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To raise the load is to jettison another



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Tee-cher: Stunning the hallway

The way she swings her hips, and moves her lips, she could be mistaken for a fashion model. In every outfit she pulls, she is a TEN!

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Stage Presence On: JBLFMU-A's dancesport enthusiast hauls his way to gold

"You know na lahat yan kung ano ka happy ako today na naka partner ta liwat at the same time nag daog ta,"

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JBLFMU ranks
3RD
as top university
in Western Visayas.



7th top HEI
last 2023
ranking by the
same directory.

UniRank

is an international higher education directory and search engine. The ranking is determined by the university's online visibility and popularity, evaluated through factors such as estimated website traffic, domain authority, and quality link popularity.



NATIONAL NEWS

Pres Marcos officially signs Magna Carta of Filipino Seafarers

By Mdpwn. Jexine Ysabelle L. Hibionada

In a momentous event at the Malacañang Palace, President Ferdinand "Bongbong" Marcos Jr. officially signed the Magna Carta of Filipino Seafarers into law, September 23.

Officially Republic Act 12021, the law is dubbed as a "double-edged sword."

While it outlines the rights of seafarers, it also limits training opportunities by requiring maritime schools, simulators and training ships, with tuition fees potentially reaching as high as 200,000 pesos or more.

The bill was introduced by Ron Salo - Kabayan Party List in the House of Representatives with a vote of 304 in favor and four against, through House Bill 7325, and was filed in the Senate by Senator Raffy Tulfo through Senate Bill 2221.

The Magna Carta of Filipino Seafarers serves its enabling function as a law for the Maritime Labor Convention (MLC) under the International Labour Organization (ILO).

Meanwhile, the Maritime Industry Authority (MARINA) will be mandated to oversee maritime education with powers to accredit, regulate, and monitor education and training institutions offering maritime degree programs and technical courses.

FIRST FOR JBLFMU

Former Dolphin Managing Editor claims pen-tastic Palanca win

By Mdpn. Kiann Marteen P. Baldo

Read. Wrote. Failed. Won.

These are the words that describe 3/O John Michael G. Londres' road to the prestigious second prize in this year's Carlos Palanca Memorial Awards for Literature (CPMAL), Tula sa mga Bata Category-Filipino Division, October 18, 2024.



"I wrote the collection last 2023 while I was onboard the ship and submitted it to Palanca 2023 but didn't make it. Out of fun, I resubmitted it to Palanca 2024 under a new title, which is "Saklolo, Trak ng Bumbero!"

3M JOHN MICHAEL G. LONDRES

said during an interview with The Dolphin Publication on November 7, 2024.

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In commemoration of 72nd Don Carlos Palanca Memorial Awards for Literature this year, Carlos Palanca Foundation Inc. recognizes Philippine writers, including poets, playwrights, and screenwriters, and writers for children to uphold the tradition of extending incentives for writers to continually cultivate Philippine literature.



UPHOLDING EXCELLENCE:

JBLFMU-A ranks 3rd in MSAP deck examinations

BY MDPN. JOSH NARZOLES

BUILDING BRIDGES. FROM LEFT TO RIGHT, Mdpn. Ryeann Phep A. Bacayo, Mdpn. Robert Jhon G. Gallego, Mdpn. John Euclid P. Parreño, Mdpn. Ymanuel Nhar N. Perez, and Mdpn. Alexander D. Aponesto. PHOTO COURTESY OF THE NAVIGATOR

EXEMPLARY PERFORMANCE TO ACHIEVEMENTS

CHED grants JBLFMU system autonomous status

BY MDPN. JOSH NARZOLES

On September 23, the Commission on Higher Education (CHED) grants the three units of John B. Lacson Foundation Maritime University, Inc. (JBLFMU): Arevalo, Bacolod, and Molo,

an autonomous status for their exemplary performance and achievements as Private Higher Education Institutions (PHEIs).

From July 1, 2019, to September 15, 2023, the Commission observed that the performance and achievements permit these institutions to have an autonomous status from a pandemic to a normal basis.

Seventy-seven PHEIs were granted autonomous status across the regions, and 15 PHEIs were grantees of the deregulated status outlined

by CHED Memorandum Order (CMO) No. 06 Series of 2023.

Moreover, given its provisions on Republic Act No. 7722, otherwise known as the "Higher Education Act of 1994," and the 1987 Philippine Constitution, implementations were included as per the verdict of the grant.

As per CMO No. 12, Series of 2023, "Supplemental Policies and Guidelines for the Grant of Autonomous and Deregulated Status to Private Higher Education Institutions," CHED grants autonomous and deregulated status based on qualified PHEIs.

The qualification was

granted by Commission en Banc Resolution No. 587-2024.

This status will be valid for three years from September 16, 2024, to September 15, 2027.



PHOTO COURTESY OF D/C FRANCIS C. BALDEMOR

MV Capt. JBL's post-drydock: A historic resumption of mobilized nav trip

BY MDPN. JADE C. APDUA & MDPN. JB VON B. ABID

In a maiden voyage through the Guimaras Strait and around the Panay Gulf, 161 third-year Bachelor of Science in Marine Transportation (BSMT) and Bachelor of Science in Marine Engineering students (BSMarE) recently completed the three-day navigational training aboard the MV Capt. John B. Lacson from June 3-5, 2024.

This training showcased

the practical application of theoretical maritime skills of the students following the vessel's two-month dry-docking in Bataan.

Led by three experienced captains; Capt. Jonathan E. Villaflor, Capt. Jesus L. Diño Jr., and Capt. Jose Maria L. Yee, the students were joined by Chief Mate Ric Bryan F. Rocabo, Second Mate Zary Niel J. Flores, and Third Mate Jasnell L. Oclares in the deck department,

together with Chief Engineer Christopher S. Inocencio, Second Engineer Louel O. Binaohan, and Third Engineer Marianito E. Galera for the engine department.

The three-day training includes safety familiarization, bridge equipment utilization, night watch duty, MOB (Man Overboard) drills, Emergency Steering situation, and anchorage procedures.

After scoring a 100% passing rate and securing five places in the top 10 list, John B. Lacson Foundation Maritime University (Arevalo), Inc. ranked third in deck examinations of the Maritime Schools Assessment Program (MSAP) 2024 among 44 Maritime Higher Education Institutions (MHEIs) with Bachelor of Science in Marine Transportation program, September 27.

Held in IMMAJ-PJMMC Training Center, Malate, Manila, Mr. Robert O. Parcia, MSMM, Administrator, and C/M Virmary S. Tan, Ph.D., Dean of the Bachelor of Science in Marine Transportation Department, attended as representatives and participated in the appreciation luncheon hosted by the Philippine-Japan Manning Consultative Council (PJMCC).

Furthermore, PJMCC also recognized the top 10 MHEIs for their outstanding performance in the deck and engine examinations last

May 17, 2024 based on the highest overall mean scaled ability scores. Memorandum Order (CMO) No. 06 Series of 2023.

MSAP is an annual uniform written examination initiated by the PJMCC, as the principal organization, for students enrolled in maritime educational facilities in the Philippines to test their achievement, aptitude, and technical examinations via a standard academic test that covers English, Mathematics, Science, and fundamental Deck/Engine Technical subjects.

In addition, not long ago, JBLFMU-A contributed 320 examinees, of which five belonged in the top 10, with D/C John Euclid P. Parreño ranked among the highest in placing second, D/C Robert Jhon G. Gallego clinching seventh, D/C Ymanuel Nhar N. Perez securing the eighth spot, and both

D/C Alexander D. Aponesto and D/C Ryeane Phep A. Bacayo placed ninth.

The event promotes excellence in maritime education in the country and advances the quality of future merchant marine officers and engineers. 🐬

100% passing rate in MSAP Examination

3rd place total count of mentees for AY 22-23 at the first sem's preliminary period only



FROM PAGE 1

FORMER DOLPHIN MANAGING EDITOR CLAIMS PEN-TASTIC PALANCA WIN

His anthology of poems entitled "Saklolo, Trak ng Bumbero!" gives life to various transport vehicles to communicate with the youth about relevant issues the Philippines is currently facing.

"The collection is inspired by transport vehicles in land, air, and sea. I wanted to give them life and a voice but in an atmosphere where the children can comprehend," 3/O Londres told The Dolphin.

Bravely enough, this was not his first attempt at the prestigious award.

"I wrote the collection last 2023 while I was onboard the ship and submitted it to Palanca 2023 but didn't make it. Out of fun, I resubmitted it to Palanca 2024 under a new title, which is "Saklolo, Trak ng Bumbero!", still

with its original ten poems. Surprisingly, I don't know how it got 2nd prize," he added.

3/O Londres served as the Managing Editor of The Dolphin during the academic year 2015-2016 and has earned multiple awards, including recognitions in Padya Dungog Kinaray-a.

Presently, he is under the Veritas Maritime Corporation as a licensed officer and stands as one of the first seafarers who garnered such an accomplishment in the field of literature.

More importantly, the awarding ceremony is scheduled on November 22 at the Philippine International Convention Center (PICC) in Pasay City. 🐬



SAILING AND WRITING.

