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MA’AM VIRMA

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Part two!
Page 13

The Class of 2010
CONGRATULATIONS
AND MARIHAY!
Batch 2020

To The Batch 2010 Graduates!
Congratulations and jubilation to the graduates on this momentous event in your life. Finally, you made it to the finish line a few steps from now, you will walk on stage to receive the B.S. Nursing Diploma. Graduation is both a happy and sad affair for the graduating students. It is happy because some of your worries and problems are over, and you are now walking up to an exciting journey ahead. It is sad because it is time to say goodbye to your classmates and teachers, no more weekly tutorials and class requirements to deal with. But at the same time graduation brings about new moments every time you think of the good times and happy experiences of school and hospital life. The good people you have known will be with you for years. Classmates, teachers, friends, and those who have shared not only time but also your journey and not to forget the OLGC campus which had become your home for four years. The living witness to all your struggles and triumphs. OLGC for sure had molded you to be competent and caring nurses. Professionals see these traits to realize your dreams for a better future for your family.

May you all find your place in this big wold. Wish you with my prayers and best wishes for a successful voyage.

Ms. Arminieyica Carbon
OLGC Guidance Counselor

Editor’s Corner
Lizmarie Punongbayan-Manatyon

The only thing permanent in this world is CHANGE. This is a phrase which is familiar to many and often stated by a person who is in the midst of change. With any kind of change, there is a TRANSITION. This time can be described as a collage of school events, announcements of things to come, stories and poems of inspiration, humor, artwork, interviews, etc. It can also be described as an issue revolving around the 4th batch of OLGC Nursing Graduates. It is CODE BLUE’s 2nd issue and we thank God and all those who have contributed to us. We hope you enjoy it and give us your ideas and feedback.

I was suggested that the theme of this issue is that of CHANGE/TRANSITION and the editorial team agreed that it should be. It has been said that any kind of transition -- whether it be brought about by joyful or sad circumstances -- will make the person undergoing the change grimmer and more exciting. Something old is always replaced by something new, and what are those changes?

CHANGE WITHIN SELF ~ it cannot be denied that each and every member of the OLGC Community underwent changes. There was only one person who did not go through this experience -- can you figure out who that person is? Change within self is part and parcel of growth and maturation. Let us all hope and pray that all the changes we go through (physical, emotional, mental, spiritual) are for the good.

CHANGE WITHIN YOUR COMMUNITY -- it is just natural just as well that the community you belong to has undergone transition. The perfect example is experiencing a calmness brought about by nature’s wrath or man’s foolishness. Look to Haiti, Chile and of course our country itself. Disasters have a way of forcing us to change and transition to another phase.

On May 10, we will be voting for new leaders. Whatever turns out to be the winner will have a big change and transition from the incumbent to the elected. Even if a leader is re-elected, things will never be the same.

CHANGE IN OLGC -- Close to home though, we are in a whirlwind of change. Last June we started implementing yet another new nursing curriculum. There was a new batch of Student Council Officers. Last week a new pair of Mr. & Mrs. Nursing was appointed. Our esteemed College President has been selected as one of the most admired and accomplished Filipinos. More than 200 seniors will be graduating on April 8 and a new batch of students will be entering OLGC in a few months. New courses are being introduced which obviously will add new faces in the academic leadership and faculty. But the Nursing Department has just begun a new chapter.

We are in the midst of exciting times indeed. Though the very thought of all these changes can make one wary and bewildered -- we must press on and rise up to the challenges these changes present. We are all part of these transitions and through it all, strong and faithful at times -- we will keep changing.

Verayma Bautista
Mher Angelito Ortez
Arniel Aya Caluya
Michael Arjo Abarbe
Verna Daffe
Gippy Reyes
Lovenz Domingo
Joan Gemene
Claudine Perez
Philip Aquino
Staff

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2nd Battle of the Nightingales: A Success!

To prove once again the excellence of OLGCans in attitude, skills and knowledge, ASK Honor Society together with their advisor successfully held the 2nd Battle of the Nightingales last January 5, 2013. There were different events prepared to answer your level.

For the freshmen, they had the Quiz Bee Competition wherein Mr. Lorenzo topped them all and Ms. Paulino came second.

