



# CORDILLERA *Trust the Truth* BULLETIN

Official Student Publication of Cordillera Career Development College



**RARE PEARL.** In her dazzling teal Filipiniana attire, Fabiola Abellera Lucop was presented a gong-inspired plaque of appreciation for serving CCDC for 30 long years. Presenting the award are (L-R) Atty. Czarina Rose Gumpic, Pros. Shirley Jane Malaya-Nachor, and school president Sherry Junette Malaya-Tagle. *Related story on Page 2\** (CB Photo)

## Cordillera College listed among world's innovative schools

The World University Rankings for Innovation (WURI) included Cordillera Career Development College (CCDC) as among the top universities in the world with innovative programs this 2023.

CCDC, which joining the ranking system for the first time, was listed 122nd in the

overall ranking system while its entry to the Ethical Value category ranked 35th, WURI announced the ranking at a conference in Florida, United States on May 18.

According to its website, WURI, which is now on its fourth annual rankings, evaluates the university's real contributions to the

society, highlighting creative and innovative approaches of universities' research and educational programs in six categories.

Meanwhile, the Ethical Value category evaluates university programs focusing on social responsibility, ethics, and integrity, "which is a more valuable approach

compared to those that only consider the knowledge and skills required for material success."

CCDC submitted its Birthing Clinic transformation and Operation Kajo project for the Ethical Value category, said school president Sherry Junette Malaya-Tagle.

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### Benguet folks get free legal aid

Over 200 individuals from various communities in Benguet received free legal services in a series of legal aid events by Cordillera Career Development College's (CCDC) Community Legal Aid Center (CLAC) over the past two weeks.

Law student practitioners under the supervision of Judge Adolfo Malingan conducted legal consultation and rights awareness in two sitios of Poblacion, Atok and in Cayapes, Kapangan on March 10, 13, and 15, respectively.

The legal aid activities in these three communities are part of the Sumika-sika Series, CCDC's continuing education extension program for the community which intends to enable lifelong

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**COMMUNITY FIRST.** Atty. Miller Quintin Jr., a professor at the College of Law, was among the Admiral lawyers who offered free legal services to the public on March 17 at the La Trinidad Municipal Grounds.\* (KSL Photo)

### 3 programs earn PAASCU's nod

Three programs of Cordillera Career Development College (CCDC) were recently granted Candidate Status, a step closer to full accreditation under the Philippine Accrediting Association

of Schools, Colleges and Universities (PAASCU), a service organization that accredits or quality assures the academic programs of its member schools.

The certifications, *Continue on P11*

### CHED confers Gawad Parangal to CCDC

The Commission on Higher Education (CHED) recognized the achievements of Cordillera Career Development College's (CCDC) in an awarding ceremony at Bontoc, Mountain Province on January 20.

Dubbed Gawad Parangal 2022, CHED - Cordillera said the awarding event aimed to recognize the exemplary efforts of various Higher Education Institutions (HEIs), faculty, and distinctive achievements of graduates in the region, despite the challenges brought about by the pandemic COVID-19.

CHED Cordillera conferred two plaques and a Certificate of Recognition to CCDC, while separate similar certificates were also given to one of the

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# CCDC renews commitment to quality education

Cordillera Career Development College (CCDC) reaffirmed its commitment to deliver quality education while ensuring continued ties with its educational partners in a tribute program last April 3.

CCDC will remain steadfast in its commitment to continue bringing education closer to the people to pave better opportunities for the youth and their families, said school president Sherry Junette Malaya-Tagle.

“CCDC attributes a huge chunk of its success to what it has become to our educational partners, and adopted communities who

## Women pampered on special month

Jandel Kurt Paleng

Cordillera Career Development College (CCDC) celebrated Women’s Month through offering various services and treats for women for free at stalls set-up at the Tuppaya Gym on March 22.

Among the services rendered to attendees, many of whom are La Trinidad residents, include brief lectures on parenting, basic life support, fire safety at home, and food processing.

Services were also offered such as wellness check-ups, massage, manicure, pedicure, haircuts, and legal aid services.

All services were provided free of charge by the different college and institution departments.

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are indispensable in our mission to deliver quality education through holistic, accessible and inclusive learning experiences,” she added.

Tagle led the awarding of plaques of recognition to CCDC’s educational partners during the Man-iyaman Recognition Program which is the main highlight of the school’s 30th founding

anniversary celebration.

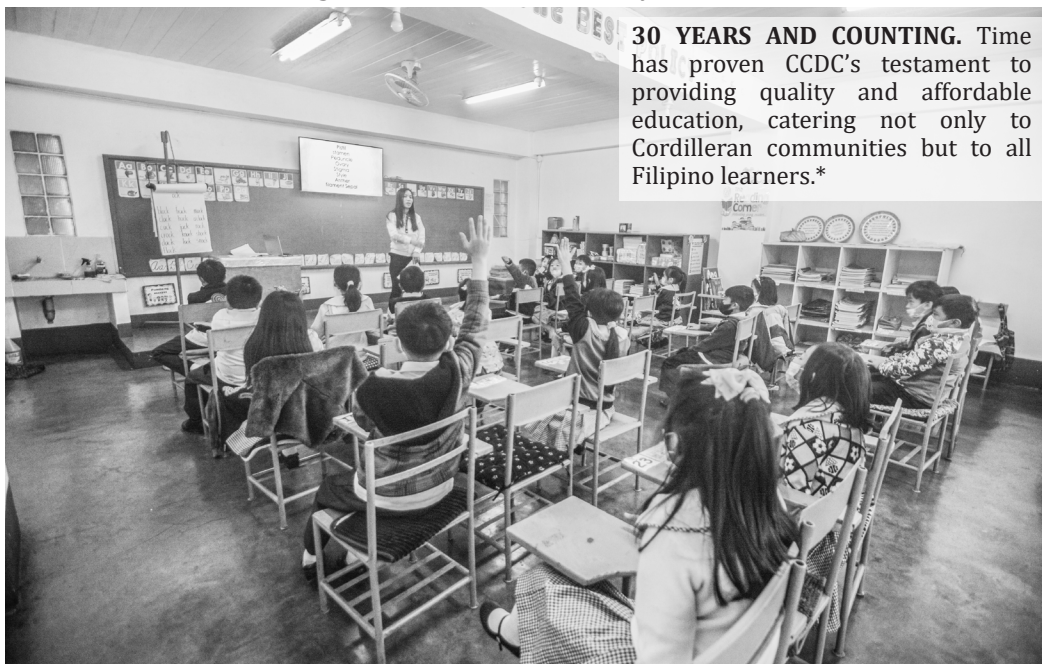
The awardees include the Provincial Government of Benguet; Commission on Audit-Cordillera (Local Govt. Sector (LGS), Audit Group C); Department of Science and Technology – Cordillera; and Commission on Higher Education – Cordillera.

Also recognized are the local government units of La Trinidad and Kabayan,

both in Benguet, as well as the accounting firms LMT Accounting and Auditing Services, and Pakias Accounting and Auditing Services.

Recognition was also given to BSU and Community Multi-Purpose Cooperative; DENR-CAR Employees Multi-Purpose Cooperative; JYC Marosan’s View Deck Café

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**30 YEARS AND COUNTING.** Time has proven CCDC’s testament to providing quality and affordable education, catering not only to Cordilleran communities but to all Filipino learners.\*

## Tribute night honors long-time Admiral employees, topnotchers, retirees

In a fitting tribute program, Cordillera Career Development College (CCDC) honored its employees who have been in service for a long period as part of its 30th foundation anniversary celebration on April 3.

Dubbed Man-Iyaman

Recognition Program, the event also commended a pair of retiring employees as well as two more alumni who were topnotchers in recent licensure examinations.

CCDC will not reach this far if not for the human resources who have tirelessly worked to put prime on delivering quality education, said school president Sherry Junette Malaya-Tagle.

Plaques of recognition were given to Fabiola Abellera Lucop and James Marciano Malaya for being the longest serving personnel; staying with the school since its inception in 1993.

