



## **BSU surpasses nat'l passing rates for GC and Vet Licensure exams:** *Two examinees make it at 5th and 6th place*

The University has surpassed the national passing rates for the Guidance Counselor and Veterinarian Licensure Examinations with two graduates achieving 5th and 6th place.

BSU's new guidance counselors have listed a passing rate of 66.67% surpassing the national passing rate of 41.19%.

The successful examinees are: Irene Tuwao Alcantara, who made it at top 5, Julie S. Annaway, Mary Joy L. Apit, Estefany L. Dogaong, Geneveive F. Gumiayao and Windilina B. Lorenzana.

Likewise, the new veterinarians listed a passing rate of 40.38% surpassing the national passing rate of

39.61%. They are: Dr. Jessica N. Eugenio, who made it at top 6, Dr. Evelyn C. Bagawi, Dr. Dandy B. Balinggao, Dr. Chona E. Balisto, Dr. Jeremias B. Balong, Dr. Giovanne Ross C. Bragado, Dr. Joan B. Bustamante, Dr. Aaron Ace M. Calimlim, Dr. Peter A. Cangkat Jr., Dr. Rheanne A. Cerveza, Dr. Dyna S. Desot, Dr. Marichel Vendiola-Dian, Dr. Heherzon M. Hernandez, Dr. Diadem G. Lumerio, Dr. Clark Patrick P. Namingit, Dr. Jeffrey K. Nawen, Dr. Charise O. Odoc, Dr. Joe fry P. Oton, Dr. Marissa D. Palgue, Dr. Renedave D. Tacba, and Dr. Michael M. Takanan.

The colleges and the topnotchers concerned will be receiving incentives from the University.//

## **113th year of the Philippine Civil Service celebrated**

The University has manifested its oneness with the whole country in commemorating the 113th Philippine Civil Service Anniversary. A host of activities spearheaded by the Human Resource Management Office started this gesture with the Opening Ceremonies on September 2, 2013 at the BSU Gym, where Hon. Regent Milagros A. Rimando, Regional Director of NEDA-CAR, stood as the Guest Speaker.

Anchored on this year's CSC Month Theme "Tatak Lingkod Bayani, Isabuhay, Ipagmalaki, at Ipagbunyi!" she challenged the BSU constituents to be heroes or Lingkod Bayanis.

"There is a loud call for every civil servant to become a



*BSU employees recite the "Panunumpa ng Kawani ng Gobyerno" as part of the 113th Philippine Civil Service Anniversary Opening Program on September 2, 2013 at the University Gym.//JST*

hero; but what does it take to be a hero?"

She mentioned that CAR has the 2nd highest number of awardees with the least number of civil servants.

However, she emphasized that being a servant hero goes

beyond the awards but it is how a civil servant promotes the public welfare with how he or she serves.

"We can be everyday heroes. Everyday heroes are teachers who burn the midnight oil to make sure his/her lectures are ready for the next day and the

## BSU VISION

A Premier University in Asia

## MISSION

Development of people imbued with academic excellence, social conscience and productivity; and active in generating and promoting environment-friendly, useful technologies to improve the quality of life.

## GOALS

1. Strengthen and sustain a working environment conducive for excellence;
2. Provide quality education that will produce globally competitive and well-rounded graduates;
3. Provide quality and client-responsive research and extension services;
4. Develop, strengthen, and enhance institutional capability in generating revenues towards self-reliance;
5. Develop and strengthen quality management systems towards economy; and
6. Strengthen and expand public-private partnerships.

-Admin Action No. 2142, s.2013



*Shamag, an Ibaloi term that means news, is the official publication of Benguet State University. It functions as the University's mouthpiece for its accomplishments and is likewise a communication tool among BSU constituents. It started as the MSAC Newsletter in the 1970s to meet one of the requirements of then, the Department of Education, for a college to be elevated into a university. Hence, Shamag came out as the University newsletter in 1996.*

## EDITORIAL BOARD

## EDITOR

Gilda B. Jacalan

## ASSOCIATE EDITOR/LAY-OUT

Jennyline L. Sabado-Tabangcura

## PROOFREADER

Leny D. Mendoza

## WRITERS

Maureen Esteban-Gay-as  
Alma D. Santiago

## PHOTO CONTRIBUTORS

Sherilyn Banglig  
Leny D. Mendoza

## CIRCULATION STAFF

Emily P. Salazar  
Alejandro D. Nono  
Records Office

## EXECUTIVE CONSULTANT

Ben D. Ladilad

Articles, pictures, comments, suggestions, reactions, and letters to the Editor may be submitted to: the Editor/Associate Editor, Shamag, BSU-Public Affairs Office, La Trinidad, 2601 Benguet.

