



## BSU hosts 2013 CARASUC Athletic meet



The CARASUC Athletic Meet 2013 started with the parade of delegates followed by the opening program on December 11. The opening program at the BSU Gym was attended by: (l-r) BSU VP for Academic Affairs, Dr. Percyveranda A. Lubrica and Dr. Araceli G. Ladilad representing BSU President, Dr. Ben D. Ladilad; Mr. Peter J. Guibac representing Benguet Congressman Ronald M. Cosalan; CARASUC and KASC President, Dr. Eduardo Bagtang; IFSU President, Dr. Serafin Ngohayon; ASIST President, Dr. Aurelio V. Labanen; and MPSPC VP for RDE, Dr. Marcelino Gaki.// JST

The Cordillera Association of State Universities and Colleges (CARASUC) Athletic Meet 2013 was hosted by the University from December 11 to 14 spearheaded by the Institute of Human Kinetics, formerly the Institute of Physical Education and Sports.

There were seven participating schools that competed in various event categories including dance sports, search for Mr. and Ms. CARASUC 2013, ball games, athletics-track and field, allied games, taekwondo, and arnis. BSU, MPSPC, IFSU, and ASIST sent more than 200 delegates each while ASC, UP-Baguio, and KASC sent less than 200 delegates.

BSU bagged the championship with 93 gold, 48 silver and 17 bronze medals followed by the Mountain Province State Polytechnic College, the Ifugao State University (IFSU), the Abra State Institute of Sciences and

*BSU hosts...page 4*

### "I am a witness to your commitment and dedication"-AACCUP Coordinator

At the advent of the 5-day AACCUP accreditation on December 5-7, AACCUP overall coordinator, Dr. Namerod F. Mateo, expressed his admiration to BSU's commitment and dedication to its own development as evidenced by the well-prepared accreditation.

The Accrediting Agency of Chartered Colleges and Universities in the Philippines (AACCUP) has already accredited more than 90% of BSU's degree programs. From December 5-7, the degrees on BS Agriculture, BS Nursing, and the Doctor of Veterinary Medicine were surveyed by the team led by Dr. Namerod

for Level IV while BS Agricultural Engineering and MS Agricultural Economics were surveyed for Level III and M Resource Management, for Level II.

"AACCUP Accreditation is the first step towards international ISO accreditation and this is important because this is how we will know where we are strong and where we are weak," said BSU President Ben D. Ladilad as he sincerely thanked the AACCUP team.

During the Exit Conference on December 6 and after expressing eloquently their observations and recommendations, the accreditors encouraged University stakeholders to be the best for the University and for the administration to continue granting meritorious awards as a way to motivate the faculty and staff to excel. They

*"I am a witness...page 4*



## BSU VISION

A Premier State University in Asia

## MISSION

Development of people imbued with academic excellence, social conscience and productivity; and actively 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. 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.

-Board Res. No. 2222, 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 Victoria B. Jacalan

## ASSOCIATE EDITOR/LAY-OUT

Jennyline L. Sabado-Tabangcura

## PROOFREADER

Leny D. Mendoza

## WRITERS

Filmore Y. Awas  
Maureen Esteban-Gay-as  
Rhe-ann Ngayaan

## PHOTO CONTRIBUTORS

Grace Camdas  
Matyline Camfli  
Richard H. Kinnud  
Leny Mendoza  
Rhe-ann Ngayaan  
Meynard A. Pacleba  
Timotea Vitales

## 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:

E-mails may be sent to:  
gvjacalan@yahoo.com.ph  
jstabangcura@gmail.com  
(6374) 422-2127, 422-2402 loc. 69

## "Art as Reality" presented to BSU President

How do young Filipino migrants adjust and thrive in different environments with various cultures? The award-winning book, "Art as Reality: The Transition of Filipino Migrant Children in the Middle East", recently donated to the Benguet State University, La Trinidad, provides some answers. Its editor Araceli Cuesta Jimeno, a native of Baguio City and wife of former Philippine Ambassador to Oman, Joselito Alegado Jimeno, presented the coffee table book to Dr. Ben D. Ladilad, Benguet State University President on November 26, 2013.

