

# UC-BCF Jaguars reign over-all in volley tourney

High-leaping and fast-moving Jaguars from the University of the Cordilleras dominated both BBEAL Men and Women Volleyball Championship games Tuesday at the UC gym. Male Jaguars silenced the contending SLU squad in the men's division while the Lady Jaguars denied the chance of UB Lady Cardinals to regain last year's lost crown.

The jam-packed UC gym was roaring with cheers as a whooping ace-service followed by a bombshell spike from Lady Jaguars of the University of the Cordilleras (UC) ended

this year's BBEAL Volleyball Tournament. Cheering spectators rose from their seats as the roaring Jaguars unrolled a streamer which read "UC University of Champions".

UC Chief Coach Yul Benosa said "the Jaguars worked hard, driven by the slogan, 'Retain championship for women, regain championship for men', and they did."

After snatching the crown from UB last year, nobody dared beat the UC Lady Jaguars who never lost a set from the start of this year's season, powered by a spiking trioka or "the 1-2-3 punch" composed of 3rd year Engineering student Mitchel "Kikay" Remo, graduating BSED student Jomelyn "J-Lo" Lopez and 2nd year tourism student Cindy "Idol" Benitez. The spiking trio were prepared by team "setter" Cathy Tandingan, a graduating PE major.

Good defense was provided by Center blockers Janete Doria and Joyce Solomon. Drop balls were salvaged by defense specialist Diane de Lara, the libero of the team whose 4' 10" height provides a good advantage in returning low balls. Other team members include 2nd setter Clarissa Tolentino and new recruits Giselle Aguda, May-Anne Bi-ay and Sabina Chinayew.

Coach Benosa said Lopez is a seasoned

player who serves with a straight, fast and heavy floating ball. The lefty Lopez is a three-time Best Server awardee at the National Level. Benosa also described Remo as a hard-hitting, consistent wingside hitter while third spiker Benitez is a jump-serving player that serves with the force of a spike.

Male Volleyball Jaguars regained the championship title they held in 2003 and 2004 despite only two veteran players remaining, namely, spiker Ronie Jose and setter Bernard Barlaan. The unexpected improvement of new recruits surprisingly outsmarted other teams. The new players are mostly

second year Criminology students namely Darwin Pagaduan, Jessie Balagat, Alvin "the flyer" Quesada, James Odien, Dolrich Apaling, Roderick Gumawang, and first year Sotero Fiang-achen. Center spiker and blocker Franklin Oliero is a first year HRM student.

During the championship match with SLU, a smashing spike of Jose made a 24(UC)-23(SLU) followed by a total block from 17 year old towering Jicky Manzanillo taking advantage of his 6' 2" height. "Most of their wins were attributed to planning strategies and teamwork," said coach Benosa.\*



ALL SET FOR VICTORY. Bernard Barlaan (No. 13, BSIT 4) delivers a winning toss in preparation for teammate Jicky Manzanillo's (No. 6, BSCrim 2) killer spike as libero James Odien (No. 3) and Alvin Quesada (both BSCrim 2) stay focused for a return block during the BBEAL Volleyball Men's Championship Game last October 3 at the UC Jaguars' home court.

## Teachers as guidance counselors

Teachers could be the best guidance counselors if they undergo proper preparation because they spend much time with children apart from serving as second parents and trusted confidants.

This was emphasized by University of the Cordilleras Guidance Director Judith Adina, keynote speaker during the Effective Teachers as Guidance Counselors Training organized by the Baguio Center for Young Adults, UPS Foundation Global Grants Program and District III Division of City Schools Office held last September 22-23, 2006 at the Cooyeesan Pines Plaza Hotel.

The UC chief counselor guided the public school teachers on their role such as helping students achieve adjustments in making important life decisions, undertaking the task of working towards positive change and coping with different issues such as pre-marital sex, dating and family problems, among other things.

"It is but imperative that teachers be tapped to provide counseling not only because of the limited number of guidance staff in schools, but because students are more comfortable approaching and confiding to those they have come to trust," Adina said.

The UC guidance office and its peer facilitators group has been undertaking community extension work. Last July 28, UC Peer Facilitators was awarded one of the Ten Accomplished Youth Organization (TAYO) in the Luzon area awarded by the National Youth Commission.\*

## UC-BCF student chefs earn highest scores

Student chefs of the University of the Cordilleras College of Hotel, Restaurant Management and Tourism (UC-HRMT) proved their prowess in food preparation by garnering 97 and 96 in two events, the highest ever attained scores in the Hotels and Restaurants Association of Baguio's (HRAB) competition history both for the student and professional categories.

Alonica Nider and Meriam Gambot scored a 97 and earned a gold for their sumptuous "Panacotta, Pichi-pichi, Leche Flan and Halo-halo Ensemble" in the Filipino Desserts Free Style Event. Their fel-

low second-year HRM students Romeo Abordo and Barry Sadlay scored a 96 and bagged a gold for putting a surprising twist to Cordillera fare in their "Alingo and Pinoneg A La Pochero" recipe during the 3rd HRAB Weekend last September 28-30 at the Baguio Country Club. UC's student chefs brought home a total of 2 gold, 6 silver, 14 bronze, and 7 diplomas plus the 2nd Runner Up Mr. HRAB and 3rd Runner Up Ms. HRAB titles.

This is an added laurel to UC-HRMT, declared Five-Time Regional Culinary Champion.

UC-HRMT prides

itself with its excellent facilities like the mini hotel, culinary laboratory, bar, dining hall, function room and front office area, and still continuously undergoing improvement.\*



UC HONING UNITY AMONG BAGUIO'S FUTURE LEADERS. Around 200 high school students from various schools in Baguio and Benguet inculcate the values of teamwork and camaraderie by accomplishing tasks in heterogeneous groups at the Team Building Seminar-Workshop organized by the University of the Cordilleras Student Affairs Office last October 5. Here, one group representing St. Louis School of Pacdal, St. Louis School of Aurora Hill, San Jose High School, Benguet National High School, Cordillera Regional Science High School, Benguet State University Secondary Laboratory School, UC Laboratory High School, Baguio Patriotic High School including the main campuses and annexes of both Baguio City National High School and Pines City National High School pose with their "kuyas" from the UC Supreme Student Government and other student organizations after successfully establishing their ideal country complete with a name, government, emblems and communication tower.

### Enrollment Schedule

#### Second Semester 2006 - 2007

Law		- Oct. 18-Nov. 4
Nursing		
First Year	A-G	- Oct. 18
	H-P	- Oct. 19
	Q-T	- Oct. 20 (AM)
	U-Z	- Oct. 21 (AM)
Second Year, NCM 100 & PHC2		- Oct. 28 & 30
Third Year, NCM 102		- Oct. 23 & 24
Third Year, NCM 103		- Oct. 25 - 27
Fourth Year, NCM 105		- Oct. 23 & 24
All year levels		- Oct. 31, Nov. 3 & 4

Classes Start November 6, 2006

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