

The Kadangyans

THE OFFICIAL STUDENT PUBLICATION OF IFUGAO STATE UNIVERSITY



NEW MILESTONE: Dr. Eva Marie Codamon-Dugyon, University President, receives the certification for the International Organization for Standardization (ISO) 9001:2015 Quality Management System (QMS) in behalf of the IFSU community on June 27, 2019.

Photocredit: Allan D. Dinamling

IFSU is ISO 9001:2015 certified

Fraylene Buyagawon

Ifugao State University officially received the certification for the International Organization for Standardization (ISO) 9001:2015 Quality Management System (QMS) in respect to IFSU's General Administrative Support Services (GASS) and Department of Registrar and Admission Services (DRAS) on June 27, 2019.

The ISO 9001: 2015 is the version of a standard that revises the ISO 9001:2008 issue. This standard evaluation organization certifies a responsible organization and ensures a satisfactory quality on the efficiency of its products, its safety system and its services. It also looks directly at a higher requirement in terms of management and leadership that classifies standards and principles in developing customer satisfaction in businesses and organizations but is subject to annual or regularly

scheduled audits to evaluate the compliance to the standard.

University President Eva Marie Codamon-Dugyon, in her acceptance speech, said, "Our salute to all for taking the challenge to journey out of our comfort zones... for holding on, for staying in the course, and for trusting and believing in the direction we're heading to."

"Our ISO 9001:2015 certification is the assurance that we have solid, strong and clearly defined procedures in place in the area of GASS and DRAS. It is a continuous reminder and proof of our commitment to the Quality Management Systems that we have developed and implemented in our university."

Dugyon further challenged the faculty and staff to sustain the best practices of IFSU and to continue changing for the better.#

IFSU alumna ranks top 9th in ALE

Alvin Lucas

Imee Gallawon Mutal tops November Agriculture Licensure Examination (ALE) with a rating of 87.67 percent landing top 9 among 13,492 board takers all over the Philippines.

The Professional Regulations Commission (PRC) administered the licensure exam on November 5-7, 2019 in Manila, Baguio, Cagayan De Oro, Cebu, Davao, Iloilo, Legazpi, Lucena, Pagadian, Tacloban, Tuguegarao, and Zamboanga.

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New USSG Federation student leaders elected

Rommel Dupingay

The Department of Student Services and Development (DSSD) in partnership with the University Student Supreme Government (USSG)-Lamut Campus conducted an election of USSG federation officials for the school year 2019-2020 held at the newly opened student center of IFSU-Potia Campus on October 14, 2019.

The activity was attended by USSG officers from the six (6) campuses of Ifugao State University. The program was formally opened with a welcome remark by Desiree A. Ballitoc, DSSD Director. "I hope that everyone will participate and cooperate in this event and have a good relationship among other officers from other campuses," Ballitoc said.

Student leaders who joined were from the six campuses namely: Lamut, Lagawe, Hungduan, Tinoc, Aguineldo, and Potia Campus together with Mr. Johnwayne Bungallon, Section chief, Student Organizations and Dr. Nancy Ann P. Gonzales, Vice

President for Academic Affairs.

Election for a new set of USSG officials was carried upon nominations and secret balloting. The newly elected officers are the following:

Chairperson: Bulkman Smith B. Manzano (Lamut Campus)

Vice Chairperson: Judy Nata (Lagawe Campus)

Secretary - General: Jovelyn N. Baguilat (Lamut Campus)

Finance & Logistics: Rowell Corcuera (Potia Campus)

Auditor: Gracelyn Tique (Aguinaldo Campus)

P.I.O: Rodelyn Bahel (Tinoc Campus)

Business Managers: Precious Bastian (Lagawe Campus)

Adviser: Mr. Johnwayne B. Bungallon (Hapao Campus)

Dr. Nancy Ann P. Gonzales, Vice President for Academic Affairs (VPAA) administered the oath of office to the newly elected officers. "I will challenge everyone as elected leaders to do your best in your duties and responsibilities

for the sake of our students who are more than five thousand enrolled in our institution," she said.

Gracelyn Tique, the outgoing Student Regent, shared also her hopes to our newly elected officers to sacrifice their effort, time, and accept challenges to attain the Vision, Mission, Goals, Core Values, and Objectives of the school. She added, "We also need to be challenged of being responsible, humble, supportive, and heartfelt to attain the guidance of all students in our institution."

Tique formally turned over the key of responsibility to Manzano as the newly elected Chairperson of the USSG Federation. "We are hoping to attain the advocacy of our student concerns and in our institutions," he remarked.

Bungallon, in his closing remarks, said that if you have the will and the heart to serve, you will just enjoy.#



CAMPUS TORCH BEARERS: New set of University Student Supreme Government (USSG) officers take their oath of office before the University officials on October 14, 2019. Photo by Romel Dupingay

NCCA, IFSU hold training on culture-based education

Rachel Tuguinay

The National Commission for Culture and Arts (NCCA) and the Ifugao State University (IFSU) "Mga Durungawan sa Kulturang Pilipino" conducted an in-service training on culture-based education the heritage Convention Hall, IFSU-Lamut Campus on Oct. 17-19.

In line with the Department of Education requirement, the three-day training tackles more on the conceptual framework and theoretical designs in the localization, indigenization and contextualization of the resources of our cultural practice, and instructional materials in teaching the subjects in school.

Furthermore, the topics discussed also revolves around the different cultural practices of a Filipino such as mapping the Terrain of Philippine Culture-based Education, PinoyMundo: Imagining the Philippines in Historical and Geological Discourses, Lutong pinoy: A Filipino Feast of the Senses, Larong Pinoy: Discovering

Filipino Values in Traditional Filipino Games, Wikang Pinoy: Languages as Cultural Expression, Kwentong Pinoy: Exploring folks Narratives as Indicative of Collective Memory and Communal Aspirations, Academic Exchange.

Bihis Pinoy: Marking intersections in Filipino Gender, Sexuality, and Culture, Ifugao Intangible Heritage Performing Arts Society Cultural Performance, Sining Pinoy: Philippines Arts as social and Cultural Signifier, Developing Culture-based Instructional plan: Implication for Integration, Contextualization, Localization and Indigenization of Curriculum and Demo Lecture: Culture-based Instructional plan.

The cultural training was attended by the IFSU College of Education students, teachers from basic education, senior high school teachers, and tertiary education teachers from private and public schools and Mountain Province State Polytechnic College.#



UNITY AMIDST DIVERSITY: Resource speakers and participants who belong to different tribes join in the community dance during the last day of a 3-day in-service training on culture-based education on October 17-19.

Photo by Edward Allan D. Dinamling



IFSU ALUMNA RANKS TOP 9TH IN ALE FROM PAGE 1

Mutal, a BS Agriculture-Animal Science major of the College of Agriculture and Home Sciences (CAHS) was a consistent President's Lister during her college days and served as President of Future Agriculturists and Entrepreneurs of the Philippines (FAEP). She also graduated with awards such as Best in Thesis and Outstanding Student Agriculturist, and Cum Laude for the school year 2018-2019.

Meanwhile, Mutal attended review classes in Arellano Review Center and at Central Luzon State University (CLSU) aside from school-based review classes. "I also made study plans like counting my review notes then divided to the number of remaining days before the exam and always read the bible first before reviews", she said.

It is the second time IFSU-CAHS produced a topnotcher after Ms. Grethel P. Buyaco who landed top 10 in 2017.

Under RA 8981 otherwise known as PRC Modernization Act of 2000, section 7 reads; to monitor the performance of schools in Licensure Examinations and publish the results thereof in a newspaper of national circulation, IFSU-Lamut Campus maintains a rating of 51.10 % against the national passing rate of 41.05%.#



THE BACKBONE: Dr. Camilo A. Pimentel, IFSU – Lamut Campus Executive Director, lauds organizers and student-participants during the Women's Month Celebration. Photo by Rommel Dupingay

Student leaders apprised on human rights, student rights

Rachel Tuguinay

In coordination with the celebration of the women's month, the Commission on Human Rights Cordillera Administrative Region (CHR-CAR) conducted a seminar for the student leaders from the different school organizations last September 26 at the IFSU Convention Hall.

The seminar aims to enlighten and inform students on the mandates, programs, services of the Commission of Human Rights; rights of every individual in the Bill of Rights of

the Philippine Constitution; rights and responsibilities of the students including academic freedom, and the RA 7877, also known as the Anti-Sexual Harassment Law which was discussed by Atty. Joan O. Cadio-Toyokan. Participants also shared insights, impressions and views and asked questions to the speakers. Marylyn G. Palangdaw, Training Specialist IV of CHR-CAR gave the closing remarks.