Contributions will be acknowledged but the editors reserve the right to determine articles to be published based on adherence to topic guideline, time, and space limitations. Anonymous contributions will not be considered.

Phone Numbers:

(6374) 422-2127, 422-2402 loc. 69

E-mails may be sent to:  
gvjacalan@yahoo.com.ph  
jstabangcura@gmail.com

PANUNUMPA NG KAWANI  
NG GOBYERNO

Ako'y kawani ng Gobyerno

Tungkulin ko ang maglingkod nang tapat at mahusay  
Dahil dito,

Ako'y papasok nang maaga at magtatrabaho nang lampas sa takdang oras kung kinakailangan;

Magsisilbi ako nang magalang at mabilis sa lahat ng nangangailangan;

Pangangalagaan ko ang mga gamit, kasangkapan at iba pang pag-aari ng pamahalaan;

Magiging pantay at makatarungan ang pakikitungo ko sa mga lumalapit sa aming tanggapan;

Magsasalita ako laban sa katiwalian at pagsasamantala;

Hindi ko gagamitin ang aking panunungkulan

sa sarili kong kapakanan;

Hindi ako hihingi o tatanggap ng suhol;

Sisikapin kong madagdagan ang aking talino

at kakayahan upang ang antas ng

paglilingkod sa Bayan ay patuloy na maitaas.

Sapagka't ako'y isang kawani ng gobyerno

at tungkulin ko ang maglingkod nang tapat

at mahusay sa Bayan ko at sa panahong ito;

Ako at ang aking mga kapwa kawani ay

kailangan tungo sa isang maunlad,

masagana at mapayapang Pilipinas.

Sa harap ninyong lahat, ako'y taos-pusong nanunumpa.

## PANATANG MAKAPALAY

(Ilagay ang kanang kamao sa dibdib)

Bilang isang mamamayang Pilipino

nakikiisa ako sa panatang huwag magsayang  
ng kanin at bigas.

**Magsasaing ako ng sapat lamang  
at sisiguraduhing tama ang pagkakaluto nito.**

Kukuha ako ng kaya kong ubusin upang sa aking pinggan ay walang matirang kanin. Ganun din ang aking gagawin kung may handaan o kung sa labas ako kakain.

**Ang brown rice o pinawa ay susubukan kong kainin tulad ng saba, kamote, at mais.**

Ituturo ko sa iba ang responsableng pagkonsumo nang mabigyang halaga ang pagod ng mga magsasaka at ng makatulong na maging sapat ang bigas sa Pilipinas.

**Aking isasapuso ang panatang ito dahil sa bawa't butil ng bigas o kanin na aking matitipid ay may buhay na masasagip.**

*Support the National Year of Rice 2013*  
**Sapat na Bigas, Kaya ng Pinas**



## Coffee farming systems seen as means to alleviate poverty in Bakun and Kibungan



Coffee farming supplies worth PhP 79,390.00 were turned over to the Sagpat Farmers Association on September 4, 2013 for the CHED funded research project *Coffee-based Farming Systems for Poverty Alleviation in the Municipalities of Bakun and Kibungan, Benguet Province, Cordillera Administrative Region*. This benefit was received by Arnold C. Ampal, president of the Sagpat Farmers Association, one of the project beneficiaries.

The University has turned over PhP 79,390.00 worth of coffee farming supplies to the Sagpat Farmers Association on September 4, 2013.

This intervention is through the research, "Coffee-based Farming Systems for Poverty Alleviation in the Municipalities of Bakun and Kibungan, Benguet Province, Cordillera Administrative Region" funded by CHED.

The research is a development intervention that

hopes to provide positive changes in the living standards of people in Bakun and Kibungan. These two Benguet municipalities are classified as 4th class municipalities and were identified by the research project as areas that could be developed to become economically self-sufficient. Both municipalities are generally agriculture areas with semi-temperate climate conducive to grow Arabica coffee, semi-temperate vegetables, and rootcrops.

