

Sports Excellence in a Green Environment

School heads, sports enthusiasts, neophytes, amateur and professional athletes
Political leaders, government and private officials, young and old or mere onlookers
One in spirit, join forces towards a common goal to host Palarong Bicol
Resources are laid and exhausted, measures organized and conceived involving all
Together with DepEd, the provincial and congressional office
Sought for an official logo through a region wide contest
Every school or college was invited, an entry must be submitted
Explaining every criterion in a division memo was stipulated
Consider the environment, take care and express concern
Every talented artist must draw, interpret then exhibit
Logo Making Contest was initiated the first of its kind
Lucky contestants submitted entries with the required design
Expecting to be a winner each contestant wished for
Nothing or no one can stop an artistic pen to strive for more
Consultations, revisions, reinforcements were agreed
Emerging a champion a sophomore from C.N.H.S. was glad indeed
Inspired by the artistic prowess of John Karl Jauga, the judges have spoken
Now try to see for yourself the winning logo displayed at the Division
Any comment or suggestion or even a violent reaction?
Nothing or no one can present an exception
Every individual would agree and share a nod for sure
Nobody will complain the judges were right to assure
Very appealing the logo has the theme drawn and connected
Involving the totality of the island province expressed and shared
Reaching out, pliant and resilient, every storm is a challenge
Owing to God a strong faith to live and surpass
Not a thorn stands out after a storm never forgets to pass
Men and women, laborer, farmers, teachers, young and old
Every government and private official coward or bold
Nurture our slowly dying Mother Earth we dearly hold
Towards sports excellence every athlete should uphold

Nacopy Nyo Ba Ito?

Have a friendly competition, yung walang protest-protest"
Nueve Carascal
(Chief Secondary Education)

"There is something more in winning, winning may not hurt people, you don't need to shed blood in order to win."
Dr. Orfelina O. Guy
(Regional Director (Region V))

"Welcome to the peaceful yet progressive province of Catanduanes"
Gov. Joseph C. Cua
(Provincial Governor)

"Ang edukasyon ay hindi kompleto kung walang isports"
Mayor Jose Tito V. Alberto
(Mun. Mayor-Virac)

"Maliit man sa bilang, sigurado naman sa laban."
Madam Cecille Bernadette P. Rivera
(Schools Division Superintendent
Sabaco City Division)

Win or Lose

Maybelle V. Rubio

Winning comes with honor and fame
And losing should not be a shame
It doesn't matter if you win or lose
But how you play the game

Learn to accept defeat
And look forward to again compete
With luck and fortune in the next game
You will hit the fame.

Whether you win or lose
Take time to pause
To thank the Lord

Lawn Tennis Court

By Nervy Asanza & Glenn Valledor

It's a pavement – it's just a pavement
but it's more than just a pavement
it's a stage, a lat form, a dance floor
a fight cage, a war zone
debating room, an arena
a theatre, pressure cooker
it's all these things – sort of – but it's not
it isn't a park, or a picnic spot
there's no grass or cotton candy cart
but the bounce will be true
and the bounces will match
these are the courts made by the Bicol
Palaro crew
it's still just a pavement
a pavement that will bring out the
player's best
It's a lawn tennis court.

Paano Kung...

Aroline T. Borja

Di makarating?
Malayo ?
Kulang?
Wala?
Sira?

Pangit.
Masungit.
Kulot.
Panot.

Liko.
Tago.
Malayo.
Huwag mag-alala...

Di ka nag-iisa.
Malapit lang naman...
Pamasaha mo'y sasapat yan.

Walang sirang daan,
Madali lang naman,
Papunta sa Catandungan.

Walang pangit na makikita.
Walang masungit na makakasama.
Buhok mo'y di kukulot,
Ulo mo'y di mapapanot.

Di kailangang lumiko...
Di kailangang magtago,
Di kailangang lumayo...
CATANDUNGAN, MAY PAGSUYO.

TIGSIK

By Mary Ann S.R. Gonzales

Tigsik ko kaining Palarong Bikol
Dapat ang mga player puro tultol
Nagkasararo ang bikolnon
Sa Catanduanes gigibuhon

Tigsik ko kaining Catandunganon
Sa samuyang lugar na matuninong,
Mga tawo mabooton, maogmahon
Dai kamong iisipon, handa kamong
reparohon.

Tigsik ko kaining mga player
Manlain lain ang maatindir
Kun si Manny Pacquiao bantog sa
suntukan
Gabos na makawat mapatiribayan

Isport ngani ang hororon, Madaog
man satong akoon.
Legaspi, Albay, Catanduanes,
Masbate, Sorsogon
Ligao, Naga, Sabaco, Iriga,
Cam. Norte, Cam. Sur,
Mawot kamong paogmahon, sa mga
kawat na gigibuhon.
Basta naglaban nin magayon, an
magana satuyang umawon.



where honesty is more than just lip service.



