



Graduates solemnly take their oath of allegiance to the university

UP BAGUIO PAGTATAPOS 2023 CELEBRATES ACHIEVEMENTS AND DEDICATION TO SERVICE

Wyndei A. Dacay

July marks the beginning of the *sablay* season for most units in the University of the Philippines System. This year, the highly anticipated UP commencement exercises were set in motion at both the northernmost and southernmost constituent universities on July 18: UP Mindanao at 7 AM and UP Baguio at 3 PM.

UP Baguio celebrated a total of 440 graduates, including 1 summa cum laude, 61 magna cum laudes, and 209 cum laudes. The ceremony not only recognized their outstanding academic achievements but also highlighted their dedication to service, instilling in them the values and ideals that UP Baguio holds dear - honor and excellence. It was a day filled with pride, gratitude, and hope as these graduates embarked on a new chapter in their lives, ready to make a positive impact on the world.

The day began with a Baccalaureate Service at 9 AM, hosted at the Cordillera Convention Hall in Baguio Country Club. During this occasion, Mr. Khianne Ed Miguel P. Orteza, a magna cum laude from the BS Biology program, delivered an inspiring speech that emphasized the significance of dedication to service during their academic journey. Ugnayan ng Pahinungód Baguio Director Dr. Andrei Domogo recognized the graduates who served as volunteers in outreach programs led by the university.

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The UP Baguio executive staff, guest of honor, and members of the UP Board of Regents on stage

SOUTH KOREA III: TRACES

Benjamin George Meamo III

I began the Traces Project in May 2022. During a 168 KM ride from Pugo, La Union to Pasig City, Philippines, I left film photographs in each province I traversed through with my bike, Llewyn. Last June, I did the same project in Daegu and Seoul, South Korea. In these two major South Korean metropolises, I traced the intersections of my body, memory, and relationships with the spaces and locations I occupied, observed, experienced, and sometimes forgot.

In this leg, I delved into the concept of spectrality in placeness and placelessness. The selection of which film photograph to leave is an actualization of Walter Benjamin's concept of the 'aura.' Benjamin argues that the 'aura' views an art form through its "presence in time and space, its unique existence at the place where it happens to be" (Tate, n.d.), whether or not it is decoded by a viewer or a spectator. On one hand, the act of leaving a photo in a particular

(CONTINUE ON PAGE 6)

IBAHAGI ANG BAGAHE: SINING BISWAL BILANG SISIDLAN NG SALAYSAY

Khristine Daguro

Madalas kong naririnig, mula pagkabata, ang mga katagang: "Lumipad ka, abutin mo ang mga pangarap mo." Sa totoo lang, ang tumatakbo lang sa bata kong isipan noon ay ang kakayahan ng mga superheroes na makalipad. Gaya ni Darna, o ni Superman at ang kapa niya, o 'di kaya naman ay ang magic carpet ni Aladdin. Lingid pa sa kaalaman ko noon na may mga taong pangkaraniwan lang, walang kapangyarihan ngunit literal na lumilipad sa malawak na himpapawid sakay ng eroplano o mga taong tumatawid sa pinakamalalim na dagat sakay ng barko. Dala ang malalim na pag-aasam na maabot ang pinakamalayong tala ay buong tapang nilang hinaharap ang walang kasiguraduhang pagtatangka upang masilayan ang pag-asa. At sa bawat paglipad, hindi lang pansariling

pangarap ang inaasam nilang maabot bagkus bitbit din nila ang ipinagtagpi-pagting hiling.

Ika-13 ng Hulyo nang idinaos ng University of the Philippines - Baguio ang isang programang nagpakita ng kagilang na pagmamalas ng kagalingan sa sining ng mga *migrant workers* at mga mag-aaral. Kasama ang mga artista galing sa Guhit Kulay, at mga organisasyon gaya ng National Commission for Culture and the Arts, Overseas Workers Welfare Administration - CAR, at ang University of the Arts London College of Communication naisaganap ang artINtransit: Visual Art as Social Practice na matagumpay na naipahayag ang bawat naratibo ng mga dati at kasalukuyang *migrant workers*. Isa sa mga mahahalagang parte ng programa ay ang TEXTile in Motion Workshop kung saan maswerteng napabilang ang aming klase sa *Philippine Arts* bilang mga pangunahing kalahok na magiging kaagapay ng mga *migrant workers* sa paggawa ng isang obra.

Bilang panimula sa *workshop* ay nagbigay ng maikling presentasyon si Cristina Cayat tungkol sa mga *preloved clothes* o mas kilala natin sa tawag na ukay-ukay. Ibinahagi niya ang kwento sa likod ng gabundok na mga damit at gamit na makikita natin sa mga ukayan; kung saan sila nagmula, ano ang mga pinagdaanan, at ano ang mga positibo at negatibo nitong epekto. Dahil dating *Overseas Filipino Worker* o OFW si Cristina na ilang taon din na nagtrabaho sa Hong Kong, ipinakita niya ang mga bodega ng mga damit at iba pang damit na siyang ibinebenta rito sa ating bansa. Hindi man lingid sa kaalaman ng karamihan na ilegal ang pagpasok ng mga *preloved clothes* o ukay rito sa ating bansa, patuloy pa rin itong tinatangkilik hindi lang ng mga mamimili kundi pati na ng mga naghahanap-buhay sa ganitong paraan.

Naalala ko pa, habang ikinukwento ni Cristina ang proseso ng pagpili at paghihiwalay ng bawat damit sa bodega ay may nagsabing basura na para sa taga-ibang bansa ang mga damit na siya namang tinitignan pa rin natin bilang mahalaga at kaaya-aya. Makapangyarihan na sentimyento ito dahil kung iisipin nga naman, bakit nga ba buong pusong pagtanggap ang ibinibigay natin sa mga ibinabasurang gamit at mga damit? Na sa kabila ng katotohanan na tinapon na ito ng iba ay itinuturing pa rin natin ang mga ito na maganda, bago, at kahit papaano ay



Migrant workers, event organizers, and participants during the artINtransit: Visual Art as a Social Practice workshop

maayos pa?

Isa pang magandang punto ng diskusyon ay ang negatibong epekto ng *fast fashion* dahil sa malawak na pagtangkilik sa mga gamit at damit mula sa mga "ukayan". Sino nga namang hihindi sa mga gamit na hindi pa naman mukhang luma at malayang mabibili pa sa murang halaga? Kaya naman upang makagawa ng isang bagay na magtatagal at maglululan ng halaga at kwento, ginamit namin ang mga *preloved clothes* sa paggawa ng aming obra. Sa pamamagitan ng mga damit mula sa ukay-ukay, bumuo kami ng obra na sumasalamin sa mga naratibo ng mga dati at kasalukuyang *migrant workers* na nakasama namin sa proseso ng paggawa.

“Hindi maipagkakailang walang magaan na bagahe at walang maikling byahe patungo sa pagkamit ng pangarap...”

Bawat tela na ginupit namin at pinagdikit-dikit muli ay may sari-saring pinagmulan. Maski malayo at pansin ang pagkakaiba-iba, lagi't lagi ay mayroon silang malalim na koneksyon; ang iba ay umaalis para sa makahanap ng magandang kinabukasan, habang may ibang hindi ito pinili pero kinailangan. Gaya nga ng naging diskusyon ni Cristina, isang mahabang byahe ang pinagdaanan ng mga damit na ibinibenta sa mga ukayan. Ito ay isinuot na ng ibang tao, nakatanggap ng papuri mula sa iba at minsan na ring naging pangit para sa paningin nila. Hindi nalalayo sa mga telang ito ang mga nakasama naming *migrant workers* dahil may kanya-kanya rin silang kwento na buong laya nilang ibinahagi sa proseso ng aming paggawa. Maski magkakaibang tao na may sari-saring paniniwala, naging malaking tulong tungo sa pagiging isa nila ang isang

layon na nakatatak sa kanilang isipan at puso nang umalis sila ng bansa: ang makatulong sa pamilya.

Isa sa mga *migrant workers* na nakasama namin sa *workshop* at personal kong nakakwentuhan habang nasa proseso ng paggawa ng obra ay si Leizl Tam-og. Naikwento niya na 19 taong gulang pa lang siya noong unang beses siyang mangibang-bansa. Nang itanong ko sa kanya kung ano ang dahilan ng kanyang pag-alis, ang isinagot ng maka-ipon para sa sarili at para sa pamilya. Sa tatlong beses na niya sa Hong Kong ay nagkaroon naman siya ng sapat na ipon para makapagpatayo ng sariling negosyo rito sa Pilipinas. Naging maayos man ang takbo nito ay hindi pa rin maiiwasan ang mga balakid sa daan dahil isa ang negosyo ni Miss Leizl sa mga napilitang magsara ng dahil sa nagdaang pandemya at hindi na muling nakabangon pa.



The participants' culminating artwork

Ngunit sa kabilang dako ng madidilim na bahagi ng buhay ni Leizl, sinikap niyang hanapin ang kasiyahan at kapayapaan sa mga lata ng pintura, sa pagguhit, at sa pagpinta. Isa lang ang kwento ni Leizl sa marami pang naratibo na nais kumawala, maging mapaglaya, at maging inspirasyon hindi lang para sa mga *migrant workers* kundi pati na sa mga taong nagsusumikap at walang pagod na hinahanap ang tamang paraan ng pagpagaspas ng mga pakpak upang makalipad at maabot ang kanilang mga pangarap.