Lucop was hired in June 1993, just two months after CCDC was officially registered with the Securities and Exchange Commission. She is currently teaching in the senior high school and also a professor in the graduate school and

college of accountancy.

Meanwhile, Malaya is the founding president and chair of the board, leading the rise of the school from mere vocational classes to now a multi-program educational institution offering pre-school to post-graduate programs.

Also given honors for working for CCDC for 25 years are Jean Paul Guevarra, Beverly Milo, Maritess Pimentel, and Gabriel Sagandoy.

Guevarra is among the school’s safety officers and insurance coordinator while Milo is the program coordinator of the Junior High School Department.

Meanwhile, Pimentel is a faculty in the College of Business Education and Administration as well as in the graduate school department, while Sagandoy is general services

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**PILANTIK.** Students from all levels, including this pair of senior high school dancers, showcased their artistic talents during the “CCDC Got Talent” showdown on April 4 as part of the school’s 30th Foundation Day celebration.\* (CB Photo)



**BACK-TO-BACK.** CHE's student nurses Ricmar Tabacla and Shaila Pilo claimed a rare feat by winning the Mr. & Ms. CCDC titles on April 20. (Photo by Emylia Mandi)\*

## CCDC's role in Cordillera's social welfare recognized

Cordillera Career Development College (CCDC) was recognized as among the outstanding partners of the Department of Social Welfare and Development (DSWD) –Cordillera in the delivery of its social protection programs and services last March 10 in Baguio City.

In an awarding rite dubbed Iyaman Awards, CCDC's Dr. Joseph De Los Santos received the plaque and certificate of recognition from DSWD Undersecretary Eduardo Punay and Regional Director Leo Quintilla.

The event was the highlight of the government agency's 72nd Year Anniversary celebration.

CCDC is one of the two educational institutions given the recognition while the rest are local government units, government agencies, foundations, and civic organizations.

In his keynote message, Punay extended gratitude to the awardees who made significant contribution to the efficient delivery of DSWD's programs.

CCDC President Sherry Junette Malaya-Tagle reciprocated the appreciation with an assurance that the school will continue to support the programs of DSWD.

The school has long been an advocate of DSWD's programs by helping disseminate its disaster risk reduction management activities, information and education campaigns in its

various events and channels, especially under its College of Social Work.

In coordination with DSWD, CCDC volunteered its resources and facility in the storage and distribution of relief items during the three-year pandemic, as well as provide immediate potable water supply, through the Pilipinas Shell Foundation during the huge earthquake last July 2022.\*

## Buguias mentors take up GAD lessons

Fifty-five elementary and secondary teachers from three schools in Buguias, Benguet participated in a Gender and Development (GAD) Seminar conducted by Cordillera Career Development College (CCDC) at Abatan, Buguias on February 9.

The GAD Seminar is part of the Midyear In-Service Education and Training (INSET) for public teachers of Catlubong National High School, Bano-oy Elementary School and Lengaoan-Waking Elementary School.

CCDC Vice President for Administration Annabelle Gondales discussed "The Safe Spaces Act in the New Normal Education" which talked about the application of the law among teachers and in the course of their profession.

Meanwhile, Student Development Officer Michelle Palongdias lectured on Gender Sensitivity, especially in the context of the teaching profession.

## Back-to-back victory

# CHE bags Mr, Ms CCDC 2023

Jandel Kurt Paleng

It was practically a clean sweep for the College of Health Education (CHE) during this year's Mr. and Ms. CCDC competition.

CHE bets Ricmar Tabacla and Shaila Pilo captured the top crowns of the beauty-and-brains competitions participated by eight departments of Cordillera Career Development College (CCDC) last April 20 at the Tuppaya Gym.

Aside from the crown, Tabacla was also awarded the Best in Ethnic Attire, Best in Sports Wear, Best in Formal Wear, Mr. Wit, and Part of the Ambassadors awards.

Meanwhile, Pilo was also conferred the Ms. Photogenic, Queen of the Ramp, Best in Production Number, Best in Ethnic Attire, Best in Sportswear, Best in Formal Wear, Ms. Popularity Award, Ms. Winsome Smile, and Part of Ambassadors awards.

Harzon Basilio from the Senior High School (SHS) Department was adjudged the first runner-

up and Mr. Photogenic, and was conferred Part of Ambassadors award.

College of Accountancy (COA) representative Jesser Anjelo Mayos took the second runner-up spot, as well as the Best in Production Number, and Best in Talent awards.

Jones Timatim from the College of Teacher Education (CTE) earned the third runner-up sash, Mr. Congeniality, King of the Ramp, and People's Choice awards.

Meanwhile, Marvin John Enrique from the College of Criminal Justice Education (CCJE) took the fourth runner-up award including the Mr. Popularity and Best in Professional Attire awards.

College of Business Education and Administration (CBEA) bet Mark Janzent Segundo got the Mr. Courage award while Connell Botangen of the College of Social Work (CSW) bagged the Part of Ambassadors and Mr. CCDC Love awards.

Jerson Thomas, bannering the Reserved Officer's Training Corps (ROTC), was the Mr. Winsome Smile and Mr. CCDC Hope awardee.

On the distaff side, CSW's Venus Belao got the first runner-up as well as the Ms. Wit and Part of Ambassadors awards.

On the other hand, Sherilyn Zaparita from ROTC

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**PARTNERS IN SERVICE.** As among its outstanding partners, DSWD awarded CCDC a certificate of recognition and a plaque, received by Dr. Joseph De Los Santos, during its 72nd anniversary celebration last March 10. (Photo from DSWD CAR)

## Admirals undergo fire safety training

Jandel Kurt Paleng

Twenty-one students from Cordillera Career Development College (CCDC) underwent fire safety and management training last June 16 and 17 at the PDRMO Annex, La Trinidad, Benguet.

The two-day training was organized by the Disaster Risk Reduction and Management Office, and the Benguet Provincial Youth Development Council.

Organizers said the event is a means to recognize the vital role of the youth in nation-building and shall promote and protect their physical, moral, spiritual, intellectual and social well-being.

Among the highlights of the training are proper coordination with the

Bureau of Fire Protection through the practice of sending information during emergencies through CHANT or “Case, Help needed, Address/ landmark, Name or number of patients and Telephone number.”

The participants were also reminded to save and asked to disseminate the hotline number of La Trinidad Fire Station, which is 0910-320-7446, as they also respond with other types of emergencies.

The training also included different simulation drills that challenged the participants preparedness and readiness across various scenarios.

A simulation was also conducted as a means to correct common mistakes

done during cases and remind the participants the difficulty of responding to fire incidents.

The training was actively participated by the students, some of whom acted as the Incident Commanders during the simulation drills.

Charles Loyd Palkit, representative of the Reserved Officer’s Training Corps (ROTC) said that the training was helpful to them as this may be applied at any point in their daily activities or even during family emergencies.

Apart from the ROTC, the attending CCDC participants were from the College of Teacher Education, College of Criminal Justice Education, and College of Social Work.\*

## CCDC revives homecoming

All roads led to the Strawberry Valley last April for former and current students and employees of Cordillera Career Development College (CCDC).

Following a brief hiatus due to the pandemic, the longest running private higher education institution in Benguet hosted again its grand alumni homecoming on April 4 as part of its 30th founding anniversary celebration.

The last Admirals homecoming took place in 2018 according to CCDC Founding Chairman James Malaya.

The pandemic halted all social gatherings from 2020 to 2022, making it not possible for the school to continue its homecoming tradition.

“The homecoming serves as an avenue for all those who made CCDC as their home away from home – be it as a student or an employee – to get together and catch-up, rekindle and nurture friendships or make some,” said Malaya.

The event drew back alumni, former teachers and employees, and stakeholders into the Admirals Gym for an afternoon of songs, stories, and reminiscence.

