ‘yung sa mga upuan and other facilities of the new building. Pero nag-request na ako sa Office of the University President and ang nakakatuwa naman duon ay mabilis ang naging respond ni Sir,” Dr. Casupanan stated.

VARIED RESPONSES

Despite of the great promises the construction of the new building is about to give, BC Peninsulares have different opinions in this issue.

“Una masaya kasi sa wakas magiging okay na ang room ng mga Psych. ‘Di yun akala naming nalimot na kami ng panahon. Kaso ang medyo hindi lang maganda sinimulan siya gawin kung kelan na tayo may pasok,” said Lariz E. Saldaña, Bachelor of Science in Psychology major in Industrial Psychology (BSIP) IV.

Likewise, Saldaña’s statement was affirmed by Rojelyn de Jose, BSIP IV, as she stressed that the construction of the new building is not timely for it is already the start of the academic year and rainy season.

TD

BC populace ups by 4.64%, CBA still on top

KARLO JAY S. JUAN

BALANGA CAMPUS RECORDED a 4.64 percent increase in its number of enrollees amassing 4,151 registered Peninsulares with the College of Business and Accountancy (CBA) rostered at 2,283 students.

"Madami talagang enrollees ang CBA ngayon kasi trend ngayon dito sa Pilipinas ang mga business and financial-related field of work. Katulad lang ng nursing noon, 'yung mga business degree holder kasi mga in demand sa trabaho," said Luvy Barata, BC registrar, regarding the third straight year CBA domination on enrolment.

ACCOUNTANCY CUT-OFF

CBA Dean Sisenando Masangcap Jr. stressed that despite the increase in CBA population due to the wide array of courses the college offers, the number of enrollees in the program of Bachelor of Science in Accountancy (BSA) was lessened because of the imposed retention policy.

"Nag-cut-off kami ngayon, kasi last year eleven or fourteen sections ang meron tayo, kaya ngayon sinasabi ko sa mga bata na nag-quota kami, actually 'yung pinapalimit nga lamang sana eh five or six sections lang, 'yun yung isang reason kaya nagkaroon ng cut-off," Dean Masangcap said.

In accordance with the retention policy, he explained that the first year BSA students must not get a grade lower than 2.5 in their accounting courses if they want to be retained in their program.

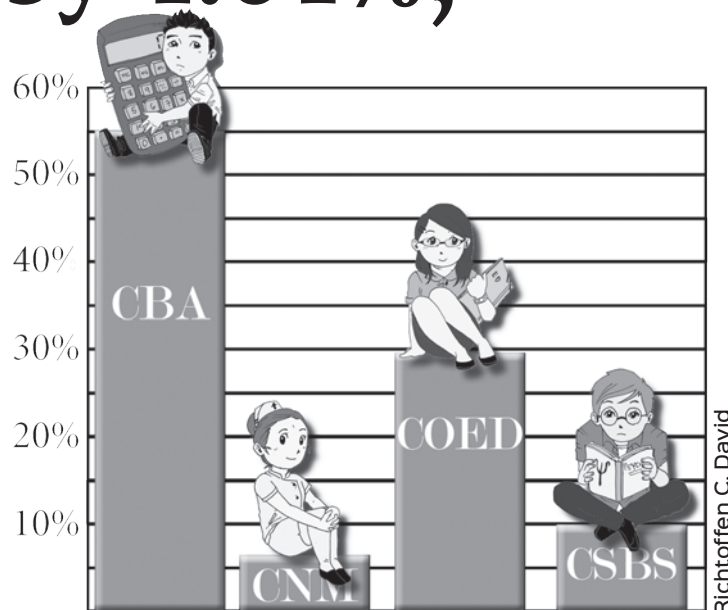
TEACHER EDUCATION

Meanwhile, the program Bachelor in Secondary Education (BSE) posted the most number of first year enrollees with 507 would-be educators.

This trend in the number of enrollees had been attributed to the implementation of the K-12 program as the Department of Education will be hiring more teachers in the coming years.

"Kaya dumami ang enrollees natin kasi nga dahil sa K-12. Dahil in two years' time magkakaroon na ng Senior High School kaya maraming nag-enroll para maging mga teacher," emphasized College of Education Dean Dr. Rolliver M. Baciles.

Likewise, according to Ace Espiritu, BSE student, in spite of the fact that he



Richtoffen C. David

really wants to be a teacher in the future, he expressed that being an educator is one of the types of professions that will always be in demand.

DOWNSLIDE ENROLMENT

The College of Nursing and Midwifery (CNM) recorded a 22 percent decrease in the number of enrollees recording 241 students against 309 aspiring health-related course takers.

CNM Dean Camillo Dominguez stressed that the enrollment results does not reflect the quality of education that CNM offers but rather it is a trend in the popular courses at the moment.

"Kung mapapansin mo, mga five years ago hindi ganun kadami ang mga engineering, pero ngayon madami na silang mga engineering at sa mga program ng College of Information and Communication Technology. Tsaka based yun sa nilalabas na priority programs ng gobyerno natin," said Dominguez.

On the other hand, College of Social and Behavioral Sciences (CSBS) was able to maintain a steady increase in their populace with a grand total of 413 students resulting to a 36 percent difference from the previous academic year.

TD

ISKOLARS ... from page 1

Mayor Garcia also emphasized that the said program was conducted to give work experiences to the students who will find jobs after they graduated.

TRAINING GROUND

According to Erna Liza Mateo, Scholarship Officer, the SPES had already been giving college students the opportunity to earn money while having their summer vacation, however, this is the first time they allowed to employ students who are currently enrolled in the summer term.

"They (PESO) agreed on taking in even those who are enrolled in summer class kaya nga lang it will be a different type of set up wherein you have to come up with your own activity or research or a project of some sort," explained Mateo.

Likewise, Mateo added that because of the new scheme in the Iskolar of Bataan, there are some students who gave up their scholarship grants.

POSITIVE NOTE

"The SPES is a good thing since it allowed the

students to experience being employed and taking some responsibilities. *Mas maganda 'to kasi they will work for the financial support that they will get,"* Mateo expressed about the benefits of the said program.

In addition, through undergoing the SPES, students were able to socialize and build networks with other scholars.

"Marami akong nakilala na mga bagong friends sa SPES, tsaka ang sarap pala sa pakiramdam na 'yung part ng ipapaenroll mo for the first semester ay pinagpaguran mo," said Paulo Joseph Santos, a student who has undergone the SPES.

POINT OF IMPROVEMENT

Despite the positive points of the SPES, there were also flaws observed during the execution of the program inside Bataan Peninsula State University.

"I hope if this will be continued next summer, they could make the initial process earlier so that hindi nagkaka short sa time both sa side ng mga coordinators and the students," suggested Mateo.

Further, the scholarship officer expounded that

the scheduling became a major problem this year and she hoped that it could be improved the next time with the help of the coordinators and the students as well.

FOR THE SCHOLARS

On the side note, Mayor Garcia emphasized that the action made by the city government is a boost to the morale of the the beneficiaries of the Iskolar ng Bataan program.

"With the SPES, magiging mas productive 'yung ating mga Iskolars. Hindi lang sila magiging kampante na may makukuha sila na tulong sa pambayad para sa kanilang tertiary education pero matututo din sila kung paano ba nila ibabalance 'yung time nila kasi iisipin na din nila 'yung magiging trabaho nila," Mayor Garcia articulated.

Similarly, Mateo expressed that the program is a good start for the students to learn how to handle pressure and how to cope with other people which are essential when they start working.

"Yung mga estudyante they will be more responsive sa interview kasi alam na nila kung paano makitungo sa mga tao," concluded Mateo. TD

CSC bares plans, info dissemination on top 'We've learned from our shortcomings' – CSC prexy

KRISTOFFER LLOYD QUICHO

LEARNING FROM SHORTCOMINGS done in the past is a hard process but Campus Student Council-Balanga Campus (CSC-BC) President John Paul G. Manalaysay used these deficiencies to come up with activities that will rekindle the blaze of campus culture.

"Maraming pagkukulang na nangyari last academic year (AY), pero 'yung mga pagkukulang na nangyari noon is ginamit ng council as a motivation para maging maganda ang mga proyekto na aming gagawin para sa kapwa namin Peninsulares ngayong taon," said Manalaysay.

Manalaysay furthered that starting with an incomplete set of officers and being neophytes in leading their co-students last AY had been factors of having unsatisfying projects implemented the past year.

PROPER INFO DISSEMINATION

According to Manalaysay, the main focus of the council this year is the proper dissemination of information to the students.

"Actually, ang main goal namin dito sa council ngayon is 'yung proper information dissemination. Hindi naman kasi magiging effective ang mga programa ng CSC kung hindi informed ang mga estudyante," added Manalaysay.

Likewise, the CSC President stressed that they will be placing corkboards in every classroom of the campus for the students and instructors to be aware of the upcoming activities and programs of the council.

CATERING STUDENTS' NEEDS

Meanwhile, Manalaysay emphasized that the CSC will also conduct Forums with the different College Student Councils (CoSC) to know what are the problems and needs of the BC Peninsulares and to give solutions to these emerging problems.

"Ang objective ng proyektong ito (Forum) ay malaman naming CSC kung ano ba ang nangyayari sa mga estudyante sa BC. With this project, we will be aware and we can give some solutions to the problems. Pagkayari naming kausapin ang mga CoSCs magkakaroon naman ng isang Campus Wide Forum with the different officials of the university para mai-address ang mga concerns nating mga estudyante," the CSC President furthered.



TEAMWORK. Balanga Campus Student Council Senator Albert Villapaña with their adviser Mrs. Juliet Masangcap and a CSC volunteer busily removes the knots from the banderitas during the preparation for the Frosh Day.

LEO H.CATALINO

Moreover, quiz conferences and lesson tutorials are also on slate projects of the council. Moreover, these projects will cater the needs of students who are having a hard time with their academics.

FIRST DISAPPOINTMENT

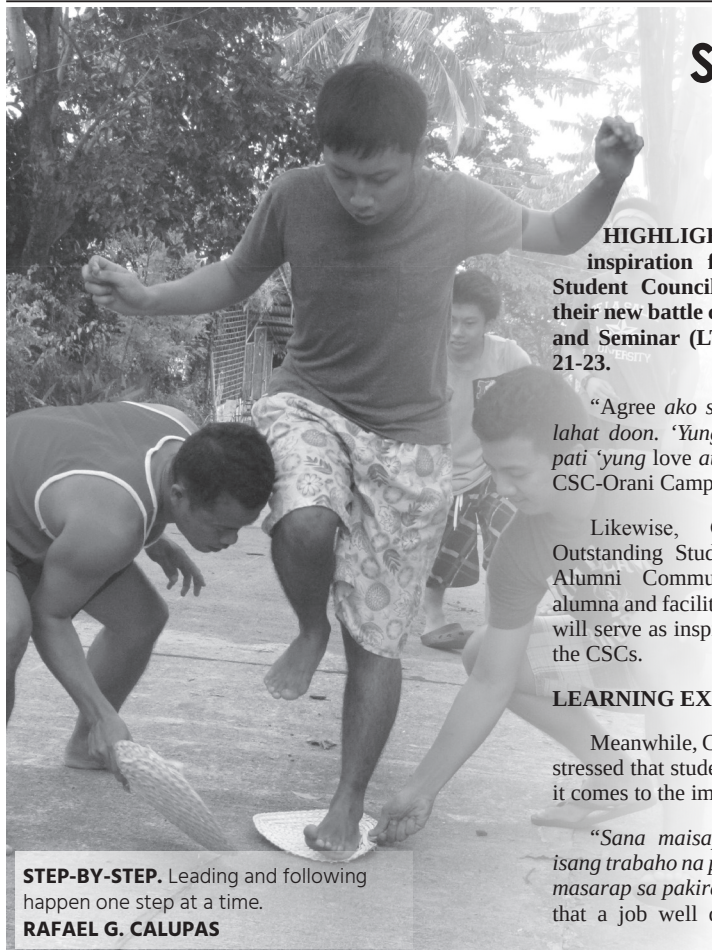
However, despite of the different scheduled programs and activities, Manalaysay expressed that he was quite disappointed with the outcome of the Green BC [See related story on page 7].

"Nadismaya ako sa nangyari sa Green BC kasi out of 10 Peninsulares, mga apat lang ang nakasuot ng green shirt nung June 17, pero naisip ko

nalang na tuloy parin ang project kasi meron parin naman na nakisangkot doon sa aming activity."

In addition, the CSC President uttered that he and his council are continuously addressing the arising student apathy happening inside the campus.

"We are trying our best na gumawa ng mga activities and programs na pwede talaga makasali ang mga students. Tinackle namin ang student apathy last Leadership Training Seminar and we are very much positive na mawawala ang mga problemang ito within our term," Manalaysay stressed. TD



Stude-leaders post '#UNITEAM' for AY '14-'15

MARIMAR ANN M. PANTI

HIGHLIGHTING ONENESS as their inspiration for this academic year, Campus Student Councils (CSC) put up #UNITEAM as their new battle cry during the Leadership Training and Seminar (LTS), BPSU-Abucay Campus, May 21-23.

"Agree ako sa #UNITEAM, kasi nakapaloob na lahat doon. 'Yung quality at excellence nandoon na pati 'yung love at unity," said Mark Bryan Cervantes, CSC-Orani Campus senator.

Likewise, Coca Jane Peñarodonda, The Outstanding Students of the Philippines Region III Alumni Community of Heroes (TOSP-R3ACH) alumna and facilitator expressed that the new battle cry will serve as inspiration for the upcoming activities of the CSCs.

LEARNING EXPERIENCES

Meanwhile, Carlo Sagun, TOSP-REACH alumnus, stressed that student-leaders must give their best when it comes to the implementation of different projects.

"Sana maisapuso nila (student-leaders) na ang isang trabaho na pinaghirapan na naging successful ay masarap sa pakiramdam. They must always remember that a job well done is always better than projects

that are only good to hear, but without implementation," Sagun added.

Similarly, Pamela Delina, CSC-Bagac senator, said that she is pumped up to better serve the students at her campus after attending the LTS.

"Marami akong natutunan, maraming bagong ideas na nakuha na pwedeng-pwede na gamitin for the betterment of the projects of our CSC," Delina furthered.

FORTIFYING LEADERSHIP

According to Office of Student Affairs (OSA) Director Olivia H. Perdio, the LTS serves as an avenue to strengthen the bonds and the sense of leadership of the different CSCs.

"Pinapanday ang mga CSC officers upang maging leader hindi lang sa BPSU kundi pati na rin sa community," said Dir. Perdio.

Also, Dir. Perdio added that despite the LTS is an annual activity, the student leaders are assured to learn new leadership and management tips in this seminar.

"Every year we see it as a point na mas maging interesting ang ating mga LTS kasi para naman ito sa mga student-leader ng BPSU," the OSA Director uttered. TD

STEP-BY-STEP. Leading and following happen one step at a time.

RAFAEL G. CALUPAS

Despite 'low participation rate'

CSC-BC still persistent with Green BC v.2.0

LESLIE JOY P. EVALLE and MARIMAR ANN M. PANTI

AFTER RECEIVING LUKEWARM responses from the BC-Peninsulares as reflected in the survey conducted by THE DEFENDER (TD), Campus Student Council-Balanga Campus (CSC-BC) officers continued to pursue their flagship program Green BC version 2.0.

The TD poll yielded that only 34 percent of the BC populace is aware with the Green BC program. The TD Poll was participated in by 208 student-respondents covering five percent of the total BC population.

NEWS ANALYSIS

According to CSC President John Paul G. Manalaysay, they (CSC officers) will keep on working with Green BC because there are students who are still cooperating with their project.

"Kahit halos 50 students lang ang nakipagparticipate sa pagbibigay ng plastic bottles, may nagbigay pa din. May tumugon sa project namin," said Manalaysay.

PROJECT'S FEATURES

As per stated in the CSC's project list, Green BC aims to maintain the cleanliness inside BC.

Also, Manalaysay specifically explained the details of their flagship program during an exclusive interview with TD.

"Sa 'Battle against Bottles', every third Tuesday of the month, magbibigay ang bawat isang estudyante ng bote, at 'yung mga bote na 'yun ay lilikumin tapos ibebenta, yung kikitain dun, yung 50% ay mapupunta sa CoSC tapos 'yung 50 % ay gagamitin namin. 'yung mga plastic bottles na ito ay pwedeng kunin kahit sa bahay o kahit saan sila makakakuha basta magdala," Manalaysay expounded.

He added that some parts of the project such as the 'Green Day' and 'Surprise Cleaning' were only implemented during the pilot week of the said project.

"'Yung 'Green Day' hindi naman siya every week or every Wednesday basta nung ni-launch lang namin siya tapos 'yung 'Surprise Cleaning' para lang siya

dun sa pilot week . Pero kasunod nun, hahayaan na namin 'yung iba't-ibang colleges, kasi nga diba, competition siya. Ibababa na nga namin 'yun sa mga governors kung pano nila gagawin yung paglilinis," Manalaysay explained.

FULL OF TRASH

However, in an exclusive interview with TD, Dr. Mary Ann V. Casupanan, Balanga Campus director asserted that BC is still full of garbage despite of the presence of trash bins in the campus and implementation of the green BC project.

"Makalat ang campus natin. Kapag nag-iikot ako sa ground tuwing umaga, parating maraming dumi," insisted Dr. Casupanan, regarding the cleanliness of BC.

Also, 52 percent of the student-respondents confirmed that the school ground is still not clean even though the Green BC project is now in progress. More so, Peninsulares stressed that the project must be thoroughly implemented to achieve the objectives posited by the CSC program.

Rosa May Carandang, a level IV BSE Physical Science major student, stressed that there is no improvement in terms of cleanliness inside the campus saying, *"Walang improvement, ang kalat pa rin eh. Kitang-kita 'yung mga kalat lalo na sa mga sulok-sulok at saka sa loob ng mga classroom."*

PROJECT AWARENESS

Consequently, 66 percent of the total BC populace uttered that they are unaware of the Green BC campaign, which they have claimed that stemmed from the poor information dissemination done by the CSC.

"Hindi ramdam ng mga estudyante ang project. Iilan lang 'yung nakakaalam tapos hindi naman lahat 'yun ay nakikipag-participate," Carandang added.

Also, Kenn Cesar Abando, a sophomore Bachelor of Science in Accountancy student, said that he is not aware of the project and that it is not enough that only few Peninsulares are informed about the said project, saying, *"Hindi ako aware, tulad din ng iba kong kakilala, hindi rin nila alam 'yung mga ganyang project. In fact, ngayon ko lang*

nalaman na may ganyang program pala. At sa tingin ko, hindi sapat na iilan lamang ang may alam at madalas makipag-participate."

As a response to these arguments, Manalaysay emphasized that the CSC will launch another project in line with the ineffective info dissemination.

"Maglalagay kami ng corkboards sa lahat ng classrooms para lahat naman ng information ay mailagay namin doon. Kasi nga diba, mahirap dito sa BC may pang-umaga may pang-hapon. Kaya nga ang ginawa naming, maglalagay nga kami ng corkboards kada classroom, 'yung maliit lang basta 'yung madidikitang lang ng information. Nagpapalano din kami na maglagay ng bulletin board dito sa campus," he expounded.

PROJECT EFFECTIVENESS

Aside from the problem in terms of project awareness, the effectiveness of the project had also been a setback for the CSC. 129 of the student-respondents insisted that the Green BC project has not lived to its objectives.

"Wala namang nabago. Masasabi kong nabawasan pero di talaga siya effective katulad ng sinasabi nila bago i-launch 'yung project," voiced an unnamed BC-Peninsulares.

In contrary to the result of the survey conducted by TD, the CSC President expressed that most of the comments that they have received during the 'Feedback Day' in the pilot week of Green BC revealed that the said project is effective and it will be more effective if it will be continued all throughout the academic year.

"Nakahingi kami ng mga feedback na maganda nga daw 'yung ganung programa. At mas maganda 'yun kung maipagpapatuloy at saka kung mas magiging proper 'yung dissemination ng information kasi hindi nga lahat ay nakakaalam ng project na ito. Nagpamigay kami ng mga forms sa mga estudyante sa paligid-ligid, tapos binasa namin, kung ano ba 'yung mga dapat i-adjust," Manalaysay added.

PROJECT RATIFICATION

In line with the distribution of information regarding the CSC endeavor, the project will be handed down to the College Student Council (CoSC) officers for better circulation of information.

"Hinihintay pa nga namin 'yung mga governors kasi sa kanila talaga ibababa 'tong project na 'to. Talagang ginawa namin na parang motivation na kapag sumunod kayo may premyo kayo. We're still waiting," said Manalaysay, as he narrated the present flow of the project

Further, he stated that after the actions done by CSC during the pilot week, the project's next action would solely depend to the new implementers of the program.

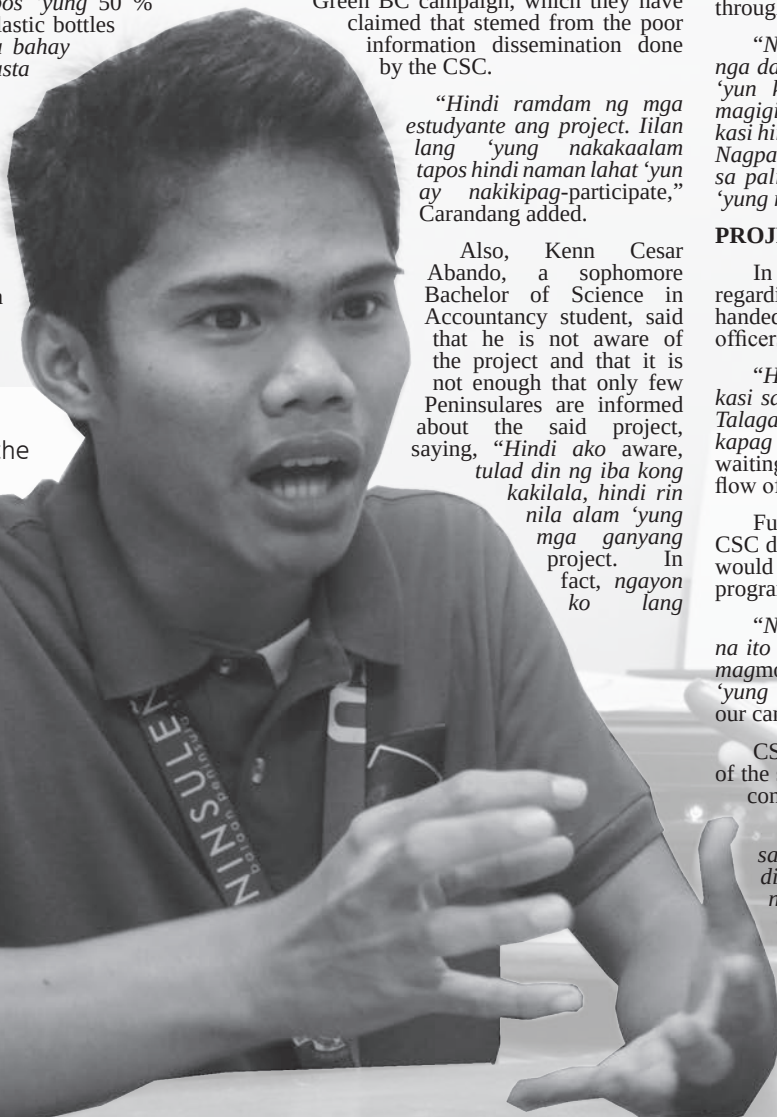
"Nakadepende talaga ang ikagaganda ng project na ito sa mga CoSC officers, sila na ang bahalang magmodify ng project basta dapat lang mapanatili 'yung goal ng program which is cleanliness inside our campus," he stressed.