Sa ilang oras na iginugol ko sa programa at sa *workshop* na hatid ng unibersidad ay masasabi kong hindi lang bagong mukha ng sining ang itinuro sa akin nito bagkus ipinakita rin sa akin na sa bawat pag-alis at pagbalik ay lulan ng mga *migrant workers* ang kani-kanilang mga bagahe at istorya ng pangarap. Sila ang mga bayaning hindi lang lumipad para sa sariling kapakanan dahil bitbit din nila ang samu't saring paghahangad, mga inipong hiling, at ibinulsang pasasalamat. Hindi maipagkakailang walang magaan na bagahe at walang maikling byahe patungo sa pagkamit ng pangarap ngunit sa dulo, iisa lang naman ang nais nilang tunguhin at ang maiwi ang pag-asa sa pamilyang naghihintay ng kanilang pagbabalik.

SAGLIT NA HUNTAHAN SA PAGTATANGHAL NG SUMMER ABROAD PROGRAM 2023

Rosalina A. Mendigo



University of California - Berkeley students alongside Professor Rommel Rodriguez from UP Diliman and Professor Rosalina Mendigo from UP Baguio.

May dalawang araw na bumisita at nakinig ng ilang mag-aaral at guro ng University of California – Berkeley sa pakikipagtulungan ng Unibersidad ng Pilipinas, Diliman na pinangasiwaan nila Rommel Rodriguez ng UP Diliman at Chat Aban ng UC Berkeley dito sa aming campus, ang Unibersidad ng Pilipinas Baguio sa petsang Hulyo 3 hanggang 4, 2023.

Kahapon Hulyo 3, 2023, pagkarating na pagkarating nila sa lungsod na Baguio, sinimulan ang Field Lecture Discussion 13 na pinamagatang "Beyond Exoticism and Romanticism: Understanding the Struggles of the Cordillera People" ni Luchie Maranan.

At ngayong araw Hulyo 4, 2023 nag-courtesy visit sila sa aming UP Baguio Chancellor na kasalukuyang nasa official travel at inatasan ng Chancellor na maging Officer-in-Charge ang aming Vice-Chancellor for Academic Affairs na si Dr. Rose Gutierrez. Sa loob lamang ng ilang minuto, ibinahagi ng aming VCAA ang pagkakatag ng UP Baguio na isa sa maging Constituent University ng UP na umaabot na ang populasyon ng mag-aaral sa halos 2,500 ng nasabing unit. Matatagpuan ang populasyon ng mga mag-aaral sa tatlong kolehiyo ang: College of Arts and Communication, College of Science at College of Social Science. May ilang palitan ng kuru-kuro ng mga mag-aaral sa UC Berkeley, hinggil sa mga kursong handog ng unibersidad na tumampok sa kabubukas-bukas na kursong PhD Indigenous Studies Program na kinatatampukan ng mga kaalaman at larangan mula sa tatlong kolehiyo ng unibersidad. At dahil dito amin silang inabutan ng brochure ng naturang kurso.

Bumaba muli sila sa Teatro Amanian na venue ng lectures. Sa araw na ito, nagbahagi naman si Anally Salvador sa Field Discussion 14 na pinamagatang The Spiritual Meaning of Tattoos. At sumunod nito, ibinahagi naman ang Material Culture of the Cordilleras ni Junley Lazaga.

Nagpaalam ang mga bumisita, upang tunguhin naman ang mayamang kultura ng Ifugao.



UC Berkeley students engaging in a literature class led by Assoc. Prof. Junley Lazaga

UPB LIBRARY AND PIC CONDUCT BOOK DRIVE AT OLD SUDIPEN NHS, LU

Ruth Darylle Pugong

UP Baguio, in collaboration with the Program for Indigenous Cultures (PIC) and the UPB Library, organized a book drive at Old Sudipen National High School, Sudipen, La Union, on July 6, 2023.

The event was held in conjunction with the high school's World Beyond Doors Culminating Activity, Awarding Ceremony, and the Reading Builds Wisdom, Expertise, Nourishment, Dear Youngsters (WENDY) Reading Hub Ribbon Cutting Ceremony.

The book drive is an initiative led by UPB PIC, in partnership with the generous support of the UPB Library (led by UPB Librarian Julieta Dela Peña), as part of UP Baguio's

commitment to literacy and IP education. Recognizing the significant role reading plays in the intellectual, emotional, and social development of young minds, the drive aims to foster reading habits among students from both indigenous and non-indigenous communities in La Union.

Principal Josephine V. Cac commenced the event with a message expressing gratitude to the benefactors of the reading hub, as well as to the donors of the books and reading materials within it.

This was followed by a dance performance by the Grade 9 class and the presentation of awards for the quiz bee, spelling bee, and word-building contests by the school's reading program coordinators.

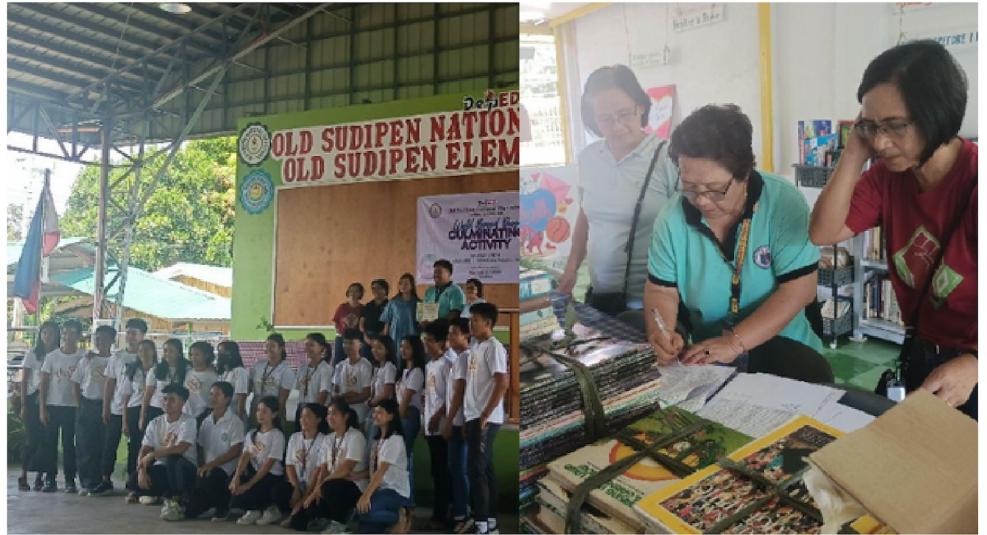
During her keynote speech, Sudipen Municipal Mayor Wendy Joy D. Buqing underscored the importance of reading in students' future career paths, challenging learners to cultivate good reading habits.

Subsequently, PIC Chairperson Erika Diwata Jacinto and UPB Librarian Julieta Dela Peña conducted the symbolic

awarding and turnover of books to Principal Cac and school stakeholders. They also encouraged senior high school students to consider applying for courses offered by the University of the Philippines. Other representatives from UPB included Bryan Galera from the UPB Library and Ruth Darylle Pugong, PIC research assistant.

The ribbon-cutting ceremony for the reading hub was graced by the presence and prayers of Rev. Fr. Alexander Jo B. Peralta.

Following this, there was a rendition of the life of Dr. Jose Rizal by Grade 10 students, followed by the awarding of certificates for Best Structured Classroom.



Representatives from UP Baguio Library and Program for Indigenous Cultures at the book drive at the Old Sudipen National High School in La Union

PIC AND CCA FACILITATE CORDILLERA MUSIC AND DANCE WORKSHOP AT UP BAGUIO SUMMER ARTS PROGRAM 2023

Ruth Darylle Pugong and Jullienne Bacagan

The Program for Indigenous Cultures (PIC) and the Committee on Culture and the Arts (CCA) facilitated the Cordillera Music and Dance Workshop as part of the College of Arts and Communication Summer Arts Program at the PIC-CCA Office, Alumni Building, UP Baguio from July 10 to 15, 2023.

Indigenous culture is an integral component of UP Baguio's identity, both within the academic and community spheres. Its recognition, preservation, and development are considered highly significant. This activity aligns with PIC's mandate to serve as a platform for initiatives that promote indigenous cultural vibrancy and awareness within UP Baguio and the broader community. It also resonates with CCA's mission to reinvigorate the culture and arts landscape and contribute to the growth of artists on campus and in the larger community.

The weeklong workshop aimed to familiarize participants with the music, dances, and ethnic attire of various ethno-linguistic groups in the Cordillera Administrative Region (CAR). A key focus of the workshop was teaching participants how to play various bamboo instruments indigenous to the region, as well as how to play the *gangsa* (gongs). These instruments were used to accompany indigenous chants, songs, and dances, which were

taught step-by-step.

Participants were divided into two sessions. The morning session comprised nine participants aged 13 and above, while the afternoon session included three participants aged 6 to 12.

Facilitators included Ruth Darylle Pugong and Jullienne Bacagan, who are research assistants for CCA and PIC, respectively. They were assisted by staff and student volunteers from the CAC and Paggawisan Tako Am-in (PAGTA).

