

UC-BCF awarded region's "Healthy School"

The University of the Cordilleras (UC-BCF) was awarded the "Healthy School" recognition by the Department of Health-Cordillera (DOH-CAR) after a comprehensive evaluation of its facilities, programs and practices; the first ever in the tertiary level.

"UC-BCF will now become the show window for best health practices among tertiary schools in the region", Inspection Team leader Mr. Noland Sabling of DOH-CAR said after awarding the recognition to Mr. Jesus Benjamin Salvosa, UC Chairman of the Board of Trustees during simple ceremonies last July 21, 2006.

The inspection team from the Center for Health Development of DOH-CAR noted several best health-related practices of UC-BCF such as proper garbage segregation and disposal, maintenance of clean comfort rooms and provision of anti-bacterial liquid soap. They also noted proper food-handling at the school canteen, classroom sanitation, strict implementation of anti-smoking and substance abuse and integration of health programs in school programs and community outreach, among others.

When the certificate was handed to Mr. Salvosa, a DOH inspection team member commented that UC is the only school that provides liquid soap for hand washing. Mr. Salvosa jokingly said, "Even if it's twice as expensive, we use anti-bacterial hand soap. So you see,

UC is like a 5-star hotel."

UC as a show window for tertiary schools in the Cordillera and Northern Luzon will however be disqualified to participate in next year's tertiary level health school open competition. However, DOH will make use of UC to host a regional health forum.

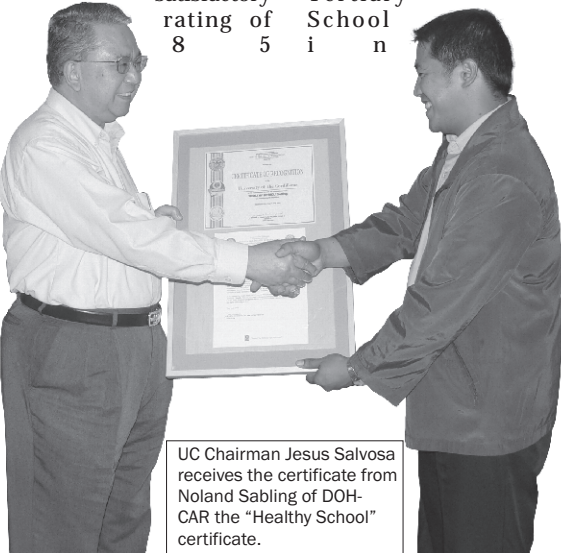
Signed by DOH-CAR Regional Director Myrna Cabotaje, the award was in line with Administrative Order 344 signed in 1997 by President Fidel Ramos which promotes work areas as healthy settings. UC-BCF which will graduate its first nursing students this school year qualified under the health school category.

An over-all very satisfactory rating of 8 5

percent was given to UC by the inspection team composed of Mr. Sabling, Lily Bimuyag, and Elvira Flora. Findings were recommended by Dr. Luisa Paran, Chief of health promotions Cluster and Dr. Judith N. Allaga, Assitant Regional Director.

Dean Leonarda Aguinalde of the College of Business Administration who coordinated the inspection activities said that the team was impressed with school cleanliness, a well-kept and budgeted school clinic, school safety and security and the Clean and Green program of the school.

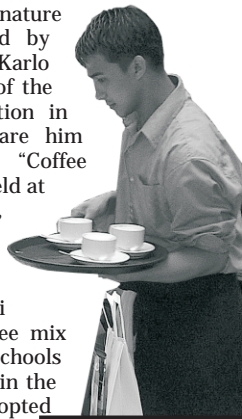
UC was also adjudicated the Cleanest and Greenest Tertiary School in



UC Chairman Jesus Salvosa receives the certificate from Noland Sabling of DOH-CAR the "Healthy School" certificate.

