



THE EAGLE EYE

SPECIAL COVERAGE: KEEPING A WATCHFUL EYE ON THE 2025 CAVRASUC



DANCEFLOOR DOMINATION

CSU sweeps gold in CaVRASUC '25 dance events

SHOW-STOPPING. CSU folk dance team starts off their piece with a grand and powerful entrance during the socio-cultural events of the CavRASUC Games 2025 at the CSU Andrews Gym, March 25.

✎ ROLAND ANDAM JR. AND RYAN PAUL OCCIDENTAL, THE CSU COMMUNICATOR
✎ CRISTELLA ALVAREZ, THE CSU PROMETHEAN

Cagayan State University is on a good start in its bid for the overall championship in the sociocultural events after reaping gold medals in today's CaVRASUC 2025 dance competition.

CSU reigned supreme over five State Universities and Colleges (SUCs) in a thrilling showdown of folk dance, streetdance, and contemporary dance at the CSU Andrews gymnasium to cement its reign in the dance arena.

Showcasing grace while swaying to the rhythm of traditional music, CSU's folk dancers, represented by the Athena Performing

Arts Bureau (APAB) – Baliktanaw Dance Troupe, earned the first gold medal for the university with their performance of the "Beneracion Folk Dance."

According to the Cultural Center of the Philippines' (CCP) Encyclopedia of Philippine Art, "Beneracion" is a romantic folk dance from Capiz performed by a pair with gentle and circular movements.

Folk dancer Ashley Gaffud, a BSED-English student of Cagayan State University – Andrews, shared that their folk dance performance was a tribute to almighty God.

"We actually performed a folk dance wherein we worship god and we are

asking for something. I think we delivered that well while maintaining our grace and beauty to give them a sophisticated dance and performance," she said.

CSU was followed by Philippine Normal University – North Luzon (PNU-NL) and Nueva Vizcaya State University (NVSU) who took the silver and bronze medals in the folk-dance competition, respectively.

Another win was also secured by APAB's contemporary dancers with their touching performance featuring the journey of a youth with special needs in a school environment, combining advocacy and art.

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THE EAGLE EYE is the official newsletter of Cagayan State University for the CavRASUC Games 2025 Coverage



QSU Clinches Championship in Short and Sweet Play

🗨 EVHAN JEZREEL CARIAGA, THE CSU COMMUNICATOR
🗨 CRISTELLA ALVAREZ, THE CSU PROMETHEAN

Quirino State University (QSU) claimed victory in the Short and Sweet Play competition after they delivered a show-stopping performance at Claude Andrews on March 25.

Jumreih Cacal, the team's coach, shared that their play, 'Is Barrio Dalisay?', was inspired by the numerous social issues prevalent in the country.

"After magwrite, iniisip namin kung

among gagawin at gagamitin naming theme kasi maraming social issues sa bansa. And then ayun, magagaling ang mga Pinoy. May mga nagtapos ng matataas na parangal ngunit kalaunan, sila pa rin 'yung nasa laylayan," Cacal stated.

She further explained that their play aligned with real-life cases, including the tragic story of Kian Delos Santos and other incidents of extrajudicial killings.

QSU's victory also has its own setback.

"After namin manalo, we go through our records and nakita namin na disqualified 'yung iba naming contestants kasi it's either transferee sila or may failing grade. So, we resorted to add a new member and nagback to zero kami with only two weeks to train," she said.

Additionally, Cacal praised the heightened level of competition in this year's competition, noting the significant improvement in the entries of the competing teams.

"Sabi ko sa fellow coaches ko, naglevel-up 'yung mga plays this year. Kung ako ang magjajudge, hindi ko alam kung sino ang mananalo," she admitted.

Meanwhile, Philippine Normal University–North Luzon, Nueva Vizcaya State University, Isabela State University, and Cagayan State University secured second, third, fourth, and fifth place, respectively.



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Championship Games
Awarding/Closing Program



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for the full details of the programme.

PARTIAL AND UNOFFICIAL TALLY

		GOLD	SILVER	BRONZE	TOTAL
	CSU	85	34	23	142
	ISU	24	57	28	109
	NVSU	6	9	17	32
	QSU	3	2	12	17
	BSC	0	9	5	14
	PNU	0	7	33	40

PUBLICATION DIRECTOR

Dr. Arthur G. Ibañez

EDITOR-IN-CHIEF

Karen Claire Sucuano

ASSOCIATE EDITORS

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GRAPHICS

Michael Ballesteros

PHOTOJOURNALISTS

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Ruby Binarao
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PUBLISHER

CSU Carig Printing Office

SPECIAL COVERAGE: KEEPING A
WATCHFUL EYE ON THE 2025 CAVRASUC



Topnotch juniors tapped to judge sweet and short play

DR. CHELITO ANTONIO MALAMUG
CRISTELLA ALVAREZ, THE CSU PROMETHEAN

A panel of esteemed judges was invited to evaluate the Short and Sweet Play in the socio-cultural competition of the ongoing CaVRASUC, hosted by CSU-Andrews Campus.