3/O John Michael G. Londres, an active seafarer and Palanca awardee writes poems while onboard as he combines passion and profession. PHOTO COURTESY OF 3/O JOHN MICHAEL G. LONDRES

JBLFMU-A'S Pride: University Dean recipient of USA's Bugal Agustino Award

BY MDPN. JADE C. APDUA

Celebrating its 120th anniversary, the University of San Agustin-Basic Education Department (USA-Bed), recognized C/M Virmary S. Tan, Ph.D., as one of the 2024 Bugal Agustino Awardees for Education at the USA gymnasium earlier today, July 14.

C/M Tan, Dean of the Bachelor of Science in Marine Transportation (BSMT) Department and Director for International Relations of JBLFMU System, was one of the 10 remarkable individuals who was given the award in the field of education.

The said award is given to acknowledge the 120 recipients of the Basic Education Department from elementary and high school graduates for their outstanding achievements and dedication in different fields. 🐬



FROM LEFT TO RIGHT: C/M Virmary S. Tan, Ph.D. (Education), Dr. Felipe Navarro III (Medicine Service) and Col. Ervin C. Divinagracia (Government Service). PHOTO COURTESY OF C/M TAN.

NEWS FEATURE

FORMER ASSOC CLINCHES 2ND PRIZE IN DGF FOOD WRITING AWARD '24

BY JOHN KIRK SHADI MAGSAEL AND RAYLE NAVIGAR



Mister Francis David Lacson Selerio, a former Associate Editor of The Dolphin publication, took home the second prize of the 21st Doreen Gamboa Fernandez (DGF) Food Writing Award last July 30 with his entry, "Linagpang: A Grilled Soup."

Linagpang comes from the word "Lagpang," which refers to the local way of marinating a fish or meat. Its meaning evolved more by grilling and shredding the fish and chicken, turning it into a soup.

"I wrote 'Linagpang: A Grilled Soup' in memory of those Sunday nights in Mambusao, Capiz when Tatay Palok would whip up a quick 'linagpang' for dinner," Selerio said in his Facebook post.

Three years ago, Selerio also won on the said contest by writing "Long Live Sinalay,"

that tackled about the Sinalay-makers of Sapan. He also dedicated it to the death of his father, who inspired him to pursue his culinary journey.

"In 2021, I wrote 'Long-live Sinalay' to process Papa's passing, and how big of an impact he was to the cook I am today," Selerio stated.

The former associate editor will receive the award this September 28, 2024 at Palm Grove, Amoroso Square, Rockwell during a special event called, "Merienda Cena with 5

Chefs."

Particularly, the DGF Food Writing Award is the first food writing award in the Philippines. It was named after the late dean of food writers, Doreen Gamboa Fernandez, and was established to promote Philippine food literature.

Mr. Selerio is a well-known alumnus of John B. Lacson Foundation Maritime University (Arevalo) Inc. who was an Icon Awardee of the university's 75th Foundation Anniversary celebration. 🐬

NEWS FEATURE

Rappler journo leads The Dolphin's refresher activity on news writing

BY MDPN. KIANN MARTEEN P. BALDO & MDPN. JOHN KIRK SHADI A. MAGSAEL



ONE STORY AT A TIME. A writer from Rappler, former and present editors-in-chief of The Dolphin, and the new staffers, all for the pursuit of the truth.

They may not all be planning careers in mass media, but 14 students from this university willingly gave up a Monday to learn how a citizen journalist from the country's leading digital media company, Rappler, does their work.

The students, composed of seven new staff and seven senior staff from The Dolphin publication, welcomed Ms. Rhoda Mae B. Ebad on July 8 for a refresher activity on news writing.

During the activity, Ms. Ebad reviewed the fundamentals of writing a news article, such as crafting eye-catching news leads, formulating a news headline, and ensuring grammatical accuracy, through a question-and-answer forum.

A highlight of the session was Ms. Ebad's emphasis on finding the right angles when writing headlines.

"It's a matter of always finding the best

angle, because when you find the best angle, that's where you can write the best headline," Ms. Ebad said.

Ms. Ebad debuted at the National Schools Press Conference in Pagadian City in 2017, securing 2nd place in the News Writing English category. In 2019, she was awarded Outstanding Campus Journalist in Region 12.

In her opening and closing speeches, Ms. Ebad expressed appreciation for The Dolphin's efforts in making a mark in journalism despite being a maritime university publication.

"I always use The Dolphin as an example when I go back to my college publication or discuss innovation strategies in journalism," Ms. Ebad said, explaining her appreciation for the publication, which has been around for 64 years.

"One story at a time, we have the power to change the world, and I hope The Dolphin continues these efforts within and beyond the competition," Ms. Ebad concluded with conviction.

The event was also attended by the publication's former Editor-In-Chief last 2021, D/C Anthony Ken Bucasas.

Moreover, the hour-long session aimed to further enhance and nourish the skills of the newly elected and remaining members of the publication. 🐬

[One story at a time, we have the power to change the world, and I hope The Dolphin continues these efforts within and beyond the competition.](#)

'JBLFMU stands out with exceptional facilities training' – Nissen Kaiun

BY MDPN. JB VON B. ABID

"We have not seen anything like it from other Maritime Higher Education Institutions' (MHEIs) we visited," stated Chief Engineer Arthur Tan during the simulator tour of prominent shipping company representatives under the umbrella of Nissen Kaiun, Philsynergy, and Stellar Ship Management on Thursday, August 8.

C/E Tan, a 1977 alumnus of Iloilo Maritime Academy, now John B. Lacson Foundation Maritime University (Arevalo), Inc. — was part of the tour delegation, serving as the Executive Officer of Nissen Kaiun.



PHOTO COURTESY OF C/M VIRMARI S. TAN PH. D.

The delegation also included Capt. Daniel Lindo, President of Philsynergy; Mr. Kris Ralph Dinglasa, President of Gold Route/Zephyr/Stellar Ship Management; Capt. Arnold Consignado, Head of Ship Management and COO of Stellar Ship Management; Capt. Graciano Terol Jr., Executive Vice President; Mr. Reynaldo C. Eroy, Assistant Vice President for Operations; Mrs. Tan, Board Member of Synergy; and Capt. Date Dalipe, 2012 alumnus. "JBLFMU is proven to be excellent in terms of facilities and training for future seafarers and officers," C/E Tan added.

The simulator tour was spearheaded by C/M Virmary S. Tan, Ph.D., Dean of the BSMT Department and Director for International Relations; 2/M Aldin L. Turija, Lead Simulator Assessor and International Relations Coordinator; and 2/M Abcede A. Bangalisan II, Head of the Laboratory Department, who provided descriptions and an overview of the activities undertaken by students before they are sent onboard.

Moreover, it was joined by Mr. Robert O. Parcia, MMM, Administrator, and 2/M Karl Danielle H. Sira, Safety Officer and Academic Assessment Office Head, along with other laboratory trainers and staff as the visitors were reportedly "amazed and overwhelmed" by the simulators.

Following the tour, these representatives visited JBLFMU-Molo with Dr. Ronald Raymond Sebastian and M/V John B. Lacson, accompanied by Capt. Alfred G. Espinosa, Ph.D.

BSMT faculty embarks to Japan for MIT scheme, advance course

BY MDPN. KIANN MARTEEN P. BALDO



Honing globally competent seafarers and instructors.

2/M Loren Steve G. Glumalid, a recipient of the Maritime Instructor's Training (MIT) Scheme (Advance Course) from John B. Lacson Foundation Maritime University (Arevalo), Inc., is presently in Japan to finalize the course designed to enhance maritime teaching skills and equip maritime instructors with current technical information, with regards to their profession.

Upon knowing that he was chosen, 2/M Glumalid shared his first thoughts.

"When I found out that I was chosen by our Dean, C/M Virmary S. Tan, Ph.D., Director of International Affairs-JBLF System, as the university's representative for Japan's MIT Course, I was both astonished and honored—my initial reaction was one of disbelief. But soon, it transformed into a profound sense of responsibility. I felt an overwhelming sense of gratefulness that my efforts were recognized and that I was entrusted with this significant opportunity," 2/M Glumalid declared.

Notably, 2/M Glumalid also highlighted that the achievement was not merely his own but would be a good opportunity for JBLFMU-Arevalo as a whole.

"This selection is not only a personal achievement but also a reflection of the trust and confidence that the university has placed in me. More importantly, it motivates me to represent our university with excellence and to use this training course as a platform to bring back valuable knowledge and insights that can benefit both our students and colleagues," he added.

The said training course is held by the Seamen's Employment Center of Japan (SECOJ) and the Ministry of Land, Infrastructure, Transport, and Tourism (MLIT) of Japan, in collaboration with the STCW Office of the Maritime Industry Authority (MARINA).

There are a total of five maritime instructors brought out to attend the course. Including 2/M Glumalid, two more instructors from the Maritime Academy of Asia and the Pacific were invited, another from Palompon Institute of Technology, and also one from Our Lady of Fatima University.

Moreover, the pre-screening process for the representatives, which includes the submission of requirements, was done by MARINA; on the other hand, the SECOJ created the final list of applicants.

JBLFMU-A wins big at TOSIA 2024, 3rd year cadet named among 'Circle of 5'

BY MDPN. HANS IBERT R. DAVID

Three cadets from John B. Lacson Foundation Maritime University (Arevalo), Inc. (JBLFMU-A) were honored as finalists in The Outstanding Students of Iloilo Awards (TOSIA) 2024, with one clinching a major award. The "Salute to Excellence" ceremony took place at Robinson's Pavia on June 22.

