

## ACHI-AAHRMEI NATIONAL SKILLS COMPETITION

# JRMSU's tourism, hospitality mgt studies showcase remarkable skills

by: Rosebel Jane B. Bacoy and Kathleen Joy V. Umpa

Jose Rizal Memorial State University had triumphantly attended the 1st Astoria Culinary and Hospitality Institute- Association of Administrators in Hospitality Hotel and Restaurant Management Educational Institution (ACHI-AAHRMEI) National Inter-School Skills Competition, with seminars which ran from September 18-24 and skills competitions held at Chardonnay by Astoria, Pasig City slated last September 26-27, 2019.

The event was delegated by more than 23 universities from all over the country which was attended by more than 1,800 students and among of the participants were students of JRMSU specifically from BS Hospitality Management and Tourism Management



**READY TO COMPETE.** JRMSU students take their optimistic smile before endowing skills in front of the crowd.

programs.

The following students who showcased their skills were Arbasit Tulawie, Cristine Mae Clanes and Jackielyn Baje (Culinary Challenge), Jann Van Abaa and Alan Paulo Lozada

(Cake Decorating), Randy Olarte, Jossa Mae Ann Bellino and Lovely Grace Lacquiao (Flight Attendant Showmanship), Jay Ann D. Belen (Virtual Tour Guiding), Joselito Gonzales Jr. and Jebb Anthony Glenn Bequilla (Tour Packages Presentation) together with their respective coaches namely; Mrs. Maribeth Sy in Culinary Challenge; Mr. Kevin Ray Amores in Cake Decorating; Ms. Shaizilou

Labadan in Flight Attendant Showmanship; and Mrs. Li Bird Ballesteros in Virtual Tour Guiding and Tour Packages Presentation.

The said undertaking bearing the theme "Enhancing Hospitality and Tourism Skills: Meeting the Challenges of Industrial Revolution (IR) 4.0" aimed to showcase the high quality of training students undergone in a formal venue and to have a good exposure

### PHILOSOPHY

Jose Rizal Memorial State University adheres to the principle of dynamism and cultural diversity in building a just and humane society

### VISION

A dynamic and diverse internationally recognized University.

### MISSION

Jose Rizal Memorial State University pledges itself to deliver effective and efficient services along instruction, research, extension and production

It commits itself to provide advanced professional, technical and technopreneurial training with the aim of producing highly competent, innovative and self-renewed individuals.

### GOALS

Jose Rizal Memorial State University focuses on developing graduates with the following attributes:

- E - xhibit relevant and responsive competencies across disciplines 'towards
- X - enial delivery of services
- C - ommunicate ideas proficiency in both written and spoken form
- E - ngage in lifelong learning
- L - ive up to the challenges of the global community
- E - mbody professional, social and ethical responsibilities
- N - uture a harmonious environment
- C - onserve and promote Filipino culture heritage; and
- E - valuate their contribution to the local and global communities.

## Dimasalang choristers joins NAMCYA

The team receives honorable mention

by: Sahara Gumandol

The Dimasalang Chorister of Jose Rizal Memorial State University Dipolog Campus successfully participated the National Music Competition of Young Artist 2019 at Pasay City, Philippines last November 26 to December 1 this year.

With proper guidance and discipline led by their trainer and music conductor Prof. Climaco D. Enero and Mr. Dave E. Lacquiao, their trainer and music arranger, the group made superb performances.

Among the

preparations they made for the NAMCYA competition, were hectic trainings for the choristers namely, body stretching, vocalization including mouth and lip thrill, tongue exercise, familiarization of notes harmonizing and also time management. They started their practices at 8:00 to 11:00 AM and resume 2:00 to 11:00 PM daily.

Rosella Aba-a, one of the members of Dimasalang Choristers, said that they encountered different struggles and difficulties during the

preparations and training of the said competition. But they remained tenacious and fought that they could make JRMSU proud.

The team was accompanied by the System President, Dr. Daylinda Luz R. Laput and Socio-Cultural Affairs System Director, Dr. Venus D. Namoc, and International Affairs Unit Head, Prof. Ivo Mathew M. Siaton.

The NAMCYA aims to discover young artist in the field of chorale singing, piano, chamber music, family ensemble, and indigenous instrument.





## CAS, CED win Mr and Ms JRMSU 2019 tilt

by: Ellaine Cristy S. Du  
& Perceme O. Omay



### Library acquires new books

by: Sarah May A. Obordo

The campus library of Jose Rizal Memorial State University, Dipolog Campus released their newly-purchased books this school year 2019 -2020.