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Division of Catanduanes



CamSur reclaims over-all crown

Hard work pays off

of this year's hostilities.

Cam Sur got overall points of 570.59 against Albay with 493 points. Next to Albay were Camarines Norte with 319.17 points; Naga City with 232.17; Legaspi City, 220.17; Sorsogon Province with 180.17; and Catanduanes with 176.50 points, first to sixth runners-up respectively.

OVER THE HUMP. This CamSur high jumper epitomizes his division's efforts to get over their three-year title drought. This year, CamSur ran away with the general title with a 570.59-point haul.

Camarines Sur ended three years of heart-break as they ran away with this year's over-all crown in convincing fashion, both in the secondary and elementary levels at the close

Sur in the secondary level were Archery (boys), table tennis (boys), lawn tennis (boys and girls), volleyball (boys), basketball (girls), and softball (girls). While in the elementary were

athletics (boys and girls), baseball (boys), boxing (boys), swimming (boys), badminton (girls), softball (girls), table tennis (girls), lawn tennis (girls) and volleyball (girls).

On the other hand, Albay dominated in the secondary level, with victories in Arnis (boys), badminton (boys), baseball (boys), boxing (boys), athletics (girls), badminton (girls), table tennis (girls). At the elementary level, the division also dominated in arnis (boys), chess (boys), sepak takraw (boys), lawn tennis (boys), volleyball (boys), and arnis (girls).

Meanwhile, during the closing and awarding ceremonies held on February 28 at the Catanduanes Athletic Complex Catanduanes representative Cesar V. Sarmiento has pronounced during the that next year's Bicol Palaro will be (Continued on page 2)

Naga City contingent all praises for DepEd Cat'nes

The Naga City delegation praised the provincial government and the DepEd Catanduanes for the warm welcome and accommodation for them this Palarong Bicol 2013.

"We really appreciate the warm welcome and good accommodation accorded to us by the province especially the billeting school. Most of the rooms have toilets. We are also comfortable staying in our respective quarters," Mr. Herman Bobis, Education Program Supervisor for Technology and Livelihood Education and Mr. Francisco Leo Damasig, Principal II, Naga City Division Sports Coordinator said.

Mr. Damasig added that this year they are aiming for the championship. They had 15 days of training to prepare the athletes. The city government has also supported them by providing facilities, financial aid and coaches who are expert in their respective sports.

Asked why they only ranked fourth



DOTING MOM. Atty Lenie Robredo, wife of former DILG secretary Jesse Robredo was on hand to cheer on youngest daughter Jilliane (inset), who competed for Naga City in swimming.

last year, Mr. Bobis opined that it was probably due to the fact that they were not able to focus on the events, being the host division.

(Sonia V. Prensader and Rosita Marino)

Sorsogon Province aims to improve on last year's finish

Sorsogon Province delegation is targeting better performance this Bicol Palaro 2013.

According to Mr. Anacleto Otivar, Education Program Supervisor for MAPEH, they expect that this Palaro they will improve on their performance from seventh place last year to fifth this year.

"Our players this year are very much prepared since we conducted school-based training aside from the concentration training. The local government unit of Sorsogon Province is also supportive to us," Mr. Otivar said.

Mr Otivar, stated that they only focused on team competitions last year, which led to a dismal seventh place finish. This Palaro, they gave attention to both individual and team events.

(Rosita R. Marino & Sonia V. Prensader)

Searing heat, overfatigue tagged as culprits

Medical teams kept busy as injuries hound Palaro athletes

In every triumph, there is a failure. For every winner, there is a loser. But aside from winning and losing, there are times that an athlete will experience a fall.

Of the 60 cases of injuries and accidents recorded on the first day of the Palaro, athletics saw the biggest number. On the first day in athletics, there were two athletes who collapsed and were taken to the hospital by ambulance. On the second day, three athletes also suffered the same fate. In soccer, athletes only suffered minor injuries. In basketball, there were also minor accidents which resulted to cramps and minor pains. The blistering heat of the sun was said to have contributed to the injuries of these athletes.

Meanwhile, athlete Jose Caramiel of Sorsogon City had breathing difficulties and loss of consciousness and was immediately transported to the Eastern Bicol Medical Center (EBMC). Daniel Rose de Quiroz of Catanduanes fractured her left radius/ulna and was also taken to the hospital immediately.

According to Dr. Marilyn Raquid of the Catanduanes Division Office, there were also 15 cases of wounds, 14 cases of breathing difficulty and over fatigue, 3 cases of muscle cramps, 2 cases of headache, 2 cases of sprain and numbness of lower extremities, 1 case foot swelling and pain, 1 case of chest pain/ arm-swelling. One coach suffered from sore eyes.