Mdpn. John Mhar T. Titular earned a place in the coveted "Circle of Five" and ranked among the top three in the Best Advocacy Video category. Mdpn. Roque Robe-C Felix C. Armada IV also received an award for Best Advocacy Video, while Mdpn. Angelo Mari A. Gonzales was named a finalist.

TOSIA recognizes students who exemplify the four pillars of the award: academics, leadership, community service, and faith.

Mdpn. Titular is passionate about environmental protection. His "Project Kawsa" aims to localize climate change responses and promote self-sustaining communities through its 4Ks strategies: Kumbinse (Convince), Kumatha (Cultivate), Kumonekta (Connect), and Kumilos (Act).

"A few may know, but when I was in Junior

High School, I was also a hopeful aspirant who got into the semi-finalist stage of the 10th Search for TOSIA. Despite my best efforts, I struggled with confidence that seemed to come easily to my peers," Mdpn. Titular stated in his acceptance speech.

"With the undying support of my family and the encouragement of a few dedicated people who saw potential in me, I resolved to turn my fortunes around," he added.

The selection process for TOSIA awardees included an evaluation of portfolios, bid book screenings, and panel interviews.

The 2024 TOSIA was organized by Junior Chamber International (JCI) Regatta, in collaboration with the Department of Education and the Commission on Higher Education.



EXCELLENCE AT ONE LENS. D/C Euan James Gonzales, D/C Roque Robe Armada IV, and D/C John Mhar Titular, in one frame as finalist of TOSIA. PHOTO BY D/C FRANCIS C. BALDEMOR


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EDITORIAL

To raise the load is to jettison another

Focusing on the maritime industry's importance in the country's economy, culture, and society, it was on September 23 when John B. Lacson Foundation Maritime University (Arevalo), Inc. took part in the opening program of the annual National Maritime Week in Western Visayas. It was a day wherein the students were highlighted on the course they have chosen, and deemed to impact society.

In what seems to be a triumphant day came to be a demise. Just a few hours later, President Ferdinand "Bongbong" R. Marcos Jr. signed into law the Magna Carta for Filipino Seafarers as Republic Act No. 12021 at the Malacañang Palace. For a couple of months they were fighting against parts of that very law, and now, they shall witness the problems they have to endure.

The Magna Carta for Filipino Seafarers pushes on safeguarding the rights and welfare of Filipino seafarers after a 20-year-debate to have such. Indeed, the new law ensured the Philippines' compliance with the Maritime Labor Convention 2006, as well as in securing the future of 600,000 Filipino seafarers on local and international vessels.

As crisp as it may sound, there is one certain chapter of the newly signed law which all students, together with the faculty of maritime institutions of the country, stand in their utmost opposition. This is the Magna Carta Chapter 18, which contradicts the development of the students, and can cause many unwanted complications for the maritime education sector. In which, as a sign of resistance, Lacsonian students were forced to don all black shirts during weekdays.

On Monday we wear black. In an initiative known as "Black Monday," all maritime personnel and students from member institutions are urged to wear t-shirts of this color throughout March. A push towards our solidarity with the call against the provisions of Chapter 18 on March 11 of last year.

Under the chapter, Maritime Higher Education Institutions (MHEIs) are required to have their training ship, and to limit the enrollment to only 150 percent of the training slots on their ship as part of the on-board training (OBT) requirement of maritime students. Moreover, the Philippine Association of Maritime Institutions (PAMI), an umbrella organization of over 80 MHEIs in the Philippines, stated that the chapter is unrealistic. Since not all MHEIs in the country can afford to operate their training ship. It further added that the Magna Carta should only cover professional seafarers but not students.

Dubbed as a "double-edged sword," while it outlines the rights of Filipino students to have just education, to require maritime schools to have simulators and training ships, it would potentially amp up our tuition to a possible PHP 200,000 tuition fee in the minimum. An amount

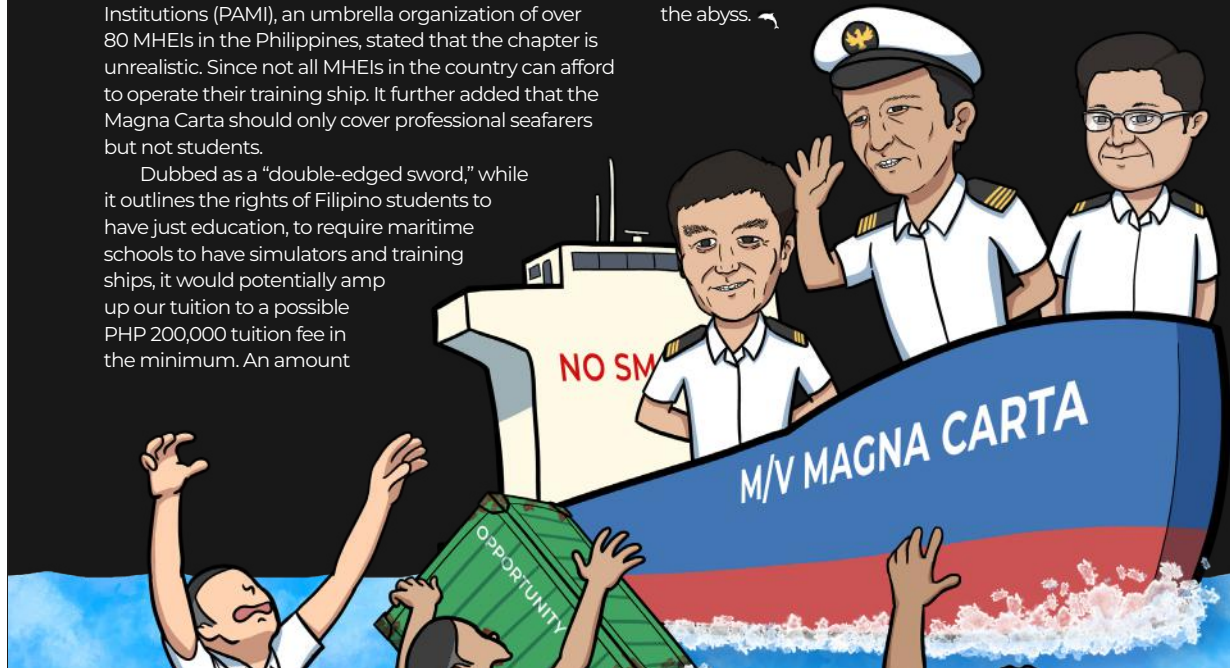
which can overwhelm aspiring future seafarers to study such a course even in just a three-year span of tertiary education.

Sabino Czar Manglicmot II, PAMI president, said many maritime students came from families of limited financial resources. Making it a compliance requirement, to have training ships and simulators, is very challenging to those who rely on nobody but a few relatives to support their future.

Almost all maritime institutions opposed Chapter 18 to the point that The Dolphin's very own online news regarding the signing of the law was deleted by Facebook the day after posting. Was it due to the impact of its engagements reaching millions who agree that the law can put the maritime education into a plunge of hardships?

For many, it is not the concern, it is the alarming future of soon-to-be Lacsonians who have to shift courses since they cannot afford their studies. Are we going to let these students cast bait in crowded waters? In which a student of Bachelor of Science in Marine Transportation and Marine Engineering seeks for alternatives on other much affordable courses? If so, the Philippines' modern-day heroes are doomed.

As we raise the welfare of already working seafarers, we are risking the generations of future seafarers into a blur. Indeed, it is a double-edged sword. Indeed, it protects those already in position as it undermines those who are still finding their hold. This is the new fate the students in this industry currently face. In maritime english the words "raise the load" and "jettison" when used figuratively, could mean that as we raise the load, it heighten today's seafarers security in the maritime industry, and the need to jettison another—implies to throw the future of aspiring seafarers in the abyss. 🐬





seniority matters

BY MDPN. KIANN MARTEEN P. BALDO

INDEED and in deed

What we have yet to experience, they already have. What we aim to learn, they already know. What we have yet to sail, they have already conquered, and so I acknowledge them for it.

As a junior, it is only natural for us to question things and be curious; even Einstein suggested such. Nowadays, even the ordinary gesture of addressing people by “ma’am” or “sir” is questionable. People argue about the importance of such a simple concept.

Honestly, I was culturally shocked when I entered John B. Lacson Foundation Maritime University (Arevalo), Inc. for my senior high school. In awe of the university’s norms, it was my first time seeing students address their seniors in such a manner. What I witnessed brought out my curiosity; however, it was not until later that I fully understood its significance.

I assumed that it was just a normal thing to do, so I just went on with the flow. I called my seniors depending on what I saw. Initially, it felt different from what I was used to. Growing up, I always thought that these formal addresses were only meant for professionals: teachers, seafarers, and engineers. Somehow, after seeing that JBLFMU-A is a semi-military school, it easily made sense to me.

Recently, I thought of this topic again when I moved to the Bachelor of Science in Marine Transportation (BSMT) Department. During my first week in college, rumors sparked. An intense debate surfaced in social media about whether formal addresses such as “ma’am” or “sir” inside the campus were necessary. I posed the same question to myself, and I concluded my answer.

Over time, I have come to understand, those words were not simply empty lines. It meant respect, not merely for the status or position that one has attained, but showing deep recognition for their hours of experience, gained knowledge, and acquired wisdom compared to what I have not yet achieved.