CHED-CAR hosts TES representatives, STUFAP grantees meeting

Alvin T. Lucas

The Commission of Higher Education- Cordillera Administrative Region conducted the 3rd and 4th quarter meetings on tertiary students' subsidy program at Paragon Hotel & Suites, Baguio City on November 21-22, 2019.

Said events aimed to provide updates in the implementation of RA 10931 known as the "Universal Access" to Quality

Tertiary Education Act, launching and orientation of Student-Loan Program-Short term (SLP-ST). Tertiary Education Subsidy focal persons, scholarship coordinator, registrar, accountant or finance office, and guidance counselors with two student leaders and one Editor-in-Chief of institutional publication and student publication of various

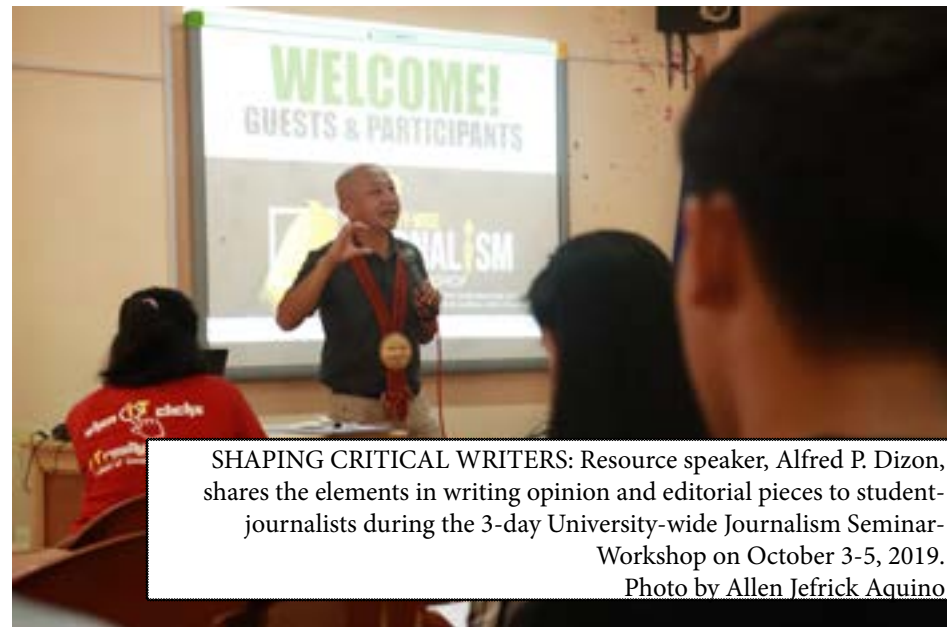
Higher Education Institutions (HEI's) of Cordillera Region attended said meeting.

The agenda include provisions of RA 10931 affecting the implementation of Student Financial Assistance Program (StuFAP) modalities of different providers and strategies & targets towards an equitable implementation. "I believe that this law will be implemented in order for you to avail this program," said Attorney Marco Cicero F. Domingo, Officer-in-Charge, Regional Director, CHEDRO CAR.

Thirty-nine (39) Higher Education Institutions participated with 7 public schools and 32 private institutions within Cordillera including Ifugao State University which is composed of Dr. Michelle J. Dulay, Ms. Haydee P. Festiken, Julie Faith C. Payadon, Florence Candice G. Leones, with student leaders, Alvin T. Lucas, Rommel Dupingay, Cutler Banhan, Rosalinda Bad-ang, and Charlie Timacder.

Atty. Carmelita Yadao-Sison, CESE OIC Executive Director IV of CHED UniFAST tackled issues about Advancing Career Guidance through the UniFAST Staff Development Program (SDP), and Access to Student Guidance Counseling & Career Development Services reiterating the essence of Implementing Rules and Regulations of RA 10931. She also presented the AmBisyon Natin 2040 with three main objectives such as Matatag, Maginhawa, and Panatag.

Mr. Charlie Tumacder, BS HRM-3 of IFSU Potia was asked about his experience as a TES grantee, "I was really grateful that I availed this grant, it made me get back to school to continue my studies", he said. After the presentations of different speakers, an open forum was held to answer queries of the participants by Mr. Joeference S. Yangyang, in charge of ceremonies.



SHAPING CRITICAL WRITERS: Resource speaker, Alfred P. Dizon, shares the elements in writing opinion and editorial pieces to student-journalists during the 3-day University-wide Journalism Seminar-Workshop on October 3-5, 2019. Photo by Allen Jefrick Aquino

Budding writers capacitated on campus journalism

Liwanag Dunuan

As part of the annual activity of the School Publication, the Upland Farm together with the Department of Communication Public and International Affairs (DCPIA) conducted a university-wide Journalism Seminar-Workshop at the Multi-purpose Hall of the CCS building, at IFSU Review Center and AVR, University Library on October 3-5, 2019.

Participants of the Journalism Seminar-Workshop came from the different campuses of Ifugao State University (IFSU) namely Lamut, Potia, Lagawe, and Hungduan campuses.

Dr. Camilo A. Pimentel, IFSU-Lamut Campus Administrative Director, formally opened the three-day seminar. He pointed out that the university needs writers to disseminate the university's accomplishments.

Alfred P. Dizon, Editor-in-Chief of Northern Philippine Times, served as the resource speaker. He lectured on News Writing, Opinion and Editorial Writing, Headline

Writing and Copy Reading Symbols. Workshops followed after the lecture part in order to assess the ability of the writers.

Furthermore, Jojin Rey Tamayo, a former writer and cartoonist of Baguio Midland Courier, shared his knowledge on Sports Writing, Cartooning, Comic Strip drawing, and Literary Graphics Illustration. On the other hand,



Juman Kevin Tindo, Editor-in-chief of Icon Magazine, lectured on Feature Writing, Development Communication (DevCom) and Poetry Writing.

Tindo shared a tip on how to become a good poem writer. "In poetry, make sure that your writings have a human connection," he emphasized.

"A good photojournalist should also be a good storyteller," Mr. Eladio "Jj" G. Landingin, a photojournalist of the Manila Bulletin, said during his lectures on Photojournalism and Captioning. He challenged the writer-participants through an-hour activity outside the venue to capture meaningful things inside the campus.

A team-building among the participants from the different campuses was also held during the last day of the training to foster a good camaraderie and responsible writers' leadership.

"A good photojournalist should also be a good storyteller"



Studes celebrate Teachers' Month

Lysel Aliguyon

The University Supreme Student Government (USSG) initiated Teachers' Day Celebration dubbed 'Hongang di Mimitulu' bannerng the theme "Munhana ya mun'along ta'uh" at the IFSU open gymnasium on October 25, 2019.

Bulkman Smith Manzano, USSG Governor, explained the word "hongang" which generally means a "birthday." The 'Hongang di Mimitulu' refers to a group birthday of the teachers.

Dr. Nancy Ann P. Gonzales,

Vice President for Academic Affairs (VPAA), gave an inspirational talk. Moreover, Dr. Eva Marie Codamon-Dugyon, University President. Lauded the teachers on the sacrifice that they do everyday for the youths who are future leaders.

Meanwhile, a worship service led by the CCF (Campus Christian Fellowship) and sharing of the word of God by Pastor Alfredo Carrera followed.

"Teachers are a precious gift that every student has in their life.

They are the shaper of a bright future of every student," Mr. Carrera added.

As a tribute to their instructors who serve and act as their guardians in school, the USSG officers conducted various activities, games and presentations from the different college departments and the Payyad Dance Troupe.

The students expressed their heartfelt thanksgiving, appreciation and gratitude to their teachers through special messages, video clips, gifts and tokens.#



BEST INFLUENCE: Students of the College of Education (COE) share greetings and gifts to their teachers during the Teacher's Day Celebration at the IFSU open gymnasium on October 25, 2019.
Photo by John Glenn B. Dulnuan



Call for Climate Justice

Along the way to modernization and technological advancements, certain issues began to arise due to constant changes in our environment. The effects are alarming as we continue to suffer the consequences and setbacks. Climate Justice is at once a social and environmental justice issue, an ecological issue, and an issue of economic and political domination even in school premises.

The idea of it came aboard when we felt the wrath of natural phenomena such as typhoons, wildfires, earthquakes, and others which made us realize the real deal of contemplating into it. Considering the issues, climate change may well be humanity's greatest challenge. It is a crisis that must be rapidly addressed if catastrophe is to be averted as the impacts are felt especially among the vulnerable sectors and marginalized communities.