The team behind this research project is Julia A. Solimen (Project Leader), Andres Basalong and Sergio Gayao (Project staff members) with farmer-cooperators Luisa Carbonell for Bakun and Leo Tibangay for Kibungan.

The team has already conducted training activities on leadership capability and values orientation as well as technical skills and entrepreneurship among LGUs and farmer organizations. Currently, the project is on the monitoring and evaluation stage. //JST

*Philippine Civil Service... from page 1* non-teaching staff who approach every client with a smile," she said.

As part of the celebration, a series of seminars and symposiums for employees under the different University sectors were conducted. BSU capped the CSC month with the closing program and family day held on September 27. //

Gilda Jacalan and Jen S. Tabangcura



Coffee depulpers, wires, nets, fertilizers, a roll of plastic hose, and steel bars ready for delivery to the beneficiaries of the research project, "Coffee-based Farming Systems for Poverty Alleviation in the Municipalities of Bakun and Kibungan, Benguet Province, Cordillera Administrative Region" funded by CHED.

## ILC welcomes another batch of students

The BSU-International Language Center formally welcomed another batch of students last September 4, 2013 through a dinner with a short program at the RSDC Cafeteria.

Twenty students from the Sungkonghoe University of South Korea will be staying with the center for the 1-year Special Program for English Language and Literature (SPELL).

Representing the University President, Ben D. Ladilad, Dr. Araceli G. Ladilad thanked the officials and students for choosing BSU to enhance their speaking abilities in particular. She hoped that their one-year in the University will not only provide them with English language and Literature lessons but also opportunities to make friends and enjoy the culture and values of our people specially the students. She further informed them that several activities are on-going around the University to improve



*The CCA-Highland Cultural Dance Troupe or Kontad led the new ILC students into a community dance during the welcome dinner and program for 20 new ILC students on September 4, 2013 at the RSDC Cafeteria.//JST*

services and amenities.

"We may not have all the amenities you have in your country but we hope that the warmth of our people will compensate for that," added CAS Dean, Dr. Aurea Marie M. Sandoval.

Dr. Kwon Yong Hyun of Sungkonghoe University expressed his appreciation to the University's commitment and enthusiasm to help

his students.

"After this special program, I'm sure these students will become different persons. I'm sure this program will be successful," he said.

The Korean students were exposed to Cordillera culture through the meaningful dances performed by the CCA-Highland Cultural Dance Troupe or Kontad.//JST

## College Of Nursing Toughens Research and Extension Services

In its charge for the sustenance of research and extension services, last September 10, 2013, the College of Nursing in partnership with the Philippine Nursing Research Society Inc. (PNRSI)-Benguet State University-Research Cell conducted a seminar write shop on "Writing Academic Research Article" at the Crysanthemum Hall with Dr. Erlinda Castro-Palaganas as the resource speaker.

The seminar, participated in by nurse researchers from different nursing schools in and outside La Trinidad aimed to serve as a vehicle for the participants to learn how to write an academic research article from their graduate and individual researches, be encouraged to prepare their own studies for publication and appreciate research itself.

The 17 participants were from the Cordillera Career Development College, Easter College, Lorma Colleges, University of the Cordilleras, host Benguet State University-College of Nursing and Don Mariano Marcos Memorial State University in Agoo La Union as

the farthest.

Dr. Erlinda C. Palaganas, the national president of the Philippine Nursing Research Society, Inc. focused her lecture on the elements of a research article, rules in research article construction, the IMRAD as an approach to research, how to publish a research and the reasons why researchers must publish their academic articles. The various journals where nurses can publish their articles including the Philippine Journal of Nursing where Dr. Palaganas is also the editor-in-chief was as well included in the lecture.

During the afternoon session, the write shop was conducted with the participants grouped according to their institution. Dr. Palaganas then provided suggestions and comments to the presented articles after.

As an evaluation to the seminar-write shop, a participant commented that the activity was exceptional because they were updated on the trends



## Researchers and policy makers gather in suicide prevention day forum

As memorable as the 9/11 twin towers tragedy in New York, USA, the world also remembers 9/10 or September 10 of every year as Suicide Prevention Day. This was declared and made commemorated by the World Health Organization (WHO) in 2003.