There were 323 titles with 581 volumes of the books, which divided into four departments.

The CAS has 43 titles with 61 volumes, CED acquires 131 titles with 235 volumes, CIT 30 titles with 32 volumes and the CCJE with 73 titles and 145 volumes.

The books were processed last April 2019 and the other was last August.

The instructional materials is a big help to the students in expanding their research and schoolworks.

As of now, the office of the library is still on the processed of purchasing different books to be used for the students and teachers.

There was a burst of colors and tremendous cheers when the gymnasium filled with overflowing flamboyant supporters as the College of Arts and Sciences and College of Education crowned as winners in the Search for Mr and Ms. JRMSU Dipolog Campus last October 24 this year.

The titlist who grabbed the crown in style were Arvin Calungsod of the (CAS) as Mr. JRMSU and Julie Ann Tedio representing (CED) for Ms. JRMSU. Both vanquished the beauty of realm with their exquisiteness and matchless wits.

Calungsod with his vividness and charismatic looks snatched the minor awards as Darling of the crowd and Best speaker while Tedio with her gorgeous and angelic face hailed as the Face

of the Night and Best in Swimwear Attire.

Other beauties who landed runners-up were Rudolph Valintino from College of Education was 1st runner up for Male Category. He also awarded as Best in formal and Best in Swimwear Attire. For the female category, Eljay Barbasa from CCJE bagged as the 1st runner up; she got the Best in Production Number Award.

Lovely Grace Lacquio, from CAS landed as the 2nd Runner-up for female category and RJ Canoy from CCJE for the Male Category, Canoy adjudged as Best in Production Number.

Other contestants who received special awards were April Joy Agura from the CED as she grabbed the Best Speaker award, Ms. Professionalism and Darling of the Crowd, Mariella Hannieh Mejica of CAS snatched the Ms.

Photogenic and Best in Formal Attire Awards.

Mark Jay Ebay of CED won the Mr. Photogenic and Face of the Night, while Sean Aleta of CIT got was the as Mr. Professionalism.

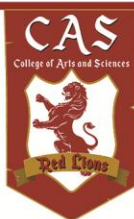
This year's battle of beauty, confidence, and intellect were judged by former System President Dr. Edgar S. Balbuena, Campus Administrator, Dr. Leonardo Zamoras, Prof. Kevin Jay Amores, Former Ms. JRMSU 2010 and MASTS Maria Antonette Barerra, former Ms. Sibugay and one of the candidate for Miss Millennial 2018, Mary Jade Capin, and Mr. Patbon Pataganao.

Calungsod and Tedio will represent Dipolog Campus for the upcoming Mr and Ms. University during the Systemwide University Week held in Dapitan City slated on the second week of December.

### Literary-Musical Competition

## CAS outsmarts opponents

by: Maysa Diosamel E. Sagario and Rambert Gnousis Y. Barbasa



The College of Arts and Sciences of Jose Rizal Memorial State University - Dipolog outsmarted four other competing teams after doing remarkable performance during the Literary-Musical Competitions as part of the Sports Festival held from the different venues of the campus last October 23-25 this year.

CAS team declared champion after collecting 111 points which they grabbed first place in Masining Pagkukwento, Dagliang Talumpati, Extemporaneous Speaking, Radio Drama and Vocal Solo. The team also clutched second in Storytelling, Essay Writing, Quiz Bowl, Contemporary Dance, and Instrumental Playing.

On the other hand, Senior High School and College of Criminal Justice Education snatched the second and third placers, respectively.

SHS team earned 96 points which they won first in Essay Writing, Storytelling, Indigenous and Philippine Folk Dances. The said group seized second in Pagsusulat ng Sanaysay, Dagliang Talumpati, Pencil Rendering, Vocal Duet, and Saludo.

CCJE squad with 95 points got the first place in Quiz Bowl, Instrumental Playing, and Saludo while they grabbed the second place in Masining Pagkukwento, Charcoal Rendering, and Street Dance.

Meanwhile, the College of Education garnering 80 points acquired the fourth place as they won first place in Pagsusulat ng Sanaysay, Vocal Duet, Contemporary and Street Dances. The said team got second in Extemporaneous Speaking, Radio Drama, and Philippine Folk Dance.