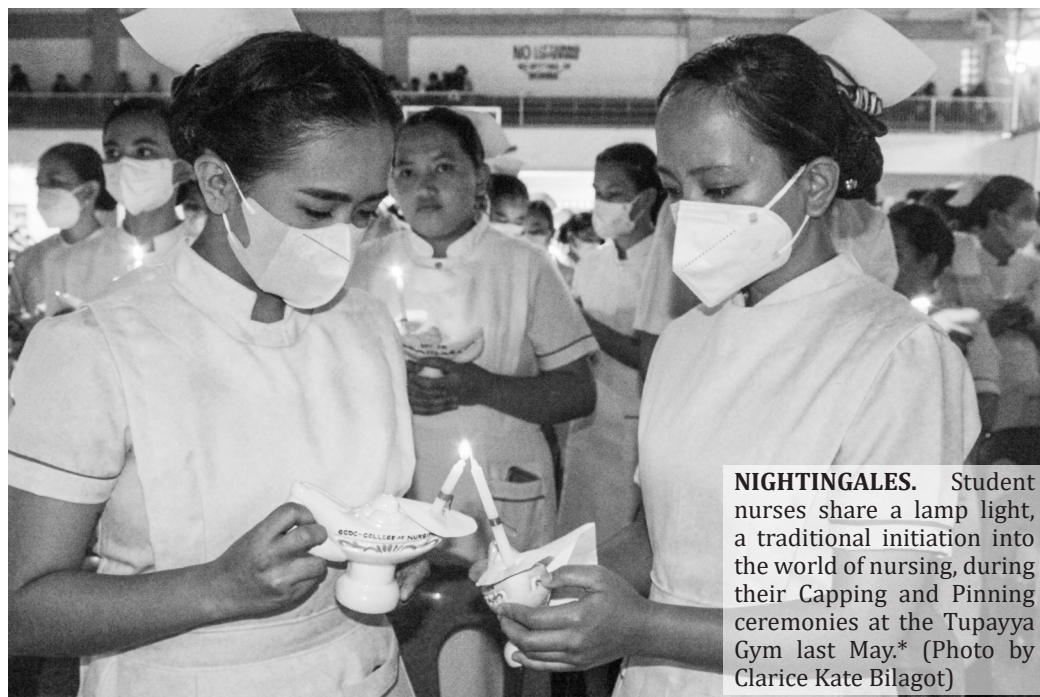
Prior to the program, the school hosted its “CCDC Got Talent,” named after the renowned game show, where students showcased their talents in music and arts.

CCDC’s anniversary theme this year was “Grateful @30: Flourishing in the New Era with Excellence, Commitment, and Synergy.”

Malaya said CCDC was officially registered as a corporation on April 6, 1993. However, the date falls on a Holy Thursday, prompting the schedule to be moved earlier.

CCDC started during the summer term of 1993 in rented classrooms of the Pelizloy Centrum at Km. 5, La Trinidad, Benguet with 59 students enrolled in modular computer courses, review class for the NTC examination, a typing class, and remedial classes for grade school pupils in reading, writing and arithmetic.

Now, it has grown to over 5,000 in student and staff population.\*



**NIGHTINGALES.** Student nurses share a lamp light, a traditional initiation into the world of nursing, during their Capping and Pinning ceremonies at the Tupayya Gym last May.\* (Photo by Clarice Kate Bilagot)

## 15 Admirals take oath as new lawyers

Fifteen alumni of the College of Law of Cordillera Career Development College (COL-CCDC) took their oath as newly-minted lawyers on May 2 at the Philippine International Convention Center (PICC) in Pasay.

The oath-taking, followed by the signing of the Roll of Attorneys, admitted them to the Philippine Bar, enabling them to practice law.

The new lawyers are Cyril Arturo, Wendy Lyn Balanban, Jefferson Cadap, John Bryan Cong-o, Manolo Domingo

Jr., Nickson Dumapis, Arnila Jamine Geronimo, Czarina Rose Gumpic, Maridel Langbis, Russel Lucaney, Melody Mamilig, Shanghai Quitor, Jasmin Tacio, Kristine Torafing, and Kathleen Willie.

CCDC’s Vice President for Administration Annabelle Gondales was also among the Bar passers who took oath.

The lawyers were among the 3,992 out of 9,183 examinees who passed the Bar examination on

November last year. The results were released by the Supreme Court on April.

“Congratulations to the families and supportive communities of the bar candidates for through your love, this victory is certainly shared with you,” said Associate Justice Alfredo Benjamin Caguioa.

He is the chairperson for the 2022 bar examination.

Addressing those who did not make the cut, he advised them to “allow this setback

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# CCDC joins country's 1st CLEP consortium

With 15 other law schools, the College of Law of Cordillera Career Development College (CCDC-COL) formed the first consortium of law schools in the Philippines for the implementation of the Clinical Legal Education Program (CLEP).

The consortium was a result of a regional conference entitled "Building a Consortium for Greater Access to Justice through Clinical Legal Education" last March 2 and 3 in Baguio City.

The conference brought together deans, clinic and externship directors, and law student practitioners

from law schools in the Ilocos, Cagayan Valley, and Cordillera regions.

CCDC-COL was represented by Dean Alexis Agmata, CLEP Managing Director Adolfo Malingan, and law student practitioner Karlston Lapniten.

Agmata said the conference allowed CCDC-COL to share its experiences and challenges in the implementation of the CLEP and the legal aid clinic, and mutually learn from other schools.

CCDC launched its Community Legal Aid Clinic on April 2 last year as a means of providing better

access to legal services to the marginalized sectors and a venue for law students to enhance their learning, preparing them for the practice of law.

Agmata said the consortium is set to form a communication system through online platforms and a webinar for all law

students in northern Luzon.

The event was supported by the U.S. Embassy in Manila International Narcotics and Law Enforcement Affairs Office (INL) through the Strengthening Rule of Law through Legal Aid Clinics in the Philippines (Legal Aid Project), implemented by The Asia Foundation.\*



**WHOLISTIC.** Basic education students enjoy mental wellness activities at the ADMIRALS Farm Park, an auxiliary facility of CCDC at Longlong, La Trinidad. Mental wellness activities are part of CCDC's wholistic educational approach.\* (Contributed Photo)

## 16 Admirals pass Crim exam

Sixteen alumni of Cordillera Career Development College's College of Criminal Justice Education (CCDC-CCJE) were among the 4,139 examinees who passed the Licensure Examination for Criminologists conducted last April.

The Professional Regulation Commission (PRC) released the results on Thursday, May 4, which saw a national passing rate of 31.84 percent out of 13,000 examinees.

CCDC submitted a 41.03 percent overall passing rate, with a 71.43 percent passing rate for first takers.

The new licensed criminologists are Jeysie Abag, Jayzer Jim Balaybay, Coney Celine Bastian, Venus Pearl Beray, Janelle Faye Bugtong, Melwin Diwas, Anabell Gantoc, Laila Gomoyod, Kurt Christian Marrero, Gem Darryl Morca, Rhona Ngaya-an, jeckerson Ngayaan, Reynante Piay, Samuel Sacnit, Jomar Selga, and Michael Walito.

The dates and venues for the oath-taking ceremonies of the new successful examinees will be announced later, according to PRC.

"We join our newly licensed Admiral criminologists in celebrating this milestone with their families and communities. May they find success in the field of Criminal Justice or whichever career paths

they may take," said school President Sherry Junette Malaya-Tagle.

Tagle said the school is currently gearing up for the same licensure examination set this August. CCDC offers a Criminal Review Program which conducts face-to-face lecture sessions, assessments, and group study facilitation with coaching.\*

## 5 Admirals now ranking uniformed officers

Five Cordillera Career Development College (CCDC) alumni graduated as members of the MASIDTALAK Class of 2023 of the Philippine National Police Academy (PNPA), the country's premier police academy, in Silang, Cavite on March 10.

The junior officers are Police Lieutenants Normin Luis, Job Angli, Javier Asiong, and Revy Dean Basalan, and Fire Inspector Calvin Mondero.

Luis, who hails from

Kapangan, Benguet, received the NAPOLCOM Kampilan Award during the graduation rites, while Mondero, was recognized as Dean's Lister and Commandant's Lister.

Luis and Asiong earned their Criminology degrees and passed the licensure examination prior to entering the police academy.

Meanwhile, Angli and Basalan were in the third year of their criminology and accountancy studies, respectively, when they

enrolled at PNPA.