Through essays, paintings, drawings, and digital art, young children of overseas Filipino workers (OFW) in the Middle East were described along these areas: leaving one's country, family and friends; learning different language and adjusting to different cultures; growing up from being a toddler to teen-ager and advancing from elementary to high-school; and visiting the Philippines for the first time or after a long time. The children are aged 8 to 17 and enrolled in 21 Philippine Schools throughout the Gulf countries of Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, and United Arab Emirates. These essays and artworks were chosen through an art and literary contest sponsored by the Philippine Embassy in Muscat, Oman.

The book is the winner of the 2013 Best Journalism Award – Book Category by the Commission on Filipinos Overseas citing it as "have raised awareness on the issues on Filipino migration, advanced the cause of Filipino overseas, and promoted a positive image of Filipinos overseas".

The Philippine Embassy in Oman published the book to celebrate the 115th anniversary of Philippine Independence on June 12, 2013. It has been distributed to Philippine and foreign embassies, consulates, Philippine Schools, Philippine Senate, and other relevant agencies and international organizations with primordial concerns for children like UNICEF and UNESCO.// Filmore Y. Awas



*The University President, Dr. Ben D. Ladilad, being handed the Coffee Table Book "Art as Reality" from its author, Ms. Araceli Cuesta Jimeno, wife of the former Philippine Ambassador to Oman//Leny Mendoza*

## College of Nursing-Research Cell Gains Formal Recognition

This time, the efforts of the College of Nursing in upholding the four-fold functions of Benguet State University specifically in research are intensified. The College received its well-deserved recognition of its Nursing Research Cell as a sub-group of the Philippine Nursing Research Society Inc. formally during the 6th National Nursing Research Conference (NNRC) on November 29 and 30, 2013 at the Crown Legacy Hotel in Baguio City.

The BSU-College of Nursing Research Cell is the newest to join the other 11 research cells of the PNRSI. The Research Cell is headed by its President Jude L. Tayaben and its adviser Doris S. Natividad.

The BSU PNRSI Research Cell and the College of Nursing were one of the co-sponsors/organizers of the 6th National Nursing Research Conference (NNRC) attended by more than 400 nurse researchers all over the Philippines. The College of Nursing Research Cell took on the challenge of heading two of the committees of the working team; the Souvenir Program/ Ways and Means and the Cultural and Reception committees. With BSU-CN Research Cell as co-organizers were the Regional Council of the Philippine Nurses Association-CAR, PNA- Baguio City Chapter, Association of Deans of Philippine Colleges of Nursing- CAR Chapter, Saint Louis University-School of Nursing and PNRSI Research Cell, University of the Cordilleras-PNRSI Research Cell, and the Cordillera Regional Health Research and Development Consortium.

Along results dissemination, the BSU-CN PNRSI members both students and faculty joined in the oral and poster presentations. Qualified for the oral presentation were: Jhaniela B. Cadwising, Daryl Ann Dep-as, Ruth Guay, and Mary Rose B. Catapang with their study on Effects of Jackfruit Root (*Artocarpus heterophyllus* Lam) Extract on *Escherichia coli*. Those who qualified for the poster presentation included Jude L. Tayaben's Feeding Pregnant Women During First Stage Labor: Revisited and Nurse's Occupational Safety Compliance to Needle Stick Injury Prevention

Policies in Cordillera Administrative Region: A Descriptive Study; Mhelgrace L. Bangse-il, Loraine A. Bucang, Jomarie S. Clemente, and Lawrence C. Caranto's Degree of Awareness and Extent of Proper Child-Rearing Practices among Parents of Children Having High Body Mass Index in La Trinidad, Benguet; Grail Badongen, Senead Belino, Sherwin Caytap, and Luvim C. Bilango's Lifestyle Practices of Call Center Agents in Baguio City; Amity Grizel Lumerio, Grettie Mae Ngina, Eileen Mae Sagorsor, and Louisa F. Laron's Antibacterial Effect of Beet (*Beta vulgaris*) Fruit Extract on

*Staphylococcus aureus*; and Ronalyn G. Nabe, Flordeliza I. Nebrija, John Gerald B. Pagui-en, and Mary Rose B. Catapang's Hypoglycemic Effect of Jackfruit Leaf and Guava Fruit Extracts to White Mice.