The College of Industrial Technology earning 40 points grasped first place in Painting, Pencil and Charcoal Rendering.

The first placers of the different categories are expected to compete for the upcoming Systemwide University Week slated on the second week of December.





## RISE UP THE STUDENTS' PROWESS

The most awaited event of the year; The Students' Festival 2019 of JRMSU-Dipolog Campus.

It is the festival among diverse students celebrating joy and commitment to the institution showcasing their various talents in the fields of pageantry, literary, musical, and sports.

The students' participation during the festival is an immense factor that lead to the success of the event. Students are the heart of what an institution can brag about.

YES! From the beauty pageant that was hosted down to the last day of the foam party night was a blast made as the University abled to satisfy the expectations of the students.

"We want more!", the scream of thee. WE. WANT. MORE.

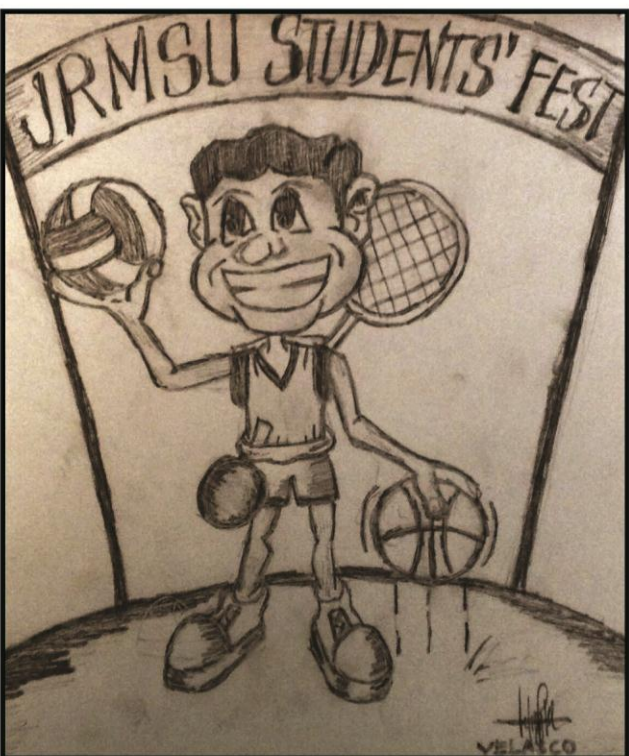
These are but the lines of the students screaming for more of what a students' festival can offer.

How was this important to us? How can one event be this exhilarating? This is an annual event that everybody is waiting and expecting for.

This considered most anticipated festival will continue to celebrate annually with the desires and commitment of the community of JRMSU as part of the journey bringing the name and the pride of the institution.

Kudos to the students who never stop sharing to the public.

EDITORIAL



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### Spotlight

## Free WIFI: Advantageous?

by: Ellaine Cristy S. Du



Technology impacts both the way we conduct business and the way students learn. E-rate funding for schools has enabled teachers and students to use Wi-Fi in education via desktop computers, laptops, tablets, and other connected devices at a reduced cost.

While there's no doubt regarding the importance of Wi-Fi in schools, benefits for students extend well beyond the classroom walls. Wi-Fi for schools also allows teachers to tailor lessons

and presentations according to their students' learning styles. Teachers can elaborate on topics through email, virtual chat rooms, and even create online tools and apps for students to use. This personalized instruction helps each student excel at their own pace.

WiFi is needed in schools because it is by far the biggest help in finding information on just about anything there is. This is a big shortcut for students who don't want to do research by reading

books and magazines. This technology goes from elementary school all the way to college. In elementary school, kids use online educational games for math and reading studies. For middle school, kids use the technology for in school projects or essays or even reading quizzes on books. Then in high school, students must take a computer class that involves WiFi, so yes I would say WiFi is a big part of the school.

Lastly, which is college students who rely on Wifi. Everything is pretty much run by the internet such as tests, essays, quizzes, studying, and college emails. There would be no

college without the access to the internet.

Having free WIFI in school doesn't mean that there is no negative impact. The time of the students to go to the library and read books become minimal. Some students become less productive in school and look interest in their lesson because they become focused on these sites. Instead of listening the class discussion, they secretly use the phone and browse in what they want that's why some during examination.

Having free WIFI is good and helpful but use it in a proper way. Don't abuse because you will be one who suffer the consequences.



Serios Matter

## Polio Disease: Still on high risk

by: Anne Eguia



initial infection.