On the other hand, Mondero, whose mother Vilma Bacuso-Mondero, a longtime CCDC Librarian, graduated from the school's elementary department in 2013.

In the official press release of PNPA, Luis credited his feat as "a simple gesture of honouring the hardship of (his) parents."

In January, the group visited the CCDC campus to encourage students to also enroll at the country's premier police academy during the general orientation program. They also took time to visit former CCDC teachers to express gratitude.

"The entire CCDC family celebrates with their families the success of these young officers. May they truly embody the tagline of PNPA which is service, honor, and justice, while upholding the positive cultural values of the Cordillera," said CCDC President Sherry Junette Tagle.\*



**(L-R) Angli, Mondero, Basalan, Luis, and Asiong.**  
Photo courtesy of Vilma Mondero

**Editorial****P20 per kilo**

As of May 2023, the cheapest rice sold at the La Trinidad Public Market averages P30 per kilogram. However, it is not even meant for human consumption but tagged as dog rice.

A good rice variety costs at least P50 per kilo and lasts a day for a typical student. It means a minimum of P1,500 for a month, which is half the average cost of a month's room rental for a boarding student.

A medium egg costs P8, but surely, no person would make egg his viand three times in a day. But for estimation, we could argue that viand costs a minimum of P24 a day, or P720 in a month.

The cheapest pack of instant coffee is P4 at the retail store. Admit it, you need coffee for your mornings or late-night reviews. That costs P120 in a month for a packet a day. Throw in a P100-peso monthly budget for an occasional indulgence of two roadside barbeque with softdrinks and a morning taho.

Meanwhile, the minimum jeepney fare is P9.50 for a trip which sums to P19 for a ride to school and back to the boarding house. It means a fare of at least P570 in a month.

Following the math, a boarding student would spend at least P6,000 in room rental, food, and fare.

We haven't even included the cost of drinking water, a necessity for survival, and the monthly electric and water bills. We also omitted the pens, the bond papers, the printing services, and all the other expenditures a student may incur to meet the requirements of a subject.

We likewise intentionally missed out calculating among the largest chunk of a student's education expense – the school fees.

In contrast, the minimum wage in Benguet is P400 a day; translating to an P8,000 salary in four work weeks.

We will leave the subtraction part to your imagination.

So, why bring up this familiar math problem?

The quick answer is as cliché as it gets – for students to value the opportunity of getting a good education, a rare chance for many.

We cannot emphasize enough the worth of your family's sacrifices – their sweat and tears – just to see you move up the educational ladder and gain access to better grounds.

The other answer is to rub out the fact that the prices of good have almost doubled in the past year. We were promised P20 per kilo of rice and constantly told that this can happen.

It has been a year and economic experts have publicly announced that rice prices may not even reach the dog rice price in the coming year.

With the rising prices of goods, it would make getting a good education even more difficult because no learning can be absorbed with an empty stomach.

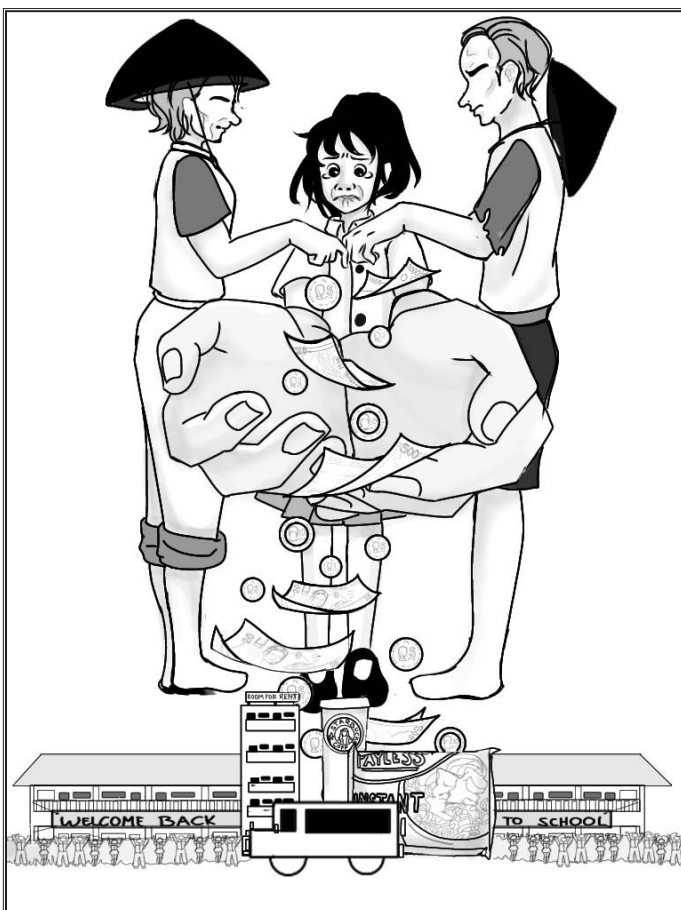
We urge every learner to demand accountability over this socio-economic crisis. It starts by getting information and news from credible and time-proven sources.

Be cautious and discerning. Misinformation today has been so intricately crafted to almost mimic a credible one. Nowadays, not all media and information channels are credible as not all elected officials are for the good of the public.

Social media can be a good source of information but can also be a perpetrator of lies.

By being correctly informed, we stop the cycle of being controlled by misinformation and we rise from staying succumbed to the corrupt and greedy.

Lastly, be a diligent student. Persevere to finish your studies. Be the change in your community and a carrier of the Admiral mark of a culturally sensitive and responsible global citizen and leader.\*



# CORDILLERA *Trust the Truth* BULLETIN

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## Determining Success

Education is the best inheritance. Material things can easily vanish but no one can ever steal education. It is legacy that will be forever yours.

It doesn't matter if you are wealthy or poor. Everyone has the right to education, and your success is not dependent on the school you opt to attend.

Some students today do not have excellent attitudes or values. For instance, when one makes a blunder, people make fun of it.

Some students condemn their professors for committing a single mistake, and they always pass judgment on others based on their bad deeds.

This mentality should end before it's too late and educational institutions should instill character formation in their students.

I believe it is high time for students to



## Midnight Thoughts

Lizly Ann Pasigon



approach studying with a positive attitude, including when interacting with different people.

Incorrect and destructive behaviour need to be transformed into goodness.

I believe that if you do not have a sincere and charitable attitude, you will never succeed in life; whether you have completed a degree program or a vocational course.

Yes, we attend school to learn and discover new things but nothing will happen if we don't put up our best effort to complete our coursework.

Never forget that passing judgment on others will lead to failure.

Many individuals nowadays are educated.

Yet, some of them don't really have the actual traits of an educated person, and their inflated sense of self tend to denigrate others.

Some tend to underestimate the potentials of other people.

Again, success is not determined by a person's career or accomplishments. Positive attitudes and personalities are what will put each person on top.

Respecting other opinions and points of view in life is the key to accomplishing our goals in life.

At the end of the day, our true character counts more than our career, rank, intelligence, or attractiveness since it is what will make us successful.\*



## Pinuneg Power

Lakay Ybenget



123 years ago, the first civilian government of Benguet was established under the Americans, who took over the country from Spanish hands.

The Americans seated as the first governor a Canadian journalist and author, Hubert Phelps Whitmarsh. He was only 37 at that time.

Thirteen years later, an indigenous person who was a revolutionary and a veteran guerrilla succeeded him, Juan Cariño Oraa, an Ibaloy. He would become the first Filipino governor in the country.

Several years later, in 1927, history tells us that the earliest student protest (much referred today as a rally) in the country was led by Indigenous People of Benguet.

According to a research by University Professors Tecah Sagandoy and Stanley Anongos, students of La Trinidad Agricultural School (now Benguet State University) forced a confrontation with their Principal James A. Wright, an American after being fed up with the latter's antics.

The protest stemmed from Wright's exploitation of students. Among these was forcing students to dress in their native attire and perform traditional dances to entertainment Wright's visitors in Baguio.