On the second day, there were 46 cases of injuries. Lawrence Cruz of Albay got a possible fracture of his right knee and Marie Rose Victorino of Iriga City suffered a fracture on her left hip and was given immediate attention at Eastern Bicol Medical Center (EBMC). There were 14 breathing and wound cases, 5 cases of body weakness, 4 cases of muscle cramps; 3 cases of stomach pains; 2 cases of sprain; one case each of chest pain, joint pain and sore eyes.

The third day of the games saw 47 new cases. Difficulty of breathing or body weakness topped the list with 10; next was dizziness with 7; wounds, 7; sprain, 3; stomachache 2; muscle cramps, 5; chest pain, 1; sprain in right foot 1; sprain in right thigh, 1; abdominal cramps, 1. Two were also taken to the hospital due to fracture.

Immediate treatment given by the medical team on site were cold compress, hot compress, cleaning of wounds, ice application, inhalation of ammonia, treatment of abrasion, oxygen administration and massage. X-ray examinations were also done in some cases.

Assisting the Division of Catanduanes medical team were the Philippine National Red Cross Catanduanes Chapter, Emergency Rural Unit (ERU). They were in charge of first aid for the injured athletes. Three stations were set up inside the athletic complex: one near the swimming pool, another beside the main gate and the third one beside the badminton and archery playing area. There were also stand-by ambulances in case of emergency.

A total of 15 volunteers trained for splinting, first aid and basic life support and nurses were posted at the Bicol

(Noemi S. Guerrero)



(Continued from page 1)

held again in Catanduanes, ostensibly in preparation for its bid to host the Palarong Pambansa in the near future.

A colorful fireworks display lit up the early evening, a fitting farewell to the six-day sporting event which drew the region's best athletes.

Dr. Orfelina O. Tuy represented by Mr. Jose Bonto, Regional Administrative Officer, Ms. Neuve S. Carrascal, chief of the Regional Secondary Education Division, Congressman Sarmiento, Governor Joseph C. Cua represented by Mr. Antonio Pena, SDS Jose L. Doncillo, ASDS Mariano B. De Guzman and Dr. Josefa V. Zape, EPS I in Araling Panlipunan were on hand for the announcement of results, awarding of certificates of attendance and participation, appreciation and recognition to the athletes and officials. The lowering of the delegation and regional flags were done by the Schools Division Superintendents of the region together with Mr. Bonto and Ms. Carrascal. Mr. Bonto gave the acknowledgement and final declaration of the closing of Bicol Palaro 2013. (Loraine D. Taule & Ramon T. Templonuevo)

FINAL TALLY Palarong Bicol 2013

Division	Elementary			Secondary			Grand Total	Rank
	Boys	Girls	Total	Boys	Girls	Total		
Albay	136	92	228	126	139	265	493	2 nd
Cam. Norte	82	50	132	90.67	96.5	187.17	319.17	3 rd
Cam. Sur	158.17	151.5	309.67	145.92	115	260.92	570.59	1 st
Catanduanes	74.5	30	104.5	39	33	72	176.50	7 th
Iriga City	10	10.17	20.17	22.25	7	29.25	49.42	12 th
Legaspi City	37.67	36	73.67	60	86.5	146.5	220.17	5 th
Ligao	48	15	63	17.25	23	40.25	103.25	9 th
Masbate City	19.5	15	34.5	44.5	6.5	51	85.5	10 th
Masbate Province	45	21	66	72.25	31.5	103.75	169.75	8 th
Naga City	46	70	116	54.67	61.5	116.17	232.17	4 th
Sorsogon City	6	6.67	12.67	4	10	14	26.67	13 th
Sorsogon Province	45	22.67	67.67	94	18.5	112.5	180.17	6 th
Tabaco City	21.17	10	31.17	25.5	7	32.5	63.67	11 th

(Data taken from the Division Clerk of Course)

'STRAIGHT' FROM CVS

Congressman Cesar Vergara Sarmiento has once again proven his dedicated service in the 2013 Bicol Palaro with Catanduanes as the host.

Here is the upshot of the ambush interview with the congressman:

Q: What are the preparations undertaken by the province in the hosting of this year's Bicol Palaro?

CVS: *Awat an preparasyon tanganing magayon an resulta. Mas magayon kung awat an preparasyon. Bulan ang inabot kan mga preparasyon.*

Q: What is the allotted budget for this event?

CVS: 50 million pesos. The details posted in the tarpaulin are as follows:

- Improvement of Grandstand
- Construction of Perimeter Fence
- Improvement of Facilities of Billeting Schools
- Construction of Bleachers, Shower Room and Dressing Room (Swimming Pool Area)
- Expansion of Lawn tennis Courts
- Drainage System
- Construction of Mess Hall
- Virac Covered Courts and Sports Plaza

Q: What are your expectations with Catanduanes as the host in terms of outcome, benefits and Catanduanes delegation's participation?