Polio is a short term for poliomyelitis or infantile paralysis, is an infectious disease caused by the poliovirus. In about 0.5 percent of cases, there is muscle weakness resulting in an ability to move. This can occur over a few hours to a few days. The weakness most often involves the legs, but may less commonly involve the muscles of the head, neck & diaphragm. Many people fully recover. In those w/ muscle weakness, about 2 to 5 percent of children and 15 to 30 percent of adults die. Another 25 percent of people have minor symptoms such neck stiffness and pains in the arms and legs. These people are usually back to normal within one or two weeks. In up to 70 percent of infections, there are no symptoms. Years after recovery, post-polio syndrome may occur, with a slow development of muscle weakness similar to that w/c the person had during the

Poliovirus is usually spread from person to person through infected fecal matter entering the mouth. It may also be spread by food or water containing human feces and less commonly from infected saliva. Those who are infected may spread the disease up to six weeks even if no symptoms are present. The disease may be diagnosed by finding the virus in the feces or detecting antibodies against it in the blood. The disease only occurs naturally in humans.

The disease is preventable with the polio vaccine, however, multiple doses are required for it to be effective. The US centers for Disease Control & Prevention recommends polio vaccination boosters for travelers and those who live in countries where the disease is occurring. Once infected there is no specific treatment. In 2018, there were 33 cases of wild polio and 104 cases of vaccine-derived

polio. This is down from 350,000 wild cases in 1988. In 2018, the wild disease was only spread between people in Afghanistan and Pakistan.

Poliomyelitis has existed for thousands of years, with depictions of the disease in ancient art. The disease was first recognized as a distinct condition by the English physician Michael Underwood in 1789, and the virus that causes it was first identified in 1908 by the Austrian immunologist KARL Landsteiner. Major outbreaks started to occur in the late 19th century in Europe & in the United States.

In the 20th century it became one of the most worrying childhood diseases in these areas. The first polio vaccine was developed in the 1950's by Jonas Salk. In 2013, the WORLD HEALTH

ORGANIZATION, had hoped that vaccination efforts and early detection of cases would result in global eradication of the disease by 2018.

According to study and research of the World Health Organization, the term "poliomyelitis" is used to identify the disease caused by any of the three serotypes of poliovirus. The two basic patterns of polio infection are described: a minor illness which does not involve the central nervous system(CNS) sometimes called abortive poliomyelitis and a major illness involving the CNS which may be paralytic and non paralytic.

Meanwhile, local physicians (DIPOLOG-based doctors) Poliomyelitis is highly contagious via the fecal-oral (intestinal

source) and the oral-oral (oropharyngeal source) routes. In endemic areas, wild polioviruses can infect virtually the entire human population. It is seasonal in temperate climates w/peak transmission occurring in autumn and summer. This seasonal differences are for less pronounced in tropical areas. The time between first exposure and first symptoms known as the incubation period is usually 6 to 20 days w/a maximum range of 3 to 35 days. Virus particles are excreted in the feces for several weeks following initial infection. The disease is transmitted primarily via the fecal- oral route by ingesting contaminated food or water. It is occasionally transmitted via the oral-oral route, a mode especially visible in areas w/ good sanitation and hygiene.

Viewpoint

## Teachers and Nurses' Salaries: Underlying concern

by: Ma. Sahara Gumandol



Professionals sitting in in different seats in the government became who they are today because teachers' mould their minds from their youth to the best minds they could ever come up to and nurses' caring for their mothers, wives, daughters before, during, while and after childbirth.

In the country, we currently have overworked and underpaid teachers' and nurses. These professions who also safeguard the welfare of a person to their full potential just as the profession in the Armed Forces and the Philippine National Police who receive double salary across all ranks. These professions safeguarding the welfare of individuals in different areas of concern should have equal treatment in terms of compensation. Currently, we have what we call the Salary Standardization

Law - the proposed law in 2016 to result a weighted average increase of 45% in the compensation of "all" salary grades and raise compensation of government personnel to at least 75% of the private sector rate to determine as a compensation strategy to bring government pay closer to market rates and also this is based on performance through an enhanced-performance based bonus implemented for a four-year period from 2016.

Teachers' and nurses' compensation should be raised not just basing to these terms and reasons but because the law covers "all" government employees.