CSC president also uttered that the participation of the students is the most important factor that will contribute to the improvement of the project.

"'Yung tagumpay ng project na ito ay wala sa amin, wala sa iisa kundi nasa lahat. 'yung disiplina ng bawat isa ay yung gusto talaga naming i-implement, kasi ang dumi talaga ng campus natin. So sana dun man lamang sa project na 'yun ay magbukas-isip sa bawat isa na tama na 'yung pagdudumi, na itapon ko 'yung kalat ko sa tamang basurahan," Manalaysay concluded. TD

ORAL DEFENSE. CSC President John Paul G. Manalaysay explains the Green BC Project in an exclusive interview.

**KARLO
JAY S.
JUAN**



USC Prexy to survey U-Wide concerns

MIGUEL A. MALICDEM

IN LINE WITH HIS would-be projects, Kelvin A. Mallari, newly-elected University Student Council president emphasized the need of knowing Peninsulares' concerns as he conducted visits to the different campuses of BPSU.

"Syempre hindi lang mga lider-estudyante ang gagawa kung hindi kasama din ang mga estudyante kaya my first step is to have a survey na kung saan makikita natin kung ano ang gusto at pangangailangan ng mga estudyante ng BPSU," stressed Mallari as he stated his future plans which are to be implemented by the student council.

The USC President added that with knowing the needs of the students, stronger and more impactful programs will be implemented to the student body.



MALLARI

Meanwhile, Mallari expressed that he is overjoyed that he has seen the effort of every Campus Student Council (CSC) to implement the #UNITEAM, which is the battle cry of CSC for AY 2014-2015, within all the projects of each council.

"Natutuwa ako kasi simula pa lang ng klase, ang mga CSC ng bawat campus ay todo promote sa #UNITEAM, andyan yung nagpapataktak ng T-shirt na may nakalagay na #UNITEAM at nagpriprint ng mga tarp na may nakalagay na #UNITEAM," said Mallari.

The USC President furthered that even though the new battle cry of the CSCs is hard to achieve, he is positive that the students will be more united with the projects that are slated by each council.

"Kahit na mahirap makamit ang #UNITEAM ang mga kapwa ko lider-estudyante ay ginagawa naman'yung best nila para makamit ng buong university ang unity," Mallari concluded. TD



CBA practices active stude-polls

LESLIE JOY P. EVALLE

AFTER FOLLOWING the fifty percent plus one policy last academic year, College of Business and Accountancy (CBA) students proved that they are already active in terms of student-politics as they posted three parties running for positions in the CBA-Student Council (CBA-SC) during the College Student Council (CoSC) election, Balanga Campus, July 10-11.

"Last year nga parang natulog 'yung eleksyon namin kasi isa lang 'yung humabol, pero ngayon kitang-kita na gising na gising talaga kami kasi may tatlong partido na naglaban-laban para sa posisyon sa SC," said Arvin Vicencio, newly-elected CBA-SC governor.

Further, Vicencio added that the candidacy of the three parties showed that CBA students were very much willing to serve other students.

E-ELECTION SYSTEM

In line with the active participation of the students in the election, CBA Commission on Student Election (ComSElec) decided to conduct the said event using the e-election system.

"Maganda kasing gamitin ang e-election system kasi mas mabilis ang results; mas madali din gamitin kasi pindot na lang ng pindot. Hindi tulad sa mano-mano system, bukod sa mahirap, chances are mali pa ang maisulat na pangalan. Kaya mas maganda kung pipindutin na lang tapos makikita mo na doon 'yung picture nila," stressed Louie Arth Reyes, ComSElec

chairman, regarding the pros of the tech-inspired election.

Reyes also emphasized that changing the tally of votes which is saved in each computer unit is impossible because if someone tried to do such, the whole system will be damaged.

He furthered that the usage of this system started last 2012 but was not used during 2013 as they had used the manual election system. The CBA decided to use it again this academic year because of the number of parties running for the position in the CBA-SC.

HUSHED ELECTIONS

Meanwhile, College of Education (CoEd), College of Nursing and Midwifery and College of Social and Behavioral Sciences experienced silent elections as only one party run for positions in the CoSC and followed the fifty plus-one rule.

"Nakakalungkot kasi nga wala kaming kalaban. Siyempre kapag tinanong namin 'yung mga estudyante kung bakit hindi sila bumoto, sasabihin lang nila na bakit pa sila boboto e kami lang din naman 'yun. Sasabihin pa ng iba na nanalo lang kami kasi wala na silang choice," expressed Aldrin Bulatao, newly-hailed CoEd-SC governor.

Bulatao also emphasized that having only one party as candidate for CoSC positions showed that student-apathy was really evident and it was not yet eliminated in the college. TD

BC Fiesta get-up cuddles froshies

MA. JESUSA P. CABAL

THE TYPICAL WELCOME PARTY turned out to be a festive and colorful program as Campus Student Council (CSC) of Bataan Peninsula State University-Balanga Campus (BPSU-BC) welcomed first year BC-Peninsulares with its fiesta get-up during Frosh Day 2014 at Bataan Youth Center (BYC), June 9.

"Na-enjoy ko talaga 'yung program kahit mainit at saka talagang colorful siya. Masasabi ko na successful 'yung naging program," said Michaela Zarzadias, Bachelor of Science in Psychology freshman.

Also, Ivy Ronquillo, a level III Bachelor in Secondary Education expressed that not only the first year students had enjoyed the occasion but also the senior students like her because of the unique flow of the event.

PENINSULARES' CULTURE PARADE

During the first salvo of AY 2014-15, the different accredited organizations of BPSU flaunted the talented side of Peninsulares as the BPSU Brass Band, Teatro Peninsulares, and BZ Legz amazed their audiences.

"Nakaka-amaze 'yung ganitong event (Frosh Day) kasi talagang magagaling 'yung mga nagperform. At saka

lahat ng organizations na meron dito sa BC ay nakilala naming lahat," uttered Fatima Romero, Bachelor of Secondary Education (BSE) freshman in an interview.

She also added that Frosh Day had helped her in choosing the appropriate organization for her.

SINGING IN UNISON

Spearheaded by Albert Villapaña, CSC senator, the freshman students together with other Peninsulares showed their love and patronage for BPSU as they sang the BPSU Hymn in unison with their right arms waving back and forth according to the hymn's beat.

"Nakakatuwa na makita 'yung mga estudyante na sabay-sabay kumakanta ng BPSU Hymn, talagang makikita mo 'yung pagkakaisa nila," exclaimed Jet Suguitan, CSC Senator.

Further, Peninsulares enjoyed the said event through the games and performances shown by the different organizations which main purpose is to extend their campus-culture welcome to the freshmen.

TD



HAPPY FIESTA. Human Kinetics Organization led an aerobic exercise after the opening ceremony of the Frosh Day.

ANGELINA MAE L. EUGENIO

Remembering the essence of national flag and freedom Amidst unstable weather COB celebrates Independence Day

ANGELINA MAE L. EUGENIO

EVEN THE RAIN CANNOT STOP NATIONALISM TO BLAZE.

Fusing the celebrations of the National Day of the Philippine Flag and Independence Day, City of Balanga (COB) officials, teacher and Balangueños gathered at the Plaza Mayor de Balanga to celebrate the holidays in a program dubbed as *Kalayaan 2014: Pagsunod sa Yapak ng mga Dakilang Pilipino, Tungo sa Malawak at Permanenteng Pagbabago*, June 11.

NATIONAL SYMBOLISM

During the program, attendees were able to hear inspiring words from city officials namely: Hon. Ma. Liza Vasquez, city councilor and tourism committee chairperson and Hon. Noel Joseph Valdecañas, city vice mayor. Further, Hon. Valdecañas stressed that we must be thankful and grateful to our heroes who fought for our freedom.

Meanwhile, Dr. Violeta Tolentino, Bataan ACES Foundation president, the special woman behind the Girl Scouts of the Philippines-Bataan and the event's guest speaker, imparted that as individuals we must focus and be inspired because of the spirit of independence.

In Dr. Tolentino's speech, she noted that the theme of the event should be *Pagsunod sa Yapak ng mga Dakilang Pilipino, Tungo sa makabuluhan at matapat na Pagbabago* saying, "Alam nating hindi permanente ang pagbabago, sa panahon natin ngayon, ang kailangan natin ay pagbabago na matapat, totoo."

Also, the guest speaker emphasized that even ordinary people can be heroes only if they will live a righteous life; and part of it is to recognize the contributions of our heroes who lived in the past.

FREEDOM AND GRATITUDE REPRESENTATION

Aside from the inspiring message from Dr. Tolentino, there were symbolic parts of the program that showed the appreciation of the present generation to the heroism of the great Filipino people who fought for the freedom of our country. With this, Hon. Valdecañas and other guests of the event offered flowers to the monument of our National Hero Dr. Jose P. Rizal.

As part of the program, officials of the City Hall along with other participants of the event waved mini versions of the Philippine National Flag expressing the tag *'Obra ng Bandila, Ebolusyon Ilarawan!'*

The event closed with the setting off of doves, butterflies and balloons which symbolized our liberty and our unending appreciation to the bravery of our Filipino

heroes.

ARTISTIC EXPRESSION OF NATIONALISM

Meanwhile, through the talents showed in the program, the nationalism of the Balangueños was expressed sincerely and artistically. The COB Saliw-Himig Choir led the prayer, the singing of the Philippine National Anthem and COB Hymn.

Also, despite the bad weather, U-Town artists, Nikki Enriquez and Suzette Soyangco, sang patriotic songs that made the crowd feel the spirit of nationalism. The singers sang *Inang Bayan* and *Ako ay Pilipino* respectively.

Bataan Peninsula State University's (BPSU) Teatro Peninsulares also showcased their acting talents through a stage play which is about how people view the freedom that we have today.

"Nakakaproud kasi naging part ako ng event na 'to kung saan sinisignify 'yung kalayaan, 'yung pagiging free natin. Napakalaking privilege nito sa akin as an actor kasi naexpress ko dun sa presentation naming 'yung nationalism ko,'" expressed Noelle Apalla, second year English major student and a member of Teatro Peninsulares, regarding his feelings as part of the *Kalayaan 2014*. TD



FREEDOM NOW AND BEYOND. City of Balanga official and employees celebrate the freedom of the country despite of the rainy weather.
KRISTOFFER LLOYD QUICHO

COB heightens disaster management

MARIMAR ANN M. PANTI

IN CELEBRATION of the National Disaster Consciousness Month, the City Disaster Risk Reduction Management Council (CDRRMC) highlighted that the City of Balanga (COB) beefed up its disaster response plans.

"Mas pinaigting natin ang ating mga plano especially kung magkakaroon ng kalamidad dito sa Balanga. Wala na dapat maging kampante kasi hindi natin alam kung kailan dadating ang mga kalamidad," said CDRRMC Chief Engr. Dennis Mariano.

More so, as part of the plans of the CDRRMC, Engr. Mariano explained that the COB installed trained rescue teams in every *barangay* that can aid the local citizens in times of crisis.

"Nagkaroon kami ng mga training para sa mga barangay tanod para maging rescue unit bawat barangay in case nga na magkaroon tayo ng mga kalamidad tulad ng lindol at storm surges," Engr. Mariano added.

JUNIOR RESCUERS

Meanwhile, the CDRRMC Chief shared that they have trained elementary pupils on proper rescuing techniques and dubbed the trainees as Junior Rescuers.

"Hindi lang kasi dapat ang mga matatanda ang marunong magrespond in times of calamities, naisip namin na at an early age dapat matuto na rin maging responsible ang ating mga kabataan," Engr. Mariano stressed.

Further, the COB Administration also conducted an exhibit showing the different equipment that the city can use in times of calamities and the pieces of equipment that the *barangays* need to have.

FLOOD CONTROL

On the other hand, COB Mayor Jose Enrique 'Joet' S. Garcia III disclosed in his State of the City Address last December that the city already prepared a master plan in terms of flood control.

According to Mayor Garcia, the Flood Control Master Plan includes projects such as the dredging of the Sibacan – Catanning River from the mouth in Manila Bay to Ugong in Catanning, deepening and widening of the Tuyoy River, construction of a by-pass river channel to stop flooding in barangays Tenejero, Ibayo and Sibacan, diversion of the Catanning River and dredging operations in the Talisay-Tortugas-Pto. Rivas.

TD

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GENUINE ACCEPTANCE

Short-term solutions cannot support long-term goals.

The present construction of the new two-storey building in the Balanga Campus (BC) premise to replace the old College of Social and Behavioral Science (CSBS) building is an evidence of Bataan Peninsula State University's (BPSU) oath to provide quality education to its students. The infrastructure, which will house six 9x9 meter classrooms and the Office of Registrar and Cashier, will be a one-stop shop during the enrollment process as well. With its completion within four months, the university is set to reach greater heights.

Quality education certainly begins inside the classroom. In relation to this, there are total of four makeshift classrooms in BC as of now: one besides the school canteen, another in Plaza Peninsulares and two in Bataan Youth Center (BYC). These are manifestations that the administration is looking for alternatives to continue the learning journey of its huge student populace. The new havens of the instructors who do not want their classes to be cancelled and the students who do not want their education to be at the brink of stagnation are these rewrapped places into classrooms. The idea of makeshift classrooms, per se, to sustain the learning of the students, is undoubtedly commendable.

However, makeshift classrooms are a grim symptom of how unaware the university, specifically BC, regarding the dearth of quality learning places to shelter its more than 4,000 student populace. No one disputes the population bulge, which is why it must already be a prescription to add facilities, classroom, and other infrastructures. In this issue, statistics, philosophy, concept or just a mere good way of synchronizing the schedule are not the only things that must be taken into consideration; what this issue needs is a sense of observation—a common sense, to be more precise—to examine the frustrated and disappointed faces of students who are so much willing to study but cannot do so because of this looming problem brought about by the inadequacy of classrooms.

Again, the concept of makeshift classrooms may be laudable but what makes it an additional burden to the students, and even to the instructors, is the system on which people in authority tend to put that model into action.

First of all, the construction of makeshift classrooms is not because of the demolition of the CSBS building alone. It is very evident that classroom shortage exists even before knocking down the said building, because not only the CSBS students are experiencing the school's classroom insufficiency, but also the College of Education (CoEd) students. The experience of Bachelor in Secondary Education (BSE) 3rd year English students wherein they do not still have permanent classrooms in their three subjects up until now serves as an indication regarding the said issue.

Furthermore, it is precisely apparent that the period of construction of these makeshift classrooms is not

appropriate. The timing of the said project only made the instance even more complicated because the students are undergoing their respective classes already. Undeniably, the school has a plan for the construction of this two-storey building; therefore, the school officials should have anticipated that a classroom shortage will occur. The continuous increase in the population of BC student populace from 2011 to 2014 with numbers ranging from 3,600 to 4,100 could probably be a helpful signal for the campus to add infrastructures.

In addition, it is observable that the condition of the makeshift classrooms cannot support the prerequisites of an effective teaching-learning process that instructors, and most of all, students, deserve. In *"The Elements of Teaching and Learning"* by Horne and Pine, American educators, said that the physical condition of a classroom should be free from noise coming from surrounding so that student's concentration and interest are easily sustained. Therefore, a learner's attention which is diverted due to the noises of the nearby vehicles and the people passing by will never produce an effective and productive teaching-learning situation. Aside from the fact that an open-spaced area is not a conducive location for the makeshift schoolrooms; it is also unjust that the students will experience extreme hot temperature in those improvised classrooms. True it is that the learning journey of the students are saved from delays because of these makeshift classrooms. However, even though classes are still conducted, it is the quality of education that is taken at risk.

Dealing with the problem of classroom shortage is unquestionably dissimilar from entirely accepting it. Dealing with the said shortage will just push us to think of short-term solution, and makeshift classrooms fall under it. Conceivably, some of the authority are still in the process of acknowledging the classroom shortage that subsists in the campus. Therefore, it is but high time for the school authorities, and the students as well, to be courageous enough to accept that classroom shortage exists. However, acceptance must not be the only solution to this issue. Creating a plan to build and construct future classrooms is a necessary step to truly put an end to this matter. The higher officials of each college can also take a stand in this shortage by formulating a systematic schedule that will organize and maximize the utility of the colleges' classrooms.

Truly, the university is gearing to produce caliber graduates of this institution, and this long-term goal is only achievable once there is a quality education. Consequently, quality education does not only entail having impressive faculty profile and teaching instruction, internationally-acclaimed research papers, and efficient curriculum. The call of quality education also means having enough and conducive infrastructures which is the very basic element of an effective learning situation. At the end, the long-term goal of the university which is to create quality graduates will never be an impossibility once all the facets of quality education are attained. TD



RARE RACONTEUR

ANGELINA MAE L. EUGENIO
EDITOR-IN-CHIEF

Going Right

The adverb is slowly facing its death—this is an unusual statement that the speaker said on one of the seminars that I have attended as an English major student. This may appear as a nonsense thing for others, but I think, for us, who are studying and trying to master the English language, this matters anyhow. You may also find it interesting to discover that you are also one of those who are killing adverbs softly and slowly. Our usual ‘wrong sent’ reply in text is one of the proofs. The ‘wrong’ there basically describes the verb ‘sent’ and because it is a verb, an adverb should be used to describe it instead, so, the proper text should be ‘wrongly sent’.

But don’t worry because my write up will definitely not be about grammar rules, besides, I, too, still need to master many things regarding it. This time, let us talk about something that is common among all of us; about something that like an adverb, seems to vanish as well.

Let me start by saying that other people tend to forget what is right. There are people who are narrow minded—because they can observe people around them doing wrong things, they will think it is just fine and they will imitate their misdoings. Others want easy life that they just go with the flow, with the system... no matter how contaminated with malpractices it is. This is very evident in our society and believe it or not, even here in our campus.

I will not forget my dreadful experience last summer class when we had a long test in Humanities. Before it started, one of my classmates approached me and disappointedly shared that there were students who had *kodigo* for the exam. She requested me to report it to our instructor, Mr. Rey Barata. At first, I told her that she should be the one to do it but she said that she was afraid and I really sensed it; so what I did is I reported it to Sir announcing, “Sir, may mga nangongodigo raw po sa likod.” Sir Barata then told the class, “Oh, ‘yung mga may kodigo dun kayo sa likod, galingan nyo” then most of his students laughed about it because sir Barata, who was the classroom manager during that time, delivered that statement humorously. I tried to analyze and understand what Sir Barata uttered and even his way of saying it. It can be that the manner of expression maybe humorous yet the message remained serious but if that was the case, based on the reaction of the students

"IF WE LIVE A LIFE DOING MANY MALPRACTICES BELIEVING THAT IT IS JUST A SORT OF STRATEGY OR PRACTICALITY AMIDST THE RUDE REALITY OF LIFE, WE WILL DEFINITELY REAP HORRID FRUITS OF OUR ACTIONS."

who just laughed after sir Barata gave his warning with his unique classroom management style, we can really say that it was not effective, then. We can also say that perhaps, sir Barata just gave the free will to the students and to test how they would manage the situation they were in. However, I cannot blame you as well if you feel like it can also be an indication that our instructor certainly did not care at all.

I would say that the exam was very stress-free because what’s in the module is exactly the questions on the test; if you reviewed the lectures effectively, high score is just an easy catch. Ironically, the things I said did not manifest during the examination. Our class, with diverse students from different majors and programs, was like a circus with many hocus-pocus happening around. It just started with the gossip that a group of Architecture students prepared *kodigo* for the exam, followed by other groups who were very noisy taking the test up to the point that I saw a student, a co BC-Peninsulaes holding the exact module containing the lectures on which the test items were extracted. I found the moment so disgusting that I hurriedly passed my paper and left that room.

Outside, I saw our instructor, Mr. Rey Barata and told him I was done answering; I then serenely recommended that he should consider the results of that test invalid. Mr. Barata looked at me and asked why. I reported to him the vulgar cheating that happened in our class, to my surprise, though I was not yet done explaining to him what I saw; he hurriedly turned his back from me as if he did not hear a word. I was disappointed with that, in the first place, if only our instructor was there during the exam to monitor the students, then maybe that kind of horrible scenario was avoided. But, I was more disappointed with how my classmates handled the situation that they were in. What happened was like a ripple effect, someone saw others were cheating and did the same up until it seemed like everyone was already dishonest in taking the exam. We may be given the free will by our instructor, unfortunately, most of them chose to forget what is right for the sake of passing the test.

Students who did that may be big in number, but the number of doers did not matter, it is still cheating and cheating is a bad thing. I can still remember one of our lessons in Philosophical Analysis, we discussed about reasoning and our instructor let us easily understood one point of it by explaining: *hindi kaysa marami ang gumagawa ng bagay na mali, nagiging tama na iyon.*

That is undeniably true. We tend to act this way. We do not want to be faced with complicated circumstances that is why, our last sort is to do wrong things. We do not give ourselves the time to think ponder where our rush actions will bring us.

Pangit na nga ang sistema, gagaya ka pa? Huwag mong lokohin ang sarili mo, mali man ang nangyayari sa paligid, dapat tapat ka pa rin sa ginagawa mo, sa sarili mo—This is a meaningful adlib from my Literaray Criticism class. It was an adlib that I consider as words of wisdom.

Many of us may complain about the writing activities that our instructors are requiring us to answer and pass as part of our academic performance. Our first complain maybe ‘Sus. Hindi naman binabasa ‘yan eh, basta check na lang’ Yes, we can never tell how our instructors check our outputs, but it is not the first thing that we should be thinking about. We should internalize that we are studying not merely to comply with the requirements or to prove something to our instructors. Though we are not sure whether our instructors really read and intensively check our outputs, let us treat those requirements as opportunities to widen our knowledge, to improve our abilities and to develop our critical thinking skills, instead of just copying our classmates’ answers or just writing nonsense things anticipating that our instructors will not look at it thoroughly.

This is not just for the students but ultimately for everyone, with or without someone looking and acknowledging our acts, let us keep on doing what’s right. As what Eric Erickson, proponent of Psychosocial Theory of Human Development, said, personality, too, is destiny. At the end of the day, if we live a life doing many malpractices believing that it is just a sort of strategy or practicality amidst the rude reality of life, we will definitely reap horrid fruits of our actions. It may not be exactly about our tangible things, but let us remember that it is hard to live with an unclear conscience.

Being righteous by avoiding misdoings may seem so basic, but, just like the case of adverb, we tend to forget its real essence up until it totally dies. To be upright is indeed challenging especially in a world where our good virtues are always tested and put at risk, however, it is never impossible to live a righteous life; it may be difficult but will always be possible and absolutely fulfilling.

TD

"IT IS NOT BAD TO RUN AFTER THE THINGS THAT WE WANT TO ACHIEVE AS LONG AS WE ARE STILL INTACT WITH OUR PRINCIPLES IN LIFE."

Just For A Moment 2

Fact: I dreamt to graduate with flying colors ever since I was a little boy. I want to get a lot of shiny medals for it served as my greatest treasure when I was growing up. And I want to be an honor graduate for I deeply idolize my mom who, ever since she steeped her foot at school, she reached greater heights.

However, as I entered college at Bataan Peninsula State University-Balanga Campus, I became aware that getting good grades at your tertiary level is hard work. You need to toil the midnight oil just to get high grades. And as I was on the brink of being a consistent Dean’s Lister, I obtained a grade that was just a hairline away from Dos.

This scenario in my college life had been an eye-opener, I became aware of the things that I can do because of the drastic and unprecedented situation. I became desperate, I tried to talk my way, and I asked my instructor if there is a way to change my grade so I can still be part of the list of students who excel in their academics. Her words struck me and in verbatim she told me, “KL, kung babaguin ko ang grade mo, alam ko sa sarili ko at alam mo rin na hindi ka magiging masaya.” I was dumbfounded, but I learned.