CVS: We are looking forward to the successful hosting of the Palaro *dahil sa kooperasyon nin iba-ibang sektor alog kan LGU, nin mayor, nin governor, Deped, buda iba pa.*

An sports complex mas magayon na. It is one way of promoting Catanduanes to the neighboring provinces. It is also a means to boost the local economy with more businesses coming out, increased income for tricycle drivers,

market and even for hotels. *Dai na n g a n i n a - aacommodate an g a b o s .* B u d a source of pride for every Catandunganon. With all these preparations and improvements, we are looking forward to the hosting of the Palarong Bicol next year and hopefully the Palarong Pambansa.

In the previous years, we are 5th. We are not expecting a sudden improvement to rank 1. *Pero mas magayon kun ma-increase an rank ta. Ang importante,* we were able to successfully stage Palarong Bicol 2013.

Q: Your message to athletes and non-athletes?

CVS: Try their best to get more medals in this palaro. To the Division Officials, let us show to the other delegations that the running of Palaro is smoothly going so that the other delegations will know that this hosting is well-planned.

(Loraine D. Taule, Josalie Tonio, and Noemi T. Guerrero)



GRAND PLANS. The congressman from the lone district of Catanduanes in cooperation with DepEd will embark on a mission to bring Palarong Pambansa to the island in a couple of years.

Constant practice makes perfect. This was the credo that propelled then twelve-year old Jillian Therese Robredo, into the lime-light during last year's Bicol Palaro in Naga City.



The Making of a Champion

Jessie Robredo is the youngest daughter of the late DILG secretary Jesse Robredo and Attorney Leni Robredo. She is currently a grade 7 student at the Naga City Science High School. She fell in love with swimming when she was 10 years old, and since

then she spends more than two hours swimming every day.

She won the gold medal at last year's Palarong Pambansa. For all the success that has gone her way, she has always thanked God and her family for being very supportive. She adds that her family serves as her inspiration to strive hard to be a gold medalist in the Palarong Pambansa.

Unflappable is the best description of this young lass. She always considers failure as a welcome opportunity for improvement. She never gets disappointed. Every time she loses, the more she gets encouraged and motivated.

The making of a champion does not happen instantly. It needs a lot of practice and positive attitude. Equally important is the support of friends and family members. And with God's help, an athlete's highest dream of becoming a champion will surely happen.

(Sonia V. Prensader & Rosita R. Marino)



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The hidden treasure of this island

much to be appreciated being away from the houses enjoying the sound of the nature. This is really good for those who want to meditate and reflect especially this time of Lent where one can feel the presence of God through His wonderful creations. It is already expected that once the place is reached, another visit is surely coming.

The St. John the Baptist parish church and the Doppler Radar Station, both in Bato, top the list. The Bato Church being a historical site depicts the culture of the past. The radar station is not only a source of joy but of information as well. Located on the top of the mountain, one can see the Pacific Ocean, a breathtaking view that one should not miss.

There are still a lot of good and exciting places in the Pearl of the Orient Sea such as the "Batalay Shrine", "Batong Paluway" and the "Luyang Cave". Being from Catanduanes, we almost know everything about the riches that the island has, but it is not expected that this "Palarong Bicol 2013" be an avenue of unveiling another treasure.

Impressions that stand out in conversations with visitors to the island include descriptions of the people of Catanduanes as being friendly, generous and accommodating, a treasure worth more than million of pesos which no amount of improvement, beautiful spots and material possessions can compensate.

The hidden treasure has already been uncovered and experienced. Let every Catanduanon nourish and cultivate it to continue to flourish and bloom that despite great odds be still living in everyone's heart and Let God be thanked for He is the Source of all these blessings.

(Sonia V. Prensader & Rosita R. Marino)

There are still a lot of good and exciting places in the Pearl of the Orient Sea

What can Catanduanes offer being an island province? This can be the question of some who have not yet visited the island.

Aside from a peaceful place as described by many, the province abounds in tourist spots such as beautiful beaches. This makes every Catanduanon truly proud of the abode. The Twin Rock Beach Resort located in Barangay Igang almost 15 kilometers from the Capital Town has already been the venue of meetings and conferences. It is a perfect place too for recreation with the family members after the day's hard work. Twin Rock Beach Resort can heal the feeling of tiredness and boredom brought about by the noisy and busy world.