In Benguet, a Suicide Prevention Forum was organized by the BSU-Institute of Social Research and Development, BSU-Office of Student Services, ResearchMate Inc., and the Cordillera Regional Health Research and Development Consortium (CRHRDC) on September 10, 2013 at the BSU Gladiola Center. The forum aimed to foster understanding of the suicide phenomenon as well as to initially plan extension activities that can be delivered to specific communities.

The papers presented in the forum are: Pansig'dan-Understanding Suicide in the Context of Cash Crop Farming by Ruth Sidchogan-Batani, Stanley F. Anongos Jr., Mursha D. Gapasin, Rachelle D. De Guzman, Betty C. Listino, Beverly C. Sa-ao, Tecah C. Sagandoy and Gregorio C. Taag; Predictors and Severity of Suicidal Ideation among BSU College Students by Ramon Fiangaan; Profile of Suicide in the Mountain Trail Areas by Phoebe U. Pasiwen; Biomedical Perspective (Community Based) by Joseph Alunes; and Life Skills and Interventions for Suicide Prevention by Maricris Lad-ey.

Collectively the papers presented suicide figures in Benguet. They presented the factors that lead to suicide, the means, the socio-demographic data of the suicide victims and recommended interventions.

In her study, Pasiwen said that suicide is a public health concern; yet, because it is culturally a taboo to openly discuss suicide among most people of Benguet, suicide has become a silent epidemic haunting

the province as early as 1961.

Pasiwen's study indicated that the actual suicide rate of three identified municipalities in Benguet, which is 35.17 per 100,000-population in the span of 11 years, exceeds the global annual mortality rate of 14.5 per 100,000 population as recorded by WHO.

The study Pansig'dan tried to bring light to the factors that caused such a high number of people who decided to end their own lives. Results of the study show that accessibility and availability of 'means of suicide' like pesticides have facilitated self-inflicted injuries. Likewise, the effects of family history, suicide clustering, and peer pressure can be very serious.

All the studies have a common finding: there is no single factor that could predict suicide; there are always two or more factors at interplay.

"Although all suicides started as suicidal ideation, not all suicidal ideation leads to suicide," says Fiangaan. He added that suicide ideation could either lead to the act

or it could lead to a healthy fear of death to which he recommended that available professionals and community leaders should be trained in suicide crisis management.

The forum was attended by students, community members, leaders and policy makers. //JST

### *College of Nursing... from page 4*

of writing research articles and recommends as well that another session be conducted for the research-extension seminar.

The VPAA, Dr. Percyveranda A. Lubrica who gave her welcome address congratulated the College of Nursing for coming up with the activity as it is as well beneficial for the upcoming accreditation of the College of Nursing for level-IV set this school year.

The Philippine Nursing Research Inc. - Benguet State University Research Cell has received its recognition as a sub-group of the PNRSI- National this semester with Mr. Jude L. Tayaben as the president and Prof. Doris S. Natividad as the adviser.//  
*Maureen Esteban-Gay-as*



*The Gladiola Center hall was filled with students, community members, leaders and policy makers during the Suicide Prevention Forum on September 10, 2013. (Inset) BSU President, Ben D. Ladilad discussing with La Trinidad businessman Jack Dulnuan and company before the start of the forum.*

## US professor lectures in RDE seminar series

Dr. Bharathan

Narayanaswamy, professor of Plant Pathology and Molecular Biology at the Indiana University of Pennsylvania, USA was in BSU on September 16, 2013 for the RDE Seminar Series.

Dr. Narayanaswamy lectured on Modern Approaches to Detection of Biological Agents Using Biosensors and Functional Genomics of Host Pathogen Interactions in Fungal Pathosystems.

"The topic is very interesting but very few are trained on it," said VP for Research and Extension, Dr. Luciana M. Villanueva. She then encouraged the participants to make the best out of the opportunity of learning from Dr. Narayanaswamy.

The seminar was organized by the University Plant Health Clinic headed by Dr. Asuncion Nagpala, the Phytopathological Society, and the Department of Plant Pathology, CA.