Funny to think about, but there are times that we, students tend to be like this, to be like me, to be desperate just to achieve something that we know we cannot attain.

The manner I showed that day was quite a bit horrible, I was just thinking only of the honor I was about to lose. I was not aware that by the time I asked my instructor if she can change my grade, I lost one of the most important things my mom taught me, the idea of being a man of principle.

Likewise, there are times that even some of the instructors tend to tolerate our actions. We, as students, need to accept the fact that if we fail, we fail because the grades we get are the products of the work we have done in class. We must not let other people, especially our instructors, interfere in order for us to get the things that we want. It is always a matter of staying true to what we deserve because of our performance in our class.

Also, we must always be calm and positive about the possibilities tomorrow might bring. It is bit vague when we talk about the things that are not yet to happen. We must be ready about the possibility of failing and not achieving our aspirations. If we bank on to the pit of letdown, we will not grow as individuals, we will just be androids programmed to be great.

Being an excellent student is not just about getting good grades. It is all about the journey we travelled during our college life. The important thing that we need to remember is the fulfillment and the enjoyment we had during our stay at BPSU.

Further, let us remove from our minds that if we do not succeed in a certain task, we will become nothing.

CORNUCOPIA AND DEARTH

KRISTOFFER LLOYD QUICHO
ASSOCIATE EDITOR-EXTERNAL

There are times that there are actually no fine lines between success and failure, we are just acquainted in the idea that when we do not get the things that we want we become a disappointment. We must remember that every person in this world is destined to achieve great things.

As what Ralph Waldo Emerson said, “*The greatest glory in living lies not in never falling, but in rising every time we fall.*” We must not look at ourselves as weak and powerless people if we do not attain our coveted laurels. We must use our failures as inspirations to be better individuals in the future.

Lastly, it is not bad to run after the things that we want to achieve as long as we are still intact with our principles in life. But we must not be desperate up to the point that we will forget all the values we have just to save ourselves from devastation because at the end of the day, we are just fooling ourselves to just attain an honor that is not really meant for us. As what Ramsey McNabb, the author of the book “*Philosophy of Now*” said, “We need to keep always our morals in check because it is better to fail at things we want to achieve than to lose all the values we learned.”

Even though I will not be given the opportunity to graduate college with flying colors, I am happy that my friends and my family are proud of the things I have attained. College life is not all about the praises and validation of the things you have achieved, but rather, it is about the lessons in life you learned outside the classroom. *Maraming salamat po Ma’am Chat.* TD



OUROBOROS

MARGIOLEH G. ALONZO
ASSOCIATE EDITOR-INTERNAL

Starting Suitably

The end is not the start of it all.

I have some major experiences that I want to share in this column piece. First, when I was in my second year in college, I remember that I was sitting in our Plaza Peninsulares with other students while studying and chatting at the same time when out of nowhere, I heard a loud voice coming from the mouth of a girl. She was talking at the top of her voice with her other friend meters away from her. She was shouting and cursing, thinking that a public place can also be a place for oral vandalism. Then out of disgust while observing that flash abrupt phenomena, a student near me said, "Ano ba 'yan makapagmura naman parang hindi education student."

Then, I remember when I was in my first year of college and up until now, some of my instructors used to spend their one-hour class to discourage us to do our future educational endeavors that we want, and some would narrate their real life experiences without a visible relevance to our subject matter.

It has been a long time after those experiences, but still I cannot detach myself from these scenarios. Those experiences may seem like a simple, day-to-day experience to anybody but not to me especially that I know that I am currently studying at an educational institution, or to be more precise, that I am currently at the College of Education. Those experiences would be, after all, nothing but a simple remark but not to me especially that I am a student who should be gearing towards professionalism.

People are saying that graduation is the beginning of being a teacher, of being an accountant, of being a nurse, or being a psychologist, and of being

a professional; that the phrase itself has been an old, weather-beaten passé, but that is very unlikely.

First, being a professional does not only entail donning ourselves with suit and tie, or stencil skirt and shirt, it does not only mean looking so formal and stern, and it will never mean making ourselves look so professional so as to believe that looking is equivalent to acting as one. It will never be that way. Being a professional also gives us a bigger obligation and responsibility not only in the way we present ourselves, but also the way we think, and most importantly, the way we act. Gearing towards professionalism while at the same time acting as an unprofessional would be the greatest irony of all. It humiliates our purpose and it defeats our essence. We should also remember that we must be aware of the words uttered by us that will either impress or distress other people especially if we know that we are in a public place, or to be more precise, in an educational institution. Let us all have a better refinement of our words and actions, and we need to think twice before we speak so as to assure that our words are words of a professional.

Second, a professional has his own set of principles unique to his chosen field—principles not to be stored, but to be applied. A teacher has his own pedagogical principles and ideology as well as all the other professions in the world. Those principles, theories, laws and ideas will be just deposits if not applied and we will be merely banks. I am not saying that we should fill our minds with endless statements of these principles. What I am trying to say is that we should use those principles even though we are not yet in our fields of specializations. After all, let us remember that in learning, application is higher than attaining knowledge or comprehension.

"THE CALL OF PROFESSIONALISM BEGINS NOW. DURING THE PHASE IN OUR LIVES WHEN WE ARE STUDENTS."

Lastly, the call of professionalism does not start in graduation, it does not start after passing the Licensure Examination for Teachers (LET) or the Nursing Licensure Examination (NLEX) or Certified Public Accountant Licensure Examination (CPALE) or whatever examination you want and you will take. The call of professionalism begins, and must begin, right from the moment you dream of your future career. The call of professionalism begins now, during the phase in our lives when we are students. In Education we have the Principles of Learning by Herman Harell Horne and Pine and one principle says, "Learning is a consequence of experience," and the same goes with professionalism. Our preparedness on being a professional depends on what we do during our college days, it relies on what actions or inactions we make that will define ourselves. The bottom line of it all is that the right time to start feeling, acting, thinking, and being a professional is now. The line of William Wordsworth, an English poet, said that, "The child is Father of the man," which means that we are the creator of ourselves and we hold the sole responsibility of molding ourselves as future professionals.

The call of professionalism is not just for Education students, but this call must be heeded by both all the students and the instructors alike. It is but high time for students like me and for instructors to walk and grow hand in hand towards being a professional by action, and not just by name.

In the end, as professionals, we will not really be judged by percent, letter, grade or whatever the society will throw on us, rather we will be judged based on how we make improvements on the field that we chose to cling to. Indeed, if we do not want to end up in a deep-cavern of professional stagnation and futility, we better start suitably. TD

"HINDI HADLANG ANG KAHIRAPAN UPANG MAKAMIT NATIN ANG EDUKASYON NA MAGIGING DAAN UPANG TAYO AY MAGING MATAGUMPAY SA BUHAY."

Ipagmalaki Natin

Isa sa mga mahirap na parte ng pagiging estudyante sa kolehiyo ay ang humanap ng ibabayad sa *tuition* at *miscellaneous fees*, mga libro, sandamakmak na *photocopies* ng mga *lesson*, at kung anu-ano pang mga bayarin. Triple pa nga marahil ang hirap kung tayo ay nagmula sa isang pamilyang ang kinikita ay halos hindi pa sapat upang ibili ng pagkain tatlong beses sa isang araw. Ilan lamang ito sa marami pang bagay na madalas na pinoprotektahan natin. Kung kaya masasabi kong mapalad ako at ang marami sa inyo na tulad ko, ay mga iskolar at *grantee* sa loob ng pamantasang ito.

Ako ay isang *grantee* rin tulad ng ibang sabihin na nating umaasa sa mga *scholarships* upang makapagtapos ng ating kursong pinili. Sa katunayan, noong Hulyo 21, isa ako sa dalawang daan at dalawampung't tatlong estudyante na nagawaran ng *grant* mula sa *Commission on Higher Education (CHED)*, *Department of Budget and Management (DBM)*, at *Department of Social Welfare and Development (DSWD)* sa pakikipagtulungan ng BPSU sa ilalim ng programang *Expanded Student Grant-in-Aid for Poverty Alleviation* o mas kilala sa katawagang ESGP-PA.

Ngunit sa kabila ng positibong mga bagay na ito ay ilang istoryang bagaman 'di alam ng karamihan ay tunay na nangyayari; hindi lahat ay tulad ko na ipinagmamalaking ako ay isang *grantee*. Maraming mga mag-aaral na pilit itong itinatago sa kanilang mga kaklase o dahil sa kanilang pagiging *grantee* kung kaya sila ay nahihiya at tila inilalayo ang kanilang sarili sa karamihan sa halip na makisalamuha.

Isang malaking oportunidad para sa atin ang makatanggap ng mga *scholarship* o *grant* na tulad ng ESGP-PA. Oo, sabihin na natin na ang mga ito ay para sa mga mahihirap lamang, ngunit kahit na gayon nga, hindi natin dapat ikahiya ang ating kalagayan bagkus, ang mga unang bagay na dapat nating naiisip ay ang katotohanang mapalad tayo dahil sa pagkakataong ito na makapag-aral at ito ang paraan upang magsilbi tayong inspirasyon sa mga kapwa natin Peninsulares.

Hindi hadlang ang kahirapan upang makamit natin ang edukasyon na magiging daan upang tayo ay maging magtagumpay sa buhay. Hangga't taglay natin ang pagpapalad na maabot ang ating mga pangarap, walang anuman ang makahahadlang sa atin, maging ito man ay ang pagiging mahirap. Lagi nating isaisip na hindi kayang iyuko ng kahirapan ang isang taong may determinasyon at pananampalataya. Lalong hindi dapat maging dahilan ang kahirapan upang tayo ay mahiya at magmukmok na lamang sa isang tabi at lumayo sa karamihan. Sa mga kapwa ko *grantee* o iskolar, mapagtagumpay natin higit na mas mayroon tayong tungkulin na maglingkod sa ating pamantasan bilang ganti sa mga mabubuting tao na sumusuporta sa ating pag-aaral. Sa katunayan, marami tayong maaring gawin upang maging produktibong mga estudyante at mamamayan.

Magagawa nating maging produktibo sa pamamagitan ng pakikisangkot sa mga gawaing nangyayari sa loob at labas ng ating unibersidad at maging sa pagsali sa mga organisasyon na naganais magdulot ng pagbabago at pag-unlad sa ating paligid tulad ng Campus Student Council (CSC) at College Student Council (CoSC). Maaari rin tayong maglingkod kasabay ng pagbibigay karangalan sa BPSU sa pamamagitan ng pagsali sa lamang ng BZ Legs, BPSU

SAPIENTIA

LESLIE JOY P. EVALLE
MANAGING EDITOR

Chamber Chorale o tulad ko ay sa *The Defender*.

Isang biyaya ang pagiging iskolar o *grantee* at hindi isang sakit na marapat nating ikahiya. Bigyan natin ang ating mga sarili ng hamon na mag-aral nang mabuti at mag-ambag ng makabuluhang bagay sa ating unibersidad. Dagdag pa rito, yakapin natin ang pagkakataon na bumuo ng mga pagkakaibigan. Wika nga ni Eleonor Roosevelt, isang Amerikanong aktibista at politiko, "No one can make you feel inferior without your consent." Huwag tayong magpatalo sa mga negatibong sinasabi ng ibang tao dahil sa huli, hindi naman tayo yayaman o mapapabuti kung magpapaapekto tayo sa panghuhusga nila.

Higit sa lahat, nararapat lamang na tayo ay tumugon sa ating mga responsibilidad bilang mga iskolar o *grantee*. kailangan nating mag-aral, mag-aral at mag-aral pa nang mas mabuti dahil tunay na ang edukasyon lamang ang tanging kayamanan na kahit kailan ay hindi mananakaw mula sa atin, kung kaya nararapat din na mas lalo pa nating paigtingin ang pagpapalad nating matuto, tumuklas, at umunawa. Ang pag-aaral ang siyang makapagdadala sa atin sa marangyang buhay na siyang pinakamimithi natin at ito rin ang isa sa mga pinakamagandang regalo na maaari nating maibigay sa ating mga magulang bilang ganti sa kanilang pagpapagal at paghihirap upang tayo ay makapagtapos.

Bilang pangwakas, sa mga kahanga-hangang iskolar, mga tulad kong *grantee* at sa lahat ng Peninsulares, *congratulations* dahil hawak natin ang pagkakataon na makapag-aral, matuto at maging matagumpay sa buhay. Galingan natin, at higit sa lahat, gawin nating masaya at 'di malilimutan ang bawat sandali sa ating buhay kolehiyo. TD



LIMIT BREAK

KARLO JAY S. JUAN
FEATURES AND LITERARY EDITOR

Braver

The night is always darkest before dawn.

The results of the July 2014 Certified Public Accountant Licensure Exam was heartbreaking, not only for those who took it, but to the Bachelor of Science in Accountancy (BSA) students who are aspiring to be future CPAs as well. With a National Passing Rate (NPR) of 19.98%, a low record was set. Though 19.98% is not the lowest in the board exam history, it has been years since the NPR fell below 20%. For Bataan Peninsula State University – Balanga Campus (BPSU-BC), the numbers are 2 passers out of 29 takers, or in other words, a 6.89% passing rate. With these numbers, it is not a surprise that a student like me may end up questioning his ability to pass the exam; however, we should not forget that we are the ones who make these numbers.

For a BSA student like me, the results brought fear. For some of my instructors, it gave out sadness. Just after the result of the board exam was released, during our Auditing Problems class, my instructor, Mr. Oscar Cosme, expressed his disappointment. Though he told it in a humorous manner, his seriousness was genuine. I was trying to laugh it off, but inside I was hurt not because our instructor is being realistic that not all of us might pass the board exam especially now that the difficulty has risen more than ever, but because what he was saying is an actual possibility.

"NOW THAT WE HAVE AN IDEA OF WHAT WE ARE ABOUT TO FACE. INSTEAD OF FEARING THE BOARD, WE SHOULD PREPARE FOR IT – WE MUST BE MORE PASSIONATE THAN EVER."

As a fourth year and hopefully, a graduating student, the results and Mr. Cosme's words shook my hope. It made me question myself; am I truly ready? Have I truly learned everything I need? Am I truly a BSA student? It made me feel like I am doomed to fail. It made me realize how much time I have foolishly wasted. There was no doubt that I was afraid.

Due to the results, social networking sites are coming up with various speculations; some premonitions are believable while others are not. One blog entry from www.thejerrynation.tumblr.com said that the newly replaced Board of Accountancy (BOA), who is in charge of conducting the CPALE twice a year, is trying to make a statement that the CPALE is still one of the hardest board examination in the country. The site also factored that BOA is trying to produce only top quality CPAs probably because of the Asean Economic Community (AEC) whose goal is to make easier entry between the members of the ASEAN for improved professionalism and larger job opportunities. Also, other bloggers claimed that the BOA is just plain brutal. All of these did not help with my anxiety.

Whether the speculations are true or not, the fact that the CPALE is extremely difficult remains. However, it is not because of the BOA, but because the CPALE, like all other board exams, is a test of all the knowledge that a student has acquired throughout his undergraduate education. Therefore, the exam begins not when the proctor gives the test papers but when the BSA students enrolled in their program.

Days passed with the fear still within me. However, one Sunday after praying at church, my positive attitude finally decided to show up and I gained a different outlook. I remembered two things: First, those individuals who took the exam are not us, we still have the time to prepare for when it is our turn and second, for a BSA student, to graduate is not just receiving the diploma but to pass the CPALE and I intend to graduate. It may seem cocky and arrogant, but the confidence gave me enough motivation to lift my law book and study for my test. The point is that we cannot do anything to change the results of the July 2014 board exam, but we still have the chance to shape the future. Though we have spent most of our years and can never get it back, we fourth year students still have the benefit of time before taking on one of our greatest challenges; let us make the most out of it.

The night is always darkest before dawn. No good will come out of fearing the CPALE results. I am not saying that we must disregard the numbers; I am saying that the numbers are a wake-up call. Now that we have an idea of what we are about to face, instead of fearing the board, we should prepare for it – we must be more passionate than ever. This does not apply just to us BSA students; it is for all Peninsulares who will face different tests, be it academic or in life. Fear will make you lose before the battle even begins. Instead of letting the fear conquer our souls, remember faith. Have faith in our instructors, in ourselves, and finally, in the Almighty. Find the courage and be brave, only then will you know what to do. TD

"TAYONG MGA ESTUDYANTE ANG ISA SA MAY MALAKING RESPONSIBILIDAD SA PANGANGALAGA NG MGA PASILIDAD NG ATING CAMPUS. DAHIL SA UNA'T UNA PA LAMANG AY GINAWA ANG MGA ITO PARA SA ATING KAPAKANAN."

Kailan ba Sasapat?

Bago pa man ako maging isang ganap na Peninsulares, nasa aking isip na ang imahe ng paaralang nais kong pasukan sa kolehiyo: isang malinis, maayos at kumportableng paaralan na mayroong kumpletong pasilidad para sa mga estudyante.

Isang taon na ang nakararaan, agad akong namangha sa glamorosing istruktura ng *New Administration Building* sa Bataan Peninsula State University- Balanga Campus (BPSU-BC). Agad na sumagi sa aking isip na maaaring magkatotoo ang mga imaheng naisip ko. Ngunit tila yata ang salitang '*kumportable*' ay hindi akma sa palikuran ng BC dahil pagpunta ko sa mga palikuran ay isang nakapanlulumong imahe ang aking mga nakita: nag-uumpapaw na basurahan, naninilaw at baradong toilet bowls, at nakasusulasok na amoy.

Dalawang taon na ang nakararaan nang mailathala ang '*What wouldn't hurt*' ni Lissia Kena Palaña sa Lumos 2012 tungkol sa kaparehong isyu. Agad namang binigyang-pansin ang pag-aayos ng mga sirang pintuan at mga kandado ng mga *cubicles*, ngunit sa simula lamang pala iyon. Tunay na nababalewala ang ating kalusugan dahil sa maruming palikuran ng ating paaralan. Ayon sa pag-aaral na ginawa ni Philip Tierno M.D., *Director of Clinical Microbiology and Diagnostic Immunology, New York University Medical Center*, ang

maruruming paligid, partikular na ang mga palikuran, ay pinamamahayan ng mga virus at bacteria tulad ng *E. coli* at *Streptococcus* na makapagdudulot ng sakit sa balat, *pneumonia*, *bloody diarrhea* at *abdominal cramps*.

Ang mga maykroorganismong ito ay lubos na laganap lalo na tuwing Sabado dahil kung minsan, ang mga CR ay ni hindi man lamang nililinis kahit na ang iba sa mga Peninsulares ay may klase. Ngunit may pagkukulang din ang ilang mga estudyante; minsan ay iniwan lang nila ang mga basura at 'di binubuhusan ang mga dumi. Maraming estudyante tuloy ang napapaatras na lamang at naghahanap ng ibang palikuran sa mga kalapit na establisimyento tulad ng *Centre Plaza Mall* (CPM), *Robinsons* at mga *fast-food chains*.

Sa tuwing *accreditation* naman, tila may mahika sa ating mga palikuran; ito ay agad na nagiging malinis at maayos. Ngunit kung minsan na ang ating paaralan ay nagiging venue ng *University-wide intramurals* o *Universities and Colleges Athletic Association of Bataan (UCAAB)* at mananatili itong 'di kaaya-aya, tiyak na hindi magiging maganda ang pagtingin ng iba rito na makaaapekto sa kabuuang imahe ng buong BPSU at nating mga Peninsulares.

Bukod sa mga ito, 'di rin sapat ang bilang ng palikuran dito sa BC lalo pa ngayong tinibag ang CR malapit sa *College of Social and Behavioral Sciences* (CSBS) at ang tanging palikuran na lamang ay ang sa

College of Education (CoEd) at *College of Nursing and Midwifery* (CNM) bldg. Ang kakulangang ito ay higit na ramdam ng mga estudyante ng *College of Business and Accountancy* (CBA) dahil sa kalayuan nila sa mga ito. Dapat lang na tugunan ang kakulangan ng mga palikuran ng ating unibersidad lalo na at patuloy pa ang paglaki ng populasyon sa BC.

Malaki rin ang magiging ambag ng *Campus Student Council* (CSC) sa pagresolba sa isyung ito, maaari silang magpasa ng isang resolusyon kung saan ipapaloob ang mga hinaing ng mga estudyante ukol sa kakulangan ng mga palikuran at dalhin sa matataas na opisyal ng unibersidad upang ito ay mabigyan ng solusyon.

Bukod sa administrasyon, tayong mga estudyante ang isa sa may malaking responsibilidad sa pangangalaga ng mga pasilidad ng ating campus, dahil sa una't una pa lamang ay ginawa ang mga ito para sa ating kapakanan. Ang mga *nursing students*, na ang kurso ay partikular sa kaligtasan at kalusugan ng mga mamamayan, ay maaaring magbigay-kaalaman din ukol sa wastong pagpapanatili ng kalinisan ng mga palikuran at ang mga mabuting epekto nito sa ating katawan.

Sa kabila ng lahat, sa mabisang pagtugon ng mga kinauukulan at sa disiplina ng lahat, tiyak na darating ang panahong tuluyan nang nai-flushed ang isyung ito palayo sa ating paaralan.

TD

UNSCRIPTED

MARIMAR ANN M. PANTI
NEWS EDITOR





SUBSTANCE OVER FORM

MA. JESUSA P. CABAL
DEVCOM EDITOR

Nais mo Bang (hindi sana) Mapabilang sa A?

Hindi kahalintulad sa *College of Education* (CoEd) na sa *first year* lamang may sistema ng *sectioning* dahil pagtuntong ng ikalawang taon ay may *major* na, at ng sa *College of Nursing and Midwifery* (CNM) at *College of Social and Behavioral Sciences* (CSBS) na kaunti lamang ang populasyon kaya hindi problema ang *sectioning*, sa *College of Business and Accountancy* (CBA) na tinatayang may pinakamalaking populasyon sa Balanga Campus ay di pangkaraniwan ang sistema – tila komplikado at kakaiba.

Kung ikaw ay nasa CBA, naranasan mo na ang mga prosesong ito: kailangan na pirmado ang *clearance* bago maaaring magpa-*section* sa CBA Office at sunod ang pagpapa-*assess* at pagpapa-*enroll* sa *registrar*. Subalit ang magpa-*section* ay hindi ganoon kadali. Kung nais mo sa *section A*, ora mismo ay makakakuha ka na ng *slot*, ngunit kung katulad ng karamihan ay mas gusto mo sa mga *lower sections*, kailangan pang maghintay ng ilang araw na kung minsan pa ay inaabot ng isang linggo. Kailangan mo pa kasing hintayin na mapuno ang mga *vacant slots* sa A at saka pa lamang mabubuksan ang mga susunod na *sections* kung saan nagkakaunahan pa ang mga estudyante. Baliktad hindi ba?

Marahil mas nais ng marami ang huwag na lang mapabilang sa *section A* pagkat naririto kasi ang mga estudyanteng desididong matuto at matiyaga sa pag-aaral upang makakuha ng matataas na marka. Kumbaga,

"ANG MGA SIMPLENG PROBLEMANG ITO AY SUMASALAMIN SA ILANG MGA PENINSULARES NA UMIWAS SA ANUMANG BAGAY NA PWEDENG MAKAPAGPAHIRAP SA ATING BUHAY NGUNIT MAKAKAHUBOG NAMAN SA ATING PAGKATAO."

pressured ang mga mag-aaral na napapabilang dito upang makipagkompetensiya sa iba. Sa kabila naman ng iba't ibang oportunidad na maaaring maranasan dito, nagmamatigas pa rin ang ilang CBA Peninsulares na ayaw sa klaseng ito. Dito nagsisimula ang matagal na *enrolment* sa CBA na sa *sectioning* pa lamang ay usad pagong na.