The faculty members of the BSU-PNRSI Research Cell who served as facilitator and moderator during the concurrent sessions of the conference were Doris S. Natividad, Maureen E. Gay-as, and Jude L. Tayaben. Other faculty members who attended the conference included Jonalyn S. Esco,

*College...page 4*



**SENASA of Argentina eyes BSU as source of experts** Esteban Sampietro, Daniel Mazzarella, and Sabina Zazo from Servicio Nacional de Sanidad y Calidad Agroalimentaria (SENASA) of Argentina on a courtesy call to BSU President, Dr. Ben D. Ladilad, on December 6, 2013. The group, accompanied by PCAARRD specialists regarded BSU as a possible source of experts on pest management who they can potentially tap for their agencia. They also visited UPLB and DMMSU.//JST



Four years after first coming to the University in November 2010, Education Specialist Attache, Hon. Mariano Carmo of the East Timor Embassy revisited BSU to check on the progress of East Timor students. In photo are (l-r) CVM faculty, Dr. Ruth Diego, CF faculty, For. Josel Florentin, CA faculty, Dr. Araceli G. Ladilad, BSU VP for Academic Affairs, Dr. Percyveranda A. Lubrica, Hon. Mariano Carmo and staff, Dr. Ben D. Ladilad and CHED-CAR Regional Director, Dir. Luisa S. Valencia.//JST



**College...from page 3**

Lawrence C. Caranto, Jocelyn W. Angeles, and Vicente G. Panagan Jr.

"The conference summed up all aspects that we, nurses, should improve on, in order to deliver functional researches. Personally, as a student and a novice researcher, it changed my perspective not only on nursing research but on the profession as well." commented senior student nurse Flordeliza A. Nebrija.

"Joining the conference was indeed a very satisfying at the Crown Legacy Hotel and educational event. We were given the chance not only to present and disseminate and share the results of our research with other students and professionals all over the country but also gain knowledge and skills from other researchers. Apart from these, our minds were also fed and were cleared with some misconceptions with the informative lectures of the brilliant and energetic speakers. The fact that it was a national event thrilled our hearts with joy. We gained a lot and we were able to climb another mountain and we will not stop we are more inspired to keep on exploring." added another student nurse Jhaniela Cadwising.

"We would like to thank the Offices of the Vice-Presidents for Academic Affairs, Research and Extension, and the Administration for supporting the programs initiated by the College of Nursing" recounted the Research Cell president, Jude Tayaben.// Maureen e. Gay-as

**"I am a witness...from page 1**

also appreciated the warm hospitality they received and shared the candid moments they had.

The AACCUP survey team members are Dr. Eden G. Agcaoili of CLSU; Dr. Julpha M. Agustin and Dr. Emeranciana B. Claraval of ISU; Dr. Jacquiline V. Bagunu and Dr. Evangeline A. Galatierra of PAC; Dr. Marita F. Bancual of NVSU; Dr. Alberto M. Cabrera, Prof. Charito P. Cadag, Dr. Evelyn R. Reyteran, and Dr. Adelfa A. Villaflor of CBSUA; Dr. Heidi C. Dyangko of BU, Prof. Ana S. Fajanihan, Prof. Amada S. Mayuga, and Prof. Jonathan P. Wong of RSU; Dr. Marilyn S. Monreal of SSU; Prof. Rebecca B. Napiere of VSU; Dr. Felino R. Neri; Prof Ofelia



*Beaming with a sense of fulfillment. Level IV student nurses together with PNRSI-BSU-CN Research Cell President Jude L. Tayaben after they presented their researches at the 6th National Nursing Research Conference on November 29-30, 2013 at the Crown Legacy Hotel, Baguio City.*

O. Valdehueza of DMMMSU; and Dr. Erlinda J. Porcincula of CNSC.//

**BSU hosts...from page 1**

Technology (ASIST), the University of the Philippines-Baguio (UP-Baguio), the Kalinga Apayao State College (KASC) and the Apayao State College (ASC).

During the opening program held on December 11 at the BSU Gym, the heads and representatives of the CAR SUCs along with Benguet and La Trinidad LGUs emphasized sportsmanship above competition.

"Beyond competition are the bounds of sportsmanship and camaraderie," said BSU VP for Academic Affairs, Dr. Percyveranda A. Lubrica who also shared a quote from Jesse Owens that goes, "Awards become corroded, friends gather no

dust."