For the seniors, they had three events: First, the nerve-wracking Team Demonstration wherein Christine Jane Ciller (B-2) triumphed and Lourdes Berde (B-1) placed second. Next, the outstanding Debate wherein two groups agreed with the topic: "Entertainment vs. Merdeku!" wherein representatives of Block 3 led by Br. Duilio Cruz and his teammates, Vonya Bautista, Karen Molina and Michael Ray, showed firmness in presenting and defending their stance and became the champion against the representatives of Block 4 led by Edel Luna with her teammates, Archival Caluca, Shyreen Verona and Marjorie Guimond who placed first runner-up. Delfina Cruz was also the first Debater. Third, the Carioca Salsa was the all-play wherein Block 4 competed and proved their inordinate talent in dancing; and Block 1 which in famously performed well.

For the juniors, they had two events: First, the music-scoring读懂读 Readability whomseón represen-tatives of Block 1 led by Audra Cordero won the first place and the representatives of Block 3 led by Kelvin Moore got the second place. Next, the NCP Making Ceremonies wherein representatives of Group 2 of Block 1 led by Radyne MacGraw triumphed on the first place and the representatives of Group 4 of Block 1 led by Ms. Ann Silvestre landed on the second place.

And of course, the seniors who also had two events. First, the Grand Case Presentation wherein the representatives of Block 1 won first place while representatives of Block 2 took the second place. They also had Thesis Abstract Presentation, wherein Group 1 of Block 1 made it to the first place and Group 2 got the spot for the second place.

With all these fun and challenging experiences, ASK Honor Society was very proud to those who helped, participated and took part in making the 2nd Battle of the Nightingales a success, particularly the judges for their fair and just decisions. For now, ASK Honor Society will improve and make it better for those who look forward to it in the coming years.

By: Agatha Marie Sibat, Vice-President, ASK Honor Society
Level 1-Block 1

A Message from the Heart

By: John J. Giomi, Claudine B. Perez

It’s been almost four years that we’ve been here and in these four years we’ve been through many trials, challenges and even fun memories to cherish with fellow students of the ASK Honor Society. To all the members who have been with us through the years, we’re proud to say that we’ve been part of your lives. We believe that our membership is not just an added advantage to your academic life but also a part of your journey towards your future.

By: Angelina Marie Sibat, Vice-President, ASK Honor Society Level IV-Block 1

The ASK Honor Society after a successful event.

Romeo C. Mabatias IV Block 5

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WHO'S YOU'RE BET?
THE 2010 Philippine Presidentials...

Are you ready for the coming election? Who’s your bet? With an
upcoming election period is the much awaited event for all of us, and
why didn’t I say it right here will be the first time that our
country will use the automated system of voting wherein all the
procedures during the election will be changed. More or less like our
time exam rooms where we mostly got the feel of the Internet
automatically. But aside from the process of the “halo- halo” system
it is a fact that the fight between 9 presidentials is a tough one. Almost of all
them will spend millions of money just to win this battle and be proclaimed as
our new president. We must know each of their candidates from their personal pro-
files to their professional careers just to be sure that our vote will be worth it.

Noynoy Aquino III
(Liberal Party)
Profession: Senator
Religion: Roman Catholic
Civil Status: Single
Age: 49
Home town: Manila
Birthday: February 8, 1960
Political Career:
*Representative of the 2nd district of Tarlac (1998-2007)
*Vice-President of Civil, Political and Human Rights, Public Order and Safety
(11th and 12th Congress)

Short Description
TANGGALIN ANG TEWALI, TAMA ANG MAUL. “Corruption is the
singe biggest threat to our democracy. It deprives the poor of the
social services they really need.” In deapthing, he is the very man
that our society needs. He promotes an agenda for democracy, and
proposes a determined program to eradicate corruption.

Gilbert Teodoro
(Laica-Kampi-CMD)
Profession: Secretary of National Defense
Civil Status: Married
Home town: Manila
Birthday: June 14, 1964
Political Career:
*House Representative of the 1st district of Tarlac (1998-2007)
*Assistant Majority Leader in the 11th Congress
*Head of the Nationalists’ People’s Coalition House members
*Member of the House contingent to the Legislative-
Executive Development Advisory Council.