The hostile strike became physical. A version of the story goes that Wright was hoisted and thrown into the Balili River. He was saved by his driver named Dangwa.

Many decades later, several friends

## A jumbled story of firsts in Benguet

played fun around the idea of putting up an educational institution which could complement BSU, which is the lone tertiary school outside Baguio City.

So, in 1993, Cordillera Career Development College came to form with 59 students for the summer term in a rented room in a building along Km. 5 in La Trinidad.

It was the first private tertiary school in the Cordillera region which is outside Baguio City, deemed the educational center of the North.

Then, it grew its first 100 in the first semester of the same year. In 1995, it moved to where it is located now.

Now, just look at where CCDC is at. My guess is, you did not miss the front page.

So much of firsts.

## Shared responsibility

In a 2022 report by the Philippine Statistics Authority (PSA), Cordillera has vast river systems with an estimated total drainage area of 18,293 square kilometers. The same data bundles rivers into 46 principal systems, covering about six percent of the country's total land area.

These rivers are fed by forests and watersheds, practically all under Indigenous domains.

In a study comparing 2010 to 2015, data showed Cordillera's forest covers to be expanding. Tree-covered areas of the region, which are differentiated as open, closed, and plantation forest, generally increased from 800,871.5 hectares to 856,765.3 has., a growth rate of seven percent.

Stating the obvious, this means more waters for the region's river systems. More water means stronger current, a magnet for hydropower plant developers.

Developing rivers into powerplants triggers the classic struggle between rights of the minorities against the benefit of the greater masses; and the environment-versus-industrial development tussle.



## Non nobis solum

Karlston Lapniten



We cannot discount, however, that there are ways to gain a win-win solution over this malady. Technology nowadays have advanced to minimize, if not absolutely, prevent destruction of nature to secure the comforts of mankind.

Cordilleran history, similar to Indigenous domains across the world, will tell us that preserving the environment is an innate responsibility among Indigenous people.

The ultimate key to preserving environmental preservation is the passing on of the genuine value and concern towards the environment from one generation to another.

In the 1993 landmark case of Oposa versus Factoran (G.R. No. 101083), the Supreme Court stated that each generation has a responsibility to the next to preserve the environment.

The case became the foundation of many environmental cases filed before the Philippine justice system.

In this case 44 children, represented by

their parents and guardians, filed a case against the government to cancel existing timber license agreements in the country and to stop the renewal and issuance new ones.

Citing a plethora of statistics and events as evidences, the complainant children contended that massive and fast degradation of forests led to "unabated hemorrhage of the country's vital life support systems and continued rape of Mother Earth."

Aside from filing for themselves, they asserted that they "represent their generation as well as generations unborn."

The children claimed the resultant damage to the environment violated their constitutional rights to a balanced and healthful ecology, and the disturbance of this balance resulted in a host of environmental tragedies.

Needless to say, every generation has a responsibility to the next to preserve that rhythm and harmony for the full enjoyment of a balanced and healthful ecology, stated the SC in the case.\*

# ADMIRAL PROFILES

Lizly Ann Alexaine Pasigon



## Shaila Pilo

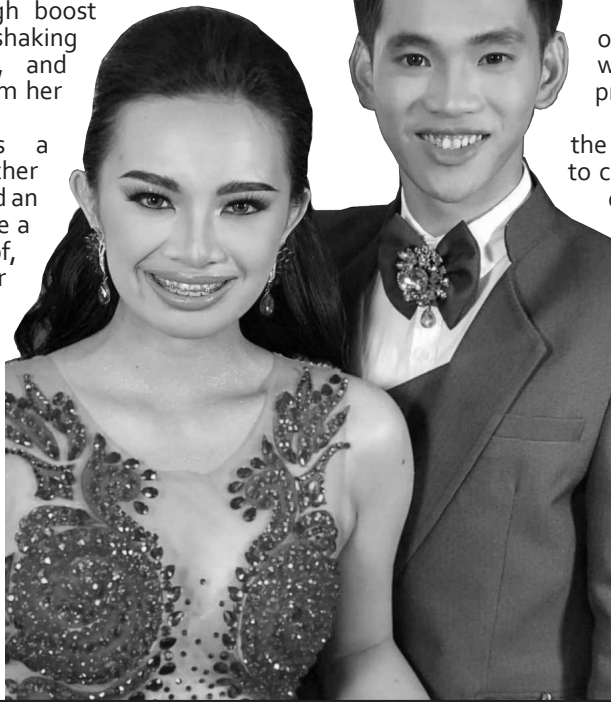
Born in the strawberry valley of La Trinidad, Benguet, Shaila sees herself as a spontaneous, curious, and ambitious person – someone who is always aiming to accomplish things that matter.

In her quest to the crown, she conditioned herself through boost her own self-esteem, shaking off her unconfident self, and absorbed the optimism from her supporters.

“To be crowned as a winner allows me another responsibility to explore, and an opportunity to try and make a difference. It is also my proof, that their (supporters) or our efforts were worth it,” she said.

She encourages fellow students to keep taking steps no matter how short or long the distance “because it is still a step forward.”

“Be inquisitive, stray in both ways, and continue to learn, especially from setbacks or missteps. Let us enjoy learning here, from our home away from home,” she advised. \*



MrMs  
CCDC  
2023

## Ricmar Tabacla

Tracing his roots in the vegetable town of Buguias, Benguet, Ricmar describes himself a simple man who wishes to fulfill and carry out his responsibilities to the best of his ability.

He said that the preparation for the pursuit of the golden crown was quite difficult. They were notified with only a short time left to prepare, leaving him in a rush.

It was followed by many challenges from the gradual accumulation of preparation costs to contradicting practice time versus class and duty schedules. Thankfully, they were able to overcome these obstacles.

“For me, it means three things -- achievement, honor and responsibility. Being the winner of the event is also a responsibility, wherein I must do my best to fulfill my role as Mr. CCDC,” he said.

As the Mr. CCDC, he said he wants to use his voice to establish unity among students and aim for a school where each could freely express their selves and be friends to one another.

“I also want to share a message to co-students battling mental health. You are not alone in that battle; you have a friend here who will openly help and be an active listener to your problems. So don't give up because we can overcome that together,” he offered. \*

# Accounts of New Accountants

Last May 31, the Professional Regulatory Commission released the result of the Certified Public Accountant Licensure Examination (CPALE). Of the 2,239 passers, two Admirals made the cut – Shairene E. Balictan and Kaycee L. Kiat.

Here are accounts of how they hurdled the most challenging exam of their young careers.

Balictan claims her older brother, a business manager at Saudi Arabia, inspired her to pursue a career in accounting. She said her brother emphasized that having a CPA license is worth pursuing because it will take you to many opportunities and places.

That is aside from the obvious that job will be easier to find in the future with that license.

She reminded herself that sleepless nights and skipped meals with family and friends will be replaceable once she has that three-

letter word CPA attached to her name. When she passes the exam, she can spend all the time with them without the guilt of thinking over an upcoming examination to focus on.

“To all accountancy students and those who will take the exam, inspiration without discipline is deadly because sometimes inspiration can be a fleeting thought or feeling. Discipline must be embedded in our thoughts and actions. As part of discipline, remember that our

mind can forget information easily, so apply the concept of ‘spaced repetition’ or ‘review as you go’ in your study routine,” she said.

“Lastly, basic accounting concepts must be taken into heart and mind because these are the foundation of being an accountant in the future.”



Kiat said one of the reasons she opted to be an accountant is God and her family. She earnestly believes that the path she took was God's will for her. She added that she had always been greatly inspired by her parents who gave her everything she needed to succeed, as well as her friends who always believed in her



and her uncles and aunties who were always ready to help.

She also recognized her mentors in the CCDC-CBEA department who helped her achieve her CPA dream, and everyone else who showered her with their support throughout her CPALE journey. Because of them, she said she was able to be in her best condition during the





# Dropout takes on ALS, becomes licensed criminologist

Chester P. Bolcio

KIBUNGAN, BENGUET -- The ongoing campaigns to save learners from dropping out of school through various interventions such as the provision of alternative learning delivery modes or saving them through the Alternative Learning System (ALS) have a great bearing on the future of the younger generation.