Paul Coyupan representing La Trinidad Mayor, Hon. Edna C. Tabanda reminded the delegates that only sports can bring countries, even those at war, together. The program was also attended by CHED-CAR Director, Dr. Luisa Valencia; BSU VP for Academic Affairs, Dr. Percyveranda A. Lubrica and Dr. Araceli G. Ladilad representing BSU President, Dr. Ben D. Ladilad; Mr. Peter J. Guibac representing Benguet Congressman Ronald M. Cosalan; CARASUC and KASC President, Dr. Eduardo Bagtang; IFSU President, Dr. Serafin Ngohayon; ASIST President, Dr. Aurelio V. Labanen; MPSPC VP for RDE, Dr. Marcelino Gaki; and Mr. Blas Dalos representing Benguet Governor Nestor B. Fongwan.//JST //



*The week-long celebration of the 50th anniversary of the Mountain Collegian (MC), the official student publication of Benguet State University, kicked off with a ribbon cutting ceremonies of its golden anniversary exhibit led by University President, Dr. Ben D. Ladilad, and Vice-President for Academic Affairs, Percyveranda A. Lubrica, Tuesday morning. Themed "MC @ 50: Engaging with the challenges of the times," the exhibit which ran from Nov. 18 to 21 showcased the campus publication's golden years of journalism service to the student constituent, University, and the community.//Photo by Rhe-Ann B. Ngayaan BEE '15*

## BSU sends 7 studes to MAD Camp '13

In support to its students' development, the Benguet State University (BSU) through the Office of Student Affairs and Services (OSS) sent seven college students to participate in the 2nd Make a Difference (MAD) Camp themed "Conquering Leadership Challenges of the 21st Century" held at CWC Convention Hall, CamSur Watersports Complex, Pili, Camarines Sur on Dec. 6-8.

The students from the different colleges were Jomar Lesino, BSN-the College of Nursing; Kevin Jake Angyab, BSE and Rhe-Ann Ngayaan, BEE-CTE; and from the College of Agriculture taking up BSA: Luis Calama and Kathrene Joyce Sabilala while Katrina Verzola, BSDevCom. Mr. Ramon C. Fiangaan Jr., Head of the OSS- Student Organization and Activities, accompanied the students.

Asked of why make a difference, Fiangaan said that promoting change is important because change is essential for a total human growth and development.

"As a participant, I developed values and acquired learning skills necessary for self-development as I targeted to attain healthier performance in the organization I belong to and in the community as a whole", said Angyab.

The registration fees and travel expenses of the said students were shouldered by the BSU administration charging it to the college student trust fund (STF).

The three-day leadership conference kicked off with Jayson Lo's lecture on "Enjoy being YOUNique: Understanding You." According to him, everyone is unique and special because everyone is God's creation, not a mere product of evolution.

The said motivational speaker shared the four YOUNique characters of human, better remembered as DISC, with its full term as Dominant eagle, the doer; Influential rooster, the talker; Steady carabao, the watcher; and the Corrective tarsier, the thinker.

"Despite diversity and differences, we are to maximize our strengths, minimize our weaknesses, and aim for positive life-change". Modernizing the golden rule, he said that the platinum rule states - do unto others as they want it to be done unto them", ended Lo.

"Never allow the circumstances of life to hinder you from dreaming. We need freedom to serve, not power to rule", were the words of Mr. Tony Meloto, Chairman and Founder of Gawad Kalinga, who keynoted the opening ceremonies.

According to Mr. Meloto, education is the way out of poverty. The Philippines has no excuse to be poor. The poor can always thrive and can attain their potentials to the fullest; and together, we can all look forward to a better future for our children and the generations to come.

"Our country's wealth is the people; if young people like you are

developed, you become an asset and not an ass of the society. There is so much about the country to fall in love with. Build your future in this land of opportunity; it's worth investing here, and be a social entrepreneur", challenged Meloto to the student leaders.

Meloto's talk was followed by the lecture sessions of ABS-CBN host/actor Robi Domingo titled Embracing and Overcoming Youth Challenges and Raji Paul Tañada, EDSA People Power Project Officer (The Spirit of EDSA Now: Volunteerism and Bayanihan). A workshop then ensued focusing on Filipino Youth Situation: Issues and Challenges facilitated by Prof. Serafin Arviola Jr, EDSA People Power Commission Consultant and Chairman of the Board, National Association of UNESCO Clubs in the Philippines.

The first day series of activities concluded through a dinner with the Camarines Sur Governor Miguel 'Migz' Villafuerte. At the age of 24, Villafuerte, represented by his executive secretary that evening, is the youngest elected governor in the Philippine History having been elected in May 2013 elections.