Short Description
Honorable Gilbert “Gilbert” Cuxango Teodoro, Jr. is the
youngest Secretary to hold the Defense portfolio at the age of
43, when he assumed the post in August 2007.

Manny Villar
(Nationalista Party)
Profession: Senator, Businessman
Religion: Roman Catholic
Civil Status: Married
Age: 59
Home town: Manila
Birthday: December 13, 1945
Political Career:
*Elected as Congressman of Las Piñas in 1992
*Chosen as Speaker of the House of Representatives in 1998
*Vice-President of the Philippines in 2006

Short Description
The public life of Manny Villar straddles both the worlds of busi-
ness and politics. He is one of the few who managed to excel in
each aspect of life.

Joseph Estrada
(Pwersa ng Masaya Party)
Profession: Former President, Actor
Religion: Roman Catholic
Civil Status: Married
Age: 57
Home town: Manila
Birthday: April 19, 1937
Political Career:
*Determined to enter politics in 1997 and became a
Mayor of San Juan in 1988
*Elected as Member of the House of Representatives in 1992
*Appointed as 2nd Vice-President of the Philippines
*Chairman of the additional Anti-Crime Commission (PACC)

Short Description
Tusday at Tatap na Nagmagalag sa Masa Pilipino
Personal Life
Estrada is married to (the former Doctor and first lady-turned-
Senator) Luisa Pineda and has three children by her. Jose
Estrada, Jr. (better known as “Ding Dinyo Estrada”), former Mayor
of San Juan turned Senator married to Pura Yap; Jackie
Estrada (married to Beaver Lopez), and Jude Estrada (married to
Willy Pictures). Joseph Estrada met his wife Lot while working
as an orderly at the National Center for Mental Health (NCHM)
in Hermosillo City.

THE SOON-TO-BE OLGC
Is it true that the school will be opening new courses?
For HRM students as one of the recent talks in the campus. (You refer to
the facts from the notice, yours truly, conducted an interview with our
College Administrator, Mr. Vincent Mark Vergel De Dios.)

Verlyn Bautista: How did you come up with the two new courses
Sir Vincent Mark Vergel De Dios: Basically, we did a survey
among the students in particular and asked what they want our College
to offer. As you may have noticed, most of the students do not
major in HRM. So we decided to add two courses: HRM and
Management Studies.

Short Description
The public life of Manny Villar straddles both the worlds of busi-
ness and politics. He is one of the few who managed to excel in
each aspect of life.

Sir Mark: When it comes to that, basically, there might be
other organizations. Our college will always be one supreme
student contact point for all the students. As of now, there will be a
sub-committee for nursing, a sub-committee for HRM, a sub-committee
for Business Administration of Laica Kampa. Basically, the major organizations like the
UP Honor Society, Code Blue, the Master Chefs, the
Duke Troops and the other organizations. They would be
an open policy for accepting students or members from other
colleges as well.

Students are looking forward to these courses to help them
in their career path to hospitality management and education.

Sir Mark: Hospitality management courses are included in
the curriculum of our college. You can do health
training, you can also do dietary services like the one in the
hospital, the people basically behind the food that is served in the hospital
can also be a great influence in this field. Also, the
hospitality industry would be the most important
in terms of hospitality and management.

Short Description
Tusday at Tatap na Nagmagalag sa Masa Pilipino
Personal Life
Estrada is married to (the former Doctor and first lady-turned-
Senator) Luisa Pineda and has three children by her. Jose
Estrada, Jr. (better known as “Ding Dinyo Estrada”), former Mayor
of San Juan turned Senator married to Pura Yap; Jackie
Estrada (married to Beaver Lopez), and Jude Estrada (married to
Willy Pictures). Joseph Estrada met his wife Lot while working
as an orderly at the National Center for Mental Health (NCHM)
in Hermosillo City.

The Official Publication of Our Lady Of Guadalupe Colleges
FEATURE

TEN MINUTES WITH

DREAMBOOK

Interview with

Na'ma' Vinna

The Dolphin Lady

Na'ma' Vinna is a nurse at the Dolphin Lady, a rehabilitation center for dolphins. She has been working at the center for 10 years and is considered one of the most knowledgeable nurses in the field.