We can recall that in 2017. It was refiled the bill but it did not move in the 17th congress, that it was not discussed by the committee because it is not a priority yet of the legislature. Well, until when does it be a

priority then? The legislature appears to undermine the plight of teachers and nurses with this reason. That is why they always consider going abroad because such pay may be unattractive to entice qualified and competent educators to teach in public schools, with their roles covering handling big classes amid poor school facilities, among others. We hear over again that proficient nurses are all gone abroad because of the same sentiments with the teachers.

Today, despite the legislature had said that it is not yet their priority, we will have to wait again the assurance of the sitting president that he is working on the salary increase and even ordered government economic managers to look sources to fund these concerns.

We hear around people telling about teachers resort to loan. In Dipolog, we have at least eight lending companies tend to closed because they will have a tangible projects like having house and lot. But then, it can never be enough meeting ends meet especially when you are a breadwinner, All expenses will be solely paid by just one person in the family or when there is an ailing member of the family; it will never be enough to provide their basic needs.

We continue to be expectant to the promised pay hike for teachers and nurses by the President Duterte this year hoping to make it possible this time.

merger. These can be a double parking, road work, lane closure due to utility work road narrowing down and lastly an accident on the road.

Too many trucks on the road due to inadequate rail freight opportunities

Overdevelopment in areas where the mass transit system is already overcrowded and the road

system is inadequate.

We can view our traffic from different perspectives: longer commute time, employee absences, stress, wasted man-hours, and added fuel expenses are just some of them.

We are stating here the problem but we are looking forward for the solutions.

My Stand

## Existing dilemma

by: Perceme O. Omay



A crisis indicates an acute functional disorder in a system, a breaking point, or a difficult or dangerous situation demanding serious attention. All of these meanings are apt descriptions of Dipolog City current transport and traffic situation. They refer specifically to a level of vulnerability or susceptibility that, with the slightest disruption.

We are definitely in the midst of a crisis here, and it is the result not just of the sheer number of vehicles on limited road space, but as well as of the breakdown in common courtesy among road users. The meanness and aggressiveness that fill the online world are equally on display in our streets, a war of all against all.

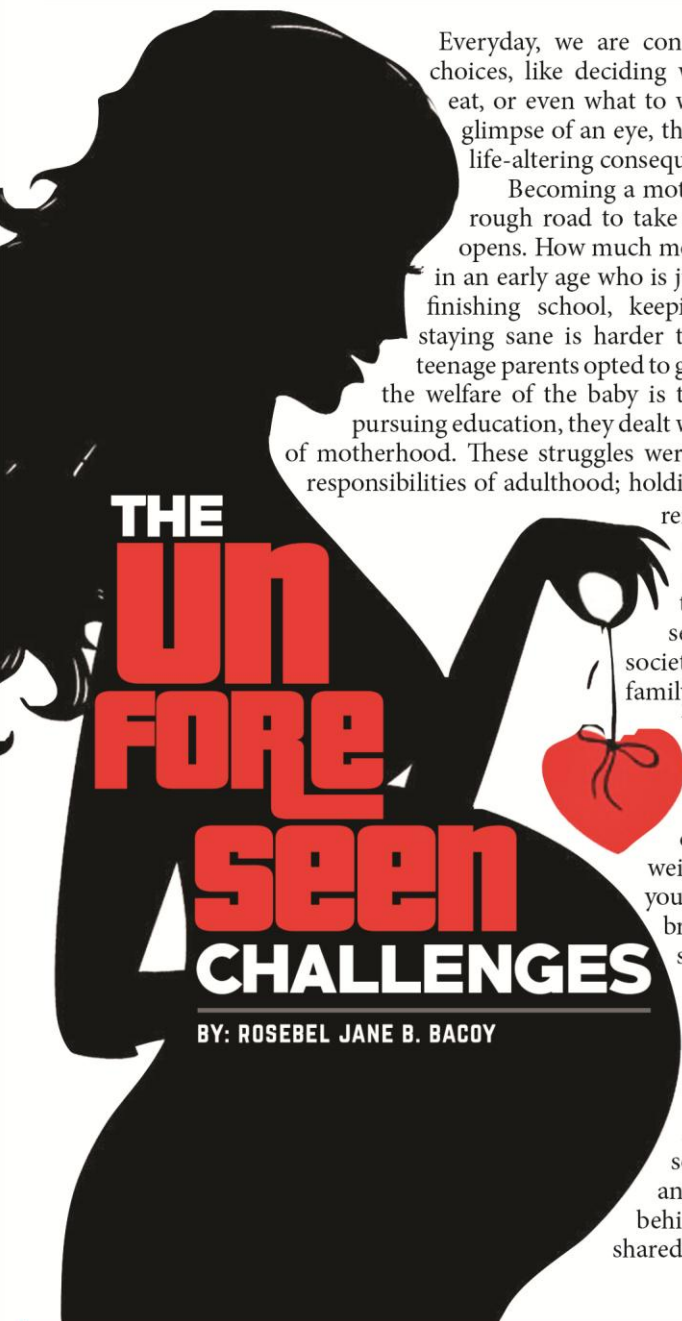
What is the main reason of the traffic?