Arviola's workshop on Conquering Leadership Challenges through COMPETENCE served as a jump start of the second day's line of activities. He was followed by Hon. Leni Robredo, Representative of the 3rd District of Cam Sur, with her topic on Conquering Leadership Challenges

*BSU sends...page 6*



The new set of BSU-Main Campus Faculty Club officers taking their oath of office from BSU President, Dr. Ben D. Ladilad, during the December 9 flag ceremony at the Admin. Building. The new officers are: Darlyn D. Tagarino, President; Leonardo L. Samonte, Vice-President; Esper L. Feliciano, Secretary; Greogorio C. Taag, Assistant Secretary; Cynthia D. Garambas, Treasurer; Eduardo M. Naoe, Auditor; Filmore Y. Awas, PRO; Rosita B. Kudan and Sarah M. Palaw-ay, Business Managers; Froilan B. Manas and Serano L. Oryan, Sergeants-at-Arms; and Asuncion L. Nagpala, Tecah C. Sagandoy, Rodolfo M. Tiwaquen Jr, Sano L. Ngiwas, Cristina C. Agrabe, Manolita N. Alvaro, Betty M. Divino, Richard P. Dumapis, and Jenny V. Esiong, College Representatives.//Photo courtesy of Timotea Vitales



## GAD Unit and ISRD spearheads forum on gender research

The BSU Gender and Development (GAD) Unit in partnership with the Institute of Social Research and Development organized a gender research forum on December 16, 2013 at the CTE-Function Hall.

The forum aimed to strengthen the capability of BSU faculty and staff in research as well as to encourage employees to be gender sensitive and competent in the practice of their respective functions.

The forum featured Prof. Narcisa P. Canilao, a well-known researcher

from the University of the Philippines-Baguio. Prof. Canilao presented gender sensitive methodologies in research. Her talk included contextualizing gender sensitive research, engendering cultural sensitivity in field research, bringing out "women's voices", and ethics and policies of gender sensitive researches.

Simultaneously, the GAD has also organized a seminar on risk reduction management for the general services employees on the same day at the BSU gym.//



*Prof. Narcisa P. Canilao and a participant interact during the gender research forum on December 16 at CTE Function hall.//Photos by Matyline Camfil*

**BSU sends...from page 5** through COURAGE.

Incidentally, Ms. Leni is the wife of the late DILG Secretary Jesse Robredo.

Hon. Sherwin Gatchalian, Representative of the 1st District (Valenzuela), on the other hand, spoke on Conquering Leadership Challenges through COMMITMENT. He discussed the four P's of why politicians enter Congress: public service, prestige, popularity, and pork barrel ['pera'].

"With the right intention, fairness, and commitment in serving the people, the power given to you will not consume you", stressed Gatchalian.

The rest of the day was jam-packed with parallel sessions, workshops, and open fora with the following speakers: Cathy Garcia-Molina, Film and TV Director of ABS-CBN who discoursed on Conquering Leadership Challenges through CHARACTER; Niña Corpuz, ABS-CBN broadcast journalist/reporter on The Power of Volunteerism; Commissioner Alice Pañares, Chairman,

National Commission for Culture and the Arts (NCCA) on Youth Making a Difference for Culture and Heritage; and Ma. Rosalie Zerrudo, NCCA worker-artist on Youth Making a Difference for the Community.

Meanwhile, the third day was spent on a team building enhancement among the participants. The election of regional officers and oath-taking took place before the lecture of Arviola on Conquering Leadership Challenges through COMPETENCE Part 2. Keynoted by Usec Leon G. Flores III, National Youth Commission (NYC), the leadership camp was officially closed following the youth collaboration and wakeboarding at CWC.

The activity, participated in by around 200 college and high school students nationwide, was spearheaded

by the United Nations Educational, Scientific and Cultural Group (UNESCO) and Go! Ahon Pilipinas, Inc. (GAPi) in partnership with CWC; National Association of UNESCO Clubs in the Philippines, Inc.; NCCA; NYC; ABS-CBN, the official media partner; and the officialdom of the province of CamSur.

The camp was presented by GAPi, an accredited UNESCO club member, to uplift the poor and marginalized; empower the youth; and inspire the future through active involvement on societal issues and concerns. The event was held in cooperation with Red Cross, EDSA People Power Commission, EDSA People Power Networks, among others.