More so, as it is institutionalized at the Ifugao State University, students can understand the issue in depth. At the University, we commemorate environmental month as an observation to tackle issues that remind us of

our contribution to lessening the effects of climate change.

The term is used to mean actual legal action on climate change issues. In the school setting, it is introduced for us to keep informed of what is happening around us and what can we do to combat these even in simple ways.

To successfully address the climate crisis, we must identify the deep root connections that linked this to the myriad crises we face, as well as the intertwining problems of food, water, and biodiversity loss. Luckily, our province is blessed with natural resources that can be utilized to help locals.

We commend the University as it patterns its goals and objectives in implementing certain rules and regulations to help minimize the underlying causes of environmental problems in which key personnel, employees, and students actively participate may it be clean-up drives, seminars, and abiding school policies.

As our school reaches its centennial year, we hope for the continuous effort and innovative ideas to be developed to achieve a

a more resilient learning institution upholding a sense of responsibility. This will lead us to another century where climate justice is observed and practiced among IFSU stakeholders. justice is observed and practiced among IFSU stakeholders.#

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**FORGET TO FORGIVE
 DELEBIT OBLIVIO**

Liwanag A. Dunuan

I don't even know. Maybe there I do not even know. Maybe there are things that are neither easy to forget nor easy to be forgiven. Let those throbbing things pass and uncontrollable moments be a memoir.

It is understandable when one owes to forget rather than to forgive after experiencing something undesirable. When everything comes to stab your back, you reminisce the sweats and tears of yesterday, and the eyes of criticism torture you. Easing the torment is not really the most proper. It is forgetting.

When everything seems to be great, circumstances come to reverse everything and disturb your peace of mind. A scent, scenery, and situations like riding alone in a passenger bus and sitting near the window while watching the dancing leaves remind you of tormenting memories. The total silence in a second, minute or an hour makes you remember the disdainful actions against you, the biases of every instance, the prejudices that are slowly wounding your heart. In all of these, you somehow never noticed that you're in an upsurge of emotion.

You start to question everything of why you are in vain and experiencing those discrepancies. But, you should be ready to look for reliable marks that are stuck in

your head. And as the passenger bus stops on its terminal, it is also like your mind shunts into the reality of life, fixing your image and getting you ready to forget the things that triggered you for a long time. Eventually, you forgot everything.

Diverting your attention to things that make you comfortable like focusing on your academics that may help you completely forget negative events that happened in your life. For students like us, this is one of the best things to do.

Throw the thorns of the past and try not to look back. It is not about you not forgiving but it is you opening up yourself for possible things to happen. It is much easier to forget. Open your ears only to those that uplift your spirit, not those double-bladed words.

Somehow, forgiveness follows. Be ready to forget!#



RANDOMLY PICKED!

Chelwarrior03

Recently, the Ifugao State University finally released the first list of grantees from the Tertiary Education Subsidy (TES) scholarship program. It was said that the first batch was based on the record of the Pantawid Pamilyang Pilipino Program (4P's) pero hindi naman lahat ng grantees galing 4P's. And, here comes the issue regarding the second batch last September. Accordingly, students don't have to process papers to avail the TES, they just need to enroll on their schedule. But, there are students na nakuha kahit late naman

nag enroll. Worse, there are students who have availed other scholarship programs but are still chosen as one of the grantees. These create issues nowadays. Anyway, paano nga ba kase ang paraan nila ng pagpili?

One of the scholarship and finance staff said they just enter the names of the students in an online portal and submit these to the higher office. If we could still remember those additional papers which we have filled up last enrollment. Is that one of their bases in selecting the scholars? Well, I don't think that would be reliable information? Let's make these things clear. We are not complaining because our names were not chosen, however hindi naman siguro masama na magtanong? What's wrong with our names? Does it make a difference from that of others? Ang concern ko lang naman, for those who were luckily chosen, utang na loob, it is Php 20,000 per semester. Katumbas nito ang sweldo ng isang guro in a month. That is really a large amount exclusively for only one student. Did anyone ever think about dividing that amount between for two or among three students? With this, mas marami pang naging beneficiaries sana.

Imagine among the thousands of names, you were one of the precious gems they have ever chosen. Yet, some gems ay makikita lamang sa tinatawag nilang "place of no return, kkk bar, at El barrio? Nasaan ang hustisya? Have you ever thought of those students who are dying inside wishing they could be one of you? Or for those students who really need financial support? Can we just think of it sometimes, or our parents at least? Kung tutuusin nga, you should be the ones participating or at least supporting government programs and policies because at the very first place kayo 'yong numero uno na taga lamon

o let's just say beneficiaries from the government and schools. Hindi naman sa nakikialam, ang concern ko lang naman sa mga grantees, be the ones who are really deserving naman kase for those students who do not have that opportunity, it hurts them seeing you with a shot glass, walking like a zombie at night time, and disturbing the sound of silence. Sometimes, others are hiding somewhere in the dark na akala mo naman nakakita ng multo kapag napapadaan ka at ganun na lamang makakapit sa katabi.

We are proud of those students who know their responsibilities inside and outside the campus. Ang notion kase kapag sinabing scholar ka, mataas ang grado at magaling sa extracurricular activities. Ang iba naman scholar kase anak ng mayor, governor, kagawad pati barangay tanod o anak ng teacher. Sana sa susunod na henerasyon, ang mga bagong scholar will be those student leaders na may initiative tumulong sa programang pambarrangay, pampaaralan, and students who know how to give importance sa effort ng parents at sa kaban ng bayan.#



**MORE THAN
 ANYONE ELSE**

Alvin T. Lucas

I have been asked this question and many times, I was sure I knew who I was. But we all become somewhat different, someone new. There's nothing wrong with that. We all

grow out of our old ways and grow apart from people we used to know. Although this time, this is my story, this is my life, this is who I am. I noticed that this generation has many influences bought by social media and peer pressure. Teenagers try so hard to become the social standard of "COOL" in college. What people in my age group don't realize is that being cool is way overrated. Young people try so hard to become someone like those on magazine covers that they forget it's all in the camera or editing software. Nothing is real these days unless you see it for real. People have told me many times before that it's not you who changes yourself. It's the people around you who change who you are. I believe it's true because my friends have helped me become the person I am now. But I like to think that it's also I who allowed myself to work into becoming who I am. I can remember one instance I forced myself to change into someone better. I wallowed in despair before. I wasn't sure how to feel about myself or about others. It brought harsh arguments and words that were never meant to be said, venomous emotions that swallowed me whole. I didn't like who I was, I didn't like the things I said to people unintentionally, and I didn't like what I did to myself in order to feel something again just to break away from the numbing dullness that my body and heart had been accustomed to feeling. I was so sick of being me. So I started to change my mindset, tried to make my outlook more positive, and then started to slowly change my body. I went through a figurative roller coaster ride of emotions and trials, but after all of these, I like who I am now. I'm happier, healthier, more at peace with everything. Now in the short time, I lived, I've seen

that people have the tendency to follow the crowd and not to break away to become who they are. Being an ambivert is one of the most complicated things. I had to explain to several people, harder than explaining a solution to a math problem. There are days I see the glass full and there are days I see it half empty. I usually lean toward my extrovert self to have a good laugh, smile at people around me and cheer up others on their bad days. That's where my happiness comes in, enjoying how life works despite all the struggles I went through. Humans are hopeful creatures that though we fail many times, we always try again to get it right. Confidence gets you to places and gives you chances that sometimes facing your fears is all that matters. My identity is how I get recognized. It's what I am known for. Who I am is basically what I know about myself more than what others know about me. And whenever I make a decision that involves anything or anyone I hold dear in my life, I would always think long and hard about what to do before jumping in and making changes. I'm a man with traits that aren't usually normal, but what is normal these days? So at the end of the day, this is my story so far. This is my life. This is who I am.#