As part of the broader UP Baguio Summer Arts Program, the Cordillera Music and Dance Workshop ran concurrently with activities such as Storybook Writing for Children, Printmaking (Screenprinting), Creative Drama for Children, Teen Theatre, Basic Figure Drawing and Acrylic Painting for Teens and Adults, Terracotta Sculpture, Drawing and Painting for Children, and Fiction Writing. These sessions took place at the CAC Building and Teatro Amianan.

The Summer Arts Program concluded with a closing ceremony on July 15, 2023, at Teatro Amianan, College of Arts and Communication, UP Baguio. Participants, instructors, and volunteer facilitators gathered to celebrate and showcase their artistic creations and presentations. The Cordillera Music and

Dance participants performed the Kalinga Pattong and the Siyato Chant of Abra accompanied by bamboo instruments.



Performance of participants of the Cordillera Music and Dance Workshop



Participants during their practice session



Taiwanese LAKBAY fellows imitate the pose of the famous UP symbol, The Oblation Statue



Project LAKBAY fellows riding a Trolley at Brgy. San Antonio Trolley Station

UPOU-FMDS AND EDU-CONNECT-TAIWAN LAUNCH PROJECT LAKBAY YOUTH CULTURAL AND LEARNING IMMERSION CAMP

Anna Cañas-Llamas

The Faculty of Management and Development Studies (FMDS) at UP Open University (UPOU), in collaboration with Edu-Connect Southeast Asia Association - Taiwan, launched Project LAKBAY: Learning Actively through Knowledge-Based Appreciation for Youth, a Youth Cultural and Learning Immersion Camp. Project LAKBAY was a hybrid event, with the first part conducted online through UPOU Canvas from June 28 to 30, 2023. The immersion camp took place in person from July 4 to 14, 2023, at the UPOU Headquarters in Los Baños, Laguna. The project engaged a total of 36 LAKBAY fellows: 24 Taiwanese participants from different universities in Taiwan, 17 Filipino participants from Kaya Natin! Youth - Los Baños (KNY-LB), and seven members of the University of the Philippines Open University Student Council (UPOU-USC).

The term "LAKBAY" holds profound significance as it translates to "Journey" in Filipino. This project aimed to raise awareness and encourage active engagement in global sustainability programs, underlining the importance of including youth voices in shaping sustainability-related initiatives across various development fields.

FMDS Dean Joane Serrano and University of the Philippines Visiting Professor Dr. Eing-Ming Wu spearheaded Project LAKBAY by focusing on the interconnections between multiple Sustainable

Development Goals (SDGs). The LAKBAY fellows embarked on learning visits to various institutions such as the Asian Development Bank (ADB), International Rice Research Institute (IRRI), Southeast Asian Regional Center for Graduate Study and Research in Agriculture (SEARCA), ASEAN Centre for Biodiversity (ACB), National College of Public Administration and Governance (NCPAG), and UP Resilience Institute (UPRI). These visits aimed to deepen the fellows' understanding of the contributions of different institutions to national and global development.

In addition to institutional visits, the LAKBAY fellows engaged in social learning visits to local communities. They explored the woodcarving communities of Paete, Laguna, the embroidery communities of Lumban, Laguna, and the trolley community of Brgy. San Antonio, as well as the Gawad Kalinga community, both situated in Los Baños, Laguna. These experiences allowed participants to gain a profound understanding of local challenges and witness the power of community-driven solutions. Through hands-on learning, LAKBAY fosters personal connections and supports local businesses, extending beyond traditional education and igniting empathy and understanding among the fellows. These learning visits and workshops serve as effective ways of communicating knowledge and information, as learning by doing offers a more personal approach and a deeper connection to the community.



Project LAKBAY fellows' Walking Workshop at Perma G.A.R.D.E.N.

Embodying the spirit of Bayanihan, a traditional Filipino practice of communal unity and cooperation, Project LAKBAY aimed to foster collaborations among participants. Workshops, group activities, and seminars held at the Centennial Center for Digital Learning (CCDL) facilitated active participation and brainstorming for context-specific solutions to effectively address community needs.

The learning visits, workshops, and discussions emphasized the significance of English as the universal language for global cooperation. This approach ensured that LAKBAY fellows, hailing from diverse backgrounds, could communicate effectively and collaborate seamlessly in their pursuit of sustainability.

Moreover, Brown Bag Sessions, film showings, socials, and cultural presentations encouraged stimulating debates and discussions among participants. The immersive experience also featured community visits and walking workshops at the Perma G.A.R.D.E.N (Growing Appreciation toward Resilience, Development, Entrepreneurship, and Nutrition), an initiative by FMDS supporting sustainable production and consumption. The project highlighted the role of sustainable community or home gardens in enhancing food accessibility and nutritional diversity, contributing to SDG 2: Zero Hunger.

As Project LAKBAY concluded its remarkable journey across the three campuses of the University of the Philippines – UP Open University, UP Los Baños, and UP Diliman – it surely left a lasting impact on the hearts and minds of all LAKBAY fellows. Project LAKBAY emerged as a beacon of hope, empowering youth to become champions of sustainability and active contributors to their communities' well-being. By embracing the values of cultural exchange, civic engagement, and collaborative problem-solving, these young individuals are now better equipped to lead the way toward a brighter and more sustainable future.

Building upon the success of the first-ever Project LAKBAY launch, FMDS eagerly anticipates future collaborations with various institutions, excited to see what can be achieved together for the next Project LAKBAY. The confidence in having laid a solid foundation to shape future leaders and cultivate socially aware and engaged youth is the driving force.

SOUTH KOREA III: TRACES (CONTINUED)

Benjamin George Meamo III

(CONTINUED FROM PAGE 1)

space or place that resembles a previously occupied place is where the concept of spectrality is contemplated.

Such, to me, encapsulates the essence of spectrality in placeness and placelessness through photographs.

Nevertheless, I did not leave these photos to romanticize spaces or to compel me to return. Instead, I leave photos in spaces that have transformed into places, whether mutable or immutable, within the subjective core of my memories. I guess there exists a certain spectrality within this personal production of space. One is not confined by its social aspect; rather, it emerges as an outgrowth or a shrub of sorts, in the conception of lived experiences within these spaces. This encapsulates the essence of 'traces' and 'tracing,' which encompasses not only going back, embracing detours, nor nostalgia. It is an affirmation of the spectrality of being, mediated through analog film photographs.

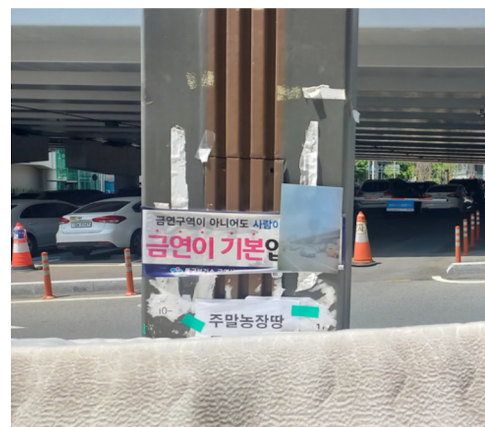
Consequently, it becomes a manifestation of our memories, which exists as ambivalent entities stored, accumulated, produced, reproduced, replicated, and even forgotten throughout the process of perception, capturing, preservation, development, and departure. Pondering this, memory evolves into a sort of placeless place. Thus, the question remains: will its spectrality forever haunt us? I find myself wondering.



Dr. Joane Serrano, Project Head and Dean of FMDS during the ceremonial program of Project LAKBAY

During the immersive journey of Project LAKBAY, participants weren't just engaged in a series of enlightening visits, workshops, and discussions, but were also privileged to have a special encounter. They had the opportunity to meet and engage in meaningful conversations with the esteemed University of the Philippines (UP) President, Atty. Angelo A. Jimenez.

This meeting with UP President Jimenez added another layer of significance to the participants' journey, as they gained insights from a prominent figure in the academic and leadership spheres. The interaction provided LAKBAY fellows with valuable guidance and encouragement to continue their pursuits of active engagement in sustainability-related initiatives.



Snapshots from the South Korea III: Traces project



Snapshots from the South Korea III: Traces project

OBESITY CHECK

Elsie C. Jimenez

From the late '50s to the early '60s, my family's connection to the outside world included a transistor radio, the daily newspaper Taliba, the weekly magazine Liwayway, and the weekly news magazine Philippines Free Press. There were no mobile phones or laptop computers for us to engage in online activities via Facebook, YouTube, and other social media. Our family meals usually consisted of meat or fish and vegetables, with fresh or sweetened fruits for dessert and no soft drinks. There were no giant malls where we could gallivant and dine in fast-food and buffet ("eat-all-you-can") restaurants during the weekends. At that time, I thought it was a nice rustic setting for our family to reside in a barrio (barangay) along a paved provincial road, where I spent happy childhood years.

My playmates and I looked forward to the weekends and summer breaks to play games. We were blessed with a spacious backyard that served as a playground. We could easily form a group of players with my cousins and friends in the neighborhood. Our games included piko ("hopscotch"), tumbang preso ("knocking down the can"), luksong baka (literally "jumping over the cow", actually "jumping over a player's bent body"), patintero ("blocking the runner"), sipa ("kicking the lead washer covered with cloth"), and hula hoop. We had a lot of fun, especially as we swayed with the hula hoop, moving it from the index finger to the neck, waist, hips, and knees. Interestingly, during that time, none of my siblings or playmates would be considered overweight or obese.