As one of the facilitators of ALS for more than a decade, I witnessed how former dropouts or those once labelled as "misdirected youth" became somebody; all thanks to their enticement to still pursue schooling through the ALS program.

Take for instance the case of Ronmar Lasona Lacay from Madaymen, Kibungan, Benguet.

I first met Ronmar in 2012 when he was then a 3rd year high school dropout from San Jose High School in La Trinidad.

The fourth son of Pedrito Sr. Lacay and Rosemarie Lasona was convinced to pursue the ALS program at the Madaymen Learning Center, where I was assigned as the facilitator.

Recognizing his potential as an ALS learner, Ronmar was assisted in taking the Accreditation and Equivalency (A &E) test conducted at the Benguet National High School in 2012.

Having passed the A &E test enabled Ronmar to join the centralized ALS graduation as a high school graduate at the BeNHS-Main during the SY 2012-2013.

Contrary to the notion that he was misdirected for having been once a

dropout, he actually developed newfound interest to pursue schooling after hurdling secondary education through the A & E test. This was when the K-12 program was not yet in effect.

degree so that he could have multiple options in his future life.

Instead of remaining as a farmer or a driver of his own vehicle, he decided to pursue his college education. He took up Bachelor of Science in Criminology at the Cordillera Career Development College in 2017.

Having gained a mature perspective in life, he graduated in 2021 and took the Board

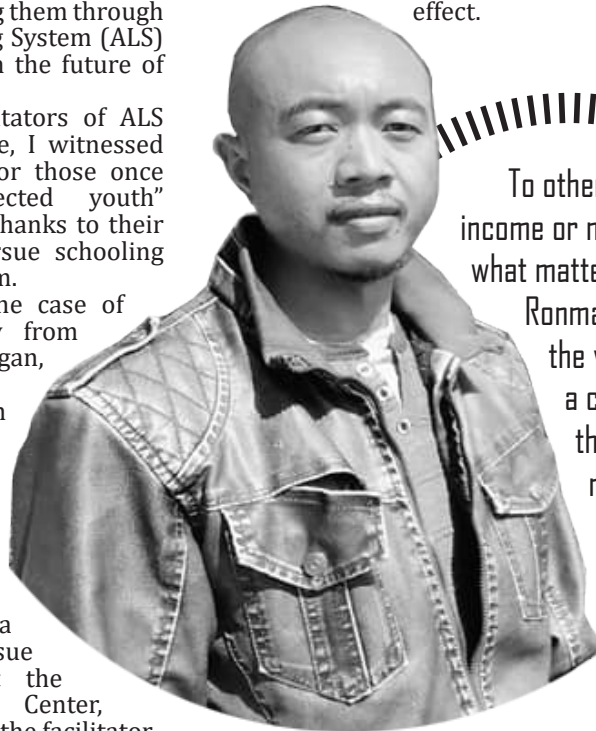
Exam for Criminologists in the same year. He passed the board exam with a high rating of 82.25%, earning admiration not only from his parents but also from the Madaymen community.

Ronmar is currently undergoing the training program of the Philippine National Police for six months and hopefully become a full-fledged Police Officer, or as what other writers call 'men in uniform to serve and protect' the people.

His case is among the many success stories of former dropouts or learners in difficult circumstances who were fortunate to have pursued their education through the ALS program.

His story is part of the efforts of the ALS Learning Centers in Benguet to track the present status of their previous A & E passers.\*

*(Editor's Note: The original piece was posted on April 23, 2023 by DepEd Tayo Benguet Facebook Page. Ronmar has since graduated from training and is now a police officer.)*



To others, income or money is what matters most. But to Ronmar, he cherished the value of at least a college degree so that he could have multiple options in his future life.

Before pursuing his college education, he attended trainings on butchery earning a National Certificate (NC) II, and driving with the same certification under the Technical Education Skills Development Authority (TESDA).

He accomplished both feats while working as a farmer and a driver.

To others, income or money is what matters most. But to Ronmar, he cherished the value of at least a college

## HIGHLAND COLLEGE Jestle Jane Focad



**Cordillera College listed among innovative global schools...**

Tagle said the CCDC Birthing Clinic, a laboratory for Midwifery students, emerged as a health crisis responsive facility for maternal and child care when COVID-19 pandemic exhausted hospital facilities in the locality.

Instead of closing, she said CCDC transformed the educational birthing clinic to an active and responsive health facility catering to the community's prenatal care, normal spontaneous delivery, newborn care, postpartum care, health education in maternal and newborn care, family planning and breastfeeding.

**CCDC renews commitment to quality education...**

and Restaurant; Taste and Cups by Joanna C; Le Monet Hotel; La Trinidad Tourism Office; and New Town Plaza Corporation- Travelite Hotel.

Similarly awarded are peace and security offices which include the Police Regional Mobile Force Battalion 15, La Trinidad Municipal Police Station, La Trinidad Municipal Fire Station, Benguet Provincial Jail, La Trinidad District Jail, and La Trinidad Municipal Jail.

Also commended are the provincial social welfare and development offices (SWDO) of Mountain Province and Benguet; the city SWDO of Urduyayan City (Pangasinan); and the municipal SWDO of Sabangan and Besao (Mt. Province); Atok, Bakun, Bokod, Itogon, Kapangan, Kibungan, La Trinidad, Sablan, Tuba, and Tublay (Benguet); Asipulo (Ifugao); Pugo (La Union) (MSWDO); and the Santa Fe (Nueva Vizcaya).

The civic organization awardees are Luke Foundation, Inc., JPCOM CARES and STAC 5 – Baguio, Martin Ampaguey Foundation, Inc.; IYAMAN, Inc.; Cordillera Quest: Center for Complimentary Education and Social Work Services Inc.; and Healing Hands, Heal-ing

**Buguias mentors take up GAD lessons...**

"We hope the participants will be able to cascade the learnings from the event not only to their schools but to their communities," said Gondales.

The event is under the Sumika-Sika Tako Series, CCDC's continuing education

Now, the clinic has expanded to include Philhealth accreditation to make possible the accessibility of its health care services even to the marginalized sector of society, particularly indigenous peoples.

Meanwhile, the Operation Kajo was a student-led disaster response in 2021 in partnership with the Benita and Catalino Yap Foundation and the Pilipinas Shell Foundation.

Tagle said the program provided Benguet farmers who were affected by the onslaught of typhoon Maring an with initial planting materials to restart their farms, and rice packs.

Hearts Ministries Philippines, Inc.

Health institutions were also recognized such as Benguet General Hospital (BeGH), Baguio General Hospital Medical Center (BGHMC), Cordillera Hospital of the Divine Grace (CHDG), Rural Health Unit of Atok, Kapangan District Hospital, Lutheran Hospital Inc., Kibungan Rural Health Unit, Sabangan Rural Health Unit, and Bakun Rural Health Unit.

Benguet institutions lauded for being partners in education are Benguet State University, Buyagan Elementary School, Bineng ES, Lengaoan Waking Integrated School, Benguet National High School, Puguish NHS, Eastern La Trinidad NHS, Bineng NHS, and Alno NHS.

For being partners in capability building, a plaque of recognition was also awarded to Jesus Sison, who was represented by his family members.

CCDC also gave gratitude to its Drop-off and One-stop shop center-partners during the Covid-19 pandemic. These include Caliking Farmers' Multipurpose Cooperative (Atok), Buada's Medical Clinic (Bambang, N. Vizcaya), Bubble Bliss Laundr-O-

extension program for the community which intends to enable lifelong learning for all.

The series is part of CCDC's commitment to genuinely bring education closer to the communities. Sumika-sika means "to

She added it also provided an experiential learning avenue for students to value collaborations with various government and private agencies, hone communication skills, appreciate the value of data and information, and imbibe the value of social responsibility and volunteerism.

"It is an honor to receive the WURI distinction as it shows what CCDC stands for and strives to be," Tagle said.