Ano nga kaya ang nasa likod ng ganitong pangyayari? Mayroong mga nagsasabing dahil ito sa mga *professor*—sila na kung minsan ay 'di pantay ang pagtingin sa pagitan ng A at iba pang mga *sections* kaugnay ng mga naiaatang na responsibilidad at *pressure* sa pagitan ng mga estudyante sa bawat *section* kung kaya't takot ang karamihan na mapabilang sa A. Gayun din sa usaping pakikipag-*close* at pakikitungo ng mga guro sa estudyante kung kaya't mas matimbang ang tingin nila sa mga nasa A.

Sa kabilang banda, may kaniya-kaniya ring dahilan ang mismong mga estudyanteng sa lubhang pag-iwas na mapabilang sa pangkat A. May ilan na ayaw lang talaga sa mga responsibilidad at gusto ng simpleng buhay bilang estudyante. Ayon sa ilan, takot sa *professors* at sa mga magiging kaklase sa A ang ilang problema nila. May iba rin na mas nangigibabaw ang *friendship* sa pagpili ng *section*—mas pipiliin maghintay ng *slots* sa isang *section* kung saan sila magkakasama-sama. Ang mga simpleng problemang ito ay sumasalamin sa ilang mga Peninsulares na umiwas sa anumang bagay na pwedeng makapagpahirap sa ating buhay ngunit makakahubog naman sa ating pagkatao. Ang ating pagtalikod sa hamon na mapabilang sa *section A* ay parang pagtakbo at pagtalikod sa mga hamon ng ating buhay.

Lingid sa kaalaman ng mga *professors*, isa sa kahilingan ng mga estudyante ng CBA ay ang maging patas sila sa kanilang mga tinuturuan sa lahat ng oras; hindi sa aspetong pagpapadali ng mga gawain ngunit sa makatarungang pagpapahirap sa mga estudyante at sa pagbibigay ng responsibilidad sa bawat isa. Sana kung paano nila hubugin at pagkatiwalaan ang *section A* ay maging ganoon din sila sa iba pang *sections*. Kung ano ang mga ibinibigay nilang oportunidad, pagtrato at pakikisalamuha sa A ay maging ganoon din sa lahat.

Mga kapwa ko Peninsulares, parte ng ating pag-aaral ang lahat ng mga pagsubok na ito ngunit kalimutan na natin ang lubusang pakikipagkompetensiya sa ibang tao, bagkus mas tingnan natin ang ating sarili kung ano pa nga ba ang dapat nating baguhin at pag-ibayuhin. Mahirap man ang pag-aaral, lubos naman itong makakatulong upang mahubog tayo patungo sa pag-abot ng ating mga pangarap at tagumpay. Ayon nga kina Herman Harell Horne and Pine, "*Learning is a painful process*," kaya't tunay lang na maraming mga sakripisyo at pagsubok ang ating kakaharapin pero hindi ito dahilan para tayo ay huminto sa pagkatuto.

Mga kapwa ko Peninsulares, ngayon pa lamang ay matuto na tayo na huwag matakot harapin ang mga simpleng problema sa ating paaralan at gayun na rin sa realidad ng buhay. Huwag tayong matakot sumubok ng mga bagong bagay at bagong desisyon sa buhay. Diretsuhin natin ang landas patungo sa ating mga pangarap. Sapagkat karapatan din natin ang subukin ang ating sarili sa kung hanggang saan tayo tatagal.

TD

"HINDI NATIN KAILANGANG MAGSIMULA AT HUMINTO SA ISANG AKSYON LAMANG. KAILANGANG ANG BAWAT PROYECTO AY MAY KASAMANG EPEKTIBONG AT PAGMATAGALANG ADBOKASIYA."

Berde

Kamakailan lamang ay nasaksihan ng mga Peninsulares ang inilunsad na proyektong Green BC ng ng Campus Student Council (CSC) na naglalayong matulongan ang Inang kalikasan kung saan ito ay magsisimula sa pagpapanatili ng kalinisan sa ating sariling *campus*. At sa kanilang *pilot week* ay inilunsad nila ang mga programa na ayon sa kanila ay magiging hakbang upang ito ay maisakatuparan. Ika-16 ng Hunyo taong dos mil katorse nang inilunsad ang nasabing proyekto at sinundan ito ng *Battle againts bottles* kung saan hinikayat ang mga BC-Peninsulares na magdala ng *plastic bottles* tuwing ikatlong martes ng buwan at makaragdag sa pondo kapag ito ay ipinagbili. Ito ay sinundan din ng *Green Day*, *Surprise Cleaning* at *Feedback Day*. Ngunit sa kabila ng maraming mga naka-iskedyul na programa para sa proyektong Green BC, ang tanging naging matunog lamang sa mga kapwa ko Peninsulares ay ang programang *Green Day*, na inaanyayahan ang mga mag-aaral na magsuot ng berde tuwing araw ng Miyerkules. Sapat na nga ba ang proyektong ito bilang hakbang sa pagtulong at pagpapanatili sa kalinisan ng ating kampus?

Maliban sa mga proyekto sa ating unibersidad marami ring mga naglipanang mga proyekto upang makatulong sa Inang kalikasan. Nariyan ang taun-taong mga *beauty contests* upang mag-representa o manguna sa pagbabalik ng kagandahan sa Pilipinas, mga *Fun-run* para makalipon ng sapat na pondo at aktibidad tulad ng *tree planting* sa iba't ibang lugar.

Dahil sa pagpoprotekta sa kalikasan mahigpit na pagpapatupad ng mga batas kalikasan ang isa sa mga naisip na solusyon para mabawasan ang pagbaha sa

paligid at isa sa mga batas na pinagtibay ng *Department of Environment and Natural Resources (DENR)* at *Department of Interior and Local Government (DILG)* ay ang *Republic Act 2003 o Ecological Solid Waste Management Act of 2000* para maiwasan ang pagbaha.

Bukod sa mga batas ilan sa estratehiya ng mga namamahala ay ang paglalagay ng karatula sa kapaligiran.

"*Keep the grass clean and green*"---Naalala ko noong musmos na lang ako ay madalas kong makita ang mga katagang ito sa mga karatula na makikita sa mga pampublikong lugar at ultimo balat ng kendi ay hindi ko mabitawan kahit na wala akong nakikitang nagbabantay sa paligid. Ngunit sa kasalukuyan, kahit na katapat na ang karatula o may awtoridad kadalasan ay patay malisyas na lamang sa mga paalala na panatilihin malinis ang kapaligiran. Mabuti pa ang karatula nagbabago kung dati rati ay paalala lamang ngayon ay may kaakibat na ito na salitang multa o proyekto ni/donasyon ni.

Nakakalungkot isipin na tila hindi naging epektibo ang pag-iimplementa ng proyektong Green BC dahil ayon sa *survey* na isinagawa ng The Defender (TD), 62% ng mga Peninsulares ang naghayag na hindi epektibo ang proyekto, 52% ang sumang-ayon sa pahayag ng Balanga Campus director na si Dr. Mary Ann V. Masangcap na makalat padin ang campus at wala itong pinagbago at 66% na hindi bukas ang kaalaman sapagkat ayon sa kanila hindi sapat ang impormasyon at panahon na inilaan ng CSC sa pagpapalaganap ng proyekto. Pinagtibay naman ng pahayag ng CSC President na si John Paul Manalaysay ang resulta ng *survey* dahil ayon mismo sa kanya 50 mag-aaral sa humigit kumulang na 4000 populasyon ng BC ang sumuporta at nakiisa sa nasabing proyekto. Dagdag

BRILLAR SA OSCURO

SHANTEL NICOLE R. BURAYAG
SENIOR LENS ARTIST



pa na hindi lahat ng aktibidad na nakapaloob dito ay naisakatuparan ng maayos at mabisa. Patunay lamang ito na kailangan pang pagbutihan at pagibayuhin ng CSC at mga College Student Councils (CoSc) ang pangunguna sa mga ipapalaganap na proyekto upang makuha ang partisipasyon ng mga mag-aaral.

Kung magsusuot lamang tayo ng berde ay walang dudang wala itong magiging epekto sa ating kapaligiran dahil hindi nakasalalay ang buhay ng halaman, ang pagyabong ng mga puno at ang kaayusan ng ating kapaligiran sa pamamagitan lamang ng ating pananamit. Hindi natin kailangang magsimula at huminto sa isang aksyon lamang, kailangang ang bawat proyekto ay may kasamang epektibong at pagmatagalang adbokasiya.

Higit sa anupaman, disiplina na mag-uugat sa ating mga sarili ang pinakamahalaga. Dahil kung tayo ay mga disiplinadong indibidwal, hindi lamang tayo makikilahok sa mga proyekto ng isang araw o isang linggo, hindi na tayo kailangan pang pilitin upang makilahok sa mga proyekto ng ating unibersidad, at higit sa lahat, hindi na natin kailangan pa ng posisyon upang makatulong at hindi na kailangan ng proyekto para tumulong, sapagkat kung ang isang bagay ay ating tunay na nanaisin, hindi na natin kailangan pa ng ibang tao para sabihin sa atin ang mga bagay na dapat ginagawa na natin.

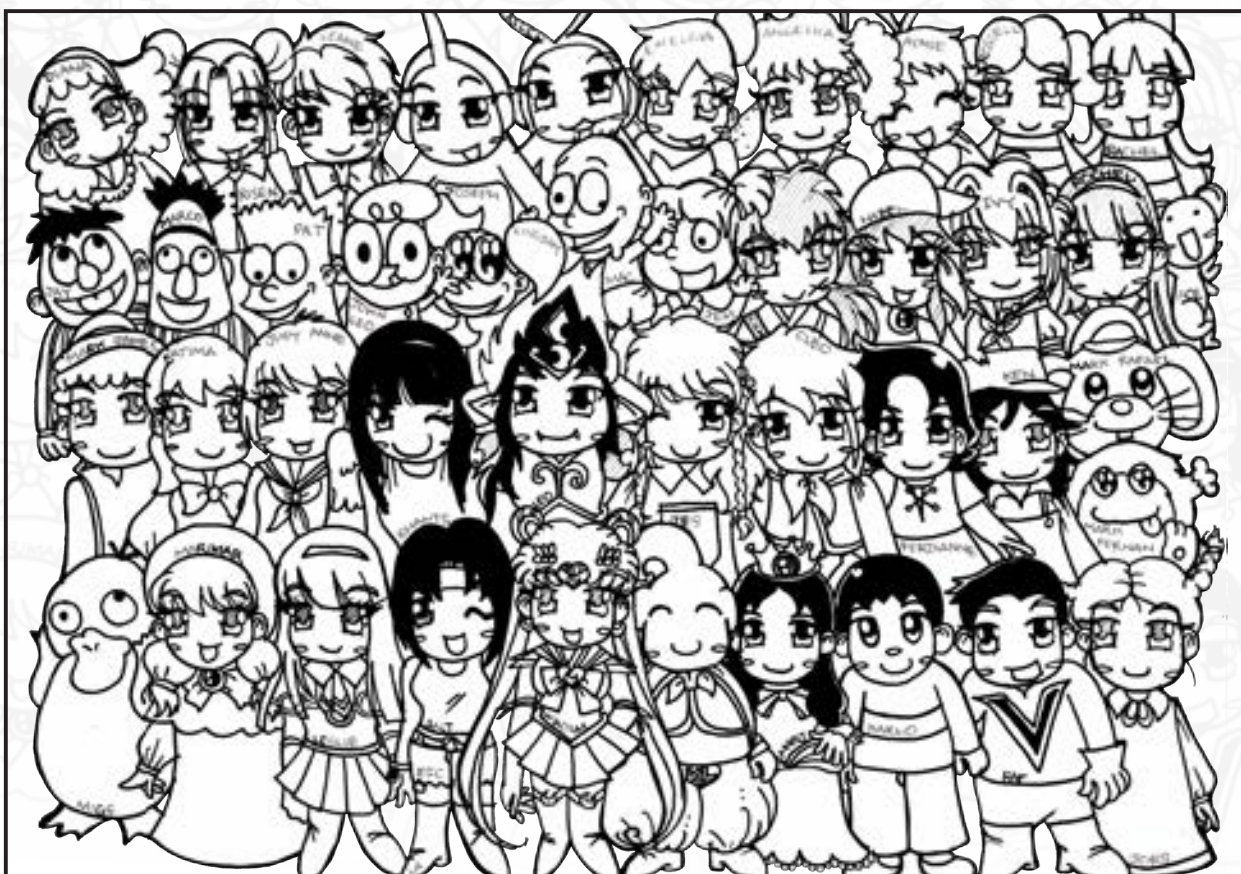
Tunay ngang walang maliit na bagay na hindi lumalaki, kung kaya't simulan natin sa ating sarili ang pag-aambag para sa ikabubuti ng kalagayan ng ating Inang kalikasan, dahil ang magandang bukas ay magiging katumbas din ng kinabukasan natin at ng mga kabataan na may karapatang masilayan ang mundo ng maayos at maganda. Tulad ng sinabi ni Michael Jackson sa isa sa kanyang mga popular na awitin, "*If you want to make the world a better place, take a look at yourself and make a change*". TD

BC KASI: FROSHDAY EDITION

Raf



@princeleoram
TO ANIMATED: THROWBACK EDITION



GREEN BC

BY RAF

KUNIN MO NA 'KO LORD

BY LEO



MAN, KORN

BY RAF

BOYFRIEND NI SIS

BY PRINCELEORAM



PHASE 3

BY RAF

TIGER

BY PRINCELEORAM



Your Fairy, Janna Bravey PAVING THE WAY TOWARDS FASHION AND COLORS!

MARGIOLEH G. ALONZO

Hello Peninsulares, I'm back! Remember me? The super gorgeous, talented and awesome alter-ego of Johnny Bravo—I am (fairy sound effect, please!) Janna Bravey! This time, I will be your fashion fairy god mother! I will save you from the normal, simple, maroon-and-white uniform you are always dying to change! I will show you colorful trends that do not lose its magic even the 12 of midnight strikes! So just sit there as I transform you from a damsel of stress into a princess of colors and fads!

HAIR REPAIR!

Let us start with your crowning glory—your hair! Ever wished of having that black-and-red hair color combination you see from Hollywood rock stars? Well, your wish is my command because you can now have that style by just applying some colorful hair dyes which are available in sachets for only P40-50! The first step is to figure out if you have a cool, a warm or a neutral skin tone! A lighter shade of brown can be absolutely beautiful if you have healthy hair, with a very pale skin stick to a softer black brown, and red, from light ginger to a bright purple-ish, is a striking color suited for everyone! Just remember that a protective shampoo and conditioner must be your best friends in this cool and awesome hair transformation!



VINTAGE MODE ON!

Want to have an extraordinary Monday or Friday out of your simple shirt and pants uniform? Now, you can do that by having a vintage-ish effect of 1980s by wearing classic golden heart or Eiffel-Tower-miniature-in-necklace, vintage style wrist watch and even dog tags in bronze style! These accessories are still in trend today because of the black-and-white pictures they have!

These fashion trends can be found in many shops across our dear town and mind you, you can choose from many pieces they sell! So just find one that will suit you, and say goodbye to your typical Monday!



LOOM BANDS CRAZE!

Next, let's add some color in your wrists! With a bit of creativity, color combination, and a little bit of patience, you can now have a bracelet out of loom bands! You just need to have a set of a small crochet hook, clip, and colorful rubber bands. These stuffs are available for only P25-50 per set! You just need to align the loom bands in the hook according to the pattern that you want and continue to put the bands on the hook and voila! You can wear a colorful loom band you can be proud of!

For just a little amount of money, you can buy a pack of loom bands and style it in your own way! These bracelets also have different styles—from basic fish tail to infinity pattern to sophisticated star burst design!



SHOO, SIMPLE SHOES!

And for the last stop, let us transform those tight fitting black shoes of yours into more creative, step-up, shoes of the day! First, we need acrylic paint, brushes, old newspaper (so that your mom won't be mad for some paint splats that will remain in your living room!) and of course, your knock-off shoes! And hey, don't forget the design you want! You can put some doodles in your left shoe, an anime character in the right shoe, or even a quote from your best loved show! (Just like the fame "Let it go, Let it go" of the Frozen Movie!)

After doing this, you need not to buy an expensive shoes every now and then. All you need is that little plan in your head and voila! A super colorful, out-of-the-box, unique shoes will be ready to hit the hallway of BC right away!



So Peninsulares, you don't need to fret over the simple uniform that we have because through the help of these colorful and fashionable trends, you can surely be the next BC Peninsulares chic you always dreamed of! Just don't forget to play with colors, designs and fads so that the next time you step in our campus wearing our school uniform, you will be the next Outfit Of The Day diva!

And don't forget that whenever you call on me and I'm a little bit busy with my Prince Charming, (Fairy dust effect) you can surely rely to these colorful craze! TD



Coffee Break

A CUP OF COFFEE WITH MARGIOLEH G. ALONZO



You savor the black brewed beverage served in front of you. Its aroma filled your senses and awakens the near-sleeping eyes of yours. You take a sip and let the fluid soothe your tongue. You take advantage of the delightful black liquid and take no notice at the bustling vehicles and busy people around you. Aaahhh, talking about relaxation, you said to yourself. It's already six in the evening and no, you're not at home. You're in the midst of the city of Balanga.

You heard it right, Peninsulares! You need not to travel homeward just to get a sip of the second most consumed beverage in the world because Balanga is now strewn with coffee shops you can visit! So sit back and relax as we savor the brewing coffee industry in our dear city!

COFFEE ATTACK!

Since then, all we know is that coffee shops are just exclusive to urbanize towns like Manila. Even Starbucks, one of the most popular coffee shops that originated in Seattle, USA, started to put its first branch in Makati City. But not anymore, especially that the different coffee shops are beginning to conquer the Philippine islands, and to be more exact, the City of Balanga!

Now we have The Beanery, Java Jam, and Starbucks in the Capitol Drive, Green Bean at San Jose, Blue House and KafKaf at Tenejero, and Eleven Zones at Don Manuel Banzon Avenue.

"Malakas ang bentahe ng coffee ngayon especially at pasukan na karamihan nga mga costumers namin ay estudyante at talagang makikita mo na nagugustuhan na talaga ng mga taga-Balanga 'yung coffee at iyun siguro 'yung dahilan kung bakit umuusbong na din 'yung mga coffee shops kasi hindi naman sila magtatayo ng mga café kung hindi nagugustuhan ng tao 'diba,'" expressed Rob Zabala, Manager, The Beanery Branch near BPSU-Main Campus.

Even in our campus, the coffee invasion is really evident because of the fast-growing consumption of coffee jelly in our school canteen! Even students and teachers alike are getting hooked by this certified Balanga campus coffee version!

"Sa isang araw, nakakadalawang container kami ng coffee jelly, napakasarap daw kaya makikita mong gustong-gusto talaga nila at patok sa kanila 'yung coffee kahit nga wala silang pera talagang naglalabas sila makabili lang ng coffee jelly,'" said Erlinda Hayag, BPSU-BC canteen manager.



! a breakthrough of Coffee Industry in the City of Balanga



The good news about these students-and-working-people-friendly coffee shops that are now zooming like a jet plane in our dear city is that we need not to go to far-flung places just to have a coffee break. With a little walk in the city, you can surely go to an enjoyable coffee shop you never imagine that exists in our dear town!

"Nakakatuwa na marami ng coffee shops dito sa Balanga kasi hindi na namin kailangan umuwi kapag gusto naming ng kape, nandyan na lang sa tabi-tabi," claimed Paulo Joseph Santos, College of Education student, who testified that he can't live a day without a cup of aromatic hot coffee.

Having many coffee shops in our soon-to-be-world class city also means less time and effort to walk and look for a place to savor our day. Since every now and then new coffee shops are opening, it is really a less pain in our feet!

"Magandang innovation na marami ng coffee shops ngayon kasi dati Beanery lang ngayon meron ng Starbucks at kung ano-ano pa kaya talagang nagboboom na 'yung coffee industry sa Balanga tsaka 'yung iba malapit na lang sa school 'diba,'" uttered Tricia Denise Escudero, BSE Biological Science.

And because coffees are actually our new companions in times of happiness and stress, you can actually get a cup of it anywhere and anytime because of Coffee Vendo machines which sell instant coffees that are cheap and affordable! So with a drop of few coins in that machine, you can now have Pinoy blend coffee, white coffee, hot chocolate coffee and even caramel cappuccino!

These coffee shops can also serve you many purposes! Through these coffee shops, you can read while reading a John Green novel, talk with your long-lost friend, hang-out with your super best mom or simply have a moment with yourself!

"Nung nagKafKaf kami ng mga friends ko medyo malungkot ako nun pero naging masaya din ako kasi nakakatulong din 'yung ambience ng coffee shop pati 'yung mga music na tinutugtog tapos naranasan kona din na magkaroon ng bonding sa ate ko sa ibang coffee shop namin at naexperience ko na din makapagbible study sa isang coffee shop," shared Kimberly Calalang, BSA student.

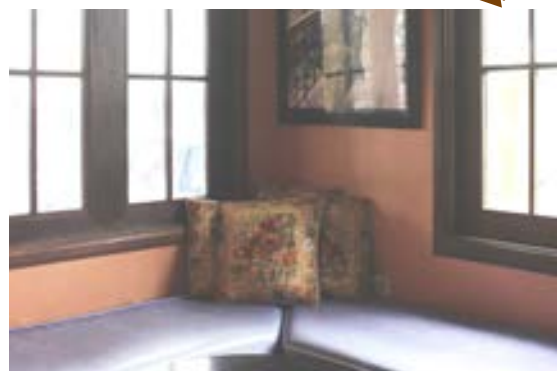
Aside from coffee shops are now our new-found sanctuaries, these cafes can also cater you a wide selection of coffee flavors and kinds which can also be paired to meals and snacks they created! So say goodbye with your typical black and hot steaming coffee!

"Yung favorite ko 'yung brownies na-pair sa kape 'yung nasa box na brownies. Mas maganda na mas madaming choices kasi hindi ka mauuta sa pagkain di ka magsasawa agad kaya nakakatuwa na may mga kapartner na 'yung kape ngayon," exclaimed Carlot Orizar, a certified CoEd coffee addict.

Surely, there is no place like home where you can take a cup of coffee while having a good bite of fresh hot cake, but with the advent of the coffee shops that are now booming in our dear city, you can definitely feel that home has finally taken its places in these coffee shops!

So the next time you want to have a place where beauty and relaxation collides, don't hesitate to take a walk at the city and look for a certified Balanga coffee shop that will help you feel comfortable as you sit back, relax and feel every minute of your life! Finally, the coffee shops now invaded the lands of city of Balanga!

TD



"Sa isang araw, nakakadalawang container kami ng coffee jelly, napakasarap daw kaya makikita mong gustong-gusto talaga nila at patok sa kanila 'yung coffee.'"
-Aling Lind



OPERATION 'MOVE ON'

Dahil Dapat Solusyunan ang mga Epic na #freshmenproblems

GE ANG'S

Hindi madaling maging isang first year college student, ang totoo kasi, nasasabik ka man sa mga bagong adventure, hindi ka pa rin tuluyang nakaka get over sa sinasabi ng karamihan na best moments of all—ang High School life.

Ang nakakalungkot, dahil sa napaka senti at emong bagay na ito, ang ating mga bagong kapatid (mga bunso, to be exact) ay hindi pa tuluyang nayayakap ang pagiging college students na nagiging dahilan kung bakit nahihirapan silang mabuhay sa bago nilang pangalawang tahanan, ang BPSU-BC! (bongga! Mala hacienda, 'di ba?)

Kaya naman, oras na para sa operation move on! (Move on from H.S life!). Mag throwback tayo sa mga alaala natin sa high school at alamin kung ano na DAPAT (take note, da-pat ha!) ang kapalit nito dito sa college!