Fast forward to the 21st century, many children have become avid players of computer games that lack vigorous physical activity. Habitually, they are individually glued to their mobile phones or laptop computers, leading to a lack of social interaction as well. They often prefer cakes, donuts, chips, instant noodles, and soft drinks rather than nutritious sandwiches, vegetable salads, and fresh fruit juices. They seem to have a fondness for junk food, which has low nutritional value. They spend time in fast-food and "eat-all-you-can" restaurants. As a result, many of these children are gradually becoming overweight and obese.

The World Health Organization defines overweight and obesity as "abnormal or excessive fat accumulation that presents a risk to health." A measure of overweight and obesity is the body mass index (BMI). A person with a BMI of more than 25 is considered overweight, while one with a BMI of more than 30 is considered obese. Using the metric system, BMI is calculated as follows: weight in kilograms divided by the square of height in meters (kg/m^2). Energy balance is crucial in maintaining a healthy BMI. The calories obtained from food and drinks must be balanced with the energy the body uses for physical activities.

Overweight and obesity are part of malnutrition that affects children. The Expanded National Nutrition Survey conducted in 2019 by the Department of Science and Technology–Food and Nutrition Research Institute revealed that in the Philippines, one out of 10 children aged 10–19 years old were overweight. Overweight and obese individuals are at a higher risk of acquiring serious health conditions, including high blood pressure, heart disease, type 2 diabetes, breathing disorders, musculoskeletal disorders, and certain types of cancer. As the risk of getting sick is high in overweight and obese children, this situation may lead to significant healthcare expenses and lost opportunities and income for their parents.

Unhealthy food consumption and lack of physical activity among children are indeed concerning. Ensuring that children have a healthy diet and physically active lifestyle can pose a great challenge for parents. The use of mobile phones and laptop computers for various online games needs to be regulated. Excessive consumption of junk foods needs to be curbed. Energy intake from fats and sugars must be limited. Instead, intake of vegetables, fruits, whole grains, and nuts needs to be increased. Sometimes, the health risks associated with junk foods are brought about by marketing strategies in which foods and drinks are claimed to be prepared with natural ingredients and good vitamin sources, but insufficient information is provided about the actual health benefits.

Moderate consumption of healthy foods and an active lifestyle offer numerous life benefits. How I wish the children of this generation will be provided with healthier foods and drinks and will experience similar games that we played and enjoyed so much.

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UP BAGUIO PAGTATAPOS 2023 CELEBRATES ACHIEVEMENTS AND DEDICATION TO SERVICE (CONTINUED)

Wyndei A. Dacay

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Dr. Dymphna N. Javier, the College of Science Dean, introduced the esteemed guest speaker, Professor Emeritus of UP Baguio, Dr. Priscilla Supnet Macansantos. As graduates presented tokens to their parents, the renowned UP chorale group, Tinig Amianan, serenaded the audience with a moving musical performance.

Mr. Gabriel Vernon Q. Bauzon, another magna cum laude, this time from the BA Social Sciences program, took the stage to express his gratitude to the parents for their support.

Ms. Alyanna Ruth P. Quimlat, a BA Communication graduate, introduced her father, Mr. Celso T. Quimlat, who delivered a response speech on behalf of the parents, expressing his profound appreciation for his daughter's tuition-free education at the university.

The pinnacle of the day's festivities was the graduation service at 3 PM, where graduates, parents, faculty, and esteemed guests and officials convened once more at the Cordillera Convention Hall. The event commenced with a grand processional featuring the graduates, faculty members, directors, deans, representatives from the alumni association, officials from other constituent units, and officials from UP Baguio and the UP System. Members of the Board of Regents, including Faculty Regent Hon. Carl Marc L. Ramota, Student Regent Hon. Siegfred R. Severino, Staff Regent Hon. Victoria Canape Belegal, and the Secretary of the University and of the BOR Hon. Roberto MJ Lara, also graced the occasion.

Tinig Amianan led the audience in singing the national anthem before UP Baguio Chancellor Dr. Corazon L. Abansi delivered her warm welcome remarks and introduced the distinguished guest speaker, Professor Emeritus and National Scientist, Dr. Lourdes J. Cruz. Dr. Cruz captivated the audience with her insightful speech addressed to the graduates, leaving them with valuable life lessons to carry into their future endeavors.

Paggawisan Tako Am-in (PAGTA) provided special intermissions during the ceremony, adding a cultural touch to the event. The deans from the three colleges presented the graduates, with each one being called to receive their diplomas and medals.

The lone summa cum laude for the Class of 2023, Mr. Jef Mitzel B. Paran, from the BA Social Sciences program, shared his thoughts and reflections on his academic journey with his fellow graduates. UP President Atty. Angelo A. Jimenez led the graduates in reciting the oath of allegiance to the university, followed by Dr. Mario G. Imson, President of the UP Alumni Association UP Baguio-Northern Luzon Chapter, who welcomed the graduates into the UP Alumni Association.

To conclude the memorable event, Chancellor Abansi initiated the Ritwal ng Pagtatanglaw candle lighting while delivering the closing remarks. The university hymn, "UP Naming Mahal," was passionately sung by Tinig Amianan, resonating throughout the hall, marking the end of the ceremony.

The graduation ceremony was a momentous occasion for the graduates, their families, and the academic community.



Intermission by Paggawisan Tako Am-in (PAGTA)



Dr. Mario G. Imson, President of the UP Alumni Association - UP Baguio-Northern Luzon chapter



Graduates raise their fists during the last stanza of UP Naming Mahal



Graduates participating in the traditional candle-lighting ceremony

COMMENCEMENT CHRONICLES: INSPIRING SPEECHES BY DISTINGUISHED GUESTS, GRADUATES, AND OUR SUMMA CUM LAUDE

Baccalaureate Speech from the Guest of Honor, Professor Emeritus Dr. Priscilla Supnet Macansantos

Chancellor Abansi, members of UP administration, my dear graduates, parents, members of the faculty and staff, friends, ladies and gentlemen:

I am deeply honored by the invitation to speak to you this morning, on the occasion of your graduation from the University of the Philippines Baguio. It has been a while since I addressed a graduating class. One of such events I recall with fondness was in 2007, when I spoke at a school in Baguio whose graduating class consisted of about 25 students in kindergarten, 25 in elementary school, and 2 from high school. I had some difficulty figuring out what to say to very young people who probably wanted to just get on with the celebrations. But there is something about graduation rites that never fails to excite and inspire me, despite the regularity and excesses of the ceremonies. Perhaps it is the collective feeling of relief, even triumph, the sense of achievement, and the hopeful expectations that characterize the ceremony.



Guest of Honor, Dr. Priscilla Supnet Macansantos

Before anything else, allow me to congratulate the graduates today, for making it through the many hurdles of schoolwork at UP, particularly during a once-in-a-lifetime global crisis that is/was the Covid19 pandemic. This is no mean feat, something that makes your group distinctive in that you went through [a] strange and fearsome period, and made it. May I also congratulate the parents, the teachers, and all who helped our graduates face the various challenges under this most difficult of circumstances.

I think I have a sense of how many of you feel at this very moment. A few years ago, I attended my daughter's graduation from her PhD program at the Victoria University of Wellington. Among the jubilant parents who were at the hall were those coming from indigenous groups of New Zealand. When their sons or daughters' names were called, a family member would stand and recite a haka for everyone in the auditorium to hear, and the audience listened respectfully, even as the proud family member would take several minutes to complete the chant in the language of the tribe. It was a public celebration of an individual's accomplishment, the elation shared poetically with the audience in a jubilant manner. I came away from that experience with a deeper appreciation of how one's community knew that to get to that point of earning a degree, it took a village, supporting the student, in ways that we sometimes take for granted.

Someone once said - **"A school is four walls with tomorrow inside."** I must tell you that this statement resonates with me and those who have devoted time to bringing you to this point, and further. In 2014, I watched a BBC documentary on a young Pakistani female aged 16 in 2013 – who was shot in the head by the Taliban, for loudly asserting her right to education in her remote region in Pakistan. Providentially, Malala survived the

shooting, and has become a poster child for the rights of children to education. Her family moved to the United Kingdom temporarily and some months after the attack, she spoke at the United Nations, seeking support for the right of everyone to education everywhere in the world, and particularly for women. Her story is a gripping one, and one could not help but realize that, in many ways, we in the Philippines are better off, as far as education is concerned.

Still, much remains to be done. About a decade ago, newspapers carried a story on the World Bank finding that in the year 2000, 19% of the Philippines' population – about 1 in 5 Filipinos – or about 15 million Filipinos, live in extreme poverty, extreme poverty being defined as surviving on less than \$1 a day. Perhaps to complement this piece of information, we are also told that unemployment as of that time hovered between 8% and 10%. I mention these statistics for two reasons: One, these are what your country contends with, day after day – poverty and unemployment, leading to the exodus of workers for jobs and better lives abroad. Two, this scenario for our country is a self-perpetuating one, unless people like you and I make a conscious effort to help arrest the drift into an even more difficult future for the country.