This is what people fail to understand. Not to generalize, but I think when it comes to such notions, problems arise because our generation is inclined to the saying “Respect is earned, not given.” To some extent, I too, believe this phrase although this case is different. Though, I believe that “respect” is already earned, compared to us juniors, our seniors are at a higher level.

Given in some cases, juniors mostly look up to the seniors as it most likely reflects our attitude towards them, knowing that respect must prevail from juniors. 🐋

The ‘Don Juan’ stigma persists

decoded stereotypes

BY MDPWN. JEXINE YSABELLE L. HIBIONADA



In a society where men are deemed to have more freedom than women emerged a debatable issue on whether Lacsonians are really ‘Don Juans’ or not.

Don Juan is a legendary Spaniard proverbial term used to describe a man who is known for seducing women. The terminologies “womanizer,” “player,” and “cheater” coincide with this collocation. While this should be prevented, students of John B. Lacson Foundation Maritime University is often associated with these words.

Last September 2024, a local vlogger named, Ilonggo Bars, initiated a scripted vlog stating that students from JBLFMU are “babaedor.” The two-minute video asked the masses about which school is known to have the most cheaters and every interviewee answered, “taga-janbi.” This immediately became a hit, garnering various opinions from the alleged “cheaters” themselves and the netizens.

As a woman studying in this institution, it is not surprising to hear words from the street. I would say, it is indeed true rather

than denying it, knowing that it is right. However, this does not apply to everyone. I know a few friends who remained faithful with their girlfriends or partners despite being in a long distance relationship, thus, this disagrees with the fact that men are naturally polygamous.

Students from different universities also agree with this generalization. “*Basta taga janbi, damo babayi,*” is one of the few statements that can be seen online. Some of these comments are from women who were also victimized by Lacsonians.

Various social media platforms, especially those that are not related to the institution, are also calling out the “taga-janbi,” for their renowned reputation. As these schoolmates of mine would defend themselves both personally and online, many were also waiting for a rebuttal.

Despite their consistency in proving that “*Janbi*” is indeed

number one, Lacsonians cannot deny the fact that they were already branded as “babaedor” before they even entered this institution. While, their main reason for keeping this behavior may have a long history behind, the fact that the ‘Don Juan’ stigma persists proves that this is not just the institution’s reputation, this is the Lacsonians’ serial infidelity. 🐋



However, this does not apply to everyone. I know a few friends who remained faithful with their girlfriends or partners despite being in a long distance relationship, thus, this disagrees with the fact that men are naturally polygamous.



Paghubog, hindi pagpapahirap

BY MDPN. JHONARD P. QUIRINO

Matira, Matibay

Mahalagang gawing prayoridad ang kaligtasan ng mga estudyante, subalit sa patuloy na pagbago sa sistema ng pagsasagawa ng CSID, napoprotektahan nga ba sila, o binubulag lamang ang mga ito sa marahas na katotohanan ng pagbabarko?

“Ma-seaman ka pa?!” (Magse-seaman ka pa ba?! “Kamang!” (Gapang!)

Dinig na dinig ang nakabibinging sigaw na ito tuwing idinaraos ang taunang Community Service and Inception Day (CSID) ng John B. Lacson Foundation Maritime University (Arevalo), Inc. Dito, sinusubok ang disiplina at tibay ng mga freshmen sa pamamagitan ng ilang serye ng pag-ebersisyo, paggulong, paggabay, at pagtampisaw sa putik, sabay-sabay ang bawat seksyon na nanunumpa ng katapatan sa institusyon.

Ang kasalukuyang pagsasagawa nito ay umani ng samot-saring komento—may mga natutuwa dahil ipinagpatuloy pa rin ang naturang tradisyon, ngunit mayroon ding mga nambabatikos dahil tila unti-unti nang “bini-baby” ang mga bagong-tubo.

Kung ikukumpara ang kanilang karanasan sa napagdaanan ng mga kadete noon, mapapansing malayo ang agwat ng hirap. Walang trapal

na proteksyon laban sa matutulis na mga bato, mas matindi ang obstacles na dapat malamapsan, marami ang nawawalan ng malay, at kadalasang hapon na kung matapos. Gayunpaman, itinuturing nila itong makabuluhang bahagi ng pagiging “True-blooded Lacsonian,” katawagan sa mga napagtagumpayang matapos ang nasabing tradisyon.

Ang pagpasok sa industriya ng maritima ay isang pagsasanay sa iyong kataganan. Sa pamamagitan ng mas mahigpit na initiation, magkakaroon ng makatotohanang simula ang mga estudyante sa mga pisikal at mental na pagsubok, dahil ang trabaho sa dagat ay kadalasang nangangailangan ng mataas na antas ng tibay at tatag. Kung ito ay magiging magaan, sinasalungat nito ang pangunahing layunin ng pagsasanay ng eskwelahan: ang magtanim ng disiplina at ihanda ang mga kadete para sa mga pagsubok sa kanilang napiling propesyon.

Higit pa rito, sa pagpapanatili

ng orihinal na komposisyon at pagdaraos ng CSID, naipagpatuloy rin ang pagkakatugma nito sa kultura at pagkakakilanlang tatak-Lacsonian. Matibay na pundasyon ng institusyon ang disiplina; daan upang mabansagan itong “Home of World-Class Seafarers.” Kung bigo itong maipatupad o maitaguyod, hindi malayong kay tagal nang binuo ng eskwelahan.

Ang pagiging marino ay hindi lamang sa teknikal na kaalaman at kasanayan, kundi sa tibay ng loob at kakayahang magsakripisyo para sa mas mataas na hangarin. Kung maibabalik man ang nakasanayang pagdaraos ng initiation, hindi ito upang magtanim ng takot at pahirapan ang mga nagbabalak pasukin ang industriya ng maritima. Sa halip, ito ay idinisenyo nang mahubog ang kanilang kataganan at disiplina bilang manlalayag ng industriyang maritima—kung saan matira, matibay. 🐋



first of all

Reserved, for those who deserved it or those who came first

MDPN. JOHN KIRK SHADI A. MAGSAEL & MDPN. JB VON B. ABID

Who should be prioritized first? Those who came first or those who deserves the spot? This is the question that bombarded our minds ever since there was a great discussion about who should be prioritized first in the recent sectioning of first-year Bachelor of Science in Marine Transportation (BSMT) students, especially in the Polaris Class sections. Is it the indigenous students from Pre-baccalaureate Maritime Specialization (PBMS) Senior High School Program who came first in the university? Or is it the bridging students who graduated from different schools across different parts of Region VI and beyond?

Polaris Class Organization is one of the premier organizations in the campus that embodies the core values of the university. Its history can be traced back from its creation in 2003, with a goal to further enrich the skills and talents of high-achieving students from the university by building brotherhood and practicing camaraderie. With this, Polaris students enjoyed many perks such as having a high-quality education, social respect, being prioritized in company selection, and many more. That is why a lot of students dreamed of being part of this fine group.

Traditionally, there are only two sections of Polaris in a year level, Polaris A and Polaris B which consists of both PBMS and Bridging students based on merits and not just where you graduate or finished your secondary school. For years, it would be that way, until a change in curriculum during Academic Year 2023-2024. With that change, only students from PBMS were included in Polaris 1A and Polaris 1B. It may have made a false impression that only students from PBMS are to be enrolled in Polaris Class.

Then, in the 1st semester of the Academic Year 2024-2025, the BSMT Department launched three Polaris Class Sections namely Polaris PBMS, Polaris STEM, and Polaris GHA (GAS,

HUMMS, and ABM), which was not appreciated by PBMS students due to the reason that they did not expect bridging students would transcend to be already in the Polaris class, unlike last Academic year. A lot of PBMS students felt disappointed due to the move, and they started to complain to the department. To aid the problem, the BSMT department added two sections gain namely; Polaris PBMS B and Polaris PBMS C. Yet, with this move again a lot of people, especially the alumni of the university, started to criticize the move of the department.

In the perspective of PBMS students, they should be prioritized first by the university to be part of the Polaris Class organization, not solely due to the reason that they came first, but they have undergone many experiences and accumulated basic knowledge about the maritime field that would edge out the bridging program students. In addition, other universities tend to base and prioritize student's senior high school strand in order to be enrolled appropriately in their certain college program. Lastly, the university always practices and honors seniority. Hierarchical systems are based on a student's length of time in the university, because those who already spent a lot of time in the university

know how the university works.

From the point of view of a bridging student, it is only fair that we are also considered to be in the Polaris class. The reason being, we first should look at what to nurture first--excellence. And to find excellence is not to look in a limited pool of talents, to look for excellence is to turn each and every stone we can to find it. Although the PBMS have a background in maritime education due to their advanced maritime subjects, bridging students have also taken the said maritime subjects before the semester started during summer class. Moreover, even though the bridging students were not familiar with the school's rules and regulations. It was not enough of an edge for the PBMS students as we are both in the same year of our tertiary education.

However, this segregation may only prove to be wall between the indigenous students from Polaris PBMS and the newer bridging students from Polaris STEM and Polaris GHA.

