

# UC-BCF coed grabs silver in Junior Wushu World cup

For several years in a row, the University of the Cordilleras formerly Baguio Colleges Foundation has been harvesting international medals for the country. Last week, Marianne Mariano, freshman of UC's College of Teacher Education, bagged the silver medal in the 56 kg category of the World Junior Wushu Championship held in Kuala Lumpur, Malaysia last August 20-25, 2006.

Wushu junior athletes from 39 nations such as Asian Powerhouse China, Iran, Vietnam and other European countries were mesmerized by the skill of the petite 17 year old Marianne Mariano, a new member of the UC Wushu-Sanshu team representing the Philippines in the much awaited world championship.

Ms. Mariano, despite her five foot height demonstrated mastery of the combat sport as she overpowered Vietnam with a 2-0 in best of three count during the quarterfinals. She went on to defeat Turkey again with a 2-0 score in the semifinals. However, the diminutive Baguio girl bowed for a silver from a 5'5" tall Chinese player in the finals. Last year, Mariano won the bronze during the ASEAN Wushu junior Championship held in Singapore.

UC has been producing world champions in wushu, a martial art technique which combines boxing, kick-

boxing and wrestling in one. Mariano's coach Marques Sangiao, a UC-BCF graduate in BS Criminology was himself a multi-titled national athlete who brought home a gold medal from the 2001 South East

Asian (SEA) Games. Sangiao is now training over 15 wushu varsity players of UC.

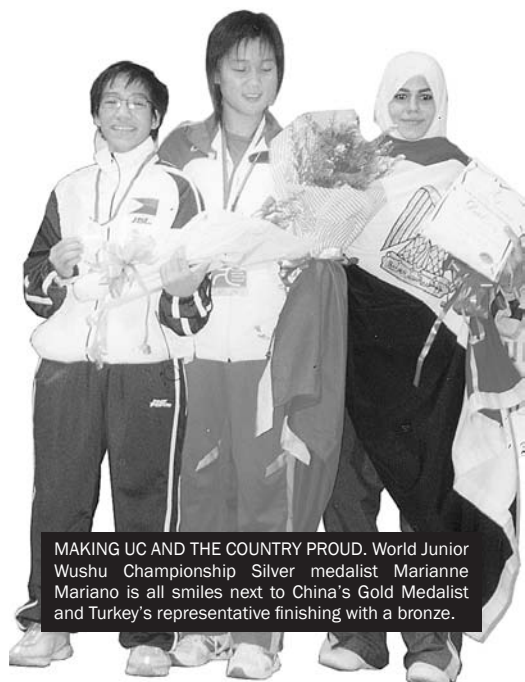
Last year, UC national athletes BS Criminology student Rhea May Rifani and Secondary Education major Eduard Folyang

and Ediva are joined by another UC athlete Benjie Rivera as part of the Philippine Wushu Team preparing for the 2006 World Cup on September 21 in China.

During the 2002 Asian Games held at Busan, Korea, UC wushu athletes Marvin Sicomen won the silver while Eduard Folyang got the bronze. Other UC wushu boys George Lozadan, Dare Malicdan and Ervin Yodyodo also made the Philippines proud as they earned several medals in the SEA and World Wushu Championships from 1997-1999. \*



Marianne Mariano (right) with coach Marques Sangiao.



MAKING UC AND THE COUNTRY PROUD. World Junior Wushu Championship Silver medalist Marianne Mariano is all smiles next to China's Gold Medalist and Turkey's representative finishing with a bronze.

## Irisan folks learn to organize and do business

The Community Extension Services (CES) of the University of the Cordilleras has joined hands with government agencies in encouraging residents of Irisan barangay to organize and engage in business.

Participants were able to learn spotting business opportunities, determining capitalization, registering and promoting their business and more importantly, where to get funding.

Guided by the proverb "give a man fish and you will feed him for a day but teach a man how to fish and you will feed him for a lifetime", UC-BCF extension program organized the Entrepreneurship and Organizational Development Training under a tie-up with the Department of Trade and Industry - Benguet and the Office of the Social Welfare Development Officer (OCSWDO) last August 30 and 31.