HRMT Student Barista wins award

Coffee addicts may not have heard yet of an "Almond & Black Jelly Coffee with Ginger Spice" but this signature beverage mixture prepared by UC's HRM student John Karlo Lachica convinced judges of the first ever Barista Competition in Northern Luzon to declare him second winner during the "Coffee Festival at the Highlands" held at SM Atrium on July 20-22, 2006. John Karlo had only two days crash course training under culinary professor Ms. Laarni Lourdes Andam. The coffee mix competition is so new for all schools offering HRM and Tourism in the North that almost all schools opted not to join the competition. Nonetheless, Mr. Lachica deftly prepared the traditional Espresso, Cappuccino and his winning Signature Beverage.*



Students reminded to eat right food

Good food is not right food, but right food is good food for good health. This simple reminder came from the College of Teacher Education of the University of the Cordilleras leading the celebration of Nutrition month through contests in essay writing, jingle making, poster making, recipe and cooking demonstration. Communications coordinator Mary Angel L. Gavina and CTE dean Dr. Miriam Janeo led students in the weeklong celebration last July 22 with the theme "Kumain ng right para maging batang bright".*

UC Debate Society revitalized

"Speak your minds", but in proper forum. Students of the University of the Cordilleras express their thoughts in prevailing issues through a debate society recently reorganized by a group of debate enthusiasts. In a debate competition last July 21 as part of the CAR anniversary celebration, the issue of mining operations in the Cordillera and the Autonomy issue were discussed by four teams guided by advisers Letty Chawag and Eva Barrientos of the College of Arts and Sciences. Debater Ernesto Lucky Blanco, a BSLM student was named best debater followed by Villamor Mostrales Jr., freshman Law student as 2nd place. Julie Xanadu Calvez (BS Political Science) was awarded 3rd place and Joey Moyaen (BSBA) settled for 4th place. Lawyers Malcolm Bacuso and Emily Lagan joined professors Pepito Liwanag, Matthew Munoz, and Jennifer Marigza in the Debate's adjudication board.*

Sagip-Buhay sa Kapamilya

At least P40,000 was given to an ailing UC-BCF employee who needs to undergo chemotherapy for malignant melanoma from UC's Family Welfare Committee (FWC). In demonstrating the bayanihan spirit, a Raffle Draw was organized to raise funds last July 21, 2006 to help defray the medical expenses of Mr. Perfecto Nialla, the Head of UC Safety Committee. FWC Chairperson Mr. Zandro Ico, said it has always been the institution's practice to reach out to its employees especially in times of crisis. Raffle draws First Prize winner Melbert Colcol brought home P3,000, 2nd Prize Jose Ngalob won P2,000 and Nestor Valencerina got P1,000 for winning 3rd Prize. Consolation prize winners Dr. Angelita Padilla, Macario Lumsit, Anna Leah Romero, Perciveranda Millare and Marie Bernardo won P500 each.*

Last Monday, the President in her SONA named Baguio City as the cyber corridor in Northern Luzon. It would be recalled that the UC College of Information and Computing Sciences has been recognized as a Center of Development for Excellence in Information Technology by the Commission on Higher Education.* UC's Winning Mascot "Gearo" symbolizes the Filipino's untapped potentials that can be optimized if given the opportunity.

UC-BCF Champ in ANIMAX 3

The University of the Cordilleras emerged as champion during the Animation Skills Olympics for College Level from among six top computer schools in

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Baguio and Benguet last July 24 at the Baguio Convention Center. They also garnered the Best Oral Defense Award.

The winning team composed of Dwight Eric Badua BSCS, Reginald Balanga BSCS, and Mark Mikael Balanga BS Nursing. Team Coach Jude J.L. Martinez and Consultant BSIT student Paul Vince Mike Mangaoang accredited their feat through teamwork and

the essence of completeness in the group which enabled the team to surpass the challenge. They also underscored the importance of sticking to the theme and producing a clear and complete storyline.

The ANIMAX 3 from July 24-26 showcased skills and talents of animators in the field of digital arts and to promote the Cordillera Region as a center for Information Technology and Business Process Outsourcing Industry.

Our Paramount Duty

is to endow the lives of our students... with the guidance of a moral compass.



UNIVERSITY of the CORDILLERAS BAGUIO CITY, PHILIPPINES