FEATURE

Toxins and need forgunañal administration and new nursing interventions and use.

GG: Can you tell us how you came to be a nurse, and what made you choose to work in the field of nursing?

Na'ma' Vinna: I've always been interested in helping people. When I was a child, I used to take care of sick animals and it was something I loved to do. I decided to become a nurse because I want to help people in need.

GG: What is the most rewarding aspect of your job?

Na'ma' Vinna: I love seeing the improvement in my patients. It gives me a sense of satisfaction knowing that I have helped them.

GG: What is the most challenging aspect of your job?

Na'ma' Vinna: Dealing with the loss of a patient is one of the most difficult things. It's always hard to see someone you care for pass away.

GG: What advice would you give to someone who is considering a career in nursing?

Na'ma' Vinna: If you're passionate about helping others, then nursing is a great career for you. It's a rewarding field and you get to make a real difference in people's lives.

GG: What is your favorite memory from working at the Dolphin Lady?

Na'ma' Vinna: One of my favorite memories was when we rescued a dolphin that had been stranded for several days. It was heartbreaking to see it suffering, but the day we were able to release it back into the wild was incredibly gratifying.

GG: What is the best advice you've ever received in your career?

Na'ma' Vinna: The best advice I've received is to always treat others as you would like to be treated. It's a simple rule, but it's one that has served me well in my career.

GG: What do you think is the future of nursing?

Na'ma' Vinna: I believe that nursing will become even more important in the future. With advancements in technology, we will be able to do even more to help our patients.

GG: Thank you, Na'ma' Vinna, for taking the time to speak with us.

Na'ma' Vinna: You're welcome. It was my pleasure.

The Dolphin Lady

A rehabilitation center for dolphins

The Dolphin Lady is a rehabilitation center for dolphins located in the Philippines. The center is dedicated to the care and rehabilitation of sick and injured dolphins. The center was founded by Na'ma' Vinna, a nurse who has dedicated her life to helping these beautiful animals.

The center provides state-of-the-art facilities and expert care for its patients. Na'ma' Vinna and her team of nurses and veterinarians work tirelessly to ensure that the dolphins receive the best possible care.

The Dolphin Lady is open to visitors who are interested in learning more about dolphins and the work that is being done to help them. Visitors are welcome to take guided tours of the center and meet the dolphins up close.

For more information, please visit the center's website at www.dolphinlady.org.
Dr. Jerome Hubach, RN, MD was an incredibly smart professor and mentor. Someone I immediately respected, but often looked up to as expected. He was the kind of person who always seemed to know exactly what he was talking about. His lectures were engaging and thought-provoking and I always found myself looking forward to them. However, I also admired his personal qualities. He was always very humble and approachable, and I never felt like I was just another student in the class. He always took the time to make sure each of his students felt valued and respected.

Dr. Hubach's course was one of the most challenging I had ever taken, but it was also one of the most rewarding. I learned so much from him and his teachings have stayed with me throughout my career. He was an amazing professor and I feel so lucky to have had him as my mentor.
A Victory-Flavored Vigan Longganisa

I have never tasted the taste of the usual longganisa in the metro. There is just something in its sweet-salty taste that made me feel at home. It's probably because I missed my childhood days! I would like to try some of the longganisa that I tasted in the metro. I will try to make some of my own and share it with my friends.

A FRIGID’S (from page 1)

She was the perfect friend. I always told her to look out for my heart, but her emotions ran high. Feeling like she was not the same as she was last week. I thought she had the perfect hair. She told me to just accept the fact that I was confused. I never said I agreed, just to keep it real. She just didn’t know what to do. It may not seem like it, but love is more complex than just having fun with your life. I also told her to laugh a lot for her to be happy.

Sometimes, love means letting go when you want a person to stay. Sometimes, love means asking for help when you lose something to respect too much.

In the end, it was all for the best. I will always love her but not to have her experience it all.