College of Business Administration dean Dr. Leonarda Aguinalde urged the participants to always think big like successful entrepreneurs do and to establish business links by forging good relationships with their neighbors. She said that learning how to trim hair, doing pedicure or manicure and owning a bananaque business can be very lucrative. All it takes is a little bit of imagination. These concepts were echoed by CBA professor Ursula Regua in her lecture on Entrepreneurship.

Participants were however reminded that cooperation in the community can lead to promising opportunities. Topics such as Leadership Styles, Teamwork and Partnerships were shared by UC Guidance Center director Judith Adina and CES representative Marivic Madayag. \*

## Food chain eyes UC HRM students

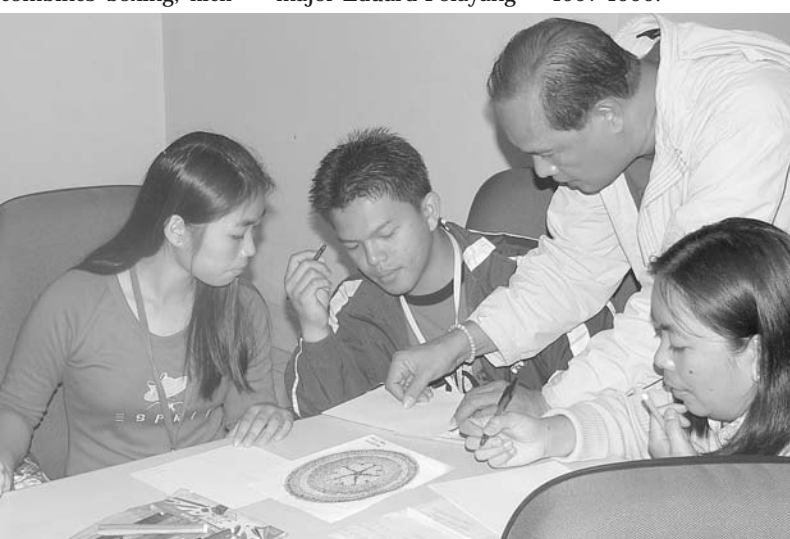
Graduating Hotel and Restaurant Management students at the University of the Cordilleras were offered by a fast food company opportunities for career development.

Under the program, HRM students can maximize the internship experience and possibly turn it into an employment opportunity.

In a Forum organized by the 5-Time Culinary Champion, the College of Hotel, Restaurant Management and Tourism (CHRMT) last August 31, Jollibee offered 30 scholarships to students from Baguio City to avail of the classroom and restaurant training that will commence in November.

Participants were inspired by the benefits that the learning experience will provide such

as full subsidy of the course fee amounting to P20,000, hands-on training at the Jollibee training Kitchen and in one of the 470 Jollibee stores in the country, training allowance of 75% of minimum wage during the practicum phase to defray expenses in transportation and meals, and more importantly, the opportunity to work as managers in the company right after graduation. \*



Mr. Mario Fungo (right), a Mandala advocate, illustrates to Senior students of the College of Teacher Education at UC-BCF the proper way of expressing positive energies through circular writing of messages. Mandala, an ancient form of art by writing positive values repeatedly in circular lines imbedded with art forms, accordingly releases healing energies. Examples of phrases manifesting infinite gratitude and infinite light include "may peace prevail on earth; we thank you mother earth, the seas, water, trees, plants, and body cells. Mandala can be a means to cope with work stress while incorporating the values of peace, love and unity specially among overworked teachers who are prone to burn-out.

### Enrolment Schedule

#### Second Trimester 2006 - 2007

Arts and Sciences	- Sept. 11 & 12
Teacher Education	- Sept. 11 - 13
Criminal Justice Education	- Sept. 11 - 14
Information and Computing Sciences	- Sept. 14 & 15
Hotel, Restaurant Management and Tourism	- Sept. 14 - 16
Business Administration	- Sept. 15 - 18
Accountancy	- Sept. 15 - 18
Engineering and Architecture	- Sept. 15 - 19
Graduate School	- Sept. 11 - 20
All Courses	- Sept. 20

Classes Start September 21, 2006

#### 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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 . . . to guide the lives of our students.



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