Doon sa High School

Paboritong-paborito ng mga estudyante ang unang bahagi ng klase—*motivational activities*! Madalas pa nga magdedemand pa sila sa mga *teachers* nila, “Ma’am, wala bang *motivation* dyan? Para po ganahan kaming mag-aral.” At syempre si Ma’am, maeexcite naman at bibigyan nga ng *activities* sa mga bata na kadalasan ay *games* at pagkatapos ay *irerelate* sa *lesson* nila. (Whooh! Bravo! Ang saya!)

Dito sa Univ

Dapat maliban pa sa baon mong pera pamasahé at pambili ng *eggballs* o pansit canton sa *cafeteria* natin, may baon ka ring.... Charan! *Motivation*! Huwag mo nang asahan na *imotivate* ka pa ng mga *instructors* mo. Kapag pasok nila sa room, diretso turo na ‘yan dahil inaasahan nila na isa kang estudyante na mayroong *internal motivation*! Oo, tayong mga *college students* ay nag-aaral at nagpaparticipate sa loob ng *classroom* hindi para makakuha ng *prizes* na *candies*, *chocolate* o *wonderful clap* (Aminin, ganyang-ganyan sa *high school* ‘di ba?)

Ang kagustuhan nating makatapos ng pag-aaral at maging matagumpay sa buhay ay ang mga *motivation* na dapat nating taglayin bilang mga *college students* (Aw. Pa deep!), pumapasok tayo para matuto (at matuto, at matuto pa). Kaya, Go Peninsulares! Huwag kang aayaw, *think positively*!



Doon sa High School

Ang drama ng mga estudyante ay ‘*I can’t live without you Ma’am, without you sir*’. Lahat galing sa *teachers*—*lectures*, *handouts* (‘di ba nga halos gawin ng *face powder* ni ma’am ang *chalk* masulat lang ang *lessons* sa *black board*, at ikaw naman tamad na tamad magsulat? Haha). Pati pagrereview bago ang *exams* sa kanila na rin galing. Tsk. *Spoon feeding* talaga ang *set up*.

Dito sa Univ

Hindi mo na dapat asahan na lahat ibibigay sa iyo ng mga *instructors*. Magtuturo sila pero *responsibilidad* mo pa rin na magkaroon ng *back up*. Punta-punta rin sa *library* ‘pag may *time* (para mag-aral at hindi magpalamig ha!)

Kailangang masipag kang magtake *down notes* habang nagdidiscuss sina ma’am at sir, alerto ka dapat sa mga *handouts* na ibibigay nila (pa *photocopy* mo na agad-agad!) at higit sa lahat, *minor* o *major tests*, dapat lagi kang handa! (oh ha, *I am ready* ni Mang Tani lang ang peg! haha)

Kung tutuusin, hindi lang naman mga *freshmen* ang may *separation anxiety* (tipong, *I miss high school*) maging ang ibang estudyante sa



Doon sa High School

Maka basag *ear drums* sa lakas ang boses ng mga estudyante. Akala mo nasa kabilang bundok ang kausap kahit ang totoo naman ay ‘*right here beside you*’ lang ang drama nila. (yung totoo kapatid, ‘di sumasakit tonsil mo? Haha) Sobrang *expressive* rin ng mga *high school students* na kahit mga *censored words* ay natural lang nilang sinasabi at pinagsisigawan pa minsan! (mura ang pagmumura sa palengke, te?)

Dito sa Univ

Dapat ay laging on sakto *mode* lang ang boses sa pagsasalita dahil una, maliit lang ang *campus* natin (oo, *classes* are going on everywhere!) at pangalawa, paniguradong yari ka kapag may nakarinig sa’yong *instructor*!

Bilang mga *college students*, inaasahan na ng mga tao sa paligid natin na marunong na tayong umakto ng tama sa lahat ng pagkakataon. Hindi naman sinabi na bawal tumawa o makipag *bonding* sa mga kaibigan o kaklase (ano ‘yun? *Super K.J?* Ugh!) ang dapat lang, iwasan natin ang wagas na pagsasalita o pagtawa para lahat, *HAPPY*!

Maliban pa ryan, dapat ay iniisip muna natin ang mga bagay bago natin sabihin. Imbis na magmura kara-karaka, kalmahin mo muna ang sarili mo at piliin ang salitang gagamitin (para iwas gulo na rin!)

higher years ay umaakto pa rin sa ganoong paraan. (Aminin na mga ate at kuya, nakarelata ka rin sa mga nasabi ‘di ba?!)

Matutulungan natin ang mga bagong Peninsulares na ito sa pagiging good role model sa kanila (taray ‘di ba? Model!) at magagawa lamang natin ang mga iyon kung tayo mismo ay iiwasan ang hindi pagkilos ng tama bilang mga college students.

Hindi naman kailangang kalimutan lahat ng high school memories para tuluyang mayakap ang pagiging college student (inipon mo ‘yung mga memories ng apat na taon tapos ibabaon ko lang sa limot? That’s bad! haha) Ang kailangan lang ay maging mga college students tayo—sa isip, sa salita at sa gawa para lahat... *HAPPY*!

Roadmap to Learning 101

Three libraries that BC-Peninsulares can lay their books on!

ANJ and LO



Hey Peninsulares! It looks like you've been studying very hard lately, huh? With all the assignments, projects and examinations that you have in your to-do-list, you already turned on your study mode! But with all that growing noise pollution, limited learning centers and occupied classrooms, you'll definitely lose your study-hard momentum!

But worry no more folks because we've got just the right places for you! It's time to go out and widen your study table. Invite your school buddies and classmates as we explore these three libraries that will surely make you tweet #SARAPMAGARAL and #ARALPAMORE!

The Campus Library

This is new! This is real! The wait is finally over! Balanga Learning Resource Center has transformed from old and run down facility to a sleek and modernized learning avenue. With an improved array of books, some of them even donated by sponsors like Congressman Enrique Garcia and Mayor Joet Garcia, researching that difficult thesis topic will be easier than ever! What's more is that our campus library features a computer section so you can conduct internet research on the spot. Also, ever since the grand re-opening of our library, the environment has been extremely conducive!



Proof of the improvement that our library has undergone is that more and more students are studying because of the comfortable atmosphere. The passionate campus librarian Ma'am Mercedes O. Perez, even shared her dream of turning the multimedia section to better suit the needs of us Peninsulares! (awww!)

"Bilang isang librarian. I'll do my responsibility. Sa pagbibigay ng services. Kailangan tapatan 'yung gusto ng students dahil kung walang estudyante, wala rin kami," expressed Ma'am Perez.

Hey guys, hold your horses! We know that you're eager to go to the library, but the best is yet to come! Our library is now using the Online Public Access Catalog (OPAC) system. In a nutshell, it's a method of using computers to record the location of the books to make it easier to find anytime. It all might seem difficult and too high tech, but our library has you covered! The OPAC station has a step by step guide that will help you breeze through in using this system. It's time to say goodbye to the old school, stand-then-look way of browsing the books and say hello to our new and improved campus library!



The Bataan Library

tried design and what more can we ask for!

If you want to feel the classic library experience amidst the modern City of Balanga, then the Bataan Library is the best for you! Established in April 8, 1985, this public library has truly stood the test of time (definitely and tested!). With its combination of old school relaxing ambiance plus the super helpful library personnel,

At present time, the Bataan Library is under renovation to make the service to the students even better. Expected to be done before the end of August, The Bataan library's staff is very excited to continue their noble purpose of helping people discover more knowledge.

"Though magdadagdag kami ng mga computers, we are making sure na hindi naman madodominare ng technology o pagiging modern itong library natin, 'yung atmosphere nya, tulad pa rin ng dati." shared Mr. Walter Alexander, one of the administrators of the Bataan Library.

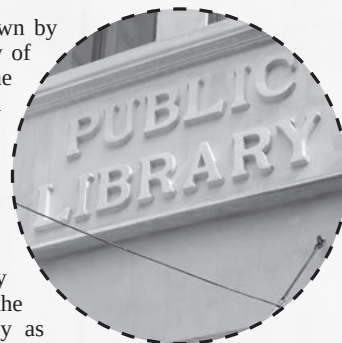
The books from this learning sanctuary come from goodhearted individuals who are both public and private organizations. (Take note, these organizations are not just from Philippines but from other countries as well!)

Indeed, The Bataan Library sees the importance of books even amidst modernization. Mr. Alexander even emphasized, "Iba pa rin talaga kasi kapag books ang gamit mo kaysa internet eh, hindi naman kasi lagi kompleto 'yung nakukuha sa internet." With this, the administrators of the Bataan Library already have their lists of books to be bought that will be offered to the students once the library reopens.

The Bataan Library is located near Bataan People's Center and Bataan Capitol. Though it is facing a make-over, the excellence of its service for the studious Bataños will surely remain!

The City Library

Aiming to be a world class university town by the year 2020, education has been the priority of the city government for the past years – and the city library is the proof of it! It looks like a Victorian era castle from the outside, but once you step in, it feels like you visit a library of an international university.



If you're one of those who think that libraries are boring, better to think again! The city has an active staff that holds monthly seminars and book features to help not only the book industry but to educate the community as well! These seminars that range from business how-to's dealing with school life and up to handling relationships are all in a day's work for our trusty city library.

Asides from the seminars, the city library differs from other academic libraries for their book collections don't end with just the regular math and science textbooks, they have contemporary romance novels, sci-fi books and adventure epics too! From the cheesy vampire-falls-for-human love stories by Stephanie Meyer up to the epic adventures written by George R.R. Martin, the city library has it all!

Plus, the city library features not one, not two, but thirty computer units available for use of the Balangēños, and more importantly, it's free! You just have to register in the library and acquire you're internet card to have knowledge that is just a click away.

Finally, family bonding can now be done at the library. Why? Because the city library has a children's section! The staff conducts storytelling sessions and allows daycare centers and elementary schools to enter the library during their educational tours. With lots of kiddie books and cuddly seats, both the young and the young-at-heart are sure to enjoy this section of the library!

There you have it Peninsulares, learning sanctuaries are just around the corner (literally!) and all we have to do is to find the right place that will suit our learning styles! And let us remember that these three very conducive libraries can also help us to study more and achieve that high grade and perfect activities that we've been aiming for! TD

Peninsulares' Sweeping Success

because even simple ideas can bring great victory

KARLO JAY S. JUAN



When we hear the names Mark Zuckerberg, Steve Jobs and Bill Gates, for sure, the first thought that will pop up on our minds is that these successful IT (Information Technology) moguls were just college drop outs back then. Yes, their story is outrageous and inspiring at the same time. However, we do not need to quit studying in college just to have the same victory that they had, all we need to do is to be as imaginative as they were and be courageous enough to see that great inventions start as simple ideas, just like Facebook, Apple and Microsoft.

Looking for relevant story? Well, Friends, we no longer need to look farther because we have our own version of this from-humble-beginning-to-happy-ending tale right here on our university, in the persona of the 'uncommonly common' group of Peninsulares who dared to dream big. Yes, you read it right; there are college students like us who seem to follow the footsteps of great inventors! (But not the drop-out factor, of course.) Now, let us get proud and inspired by the story of the team as its quirky and energetic leader, Mark Anthony Colentava shares the unforgettable journey they had.

YOUNG LIKE ZUCKERBERG

Like us, Mark Zuckerberg used to be a college student. He may not be successful with books and other academic stuff but this man succeeded with something that everyone cares about; it's none other than Facebook.

He is Mark Z. Now, let us hear the story of BPSU's Mark C. Mark Colentava also started with a daring project. It was when he heard of a certain contest that had a theme of "Transforming Lives through Technology" that Mark decided to round up some of his thesis mates and other willing students from the department of Bachelor of Science in Electronics and Communications Engineering (BSECE) to join the contest. They also decided to invite one Bachelor of Science in Accountancy (BSA) to help them out with the business researches.

With the theme "Transforming Lives through Technology", Mark had eagerly thought of a concept that was inspired by SSS *AlkanSSSyang Bayan* program, a method for the indigent members of the community to pay their monthly SSS contribution in a timely and cheap manner by depositing coins and low denominations of paper bills until they save up enough to achieve the required minimum contribution.

"Kasi ang iniisip namin, wala naman kahit sino sa'tin na walang barya eh, panigurado may taong may barya sa bulsa. Ginagawa lang natin 'yung excuse na mahirap mag save. Pero basta may barya ka makakapag-ipon ka, sila ngang tricycle driver naghuhulog lang 5 or 10 pesos a day pero may contribution na sila sa SSS kas ipinag-iipunan nila eh. So kailangan lang natin ng paraan para 'yung barya natin ay maipon natin," Kuya Mark explained about the inspiration of their device.

After giving out some creative juices and few sleepless nights, the team had already planned their entry - a device that can help every Filipino in saving up for anything that they want with just the coins lying around in their pocket. With the desire of the team to help out the community and teach the value of saving, Coin Saver was born.

BRILLIANT LIKE STEVE JOBS

Being smart and innovative are just some of the key characteristics that made

“Make the world a better place. *Kasi may mga problema na imbis na magreklamo tayo ay kaya nating solusyunan, kaya nga may engineering, ‘yung mga natutunan namin sa school bakit hindi natin gamitin sa kapaki-pakinabang? Hindi mo masasabi na magaling kami, ‘yung nangyari lang, kami ang nag-try. Malay mo kasi may isang magaling d’yan kaso kumakain lang sy’a, naisip ny’a na pero ayaw ny’ang gawin. Sayang diba?’*”

-Kuya Mark



Steve Jobs, the co-founder of Apple Computer Inc., one of the wealthiest men in the world. Who would have thought that this man started his great invention right in the garage of his parents' house?

Much like Apple who started in a simple garage, Mark retells the story of the group and how they also had their own backyard lab area in the tricycle garage of Mark's house where the CoinSaver was brought to life. Though fabrications of materials were done at the campus, much of the research and design was done in the homely ambience of the garage.

After the preparations, the Coin Saver was finally ready to enter the contest. It is the 10th SWEEP Innovation and Excellence Awards; an annual awarding event under the Smart Wireless Engineering Education Program (SWEEP) funded by telecommunications giant Smart Communications, Inc. (Smart) which aims to produce engineering marvels that can be used in enriching the daily lives of the Filipino people.

With the help of the BPSU family, the group was on their way to Makati, Shangri-La hotel when the bumpy bus ride took its toll on their device. Due to the heavy road stress, some parts of the Coin Saver started falling apart. The team ended up doing some last minute repairs until their presentation. And then, when all hope seems lost, the day was saved as Coin Saver was crowned the winner of the prestigious event.

“*Sobrang daming nalaglag na parts kaya minutes na lang ‘yung presentation nag-aayos pa rin kami. Tapos may part pa ng Coin Saver na hindi namin napakita kasi walang internet. Kaya talagang sobrang natuwa kami nung nanalo kami,*” said Kuya Mark with a warm smile while talking about the team's stunning victory.

Mark then added that he feels the reason why they won was because Coin Saver had a more practical use than what the other schools invented. Indeed, coin saver was new, innovative and can be used by all.

SUCCESSFUL LIKE BILL GATES

Bill Gates, founder of the company Microsoft became so successful that he was once recognized as the richest man in the world.

On the other hand, though the team was not given billions of dollars like my good friend Bill, they were rewarded with some prize that most engineers in the industry can only dream of!

After all the victory cheers, Mark and one of his team mates, Laurence Arguelles along with their adviser, Engr. Faye Baret and Dr. Delfin O. Magpantay were granted a trip to the Google Headquarters at Silicon Valley, San Francisco California plus a cash prize for both the school and the members. Yes, we can really say that all the effort and sacrifices they had were well paid off.

“*Make the world a better place. Kasi may mga problema na imbis na magreklamo tayo ay kaya nating solusyunan, kaya nga may engineering, ‘yung mga natutunan namin sa school bakit hindi natin gamitin sa kapaki-pakinabang? Hindi mo masasabi na magaling kami, ‘yung nangyari lang, kami ang nag-try. Malay mo kasi may isang magaling d’yan kaso kumakain lang sy’a, naisip ny’a na pero ayaw ny’ang gawin. Sayang diba?’*” concluded Kuya Mark with a vibe of utmost humility.

The duo was able to get a firsthand experience of what it is like to work with top-of-the-line research and development professionals. They also had a chance to visit the Hewlett Packard (HP) garage, the garage where computer giant HP started their business. It is really fascinating how garages end up being the birthplace of great companies, maybe we should start working at our garages too? Also, they visited other rags-to-riches company headquarters like Facebook and Google.

So there you have it, the proof that success is the fruit of passion and determination. In the end, it just takes some hard work plus creativity (and maybe a little bit of luck on the side) to be as successful as Bill Gates and his buddies!

Who knows? One of us, Peninsulares, might be the next big thing in the industry. It could be you, the person sitting beside you, that girl who just passed by or even that boy sipping his drink. Just always remember that victory is given to those who earn it, and it is always important to remain humble even after all achievements, just like Kuya Mark and the team.

TD

[NOT SO] PROUD TO BE A ISKOLAR

Sapagkat hindi dapat magbago ang esensya ng salitang 'Iskolar'

LESLIE JOY P. EVALLE at MA. JESUSA P. CABAL

ISKOLAR KA BA? –Nagsusunog ka ba ng kilay para lamang makakuha ng mga markang matataas at natatangi? Tangan-tangan mo ba sa maraming pagkakataon ang mga aklat na iyong inaaral upang makakuha ng kaalaman? Iskolar ka ba sa isip, sa salita at sa gawa?

Kung oo ang iyong sagot sa unang katanungan ngunit alanganing oo naman sa mga sumunod, marahil dapat mong siguraduhin kung tama nga ba ang batid mong konsepto sa salitang 'iskolar' o baka tulad ng karamihan na dala ng paglipas ng panahon ay nagbago na rin ang pananaw sa mabigat na katagang ito.

Balikan natin ang nakaraan at maring pagmasdan ang kasalukuyan, halina't sagutin natin ang mga katanungan at linawin ang mga komplikasyon ukol sa konsepto ng salitang 'iskolar'.

Hindi Kaaya-ayang Transisyon

Noon:

Sina Aristotle, Plato, Socrates, Sophocles, at Confucius hanggang sa panahon nina Leonardo Da Vinci at Abraham Lincoln ay ilan lamang sa mga mahahalagang tao sa ating kasaysayan dahil sa kanilang hindi mapapantayang ambag sa aspeto ng pilosopiya, sining at siyensya. Ilan lamang sila sa mga kauna-unahang iskolar na nagpakita ng matinding pagnanasa na makadiskubre ng maraming kaalaman.

Ngayon:

Bilang na lamang ang mga araw na ang mga tinaguriang iskolar ay matatagpuan sa loob ng silid-aralan, tulad na lamang nga ng ilang mga BC Peninsulares na mas madalas pang matagpuan sa mga computer shop o sa mga mall na gaya ng Centre Plaza Mall (CPM) at Robinsons Galeria, madalang na lamang sila magbitbit ng mga aklat kung kaya ay maliit na bag na lamang ang kanilang tangan at ang pagsusumikap na umangat at mangibabaw sa karamihan ay tila hindi gaano kaalab.

Tunay ngang malaki na ang nagbago sa konsepto ng

'iskolar' sa kasalukuyang panahon. Ang nakalulungkot, karamihan dito ay 'di magagandang impresyon mula sa ibang tao.

"Yung mga iskolar noon, talagang proud sila na magkaroon ng scholarship kasi 'yung magkaroon ng ganun (scholarship) ay napaka-rare na opportunity para makapagtapos ng pag-aaral at saka talagang pinaghihirapan eh ngayon kahit sobrang dami ng scholarship na dumarating, mayroong iba na hindi pa proud na maging iskolar at saka parang nawawalan na ng pagpapahalaga sa kani-kanilang oportunidad na tinatamasa," pahayag ni Gng Erna Liza Mateo, BPSU Scholarship Coordinator, ukol sa pagkakaiba ng pagpapahalaga ng mga iskolar noon at ngayon sa kanilang scholarship.

"Masasabi ko po sa mga iskolar noon, sila talaga 'yung mga pursigido sa pag-aaral at malaki ang panghihinayang kung wala silang matututunan kasi ang tatalino talaga nila. Ngayon, natawag silang iskolar kasi botante ang kanilang mga magulang o kapatid dito sa Bataan. Kahit 'di naman ganun katalino o kaya mayayaman na, nakakakuha na rin ng scholarship. 'Di naman din sila gaanong nagpupursigi. Sayang 'yung ibang mas *qualified*," pahayag ni Dianne Ronquillo,

BSA, ukol sa kasalukuyang ideya sa pagiging iskolar.

Sadyang hindi biro ang maging isang iskolar noon at maging ngayon sapagkat kaakibat nito ang pagsisikap na mapanatiling maganda ang imahe na makikita ng mga kasapi ng lipunan.

Iskolar o Grantee?

Noon:

Mahirap ang proseso ng pagpasok sa mga scholarship sapagkat pawang talino at pagtitiyaga ang lubos na kailangan upang magkaroon nito. Dagdag pa rito, damang-dama nila ang pagsusubok na dapat nilang patunayan na nararapat lamang silang maging iskolar.

Ngayon:

Waring isang madaling bagay na lamang ang maturingang isang iskolar—wala ng gaanong talino at pagtitiyaga ang kailangan. Hindi na rin kailangan pa na dumaan sa ilang proseso at pagsusulit o kung minsan, magkaroon man ng mga pagsusulit, ang mga ito ay madali na lamang.

Sa pagdaan ng panahon, dumarami na rin ang mga ahensya, pampubliko man o pribado, na nagnanais magbigay ng tulong sa mga kabataang nagmimithing makatapos sa pag-aaral. Naibibigay naang tinaguriang 'scholarship' sa kahit sinong may nais nito at may sapat na kuwalipikadong marka nang hindi na nangangailangan pang maranasan ang kahalintulad na senaryo noong unang panahon.

Iskolar. Grantee. Ito ang dalawang salitang maaaring itambal sa mga mag-aaral ngayon. Kung titingnan, tila pareho lamang ang kahulugan ng dalawa, ngunit kung

pagtutunayan ng pansin at susuriing mabuti, tunay na malaki ang pagkakaiba sa konsepto ng dalawang salitang ito; bagay na hindi batid ng ilan dahil sa kakulangan nila ng kaalaman.

Tumutukoy ang iskolar sa mga mag-aaral na tumatanggap ng tulong-pinansyal, ngunit kapalit nito ay ang mga nagtataasang grado na halos kapantay na ng mga marka ng mga may *latin honors*. Ang *university at academic scholarship* na ibinibigay ng ating unibersidad, ang *Gabay-Guro Scholarship* na ibinibigay ng *PLDT-Smart Foundation* at ang *Department of Science and Technology (DOST) scholarship* ay ilan lamang sa mga *scholarships* na nagbibigay ng tulong-pinansyal sa mga matatalinong estudyanteng determinadong magsikap sa kanilang pag-aaral at nagnanais makapagtapos.

Grantee naman kung tawagin ang mga mag-aaral na nakatatanggap din ng tulong-pinansyal mula sa mga ahensya ng gobyerno at maging ng mga pribadong kompanya subalit sila ay hindi binibigyan ng kaakibat na obligasyon tulad ng pagkuha ng matataas na marka at ang pagpapangatili nito; tanging pasadong marka lamang ang hinihingi ng mga nasabing ahensya upang patuloy nilang makuha ang benepisyo ng mga nasabing *grants*.

Ang ilan sa mga *grants* ay ang *Expanded Student Grant-in-Aid Program for Poverty Alleviation* o mas kilala sa katawagang *ESGP-PA* na ibinibigay ng pamahalaan, ang 'Iskolar ng Bataan' na ibinibigay ng *Local Government Unit* sa pangunguna ni Gov. Albert Raymond S. Garcia, gayundin ang *Asia-Wide Scholarship*, at maging ang *scholarship* na ibinibigay ng *San Miguel Corporation*.