**'YOU ALONE ARE
 ENOUGH.
 YOU HAVE NOTHING TO
 PROVE TO ANYONE'**
 MAYA ANGELOU



Blended Learning

Patrick Abalos

The Utilization of e-learning becomes a need for the teacher to meet the demands of 21st-century learners. The advancement of technology keeps on changing and transforming the teaching methods and setting of the learning process (Dunwill,2016). The RA 10931, an act promoting universal access to quality tertiary education, also mandates universities to explore technology-enhanced or technology-mediated delivery of instruction. As a student, the demand for studies in tertiary is high, making it difficult to comply with the workload as we are taking many subjects in one semester spread throughout the week on a scheduled time. There are many platforms for an online classroom where the teachers and students discuss their lesson without coming to school and have a face-to-face discussion, eg. google classroom, Gmail accounts, etc. The use of these platforms encourages new experiences and learning. Google classroom is one of these platforms being implemented to lessen face-to-face instruction. Online classroom opens a new impression in learning and stepping up to the digital world. Regarding this matter, it is easier for learners and instructors to connect inside and outside the

school, saves time as the workflow is paperless allowing the teacher to create, review, mark assignments quickly, it improves organization because students can see all their assignments like documents in media and enhances non-verbal communication as it allows the teacher to send announcements and start class discussions instantly as well as the students to share resources or provide question on the stream. Ms. Rosalie Lucas uses google classroom to facilitate learning especially when she is out for some important matters. Lectures and activities were being posted and we students have to complete our activities and upload them in the portal making learning possible. I enjoyed taking the online class giving me more time for the other subjects. I think the key for a successful online course is the accessibility of the platform and much more on the initiative of the learners to push through activities and assignments given by them. Being one of the users of this platform, it is beneficial for the students in their workloads, it helps them cope with the subjects easier. This technology is developed to make teaching and learning easy; hence, the challenge for us is how to use it effectively. However, the greatest

concern is that not all students have smartphones/personal computers to deal with this trend considering the poor internet connection in our school that becomes a barrier for the usage of this platform. Furthermore, provided online materials for students helps facilitate the best overall student ease of access. However, it is still dealt with the poor internet issue, uploading and downloading of documents becomes a difficult task, it can affect online learning experience as a bad one. Despite the inconvenience, I have enjoyed my online class because it is less time-consuming, learning engagement is still observed, this reason inspires me to further explore the use of online classrooms. As a 21st century learner, it is a bit difficult to face the expectation from us. We are seen as an amateur in using the new platforms associating with the academic manifestations. Though this has been a great way to connect with the unstoppable advancement of the world today, it is somehow neglecting the part of the students. There are lots of demands that a young learner must address. Going with the flow of the generation becomes a complete requirement in attaining individual, group, and sectors expectation due to the demands of society.#

"TECHNOLOGY WILL NOT REPLACE GREAT TEACHERS BUT TECHNOLOGY IN THE HANDS OF GREAT TEACHERS CAN BE TRANSFORMATIONAL."

GEORGE COUROS



THE CRY OF A LOVER

Fraylene Buyagawon

"Please read me, read me!" he cried as he sees his lover's disinterested eyes scanning his naked body. He holds millions of words of love but the written words are nothing but a sway of the wind. "Why?" he asked but the unexpected heartbreak left him dead in a smelly trash bin of tears.

Is it common for people to throw a sweated paper? Is the newspaper unimportant? Is it stubbornness? Ignorance or do you just value it less? I personally find it disrespectful when a published magazine or newspaper is in the trash crumpled

as a heart broke into pieces. It is so annoying when you somehow just browse the pages and just look at the pictures and read only the first sentences. It is disappointing when the articles were like nothing of the sleepless night, stressful thinking and the hand cramping just to make a paper come to life. Some people may say "It's not our fault! Why not quit instead? If you think like this or agree with this, then you are a naïve individual.

The newspaper is the soul of life movement. It is a key of information written by millions of journalists and writers to tell people what is happening in the world. With the presence of social media, people gain information easily and tend to leave behind the rectangular paper when in fact, the information originally came from it (newspaper). It is our voice out of the unspoken words where we held our pen to say what our hearts and our eyes ought to say. We do not just make articles for popularity, grades, or a game of thrones. We make them by the heart of observation and with the attainment of a solution. We do not grasp our pen tightly and write

without knowledge on a particular topic. We see, speak, hear and smell them from our everyday life, whether they be the biggest or the smallest issues. We write not to brag but we ask for solutions, improvement and enhancement. We write because we want to inform, persuade and entertain our readers just like a novelist and let the readers understand our concept. It is where our emotions and intellect come out. It is where we welcome you to the reality of the world either good or bad. The articles are made to prevail justice, opportunities, inspire, advertise and bring out talents.

This is our passion, this is our calling, this is our sense of humanity and inspiration. The pen and the paper is our sword and shield. And you as a reader are our supporting comrade. So, welcome us to your heart like a family and wish our paper the best of luck. Remember the simplest actions are the best gift because at least you show care. We promise you a great year of adventure in the next season. So, watch out.#



ITAB ROLLING HILLS: HEAT-BUSTING ESCAPADE OF AGUINALDO

Alvin Lucas

After those ruptured deadlines in school where everyone gets mad at you (even slam quiz papers on your dry, freakin' face), I thirsted for a hiking adventure. After scouring some search engines, I found the ultimate inspiration and solution: Itab Rolling Hills in Itab, Aguineldo, Ifugao. These hills just keep rolling on my mind trying to elucidate any possible hotspots which can be of value aside from those literal hilly-billy things. As for late information, the journey was quite unsteady and impermeable due to uncensored weather. Though my loyal friends did not meet the deadline of itinerary travel, we pushed through accompanying trekkers and some adventure-seekers who want to spend their time with nature.

THE ROCKY ROAD

For the fact I had never set foot to Aguineldo once in my young age, I don't have much info, but with the practical aid of my partner "Lobet", we managed to stir those jam-packed events in a slick form. Our hike started at the foot trail where natives sojourns for a more thrilling experience. We asked those smiling locals how to reach the summit on a better path. "Ayti fumutay mah nuy lafeng mu chen matiid chuy ogwon", replied the old maid while chewing moma with her locally termed "fotong". I burst out of giggles watching a tuwali man being teased in



Ayangan terms whom I presumed doesn't understand such dialect. So sad he doesn't reply even a sigh. Well, as a local tourist, we acted tamed visitors strolling the majestic Barangay of Itab where carabaos and fat ducks freely run through robust trees. We also managed to invite a friend of Marlon from Itab who currently pursues his bachelor's degree at IFSU-Potia and acted to be our tour guide in their local. Upon those rugged foothills, we penetrate the basepoint carrying clear cold sprite and cola. We thought it may scorch up there so first things first-FOOD. We walked at a leisurely pace, soaking up the cold atmosphere and enjoying each other's company. Every noteworthy sight along the way was documented using the digital single-lens reflex of Fred. Sana all sumama, I stuttered.

THE ASCEND

Soon we found ourselves at the midsection of the hills. With loads of optimism and wide grins, we ascended this photo-worthy landscape. One unforgettable yet funny incident along the trail was being chased by a crazy ram, sending us scampering for dear life! As we reach the near top where we had to make the final ascent, we could feel the excitement and



adrenaline rush inside our system. But reaching the top meant a bit of climbing on sharp rocks and sliding on slippery mud. Though not challenging, it was tough and painful. I even had bruises on my left ankle.

APPROACHING THE ZENITH

As the elevation goes high, we had a sneak peek of the Magat river alongside portions of Isabela province and those hills of Halag. We took rest inside the Nipa hut as



the gentle breeze of cold air caresses our tired, sweaty glands. Jun Jun keeps reiterating that at some time of the day, the rolling hills can have full or semi sunrays depending on the gusting winds. I acknowledged it as around 10 am, we were blessed with covering cirrus-cumulus clouds going up the hills.

VIEWPOINT ALERT: DAMN ASTONISHING!

At the peak. We were treated to an awe-inspiring panorama of Aguineldo. How we enjoyed the moment together as a team! As a mountain man who never gets surprised by nature's gift, I popped out my monopod and started taking epic selfies holding a bite of Uncle Doods' infamous money dipped in a tin cup of cola. Lobet urged us to have group photos as a remembrance of the place. Of course, without hesitation, we pose tumultuously letting the mobile phone do its job while on timer mode. Jump shots and emo poses were on-demand as noontime came perfectly blazing the skies with moderate temperature. I never visited such a spot with lush green meadows engulfed by innocent pastureland. How it mesmerizes my vision keeps me recalling those days how God created these wonders but I kept in my heart full admirations of it. While our sumptuous lunch was being served, JunJun reiterates that we should check out those two falls at the foot of the rolling hills. All sounded affirmative yet we took one hour nap to regain lost energy for the next destination.

TRAVERSING LIM- U FALLS

Going up is optional, but going down is mandatory. We don't have a choice, and those ached feet explained everything. However, to soak a tired soul in a fall may be a chance worth trying.

Then we descend, the clock tells its 2 pm and we need to rush as our transportation may compromise. So without any clamor, each of us headed for what they call lim-u falls. The hike was surprising, it gets rocky then narrow than wide. It just proved of purity against flocking tourists as the pathway was organized without litter and dirt. We walked for about 40 minutes before witnessing the gushing splash of water. Mal'ling, a friend, upon taking sight rushed through the pool and drove herself out. So amazing yet pristine. The water is clear as morning dews. We delved ourselves in and enjoy the view. Later moments Fred told me, "Ungkay nauy an maunug hi mal'ling ad nach, ustu ta inagkaw u", while gasping for breath. Even I didn't notice that the falls had a deep small basin. Good thing Fred was able to rescue my stout endomorphic colleague as they have almost the same body physique.