Going back to the question "Who are more worthy to be in the Polaris Class?" Maybe we asked the wrong question, maybe we should be asking "Who among them are truly worthy to be in the Polaris class disregarding where they came from?" 🐬



we're worthy

entertainment

ILLUSTRATED BY RUSSEL JAMES G. AMATORIO

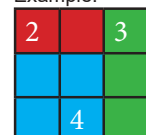


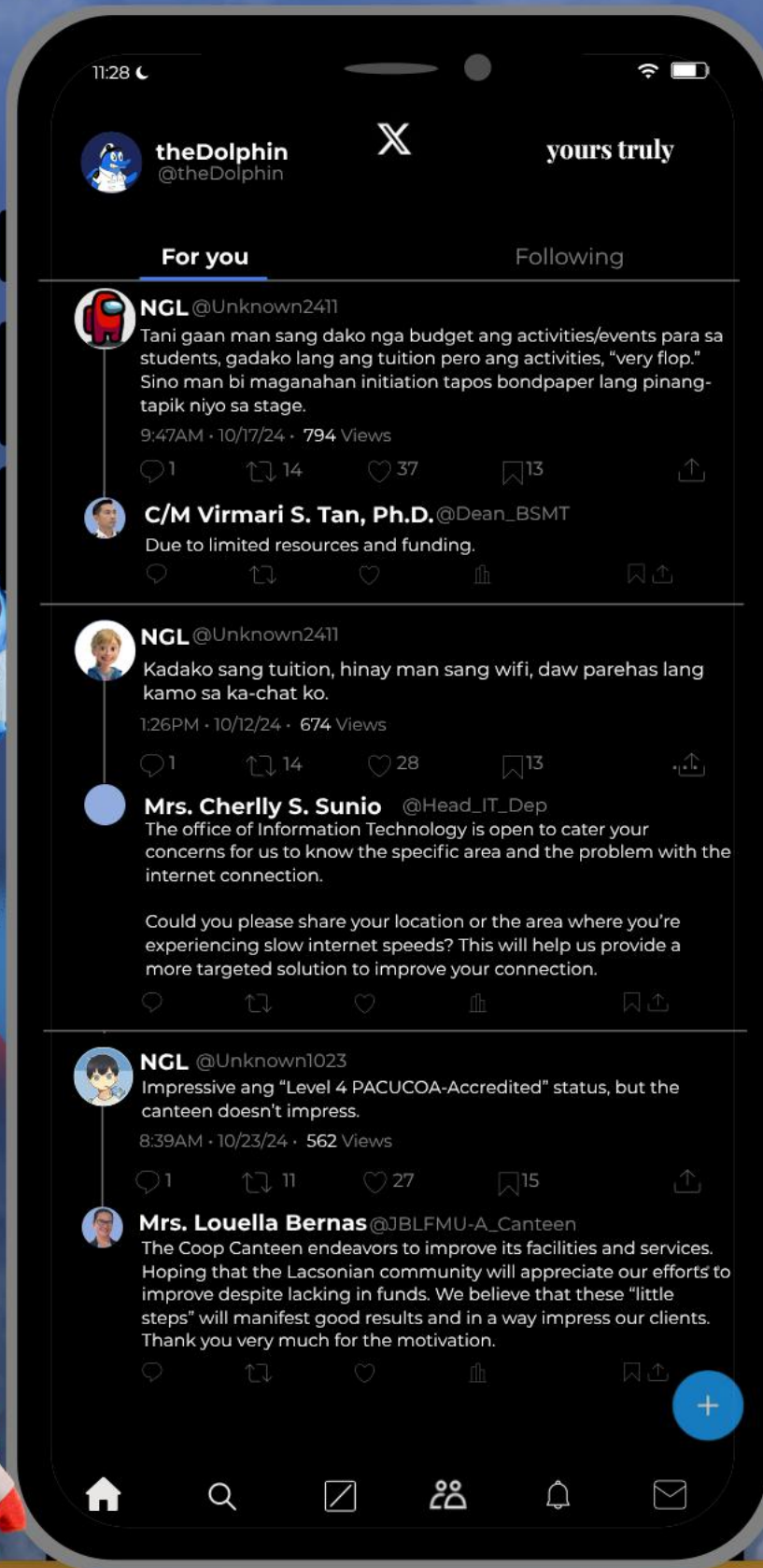
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Rules:
Shade the boxes which correspond to the number that is shown

Note:
Start with the number when shading.
All boxes must have shades of corresponding numbers.

Example:





Midterms done. Budlay ang exam, especially if ang instructor mo hindi kabalo magtudlo sakto.
eStupidyante :

to whom it may concern

Wala na ga klase nubo pagd maghatag grades, ano nalang na ya man, may dumot pa dayon hays.
: Tonald Drump

Dear Jan B, We demand transparency kag full details/liquidation sa tanan nga gina bayran namun nga mga fees for activities such as BT, anchor watch, etc.
: Agueeee



: tumblerpunch
I cannot understand instructors who derive pleasure from witnessing their students' struggles with academic challenges.

Initiation na toh? Boringg
: wawa





A new era, a new leader

BY MDPN. LEE HARVEY P. GUMBAN
ILLUSTRATION BY MDPN. CHARLES GHALE VILLANUEVA

Change is a way of life. For others, it is frightening and inevitable. But, for the hopeful and the dreamers, it means a glimpse of hope, a new beginning, and a beautiful story bound to unfold.

On June 28, 2024, a new era of leadership shone at John B. Lacson Foundation Maritime University (Arevalo), Inc. as the new Unit Administrator stepped in to continue the legacy. Buzzes of anticipation and excitement envelopes the whole campus as Mr. Robert O. Parcia, MSMM, takes the helm from Capt. Alfred G. Espinosa, Ph.D., as the newly-appointed Administrator. As Capt. Espinosa passed the baton, a fresh chapter of Lacsonian institutional navigation shed under Mr. Parcia's vision for the future.

One of Mr. Parcia's first bold initiative was the rollout of 1,240 new chairs, aimed to foster a "transformative learning environment" for students. Addressing a long-standing issue, Mr. Parcia highlighted how the old steel chairs left unsightly rust stains on the students' crisp summer white uniforms. With this upgrade, he is not just ensuring cleaner uniforms but also greater comfort and flexibility, proving that even the smallest changes can have a lasting impact on the student experience.

"These aren't just about comfort—they're about creating an environment that truly enhances learning," Mr. Parcia shared confidently.

Mr. Parcia's leadership extends far beyond the university walls. He was the driving force behind the establishment of the Vanguard Biker's Club, a group dedicated not just to promote recreational activities and unity among students, but also to advocate for road safety in the wider community. His vision for the club goes beyond fostering camaraderie—it is about empowering students to collaborate and contribute to accident prevention efforts, merging passion with purpose for a greater cause.

Though Mr. Parcia's leadership spans more than two months, it has already begun to unlock new opportunities that benefit not only the students but also the wider Lacsonian community. As he charts the course for a better future, one can only wonder: what exciting initiatives and transformative changes lie ahead under his guidance?

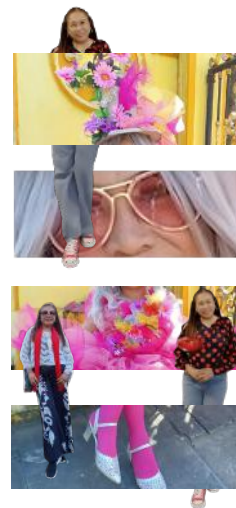
"We will work to continue to excel and be on par with the best schools in the country. We pursue solid international relationships and collaborations with universities in the country and abroad," Mr. Parcia affirmed that his initiatives to extend the university's reach enabled JBLF-MU-A to interact and learn from the different maritime schools across the Philippines.

Embracing change can be daunting, often stirring up resistance and uncertainty. Yet, change is not just a possibility; it's the heartbeat of our lives, an unstoppable force that shapes our paths and propels us forward into new chapters in our lives. Just as the seasons shift, bringing ahead new blooms, leadership can also inspire a new journey. 🌱

Tee-cher

Stunning the hallway

BY MDPN, JOHN KIRK SHADI MAGSAEL



Everytime she walks, everyone starts to talk. The way she swings her hips, and moves her lips, she could be mistaken for a fashion model. In every outfit she pulls, she is a TEN! For some she is an actress, others would say she is a model, but she is actually a tee-cher.

Inside the high walls of John B. Lacson Foundation Maritime University (Arevalo), Inc., a middle-aged instructor stride her way towards the school gymnasium. It was Wednesday, a wash day for the university. The said teacher as an unofficial fashionista stride her way towards the pool of the university for her first class — swimming.

She is **Mrs. Belinda Gavadan**, Ph.D., a Physical Activities Towards Health and Fitness (PATH-Fit) instructor in the said. She is already in her 50's and married. Despite her age, she is still an eye-turner with her utterly amazing outfits as her keen eye for good fashion never falters. She flaunts her flashing and eye-catching fits inside the university whenever she gets a chance.

She can rock many different types of clothes. Remember the Adidas Samba trend that shook the whole country? Well it turns out, Mrs. Gavadan also joined the trend. She matches a pair of Samba with rugged black denim jeans, white tee shirt, and a thrifted white jacket to add classy details. She made the street-themed outfit look clean and neat. If she is not wearing street-themed outfits, you can see her wearing a Miss Granny dress like Sarah Geronimo. She rekindled the trend of the below-the-knee long dresses filled with big and small dots which Filipina used to dress in the 1950's.