Kaugnay nito, ayon sa isinagawang survey ng *The Defender* sa limang porsiyento ng kabuuang populasyon ng mga BC-Peninsulares, 48% ang nagsabi na sila ay iskolar, subalit karamihan sa kanila ay tinukoy na 'Iskolar ng Bataan' ang kinabibilangan. Patunay lamang ito na mayroong maling papanaw ang mag-aaral sa konsepto ng 'iskolar' dala ng kakulangan sa kaalaman sa pagkakaiba ng iskolar sa isang *grantee*.

"Actually, ang mga tinatawag na iskolar ay 'yung mga estudyante na kasama sa *university at academic scholarship* natin. 'Yung iba kasing *scholarship* na ibinibigay gaya ng sa *ESGP-PA*, *Asia-Wide*, *San Miguel* at kahit 'yung 'Iskolar ng Bataan', 'yung mga kasama doon ay mga *grantee* talaga. Itong mga *grantee* na ito, hindi sila obligado na *i-maintain* 'yung matataas na *grades* whereas sa mga iskolar, kailangan talaga ang mataas na *grade*, *GWA* na hindi bababa sa 1.75 at *grades per subject* na hindi naman bababa sa 2.0," pahayag ni Gng. Erna Liza Matteo, *Scholarship Coordinator* ng BPSU-BC.

Dagdag pa niya, nararapat lamang na bigyan ng karampatang *orientation* ang mga estudyante upang malaman nila kung ikokonsidera nila ang kanilang sarili na *grantee* isang iskolar.

Mantsa sa Marka ng Ilang Iskolar

Noon:

Lubos na pagsisikap ang ginagawa ng mga iskolar upang makamit ang mga nagtataasang marka—walang pandaraya at walang bahid ng kasalanan, gaya na lamang ng ating dakilang bayani na si Apolinario Mabini. Sa kabila ng lahat ng kakulangan sa buhay at ng kanyang kapansanan, patuloy pa rin ang kanyang pagsisikap sa pag-aaral dahil sa mithiin niyang makatulong sa kanyang pamilya at gayun na rin sa ating bayan.

Ngayon:

Sa halip na mag-aral ng mabuti at pagsikapan ang mataas na marka, may ilan na tila milagro ang ginagawa sa kanilang mga marka para lamang mapanatili ang scholarship at grant na tinatamasa. Hindi na nila pinagpapawisang tunay ang matataas na markang ito na kanilang naipapakita, madali na lamang nila itong minamanipula gamit ang makabagong teknolohiya.

"Kasali po ako sa 'Iskolar ng Bataan' at aware ako sa mga ganyang sitwasyon kasi ako mismo naranasan ko maipit sa ganyan. Nitong *last sem*, hindi pasok 'yung *GWA (General Weighted Average)* ko. 2.6 pero hanggang 2.5 lang sa 'Iskolar ng Bataan' kaya sabi ng mga kaibigan ko, *i-edit* ko daw kasi isa lang naman kaya lang nakonsensya ako," pagbabahagi ng babaeng mas ginustong itinago na lamang sa pangalang *Miss Dee*, BSBA.

Dagdag pa niya, "Sinabi ko ito sa *parents* ko kahit alam kong *disappointed* sila tapos sabi nila 'di na daw kailangang mag-*edit* basta alam ko sa sarili ko na 'di ako nandaya. Nakonsensya kasi talaga ako at natakot kaya bandang huli 'di ko ginawa, nag-*SPES (Special Program of Employment for Students)* pa rin nga ako kahit alanganin e."

Bagaman mayroong mga personal na dahilan at istorya sa likod ng mga pandaraya na ginagawa ng ilang

"...eh ngayon kahit sobrang dami ng scholarship na dumarating, mayroong iba na hindi pa proud na maging iskolar at saka parang nawawalan na ng pagpapahalaga sa kani-kanilang oportunidad na tinatamasa...."

- Gng Erna Liza Mateo

mga iskolar o *grantee*, marapat na kanilang mabatid na maipadarama lamang nila ang kanilang pasasalamat sa mga tao sa likod ng mga *scholarship* at *grants* na kanilang natatanggap sa pamamagitan ng pag-aaral ng mabuti at pagiging produktibo sa kanilang paaralan at komunidad.

Samantala, sapagkat nabuo na nga ang hindi angkop na pananaw nag karamihan sa dalawang konseptong natalakay, naapektuhan na rin maging ang nararamdam ng mga mismong tunay na 'iskolar'.

"Parang hindi na ako proud na maging *scholar*, parang *okay* na lang kasi kahit alam kong pinaghirapan ko 'yung *scholarship* ko *through studying very hard*, maiisip ko na parang halos lahat naman *scholar* na turing sa sarili nila, mayaman o mahirap, matalino o saktong lang, lahat *scholar* na, 'di ba?" pagbabahagi ni Angela, BSE, ukol sa bunga ng hindi malinaw na pagbibigay ng pagkakaiba sa konsepto ng 'iskolar' at '*grantee*'.

Kaakibat na Sakripisyo at Responsibilidad

Noon:

Pawang disiplina, dedikasyon at pagsisikap ang ipinapakita ng mga iskolar upang mapagbuti ang kanilang edukasyon nang sa gayon ay makapagdulot ng tuwa at galak sa kanilang mga magulang, sa mga taong tumutulong sa kanila at sa lipunang kinabibilangan

nila. Tulad na lamang nang ginawa ni Rizal na kahit walang nagtuturo sa kanya ay gumagawa pa rin siya ng sariling paraan upang siya ay matuto.

Ngayon:

Ang konsepto ng pagiging isang iskolar ay nakatutok na lamang sa pagkuha o pagtanggap ng benepisyo mula sa iba't ibang ahensya. Wala na sa isipan ng bawat iskolar ang pagtitiyaga at pagsisikap. Hindi na nila alintana ang makakuha ng mababang marka basta masabi na lamang na pasado ang kanilang mga grado sa eskwela.

Kasabay ng paglipad ng panahon ang pagbabago rin ng pagpapahalaga ng mga iskolar sa kanilang *scholarships* at maging ng mga tao sa mga iskolar. Nakakalungkot isipin na layunin na lamang nila ay makapasa at iyon ay tila sapat na sa kanila. Tila nawala na ang determinasyon na masasalamatin sa mga iskolar noon sapagkat parang ayaw na nilang mas umangat pa sa pamamagitan ng pawang pagtitiyaga at pagsisikap ang makikita sa kanila.

"Yung *scholarship* kasi nakakatulong talaga siya *financially* sa mga iskolar. Pero siyempre kailangan pa rin na *i-maintain* 'yung mataas na *grades*. Iyon 'yung pinaka *responsibility* namin. 'Yung iba naman na mayayaman, may *scholarship* din. *Challenge* naman sa *part* nila na mag-*excel* din at mapataas ang *grades*," sinabi ni Cherry Rose Pesquiza, BSN.

Samantala, 5% lamang ang nagsabing hindi nararapat magkaroon ng kaakibat na responsibilidad o obligasyon ang pagiging iskolar tulad na lamang ng pagkakaroon ng pamantayang marka.

Ang isang mabuting iskolar, sa kabila man ng ilang kakapusan, ay nag-aaral nang mabuti, hindi lumiliban sa klase dahil sa takot na maiwanan ng *discussion* at hindi makasabay dito, at higit sa lahat, may pagpapahalaga sa kaniyang reputasyon at dignidad sa loob man o labas ng paaralan. Nararapat lamang na bigyan natin ng importansya ang edukasyon na hawak natin ngayon, maging iskolar man tayo o hindi.

Edukasyon ang bagay na kailanman ay hindi mananakaw ng kahit sino at siyang magdadala sa atin sa ruok ng ating tagumpay. Kung mapapahalagahan man lamang natin ng tunay ang ating edukasyon, hindi na natin kailangan pa na tayo ay mandaya upang makakuha ng *scholarship* sapagkat kung tayo ay magtutuo ng sapat na atensyon sa ating pag-aaral, tiyak na matataas na marka ng karunungan ang ating matatamasa.

Bagaman batid natin na mayroong pagkakaiba sa konsepto ng pagiging *grantee* at iskolar, sa huli ay hindi pa rin natatanging sukatan ang mga matataas na marka na pawang mga numero lamang. Mas mahalaga pa rin na ang iskolar at *grantee* ay lubos na kakitaan ng pagsisikap at pagtitiyaga sa lahat ng bagay. Lagi nating isaisip na ang maging tapat sa mga marka na ating nakukuha ay hindi matutumbasan ng kasiyahan na dulot lamang ng pandaraya.

Ang mag-aral ng mabuti at magtiyaga sa kabila ng mga kakulangan na ating dinaranas ay ang mga bagay na nararapat nating gawin upang tayo, bilang mga iskolar man o *grantee*, ay maging matagumpay sa ating pag-aaral at sa kani-kaniya nating karera sa buhay, at pagkatapos ng lahat, hindi lamang mga 'iskolar' ang may ipagmamalaki kundi lahat tayo na nagtiyaga, nag-aral at nabuhay ng marangal.

TD

Sino ang Tunay na Baliw?

sa panulat ni MARGIOLEH G. ALONZO

at ulat nina ANGELINA MAE L. EUGENIO at LEO H. CATALINO

"Sino'ng dakila,

Sino ang tunay na baliw,

Sino'ng mapalad,

Sino'ng tumatawag ng habag

Yon bang sinilang na ang pag-iisip ay 'di lubos

O husto ang isip ngunit sa pag-ibig ay kapos?"

- Sino ang Baliw, Kuh Ledesma

**Ang kanyang tanging suot ay sira-sirang damit,
na nakikiramay sa isip niyang punit-punit....**

Bagaman larawan ng kaayusan at kaunlaran ang Lungsod ng Balanga, nakakasalubong pa rin tayo ng mga taong madalas na taguriang 'kulang-kulang', marahil kasabay na rin nito ay ang pagtataka ng ilan sa atin kung saan nga ba nagmula ang mga taong ito at bakit napunta sila sa hindi kaaya-ayang kalagayan.

Bago pa man ang ika-19 siglo, ang mga ospital na unang tinayo sa Europa at Amerika ay ginamit na para ihiwalay ang mga *mentally-challenged* na indibidwal sa lipunan at hindi upang gamutin at bigyang lunas ang mga ito. Noong unang panahon, may paniniwala rin ang ilang grupo ng mga tao na masasamang ispiritu ang nagiging dahilan kung bakit may mga taong nababaliw. Samantala, ang mga kamay at paa naman ng mga taong pinaniniwalaang may 'kulang' sa pag-iisip ay tinatali sa kama o ginagapos sa haligi gamit ang mga tanikala at tali. Kaya't noong unang panahon pa lamang ay makikita nang hindi na naging mabuti ang kanilang sitwasyon sa lipunang kanilang kinabibilangan.

Sa kabilang banda, ang Griyegong *physician* naman na si Hippocrates ay ang isa sa mga kauna-unahang humamon sa ideya na ang sakit ay isang parusa na padala mula sa Maykapal. Siya ay naniniwala na lahat ng sakit, kasama ang sakit sa pag-iisip ay mayroong naturang pinagmulan. Kaya't sa pagdaan ng panahon, ang mga siyentipiko ng mundo

Sira-ulo, mabaho, at delikado—ilan lamang iyan sa mga salitang malimit nating ikabit sa mga nakikita nating baliw. Sila na palaging palakad-lakad at pagala-gala sa mga eskinita, sila na tila tuluyan nang tinakasan ng katinuan at sila na pinabayaan na rin ng kanilang mga mahal sa buhay.

Tila wala nang mas babagay pa na awitin na makapagbibigay kahulugan sa pinagdadaaan nila ngayon sa ating lipunan, gayon na rin sa Bataan at sa *capital* nito na Lungsod ng Balanga, kundi ang sikat na awiting 'Sino ang Tunay na Baliw.' Ito ay sumikat pa noong 1990s ngunit tila napapanahon pa rin hanggang sa ngayon dahil patuloy pa rin itong sumasalamin sa kalagayan nila.

Tunghayan natin ang isang pag-analisa sa nararapat na pakikisalamuha at pagkalinga sa mga taong hindi lamang nilayasan ng katinuan kundi animo'y tinalikdan na rin ng kanilang mga mahal sa buhay.

ay nagbigay ng mga konkretong klasipikasyon at katangian ng iba't-ibang *mental disorder*. Mayroong mga *mentally-challenged individuals* na may *schizophrenia* na nakaririnig ng mga boses, may mga taong may *paranoia* na naniniwalang ang mga taong nasa paligid niya ay ipapahamak sila, may mga tao rin namang nakararanas ng depresyon na naiisip na walang mangyayaring maganda sa kanila, at may mga tao rin namang may *panic disorder*, may obsesyon o *mania*, at ang iba naman ay may *personality disorder*.

Ngunit sa kabila ng mga katangian na mayroon ang iba't ibang uri ng *mental disorders* ay hindi pa rin madaling sabihin kung anong uri mayroon ang mga taong makikitang palakad lakad o di kaya naman ay namamalimos sa kalye ng Balanga at sa ibang lugar ng ating lalawigan. Kaugnay nito ay ang katotohanan na hindi madaling kumuha ng sapat at tamang impormasyon sa mga taong baliw sapagkat kagaya nga ng nasabi, ang mga ito ay tuluyan nang tinakasan ng katinuan.

"For one to be categorized as baliw kasi eh marami ka pang kailangan malaman, kailangan mo pang kausapin 'yung pamilya nila, 'yung mga taong nakapaligid sa kanila, hindi enough 'yung naobserve mo na isang *behavior* sa isang pagkakataon para maconsider mo na baliw kaagad, kaya it takes some time talaga," saad ni Ginang Erna Liza Mateo, Human Development Officer.

Tunay ngang ang pagtuklas sa pinagmulan ng *mental disorder* ng isang tao ay hindi madali at

isa pa ring palaisipan. Bagaman mayroong mga eksplanasyon patungkol dito, hindi pa rin ito husto upang bigyan tayong lahat ng kalinawan tungkol sa kalagayan nila.

...sa kanyang kilos at galaw tayo ay naaaliw...

Dahil nga hindi pa rin tunay na malinaw ang dahilan ng pagkakaroon ng *mental disorder*, naging kaakibat na rin nito ang pagkakaroon ng iba't ibang opinyon patungkol sa kanila. At sa paglipas ng panahon, dito sa ating lungsod ay madalas natin silang makita sa terminal, sa simbahan, sa Plaza Mayor De Balanga o minsan ay sa iba't ibang kalye ng Balanga. Minsan ay nakikita natin silang namamalimos, namumulot ng mga kalat, nakaupo na tila may kausap o naglalakad lang na animo'y walang tiyak na patutungan.

Katulad na lang ni Wiper na madalas nating nakikita sa *terminal*. Madalas siyang matatagpuan doon tuwing umaga at tanghali habang sa hapon naman ay makikitang siya ay naghahanap ng pagkain. "Si Wiper dati pa namin nakikita 'yan bata pa lang nandito na 'yan sa *terminal* kaso nga lang iniwanan siya ng mga kamag-anak niya kasi taga-Hermosa talaga 'yan," saad ni Danilo Barometro, isang Olongapo *dispatcher* sa Balanga *Terminal* na malimit makasalamuha si Wiper. Ang kuwento pa niya ay 'Wiper' ang ibinigay nilang pangalan dito dahil malimit itong magpunas ng *windshield* ng kanilang mga *bus* o *jeep*. Madalas ay nakikita nila si Wiper ng maghapon sa *terminal* na walang sawang nagpupunas

ng mga sasakyan ng iba pang *driver* katumbas ng perang pambili niya ng makakain.

“Hindi naman nakakatakot si Wiper, minsan lang sumisigaw ‘yan kapag nagugutom na kaya ang ginagawa niya naglilinis siya ng mga sasakyan namin ‘yung sa bintana sa harapan ng mga jeep, para talaga siyang pang-*wipe* tapos nun bibigyan namin siya ng bente pesos ganyan tapos makakabili na siya,” pagbabahagi ni Tirso dela Cruz, isang jeepney driver.

Subalit hindi lahat ng tao ay positibo ang pagtingin sa mga indibidwal na katulad ni Wiper. Naging kaakibat na ng kalagayan ng mga taong baliw ay ang ‘di kaaya-ayang pagtingin sa kanila ng mga taong nasa paligid nila. Kaya’t kung mayroong maganda ang pananaw patungkol sa mga taong may *mental disorder* ay mayroon din namang mga taong hindi kaaya aya ang nararamdaman patungkol sa kanila. “Natatakot ako kasi *feeling* ko sasaktan ako, lumalayo po ako kapag nandyan sila,” pahayag ni Jinky Domingo, BSA.

Kung mayroong mga taong hindi maiwasan ang lumayo kapag nakakakita pa lamang ng baliw ay mayroon din naman na mas pinipiling kaawaan ang mga taong ito. Katulad na lamang ng salaysay ni Rhea Khim ng BSP II na, “Hindi po ako natatakot sa kanila ‘di ka nila sasaktan...naawa ako minsan sa kanila kasi nga nawala sila sa landas.”

Tuluyan na ngang nagkaroon ng samu’t saring opinyon hinggil sa mga taong may *mental disorders*. May mga taong kinakabahan, natatakot, natatawa o naawa tuwing makakakita ng mga baliw—mga emosyong hindi naman natin masisisi dahil sa kakulangan natin ng sapat na kaalaman tungkol sa mga taong ito. “*Our fear comes from our not knowing* kasi hindi mo alam eh kaya ka natatakot...madaling sabihin kasi ‘yung *initial reaction* natin na matatakot tayo kasi ‘di ba hindi siya malilinis kaya lalayo tayo *as oppose* sa tutulungan o maaawa, kasi ‘yung matakot *it’s a natural reaction* kasi *in a way that unfamiliar situation* na ‘yun, *it will give us fear*,”

pagpapaliwanag ni Gng. Mateo.

Ang pagpapaliwanag naman ni Jayvee M. De Juan, BS Psychology IV, patungkol sa dahilan kung bakit iba’t iba ang reaksiyon ng mga tao tuwing makakakita sila ng mga may *mental disorders* ay sapagkat ang makatunghay ng mga taong tinakasan ng katinuan ay hindi isang normal na kalagayan dito sa ating lipunan.

Dahil dito, tunay ngang hindi na lamang pinagtatawanan, pinandirihan at nilalayuan ang mga baliw sa ating lipunan, kundi tuluyan na rin silang kinatatakutan ng mga taong nasa paligid nila—kahit na hindi nila lubusang kilala ang mga taong ito ay tila patuloy silang inilalayo rito sa lipunang ating ginagalawan.

...sa ating mga mata isa lamang siyang baliw...

Sa pagdaan ng panahon, hindi na nga lamang isa o dalawang baliw ang nakikita natin sa ating paligid. Kung minsan, mas madalas pa nga natin silang mamasdan ng hindi inaasahan at tila ba para silang mga pusang ligaw na pinabayaan na lamang sa daan—pakalat kalat at naghahanap ng pagkain kung saan saan. Katulad na lamang ng kalagayan ni Wiper na bata pa lamang ay pinabayaan at tuluyan nang iniwanan ng kaniyang itinuturing na pamilya, ay tiyak na naging ganito rin ang kinahinatnan ng karamihan ng mga taong may *mental disorder*.

Ngunit katulad ng ibang uri ng sakit, bagaman hindi pa rin tuluyang malinaw ang tunay na pinagmulan ng *mental disorders*, ay mananatili pa ring mayroong lunas ang mga ito—mga lunas na hindi man tuluyang makapagpapagaling sa naturang sakit, ay makakatulong naman upang maibsan ang hindi mabuting kalagayan na nakadikit sa kanila saan man sila magpunta.

Katulad nalang ng pahayag ng *Philippine Mental Health Association*, may mga aktibidad na maaaring makatulong sa pag-iwas o pagpigil sa sakit sa pag-iisip. Kabilang dito ay ang pagsasagawa ng seminar para sa pagiging responsableng magulang, at pagpapakalat ng impormasyon tungkol sa bawal na gamot. Maari ring makatulong ang pagtuturo kung paano panghahawakan ang ating pang-araw-araw na problema at ang pag-unawa sa kinikilos o pag-uugali ng mga anak nila. Tunay nga na dapat ang lahat ng tao ay may sapat na impormasyon kung paano papakisamahin at pakikitunguhan ang mga taong may *mental disorder*

sapagkat base na rin sa *Department of Health*, isa sa bawat limang Pilipino ang mayroong “*psychiatric disorders*.”

Sa kabilang banda, ayon naman kay Henry Richardson, isang physician na nakabase sa California, malaki ang ginagampanang bahagi ng pamilya para sa ikabubuti ng kalagayan ng isang taong baliw. Ayon sa kanya, “*The mere facts of convening family meetings on a regular basis, where families were encouraged to speak openly about their stresses and to attempt to find solutions to their most pressing problems, often appeared to have substantial therapeutic impact.*” Dagdag pa niya, nararapat lamang na maglaan ang bawat isa ng sapat na oras at atensyon sa kanilang kapamilya.

Sa pamamagitan nito, nararapat lamang na bilang mga indibidwal na may kaniya-kaniyang pamilyang kinabibilangan, kailangan nating mas lalo’t higit na magbigay ng pagkalinga at atensyon sa mga taong kasama natin sa iisang bubong. Sinasabing ang pamilya rin ang pangunahing lupon ng isang lipunan kaya’t ang bawat isa sa atin ay tunay na sa pamilya una kumakapit tuwing may problema, nanghihingi ng tulong kapag may kinakailangan at naghahangad ng sapat na pagmamahal.

Sa kabilang banda, kahit na karamihan sa mga nakikita nating baliw sa ating paligid ay hindi natin kasama sa haligi ng ating mga tahanan, kailangan pa rin nila ng tamang pagtrato at pagtingin mula sa mga taong nasa paligid nila. Tunay ngang tila napakahirap nang maibalik ang katinuwan ninakaw sa kanila ng kapalaran, tuluyan na silang inabandona ng mga taong akala nila ay tutulungan silang umahon sa kalagayang kanilang kinasasadlan at tila kahit ano man ang gawin nila ay tuluyan pa rin silang ikakabit sa mga salitang ‘sira-ulo, mabaho, at delikado’, ngunit sa kabila ng lahat ng mga ito, mananatili pa rin silang mga indibidwal na nilikha rin ng iisang Makapangyarihan na bumuo rin sa atin, kaya’t nararapat lang ding ibigay sa kanila ang tamang pagtrato at pakikitungo na karapatang matanggap ng bawat isa satin—baliw man o hindi.

Ang mga isip nila ay wala sa maayos na kalagayan, pero wala ng mas mabuti pang lunas na maaring maibigay sa kanila kundi ang sapat na pagkalinga na magmumula sa pagmamahal ng mga taong nakapaligid sa kanila. Hindi man sila maituturing na katulad natin na nasa mabuting kalagayan ang pag-iisip ay hindi pa rin sapat iyon upang tuluyan natin silang ihiwalay na animo’y hindi sila kabilang sa lipunang kinabibilangan natin. Normal man sila o hindi sa pagtingin natin, nararapat pa rin silang tratuhin ng makatao at ng naayon sa tama. Sapagkat sa huli, baliw man at hindi wasto ang katinuan ng mga taong ito, ayon nga sa kantang sumikat noong dekada ‘90, mas tila baliw pa rin ang mga taong maayos nga ang kalagayan ngunit sa pakikitungo at pag-ibig naman sa kapwa ay kapos. TD

“Sapagkat sa huli, baliw man at hindi wasto ang katinuan ng mga taong ito...mas tila baliw pa rin ang mga taong maayos nga ang kalagayan ngunit sa pakikitungo at pag-ibig naman sa kapwa ay kapos.”