Puraran Beach in Baras, Catanduanes is not only known for white sand but for surfing as well. The gigantic waves bring feeling of excitement and awe for surfers. One must also experience its relaxing and cool breeze. Its serenity is

Rico Blanco rocks Catanduanes

Former Rivermaya vocalist Rico Blanco rocked Catanduanes in his one and a half hour - concert at Plaza Rizal, Virac at a crowd of more than two thousand spectators last February 23 as part of the grand welcome night of the 2013 Bicol Palara sponsored by Congressman Cesar V. Sarmiento and Governor Joseph C. Cua.

The crowd was composed of people from all walks of life who spontaneously jumped and shouted with the music of Blanco. The place was jampacked, as everyone was eager to get close to the rock star.

In an interview with Radyo Natin FM, when asked about his impression about

Catanduanes, the returning Blanco said, "When I first came here, the weather was not good but after a day, the weather was already fine so the beautiful view of Catanduanes was seen."

Regarding his type of music, he said in the interview that when he was growing up, his type of music was futuristic. Now, he is inspired by festivals showcasing Filipino traditions. This answers the question of the spectators about his outfit in his recent shows in which he said, "Ipinalalabas ko na puwede yun (concept of festivals) sa pop."

His answer when asked about his message to the athletes was, "Good luck dito sa games. Alam ko matagal nyong pinaghandaan ang game na ito. Take the



PLAYING TO THE RICONATICS. Despite a very short six-song set, Rico Blanco fired up the head-bobbing, fist-waving, celebrity-hungry crowd.

opportunity to meet new friends and enjoy the sports na kinahihiligan nyo."

(Lorraine D. Taule with data from Kristine Carla Tejerero)

10 atleta di nakapaglaro sa Bicol Meet



FIELD OF DREAMS. No. 5 is awestruck by the sizeable crowd that had gathered at the Catanduanes Sports Complex to watch the ongoing games, far from the near empty and rutted playing field where he is king back home.

Sampung atleta na mula sa iba't-ibang dibisyon ang hindi nakapaglaro sa ginaganap na Palarong Bicol. Ito ay ayon kay Dr. Rolando Malate, Chairman ng Regional Sports Committee (RSC).

Ayon kay G. Malate, may iba't ibang kadahilanan kung bakit hindi nakapaglaro ang mga atleta. Tatlo sa mga manlalaro ay hindi ipinanganak sa Pilipinas at walang naipakitang Filipino passport; apat naman sa kanila ay walang record ng kapanganakan sa National Statistics Office (NSO) at tatlo dito ay nagkaproblema sa students' permanent record (Form-137).

"Document- based kami. We screen documents based on the rules and regulations. Taon-taon pareho lang naman ang requirements. Alam nila yan sa lower meet." tahasang sabi ng chairman ng komite.

Ayon pa rin sa kanya, may mga dapat sundin sa pagpili ng mga manlalaro. Kailangang ang manlalaro ay may tamang edad, o ipinanganak sa taong 1995 (sekondarya) at 2000 (elementarya). Walang bagsak na marka sa mga core subjects (English, Math, Filipino, Science) hanggang sa ikalawang markahan. Ikatlo, hindi miyembro at walang natatanggap na allowance mula sa Philippine/National Team, at Panghuli, kumpletong dokumentong ipinasa kabilang ang orihinal at photo copy ng birth certificate mula sa NSO, Form-137, at records of athletes mula sa coach.

Tumanggap pangalanan ng RSC ang mga na-disqualify na manlalaro pati na rin ang kanilang kinabibilangang delegasyon. "Tama nang 'consequence' yung hindi sila nakapaglaro. Huwag na nating ipaalam kung sino sila dahil pati mga magulang nila ay mag-aalala pa," dagdag pa ni G. Malate.

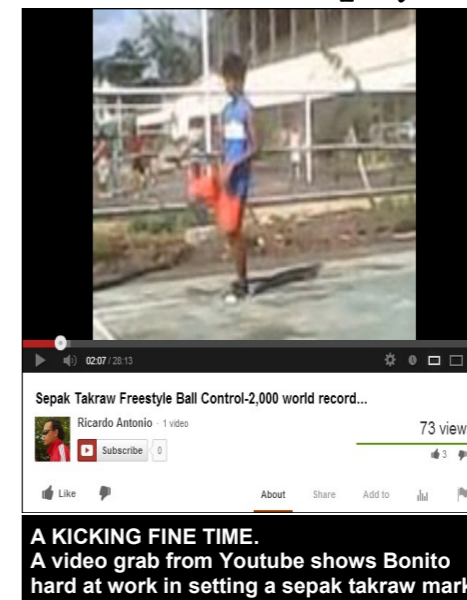
(Kristine Carla Tejerero)

It's Guinness or bust for this Cam Norte player

It is not immediately known whether Raymond Bonito Jr. of Camarines Norte was successful in his attempt to enter the Guinness Book of World Records via his sepak takraw skills, but credit him for trying.