Why is education important? For one, advanced education plays a key role in the country's quest for progress and economic wellbeing for all its citizens. To achieve a reasonable degree of economic competitiveness and prosperity for its citizens, a country must not rely on the export of manpower for its revenues. The Department of Education itself asserts that the key to technical competence is functional literacy, defined as the ability to read, write, make calculations, and to comprehend and follow a set of

instructions. For some time now, the figures have been these: for every 100 children that enter Grade 1, 15 would not enter Grade 2, and another 9 will drop out by Grade 4. That leaves 76 of the original 100. If the foundation for functional literacy is laid by the end of Grade 4, one arrives at the conclusion that 24% of the population could be functionally illiterate, certainly a disturbing number. In elections where a mere plurality could spell victory, one is not comforted by the fact that at least 24% of one's voting population could be voting mindlessly. In the World Bank Report on Learning Poverty in 2021, the Philippines ranked lowest among 79 countries participating in a 2018 reading literacy assessment, where 9 out of 10 children aged 10 struggle to read and write simple text. It appears a new report shows a drastic drop in literacy rates post pandemic. In the same report, it is noted that students' inability to grasp complex material affects performance in every subject. Moreover, it has been established that illiterate people likely earn 30 to 40% less than their literate counterparts.

I think you do not need more convincing about the fact that you are a very special group, not only for the tremendous talent and aptitude that has brought you to this most special of universities, but also for the support that you have received from your government.

But as is often said, to whom much is given, much more is expected. Among all university graduates this year, you are the best-equipped to go into careers most needed, when your generation finally takes over the leadership in the country. An education such as yours will allow you to discover knowledge that will lead to the means for people to deal with problems and diseases that continue to challenge the lives of individuals, communities and nations. Robert Reich in "Making A Living" says: "The intellectual equipment for the job of the future is an ability to define problems, quickly assimilate relevant data, conceptualize and reorganize the information, make deductive and inductive leaps, ask hard questions about it, discuss findings with colleagues, work collaboratively to find

"Among all university graduates this year, you are the best-equipped to go into careers most needed, when your generation finally takes over the leadership in the country."

solutions, and then convince others." It is my hope that you bear this in mind when you proceed to practice your profession. At UP, the groundwork was laid for you to think critically and to solve problems creatively. As you probably know now, there is still so much to learn, much to discover, and even more to contribute, as you grow intellectually. Oftentimes, one has to deal with challenges that seem initially insurmountable, but remember that at crucial moments, it is always best to think of the bigger picture, to take the longer view. There will be triumphs, but for the most part, it will be hard work over periods that you wish would end more quickly, and occasionally, there will be temporary setbacks and disappointments. If you have a clear notion of the goal – to realize your fullest potential for the betterment not only of yourself but of the rest of humanity – even the seemingly insurmountable challenges will be easier to deal with, when you take the longer view. Once you commit yourself to a worthwhile goal, it will be good to remind yourself of the saying that "there is no failure except in no longer trying." To give you an extreme example, in 1905, a German university turned down a doctoral dissertation as being fanciful and irrelevant. The young physics student who wrote the dissertation went on to develop some of these ideas into widely accepted theories. His name was Albert Einstein.

Finally, may I deal briefly with the advice to give back, to pay back. For one thing, it is in our best interest that our communities are helped to climb away from poverty. As students of history and the sciences, we have been taught that organisms thrive in good environments, and deteriorate in bad surroundings. Our connections with and dependence on our communities and our country are not weak or dispensable. A community and a nation is only as strong or as prosperous as its

weakest component. Ours is an ecosystem, an interconnected world, where the poverty and the misery of others finds its way into our own doorstep, no matter the walls we build around our enclaves. Beyond this, let us realize that for the past four or so years, we have been scholars of every citizen of this country – every farmer, fisherman, vendor, overseas worker, professional. Every time each of these countrymen purchase goods or services – they contribute to the "kaban ng bayan," they pay taxes, whether we realize it or not. We owe it to them and to each other to give back, to become the citizens who will make things better for our country.

Our alma mater – the University of the Philippines – has produced enough model citizens for us to emulate. There have been physicians and other professionals who have returned to serve their remote communities, even in our own region, turning their back on the prospect of a well-paying practice in the urban areas, or a practice abroad. I remember encountering years ago a fellow graduate in Batanes, at that time serving as Provincial Health officer of that far-off province often battered by strong typhoons. There is little in the way of financial reward serving in such a far-off, sometimes forgotten province, but it seemed to me he had found fulfillment being of service to people who needed his services. I also take this occasion to mention one, who did not even graduate with a University degree the way you are graduating today, but whose expertise in his field is well recognized by his peers. His name is Leonard Co. He studied at UP Baguio sometime in the 1980s but was unable to graduate because he did not pass one course – I believe it was in my college. He went on to become a leading researcher in Botany, his

expertise in Plant Taxonomy being undisputed and much sought after. I will not spend too much time to convince you why his area of research is important, in connection with biodiversity and environmental preservation. Leonard could have had a comfortable life like some scientists working in large and safe well-funded laboratories. He was gunned down in 2010, together with another researcher, while on field work in Kananga, Leyte. Members of the military responsible for the shooting claimed he and his companion were mistaken for rebels. They had been in a forest, huddled under umbrellas, beside a "mother tree." There was little reason to mistake them for armed rebels. To this day, his assailants have not been brought to justice. And to this day, his contribution to the field of EthnoBotany and Taxonomy in the country, and in the international community of researchers is well recognized.

I will end with [a] story I shared with the kindergarten class I spoke to in 2007. A group of people happened to have been born without elbows. Can you try to extend your arms, and imagine that you are without elbows? How does one feed oneself? I believe after some thought you know how the community eventually solved the problem – they had to be present for each other, feed the other. That is how it must be, as we face many of our challenges.

Dear graduates, we commend you for your achievements, and wish you well as you go forth into your professional careers. It is the hope of your teachers, your parents, your alma mater, that you bring into your work wisdom, courage, temperance, justice.

In conclusion, I borrow from another graduation speaker, a former president, who said: "...[.]to make the most of your life and the opportunities you have been given, you, too, must rise to the responsibility to give something back to your country (because) of what you have been given. As the years pass your generation will be judged and you will begin to judge yourselves not only on what you do for yourself and your family, but on the contributions you make to others – to your country, to your communities, your generation of children. When you turn your good fortune into a chance for others, you then will not only be leaders in your professions, you will become the leaders of your country."

Again, congratulations to all of you, graduates, parents and teachers. Good morning, and Godspeed.

Pagtatalaga sa Sarili sa Serbisyo, Khianne Ed Miguel P. Orteza

"Moving away from my UP identity" - the reddit post with this title really struck a chord in me. It seems that people often shower UP graduates with praise simply for surviving the college jungle that is UP. We are labeled as matatapang, matatalino, and always on the go- ready to take on any public engagement at a moment's notice. Essentially, UP grads are seen as part of the (quote unquote) "intellectual elite."

This thread prompted insightful responses from UP alumni on the subreddit. Their discussions revolved around the reality that, once we step out of college, our UP diploma may serve no more than just an icebreaker during the early years of our careers. When asked, "Sa'n ka grumaduate?" and we quietly respond, "sa UP," then that's it.

I echo the sentiments of the original poster. Initially, I struggled with how to distance myself from the identity filled with accolades that accrue to being an Isko. Deep down, I knew there was something greater that I could aspire to, beyond a mere UP diploma. But what is that "something"? After graduating from such a prestigious institution, what lies ahead?

In 2020, I first joined Pahinungód as a Psychological First Aid Responder. The pandemic had forced our engagements to be virtual, but even so, I felt a deep sense of belonging. I knew I was in the right place, surrounded by the right people, and ready to showcase my abilities and dedicate my time to acts of service.

But you see, my initial involvement with Pahinungód simply stemmed from a personal longing to fill the gaps in my undergraduate life, which, in hindsight, I realize were a bit misguided as these were prodded by my needs. I wanted to be with the right people, I wanted to participate to fulfill the need to belong. But this mindset, though flawed, ultimately set me on a transformative path, leading me to discover the true essence of service. Making me rediscover my initial reason behind joining Pahinungód.



Ugnayan ng Pahinungód Baguio volunteer, Mr. Khianne Ed Miguel P. Orteza

PAGTATAPOS 2023 HIGHLIGHTS

Fast forward to just two weeks ago, the Ugnayan ng Pahinungód Baguio volunteers and staff embarked on the EDUKaravan sa Mountain Province. We were just about to continue our workshop when a teacher approached us to air some concerns: "Mga sir, ma'am, baka hindi makapunta yung iba ngayon. Baka hirap sila sa daan papuntang school dahil sa ulan kagabi." Although the school was not far from the town center, this remark compelled us to delve deeper into the everyday challenges that these students had to face to be able to access education. And then they shared their difficulties: the long distances they had to travel, the inconvenience of returning home during lunch breaks, or the risk of being late or unable to attend classes due to even the slightest rainfall, and others. On our final day at the Serapio Gawan National High School in Paracelis, Mountain Province, a student who had left a profound impact on us during the workshop expressed his sincere apologies and disappointment for not being able to bid us farewell in person. Through a heartfelt message, he wrote: "Ingat latta kanyayun sir! Kayat ku kuma mapan kaso masapulak mapan agubra, ["Ingat nalang sa inyo sir! Gusto ko sanang pumunta sa school kaso kailangan kong pumasok sa trabaho]."

Experiences such as these highlight the value of committing oneself to service — Sa mga ganitong eksaktong pagkakataon lumilitaw ang tunay na halaga ng pagtatalaga sa sarili sa serbisyo — and it is to have a sense of responsibility; a desire to make a positive difference in the lives of others, to be of service, to offer, magbahagi o makibahagi – o magpahinungód.