UNCHECK FALLS: ANOTHER CHECKLIST TO CALL

As far as we know, we only have less than two hours to roam Barangay Itab, and such a pity if we will not take a glance at what they say Unudcheck Falls, the name is quite intriguing as it sounds. With great enthusiasm, we open up the

last food pack we bought at the roadside to redeem our strength crawling like unearthed crevices. Finally, we arrived, there were a group of men enjoying their rice wine with pulutan locally named "feklat". My friend told Lobet to have a try on the native delicacy as the seductive smoke flashes out from the roasting flesh. "Eheh, hay mamenhod inuy monloseta an nijetnob", refusing the challenge. But surprisingly, he took some shots of the faja making him drowsy later on. The essence of visiting the falls might not be that of full context but I observed the ridge roughly measures about 20 meters higher than Lim-u falls.

TIME TO SAY GOODBYE

We settled for our last trip and savoring each moment with quality laughter and corny jokes. Whatever sight we see creates a stimulating effect on our spirit. Truly, the municipality of Aguineldo proves they can showcase hidden spots for adventure seekers. It's just a pleasure for us soul-searchers to have a chance in appreciating the natural beauty of nature. An awesome experience we will ever cherish and take pride in. Haggiyo Barangay Itab, Haggiyo Aguineldo! We will come back soon!#



MR IFSU 2019: A TASTE OF THE WINNERS' TALE

By: Dwight Bandao

It's not you. But it's not me either. It's Jacklord. You can try to run away from your fears but a man will sweep you off your feet. Maybe, he might be the superhero in this story. Or maybe, he's the friend you're looking for. A strong eater type? No? Probably, he's the smart man with a budding brain who can solve a complex algebraic expression within 5 seconds straight. With his muscles

contracting, his smile striking your eyes before the clock strikes midnight, you will get to know the man with a smile that kills; it's Jacklord Napadao Kikigue. He is the firstborn of Helen and Ambrocio Kikigue's four kids. He was the fastest sperm to reach his mother's egg cell on the 6th of January 2000. And girl, if you're looking for a tall, handsome, and witty man; hunt him down.

The nineteen-year-old nursing student has created another title of his own. If Pia Wurtzbach and Catriona Gray ring a bell, then the pageant sounds familiar, doesn't it? Yes, our young man has joined a pageant (MR. IFSU 2019) and guess what? He won. The sexy specie has won a crown!

"I was hesitant at first because I would only shame myself by losing another pageant just like the previous one", he mumbled. "But it crossed my mind...joining the pageant should not remind me of fear and shame. Instead, my mind drifted to greatness. The pageant isn't about showing off, it's about being a role model. And if I fail, then I'll turn it to be another stepping stone to stand out", Jacklord grinned.

Rather than being a negatively charged electron, Mr. Jacklord decides to be a proton, spreading fires of positivity.

Well, why don't you take a deep breath and digest what I'm about to tell you next?

Did you know that days before the show, Jacklord met an accident? You didn't know that luck has left the chat and disaster took the vacant spot. He wasn't able to walk for days due to the accident. But our man right there has managed to escape the imprisonment of impediment. He didn't let the game play him. Instead, he owned the game.

Though he cannot deny the fact that his leg got hurt and numb, the crowd of his supporters overpowered the pain. "The moment they proclaimed my name, relief struck



me. Everyone's effort has not been in vain. And I owe them everything".

And if you think his story ends here, let me correct you, not yet man. Like most of us, Mr. IFSU 2019 has experienced embarrassing moments in his life. Do you want to know one? Then let's do storytelling. Once upon a time, there was a boy full of pride. "I tend to find fault at every little thing. One day, I challenged a taekwondo player just because he talks too much and laughs too loud". He never had a background in that sport but he boasted he can beat the guy. He belittled his opponent's skill. "The fight started so as my humiliation. He took me down with one hit 4 seconds just after the match began. I am not proud about it".

Life lesson from our super guy: you never know the battle's outcome until it is fought. Never jump to conclusions with haste and it is safer to keep your head down with feet planted firmly on the ground. Be humble. Things that don't bend tend to break, bend if you must, but never let other people trample your pride.

Witty huh? What about you? Do you think outside the box and learn from your mistakes instead of bubbling yourself with nostalgia and regret? Stop that and learn from our guy! Yes, learn. Also, you might want to brace yourself too for the fun facts about him which are about to be revealed. Now wiggle your brows, grin, and get ready.

10 Fun Facts about Mr. IFSU 2019:

- Fun Fact 1: "I tend to sleep at 9:30 pm sharp. I need 10 hours of sleep at night. I wake up at 7:30 am that's why I get late sometimes".
- Fun Fact 2: "Every morning without fail, I go to the toilet and stay there for 15 minutes".

- Fun Fact3: "I only say sorry twice in a row. I never say sorry for the third time. I guess you call it pride but it is not like that. More or less".
- FunFact4: "I love cats, especially those with big heads and big stomachs. I even sleep with the cat at home".
- Fun Fact 5: "I don't like dolls, especially baby dolls, I feel an eerie sensation whenever I see one. It makes me want to destroy it".
- Fun Fact 6: "I sweat like a faucet most especially during noontime. I sweat too much that I have to change my underwear twice a day. I don't have any body odor though".
- Fun Fact 7: "I have sweaty hands...pasmado as they name it. I don't know the English term".
- Fun Fact 8: "I can write in English just fine but I stammer when I speak".
- Fun Fact 9: "To be fresh down there, I use PH care sometimes. It gives a cool sensation".
- Fun Fact 10: "I am a self-centered individual, I don't care what others think of me as long as I have not wronged them, and I prefer to do things on my own." Cool right, you should take a photo of your reaction right now after reading these fun facts. It'll be good for wallpaper perhaps. Nevertheless, as Dutch proverb said, "Men should be like coffee; hot, sweet, and strong". Learn from the great man in this story who never let failure damage his functional worth. A man is not finished when he is defeated by any circumstances. He is finished when he quits. Whatever situation you are in, do not back out, do not hesitate. Win a crown: a crown of strength.#





Mich. A. & Rachel Tuguinay

The dawn has set forth and a new day has begun, nightmares recently catching me up but thankfully my feet have their marks still on the floor. I listened to Mandelson's songs to cheer me up. I realized that life was still simple here, an ideal place I used to spend time with. The children make me remember my childhood days, I remember my father did not choose this place for us to settle because it was situated in a rural area. I also don't want to stay in this kind of place, though simple and peaceful, this cannot give me the sophistication a city can provide. But at the end of the day, I have finally fallen in love with this place, the home of my family. Ironically, this hamlet has also produced leaders outside. Almost all the second generation of the children of my great grandparents were raised here including my father. I am proud of this place. I have difficulty describing this place physically, and the least that I can do is to appreciate the feelings that I have. I felt I was back in a time when life was still simple and the people are contented, no worries especially in financial matters. Sitting with my relatives in a room with a dim fluorescent light. The first floor was simple

- a wooden foundation with a galvanized wall, concrete flooring with a tattered old floor mat, beautiful furniture: 3 rattan chairs and one wooden sofa. This place is not totally tidy but still tolerable to live in understanding that it was a house of an old farmer. Clothes were hung on a tie wire at the corner, where laid the farming tools and a tiger grass for making soft broom. I always remember my childhood days where I can still imagine the beauty of this simple place, peaceful, refreshingly cool, and a place where I can see lush vegetation and the two things in nature which are most beautiful in my sight, the mountain fog and the forest flora. I can feel the cold breeze of December, the fresh mint of the lemongrass that was placed at the four corners of the terrace. There are random reminisce hunting me, I remember those moments when my father used to carry me on his shoulder every afternoon with the sunset over the horizon beside the house. I can feel the tepid temperature of the setting sun through my skin, I use to close my eyes and see my image through the gleaming light while facing the sunset, listening to the giggling complaint of my little brother like sing-song in my

ear. These are the moment when I can still see the brightest colors in my dreams, like a rainbow being reflected at the surface of the calm and still lake nearby the house. These are the moments that will always remain in my memory, the sound that would never vanish in my hearing, the aroma that would always and will always remind me of yesterday. Yesterday, when the flowers bloom everyday as if it was always their season, yesterday when living has never been a struggle, yesterday when life is a complete miracle in the hands of my father. But the days were unstoppable, and I who was once a precious child has to live this world which life has brought me in. The unbearable night I have to overcome each day, the rainbow I patiently wait. Life must be cruel and each day is a battle in the midst of the visible and invincible things that may take over my place. Food might have become tasteless, each morning might become so hard to face, but there is only one desire that I have kept. I wish that I once again be back on yesterday. And even on my deathbed I will always long to be back from the precious yesterday memory.#

LOGLOG: WONDROUS CLAY OF IMMIPUGO

Alvin T. Lucas

Ifugao is a culturally diverse province in the Northern Philippines. It is mainly an agricultural area suited for livestock and poultry farming. However, there is a distinct mineral that thrives within the province. It is locally termed, "loglog" in Tawali and Ayangan languages. Some tried to infuse it with "pitok/ pitoh", but they are far from the property as to effect and composition. Pitok is mainly derived from a rotten or decayed plant with the help of slow decomposition while loglog is chiefly acquired deep down the soil layer. The rarity of this mineral is something that makes it an indispensable part of Ifugao culture. Loglog is a mineral clay scraped off from the earth's surface predominantly under a wet environment where water is abundant. It is a special kind of clay found in special as not only in a corner of every place which is crucial in various aspects of body hygiene.