A video uploaded last February 19 at the popular video sharing site, Youtube, shows Bonito kicking a standard sepak takraw ball into the air non-stop for 28 minutes. His coach, Mr. Ricardo B. Antonio of San Felipe National High School in San Felipe, Basud, Camarines Norte and the person who uploaded the said video, says that it was part of the player's preparation for Bicol Meet 2013.

A search of records at www.guinnessworldrecords.com does not show a feat similar to what Bonito attempted, though it features a record of the most touches of a football in one minute by a female (339),



A KICKING FINE TIME. A video grab from Youtube shows Bonito hard at work in setting a sepak takraw mark.

accomplished by Chloe Hegland of Canada on the set of Zheng Da Zong Yi - Guinness World Records Special in Beijing, China, on November 3, 2007.

(Ramon T. Templonuevo)

Palaro '13 Bazaar opens

In order to showcase some of Catanduanes' excellent products and to generate additional income as well, the Palaro Bazaar was formally opened on February 21 at the Division Office grounds.

The ribbon-cutting ceremonies of the fair featuring a total of 70 stalls offering a variety of services and products started at 9:30 a.m., with Catanduanes Congressman Cesar V. Sarmiento, representative of Governor Joseph Cua represented by Mr. Antonio Peña, Dr. Rolando Malate, chief, Regional Elementary Education Division and Ms. Neuve S. Carrascal, chief of the Regional Secondary Education Division as the guests of honor. Catanduanes DepEd officials who were on hand during the rites included Schools Division Superintendent Jose L. Doncillo and Mr. Mariano B. de Guzman, OIC Assistant Schools Division Superintendent.

Native products like handmade bags and household decors, t-shirts, foodstuffs, ornamental plants, religious CDs, photo booths, blankets, bags and jewelry and accessories were all on display for sale.

(Noemi S. Guerrero)

CVS Tree Planting held

"Isang Puno Para sa Manlalaro" was the theme of Congressman Cesar V. Sarmiento's tree-planting activity which was held right after the Palaro opening rites on February 23.

Dr. Milagros M. Kilayco of the EDSA People Power Commission represented by Dr. Ofelia S. Sy graced the said occasion which was held at the Catanduanes Athletic Complex.

Also present were Regional Director Orfelina O.Tuy, Dr. Rolando Malate, chief of the

Regional Elementary Education Division, Catanduanes Governor Joseph C. Cua, delegation officials and local government officials from different LGUs in the region.

(Noemi S. Guerrero)



Pagkatapos ng Palara, ano na?

Sa pagsasagawa ng Palarong Bicol 2013, hindi birong paghahanda ang ginawa ng lahat ng kalahok lalo na ang puspusang pagsasanay ng mga atleta para makamit ang minimithing korona na naging daan para sa pagtutulungan at pagkakaisa.

editorial Kapansin- pansin din ang mga kabutihang nangyari sa lalawigan ng Catanduanes tulad ng pagsasaayos ng kalsada at paaralan at pagbili ng mga bagong kagamitan . Bukod dito, sumigla rin ang turismo at ekonomiya ng probinsya at nakilala ang lalawigan sa ka-kaibang kalinisan . Ang kagandahan at kaayusang ito ay hindi nakalampas sa paningin mismo ni Regional Director Orfelina O. Tuy at ng iba pang mga panauhing dumating.

Ang kabutihan ng Palara ay hindi lang nangyari sa lalawigan ng Catanduanes. Ang mga karanasan ng bawat delegasyon sa paglahok makabuluhan man o hindi, mapait man o masaya tulad ng mga nabalian at hinimatay ay siguradong naghatid ng aral .Ito ay magiging gabay tungo sa mas maayos at sistematikong paghahanda sa mga susunod pang palakasan .

Naging daan din ang palara para sa magandang pagsasamahan at pagtutulungan ng DepEd at mga kawani ng lokal na pamahalaan. Bawat delegasyon ay binigyang tu- long pinansyal at moral. Dumating din ang ilang lider ng iba't ibang lalawigan . Ilan dito ay sina Gob. Joey S. Salceda ng Albay, Mayor Crisel L. Luistro ng Tabaco City ,Mayor John Bongat ng Naga City at iba pang kinatawan ng ibang probinsiya at syu- dad upang ipakita ang kanilang suporta sa kani-kanilang delegasyon.

Hindi rin maikakaila na ang Palarong Bikol ay nagdulot ng saya at pansamanta- lang nakapawi ng mga problema. Ang mga luha sa pagkatalo, mga sigaw at palakpak at tagumpay sa pagkamit ng medalyang ginto ay siguradong hindi nila makakalimu- tan. Mula sa simula at wakas, ang mga pangyayari ay naitala na sa kasaysayan ng Palarong Bicol 2013.