In an interview with The Dolphin, she was asked about who inspired her to dress stunningly. She shared that growing up her family cannot afford to buy new branded clothes and

accessories. She always relies on those "ukay-ukay" or thrift shops her mother would bring her every Sunday after church whenever they have money. This was the main reason why she is always bullied and teased by her peers for wearing second-hand clothes. Little Belinda had no choice but to accept the heart-aching truth. She continued to strive and focus on her studies with high hopes that one day when she becomes a professional, she can buy all the things that she wants, especially those branded shirts that her family could not afford when she was just a child.

Due to this unhindered motivation and manifestation of Mrs. Gavadan, she not only developed her fashion sense, but she also instilled in herself the value of perseverance that would later on shape her identity as an individual.

She graduated as Magna Cum Laude at the University of San Agustin, and grabbed the doctorate degree that same year. Thirty years later, she became one of the longest instructors in the campus.

This runway life of Mrs. Gavadan proves that anyone can overcome the struggles they face with great determination and a little manifestation. Before she can confidently walk, everyone starts to talk. Before she gracefully moved her lips and swayed her hips, she became a laughing stock. Before she became a TEN, she settled to be a FIVE. Before everybody thought she was an actress or a model, she became simple first. Above all, she is a tee-cher — the one who stands tall and proud amidst the adversities she faced when she was just a child. 🐙



EXCELLENCE IN HIS BLOOD

JBLFMU-A's Research Coordinator prints his way to the 10 Outstanding Metrobank Alumni Scholars

BY MDPN. JOHN KIRK SHADI MAGSAEL

Legacy. Action. Determination.

Through Dr. Brian Gil S. Sarinas' 15 years of service as a researcher, success and bounty awards paved the way for him to be featured in the book "Overcoming Adversity and Gaining Momentum," which focuses on the inspirational stories of Metrobank Foundation Scholars. Metrobank Foundation Inc. was established on January 8, 1979 by Dr. George S.K Ty and was put into place to provide service for the underprivileged and marginalized sectors of the society.

Extending responsive aid to the calamity survivors in the country and implementing various programs on health, visual arts, recognition of excellence among key professions and education includes granting scholarships to the well-deserving students in the country.

As for Dr. Sarinas, a research coordinator of John B. Lacson Foundation Maritime University (Arevalo), Inc., whose career in understanding the maritime industry through research gave him recognition as the only standing

Metrobank Scholar in the whole university's system.

MBFI's Scholarship program started in 1995. Later in 2003, Dr. Sarinas became one of the scholars of this prominent organization.

At that particular time, he studied at West Visayas State University (WVSU) and graduated as the only Cum Laude in his degree, Bachelor of Secondary Education major in Biology.

Dr. Sarinas continued to master his craft as he received his Master of Science major in Biology at the University of the Philippines Visayas in 2010, as a scholar of the Commission of Higher Education (CHED) Higher Education Development Project-Faculty Development Program (DP-FDP).

In 2014, he held the degree — Doctor of Philosophy in Science Education major in Biology at his alma mater, WVSU.

Through this acquired knowledge in maritime education, he published many research studies that helped his fellow Filipinos and made him one of the best alumni scholars at Metrobank. 🐙



Holding his legacy. John B. Lacson Foundation Maritime University (Arevalo), Inc.'s Research Coordinator, Dr. Brian Gil Sarinas, proudly presenting the 10 Outstanding Metrobank Foundation Inc. Alumni Scholars book, of which he was featured. PHOTO BY MDPN. LEE HARVEY P. GUMBAN

JBLFMU-A manuscripts address maritime challenges, land TransNav Journal recognition

BY MDPN. JOSH NARZOLES

Determined to bridge the gap of learning in the maritime sector, John B. Lacson Foundation Maritime University (Arevalo), Inc. received recognition this September, with two manuscripts published in TransNav, the International Journal on Marine Navigation and Safety of Sea Transportation.

Authored by Engr. Roderick R. Germa, Ph.D., C/M Virmari S. Tan, Ph.D., and 3/M Angelo Casañare, the first paper explores the "Effectiveness of Problem-based Learning (PBL) on Maritime Professional Courses in a Blended Learning Modality."

Last year, the research regarding PBL took home the 2nd place for Best Poster during the 31st Annual Conference of the Philippine Society for Educational Research and Evaluation (PSERE).

"My hard work really paid off, and I couldn't achieve this without the help of my fellow researchers," Engr. Germa stated.

In addition, the research study entitled "Development of a Supplemental Learning Material in Mathematics for Seamanship (Trim and Stability)" was also accepted in the said publication.

Mrs. Clarence Kay S. Gabasa and C/M Teodosio S. Melliza co-authored the manuscript, which also won Best Research Paper in Instabright International Research Conference and Presentation held in Tagaytay.

These research studies are products of "Due-to-Write Research," a structured initiative of the university that engages faculty in producing high-quality maritime research within a set timeline through mentorship, resources, and collaborative efforts. 🐙

JBLFMU-A faculty's maritime-based research won Best Paper in annual Noste confab

BY MDPWN. JEXINE YSABELLE L. HIBIONADA

With its continuous dominance and excellence in research, John B. Lacson Foundation Maritime University (Arevalo), Inc. faculty bagged the second and third Best Paper award in the 2024 National Organization of Science Teachers and Educators, Inc. (NOSTE) International Research Conference and Training Workshop, September 20-22.

2/M Jester B. De la Cruz secured the second Best Paper award with his research entitled, "The Extent on Application of Hard and Soft Skills Onboard Ship: Basis for Developing

of Program to Enhance Seafarers' Skills," under Cluster 11: Technology-Enhanced and Innovative Teaching Strategies, which he co-authored with Capt. Nestor Baluya and Capt. Kester Ledesma.

Meanwhile, 2/M Aldin L. Turija, MSMM, grabbed the third Best Paper award with his research entitled, "A Documentary Review of the Oil Spill Responses in Iloilo, Philippines after the MT Solar 1 Incident," under Cluster 1: Educational Research and Innovations.

With a theme, "Inclusive Science Education Promoting Positive Learning Space and Well-being," the two-day hybrid conference featured parallel and plenary speakers as well as paper presenters from different universities across the world.

NOSTE is a professional teacher organization that caters to science teachers in all levels, science educators, science enthusiasts and scientists. 🐙



FROM LEFT TO RIGHT. 2/M Aldin L. Turija, Capt. Nestor Baluya, 2/M Jester B. De la Cruz, and Capt. Kester Ledesma.



BRIDGING SEAS OF EDUCATION. (L-R) C/M Teodosio S. Melliza, Mrs. Clarence Kay S. Gabasa, with their research entitled "Development of a Supplemental Learning Material in Mathematics for Seamanship Trim and Stability," and Engr. Roderick R. Germa, Ph.D., C/M Virmari S. Tan, Ph.D., and 3/M Angelo Casañare co-authors of "Effectiveness of Problem-Based Learning (PBL) on Maritime Professional Courses in a Blended Learning Modality."

Carried out for the benefit of all. JBLFMU-A's staff drenched with sweat voluntarily hauls old chairs to be replaced by new ones. PHOTO COURTESY OF 2/M LEO JUNE GELANO

Fire hits 5 classroom in Guimbal; JBLFMU-A donates 60 armchairs

BY MDPWN. JEXINE YSABELLE L. HIBIONADA



Educational Research and Development Assistance (ERDA) Foundation Inc. and John B. Lacson Foundation Maritime University (Arevalo), Inc. faculty and staff conducted a distribution of school supplies to 157 students from elementary to college at Sto. Niño Norte and Sur, Arevalo, August 17.

The program was graced by the opening remarks of Mr. Robert O. Parcia, MMM – Administrator stating that he wants to “donate” a speaker and a microphone.

Spearheaded by Community Service Extension and Services officer, Mrs. Mirazol Dionson, JBLFMU-Arevalo and Assure-a-Child the Right Education

(ACRE) with 23 employees and the Biker's Club facilitated the event in giving the beneficiaries the necessities based on the social status and academic performance of students.

The unity ride started, consisting of Molo – Arevalo Biker's Club, in a collaborative action of promoting oneness and strengthening the relationship between partner schools.

A total of 66 recipients including 1 college student from Sto. Niño Norte and 91 recipients including 3 college students

from Sto. Niño Sur received the said supplies sponsored by employees and the Student Executive Council (SEC).

“Training-on naton ang aton mga kabataan sa saktong kaugalian kag pamatasan,” C/M Virmari S. Tan stated, following the said distribution.

ERDA is a non-government organization that helps students through JBLFMU-A while ACRE was established in 2012 and aims to help neighboring schools in Arevalo through its employees. 🐙

JBLFMU-A, ERDA Foundation tie-up partner school, distribute supplies at Arevalo

BY MDPN. JOSH NARZOLES



GAZES OF HOPE. Locals of Sto. Niño Sur, Arevalo, Iloilo City, who were given school supplies through the John B. Lacson Foundation Maritime University (Arevalo), Inc., and Educational Research and Development Assistance (ERDA) Foundation, Inc. partnership. PHOTO BY MDPWN. JEXINE YSABELLE L. HIBIONADA

Following an unfortunate and devastating fire incident, John B. Lacson Foundation Maritime University (Arevalo), Inc. extended a helping hand to Cabasi-Sta. Rosa Integrated School by donating a total of 60 armchairs, August 27.