Katherine E. Bernabe

PULSO NG PENINSULARES: UNIFORM O

Ang pagtalakay sa tamang pamantayan at m

TANDA NG PAGIGING PENINSULARES

Hapit sa katawan na akala mo ay ibinalot na suman, mga nakatuping manggas, tila *jeggings* sa halip na *slacks* at iba't ibang kulay ng sapatos sa halip na itim-tila ganito na nga ngayon ang makabagong itsura ng ating opisyal na uniporme.

Upang tunay na mapulsuhan ang panig ng mga Peninsulares, base sa isinagawang *survey* ng The Defender sa limang porsiyento ng kabuuang populasyon ng mga BC-Peninsulares, 62% ang nagsabing hindi na sinusunod ng karamihan sa atin ang tamang pamantayan sa pagsusuot ng uniporme.

"Karamihan sa mga estudyante ay ipinagpapawalang bahala ang pagsusuot ng tamang uniporme. Kadalasan ay isinusuot ito ayon sa kanilang gusto at porma", pahayag ni Francis Edward Blanco ng BSEd ayon sa kaniyang obserbasyon sa istilo ng pagsusuot ng uniporme ng mga kapwa natin mag-aaral.

Pawang taliwas ang mga ito sa mga pamantayan na nasusulat sa ating *student manual*. Ayon sa nakatakda sa Seksyon 9 ng *General Rules on Conduct and Discipline* sa *student manual*, ang tamang uniporme para sa mga babae ay kulay *old rose* na *slacks*, *cream* na *blouse* na may logo ng BPSU at itim na sapatos habang sa mga lalaki naman ay puting polo na may logo rin ng ating unibersidad, itim na *slacks* at sapatos.

"The students should not use other uniform than the prescribe uniform given by the university. It doesn't only include the color but also the style. Ganyan nga 'yung kulay pero ibat iba naman ng style o ng cut hindi pa rin iyon tama", pagbibigay-diin ni Dr. Rolando P. Manaligod, Associate Director of Student Affairs ng ating *campus*.

Ngunit sa kabila ng mga pagbabago at transpormasyon dulot ng ilang mga Peninsulares sa opisyal nating uniporme ay batid pa rin naman nila ang kahalagahan ng tamang pagsusuot nito, sa katunayan 2% lamang ang nagsabing hindi mahalaga ang pagsusuot ng tamang uniporme.

"Sapagkat sa pamamagitan ng uniporme ay nagkakaroon ng pagkakakilanlan ang estudyante at nalalaman kung saang unibersidad siya nag-aaral o nabibilang", ayon kay Analyn Mendoza ng Psychology sa tanong kung mahalaga nga ba ang pagsusuot ng tamang uniporme.

TANGKANG PAGBABAGONG BIHIS

Hindi natin maitatangi na hindi lahat ay kontento sa disenyo ng ating opisyal na uniporme. Dahil dito, may iilan na ninanais sana ang mabago ito; 48% ng mga mag-aaral ang nagsabing hindi nila gusto ang istilo at disenyo ng uniporme ng BPSU.

"Hindi siya komportableng isuot, masyadong mainit", pahayag ni Reynalyn Fernandez ng BSBA. Samantala ayon naman kay Jam Izon ng BSA-2G ay masyadong simple ang disenyo ng ating uniporme at hindi ito angkop sa ating mga *classrooms* sapagkat

PASYONISTA- ganito maituturing a Pagdating sa kung ano ang uso at pato sa pagiging updated. Sino nga ba ang kung kalakip ng pakikiuso ay ang m karamihan?

Kaya naman maging ang ating opisyal na uni ng paraan ng kapwa natin mga Peninsulares na bang maging ito ay bigyan ng karampatang trans modernong lipunan? Matatawag pa nga ba itong ito ng pagbabagong ayon sa ating personal na ka

Uniform o any form? Halina at alamin natin a



ang mga ito ay hindi *air conditioned*.

"Pare-pareho kasi 'yung *uniform* ng bawat *program*. Maganda sana bawat *program* ay may sariling disenyo ng *uniform*", suhestiyon naman ni Louviegine Bagtas ng BSA-3A.

Dahil sa mga naturang kumento, napagbalakan ng dating Campus Student Council President ng Balanga Campus na si Efren B. dela Dingco II na isuhestiyon ang pagkakaroon ng pangkabuuang pagbabago sa uniporme ngunit sa kasamaang palad ay hindi ito napahintulutan at 'di na muli pang inirekomenda ang nasabing *proposal*.

"Ginawa kung 'yung *proposal* kasi gusto ko sanang magkaroon pa ng mas magandang imahe o bihis ang ating unibersidad sa pamamagitan ng pagbabago sa disenyo ng ating uniporme at para na rin maisabay ito sa

JORISSA D. CASTRO

ANY FORM?

akabagong transpormasyon ng opisyal na uniporme ng BPSU

ang karamihan sa ating mga Peninsulares. k sa takilya ay tiyak na hindi tayo nagpapahuli gustong magpahuli at mapag-iwanan lalo pa agandang pagtingin at pagtanggap sa atin ng

uniporme bilang mga estudyante ay nagawan na rin maiyayon sa kung ano ang uso. Ngunit nararapat spormasyon kasabay ng mga pagbabago sa ating uniporme kung ang bawat isa sa atin ay binigyan gustuhan?

ang pulso ng mga Peninsulares.



kasalukuyang panahon. Pero ayon sa natatandaan kong sinabi ni Sir Magpantay ay di pa daw *time* na palitan 'yung *uniform* at *maybe after* na daw ng *term* nya kasi daw *it reminds him how BPSU started*", kwento ni Efren B. Dela Dingco II ukol sa naging desisyon sa kanyang ginawang proposal.

Samantala kung ang iba ay ayaw ang istilo ng ating uniporme, meron din namang mas piniling mahalín ang disenyo nito.

"Kasi ito na ang nakagawian ng ibang mga estudyante ng ating unibersidad at kapag iniba pa natin ito ay magkakagastos pa ang mga estudyante", praktikal na pahayag ni Jerico Cruz ng CoEd. At para naman kay Aillen Navarroza ng COED ay mas pormal tignan ang ating uniporme at mas nakatutulong ito upang mas

madaling malaman kung saang unibersidad ka nagmula.

PAGYAKAP SA ATING PAKKAKAKILANLAN

Sa simula at sapul na itinatag ang ating pamantasan ay sa ganitong kasuotan na nakilala ang mga estudyante ng BPSU. Saan mang panig ng Bataan basta makakita lang tayo ng mga ganitong klaseng kasuotan ay 'di mawawala sa ating impresyon at isipan na tulad natin mag-aaral din sila ng ating pamantasan.

At bilang mag-aaral ng BPSU, responsibilidad nating sundin ang mga regulasyon ng ating unibersidad na pinapasukan katulad ng pagsusuo ng tamang uniporme. Isuot natin ang ating uniporme nang naayon lamang sa tamang sukat ng ating katawan, hindi maluwag o 'di kaya masikip at higit sa lahat ay isuot natin ito ng naayon sa tama nitong deskripsyon sa ating *student manual* at 'di sa sarili nating istilo o disenyo.

"Kailangan talaga magsuot ng uniform bilang respeto na rin sa *university*", ayon kay Ayla Rose Villegas ng BSED. Samantala, para naman kay Hossana Chayah Puno ng CNM ipinapakita lang nito na marunong tayong sumunod sa mga patakaran at para na rin tayong magmukhang disente sa paningin ng iba.

Ngayong batid na ang pulso ng mga mag-aaral ng BC, marahil oras na upang alamin ang pulso ng ibang mga may dugong Peninsulares rin at kung pareho lamang ang makuhang tugon ay senyales na ito na kailangan nang umakasyon ng mga Campus Student Councils (CSC) at ng University Student Council (USC) bilang boses ng mga mag-aaral. Maaari silang maglahad ng mga mungkahing disenyo ng uniporme na siya namang pagpipilian ng nakararami at pagkatapos ay ipipresenta ito sa Office of the Student Affairs hanggang sa makarating sa presidente ng ating unibersidad na inaasahang ikokonsidera ang pangangailangan at suhestiyon ng mga estudyante na pangunahin nitong pinaglilingkurán.

Marahil ang kasalukuyan ngang disenyo ng ating uniporme ang nagpapaalala sa atin ng pinagmulan at naging simula ng ating mahal na unibersidad, subalit, maaaring panahon na rin upang pakinggan ang boses ng nakararaming Peninsulares, tangan man ng disenyong ito ang nakaraan ng ating paaralan, sa pagbabagong yayakapin nito ay tunay ngang naghihintay ang panibagong yugto sa hinaharap; isang magandang pagpapatuloy ng ating kwento bilang mga Peninsulares at ng BPSU sa kabuuan. TD



Emmanuel Abao Jr.



TANGGULAN

Silahi

Elo

Ikaw ay aking nilimot.
Kinalawang at nilumot.
Hindi na inaalala.
Ni minsa'y 'di nangulila.

Ako'y nagbago.
Para na rin sa aking paglago.
Tinalikuran ang dati.
Kasama na rin ng mga pighati.

Namuhay ako ng masaya.
Na akala ko'y panghabang buhay na.
Ngunit ika'y muling nagbalik.
Binasag ang panahimik.

Nang makita ka'y natulala at napaluha.
Pagtatagpong muli ay sadyang 'di inakala.
Salamin sa dingding lang pala ang magpapaalala.
Kung bakit sinsaktan ako ni ama dahil sa pagsusuot
ng lumang saya.

Ikinukubling Pilit

**para sa iyong tila nais sumanib sa akin.
Imagery*

Mas pinili kong ikubli ang aking pagkatao
At magpakain sa buhay na anino
Mas pinili kong manahimik
O 'di magsabi ng totoo
Sapagkat ako ay ako
Sa aking pag-iisa
Ngunit sa mundong ito
Kailangan kong magsuot ng maskara
'di ko na maipaparinig
ang aking tinig
sarili'y pinaos
pakiramdam man ay nakagapos
subalit may hangganan din
ang pagpapanggap
ang pagkukubli
ang pananahimik
sapagkat 'di sa buong buhay ko
kakailanganin kitang pakisamahan
darating ang oras, 'di ka na pakikinggan
may mga buhay na sadyang 'di buhay
pagkat may mga taong sa pakikialam
mahusay
kaya't pinili kong isuot ang maskara
upang ingatan ang aking ideolohiya
bukas, sa iyong pagkupas,
ako ay sisigaw, kikibo, magpapakatotoo
ngunit ngayon,
hahayaan ko muna na isipin mong ikaw
ang panginoon ko.

Tuliro

Alay sa lahat ng nalilito

Tiago

I
Malapit na akong mayari, ngunit bakit hindi ako
masaya?
Hindi ba't may pera pag ako'y inhinyero na
Pera para sa pamilya, pang-aral ni bunso
Ngunit gusto ko lamang talaga ay magluto
II
Itay, paano mo kaya matatangap?
Na ang anak mong si Junjun ay lalaki rin ang hanap
Hindi kita gustong ipahiya
Lalo na't alam ko na ang pagpupulis ko,
Ang sayo'y magpapaligaya
III
Gusto kita, pero ano ba talaga ang tingin mo sa akin?
Nagpapanggap akong hindi ka napapansin
Pero pangarap ko lang ay masabi sayo nang harapan
Nais kong malaman mo ang aking nararamdaman
IV
Teka, alas tres ba o alas kwatro?
Saan nga ba ang klase ko?
Gusto ko talagang tingnan ang COR ko
Kaso naiwan ko sa aking kwarto

Muling Sulap sa Iyong Pagkatao

MARIA TERESITA

"Makikita mo lamang ang iyong tunay na kagalingan sa oras na tanggapin mo ang iyong katauhan. Ang kailangan mong gawin ay harapin at hanapin ang iyong tunay na pagkatao ng may katapangan at pagtanggap."

ANG BUHAY AY ISANG ENTABLADO. Simula pa lamang nang tayo ay isilang ng ating mga magulang ay unti-unti na tayong hinuhubog para sa parteng ating gagampanan sa mundo. Simula sa pagbigay ng pangalan, sa pagpili ng una nating susuotin, sa paghandog sa atin ng mga laruan, at hanggang sa paggabay sa atin sa ating paglalakbay sa mundong ito, ay unti-unting nabubuo ang ating kaniya-kaniyang katauhan na tanging sa atin lamang ibinigay.

Ngunit sa pag-ikot ng mundo, hindi lahat ng makikilala natin ay ngingiti at papalakpakan ang ating pagkatao, hindi lahat ay sasang-ayon sa karakter na ating ipinapakita, at hindi lahat ay mananatili sa kanilang kinauupuan at tatapusin ang natatanging palabas na sinimulan natin.

Darating ang punto na sa takot nating tuluyang layasan ng ating mga manunuod ay pipiliin nating magsuot ng maskara. Susuotin natin ito at babaguin ang ating sarili sa pamantayang gusto ng mga tao. Sa ating pagpapatuloy ay nagkakaroon na rin ng mga maninipis ngunit mga mapang-angking pisi ang ating dalawang braso, ang ating mga tuhod, at ang ating mga paa. Mahigpit na kakapit ang mga pising ito na tila tanikala sa kaluluwa nating noon ay malaya.

Sa mga panahong haharap tayo sa mundo ay agad tayong gagalaw na hindi na ayon sa ating kagustuhan, kundi ayon na sa mga taong may hawak ng pisi sa ating katawan. Sa kaibuturan ng ating puso tayo ay nahihirapan, ngunit pipilitin nating ipakita ang pinakamatamis na ngiting mayroon tayo at pipilitin nating ibigkas ang mga salita na dayuhan sa atin. Gustuhin mo mang ipakita ang nilalaman ng iyong puso ay alam mong hindi maaari, sapagkat katumbas ng bawat desisyong nais mong gawin ay ang pangambang tuluyan kang lalayuan ng mga tao sa iyong paligid. Subalit kailangan nating isaisip na hindi dapat nating hayaan ang iisipin at sasabihin ng ibang tao na maging dahilan para baguhin ang katauhang regalo sa bawat isa sa atin.

Panahon na para suotin mo ang kamisetang matagal mo nang ibinaon sa kailaliman ng iyong gamit sa pangambang makikita iyon ng iyong ama, panahon na para tuluyan mong ilabas ang pag-ibig na matagal mo nang inilihim dahil kayo ay magkapareho ng kasarian, panahon na para sabihin sa iyong kaibigan na isa kang taong mabilis panghinaan ng loob, panahon na para magpaalon sa saliw ng musika habang ang iyong katawan ay nagpapalunod sa bawat himig nito kaysa makulong sa isang mundo na hindi naman talaga tinitibok ng iyong puso, at panahon na para lubusang masilayan ang liwanag ng kalangitan ng walang halong takot at pangamba na ang mundo ay lalayuan ka sa oras na makita nila ang tunay na ikaw ng walang maskara.

Makikita mo lamang ang iyong tunay na kagalingan sa oras na tanggapin mo ang iyong katauhan. Ang kailangan mong gawin ay harapin at hanapin ang iyong tunay na pagkatao ng may katapangan at pagtanggap. Hindi ang mga pising pilit sumisiksik sa iyong katawan at hindi ang mga maskarang pilit na kumakapit sa iyong katauhan ang makapagsasabi kung sino ang tunay na ikaw. Sabi nga ni Henry David Thoreau, isang sikat na Amerikanong manunulat, "*What a man thinks of himself, that is what determines, or rather indicates his fate.*" Ikaw lamang ang may kakayanang maghabi ng pisi ng iyong buhay, ang magsaad ng iyong kagustuhan, at ang maglahad ng iyong pagkatao.

Bago natin naisin ang pagtanggap ng ibang tao, marapat muna nating taglayin ang tapang na tanggapin at ipaglaban ang pagkataong tunay nating nais. Tayo lamang ang may kakayahan na magpagalaw sa ating mga sarili at tayo lamang ang may tanging kakayahan upang lubusang ipakita kung sino ang tunay na tayo. Sa huli, ang liwanag at palakpakan na makamundo ay tuluyang maglalaho pagdating ng panahon, ikaw at ang sarili mo lamang ang matitira at magpapatuloy sa pagtatanghal na sinimulan mo sa entablado ng para lamang sa iyo.

TD





Topak

Ang Pag-unawa sa Pinagdaraan ng mga Animo'y Rhodora X

Sa pakikisalamuha ni
ANGELINA MAE L. EUGENIO

"Magbiro ka na sa bagong gising, huwag lang sa topakin."

Isang babae na may higit sa isang pagkatao—ito ang kagimbal-gimbal na konsepto ng teleseryeng Rhodora X kaya naman naging usap-usapan ito ng karamihan. Marami ang nagtanong kung maaari nga bang mangyari sa tunay na buhay ang kondisyon ni Rhodora? Mayroon ding mga nagkomento na marahil ay nagkaroon ng eksahirasyon sa pagpapakita ng nasabing kalagayan.

Ganoon pa man, marahil hindi nga pangkaraniwan ang kaso ni Rhodora kaya ang ilan sa atin ay hindi ito binibigyan ng masyadong atensyon, subalit kung atin lamang iisipin, sa ating pang-araw-araw na buhay ay wari bang nagiging munting bersyon tayo ni Rhodora, hindi man nagkakaroon ng dalawang katauhan sa ating katawan na literal pa na nag-uusap sa harap ng salamin katulad ng madalas na ipinakita sa teleserye, may mga yugto sa ating buhay na tila maiuugnay kay Rhodora, ito ay sa mga oras na tila wala tayo sa huwiso o tayo ay "tinotopak".

Topakin ka ba, Peninsulares? Halina at pagtulungan nating burahin ang mga kunot sa iyong noo.

Sa Iyong pabago-bagong ugali...

Ang nakakatakot na karanasan ni Rhodora sa kaniyang pagkabata ang naging pangunahing rason sa kabila ng kaniyang natatanging kondisyon na *multiple personality disorder* o mas kilala sa tawag na *'split personality'*.

Samantala, kung topak naman ang ating pag-uusapan, tunay ngang maraming bagay ang marapat nating pagtuunan ng pansin ukol dito. "Malaking factor 'yung environment kung bakit tinotopak ang isang tao, halimbawa nalang sa campus natin, kung pagpasok mo, kahit gaano pa man kaganda gising mo, kung sobrang init sa classroom, pwedeng maging rason 'yun.' " pagpapaliwanag ni Ginang Mylene Hualda, BPSU-BC Guidance Counselor. Sa espesyal sa kondisyon ng mga kababaihan, maituturing din na rason ang kanilang buwanang dalaw o *menstruation* sapagkat sa mga panahong ito nakakaranas ng *hormonal imbalance* ang mga kababaihan na maaaring makaapekto sa kanilang nararamdaman at pagkilos. Maliban pa rito, maaaring dahilan rin ang kaniyang mga nakakain o ang kalidad ng kaniyang tulog.

Samantala, para naman kay Jayson Dela Dingco, BS Psychology II, maituturing niya na natural lamang sa mga kabataan ang pagiging topakin, aniya, "Para sa akin natural lang sa mga kabataan ang pagiging topakin dahil habang tayo ay nagdedevelop, hindi pa stable ang ating personality o characters kaya nagkakaroon pa ng confusion."

Ngunit sa mas malalim na pag-analisa, binigyang linaw ni Gng. Hualda na maikokonsiderang *defense mechanism* din ng ibang tao ang pagkakaroon ng topak. "Alam mo 'yung minsan na nagtotopak-topakan lang? kasi others may think na kapag normal sila, 'di sila napapansin, pero kapag wala sila sa huwiso, mas may possibility na mapansin sila. Minsan pwedeng parang projection, ganun."

Sadyang ang pagkakaroon ng topak ay hindi lamang dala ng masamang hanging buhat sa kung saan, ugat nito ang mga bagay-bagay na halos hindi

natin napapansin o madalas nating binabalewala lamang.

...ay nagagambala Ka pati na rin Sila

Tuliro at nahihirapan—iyan ang masalimuot na karanasan ni Rhodora dala ng kaniyang kondisyon habang pagkabahala, pagkainis, awa at galit naman ang iba-ibang nararamdaman ng mga tao sa kaniyang paligid. Sa katulad na senaryo, tunay ngang ang simpleng 'topak' ay mayroong ding matinding epekto sa taong nakakaranas at tinatamaan nito.

"Naaapektuhan din 'yung pag-aaral ko dahil hindi

"...tunay ngang mahalaga ang pagkakaroon ng pang-unawa sa ating sarili at sa ibang tao. Kung magagawa natin ito... magagawa nating palitan ang kunot sa ating noo ng isang matamis na ngiting positibo ang maidudulot para sa lahat."

ako makapag focus eh, hanggang maisip ko na lang na sayang 'yung oras na pinairal ko 'yung topak ko," pagbabahagi ni Lorenz Riza Bulan, BSBA III-A, na aminadong madalas maging topakin.

Tulad din ni Lorenz, aminado rin si Danica Marcelino, BSE IV English na madalas negatibo ang epekto ng pagiging topakin niya—kapwa sa kaniyang sarili at sa mga tao sa kaniyang paligid, wika niya, "Umiinit 'yung ulo ko, tapos tahimik na ako, naiirita ako, basta naiinis ako kaso ayoko rin naman ng ganung feeling pero kapag tinopak na ako, hindi ko na mapigilan. Sa mga tao naman sa paligid ko, 'yung iba nao-offend 'yung iba naman sanay na, pero usually hindi nila naiintindihan."

Walang duda na sa mga pagkakataon na wala tayo sa huwiso, masasabing abala ang dulot nito sa atin ganoon na rin sa mga taong sa atin ay nakapaligid. Dahil sa biglaang pagbabago ng ating mood, hindi

maiwasang may mga trabaho tayong maiwang hindi tapos o kaya naman mga usapang hindi nabibigyan ng linaw na naghubunga ng alitan.

...ngunit ito'y 'di tulad ng iyong inaakala

Noong una ay lubhang naguluhan din ang mga tao sa paligid ni Rhodora higit sa kaniyang kondisyon; hindi agad naging malinaw ang lebel ng komplikasyon ng kaniyang kalagayan sapagkat sadyang malawak at hindi simple ang mundo ng Sikolohiya.

Ito ay tulad lamang din sa konsepto ng 'topak'; sapagkat tila ba nakalutang sa hangin ang nasabing ideyang ay madalas itong naiuugnay sa iba pang *psychological disorders* o *conditions* tulad na lamang ng *bipolar disorder* at *schizophrenia*.

Ang *bipolar disorder* ay tinatawag ding *manic-depressive illness* kung saan kapag ang isang bipolar ay nasa manic stage ay nakadarama ng labis na kaligayahan, *self-importance*, magiging *energetic*, biglaang at matinding pagkaireritable. Samantala, kung nasa depression stage naman siya ay kabaligtaran naman ang kaniyang nararamdaman tulad ng sobrang kalungkutan, negatibong perspektibo sa mga nangyayari sa paligid at pagkawala ng pakialam sa mga bagay na dati ay nakakapagpasaya sa kaniya. Ang mga kilalang manunulat na sina Ernest Hemingway at Virginia Woolf ay nakaranas ng *bipolar disorder* na pinaniniwalaang dahilan kung bakit nagawa nilang patayin ang kanilang mga sarili. Si Baron Geisler naman ay nagtataglay din ng nasabing disorder na naging rason kung bakit makailang ulit siyang napabilang o nasangkot sa mga gulo, awayat iskandalo na minsang sumira sa kaniyang imahe bilang isang aktor.