At this point, may I request my fellow volunteers and the staff of Ugnayan ng Pahinungod to please stand up and be recognized. The Pahinungód is composed of amazing, talented individuals who have demonstrated time and time again their selfless commitment to public service. This has been a family more than organization. To them I would like to express gratitude for the learnings and camaraderie. May we please give them a round of applause.

"Pahinungód" is a Cebuano term that means 'to offer.' What my experience with the Ugnayan ng Pahinungód Baguio has made me realize is that beyond the organization, beyond being an official Ugnayan ng Pahinungód volunteer, ultimately, we could all be our own pahinungód.

Let us remember, my fellow Isko, that our true essence extends far beyond the superficial labels and accolades. It transcends the mere titles (if not stereotypes) of being matatapang, matatalino, ma-opinyon. Our true essence resides in the gentle brushstrokes of kindness and compassion, and the service we can offer for the upliftment of our countrymen.

To the the graduating class, as Iskolar ng bayan, may we take to heart the values of pagbabahagi, the lessons of paglilingkod, and above all, the value of pahinungod.

Thank you all and advance congratulations to everyone!!!



Ugnayan ng Pahinungód Baguio Director Dr. Andrei A. Domogo



Ugnayan ng Pahinungód Baguio volunteers



Ugnayan ng Pahinungód Baguio volunteers stand in their seats to be recognized



Ugnayan ng Pahinungód Baguio volunteers



Graduates honor their parents by presenting them with tokens during the Baccalaureate Service



A graduate proudly marches with their parent

Parangal sa Magulang, Gabriel Vernon Q. Bauzon

To our guest speaker, Emeritus Professor Dr. Priscilla Supnet Macansantos, UP Baguio Chancellor Dr. Corazon Abansi, and our university officials Faculty, Guests, fellow graduates, and especially to our beloved parents, good morning.

I am pretty sure that all of us in this graduating class were met with warm congratulations when we received news that we passed the UPCAT. But I am also sure that many times, these were accompanied with the words: "ay mahirap grumaduate diyan sa UP." We were unfazed and simply said to ourselves "kakayanin ko ang UP!" Then our experience of freshman year made us realize exactly what we were up against and the smug confidence was shaken. It seemed like there was a big earthquake which rattled our view of the world. We literally experienced a lot of firsts during our college years– the first time to feel extreme fear at the presence of our professors; the first time to stress out about whether we passed our third long exam or not.; the first time we felt our bodies freeze as we stared blankly at our professors because we did not know the answer to a question despite reviewing the night before. Add to this, the experience of unforeseen complications brought about by the pandemic and online delivery of classes. The high standards demanded by our professors for various class requirements seemed to suck the life force from us and we slowly realized that the road to graduation heaven required us to go on a series of side trips through hell....and hell weeks.

Personally, I clearly remember questioning myself right after the first day of my freshman year. Am I really intelligent? Am I really an honor student? Do I deserve all the awards I received in the past? I was overly anxious and confused. But then, the greatest rescuers of my life---my parents and my kuya Vince---were there to prop me up and keep me going. They assured me that the past achievements are never invalidated by the present challenge. I remember my mother saying, "It's only your first day in UP. One wrong answer is not a hindrance to overcome the trials and hurdles. It's just the beginning, Vernon. Basta gawin mo lang ang kaya mo, gawin mo nang may integridad lahat ng requirements mo."

People may believe that the only thing constant in this world is change. But for me, the only thing constant is the love from family that sustains us. To my mother who always travels back and forth from Baguio to Dagupan for work, thank you mama. You always remind me to be God-fearing. To my father, the Iron Man in the house, thank you for always ironing my clothes. Kidding aside, thank you papa for teaching me how to stand my ground yet remain humble. Mama,andang tanda ko pa po ang mga liriko ng lagi niyong kinakanta. May pusong dalaga at pusu-pusuan. May pusong tapat at pusong salawahan. Ngunit ang puso ng magulang ang siyang tunay na pagmamahal. One thing that I am sure of is that I will not be standing here now, ready to officially receive my degree if not for my parents...if not for my family who rescued me from the abyss of rumination and self-doubt.

You, our parents, have always come to our rescue. When there were special projects and other extra requirements that required additional funding: "Mama, Papa, padagdag naman po ng allowance! (smiley face)." You were there to give us emotional support: "Mama, sad ako kasi iniwan ako ng jowa ko." You were there when we needed sounding boards, especially during those times during the pandemic when interaction with peers was limited: "Pa, what do you think of so and so as a thesis topic, pwede kaya ito?" You, our parents, have always been there for us at all times. You are our true superheroes whom we can trust with all our hearts and minds.

Ephesians 6:1-3 says, "Children, obey your parents for this is right. Honor your father and mother. And this is the first commandment that has a promise. That you may be happy and enjoy long life in the land." Dear parents, we know that with your continued guidance, we will never go wrong. For now, however, we hope you can reconsider your stand on one piece of oft-repeated advice: Yung bawal pa raw magjowa? Yung pwede lang daw magjowa kapag stable na sa life and may trabaho na. Paano na yan magla-law school pa ako. Baka naman Ma, Pa tsaka yung mga parents po ng mga batchmates kong may similar na hinanaing.....

Sino dito yung gusto na magkajowa? Taas ang kamay! O sige lagot kayo sa parents niyo mamaya.

On behalf of my fellow graduates, we thank all of you, our dearest parents. You are the true emblem of love and sacrifice. You are our motivation in overcoming all the trials we have faced in our college years. You are the reason why we never gave up.

To my fellow graduates, let us offer this day to our parents as the fruit of their efforts and let us give our parents a big round of applause.

Thank you everyone for giving me the opportunity to give my appreciation and share my learnings. Thank you, Papa, Mama, Kuya Vince, Tita Dora, and Tito Soc. I love you very much. Thank you to all the parents and those who acted as parents to us in this phase of the journey of our lives. God bless us all.

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Tugon Mula sa Kinatawan ng mga Magulang, Celso T. Quimlat

Isang mapagpalang umaga po sa lahat ng mga bumubuo ng University of the Philippines Baguio City, sa mga kapuwa ko magulang na narito ngayon at sa lahat ng mga magsisipagtapos.

Una sa lahat nais ko pong ipaabot ang aming taos pusong pasasalamat sa University of the Philippines sa pagbibigay oportunidad sa aming mga anak upang sila ay makapag aral at makapagtapos sa isa sa mga pinaka prestiyosong paaralan ng ating bansa tulad ng University of the Philippines.

Sa katotohanan po, kung sa amin lang ng aking maybahay hindi ko po maubos maisip na kung wala ang paaralang ito ay hindi naming alam mag inyong kaalaman, ako po ay dating namamasada lang ng jeepney sa aming bayan sa Morong, Bataan. Habang ang akin naman pong maybahay ay isang simpleng maybahay lamang. Kaya nga ang laki po ng pasasalamat naming mag-asawa nang ang anak namin ay makapasa sa UPCAT. Napakalaking bagay po para sa amin iyong makalibre sa pag aaral ang aming anak. Tulad na lang po yong allowance na later on ay nag-increase. Talagang napakalaking tulong nito para sa amin. At least po iyong allowance na lang niya para sa bahay at pamasaha ang aming ipoprovide. Bukod po doon ay marami pa pong ino-offer na scholarships ang UP para lalo pang makagaan sa gastusin naming mga magulang at makaluwag sa pagaaral ng aming mga anak. Isa pa po noong panahon ng pandemic na kelangan mag on-line ang pagaaral. Namroblema po kami ng husto kasi hindi namin alam kung saan namin kukunin ang pera para pambili ng gadget na kelangan para sa on-line studies ng aming mga anak.

Again, to the rescue po ulit ang UP. Nagbigay po ang UP ng at wifi. Isa na naman itong malaking tulong lalo na nga sa amin na walang kakayahang magprovide ng mga gadgets na tulad nito para sa aming mga anak. To make the long story short, nakaraos sa pag aaral ang aming mga anak na hindi naging ganoon kahirap in terms of financial aspect. At ang lahat po ng ito ay aming ipinapagpapasalamat sa UP. Salamat po sa inyo ng lubos.

Gusto ko rin pong magpasalamat sa mga taong naging daluyan ng pagpapala na ginamit ng Panginoon para sa aming pamilya. Sa mga kapatid naming mag asawa na walang sawang tumulong financially at nagbigay ng moral support para maigabay ang aking anak sa kanyang pagaaral. Sa aming Pastor, Pastor John Malit at sa aming mga churchmates sa Grace of God Christian Fellowship sa Morong, Bataan na walang sawang nanalangin para magpatagumpayan ng aming anak ang kanyang pag aaral. At higit sa lahat sa ating Almighty God na kung hindi dahil sa Kanyang blessings, none of these will happen. To God be the glory.

And finally gusto kong samantalain ang opportunity na ito para i-congratulate ang lahat ng graduates, the proud parents and the teachers as well. Congratulations for the job well done. Bayaan ninyong i-share ko sa inyo mga anak ang isang quote na laging sinasabi ng isa kong kaklase, na gaya ko ay nakapagpatapos din ng kanyang mga anak sa UP. Sabi niya, "mga anak maging mapagmahal kayo sa inyong mga magulang at kayo ay magtatagumpay sa lahat ng inyong mithiin." God bless on your next journey.