She said the ranking speaks volumes of the innovations and growth CCDC is pursuing to become an ethical and purposeful educational institution.\*

Matic Newtown Plaza Square (Baguio City), Abatan Amusement Center (Buguias, Benguet), Office of Dra. Jane S. Bay-an, Amdos Store (Bokod), Delmy's Store (Tuba), Lopate Store (Kibungan), Office of Dra. Pauline Gumpic (Kibungan), Loida Boaging (Buguias), Kristine Paayas (Kibungan); and Gency Batawang (Bauko).

Other drop-off centers are the local government units of Tuba and Kapangan; the offices of Sangguniang Kabataan chairpersons Godfrey Malone of Monamon Sur (Mt. Province) and Denver Lloyd A. Bugnay of Pampang (Nueva Vizcaya); MSWDO of Bauko; and the municipal police stations of Atok, Bakun, Buguias, Kapangan, Kibungan, and Mankayan.

"As we embark on a new era, times may be tough but let us not forget that with excellence, commitment and synergy, CCDC can flourish even in the worse times," said school vice president Atty. Annabelle Gondales.

Correspondingly, CCDC also acknowledged the invaluable support of its adopted communities Sitio Banayakeo and Mauro P. Laruan ES (Banayakeo) in Poblacion, Atok; and Barangay Cayapes in Kapangan.\*

flourish or prosper" in the Kankana-ey language.

"This is our way of bringing education closer to the communities because CCDC credits its success and accomplishment to God and to the strong community support," Gondales said.\*

**15 Admirals take oath...**

to be only temporary."

"The Bar examinations cannot begin to nor will it ever measure the weight of your conviction, the strength of your courage, the depths of your compassion, and the height of your dream," he said.\*

**Benguet folks get free legal aid...**

learning for all.

Meanwhile, on March 17, CCDC collaborated with the Local Government of La Trinidad in providing legal consultation, notarial services, and drafting of documents at the municipal park.

The event was made part of the Strawberry Festival and Foundation Day celebration of the municipality.

Assisted by law student practitioners, CCDC College of Law alumni lawyers and professors volunteered their services in the endeavor.

Extending their services are lawyers Gemmalyn Piza, Ronico Agayo, Arnel Gumanao, Bjorn Ronwald Reyes, and Rashid Lokines. CCDC law professors Miller Quintin Jr., Cyrus Calaya, and James Kiat-ong likewise attended to individuals in need of legal assistance.

"We hope we can continue this kind of collaboration and expand it to reach more people," said La Trinidad's Legal Officer Atty. Victor Singa Jr., also a CCDC law graduate.

In addition to legal services, government line agencies were also tapped to support related services, especially in civil registry and agricultural land matters.

Attending for Philippine Statistics Authority (PSA) – Cordillera are Gerard Tolito and Angel Marquez, while Atty. Wendy Lyn Balanban, also a College of Law alumni, extended the services of the Department of Agrarian Reform – Cordillera.

"This is part of our social responsibility to the community as well as an avenue to imbibe in our law students to essence of community work and social justice," said College of Law Dean Atty. Alexis Agmata.

The latest legal aid was rendered at the CCDC's gymnasium and CLAC on March 22 in celebration of the Women's Month, along with other departments of the school.\*

**Tribute night honors long-time Admiral employees, topnotchers, retirees...**

personnel.

Personnel who stayed with CCDC for more than 20 years were also recognized in the awarding program. They are Ronalyn Aludos, Rodolfo Bongcato, Rashelle Caleño, Sesinando Millari, and Venice Tuldague.

Aludos served as executive secretary and now the student accounts clerk and scholarship coordinator under the Finance Department; while Tuldague was first hired as a clinical instructor before becoming the former dean of the Health Education department.

Meanwhile, Bongcato and

Millari are general services personnel while Caleño is a records officers of the registrar.

Fifteen, 10, and 5-year awardees were also commended which is among the highlights of the anniversary week celebration.

The 15-year awardees are payroll officer Beverly Julian, and midwifery department principal and Birthing Clinic administrator Marie Fe Kidatan. On the other hand, the 10-year awardees are Thelma Amayag, who is the Chief Librarian; Lourence Miguel, who is an instructor in the criminal justice

education department; and Audio-Visual Technician Ruel Palgue.

The 5-year awardees are Tessie Akiapas, Rovelyn Antonio, Jesse Arce, Juvy Baso, Missy Ging Binwag, Percival Cael, Jiwani Mae Laroza, Ferlyn Chrydle Lumiqued, Roselle Mabana, Lorena Macasling, Marcela Pacsi, and Kelly Mae Tiongan.

CCDC also gave special commendation to two of its long-term employees who retired –Rolando Bayeng Langag and Nardo Anongos Pastor.

Langag was employed in June 1999 as sanitation personnel and has retired

in January 2023. Meanwhile, Pastor was hired in June 2003 as science instructor in the College of Teacher Education Department and is the planning officer. He will be officially retiring this May.

In the same event, CCDC extended its recognition to recent alumni who topped recent licensure examinations. These are Kathrine Vaneza Sierra, who was Top 7 in the Social Work Licensure Examination last February 2021, and Iris Hope Alilao, who was Top 10 Midwifery Licensure Examination, November 2022.\*

**CHED confers Gawad Parangal to CCDC...**

school's dean and two of its alumni.

The first Plaque of Recognition was awarded for the school's outstanding performance during the November 2022 Midwifery Licensure Examination.

CCDC was listed by the Professional Regulation Commission (PRC) as one of the Top Performing Schools in the said examination period with an average of 90 percent, ranking sixth across colleges and universities nationwide.

"This achievement serves as an inspiration and a torch of hope amid the COVID-19 crisis, worthy of emulation

**3 programs earn PAASCU's nod...**

issued by the Federation of Accrediting Agencies of the Philippines (FAAP), upon the endorsement of the PAASCU Board of Trustees, granting the candidate status to the CCDC Elementary Education, Secondary Education, and Criminal Justice programs were formally received by the school on Monday, although the documents were issued on December 12 last year.

Candidate status is granted to schools who have undergone a preliminary visit and are certified by FAAP as capable of attaining accredited status within two years.

"This is another milestone for the CCDC and an affirmation of our dedication towards delivering quality education," said CCDC President Sherry Junette Malaya-Tagle.

She said the school is currently preparing for the

and praise," read the plaque.

Further a Certificate of Recognition was given to the school for producing a top board examinee in the said licensure examination which is a "mark of excellence in the entire higher education institutions of the Cordillera."

CCDC alumni Iris Hope Basalong Alilao earned a high 88.55 percent rating, making the Top 10 among 1,768 passers, out of the 3,472 examinees nationwide.

A Certificate of Recognition was also received by the school in behalf of Alilao.

The other plaque was

formal survey visit of the PAASCU accreditors which is expected to take place within the year.

The meticulous accreditation process involves the evaluation of the outcomes and results on areas covering governance and leadership, quality assurance, resource management, teaching-learning, student services, external relations, research and creative works.

Tagle said CCDC is also working on the application status for the Social Work, Nursing, and Midwifery programs.\*

**Accounts of New Accountants**

exams, aiding her in passing the difficult test.

"To those who will take the CPALE, do not be disheartened by low passing rates. Believe that you will someday be a part of that small percentage. Trust the process and never lose faith.

awarded for the school's "commitment and invaluable assistance" to the implementation of the COVID-19 vaccination program "Padyak: Para sa Flexible Learning."

The citation said that in allowing its facilities to be used as vaccination centers, CCDC "greatly helped in providing protection for Cordillerans against COVID-19.

CCDC President Sherry Junette Malaya-Tagle led the school delegation in receiving the awards.

The two other Certificate of Recognition were awarded

**CHE bags Mr. Ms CCDC 2023...**

got the second runner-up, Ms. Congeniality, and Best in Professional Attire awards while CTE's Trisha Mae Antonio bagged the third runner-up award.

COA representative Nadia Mae Yubos snatched the fourth runner-up award and Best in Talent awards while Desiree Salming of CBEA was the Ms. CCDC Hope awardee.

Marnelle Dulinen of CCJE got the CCDC Courage Award while SHS bet Nicole Mahicon got the People's Choice, Part of Ambassadors, and CCDC Love 2023 awards.\*

Don't ruin your momentum by entertaining self-defeating thoughts," she advised.