WATER AND ENERGY CONSERVATION TIPS

It’s summer time and for sure the bills are all Fixing up, so let us not to cause much at this time of the year. It’s all about living a better life with the use of wise tips. One of the tips is to follow these few simple steps in order for us to save up:

1. Use energy saving light bulbs.
2. Avoid using too much water during the evening hours. Try eating in the sun instead of using the dryer in the washing machine.
3. Always turn off the lights and appliances when not in use.
4. Unplug your electronic devices when you are not using them because most sets drain power even when they’re just turned off.

Veena Dafon

Hard Rock

Fo-check, sermon, pa-check, REVISI!
Ganun na lang din ka ngalaga na! Dito ka na lang nag alaga na ang defensibong WOAO! Nakakawala ng patience!
Mabuti lang yun! May finally pa!
Kasal, ngalaga an daga ka-
exena.
Wala, wala pa, tanti ay para- lito.
Tanti, akogoy, maisip na ng nangpatulog.
Ilang tansong, lang isang.
Kaya ko ba? E, nakakawala mo?
Parental, sa lang sa kita... ARAY!
“Ammonia!” “Ammonia!” “May pansarap mo!”
Wewew, Catharization nang ang labon, Papagpas ng tubig sa sensibong organ, “Kasi!” Kumpia nananam ang Mercury, P151 x 10 x 8... tak lang maga kaal.
You have to use siter stic style technique.
Fude ba yun sa paghipom ng sterilized milk?
“Aperato!” “STERILE!” “STERILE!”
Waaahhh!!! Nakaipangin na!
Next stop? Sabong gamin!
Makita kong ngalaga dito, A gagap!
Dapat pati scientific name kahit la.
Peppered pula, Cassia abdi... ha?
Practical way na lang, finds no.
Maglipig! Inalay ba ko-mabilin. Oop! “Touch me! UNSTERILE!”
WHATATA! Pasong di ko na-feel.
Mas mahaba ang pasalit sa part two.
Ewan ko pero yung an totoo.
Mag-aral, mag-aral, maka mag-altal.
Huwag maging hindi ang sapin mong tulog.
2nd year! Trabajo ka Pare! Pangung ung sa tu.
Wala mong hahapin, nakakawarding?
Kung maulingon ka la! “RAH NA ang nang husti!”
Sona may paga-pa pa... next station... SUMMER!

What on Earth is Going On?

God gave us the freedom to choose ourselves. It is our very own hands to make our lives as meaningful and as fulfilling as we can. It is our choice to be lazy and to do some short cuts and have a mediocre-flavored longganisa. It is also our choice to be hard working and do the long right way and have the perfect victory-flavored longganisa. As long as we try to be a better person, we can also choose to be a winner.

Trabahong 2nd Year - Part 2

Masaya! MGA NAKAMAN ang pasad sa isang pa-sa-sa... No choice left! ... SAPIHAN!
Ang ing! Sobrang Nakaakulay nga! Pagkain ka b na na-mam na gawar... Pako sa pako, kahoy al sa-guag...
Pakos, emosy, pawis, sumog na ba’d!
Nang malapit ang katakot-kot na survey...
Kala ko p p is the start of our free day!
DAGOOG! Part two nga problema!
DAGOOG! Pagvad sa pera!
AiOi! Sigle Gato dito, gaoo dito! Habag na nga amista sa mi habag.
Nakatatao nga numero! Naka cabin!
Health problems, group, chapter, interpretation, ANALYSIS!
Pagka-kumpleto... PRINT!
Kita mah ABS nga ang ing
Tako ma-fagay hangang tignama. $10? wala na alang pilahan!

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DRESS CODE 101: Dress for SUCCESS

Staff: Amo ang nagiging feedback sa inyo ng mgaagap pag- susunod ng White Clinical Uniform ang mga Freshmen?

1st year: SHOCKED! Skirts nawa ang maging simple lang ang pagiging. 1st year. Marunw na pagiina ng iba, lahat na changes para san in. Ang short time para same adjustments... we're not fully prepared for this, it's more than what we've expected.

2nd year: "Nedyo nagtutulad tayo from our batch down to the 1st year level, medical-clinical uniform na?"