Muli po sa University of the Philippines ang aming walang katapusang pasasalamat. Nawa ay patuloy na pagpalain ni Lord ang institusyong ito upang marami pang mga estudyante ang mabigyan ng pagkakataong makapagaral ng libre at magkaroon ng magandang kinabukasan. And syempre thank you po for giving me the opportunity to deliver a short message on behalf of my fellow parents na narito para maishare ko sa inyo ang aming magandang karanasan sa UP at magsilbing inspirasyon para sa mga susunod pang mga magaaral. Isa po itong malaking karangalan para sa akin. Salamat pong muli. God bless po sa ating lahat.



Mr. Celso T. Quimlat

Guest of Honor Speech by National Scientist Dr. Lourdes J. Cruz

"Good afternoon, President Angelo Jimenez, Chancellor Corazon Abansi, VP Abraham Rey Acosta, Officials of UP, fellow Professor Emeriti, esteemed faculty members and proud parents, first, let me congratulate the 2023 graduating class of UP Baguio!

Today, you have reached a significant milestone in your lives. marking a successful ending to one chapter and the beginning of another.

During your stint in UP Baguio, you worked tirelessly, surely at times spending maybe 24/7 days of studying and researching. You surmounted obstacles and perhaps even had moments of self-doubt as you tried to survive through the COVID-19 pandemic.

Cherish this moment! Treasure your diploma as this symbolizes your ability to face challenges, persevere through adversity, and achieve your goals.

As you embark on the path of post-graduation life, it is important for you to adapt to a rapidly evolving world and embrace new opportunities. At the same time, it is important for everyone to be concerned with what is happening to humanity and the sustainability of the biosphere that supports our lives.

Despite the problems we faced when we graduated in 1962, our concerns and choices were simpler. My first job was at the International Rice Research Institute under Dr. Bienvenido Juliano who later became a national scientist.

Then the opportunity to study at the University of Iowa under a research assistantship arose through my beloved undergraduate thesis adviser, Dr. Clara Lim-Sylianco, who later also became a national scientist.

Just before I left for Iowa in 1964, President Macapagal allowed the Philippine peso to float on the free currency exchange market and without warning the exchange rate suddenly changed from 2:1 to 4:1 Philippine pesos to 1 US dollar. Suddenly, my financial needs for the trip to Iowa doubled.

After obtaining a PhD, I came back to IRRI but got attracted to academic life and transferred to the Department of Biochemistry of the UP College of Medicine where there were three relatively young Biochemists who were trying to establish an active research program despite the lack of funds and equipment Dr. Baldomero Olivera, the intellectual leader of the group, managed to obtain funds for some equipment and supplies essential to his work on the DNA ligase that he discovered in Stanford. He generously allowed us to use his equipment, shared supplies and offered to pool resources. Thus, I decided to collaborate with him.

We soon found that it was exceedingly difficult to compete with researchers in the US so we decided to find a topic where we would have an advantage. We focused on the venomous marine cone snails (*Conus* species), which are very abundant in the Philippines but not in the US. We studied the components of the venom of the deadly geographer cone snail responsible for death of people from cone stings.

We continued our collaboration for close to 40 years although Dr. Olivera decided to stay permanently in the US when martial law was declared. We discovered many small active neuropeptides with unique structures and pharmacological activities, which we call conotoxins. We adapted Filipino words to name new conotoxins such as conantokin for a peptide that causes sleeping in young mice and contulakin for a peptide that makes mice very sluggish. In the process, UP faculty members and students from the Philippines went back and forth to the University of Utah particularly Professor Emeritus Elsie Jimenez of Baguio, who discovered several neuropeptides with novel structures and activities.

Dr. Olivera continues to do research on cone snails and related species in collaboration with UP scientists. After I retired from the Marine Science Institute at UP Diliman, work on cone snails was continued by Prof. Emeritus Gisela Concepcion and then by Dr. Lilibeth Reyes.

The conotoxins that we discovered are currently used by neuroscientists as molecular and pharmacological tools in the study of nerves and muscles and how the brain works. A synthetic version of a toxin from the Magician's cone snail was developed as a drug against intractable pain as in terminal cancer by a biotech company. It is a thousand-fold more potent than morphine.

Each cone snail has a set of 100-200 unique peptides and our estimate is a total of 80,000 to 160,000 peptides in about 800 species of cone snails. Thus, we refer to cone snails as a "goldmine" for neuroactive peptides with potential for applications as models for drug development.

The well-known ecologists, Edward O. Wilson refers to the natural products of plants and animals as "hidden treasures". The Cordilleras has a great diversity of organisms that can be mined for these hidden treasures of natural products with potential applications in biomedicine, pharmaceuticals, nutraceuticals, cosmetics, agriculture and others.

About ten years before I retired, I started thinking about what I have really contributed to the Philippines and other people. In collaboration with field biologists and a social scientist, we started a project on Biodiversity Conservation, Reforestation and Livelihood Activities for the Aytas of Kanawan, Morong, Bataan supported by the Philippine Tropical Forest Conservation Foundation (PTFCF). We have maintained our relationship with the Aytas even after the project ended, linking them with those who could help the community. Dr. Grace Yu of UP Manila has isolated compounds from plants from the ancestral domain of the Aytas and she has set up a processing plant near the Ayta Reservation with the Aytas as her partners in the production of an antipain that is effective for arthritis and dysmenorrhea.



Guest of honor and National Scientist, Dr. Lourdes J. Cruz

The Aytas learned a lot from us, but we certainly learned from them too. The tribes have survived for thousands of years and from their traditional way of life we can learn much about the sustainability of bioresources and adaptation to weather variability and climate change.

Sustainable development as defined in the 1987 UN Bruntland Report is "development that meets the needs of the present without compromising the ability of future generations to meet their own needs".

In 2004, Will Steffen and colleagues published a land-mark book on "Global Change and the Earth System: A Planet Under Pressure, which synthesized a decade of research under the International Geosphere-Biosphere Programme. A year later the term "the great acceleration" in the release of greenhouse gas[s]es and the rising earth temperature was coined in relation to the emergence of the Anthropocene concept.

What is the Anthropocene? It is a proposed geological epoch starting from the time in which the collective human activities have caused a significant impact on the Earth's surface, atmosphere, oceans, systems of nutrient cycling, ecosystems and weather variability and climate change.

The concern for what is happening to the earth's geological and ecological systems contributed to the drafting of the 17 UN Sustainable Development Goals, a set of aspirations that we should attain by 2030 to ensure sustainability of the earth and survival of humanity.

In 2018, I established the Future Earth Philippines program in collaboration with other scientists, representatives of NGOs and a couple of businesspeople. Future Earth Philippines or (FEP), now funded by DOST, is linked to Future Earth, the global initiative for using science, technology and innovation for global transformation to sustainability.

The driving force for establishing FEP was our concern for the ecological status of the Philippines. According to a graph published by the Ecological Footprint Network, the Philippines still had enough biocapacity to offset its ecological footprint from 1960-1963 but not today.

What does this mean? Biocapacity is a measure of how much bioresources (forests, other terrestrial bioresources and marine ecosystems) we have that can provide what we need to survive and for other ecological services.

Ecologi[c]al footprint on the other hand is a measure of much we take from and how much we disturb the environment as we go about our daily life.

Since 1963, our biocapacity has continuously gone down from 1.0 to 0.4 global hectares per capita whereas our ecological footprint has gone up from 1.0 to 1.2 global hectares per person in 2022. We now have a deficit of 0.8 global hectares per capita.

For the past 60 years, the Philippines has been operating in an ecological deficit. For us to survive and be sustainable, we must increase our biocapacity and reduce our ecological footprint so that our biocapacity and ecological footprint should at least be balanced.

The Philippines must also try to attain the 17 sustainable development goals for us to be resilient to the hazards that the country encounters every year.

According to the 2022 UN Sustainable Development Report, the Philippines is on track to attain the SDG by 2030 only with respect to SDG 6 on Clean Water and Sanitation. We are progressing moderately but not at a rate enough to attain the SDGs by 2030 with respect to 8 SDGs including SDGs 1,2 and 3 on No Poverty, Zero Hunger and Good Health and Well-Being; and SDGs 13-17 on Climate Action, Life Below Water, Life On Land, Peace Justice and Strong Institutions, and Partnerships for the Goals. We are stagnating with respect to the SDG 4, 5 and 7-12 on Quality Education; Gender Equality; Decent Work and Economic Growth; Industry, Innovation and Infrastructure; Reduced Inequalities; Sustainable Cities and Communities; and Responsible Consumption and Production.

What can we do? Let us mobilize citizens in the LGUs and all sectors to help achieve sustainability. Let us harness disruptive products and technologies like artificial intelligence (AI) to facilitate our progress to sustainability.

At Future Earth Philippines, we are now piloting and getting ready to expand the Universities SDG Action Network because the universities can work with the LGUs in making plans for sustainable development. In Pampanga, we are piloting a provincial SDG Action Network in partnership with DOST 3, wherein universities, LGUs and all sectors can work together.

The UP units and our graduates have a significant role to play in our attainment of the SDGs.

Thus, I urge you the 2023 graduates to help in this endeavor to assist our country to become sustainable and resilient. Even as you are still establishing your own careers, in your own way you can help attain food, water and energy security through sustainable consumption as we go about our daily life. Moreover, as UP graduates, you have the preparation and tools to do research and the wisdom to recommend evidenced based policies to stir the nation to the right path. Be guided by integrity, professionalism, good moral values, and empathy.