This accident razed down five classrooms and left 122 students without a proper learning environment.

With the initiative of Mr. Robert O. Parcia, MSMM, and C/M Virmari S. Tan, Ph.D. — 2/M Leo June Gelano, 3/M Arle Garlgalcano, and Mrs. Mirazol Dionson ventured to Brgy. Sta. Rosa-Laguna, Guimbal to lead the said drive.

“As a Maritime Higher Education Institution, it is

our heartfelt duty to provide students with a conducive learning environment,” 3/M Garlgalcano, a native of Guimbal stated.

Meanwhile, Mr. Cesar E. Estabalaya, Principal II of the said elementary school, highlighted that JBLFMU-A did not only provide necessary resources to students but has also “inspired hope and resilience within the school community.”

It was known that last August 18, the fire destroyed classrooms made of concrete and steel, burning all the equipment, books, and materials within the school vicinity. 🐙



ONE GOAL, ONE EARTH. Aftermath of the cleanup drive conducted by 30 faculty, staff, and students during the “Adopt-an-Estero Water Body Program.” PHOTO COURTESIES OF MR. JUNE RAYMUND PETER FLORES, MRS. MIRAZOL DIONSON, AND MDPN. JANCEL HIFARVA.

DENR-EMB, JA cleanup drive yields 20 sacks in line with National Clean-Up Month

BY MDPN. JOSH NARZOLES

The Department of Environment and Natural Resources - Environmental Management Bureau (DENR-EMB) Western Visayas and John B. Lacson Foundation Maritime University (Arevalo), Inc. stacked 20 sacks of non-biodegradable materials in “Adopt-an-Estero Water Body Program” today, September 13.

In line with the National Clean-Up Month, a combination of 30 faculty, staff, and students collected plastics, styrofoam, and bottles in Batiano River, Sto. Niño Sur, Arevalo.

“This river was chosen because many participants joined and it also serves as an awareness to the residents since there are no city trucks to pick their wastes,” Mrs. Mirazol D. Dionson, Community Extension and Services (CES) Adviser, stated.

The event was spearheaded by Ms. Rizza Daphet Catague, representative of DENR-EMB, in cooperation with CES Society.

The program aims to mobilize people to remove trash from waterways and collect debris which will be fundamental in developing smart solutions to problems in solid waste. 🐙

JBLFMU-A kumasa sa Gawad Kalinga Bayani Challenge 2024

BY MDPN. RAYLE NAVIGAR

Umabot sa apat na mga paaralan mula sa Jordan, Guimaras ang nahandugan ng tulong ng John B. Lacson Foundation Maritime University (Arevalo), Inc. nitong Hulyo 22-26.

Kabilang ang Balcon Maravilla Elementary School, Morobuan Elementary School, Jordan Central School, at KATI KATI Daycare Center sa mga paaralang natulungan mula sa iba't ibang mga aktibidad na handog ng programa sa mga araw na yaon.

Kalakip ng programa ang muling pagpipinta ng mga silid-aralan, paghahandog ng mga gamit pang-eskwelahan, at palaro at pakain sa mga bata.

Ang programa na may temang "Tatak Bayani: Handa na ba kayong ipamalas ang inyong galing?" ay nilahukan ng 10 mga estudyante at apat na miyembro ng pakultad ng JBLFMU-Arevalo.

Katuwang din nito ang mga piling organisasyon ng unibersidad tulad ng Student Executive Council (SEC), Community Extension Services (CES), at Peer Facilitating Program.

Ayon kay Mdpn. Lance Oliver Viadumang, Asst. Auditor ng CES, ang kanilang pagtulong sa iba ay nagdulot ng kasiyahan, bagkus nagpapasalamat ito sa paaralan at sa Gawad Kalinga sa pagpayag na makatulong.

"Sa kabila ng pagharap sa bagyo at sa baha, masaya kaming nagboluntaryo sa Jordan, Guimaras sa loob ng tatlong araw. Napakasaya sa pakiramdam na nakikita ang mga bata at kanilang mga magulang na nagtatangkil sa aming ginagawa," ani Mdpn. Viadumang.

Dagdag pa nito, hinihikayat niya ang mga kabataang tulad nila na makiisa sa pagtulong at maging mga bayani ng bayan.

Ang aktibidad na ito ay bahagi ng BAYANI CHALLENGE 2024, na inilunsad ng Gawad Kalinga Community Development Foundation, isang di-pampamahalaang organisasyon na may layuning magpakita ng pagkakaisa, pagbubuklod-buklod, at pagtutulungan sa gitna ng unos na kinakaharap. 🐬



PHOTO COURTESY OF MDPN. LANCE OLIVER VIADUMANG

PTA meeting ginanap, mga plano ngayong taon inilatag

BY MDPN. JADE C. APDUA



PTA Meeting para sa mga gawain at aktibidades sa Akademikong taon 2024-2025.

Isinagawa ng John B. Lacson Foundation Maritime University (Arevalo), Inc. ang Parents Teacher's Association (PTA) meeting noong nakaraang Setyembre 28, para pag-usapan ang mga proyekto at mga aktibidades na gagawin ngayong Akademikong Taon 2024-2025.

Pinangunahan ni Mr. June Raymund Peter Flores, presidente ng PTA, ang mga gawain upang ipabati sa mga magulang ang alokasyong badyet ng organisasyon.

"We have already started constructing the planned restroom facilities, upod sang natapos na nga gym sa unibersidad [...] this is to provide students to maintain a normal Body Mass Index (BMI)," sabi ng PTA President.

Kabilang din sa ginawang aktibidad ang Administrador ng unibersidad, Dean, at mga opisyal ng PTA na sina; Mr. Robert O. Parcia, MSMM, C/M Virmari Tan, Ph.D., Mrs. Elena S. Francisco, PTA Secretary, at Dr. Ma. Lona T. Torrigue, PTA Treasurer.

Binigyang importansya ni Admin ang plano na isakatuparan ang "pag-fully air-conditioned" ng buong silid-aralan at pasilidad ng unibersidad.

"As a parent we must learn how to let our children go, because in this profession it requires a strong will and mental capacity to survive," ika ni Administrador, na nagpapaalala sa mga magulang ng mga estudyante.

Inanunsyo rin ang plano na pagship-tour at family day na gagawin sa paparating na buwan ng Disyembre. 🐬

JBLFMU umangat sa UniRank, Pangatlo sa Western Visayas

BY MDPN. JOHN KIRK SHADI A. MAGSAL

Inilathala na nasa ikatlong pwesto ang John B. Lacson Foundation Maritime University (JBLFMU), mula sa humigit kumulang labing-walong mga "nangungunang unibersidad" ng UniRank 2024 sa Kanlurang Kabisayaan.

Mula sa mga naglalakihang unibersidad sa Pilipinas, napabilang sa ika-57 na pwesto sa mga nangungunang unibersidad ang JBLFMU.

Pinangunahan naman ng University of the Philippines Visayas ang Rehiyon VI kung saan naabot nito ang ika-28 na ranko sa listahan sa buong Pilipinas, at sinundan naman ng Central Philippine University na naka-upo sa ikalawang pwesto sa rehiyon na

may rangkong ika-29 sa bansa.

Nasa ika-apat naman na pwesto sa rehiyon ang University of St. La Salle, na ika-68 na ranko sa buong Pilipinas. Sa kabilang dako, nasa ikalimang pwesto naman ang West Visayas State University, at ika-75 sa listahan ng buong bansa.

Matatandaan noong nakaraang taon, buwan ng Mayo, nasa ika-anim na pwesto pa ang JBLFMU sa kabuuang ranko sa nasabing websayt at institusyon.

Isa ang UniRank sa mga "global ranking system" sa buong mundo na responsable sa pagsusuri ng iba't ibang unibersidad base sa kanilang akademikong kapasidad, reputasyon at presensya onlayn. 🐬

JBLFMU ranks

3RD

as top university
in Western Visayas.



7th top HEI
last 2023
ranking by
the same
directory.

UniRank

is an international higher education
directory and search engine. The
ranking is determined by the
university's online visibility and
popularity, evaluated through factors
such as estimated website traffic,
domain authority, and quality link
popularity.

EDITORIAL

4 better or 4 worst?

For an aspiring basketball player, having a long playing time on court is one of the best feelings. It is the main basis of recognition for a player to be considered 'good'. However, in order for a player to be exceptional, he must possess great basketball skills that would be his bread and butter. Basketball skill, like shooting, is probably the most basic and important skill for a player to have nowadays. If they can't shoot from long range they could be an offensive liability for a basketball team to have. That is why it is important for a player to develop this high-demand skill because it makes the game more exciting.

Yet, due to a certain regulation implemented by one of the oldest basketball leagues in the world—a drastic change in the game can be expected. Presenting the newly established four-point line play by the Philippine Basketball Association (PBA).