3rd year: "NYAAH! Hadi na man daw! Kami nga, dala-wag ang mga pelotang-pelotang sa panahon ang mga change draconian na min. Kasi lahat ng mina kapit sa gumin na saon makapal po kani na Lecture at S.E.E. pero naka-pag-aalier kina, kasi nag-pag-mlot sa buhay na feel na feel mo mabuti hahahaha. di ang taga lalala natin..."

4th year: "Wala po nayoh! Nagpapalakad advantage sa grupo ko! Kasi maa pa pag-aaral, pero ang exchange kulay natin ng bagong uniform na sa back natin! Joke! Come level-up na oto OLGC patuloy! Congratulations sa 1st year same changes umatukmo at same uniform, ours being the clinical uniform... just simply just wearing them."

Nursing uniforms are a "Nonverbal", conscious statement that a nurse have the skills and knowledge to care for others. The uniform is familiar and over the decades its style has changed significantly to adapt to the requirements of the profession. The traditional uniform of Florence Nightingale was designed to project an image of a nurse trained and serving. Professional identity has become an increasingly important concept in nursing, strongly associated with the nurse’s self-esteem, defining professional identity as the values and beliefs held that guide their thinking, actions and interactions. First looks will always be essential. It is where all starts.

No matter what your profession and body language are, the way you present yourself is way too important to leave it unaccompanied with dressing professionally also includes GROOMING. It Creates an important positive image. Our uniforms give us a certain level of confidence to carry out our roles and responsibilities. It affects every aspect of human behavior, their desire for the ability to learn, the capacity to grow and change. A strong, positive self-image is the best possible preparation for success in life.

The SELF-IMAGE is the key to human personality and human behavior. Change the self-image and you change the personality and the behavior.

Sir Fiona

WHAT'S ON EARTH... (from Page 13)

6. THE PROMISE: "If I am the Son of God, then I can do anything."

"For our citizenship is in heaven, from which also we look for a Savior, the Lord Jesus Christ, who will transform our lowly body to be like His majestic body, by the power that is working in those who love Him. Philippians 3:21-21."

ENTERTAINMENT

KNOCK KNOCK 2010
By ROYAL TANGOS
Via plyamaytommy.com

Knock knock.
Who's there?
CASH.
CASH-wut.
Cash-out cutout.
Don't let me down baby.
CASH WHAT? Why when I say no you say yes?
KNOCK.
No, knock.
CASH.
CASH WHAT? Why when I say no you say yes?
KNOCK.
No, knock.
CASH.
CASH WHAT? Why when I say no you say yes?
KNOCK.
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KNOCK.
1. Ang OLGC, iyan ang main setting sa lahat ng trabahera ng mga OLGCians. Kung bagong ka pa lang dito, ilispin mo talaga na mahaba ang gusaling ito, pero dyan ka mawala "wow mail" dahil 1/3 lang sa mahabang yunang school mo. Basta kapag nakikita mo na nandun si Boss Chief, si Kuya Adrian, yung Magpataho, at yung driver ni Dean (the POWER 4) ay siguradong nasa school ka na.

2. Syempre, panagala ang VRPMC, Victor R. Potenciano Medical Center, pero pwede din tawaging "POLYMEDIC", ayon sa una nilong bangisag. Hindi ko alam kung bakit nila pinalitan ng pangalan ang ganun, ("inoisente po ako") basta ang alam ko, kakulay ng pader nito ang uniform


4. Lovers' site ang tawag ko rito, bakit? Kasi dito mo lagi nakikita ang mga naghihiran na BF at GF ng mga OLGCians, maging ng mga nasa ospital. Hindi kasi sila pwedeng pumasok, hindi kasi kadahilanang BAWAL MAHAL sa school, ito'y sa kadahilanan ANDUN SI BOSS CHIEF!

5. Ito, hindi ko alam kung totoo ba ang may pumupunta rito kasi, una, nasa tabi eya ng generator, pangalawa, hindi ala masyadong kita, at pangatlo, may tumutulong tugog ng aircon dito, tsamba na lang kung hindi ka matutulungan.


8. Masarap ang burger dito. Masarap. Lalio na kapag na kapag masungit yung tindera. Umupo ka lang dito at maka-access ka na ng wifi. (Secret lang natin yan ah...)