One of the judges was Film Director Jerome Dulin, an alumnus of the University of the Philippines Los Baños. Of Ibanag and Apayao descent, Dulin is the founder and Managing Director of the North Cinema Guild, Inc. He is also the current director of Sky-Leaf Creatives, a story incubation hub and film production company for emerging artists in the Philippines.

In 2019, Dulin served as the Assistant Director of the Cinemalaya film Children of the River and worked as Casting Manager and Location Manager for the award-winning film Cleaners by Glenn Barit. He is also actively involved in documentary filmmaking, with projects such as Iti Aweng ni Imelda (Imelda's Melody), Finding Edison, and Futu Ana Fuki (Compassion and Vaginas). Futu Ana Fuki was presented at the Sheffield Doc Fest as part of the Philippine Delegation under the Film Development Council of the Philippines. Both Finding Edison and Futu Ana Fuki received support from the Para Site Grant (Hong Kong) for research and development.

Dulin's directorial and playwright debut in theater includes Daanang Sablay at the University of the Philippines Los Baños in 2012 and 2013, which was featured in Broadway World Philippines. In August 2023, he wrote and directed San Luis: Tahanan, Pauwi Na!, commissioned by the Local Government of San Luis, Aurora.

Currently, he is producing Tim Rone Villanueva's full-length feature film Cama-rera, developed under the Story Development Grant of Create PH Films and the Film Development Council of the Philippines.

The second judge, George Andal, is the Department Head of English at Cagayan National High School.

Andal was the 2019 National Commission for Culture and the Arts (NCCA) Writers' Prize winner for Drama, recognized for his Ibanag play Vulah I Vulcan.

In the realm of film, he served as the winning coach of the 2017 PopCom Film Festival, mentoring the production of SIG-GET, which won multiple awards, including Top 5 Best Film, Top 3 Best Movie Trailer, Top 3 Best in Production Design, and Best Actor in a Supporting Role.

He also coached Tu-lu, the winning film in the SDO Tuguegarao Film Festival 2016, which celebrated Ibanag culture and swept major awards, such as Best Film, Best Movie Trailer, Best Production Design, Best Actor, Best Actress, Best Scriptwriting, and Best Director.

As a mentor, he guided the "Direct Ko, Ganap Mo" team to the championship at the division level and first runner-up at the regional level. He also led the Dulaang Manik Anino team to a third-place finish at the regional level.

Andal has refined his skills through numerous training programs, including the Sanay Guro for Theater Arts Teachers in Baguio City (2014), Basic Filmmaking Workshops by the Film Development Council of the Philippines (FDCP), and Acting Workshops at the Cagayan Museum and Historical Research Center in Tuguegarao City. He also attended the North Luzon Film Festival Regional Filmmakers Training in Echague, Isabela.

His expertise spans various aspects of filmmaking, having undergone intensive training in production design, scriptwriting, cinematography, acting, editing, directing, sound design, and musical scoring under FDCP. Additionally, he participated in a shadow puppetry workshop conducted by UP Los Baños and Region 2.

Currently, he is an associate professor at Philippine Christian University, teaching under the Communications Program of the College of Arts, Sciences, and Social Sciences.

His extensive filmography includes serving as Creative Producer for Ana Bi-ha-yir (Bikhayr), which was showcased at international film festivals such as the 2018 Busan Kids and Youth Film Festival. He was also the Location Manager for Cleaners (Quezon City International Film Festival 2019), Production Designer for Children of the River (Cinemalaya 2018), and Associate Production Manager for Ashes and Ghosts of Tayug 1931 (2017).

In 2024, Andal produced the documentary films Iti Aweng ni Imelda (Imelda's Melodies) and I Bannag ta Pansi Batil Potun (The River in Noodles). He also participated in the #Docs-Connect Conscious Filmmaking Lab in Sitges, Spain, hosted by Tarkovski Film Limited. His involvement in the Climate Story Lab by Active Vista, Dakila, Picture People, and the British Council underscores his commitment to impactful climate change storytelling.

Moreover, he spearheaded the social media marketing campaign and served as Production Manager for the Cinemalaya Official Entry Gulay Lang, Manong! directed by BC Amparado. Currently, he continues his work as the External Affairs Officer of the North Luzon Cinema Guild.

The third judge, Joseph Arcegono, has made significant contributions to the independent film industry in the Philippines.

As the External Affairs Officer and Program Coordinator for the North Luzon Cinema Guild, Inc., he has played a crucial role in promoting local storytelling and nurturing emerging filmmakers.

Arcegono has organized prominent film festivals, including the TugueGIRAW Film Festival in Tuguegarao City and the North Luzon Film Festival. His production credentials include serving as Production Designer for Annak ti Karayan (2019) and Assistant Production Manager for Dapol tan Payawar na Tayug 1931 (2017).

His dedication to independent cinema and cultural preservation has solidified his role as a vital figure in the Northern Luzon film industry.