Founded in May 2010, GAPi is a private voluntary, non-stock, non-profit organization and movement formed by various community leaders, public servants, and young professionals who advocate meaningful reforms in the community.//Rhe-ann Ngayaan



*As an early Christmas gift, the BSU's Mountain Collegian (MC) staff and alumni bonded with the Muslim children through story-telling, games, and songs during their outreach program in Barangay Parapad, Ambiong, La Trinidad as part of their week-long 50th anniversary celebration. The community was fed after with happy foods, courtesy of McDonalds La Trinidad and MC.//Photo by Rhe-Ann B. Ngayaan BEE' 15*

## Employees honored during Salamat-Mabuhay and Christmas program

There were 15 employees honored during the Salamat-Mabuhay and Christmas program held on December 20, 2013 at the BSU gym.

The retiring employees are Mario M. Marquez (29 years of service), Percival B. Alipit (43 years of service), Alfredo C. Tipyano (43 years of service), Lolita M. Aromin (38 years of service), Freda O. Zarate (42 years of service), Louisa C. Cotiw-an (35 years of service), Manuela P. Cadelina (36 years of service), Montano B. Andaya (31 years of service) and Hortencio B. Patacsil, Jr (37 years of service).

Posthumous awards were also handed to the family of the late Segfrid A. Casimero.

Retiring employees from the BSU Buguias-Campus also honored during the program are Joe V. Sumacbay (30 years of service), Victor S. Teofilo (40 years of service), Enelita L. Guanso (42 years of service), Samson O. Sipi-an (42 years of service), Lilia C. Orasing (37 years of service) and Desencia M. Balwang (40 years of service).

BSU President, Ben D. Ladilad congratulated the retirees and hoped that they will still extend their skills and expertise to the University even after retirement.

"This chapter of your life, your job in BSU has ended but it means that another chapter has started. Retirement is not the end of life but is the start of another phase in an employee's life. We thank you for your sincere and dedicated service to the University, our community, and our country as a whole," he said.

"We take pride to say that we did our best to serve the interests of the students and the community. This recognition accorded us, we share with you. It was wonderful and rewarding working with you but we shall continue to offer our services to BSU in whatever way we can because although retired, we are not yet tired, everlasting is the life of BSU." This was the response of one of the retirees, Dr. Alipit.

After the Salamat-Mabuhay program two speakers invited by the GAD-Unit talked about Violence Against Women (VAW) as part of BSU's participation to the campaign to end VAW. Florida Faculo of NEDA-CAR emphasized that the only solution to VAW is for everybody to respect each other in every aspect. Another invited speaker was Prof. Aurora Felisa "Mona" Jonson-Reyes of the Brahma Kumaris. She shared an existing campaign called "Pause Muna, Peace Muna". The campaign encourages everyone to take time out to transform the quality of their thoughts, feelings, and actions to that which will bring positive and peaceful outcomes. This is believed to lessen aggression and violence among people.

The talks were followed by the Christmas Program held in the afternoon facilitated by the BSU Government Employees Association, BSU Faculty Club, and BSU Non-Teaching Association.//JST







**IHK head bags best poster award from intr'l conference.** IHK head Eduardo Laconsay's poster titled: "Physical and Environmental Dimensions of Wellness of Benguet State University Employees" was recognized as the best poster during the recently concluded BIMP-EAGA (Brunei-Indonesia-Malaysia-Philippines East-ASEAN Growth Area) Conference 2013 held at Puerto Princesa City, Palawan on December 16-17, 2013.//



Festival attires created by BSU staff, Armando Cabanas, were adjudged as the best during the Search for Mr. and Ms. CARASUC 2013 on December 12, 2013. Wearing the attires are BSU candidates Ms. Alysa Denise Rosimo and Mr. Martin Blando who also became Mr. and Ms. CARASUC 2013.//Photos courtesy of Meynard Alonzo Pacleba and Grace Camdas.



BSU employees stick their filled up "Pause Muna, Peace Muna" Habit Pledge Forms signifying their commitment to allot some time for reflection everyday during the Salamat-Mabuhay and Christmas Program on December 20, 2013 at the BSU gym. See related story on page 7.//JST



The BSU basketball team is first runner up in the recently concluded Adivay cup. The final game was held last December 19, 2013 at the Capitol Gym.// Photo courtesy of Richard H. Kinnud



**'Tis the season to be merry.** BSU employees signing out their Christmas packs last December 26. Each employee received three bags of groceries and two half cavans of rice. This was facilitated by the BSUNTA, FC, and BSUGEA.//JST