Dr. Narayanaswamy holds



*Dr. Bharathan Narayanaswamy lectures on Modern Approaches to Detection of Biological Agents Using Biosensors and Functional Genomics of Host Pathogen Interactions in Fungal Pathosystems during the RDE Seminar Series on September 16, 2013. (Inset) Dr. Narayanaswamy meets with BSU President, Ben D. Ladilad before his lecture.//*



two post-doctoral degrees from the University of Florida and University of South Dakota and has published more than 50 articles in research journals.

Prior to his lecture, Dr. Narayanaswamy also met with Dr. Ben D. Ladilad before the seminar for courtesy and exploratory talks on possible collaboration works.//

## BSU conducts forum on Appropriate Pesticide Handling and Application

Benguet State University has conducted a forum on the Appropriate Pesticide Handling and Application on September 24, 2013. This is to discuss with farmer-cooperators the current practice of producing and bringing their products still laden with pesticides to the markets.

The Office of the Extension Services (OES) through its training and outreach section initiated the activity in response to the report of the Bureau of Plant Industry showing that some vegetables and strawberries being sold in the markets had been detected with pesticide residues, said Dr. Silvestre Kudan, OES Director. Reports show that the common pesticide residues found in

the vegetable and strawberry samples gathered were organochlorines, pyrethroids, and organophosphates.

Dr. Constantino Sudaypan, training and outreach division head of the OES, bared that based on claims of experts and those cited in literatures, these pesticides affect the nervous system and may cause various kinds of diseases when ingested.

He added that the activity was conducted to re-orient the participants on the ill-effects of extensive pesticide use and gain the commitment of the farmers on responsible usage or even non-utilization of pesticides.

Aside from the proper use and handling of pesticides,

the participants were presented the overview of the pesticide residues analysis conducted by BPI on selected crops. They were also informed on the practical ways to use organic fertilizers which is in-line with the advocacy of BSU to promote and practice organic agriculture.

Incidentally, the activity is also a prerequisite for the renewal of contracts between the farmer-cooperators and the University based on the memorandum issued by the VP for Business Affairs, Dr. Jones Feleciano.

Meantime, Dr. Kudan informed farmer-partners that the vegetable and strawberry produce of the organic grower-cooperators of the University also were analyzed and based

*BSU conducts...page 7*





**DOST North Luzon Cluster S&T Exhibit at BSU.** (Right Photo) DOST Regional Directors Dr. Julius Caesar V. Sicat (CAR), Dr. Elsa R. Chan (DOST I) Dr. Urdujah A. Tejada (DOST II) with NEDA-CAR Director, Milagros A. Rimando, Dir. Alejandro P. Melchor of the Smarter Philippines Program under the DOST-Office of the Secretary, La Trinidad Mayor, Edna C. Tabanda and BSU VP for Business Affairs, Dr. Jones Feleciano leads the ribbon cutting ceremonies of the DOST North Luzon Cluster S&T Fair and Exhibit on September 30, 2013. BSU hosted the five-day event which will run until October 4, 2013. The theme for this year is, "Science and Technology Innovation: The Road Towards a Smarter North Luzon." (Left Photo) The BSU booth at the said fair and exhibit.//

**BSU conducts...from page 6**

on results, no residues were detected at the limit of determination (LOD). Wikipedia defines LOD as the lowest quantity of a substance that can be distinguished from the absence of that substance within a stated confidence limit.

Attending the forum were more than 450

farmer-cooperators who belong to the following groups: Swamp Farmers Association, Inc., BSU Sariling Sikap Association, and the Agri-Based Technology Business Incubator/Innovation Center Farmers Association//Alma D. Santiago



**THE BEST OF ALL HANDS.** After attending 12 sessions of the Kabalikat sa Kabuhayan (KSK) Farmers Training once a week for (3) three months, 158 farmers received their diplomas during the KSK graduation ceremony on September 26, 2013 held at the SM Event Center in Baguio City. During the graduation day, SM Foundation Assistant Vice President, Cristie S. Angeles dubbed farmers to "have the best hand of all hands" that is incomparable to Manelinian's soft hands.//Sherilyn Banglig





**CAS holds first humanities week.** The CAS-Dep't of Humanities celebrated the first Humanities week on Sept. 16-21 and 23 through a number of activities showcasing students' artistry. The classes under Gabriel Tano who recreated the set of the movie *Avatar* through the use of body paintings, costumes and set designs was just one of the highlights of the week.



## THE BSU ROAD MAP