Sa pagtatapos ng Palara, dadalhin sa puso at isipan ng bawat isa ang mga kaga- napang nangyari sa loob ng anim na araw. Huwag sanang hayaang masayang ang mga magandang nasimulan upang maiwasan ang katanungang:

Pagkatapos ng Palara, ano na?

We tell what they say...

Congratulations to the DepEd Catanduanes and provincial government. Thanks to the host school, Bato Rural Development High School and the Local Government Unit of Bato headed by Hon. Eulogio R. Rodriguez, Municipal Mayor and to the "BATONHONS" for the warm welcome and accommodation.

Mrs. Ma. Jeany Postrado
Assistant Schools Division Superintendent
Masbate Province

We like our stay here in the host school. This is the second time we have been in Taytay Elementary School. The support of the Barangay officials has been extended to us. They made sure that our stay is safe. They provided with security men.

Dr. Elpedito B. Acupanda
Public Schools District Supervisor, Masbate City

We focused on the events where we excel like gymnastics, taekwondo and amis. We do not have complete delegation but we will do our best to at least join in the National Palara.

Mr. Wenceslao F. Colle
Master Teacher I Ligao West Central, Ligao City

Hopefully this year we will be again the champion. We have 100% support from the provincial government. In terms of accommodation and preparation, I'll give a rating of 98%. Congratulations to the Officer-in-Charge Mr. Jose L. Doncillo. Keep up the good work.

Mr. Arnulfo M. Balane
Schools Division Superintendent
Camarines Norte

We need to defend our title as champion. We are thankful for the Albay government for the 100% support. We went here early in order to familiarize the athletes in the playing field. This is one of our best practices to win in the 2013 Bicol Palara.

Mr. Danilo R. Murillo
DSSEAU Coordinator, Albay

We will go for the gold even if our delegation is small. The presence of our Hon. Mayor Crisel Lagman Luistro, speaks of the city government's 100% support to us.

Ms. Cecille Bernadette Rivera
Schools Division Superintendent
Tabaco City

Since we have meager resources, we reached out for others to look for fund. We have a very active partnership with the DepEd. I went with the Delegation together with the Vice Mayor and several Councilors to show our support.

I really appreciate the cleanliness of the host school. The Capital town of Virac is likewise clean.
Hon. Crisel Lagman Luistro
City Mayor of Tabaco City

It is good to stay in Bato although quite far from the playing field. At least we are secure and the Baton- hons are very generous and hospitable, thanks to the host school under the leadership of the Principal, Mr. Isidro Molina and the Local Government Unit.

Dr. Amy Sadang,
PESS Coordinator, Iriga City



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Hearts Ripened with Sports

The writer was given the chance to brush elbows with Mr. Rudy M. Tolentino, Catanduanes National High School Principal III, Training Director of this year's Palara and former Pala- rong Bicol softball champion for three consecu- tive years, together with Mr. Alfonso P. Grienzo, Master Teacher I, and Palarong Pambansa 1978 silver medalist in high jump as they pour and share their hearts out with pride and hope for a more promising support to their respective sports. Tolentino and Grienzo headed the entrance of torch during the Opening Program last Febru- ary 23,2013 at the Catanduanes Sports Complex with 2012 Palarong Pambansa athletes, Al Francis Rojas, 400 Meter Dash Silver Medalist and Bad- minton Gold Medalist Shienna Liz Ann Tomes.

Let me share what their hearts desire...

How does it feel holding the torch once more after several decades?

Mr. Tolentino beamed as he said, "Syempre nasurprise ta unexpected pano, with my age...pero kayang-kaya pa man, sobrang kaya. While Mr.Grienzo with his cute smile revealed, "Syempre maogma ta narecognize man an sakong effort maski awat nang panahon."

What can you say about being a champion for three straight years? And being a silver medalist in 1978 Palarong Pambansa?

"Syempre dahil ito sa constant training buda so suporta kan grupo and the support extended by the provincial government."Mr. Tolentino told me with pride and Mr. Grienzo,happily answered, "Maogma talaga ta poon pa nin first year ,1974 ako nag bale sa high jump; after 3 years, ako ang cham- pion sa Bicol Region. "

As an outstanding athlete, what benefit did you get to further hone or share your expertise?

To further hone and share their expertise, Mr.Tolentino explained, "Primer, edukasyon-nakatapos ako through scholarship. So dream nin magu- lang ko buda dream ko na-attain because of the scholarship."

Caissa- tinaguriang dyosa ng larong chess.Unang nabanggit sa tulang "CAISSA" ni Sir William Jones noong 1763.

Sa Catanduanes ay mayroon ding Caissa sa katauhan ni FAITH LOVE C. OLALO.