Before I end, let this quote from Mahatma Gandhi be among your guiding principles: "There is enough for everybody's need and not for everybody's greed."

Congratulations again to the UP Baguio graduates, to the parents, teachers and the UP Officials. Mabuhay!

“Be guided by integrity, professionalism, good moral values, and empathy.”

Valedictory Address, Jeff Mitzel B. Paran

"Sablay." The term has always fascinated me because of the duality of its meaning. On one hand, it means "failure" in Tagalog slang. This is why I was always afraid to say, "Gusto kong sumablay," because fate might misunderstand my intention.

What is this sablay and why is it important? Why do we wear this instead of a traditional cap and toga, like other universities in the Philippines?

This green and maroon sash was inspired by the Malong worn by the Moros of Mindanao, a culture that is closer to our identity compared to the cap and toga that originated abroad. The sablay also contains several national and indigenous elements in our culture. The characters embroidered or woven into the fabric are the letters 'U' and 'P,' repeated in baybayin.

The geometric patterns of chevrons and triangles surrounding these characters are a tribute to the diverse indigenous cultures that make up our great nation, while the ukkil adorning the sablay represents our contribution to the growth of Knowledge – knowledge that should be of use in the service of the Filipino people. What makes the sablay worthy of admiration is the fact that it is a hand-woven garment, demonstrating the prowess of our Indigenous Peoples and their important contribution to our rich history, and more importantly, our future as an inclusive and progressive nation.

For us in UP, it is the garment that also symbolizes the honor and excellence that have guided us on this journey through the gauntlet of academic life, where dedication, resolve, and indeed, sanity were put to the test. For us who are graduating today, the sablay is a physical manifestation of our ability to rise to the challenge and live up to the ideals of the institution that is the University of the Philippines. It is proof that we have been able to live up to the high standards that test the mental and emotional prowess of any student brave enough to take the challenge. This is why each graduate would attest to the truth behind the saying 'Madali mang makapasok sa UP, mahihirapan ka naman makalabas.' Maybe this is the reason why it is difficult for UP graduates to see posts where the sablay is worn by those who never experienced the rigorous academic training of the university. The sablay is a testament to triumph after the sleepless nights of poring through countless readings, emotional breakdowns from academic stress, and perseverance that graduates experienced in their academic journey at UP. Thus, the sablay is an artifact that one needs to earn.

When we move our sablays from one shoulder to another, we mark the beginning of our continuing journey. As we end our academic journey in this institution, a new horizon of opportunities opens up for us to contribute meaningfully to society, to work towards the upliftment of our countrymen, and to participate in the ongoing project of nation-building. In this hall are future doctors who will save countless lives and contribute to discovering new treatments; future scientists and physicists who will make breakthroughs to help uncover the mysteries of the universe; future computer scientists who will contribute to the development of technology that will usher in progress; future artists who will one day inspire the nation and be recognized as esteemed national artists; future journalists who will serve as defenders of free speech and guardians of truth; future technocrats and policy-makers who will revolutionize the way we understand the role of social institutions; and future anthropologists and historians who will uncover and do justice to corners of our lost past to understand better who we are as a growing nation.



Mr. Jeff Mitzel B. Paran delivers his valedictory address



Summa Cum Laude Jeff Mitzel B. Paran takes the stage with his parents, as UP officials stands behind them, applauding

For our graduating batch, the sablay is a symbol of triumph over all adversities. Not only is our batch one that has been subjected to the experiment of the K-12 program, but we are also among those who had to contend with the pandemic and the gamut of challenges that it entailed. Many of us went through major life changes throughout our academic journey. Some had to work as students to afford the additional costs of remote learning; some had to pause their education; some had the unfortunate experience of being infected by COVID-19; some had to take care of their loved ones who were adversely impacted by the pandemic; some had to bear the heaviest burden of losing loved ones, while some cannot be with us today to celebrate this achievement. These past years were indeed difficult, but fortunately, the sablay also symbolizes the community that we are a part of – the same UP community composed of our friends who were with us in our academic journey and served as our emotional support, professors who not only imparted invaluable academic knowledge but also sympathized with our struggles and made the pandemic more bearable in their meaningful ways, and more importantly, our families, whoever they may be, who were patient and understanding of our situation and continued to support us through both our highs and lows.

If you had asked me ten years ago, I would have never thought of graduating from UP because I always saw the institution as a bastion of the nation's hope for a brighter tomorrow, something I thought I was unworthy of. But as we all stand here today, let us continue to serve as the country's beacon of light, especially during the dark moments of our history.

'Sablay,' or 'sagbay,' is a Cebuano word that means 'to bear upon the shoulder,' or 'to assume responsibility.' Though these sablays may be physically light, they nonetheless carry the weight of responsibility and our duty to look out for our fellow Filipinos who continue to dream of a better tomorrow.

Message to the UP Baguio Class of 2023

UP Baguio Chancellor Dr. Corazon L. Abansi



UP Baguio Chancellor Dr. Corazon L. Abansi leads graduates in candle-lighting ceremony

As I extend my thoughts and felicitations to each and every member of the graduating class of 2023, I feel a welling of pride. For if graduating from the University of the Philippines is already an extraordinary achievement, to do so in this period when you have had to hurdle one of the world's most arduous of adversities that was the Covid-19 pandemic, makes your journey towards this day a truly remarkable feat.

I commend your batch for choosing "Talinaed" to describe your graduating class. I must compliment you for your choice of this Ilokano term since I believe it encapsulates in a word the story of your entire University of the Philippines Baguio experience. The word suggests to me layers of meaning. What immediately comes to my mind is your endurance and persistence to prevail against unimaginable odds.

If the operative translation of "agtalinaed" is "to remain," what you have accomplished today meant that at least in the past three years, you have remained steadfast in carrying out your duties and obligations as students confronting a truly unorthodox situation and a considered unconventional system that the university have adopted to ensure continuity of education. Yet you remained determined to work within the virtual learning environment; to value education when education itself is under threat by the pandemic, and the pandemic itself might have placed you and your loved ones in great peril.

It is my fervent hope that memories of this experience will remain with you. Yes, I do acknowledge the reality that a part of this memory includes your own individual struggles to remain on track when heart, mind, and body have urge you towards the probability of quitting.

Regardless, I am truly glad that any or all of these reasons brought all of you to this moment so that together we can all celebrate. If graduation is one of the best memories that a person can keep, the circumstances – good and bad – that brought you to this pinnacle sum up the entirety of this moment.

The term "talinaed" also makes me think of home. Wherever life takes you in the succeeding days, UP Baguio will always be a home that you can come back to. The doors of this university will always be open for you, and we will be here to welcome you. And as homes do give us lessons in life so will I remind you that in all your endeavors, may you all remain steadfast in your commitment to serve the people now and for always.

Mabuhay kayo, mga magsisipagtapos. Padayon...

Message to the UP Baguio Class of 2023

UP President Atty. Angelo A. Jimenez

Congratulations to the University of the Philippines Baguio Class of 2023 on your graduation! I share in your euphoria and your sense of triumph after weathering the challenges of academia, from passing all your classes, papers, and exams to navigating all the social complexities of being a UP student. Congratulations on your hard-earned achievement, and I hope you enjoy an equally hard-earned break from all your toils before taking on the world outside UP.

I also congratulate your families and loved ones for their unwavering support throughout your academic journey in UP. Congratulations as well to your professors, administrators, and staff in UP Baguio, who worked hard to teach you and to create a nurturing learning environment for you. Your triumph today is their triumph, too.

In the years you have spent as a student of UP Baguio, you have gained the scientific knowledge and artistic and communication skills you need to excel in any profession or field you choose; the ability to adapt to any circumstances, to be resilient and resourceful in the worst situations; to analyze problems and generate innovative solutions using insights from multiple disciplines; and to study our social realities, to think critically and independently, and to stand up fearlessly for what is right. You have learned what the UP principles of honor and excellence mean and how to apply these to every aspect of your life. These foundational lessons will see you through every challenge outside UP Baguio's halls and pine tree-filled campus.

However, I challenge you to go beyond "honor" and "excellence" and to confront one of the great moral paradoxes of UP today: The education you received at UP is free and subsidized. We in UP have been enabled to do what we do – to study, to learn, to do research – directly by the Filipino people.

Every peso that goes toward educating you, and enables you to become successful professionals and leaders in your fields, is a peso taken from somebody else: from a needy patient in a UP PGH charity ward, from a family living under a bridge, from our indigenous communities living on the fringes of national society.

As you walk forward into your future, I call on you to take on the moral responsibility of an Iskolar ng Bayan and to give back to the nation. Our people expect you to uphold UP's principles of honor and excellence in every word and action. More than that, though, you must commit yourselves to UP's third principle of compassion. Be kind, UP Baguio Class of 2023. Be humble enough to learn from others, be patient enough to understand the diversity of our needs and realities, and be empathetic to the struggles of those who are not like you, especially the voiceless and marginalized. Above all, be kind. Serve our people with kindness and courage.

Move forward, UP Baguio Class of 2023, and create a bold, new future for our nation and humanity. And know that we, the UP community, will always have your back.

Muli, taos-pusong pagbati, at mabuhay kayo!



UP President Atty. Angelo A. Jimenez leads oath-taking of graduates

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