"Save your energy for a power move. And, when it is time, strike hard and finish strong. To the ones who are now studying accountancy, expect that you will be tried

to CCDC Graduate School Dean Marina Sagandoy and CCDC alumni Kathrine Vaneza Sierra.

Sagandoy was commended for her profound dedication and selfless service as member of the regional core group in the formulation of the framework and development of syllabus or teaching guide for the regional course Cordillera Heritage 101.

Meanwhile, Sierra was applauded for being the Top 7 in the February 2021 Licensure Examination for Social Workers with a rating of 81.40 percent. \*

**Women pampered...**

Children who came with their mothers were also given a separate educational activity by the College of Teacher Education to allow mothers to better enjoy the services throughout the day.

Souvenir mugs and tote bags were distributed to attendees upon exiting the gymnasium.

The Women's Month event, entitled "A Celebration of Women's Contributions to History, Culture and Society," is also part of the 30th founding anniversary celebration of CCDC.\*

many times.

When times get tough, always remember why you started. Have a strong mental fortitude and know how to land when you fall. never be tempted to steal success through shortcuts. Work hard and let God do the rest."\*

## CCJE boxers snag 6 medals in martial arts tilt

Second year students under the College of Criminal Justice Education of Cordillera Career Development College took home a six-medal haul, which includes two gold mints, in a boxing-kickboxing event on April 15 and 16 at the La Trinidad Municipal Gym in Benguet.

Aspiring criminologist Brandon Albis earned gold under the 69-kilogram category to mark the lone medal in the boxing division of the World Council Combat Sports Philippines (WCCS) combat event.

In kickboxing, Dexter Punasen added the second gold mint with a dominant performance in the 52-kg category while Vergil Beswilan pitched in silver in the 56-kg event.

Meanwhile, classmates Art Potingan, Cromwell Luke Alabat, and Errol George Lopic wrapped the seniors kickboxing divisions with a bronze medal each.

Young fighter Charles Calawen, who is a CCDC Grade 9 student, also brought home silver in the 59-kg kickboxing junior division to bulk the Admiral's tally to a 2-2-3 gold-silver-bronze total.

The event was attended by 31 various teams from Cordillera and nearby regions. "It's refreshing and heartening to see our young athletes perform quite well in local events. Hopefully, they will continue with their training and inspire more athletes to join the growing squad," said CCDC Sports

Coordinator Jordan Andrews Tagle.

Tagle said the recent event is an exposure of sorts for the athletes who are expected to be bannerizing the school in other local and intercollegiate competitions.

The martial artists are training under the tutelage of bemedaled mixed martial artists Roy Menzi, who is also a former CCDC athlete.\*

## Arnisadores snag 9 medals in nat'l tilt

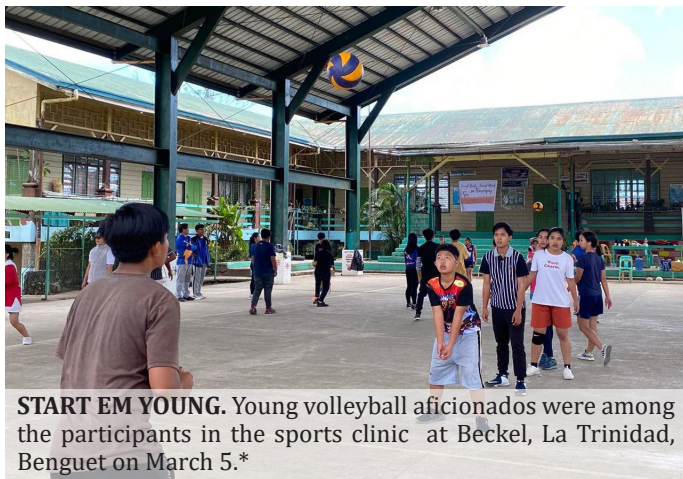
Arnisadores of Cordillera Career Development College (CCDC) brought home nine medals in the full contact category in the Philippine National Open Arnis Championship in Angeles City, Pampanga on Feb. 11 and 12.

Lady Admirals topped the medal haul with Rechelle Martin bagging the delegation's lone gold while April Rose Olayan Empizo and Junilda Ogalde Kines each took silver.

Meanwhile, Jun-Jun Dangay, Crislyn Sotero, Jediah Finmokod, Jayvee Ogues, Benjosua Bassit, and Berlin Balaswit pinned bronze medals to complete the haul.

The 18-strong delegation are under the tutelage of Reggie Pachong and Reynaldo Samson, both faculty members of CCDC's College of Criminal Justice Education.

Arnis is among CCDC's mainstay sports which is integrated in its physical education courses.\*



**START EM YOUNG.** Young volleyball aficionados were among the participants in the sports clinic at Beckel, La Trinidad, Benguet on March 5.\*

## CCDC hosts sports clinic for La Trinidad youth

Over 100 youth from barangay Beckel of La Trinidad, Benguet participated in a sports clinic under the Sound Body, Sound Mind sa Barangay, the Sports Clinic, of Cordillera Career Development College on March 5 at the Beckel Elementary School grounds.

Initiated by the CCDC Sports Department, the event, which saw attendees as young as nine years old, is part of the school's 30th Founding Anniversary activities.

Participants were taught and drilled with various skills and techniques in basketball and volleyball by coaches and student athletes, said CCDC Sports Coordinator Jordan Andrews Tagle.

Tagle headed the 14-man training team which included basketball coaches Manuel Felix Jr and Paul Cardenio, volleyball coach Rodolfo delos Reyes, and nine student athletes.

The training clinic was held in coordination with Beckel Sangguniang Kabataan Chairperson Dennis Asiong.

It was also joined by interested coaches such as Macgile Covadis of Eastern La Trinidad National High School, who expressed gratitude for the training opportunity which is also a means to identify and train potential athletes.

"Sports clinic is one good way to usher back young people into sports like basketball and volleyball, which have been restricted for three years due to the pandemic," said Tagle.

He said the last sports clinic they conducted at Beckel was in 2017.

SMSBM is CCDC's grassroots sports and development program for all ages which aims to promote interest in various sporting events parallel to its educational efforts and mental health advocacies.\*

## Felipe performs well in World Trail Running tilt

Former Admirals varsity running star Gretchen Felipe helped the Philippine delegation land a decent finish in the World Mountain Trail Running Championships, emerging as among the top Asian teams in Innsbruck, Austria on June 8.

The Philippine Trail Running Association (Philtra) team concluded the grueling race with a 19th place in the long trail and 27th spot in the short trail category of the event participated in by 69 nations.

It was a decent finish for the team considering the

unexpected turn of events which prompted organized to stop Felipe at the 36th kilometer of the 45-kilometer trail. The unpredicted worsening of weather conditions at the Alps forced the stoppage but Felipe was no longer allowed to reschedule or reset the race.

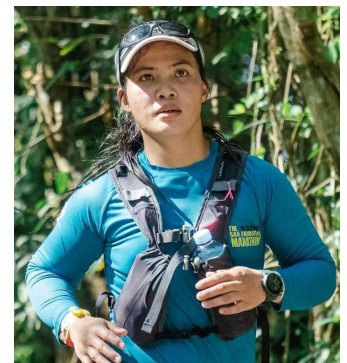
Felipe, a graduate of Bachelor in Elementary Education in 2021, became the newest addition to the Philtra team earlier this March after dominating the short distance category of the Philippine Trail Running Association National

Championships in Bontoc, Mt. Province on Feb. 26.

The Philtra team was formed on March 2023 with the goal of representing the country in local and international trail running competitions. The World Mountain & Trail Running Championships was their first competition as a team.

Felipe, a native of Tinongdan, Itogon, Benguet, is also joined in the team by fellow Cordillerans Christabel Martes and Ely Dangadang of Baguio City.

Prior to her stint, Felipe competed and won in



**Gretchen Felipe**

Photo Courtesy of Spartan Trail

various local and national racing competitions under the Cordillera Career Development College banner.\*