"Sa murang edad na limang taon,pumupunta na siya sa Virac Public Market para lang maglaro ng chess. Minsan mga tricycle driv- ers ang nakakalaban niya...tricycle diver din kasi ang tatay nya. Kapag nanalo siya sa laro, minsan isang piling ng saging ang premyo sa kanya ng mga kalaban nya...kung minsan binibigyan din siya ng pera." Natutuwang pahayag ni Gng. Fe Olalo nang kapanayamin ko siya sa tungkol sa kanyang anak, ang pinakabatang manlalaro sa Palarong Bikol ngayong taon ayon kay G. Jonel G. Aznar- tournament manager sa chess. Siya ay nasa unang baitang sa Gogon Elementary School at nagdiwang pa lang ng kanyang ikapitong taong gulang noong Enero 19.

Mr. Grienzo,on the other hand said, "Namaintain ang pagiging physi- cally,mentally and emotionally fit ko.Hanggang ngonyan sige pa ang workout ko ta nganing mamaintain buda dai ma high blood para sa mga athletes..."

How were athletes trained before? How about today?
Mr. Tolentino said, "Kami talaga whole year round com- pared ngonyan buda pang banggi kami kaya so whole day nagamit pag training. Ngonyan MAPEH subject period sana ang time kaya masakit, maapektuhan ang academics." Likewise Mr. Grienzo answered, "Kang panahon mi, whole year ang pagtraining buda pigabayadan kami ni Congress- man. Ngonyan kulang ang time, disiplina buda hardwork."

What motivates you to be in sports up to now?
Mr. Tolentino remarked, "Syempre gustong maitaas ang bandera ng Catanduanes." while Mr. Grienzo said, "Iyo an ang sakong trabaho buda ang first love ko poon pa kang high school ."

What personal qualities do you possess that helped sustain your desire to be in sports?

"An sakong disiplina buda hard work ,expertise buda special skills, na maimpart sa youth. "said Mr. Tolentino,while Mr. Grienzo answered, "Dedicated ako sa pigagibo ko buda ugali ko na magtrabaho nin sakong obligasyon."

How about the lessons you have learned?
"Grabe ang na learn na lesson, sa decision making, sa mga legal bases manungod sa sports, Mr. Tolentino recalled. "Dapat maging dedicated ..." Mr. Grienzo added.

As an outstanding athlete, what advice can you give our athletes today?

Mr. Tolentino advised, "Dai pagpabayaan an klase...An sports nawala sana. Pag naabot mo na an peak wala na, kaya dapat so duwa maatenderan." And Mr. Grienzo further said, "Magkaigwa ng objective,magtraining maski ang sadili lalo na sa individual events."

What legacy would you like our young athletes to uphold?
"To bring back the glory that was Catanduanes..." Mr. Tolentino said while Mr. Grienzo remarked, "Maibalik ang pagiging champion sa sports..." (Josalie T. Tonio)



KAYA PA. Time has not slowed down Grienzo (left) and Tolentino as they make their way around the track on Opening Day.

Munting Caissa

Ayon sa kanyang ina, apat na taon pa lang si Faith ay mahilig na siyang maglaro ng chess "Madalas ay nanonood siya sa kanyang ama kapag naglalaro ito." Yung magnetic na chess board na pambata ang gusto niyang laruan.Kaya bata pa lang siya ay ta- lagang kinakitaan na siya nang hilig sa paglalaro. Tulad din siya ng karaniwang bata, mahilig maglaro. Kung minsan ay ayaw magsanay sa chess, hindi namin siya pinipilit," pagkukwento ni Gng. Olalo.

Limang taon pa lang siya nang unang sumali sa chess kompetisyon sa Sangguniang Bayan ng Virac. Nakamit niya ang ikasampung karangalan. Nasun- dan ang pagsali nya noong siya ay anim na taon. Ang pinakahuling laban niya ay noong nakaraang Palarong Panlalawigan. Natalo niya ang kanyang mga katunggali kahit ito ay mas matatanda kaysa sa kanya.

Hindi lang sa larong chess mahusay si Faith. Mag- ing sa kanyang pag-aaral ay kinakitaan din siya ng kahusayan.First Honors siya noong kinder at naging kalahok din siya sa DepEd MTAP challenge ngayong grade one.

"Madali siyang turuan ng mga bagong teknik sa chess. Kapag lumalaban siya, hindi siya natatakot, hindi siya nahihiya. Kahit mas matanda pa sa kanya ang kanyang kalaban. Kakikitaan talaga siya ng determinasyon." Pahayag ni Gng. Marilyn Prila- coach ni Faith.

Ang munting Caissa ng Catanduanes ay walang kagatul-gatul at punumpuno ng determinasyon nang sabihin niyang: "MAGCHA-CHAMPION AKO!".
(Aroline T. Borja)