Few scientific studies were made to overlay and reveal the usefulness of this substance.

Loglog is also known as mineral clay in better derivations but not accustomed in the local place. It has been utilized primarily for cleansing and proper hygiene purposes among Ifugao tribes which can be a body exfoliant, facial scrub, and hair conditioner

THE LOGLOG COMPONENTS

Loglog is closely related to the term "bentonite" which is ambiguous. As defined by geologists, it is a rock formed of highly colloidal and plastic clays composed mainly of montmorillonite, a clay mineral of the smectite group and is produced by in situ devitrifications

of volcanic ash (Parker, 1988). The transformation of ash to bentonite takes place only in water (certainly seawater, probably alkaline lakes, and possibly another freshwater) during or after deposition (Grim, 1968; Patterson & Murray, 1983). Bentonite was named after Fort Benton (Wyoming, USA), the locality where it was first found). Bentonite is not as equally the same characteristics as loglog but it is used for close identification and tracing.

PHYSICAL AND CHEMICAL PROPERTIES

Bentonite feels greasy and soap-like to the touch (Bates & Jackson, 1987). Freshly exposed bentonite is white to pale green or blue and, with exposure, darkens in time to yellow, red or, brown (Parker, 1988). The special properties of bentonite are an ability to form thixotropic gels with water, an ability to absorb large quantities of water with an accompanying increase in volume as much as 12-15 times its dry bulk, and a high cation exchange capacity.

UNIQUENESS & BENEFITS

Mineral clay as it is termed commercially, bentonite is sold in the markets as infamous beauty wellness item. Usually for skincare regimen such as mask and dandruff remover due to its ability to absorb a large amount of oils without drying it, washing off stubborn dandruff flakes and also serves as pore cleaner. Some well-known healthcare brands such as ponds and Aztec practiced incorporating mineral clay in innovating their product. However, loglog is a distinct form of mineral clay as it is in brown color and nonporous

substance which makes it unique on property form and viscosity, unlike bentonite which is pure dry.

CURRENT TRENDS

Loglog is something that can't be made but can be developed into a useful and valuable item for wellness. Ifugao Province is a diverse place and composed of varied flora and fauna fit for further development. It is in the people within who can expand and improve this natural wonder for an overall advantage to lift people out of poverty through research and development. Why use loglog instead of formulated products?

1. IT'S ALL-NATURAL.

All naturally occurring resources are mostly no side effects. Unlike manufactured products, which can contain hidden harms to health instead of healing it. Sometimes, sticking to basics is the best way of living with nature. Simple is sassy.

2. MINERAL CLAY AT ITS FINEST

Harnessing without infusing chemicals is the best way to achieve its prime healing effect. Instead of buying expensive products with a reduced effect, mineral clay in pure form has the best result and is also a convenient-wise choice.#



RIGHT CHOICE ARE REASONABLE PATH

Albione Terrence

The king loves his queen
 But denied it thus he kill her instead
 In a middle of a winter where cherry
 Blossom showered them with the pain
 And agony of love that was once sweet
 And forever fading

You are nothing but a lowly creature
 A puppet queen of a lowly family
 You now understand the concerns of the king
 She was the sister of a warrior, swordsman and a dignified queen
 Till' her very last breath, she protected that selfish fool
 A young man who would never turn a blind eye for his greed

**LOVER'S FOOTPRINTS**

Paypay

Strike 1
 Opposite road met
 Feelings has began
 Butterflies rumbles the stand
 Beauty becomes proper
 And eyes start to whisper

Strike 2
 Hands long for a touch
 Clashing swords of the heart and brain battles
 Resulted to a bloody hearted win
 Then comes a touchdown move
 Patterned steps becomes concise
 And just a "Yes or No" is an awaited answer

Strike 3
 Relationship starts to prosper
 Love flows in every corner
 Voices of assurance becomes a commitment
 And the countdown of months' starts
 Series of sary passes monthly and yearly
 But the last prayer is the ring of love

**DISABLED SENSES**

LightFR

I'm blind,
 I can't see your face,
 That shines in the light.
 Only, the darkness sorts in my sight.

I'm deaf,
 I can't hear,
 Your alluring voice and laughter
 bliss.

I'm mute,
 I can't speak,
 To express my love
 And kiss your lips.

I'm anosmatic,
 I can't smell,
 Your charismatic scent
 And perfume of roses.

I'm numb,
 I can't touch,
 Can't grasp your hands
 And feel the warmth of your
 squeeze.

I'm broken,
 I can't feel,
 That I am loved,
 Mixed sensations with bloody
 heart.

I'm disabled.

**IF AND ONLY IF**

STRANGERS HORIZON

CHELWARRIORO3

I HAVE SHELTERED A LOT OF TEARS
 AGAINST MY PILLOW LIKE GRILL IN FIRE

I HAVE PONDERED DEEP DOWN IN MY HEART
 ALL GRIEF, GROUNDS AND GRIEVANCES

HINT AND CLUES ARE UP TO DATE

THIS I SUFFER, OR TREASURES A LUCK!

IF ONLY A STRANGER COULD STAND ON A BROKEN GLASS,
 IF ONLY MAN COULD LIVE AT THE END OF ITS HORIZON.

TO CROSS OVER THE ROAD AND LEAVE A BLANK
 TO CROSS OVER THE THORNS AND BOARDER OF LIFE

ONLY IF A STRANGER HAVE FOUND ITSELF FALLEN OVER THE CROCODILE'S KNEE
 IS THE ONLY MOMENT IN LIFE TO RUN THE RACE IN PLEA!

IF ONLY MAN COULD MAKE HIS HOME

THEN HOMELESS IS OUR HOME!

IF ONLY MAN COULD MAKE HIS OWN HAPPINESS

THEN MAN SHALL LIVE ACCORDING TO HIS GREED!