Traffic is a symptom of

inequity and inequality. Big houses and gated communities in the periphery of the central business districts; the addition of a thousand private cars a year; inefficient bus services, with disorganized and inefficient loading terminals along major roads; the placement of never-ending constructions, widening and adding more roads; and centralization add to the growing traffic problem. Here in Dipolog City we don't have traffic lights to organize the vehicles and the walkers. Illegal parking on the street is prevalent too and it is evidently shown in other areas.

Undeniably, traffic congestion is caused by multiple causes and here they are not in the order of importance. One is too many cars for the roadway due to inadequate mass transit options or other reasons. Second obstacles in the road causing a blockage and





BY: ROSEBEL JANE B. BACDY

Everyday, we are confronted with different choices, like deciding what to wear, what to eat, or even what to watch. But what if in a glimpse of an eye, the choice you made has life-altering consequences?

Becoming a mother is definitely a long rough road to take as new chapter of life opens. How much more, becoming a parent in an early age who is juggling raising a child, finishing school, keeping a social life and staying sane is harder than expected. Mostly, teenage parents opted to give up their study since the welfare of the baby is the priority. Instead of pursuing education, they dealt with the responsibilities of motherhood. These struggles were compounded by the responsibilities of adulthood; holding down a job, paying

rent, paying bills and engulfing household chores. Aside from that, the stigma and segregation from the society and even within the family weighed down every young mothers like a millstone around their neck.

Rather than being crushed beneath the weight, there are some young parents see the brighter side of their situation and those adversities gave them inner strength and fortitude to rise above the surmounting obstacles and soar. Along the way, I met some young mothers and know their stories behind and eventually shared their touching stories.

**SELF-FULFILLMENT.** My life is a series of moving back and forth. I tend to boggle whenever I face new challenges that test my persistency to betterment, but at the end of the day I am mother. I should have that sense of "firmness of purpose" as a wife to my husband and a mother to my children. My purpose is to serve them well and love them with all that I am. I cannot do that perfectly if I cannot fulfill that void within me. Having kids, marrying early should not be a hindrance of reaching your goals in life. Instead, you make it as your source of strength to live better and be the greatest version of yourself. -Mysa Diosamel E. Sagario

Being a mother at the age of 17 is like being forced to fly when you don't have the knowledge on how to do so. It's a slap to reality and out of dreamland, a loss of gravity and nothing to hold on to. I feel as if I am Christopher Columbus and parenting is the unmarked, unknown territory of being a parent. Nevertheless, amidst of my situation becoming a mother had saved my life. My child gave me the reason to be better because she gave me strength I needed to make the tough choices every single day to go to school, work hard and graduate with diploma. -Judy Mae J. Antonio

Seemingly, like an ant and traveling the whole world. I have to get around the world by trying to get a boat, to get across the water, trying to get some foods so I don't fall over. That is how I feel going through school as a teen mom. I still choose to continue my study because I have dream to create and to provide security for my son and every decision that I made was towards that goal. -Unknown

These young mothers experienced a vast amount of life crisis that would deter most, yet, they all choose to manage the complexities of their lives as they have hope, perseverance and resiliency led them to continue onward. Their trials and triumphs they faced are both inspiring and admirable.

Despite of the insurmountable obstacles along their journey, early mothers steep in a "never give up" spirit and overcame.

All the choices they have made navigated their life as scared, young, pregnant girls into confident, young mother who'll beat the odds and will graduate!

## Movie Critique FROZEN II

by: Mysa Diosamel Sagario

Frozen II, a sequel you thought you would never need has brought blizzard to theatres earning nearly \$400 million a week after its release burying Charlies Angels, Ford vs. Ferrari, Terminator: Dark Fate, and Doctor Sleep with its cutesy little frozen jokes, sweet-natured characters, catchy new songs, and it's dramatic journey "into the unknown" storyline.