Ang *schizophrenia* naman ay isang malalagang *mental illness* kung saan animo'y nawawalan ng koneksyon ang isang tao sa realidad, mayroon siyang mga hindi mangkaraniwalang ikinikilos at magulong sistema ng pag-iisip at maging ng pagsasalita ganoon na rin ng *decreased emotional expressiveness*, and *social withdrawal* na talagang malaki ang epekto sa



SEVENTH STRIKE

MIGUEL A. MALICDEM
SPORTS EDITOR

Tormenting Treatment

For *STALLIONS*: A salute for teams having debut championship titles and also to our medal haulers that staked 33 gold medals, another high record sealing for the university on the last State Universities and Colleges Olympics III (SUOCO-III) this year. For our players who got a short fall and persevering heart to win, keep on going!

For our student-athletes who were always determined to fight for our university, they must deserve a good treat.

I always salute people who do not quit and strive hard for their lives to have sense; who keep their synergy and momentum to face challenges with their unstoppable perseverance; and who push their limits to be deserving of what the chances have given them. These are our BPSU Stallions, our own student-athletes who found a way to break the long lost codes to capture the waited titles on the said match-up.

Seeing the sweaty, anxious, and weary stance of our athletes, it seemed to me that they have thought to forfeit and zoned out themselves as mere runner-ups, as quitters. I have seen this scenario for I have witnessed their undying desire and drive to be champions, and finish the dynasty of those at the pedestal.

On the side note, with my own eyes and Kuya Joven, the former sports editor, I have noticed bad situations that made a great disappointment at all. I have seen our student-athletes filthy in not (very) conducive quarters. It is not just them, I and

my co-editors who experienced but even the other participating athletes from other universities who experienced that and I think that is not what the proper treatment is all about.

Last regional, our team, *THE DEFENDER*, covered the events in the said competition and it was not just a clash of sports skills either. Let us say that it was like surviving in a jungle. How are you going to feel once you get know that our representatives are sleeping in resting quarters having worn out bed foams, sharing stinky comfort rooms, some are stormed rooms, insufficient supply of 'clean' water, and other short necessities? I felt like I cannot forget what I witnessed and that those issues should be clarified and resolved.

Sanayan. It might be an everyday routine for us; but with hundreds of athletes staying in the same quarters, it is a tormenting twist. Waking up earlier to take a crucial bath, finding some comfort rooms to use, bathing quickly not knowing where the water came from, and also finding ways not to be sucked by swarming mosquitoes in the area were just few of the challenges that could, in fact, be avoided. Then again, is it very selfish for our athletes to be taken care of?

Indeed, in other universities, Universities Athletics Association of the Philippines for example, they really focus on honing and reinforcing the varsity team by not just spotting proper resting place during tournaments; but also building better sports facilities and gymnasiums where their athletes can stay, practice, and rest. Win or lose, their sports and development department never stop allotting funds and assisting their players. For them, it is must-do.

"WE CAN ALSO GIVE PRIDE TO OUR UNIVERSITY. BUT IN THE SPORTING ARENA. NO ONE HAS EXACTLY WHAT OUR STUDENT-ATHLETES HAVE. ON HOW THEY SACRIFICE THEIR SWEAT, BLOOD, AND EFFORT JUST FOR TROPHIES AND MEDALS."

Our team members are actually not avatars, robots, or equipments, on a role playing game that depicts the 'survival of the fittest'; wherein if they do not fit on a given dungeon and money, they will never continue to exist. Also, they are seen as just a mere 'equipments'-to present, to represent, to use, and to be kept on 'storages' in this varsity. Reiterating, our student athletes give honors for our university; we should treat them more. We do not want that on the next years, the Stallions squad will be deserted and extinct.

I am not asking for a five-star accommodation on a hotel or so on. But what I am just trying to ask for is just a clean, and comfortable quarters for our athletes during the event where they assure comfort, health, and security.

For the administration, immediate offices, and all the people behind our athletes' quartering condition, I would like to recommend for the initiatives to give focus on monitoring and checking the quality of the staying place for these athletes- a simple job might be very helpful for them. If all these mentioned things will be considered and followed, it must be plotted. It might be a factor that will reinforce and boost their morale where they will feel they are truly considered and cared by the university.

We can also give pride to our university; but in the sporting arena, no one has exactly what our student-athletes have, on how they sacrifice their sweat, blood, and effort just for trophies and medals. A *pa-consuelo* from us is not a big thing— just to let them feel that we care for them will be enough to show them our appreciation and gratitude. TD

buhay ng nakakaranas nito. Ang isang *schizophrenic* ay nahihirapang mabatid ang pagkakaiba ng totoo sa hindi totoong karanasan, maayos kumpara sa magulong sistema ng kaisipan at angkop sa hindi akmang pagkilos. Kumpara sa topak, ang isang taong may *schizophrenia* ay hindi na nagagawang mabuhay ng normal sapagkat kinakailangan na ang *hospitalization* sa kadahilanang nailalagay ng isang *schizophrenic* ang kaniyang sarili sa kapahamakan. Kasabay na rin nito ang kawalan ng kakayahan na magtrabaho o mapanatiling maayos ang kaniyang relasyon sa mga tao sa nakapaligid sa kaniya.

Marahil wala nga ang kalagayan ng isang may topak lang kumpara sa mga nabanggit na kondisyon. Subalit kung hindi natin magagawang kontrolin ng maayos ang ating mga naiisip at nararamdaman na dulot ng sitwasyon o pangyayari, maaaring tulad ng sa bipolar disorder at sa schizophrenia ay maapektuhan din ang pang-araw-araw nating pamumuhay at higit pa ay ang relasyon natin sa mga tao sa ating paligid.

...ang mahalaga'y unawain na lamang Natin ang Isa't Isa

Mayroong mga tagpo sa palabas na Rhodora X kung saan ipinapakitang sa panaginip ng tauhang si Rhodora ay pinipilit niyang labanan ang isa niyang alter na si Roxanne, kinukumbinse niya ang kaniyang sarili upang matalo ang isang masamang pagkatao na nananahan sa kaniyang isipan. Sa kabilang banda,

pilit ding iniintindi at tinutulungan si Rhodora ng kaniyang pamilya upang malampasan ang madilim na bahaging iyon ng kaniyang buhay.

Ito ay wala ring pinagkaiba paraan na nararapat nating gawin sa usapin ng pagkakaroon ng topak. Kailangan nating unawain at kontrolin ang ating sarili sa lahat ng pagkakataon at kung tayo naman ang sasalo ng topak ng ibang tao sa ating paligid, kaparehas na pag-unawa ang marapat nating ipadama. "Knowing one self, you should know your limitations and weaknesses, babalik pa rin tayo sa importance ng self-esteem, kapag may self-esteem ka kasi, kapag secured ka sa sarili mo, kaya mo ihandle 'yung mga bagay na maaring maging cause para mawala ka sa mood eh," payo ni Gng. Hualda sa kung papanong sarili mismo natin ang makakatulong upang maiwasan natin ang wala sa hulog na pagiging topakin.

"Huwag ka na dapat maging *stimuli* pa ng kanyang pagkakagalit. *Ihandle* mo s'ya in a way na kausapin mo sya nang maayos at huwag nang lokohin pa, ganun." Iyan naman ang sagot ni Mark sa kung paano dapat pakitunguhan ang isang taong tinotopak. Sinuportahan ni Mark ang payo ni Gng. Hualda at dagdag pa niya, hindi lamang mga *psychology students* ang kayang matuto ng mga makabuluhang bagay tulad ng *self-awareness* at *self-control* kundi maging ang iba hangga't taglay nila ang pagnanais na mas makilala ang kanilang sarili at maunawaan ang

ibang tao.

Sa kabilang banda, tila mayroon din naman tayong mababanaag na positibong resulta ng pagkakaroon ng topak ng isang tao, pagbabahagi ni Gng. Hualda, "Minsan kasi sa sobrang *familiar* mo sa tao, halimbawa sa isang *friend*, parang *you cannot talk to eye to eye* eh, iniwasan mo magsabi ng *negative things o feelings*, pero kapag may topak 'yung tao, dun lumalabas, *you can directly tell the person* sa nararamdaman mo, tapos parang kapag nahimamasan ka na, magsosorry ka, sasabihin mo na dala lang ng topak mo 'yung mga nasabi mo *though you really mean it* naman talaga at mapag-uusapan nyong magkaibigan na ayos lang na nagkausap kayo ng ganun kasi *atleast* naging open kayo"

Ang kwento ng isang topakin ay maaring kwento rin nating lahat lalo pa't walang sinuman sa atin ang hindi kailanman makakaranas ng mga bagay o sitwasyon na maaring maging rason upang mawala sa huwiso ang isang tao. Masalimuot mang pag-usapan ang mundo ng sikolohiya, sa huli, tunay ngang mas mahalaga ang pagkakaroon ng pang-unawa sa ating sarili at sa ibang tao. Kung magagawa natin ito, tulad ni Rhodora na tuluyang nalabanan ang kaniyang kondisyon, magagawa nating palitan ang kunot sa ating noo ng isang matamis na ngiting positibo ang maidudulot para sa lahat. TD

In the Maroon Gallery

STICKS, SPLATS AND SPOTS
PAINTING THE PINTADOS ROSTER

MARIMAR ANN M. PANTI and MIGUEL A. MALICDEM

The Philippines has painted its way into the international sports scene with its invincible and determined athletes. From its eight-division world champion boxer, to the first lad on Winter Olympic ice rink, to the soaring drive of the basketball team, the country had left its mark of being one top contender in every facet of global sports arena.

But before these players sketched the portrait of the Filipino sports pandemonium, Arnis, a long time ago, have dyed the standard of a Filipino sports chiefs with its masterful reflexes and vicious beats.

Just like our very own BPSU Stallions, we have been one proud team as it tinted its way to the top with another squad of athletes with the same burning drive to be champions. Equipped with sticks and an extreme sense of nationalism, they are the lock-and-loaded caliber, the Pintados Team.

BUILDING STICKS

It all started from just a pile of sticks when the BPSU Stallions decided to add another squad to their team, and that was when the Pintados were born. The team scouted students with the potential to be great arnisadors and with the same passion, as the rest of the Stallions, to bring glory to our university.

"Syempre kami ang pioneering team, talagang proud na proud ako dahil isa ako sa mga kasali. Tapos syempre dito magsisimula kung ano ang kahihinatnan ng lahat, kumbaga sa'min magsisimula kung maganda o pangit yung Arnis team ng BPSU," said Joseph Banania, Pintados trainer.

Banania added that the Pintados is one-heck of a united team. They are strengthened and fortified in having virtues, discipline and spirit of true athletes.

"Kasi yung iba sa kanila player na talaga, hinihintay na lang nila na magkaroon ng arnis dito, kaya ang ginawa ko nagtanong ako kung sino ang interesado at magandang bunga naman kasi yung mga sumali may mga potential talaga," Banania expounded.

BEATING SPLATS

Arnis, as pictured as many, is a very risky sport. With rattan sticks as their primary weapon, arnisadors are seen beating their opponents. However, our original national sport is not all about whacking and violence. It is divided into two parts: Combat Category wherein the arnisadors are battling using foam-covered arnis sticks and the Anyong-Likha Category which is an exhibition

of creative figures using the arnis sticks.

Without any doubt, the young Pintados Team already waved our banner as they have brought in victory after they joined in the 1st Arnisadors Cup Invitational Championship held at Angeles City, Pampanga. The team, with the guidance of their coach Mr. Homer M. Tacubanza, has outlasted other squads of equally excellent arnisadors.

"Nung laban na 'yun na nakakaramdam ako ng kaba, dahil unang sali pa lang nila eh, pero nung nanalo sila, 'yung pakiramdam syempre masaya, at proud ako sa mga players at sa sarili ko dahil may naitulong ako sa kanila, may nagawa ako," expressed an overwhelmed Banania.

MARKING SPOTS

With every inch of determination, the Pintados wants to attain things – be recognized and leave an impressive spot in the world of Arnis.

"Ang motivation ko sa kanila 'yung nirerepresenta namin 'yung school, halimbawa sa bawat laro namin, hindi kami 'yung naglalaro kundi 'yung buong BPSU pati ang team ng Bataan," Banania expressed.

And part of their motivation is to be like the more experienced Arnis teams, and according to Banania they can be like these athletes if they bulk up the team by searching more students who are interested in playing arnis.

"Ang strategy naming para mapalakas pa ang team ay mag-scout kami ng mga players ng arnis dito sa Bataan. Tapos, paglalaban-labanin namin sila, at 'yung may mga potential, ipapasok na namin sa team ng Pintados," said Banania as he shared the strategy of the Pintados.

Though the Pintados is just a baby in terms of longevity in the BPSU Stallions squad, they are as driven and passionate as painters in their craft. With every ounce of their determination and hard-work, these student-athletes are dedicated into painting their dreams into reality. TD

"Ang motivation ko sa kanila 'yung nirerepresenta namin 'yung school, halimbawa sa bawat laro namin, hindi kami 'yung naglalaro kundi 'yung buong BPSU...."

- Joseph Banania, Pintados trainer



Blending Basketball and Inspiration

COURTSIDE FUSION

WITH PBA COACH KOY BANAL

KRISTOFFER LLOYD QUICHO and KARLO JAY S. JUAN

Ever since basketball was introduced by the Americans into the Philippines in the 1900's, the Filipino sporting culture changed its route, and it then became part of our daily lives. Filipinos of varying social statuses dreamt high, and used this action-packed sport to reach the zenith of success, and PBA Coach Al 'Koy' Banal was one of them.

Coach Koy, as he is fondly called by his Red Bull Barako team, shared without any doubt that he was once a dreamer, just like the kids who joined the second Summer Sports clinic of BPSU, he used this incredible and never-dying love for the sport to achieve his dreams.

"*Alam ko kung ano ang naibigay sa akin ng basketball. Nang dahil sa basketball, nabigyan ako ng pagkakataon mag-aral. Nakapagtapos ako ng pag-aaral, nagkaroon ako ng trabaho ng dahil sa basketball,*" Coach Koy said.

VERSATILE COACHING

Whether a coach or not, we know that there is a big difference between training pro-basketball players and kids and youngsters who are just starting to learn the game. But, Coach Koy believes in something else, as long as you have the drive and determination to excel, you can be a superstar.

"*Pag nagcocoach ako in the big leagues, iexplain mo nalang sa kanila [PBA Players] ang gusto mong mangyari at iexecute nila, syempre dito, mga bata lalo na mga beginners nagsisimula pa lang maglaro so may malaking diperensya,*" described Coach Banal on how teaching professionals differs from training the youth.

The Barako Bulls Assistant Coach added that as long as you have the potential and the desire to learn the sport, nothing will go wrong. He also stressed that sheer determination and a lot of practice will bring every young Bataño athlete closer to their dreams of becoming ace players in basketball.

"Basketball is repetition, *kung gusto mo gumaling, ensayo nang ensayo, hindi lang pwedeng two hours a day, dapat may extra work ka, even 'yung mga PBA players may extra work pa rin sila,*" shared Banal.

INSPIRING YOUNG ATHLETES

With all the dribbles and buzzer beater hoop shots, the experienced coach had seen diverse types of basketball star wannabees. With just the right inspiration and proper guidance, he thinks that even barefooted young man of Bataan can one day be an MVP.

"I've seen the kids play from all the places I've trained and been at. *May mga naglalaro nang nakayapak, merong nakakumpletong jersey pa, pero ang kailangan para maging mahusay na player, as a coach, you need to inspire them,*" Coach Koy stressed.

Furthermore, Coach Banal emphasized the importance of guiding not only the youth but their partners, the local coaches, as well. He even hinted that he is hoping for a chance to have a coaching career in the province to share more of his experiences and knowledge.

"*Hindi lang dapat players ang tinetrain, even the coaches. Kapag alam ng coach na ibalanse ang coaching and inspiring, the team will achieve greater heights. Nothing will happen kapag ang guidance at discipline ay nasa player lang, dapat pati coach merong dedication,*" the seasoned basketball trainer expressed.

UNDYING GRATITUDE

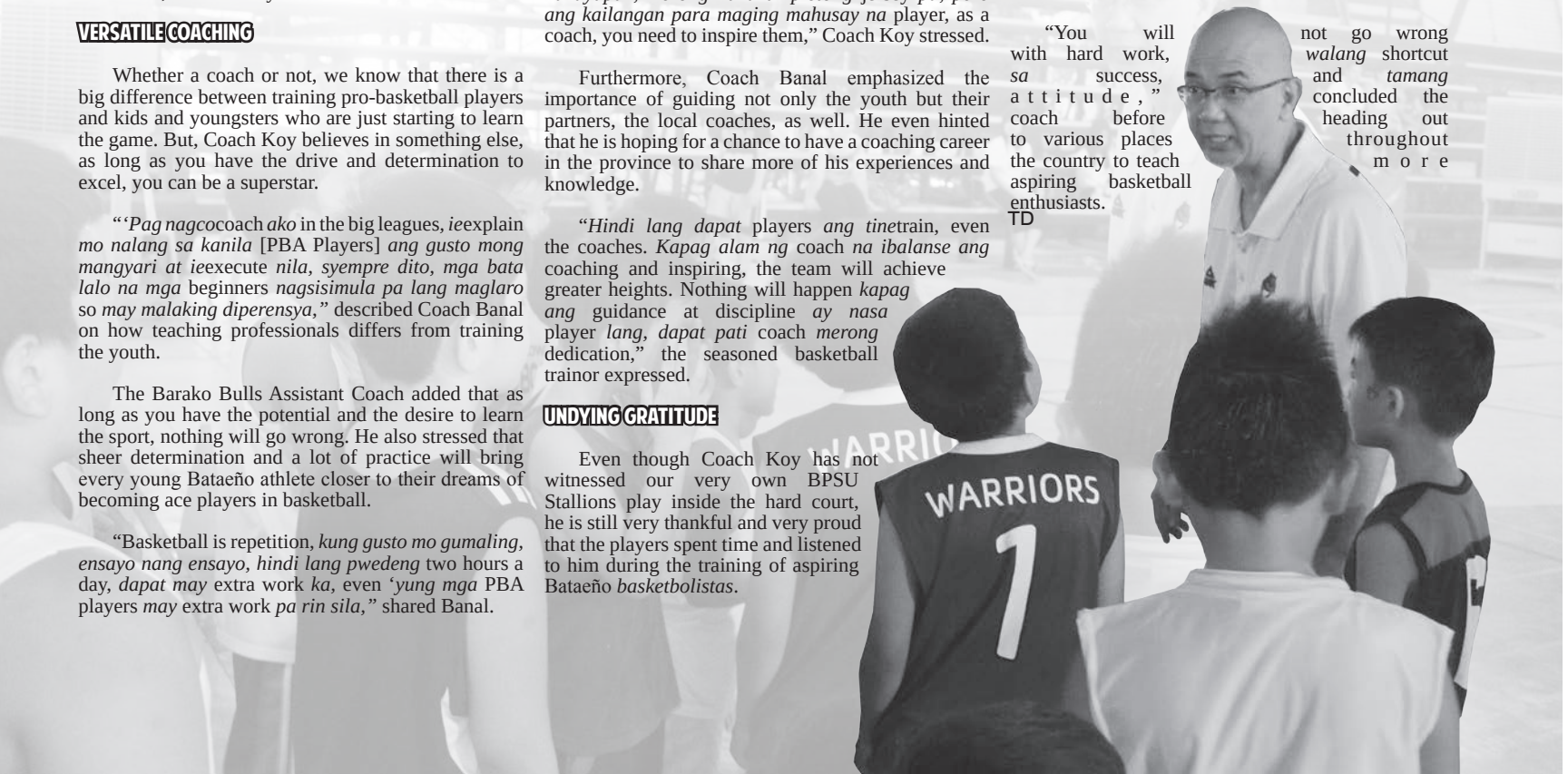
Even though Coach Koy has not witnessed our very own BPSU Stallions play inside the hard court, he is still very thankful and very proud that the players spent time and listened to him during the training of aspiring Bataño basketballists.

"*Kahit hindi ko sila nakita lumaro, alam ko na may passion talaga sila sa basketball. Hindi naman kasi sila [BPSU Stallions] pupunta kung ayaw nila matuto at magturo,*" Coach Banal added.

Moreover, Coach Koy said that he is deeply thankful for the opportunity to be part of BPSU Sports Clinic and he extended his gratitude to all the coaches, trainers, players and kids he has worked with.

"You will not go wrong with hard work, sa success, walang shortcut, attitude," and tamang coach before concluded the heading out to various places throughout the country to teach aspiring basketball enthusiasts. TD

not go wrong with hard work, sa success, attitude," and tamang coach before concluded the heading out to various places throughout the country to teach aspiring basketball enthusiasts. TD





FEROCIOUS RUNNER. Angelo Nicko T. Nool sets his eyes on the target of bringing pride to the university on last year's SUCO-III.
MIGUEL A. MALICDEM

sports

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Tramplng Stallions demand big guns

Intercamp playoff sets higher goals in SUCO '14

MIGUEL A. MALICDEM

IT ALL STARTS WITH AN INTENSE GAME PLAN.

Strategizing to surpass the all-time high third spot finish in the State Universities and Colleges Olympics-III (SUCO-III), Bataan Peninsula State University- Office of the Sports and Physical Development (BPSU-OSPD) bolted the intensified 5th Intercampus play-offs, Orani Campus, July 12.

BPSU-OSPD kicked off a thorough screening that pinpointed to recruit rookie athletes who would reinforce the Stallion roster in their regional and national campaign.

"*Talagang target natin is madagdagdan pa 'yung ating mga existing na athletes kasi marami kasing nagsi-graduate so kailangan natin ng panibagong set ng mga iti-train na mayroon nang skills sa iba't-ibang event,*" emphasized Director Jenifer Z. Carandang regarding the grounds of the intercampus battle.

NUMBERS GAME

Some of the regional champion teams lost few of their veteran and savvy players that made them increase their numbers to retain their regional standing.

"*'Yung nangyari nawala 'yung isa naming player pero may nakita kami na pwede naming ipampalit pero mahirap kasi mas maganda kung intact 'yung isang regu,*" expressed Redentor Bañez, Sepak Takraw coach, on adding players to replenish their line-up.

Also, Volleyball team coach Noriel Baltazar expounded that they lost six regional players and they need to patch up advancements on try-outs and trainings to boost their weak points.

BACK-TO-BACK TARGET

Sepak and Volleyball men squads are blueprinting a back-to-back victory plan to retain their regional cup crown. Also, the said preparation attempts to maintain their gold medal contribution on the last regionals that stashed 33 gold, 24 silver, and 44 bronze summing 101 laces on the Stallions medal tally.

"*Ang balak namin ngayon ay magback-to-back champion sa SCUAA tapos 'yung mga bagong players natin iimprove namin para makatulong kasi maraming nabawas na player sa dati naming line-up kaya mag-aadvance na kami sa kanila,*" articulated Coach Baltazar.

On a side note, Sepak team coach Bañez stated

the team would undertake tough workout to secure their hard-fought standing uttering, "*Rigid training kung бага kasi medyo mabigat 'yung nakaatang sa atin kailangang idepensa yung title na nakuha natin doon.*"

RISING UP

Carandang expounded that the other Stallion delegation must elevate their positions this season to catch the university supremacy vision.

Stallion Cagers trainer Edgardo Adraneda initiated sturdy practice to counter their nosedive early exit last regionals saying, "*Kinausap kami ng Sports Director (Carandang) na back to zero so kami ngayon lahat as a rookie kaya nag-set na kami ng mataas na standards para mabawi muli yung title. Tsaka mas pinupukpok namin ngayon sila ng training.*"

On the other hand, Chess coach Noel Ycasas declared that the wood pushers eye to rally a four-gold attempt after their lone gold feat.

After a short show off on exhibition performances during the regional tourney, the Pintados Arnis team would join the Stallions in their campaign in athletic supremacy in the SUCO-III. TD