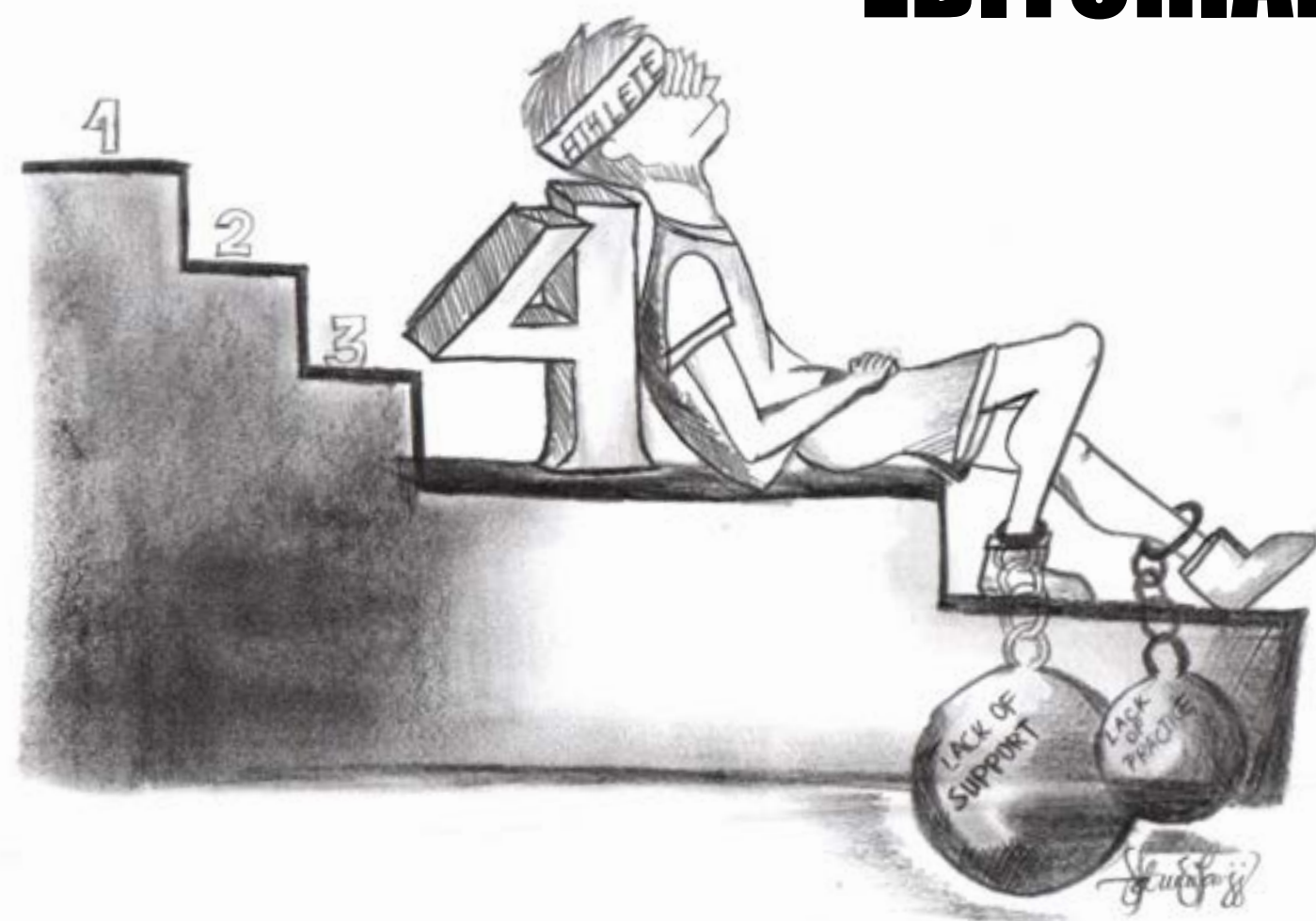
IF ONLY MAN COULD LIVE IN DUSTY DESSERT, NOR SHALL LIVE IN A BAREFOOT OF MELANCHOLY!

YET EVERY SONG IS VOICELESSLY SUNG IN A LANGUAGE OF DEPRESSION

IF ONLY MAN COULD BREAK THE PERILS OF THIS LIFE

THEN HOW EVIL IT IS TO BE A MAN!





ROCKY ROAD TO RICHNESS

Under the name of the upright, competitive, and famed Universities and Colleges in the Cordillera, earnestly aiming for the honor and victory on the upcoming Cordillera Administrative Region Association of State Universities and Colleges (CARASUC) held in Bangued, Abra, our devoted contestants strived for trainings in order to achieve the University's goal which is to become the overall champion in both socio-cultural and sports events.

Bagging awards and being the champion in CARASUC bring glory to the university's popularity.

Having a leading name as a university, we can generate higher appreciation from the region. Unfortunately, we only garnered fourth place compared to the former CARASUC competition 2018 where we bagged third place.

Yes, we claimed that we are ready for CARASUC 2019. The only problem was the deficiency of mangled trainings in all events and the unavailability of some trainers to focus on the contestants knowing that they only have a short time for hard practice a day before their departure.

In return, a big loss of

confidence was taken away from every athlete. Such that all excitement and hardworking preparation for the event led to degradation and just ended into the word - fourth. However, it is still the athletes' pride to represent our university in such a big competition.

Indeed, let the word 'let us learn from experiences' strengthen the athletes in pursuing triumph because it would be again a long preparation for the next regional meet. May the 'fourth place' remind us of what we have been and a fortress to focus on our fields for the next chance. After all, we still win as one.#

E-sports is SPORTS

By: Alvin T. Lucas

Usually, if we say a student plays any computer games like Multiplayer Online Battle Arena (MOBA), First Person Shooter (FPS), League of Legends (LOL), and Mobile Legends (ML), we go straight to the notion that he takes for granted his schooling. For others, gamers just spend their time on nonsense activity because aside from damaging the vision due to long time on-screen plays, it also consumes a lot of money and time of the gamer.

It's undeniable that there are many negative impressions connected to online games. But at present, there should be ample recognition of it as a legitimate sport.

E-sports (also known as electronic sports) is a form of competitive sports using videogames. It composes of team players against the other in maneuvering a certain goal and task with the use of a computer or cellphone.

Presently, it is a debatable issue to accept computer games as an official category in a sports competition. One proof would be the participation of the Olympic Council of Asia (OCA) in e-sports as one medal event for the upcoming 2022 Asian Games. At the local level, it is very timely when a certain school conducted Mobile Legends as part of their activity in a particular celebration.

Though it is a very relative topic nowadays, there are still against the proposition to make it a legit sport. Anthony Gabianelli, who wrote his column in an American Journal, posited that it will never be a sport in terms of its physicality. As it also jives in the definition of "SPORT" published in the Oxford Dictionary, which defines, "an activity that uses physical strength to give entertainment and competition".

However, even it doesn't huge movement or action in playing e-games, it is still be considered a sports activity. In it, the book of Gunnar Borg, professor of psychophysics at Stockholm University, he found out that it is not only through physical movement where you can see exertion of strength. He further states that it can be covered through the use of 15-point Borg Ratings of Perceived Exertion (RPE). According to him, RPE can be obtained by dividing in two of every heartbeat recorded per minute of a player.

In addition, in the discussions made by Daniel Kane in his journal based in United States Sports Academy, there is sufficient evidence that the energy being used in any typical sports is similar to those who play computer games. If we try to understand these postulates, it can adhere that the definition of Sports can be inclined to e-sports as well for the latter also consumes physical energy in clicking the mouse, pressing the keyboards, and taking a concentration of the visual representation of the game in the monitor. It also applies muscle coordination to when it should be done for triple kills or even mass destruction against the enemy.

If we try to consider such explanations, we can better determine the nooks and crannies of every computer game and how it specifically affects the human

body. And previously, Filipinos initiated stepping within the global arena after the TNC pro team bagged an 18-million-peso prize in The International 7 competition.

I am not a fan of computer games, I totally swear and I had never competed for such computer tournaments however, I am open to it as a possible avenue in developing further skills maybe through cognitive-mental issues. I watched a video clip wherein a topnotcher in the Board Exam shares his experience where he plays Mobile Legends every time he had breaks during reviews. He further exclaimed that mind skill is very crucial as when and how to defend, to attack, and plan for another tactic. That just tickled my mind on maybe I can do it also to boost my thinking and reasoning ability for academic purposes.

In a country where computer games are prevalent, it can be said to consider e-sports as one competitive sport to give runway for aspiring players in honing their potentials and possibly winning gold and fame for the country.#



DARKHORSE TRAIL: THE SECRET PATH TO GREATNESS

Alvin T. Lucas

In the call for the spirit of sports, there would always be someone who truly outstands and create a distinguishable impact on us. With the guts and little bravery to indulge in the domineering line of being an athlete, she holds a solid grasp of determination in her heart and pinch of hope onto her palms leading to what she has now- a fully developed butterfly swaying its mesmerizing flapped wings through gushing winds of fame. It was so unexpected that from all the trials and stages she had overcome, she remained intact of what she was before, a soft-hearted, rare kind of beauty enshrined with prowess carved through sports experience.

The tryouts

At the innocent age of nine, she never dreamt of joining the sport, she aims to pursue until tertiary schooling, by participating in running events during elementary years particularly 100 and 200-meter dashes up to longer distances including 400 m and 800 m runs in grade six-level, she soared her fullest aim. That was the time she made it better and better where she managed to be selected for CORDILLERA ADMINISTRATIVE REGION ATHLETIC ASSOCIATION (CARAA) MEET before.

The qualifying rounds

It is not easy to be a girl with possible risks of degrading oneself thru physical trainings. But, with great enthusiasm, she wrapped up engaging the mindset of potentially winning her event, and she did! With additional distinctions including badminton, table tennis, and taekwondo. Well, that's a feat. At certain points during her race, she also minds the pressure raised to her in winning. That was the moment when times get rough and messy,

the pressure is real in the heart of a warrior, but it came out as a blessing in disguise where she developed the proper discipline to herself.