Indeed, the Elsa, Anna, and Olaf tandem are worldwide sensations. Their adventures are beyond this world but the theme and the messages it aims to deliver resonates a true-to-life struggle an individual has to face. The characters are now more mature, with a more mature kind of individual issues and besides having to deal with loss, grief and betrayal, the story portrays what "next right thing" to do in the face of all those things.

With lots of individuals nowadays struggling what to do, whom to listen, and are having a hard time with their identity, FROZEN II is definitely a must watch movie to add on your bucket list as it dynamically tantamount one's day-to-day ordeals.

If you are one of those who are perplexed as to why Elsa, a daughter of a mortal king and queen was mysteriously gifted the power of ice, this sequel will give you a better understanding of her abilities which will then lead you to its origin, explaining her magic abilities cognate to eco-centric paganism. If you are curious about what happened to Elsa and Anna's parents during their voyage and where are they truly going, then this sequel will suffice your curiosity. The careful and dramatic unraveling of the mystery behind the royal family, is delivered at its best. If you are a kid at heart, a Frozen fan, a movie enthusiast, a music pundit, then this movie will hit you to the core.

I don't want to be such a movie spoiler, so I will just leave it out here and let this half-cooked review make you too antsy to stay inapposite over the Frozen II fever.



## CROSS WORDS

by: Rosebel Jane B. Bacdy

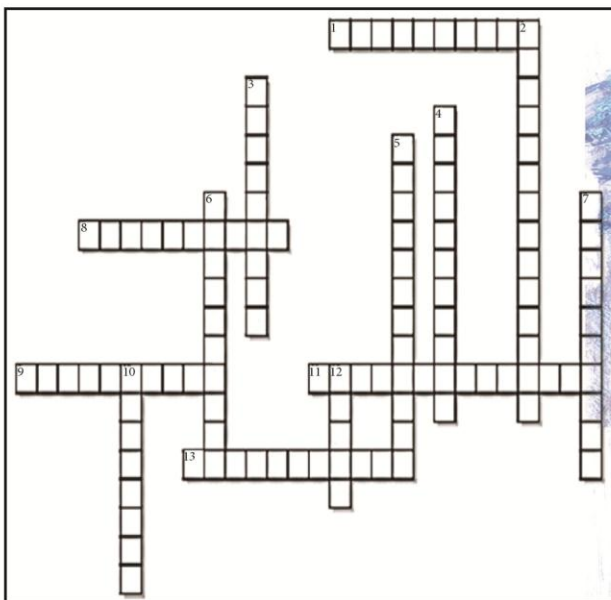
Hints:

Across

1. The Lord of the Rings
8. Sherlock Holmes
9. The Hunchback of Notre Dame
11. A Christmas Carol
13. Romeo and Juliet

Down

2. The Notebook
3. Harry Potter
4. The Road Not Taken
5. The Tiger
6. Daffodils
7. Pride and Prejudice
10. Games of Thrones
12. Iliad and Odyssey





Compiled by: Sarah May A. Obordo and Christian Edith Bagalanon



## WHAT CAN YOU SAY ABOUT AACCUP ACCREDITATION?

“AACCUP accreditation is very challenging and very heart-trembling moment as it was mind-bubbling because we were contemplating for what would be the possible questions to be asked by the AACCUP Accreditors.

**Annavielle Romano**  
*Legislative Speaker, SSG*

Akung maestorya kay ang mga faculty and staff kay busy kayo sa paghimo sa mga butang kung asa sila na assign. I was very happy to be part of that undertaking since different programs have been evaluated, assessed, and checked.

**Irish Ansigot**  
*Student*

Kaming mga Utility nagandam sa pagpamintal ug pagpanglimpyo sa tibuok campus.

**Noel Tapales**  
*Utility Staff*

# MASTS 2019

MINDANAO ASSOCIATION OF STATE TERTIARY SCHOOLS

1<sup>ST</sup>

### SEPAK TAKRAW (GIRLS)

Cristin Faith Nini  
Mari Rose Serino  
Wenshel Mae Banguis  
Vanessa Ritz Barcon

2<sup>ND</sup>

### TABLE TENNIS (BOYS)

Felix Christian Recentes  
Recardo Pontanar

### DANCE SPORTS

Genesil Gubal  
Nestorlito Ancot Jr.