The first and the most important point is that this regulation is a risky novel idea. The

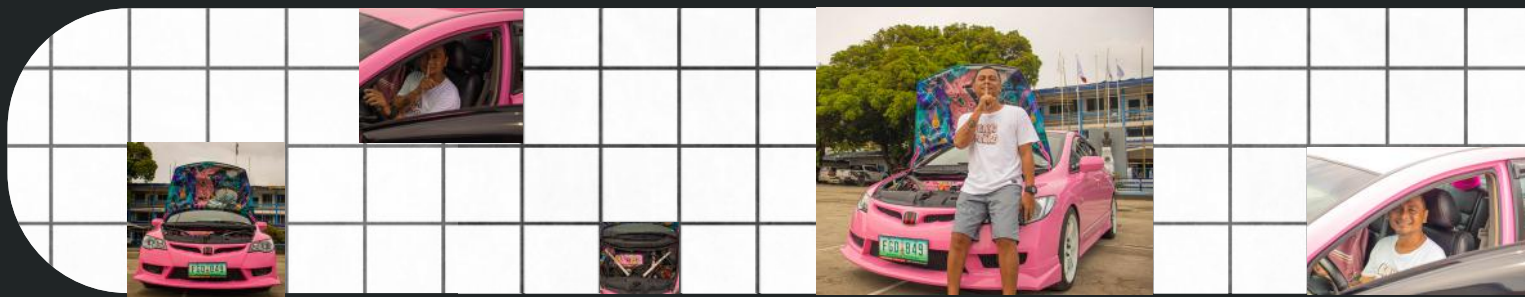
implementation of the 27-foot shot will change the manner of playing the game. As of now, four-point lines are not implemented in the big leagues such as the NBA, Japan B-League, Euroleague, and CBA. It is not also seen in FIBA tournaments, where Gilas Pilipinas players put their blood and sweat in order to qualify for the most-awaited Olympics. Instead of bringing the game closer to international games, the local basketball league extended further from the addition. As an alternative before it was executed in the professional league, why not try it on the lower leagues first, like the PBA D-league?

Second, low percentage shots. The players in most instances will consider shooting from the 4-point line rather than shooting high percentage shots inside the paint. Additionally, few players will only contest this shot as it has a low percentage in the league since it is new, but considering the long-bomb players in PBA such as Paul Lee will be lethal in clutch times and the defense will stretch to the four-point line. However, for other players

who will shoot this could have a high chance that it will result in an airball.

Third, the defensive tact stretches. Adding a new shot range will also lead to extended offensive and defensive plays. The distance of a four-point line will give the players a series of adjustments and thus we are far from the international games. It is either to spice things up or to catch up with the Stephen Curry effect. Considering there will be no corner fours and players will stop competing in late games and will just shoot fours just to catch up the lead.

Good or Bad. There is nothing wrong in trying new things, it is just the concept of the new four-point line that is not well introduced in the league. The PBA should have just tried to study the new regulation before implementing it in the professional league. However, things might work out over time, but the question that is left is, was it for the betterment or for the worst? 🐼



His Four-wheeled Culture: A GAS Enthusiast

BY MDPN, JOHN KIRK SHADI A. MAGSAEL

Gratitude. Authenticity. Selflessness.

These are the embodied values of the Sports Coordinator and a well-known Physical Education instructor from John B. Lacson Foundation Maritime University (Arevalo), Inc. embodies. As he does not just excel in the classroom nor in the middle of the field, as he also rules the streets.

Meet Mr. June Raymond Peter Flores M.A. Ed., an energetic teacher who motivates and instructs his students by always making them laugh through his witty jokes. But on a serious note, he is genuinely strict. Due to this, he became the sports coordinator of the unit that helped the university's student-athletes garner many prestigious awards. At the 2024 National Private School Athletic Association (NPRISAA) in Legazpi City, Albay, he assisted a total of nine student-athletes from the university to qualify in the said inter-region tournament.

Moreover, Mr. Flores does not just transcend in the class as an instructor or in the depths of a gym as a sports coordinator, but he is also a

car enthusiast—roaming in the urban streets of Iloilo City, flaunting night in and night out, head-turning cars powered by fine engines. His passion for modifying his cars started in 2004, two years after he became an instructor at the university. He simply started because he wanted to make his car look more presentable. But as the years pass by, he puts this passion into a whole new level. During his earlier years, he is always criticized because his car is not well-modded and it gains less attraction to people—this drives him to be better.

He started to use a combination of distinct and unique colors to be painted on his cars, creating a sense of authenticity due to its exotic appearance. He spent thousands of pesos just to upgrade his car's rim, exterior, mag, and engine. With these developments, people started to praise his cars, which eventually garnered many car show awards.

In an interview, Mr. Flores humbly shared that joining different car show events in the city and in the whole region gives him self-fulfillment. He

loves to see people appreciating his cars by taking pictures of them and posting them on social media. This drives him to be more passionate, no matter what the cost is. To promote and share his passion with the students, he successfully held a car show and motor show event in the university last 2015 and 2017.

As of the moment, Mr. Flores owns four cars, namely: Honeybee, Blacky, Tarselan, Majimbo, and Bluetooth. All of these cars are multi-awarded: Best in Paint Overall Champion, Best of Show VIP Champion, VIP Best Car Choice, Robinson's Mall Choice Award, Best Honda Millennium Mild Modification, Best Aftermarket Body Kits Champion, Best Custom Modified Champion etc. Aside from this, he also owns eight modified bikes.

Mr. Flores is a testament that anyone can have his own passion that will make them feel satisfied and fulfilled. In order to unlock deep desire for the purpose of life, always be fueled up by unhindered gratitude, have an authentic mindset, and have a selfless attitude. 🐼

STAGE PRESENCE ON

GOLDEN MOVES: Mdpn. Dandreb James D. Cangayda standing proud and tall after dancing his way to the top of the world during the World Dancesport Federation Cebu Open 2024, and the PDSF 3rd Quarter National Dance Sport Championship 2024.



JBLFMU-A's dancesport enthusiast hauls his way to gold

By Mdpn. Kiann Marteen P. Baldo

"I made it!"

Those were the words expressed by Mdpn. Dandreb James D. Cangayda in his Facebook post, after placing first in the World Dancesport Federation Cebu Open 2024, and the PDSF 3rd Quarter National Dance Sport Championship 2024 Special Event 1D category, last September 14 and 15 at the Pacific Grand Ballroom, Waterfront Cebu City.

Mdpn. Cangayda and his partner, Kate Michelle Jaramillo, displayed a mesmerizing performance that ultimately impressed the judges.

In a Facebook post, the dancer stated that this was not his first time partnering together with Jaramillo. In 2018, during the RSV Open Ballroom and Dancesport Competition, they also teamed up, where they placed 5th.

"You know na lahat yan kung ano ka happy ako today na naka partner ta liwat at the same time nag daog ta," Mdpn. Cangayda said, referring her partner.

More than 30 countries from all over the world with over 100 exemplary pairs competed in the said event.

"It wasn't easy,

but every moment of dedication and perseverance has paid off," he added.

Furthermore, Mdpn. Cangayda voiced out his gratitude towards his trainer; Matias Cu Tanco, barber; Jaylord Amador Rubia, hairstylist; John Kevin Sabuero and Chelleen Faith; Gina Guarra Mendoza Teruel for his costume; and the Ballroom Philippines for providing his dancing shoes.

Mdpn. Cangayda is a member of the Handumanan Circle, and he also bagged the championship trophy for dancesport last 76th Founding Anniversary together with his partner, Mdpwn. Faith Lianne Alavanzas. 🐾

Historical run: Vanguard's Esports closes national games stint with 2 podium finishes

By Mdpn. Josh Narzoles



PHOTO COURTESY OF 2/M KARL DANIELLE M. SIRA

The Cinderella run of John B. Lacson Foundation Maritime University (Arevalo), Inc. Vanguard's Esports Mobile Legends: Bang Bang and Call of Duty Mobile team has ended, leaving their national Esports mark as bronze medalists.

After falling against their rivals, both teams cut short of the chance to be hailed as Alliance Games Season Four National champions.

The battle between Vanguard's Esports MLBB team and University of Santo Tomas' Teletigers Chaos, showed domination of both teams in the arena with exhilarating plays, as Vanguard's Esports MLBB took their position, as the Alliance Games S4 Nationals, Mobile Legends: Bang Bang 2nd runner up.

Moreover, the CODM team also maintained their dominance, claiming the victory as Alliance Games S4 Nationals: Call of Duty Mobile 2nd runner up, bringing the LSB Sharks Unlimited of Lyceum of Subic Bay to defeat.

With the guidance of 2/M Karl Danielle Sira and Ma'am Kirsten Moira Dionela, together with the formidable players: Midshipman Andrei Dayon, and his fellow midshipmen; John Mark Andresio, Francis Juliane Lizada, Jay Parenno, Gene Francis Ledonio, and Gerald Barranco comprising the MLBB players.

Completing the CODM roster are the university's astounding midshipmen: Amiel Gustilo, John Tubid, Ramon Anlocotan, Errol Basco, Philip Ortigas, Jarren Japitana, and John Gales.

"Joining the AcadArena National Alliance games was a great journey for our Vanguard's Esports since it was our first time to join and ending up in the national stage with a podium finish. We are indeed maritime and more," 2/M Karl Danielle Sira, Adviser of Vanguard's Esports quoted.

Notably, last August 19, 2023, Vanguard's Esports' MLBB and CODM team was hailed as 2023 ROTC Games Esports champions, securing their Western Visayas Leg.

In addition, Alliance Games Esports is known as the biggest campus Esports league in Southeast Asia by AcadArena. 🐾

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