The gun start

Criticisms either make you or break you, adding the uphill of difficulties and downhill of discouragement, she nearly loses her path. But through a new haven in the running trail, she eventually found herself. She was enlisted in some prestigious events like running the rice paddies engulfed with golden rice plants of the Yamashita Rice Terraces Marathon, Team Malaya Cordillera series, and Camp John Hay Trail run, putting some bacon on her hydra pack with a smile on her face leading home.

The heats and runs

Sports festival never misses her name, she smashed some athletics -women category in Intramural games leading to Intercampus selections, fast-tracking Cordillera Administrative Region State Universities and Colleges (CARASUC) Meets buying her a ticket for a trip to the island of Antique for State Colleges and Universities Athletic Association (SCUAA) Meet competition in the school 2016-2017.

The recognition

As a student-athlete, she brought fame and honor to the University. Last 2018, she received the EVA (Excellent, Vice-free, Above-average) award bearing her proud name for garnering first place in 800-meter run during the CARASUC Meet held at Kalinga State University- Bulanao Campus.

The carved experience

Throughout her competition, she managed to bring home medals and trophies but there is something more valuable than that according to her, "Smile- that is something I will ever

FEATURE

treasure as a sentimental gift from all who cheered me along my way. The feeling of being supported and loved after reaching the finish line, that someone out there is waiting to offer you some enrichment, that is something I treasure the most apart from tangible materials they gave to me". "I just want to reach out to aspiring athletes to observe time management and balance their time as being a student-athlete is a challenging one", she instills.

The unleashed Darkhorse

Behind all those achievements, lies the name of a true dark horse, ARLENE T. CALLANG, a BS Criminology student tracing its roots from Poblacion, Hungduan, Ifugao. Seemingly, she might be a heck to approach at first glance, but the real thing is she composes a genuine personality and kind heart which leads her way to some promising lads out there during those golden times. As one of those who involved themselves in extra-curricular activities, Ms. Arlene remembers that determination to continue and win any game plus having a burning passion driven by unity among co-players is the key to greatness. Something she will ever treasure which she didn't learn and understand behind all those silent, four-walled classrooms.#



PINOY ATHLETES BAG MEDALS IN WORLD CHAMPIONSHIPS

Alvin T. Lucas

The year ends with a bang as we witnessed Filipino athletes showed off their sports prowess in different events making way for recognition as they swept for triumph in their respective fields.



CARLOS YULO

It's been a phenomenal year for our country as we won the spotlight in the name of Carlos Edriel Yulo, a Filipino teen who ruled the men's floor exercise at the 2019 World Artistic Gymnastics Championships held at Stuttgart, Germany.

The 4-foot-9 dynamo secured the championship and the first Southeast Asian male world champion after topping the floor exercises scoring 15.300 making him the country's first male gymnast to capture a gold in the Worlds, just a year after also becoming the first male in the region to win a world championship medal when he picked up a men's floor exercise bronze in the 2018 edition in Doha, Qatar.

Yulo has been training in Tokyo, Japan for 3 years under the tutelage of Japanese coach Munehiro Kugimiya, who finally produced his first world champion in the teen gymnast. Carlos Yulo is fluent in Japanese as he is currently a college student at Teikyo University where Kugimiya-whom he calls coach Mune, works as an assistant professor.

Expected to deliver gold in the 2018 Asian Games, he disappointingly crashed to 7th

place and missed the podium. But Yulo bounced back big time as he bagged the country's breakthrough beating Israel's Artur Dalaloyan and Japan's Kenzo Shirai.

Delivering a gritty performance, Yulo finished 18th overall out of 160 entries to make the cut of 24 gymnasts in the men's all-around finals becoming the second Filipino to qualify in 2020 Tokyo Olympics.



ERNEST JOHN OBIENA

Jumping 5.81 meters above the soil, Obiena set his personal record in the pole vault, breaking the Asian Athletics Championships record, making him the first Filipino to qualify for the biggest quadrennial sporting event and securing a ticket for the 2020 Olympics.

But before Olympics, Obiena will compete in the 2019 Southeast Asian Games where he hopes to win it all especially after missing the 2017 edition due to injury right before his flight in Kuala Lumpur.

The Olympics-bound Filipino will be competing against Thai star Patsapong Amsam-Ang, who won the bronze in the 2018 Asian Games. Obiena will see action in the 2019 SEA Games athletics tournament on December 6 to 10 at the New Clark City athletics stadium in Capas, Tarlac.

NESTHY PETECIO

In the field of women's

boxing, Nesthy eked out a 3-2 split decision win over Russian bet Liudmila Vorontsova to win the gold medal in the 2019 AIBA Women's Boxing World Championships in Ulan-Ude, Russia.

Nesthy became the second Filipino boxer to win gold after Josie Gabuco in 2012. She belts out the featherweight (57kg) class beating qualifiers from other countries.

Back then, she was recruited to be part of the Amateur Boxing Association of the Philippines-Calanan boxing team here in the Philippines. She joined the 2014 Asian in Incheon, South Korea, Southeast Asian Games in 2011, 2013, and 2015 respectively.

Nesthy Petecio holds a record with a total fight of 10, 8 wins, and 2 losses. Presently, she is expected to box for gold for the incoming SEA Games here in her homeland.

These Pinoy athletes had taken the long roads before ending on top of their games, they even leave the country to train and reach their fullest potential. In line with it, President Rodrigo Duterte graced their proud performance with cash incentives from the Philippine Sports Commission fund. Fulfilling as it may have, the Philippines is lurking with potential athletes waiting to be discovered and to represent the country at the international level.

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IFSU WARRIORS PUNCH BOXING TITLE

Lyselle Aliguyon & Szweet Hartz
Pinkihan

Representing IFSU for the first time, six amateur players reign during the Cordillera Administrative Region Association of State Universities and Colleges (CARASUC) meet held at Bangued, Abra on November 25-29, 2019.

Mr. Johnwayne Bungallon, head coach and trainer together with other coaches, Mr. Franklin Gumuwang, Ms. Karen Cumti, Mr. Rustom Dumapi and Mr. Edimer Paduyao supervised the boxers to garner two golds, 1 silver and three bronze in boxing.

Benson Habbiling clinched first place over his BSU rival thru a unanimous decision in the featherweight category. Jay-R Navaro adds up another gold via technical knockout in the lightweight category, while Benzon Binwag landed silver in the flyweight category.

Also, three bronze were contributed by Keith Lemuel Binwag in the finweight category, Albert Dinamling in the light flyweight category, and Jonathan

Binwag in bantamweight. “Wala naman po ako masyadong naramdaman na kaba o takot kasi I believe sa sarili ko na passion ko talaga at ito yung gusto kong laro”, Habbiling said. “I also learned na kailangan din ng disiplina bilang isang manlalaro”, he added.

“Pinaghandaan talaga naming ang laban na ito. Ngunit hindi maiiwasang kabahan sa una lalo na kung nasa labanan”, Navarro said when asked on his preparation prior to the game. Hindi lang practice ang kailangan ditto kasi we really need prayers din. Good fighter naman po yung kalaban ko pero I managed to defeat him. Nung na knockout po siya, syempre masayang masaya ako, because I really did it,” he finally expressed.

Meanwhile, Jonathan Binwag exclaimed, “hindi naman po ako kinabahan bilang isang manlalaro. Dapat relax and with confidence”. He added, “kahit natalo dapat mayroon pa rin yung sportsmanship”

Mr. Dinamling stated, “kapag training dapat seryosohin at ituring na parang totoong laban kasi nung natalo ako, na realize ko na kulang ako sa training and maybe hindi ko sineryoso”.

Coach Bungallon added, “for the winners, keep up the good works and for the losers, train

hard and come back stronger. But I congratulate them all because for us na coaches, they are all champions for they done their very best and sacrificed a lot for our university. Win or lose, they will always be our champions”.

IFSU revives Muaythai, holds friendship game

Fraylene Buyagawon



Students of the Ifugao State University woke up from a long sleep as they joined in a Muaythai friendship game at the Pavilion of the Ifugao State University (Main Campus) on September 1-2, 2019.

The Muaythai team, together with college representatives, belted it out in a game in a hand-to-hand combat and high kicks under the guidance of coach John Wayne Bungallon.

The College Criminal Justice Education (CCJE) won in the final quarter with a powerful technical knockdown by Froilan Bay-ong scoring two over one against his opponent. “You need to focus on the techniques”, he stated as he claimed his gold medal.

The judges led by Bungallon lauded the players, hoping they to give another win in the upcoming Cordillera Administrative Region Association of State Universities and Colleges (CARASUC).#



PROUD TEAM. Team IFSU-boxing poses with pride.