### TAEKWONDO

Bea Chrestalene  
Ara Arcadio  
Jazel Rhea Elumbaring

3<sup>RD</sup>

### TABLE TENNIS (GIRLS)

Charissa Mae Ybañez  
Gwenn Jalampangan  
Theresa Ansing

### BADMINTON

Roger Escultor Torres  
Minette Collen Pastoril

### TAEKWONDO

Charmie Marie Sagabaen  
Arnold Raven Misa

### ARNIS

INDIVIDUAL ANYO  
(NON-TRADITIONAL)  
SWORD AND DAGGER  
Sarah Jane Laure (women)  
INDIVIDUAL ANYO  
(TRADITIONAL)  
SINGLE/DOUBLE WEAPON  
Rousette Khem Gumela (women)  
INDIVIDUAL COMBAT  
(PADDED STICK)  
LIGHT WEIGHT  
Desiree Joy Baldomero (men)

### TAEKWONDO

Carmel Magallanes

### ARNIS

INDIVIDUAL ANYO  
(TRADITIONAL)  
DOUBLE WEAPON  
Jenard Ampal (men)  
Sarah Jane Laure (women)  
SYNCHRONIZED ANYO  
(NON-TRADITIONAL)  
DOUBLE WEAPON  
Rousette Khem Gumela (women)  
Sarah Jane Laure (women)  
Desiree Joy Baldomero (women)  
INDIVIDUAL COMBAT  
LIVE STICK  
FEATHER WEIGHT  
Max Kevin Camasura (men)  
INDIVIDUAL COMBAT  
LIVE STICK  
LIGHT WEIGHT  
Desiree Joy Baldomero (women)

### INDIVIDUAL COMBAT (PADDED STICK)

Sarah Jane Laurie-Bantam Weight (women)  
INDIVIDUAL COMBAT  
(LIVE STICK)  
Jenard Ampal-Bantam Weight (men)  
Jerdan Degamo-Light Weight (men)  
INDIVIDUAL COMBAT  
(LIVE STICK)  
Renelyn Basay-Pin Weight (women)  
Grace Doller-Bantam Weight (women)

## CIT, CCJE rule

by: Kathleen Joy V. Umpa

Two colleges successfully clutched the championship title in the different games after competing against four other opponents during the Basketball Competition held at the campus basketball court last October 23 to 25, 2019.

The College of Industrial Technology for the female category and College of Criminal Justice Education for the male category, suedo other opponents as they defended their spots in the three-day competition.

Furthermore, the two colleges will represent the Dipolog Campus for the upcoming Systemwide University Week on the second week of December this year.

The said event is one of the activities during the student's festival bearing the theme, "Driving JRMSU towards internationalization to propel innovations".

## JRMSU holds 10th foundation week

by: Rambert Gnousis Y. Barbasa and Joemuel U. Daymiel

To continually achieve strong solidarity and comradeship, six campuses of Jose Rizal Memorial State University will converge for the 10th Foundation Week Celebration held at the Main Campus from December 12-15 this year.

With the theme, "Driving JRMSU towards internationalization to propel innovations", delegations from the different campuses (Main, Dipolog, Katipunan, Tampilisan, Siocon and Sibuco External Studies Unit) are expected to join various competitions.

The annual celebration will start on December 12 with an opening salvo to be witnessed by the JRMSU community led by the System President, Dr. Dalyinda Luz R. Laput together with the Dapitan City officials.

Dr. Laput will do the raising of the University Banner followed by the delegation banners led by PESA Director, Dr. Joven E. Perey and Socio-Cultural Affairs Director, Dr. Venus D. Namoc.

2018 SCUAA Gold Medalist (Badminton) will do the Oath of Sportsmanship while the Lighting of the Urn of Friendship will be done by Roshel O. Batal, the 2019 MASTS Three-Gold Medalist.

Among the lined-up activities on the four-day event are as follows: December 12 (Kick-off Parade, Delegation Saludo, and Students' Night); December 13 (Sports Competition, Literary and Musical Competition, and Faculty and Staff Friendship Games); December 14 (Continuation of the Sports Competition and Faculty and Staff Friendship Games and Mr. and Miss University); and December 15 (Thanksgiving Mass, Championship Games, Awarding and Closing Ceremonies, and Fellowship Night).



# 8 BITS & PIECES

OCTOBER - DECEMBER 2019  
THE STATE COLLEGIAN