FABLES OF THE VALLEY'S BEST

† HELAENA THEREESE MALANA, MARK ADRIAN GUILLERMO, *THE CSU PROMETHEAN*

Surrounded by towering mountainous ranges, and accompanied by serene, meandering rivers, the fertile valley stands in its fullest glory. It is known as the "Grains Granary of the Philippines", granting vegetative sustenance—grains, particularly rice and corn—to its inhabitants. Along the greens and grains of this valley, six animals thrive together: the calm sea turtle, the fearless bird, the strong nuwang, the graceful deer, the fierce wildcat, and the lurking crocodile. Despite being different genus, entangled between biological diversity, they reign in the name of the valley—the Cagayan Valley.

As the eagle soars above the ground, its eye attributes exceptional vision with an ability to spot details that others might miss—hence, the eagle eye. Its vision mainly sees the athletes' arming of oneself, equipping the necessary dexterities to hopefully reach the top, with the guidance of the knowledgeable coaches. But witnessing deeper, the convergence of the different State Universities and Colleges (SUCs) throughout Cagayan Valley, this athletic meet more importantly

incites camaraderie and new experiences, beyond determination and skills.

This year's Cagayan Valley Regional Association of State Universities and Colleges (CaVRASUC) Meet 2025 establishes a benchmark for the celebration of sportsmanship among the six SUCs, with the theme: "Unity in Diversity, Excellence in Action," the eagle is now prepared to embark on its journey, diligently keeping a watchful eye on the 2025 CaVRASUC.

THE CALM SEA TURTLES OF THE NORTH

From the northernmost of the region, where the waves whisper persistence, stands Batanes State College (BSC). Like the spirit of a turtle, they move with quiet grace, yet beneath their calmness lies their unyielding grit. Clad with their hard, tough shells and reduced bony architecture, the BSC calm sea turtles are ready to withstand any challenges that the CaVRASUC 2025 may bring.

The eagle, keen-eyed and sharp, recognizes the sea turtle's patience and toughness as it soars to expectate the vast land of Cagayan Valley.

Mr. BSC 2025 Carlos Ebalin shared his preparation for the event, "Inaayos po namin—una sa sarili muna. Kailangan maraming tulog at pati rin

sa mental health. Kailangan naming mag-research kung paano gumalaw kapag isa kang candidate ganiyan. Parang pumunta lang po kami rito para i-enjoy lang naman."

The delegates of BSC truly embody the calm and composed nature of sea turtles. But, do not be deceived by their gentle demeanor—it is in their steady approach and determined spirit that they become an indomitable force.

THE STRONG NUWANGS OF THE CORE

As the eagle's eye sweeps across the region, it alights upon Isabela State University (ISU), the home of the strong nuwangs. Much like the nuwangs, which is known for its tireless labor in the fields, the ISU athletes and performers are celebrated for their hard work, dedication, and ability to push through challenges.

Reflecting on their preparation, Niko E. Bucad, a participant in the contemporary dance category, shared, "So, we do have only almost one week lang 'to prepare for the routine and, ayun, 'yong mga sleepless nights. Makikita na 'yon bukas, and I am expecting na maiuwi naming 'yong korona."

Niko's sentiment echoes the spirit of the strong nuwangs. And just like that, after showing the same





© AUGILLE-AL PASCUA, THE CSU COMMUNICATOR

steadfastness
and muscles as
the nuwang, the ISU's
contemporary dance secured
victory after placing 2nd place—making them
a force to be reckoned with.

THE FEARLESS BIRDS OF THE BASIN

With unwavering confidence and authenticity, the Cagayan State University, like the courageous bird soaring above and observing its opponents below, personifies attentiveness and determination. By closely monitoring the vulnerabilities of their competitors, they adapt their strategies to achieve success, much like how their athletes and performers excel in competitive environments.

"I'm expecting po na malalakas po talaga mga kalaban namin since second time po namin ngayon mag regionals. And then yung mga makakalaban po namin ngayon is kalaban namin last year. Nag expect po kami na mas malakas pa sila, pero nilakasan din po namin." A CSU Bird, Shena Palor, shared her sentiments about her Modern Standard Dancesport event, positively hoping to triumph amongst equally competitive dancers throughout the region.

Fortuitously, Shena Palor graced her way to the podium as they bagged gold in the Modern Standard Dancesport in CaVRASUC 2025.

THE GRACEFUL DEER OF THE OVERGROWTH

Gracing from the mountainous landscape of Region II, the ever-graceful Nueva Vizcaya State University (NVSU) elegantly waltzes onto the grand arena of arts and sports ready to assert their mighty antlers. Despite their gentle and docile nature, these determined competitors stand unfazed, ready to change through and clear the numerous threats brought by other SUCs.

Such determined spirit is carried by folk dancer Anthony O. Ascueta from the NVSU, he confessed that besides physically training hard, peptalk was his key in fortifying his mental robustness as his ultimate weapon in facing high stake challenges in the competition.

"Siguro, first is the physical preparations [which is] 'yong training namin after class [from] 5:00 to

8:00 pm gano'n. And sa personal siguro, mental na lang siguro. Prineprapare namin 'yong sarili namin for mental problems, kumbaga, ineencourage namin on parang minomotivate namin 'yong sarili namin para magpatuloy dito," Ascueta shared while emphasizing the power of self-motivation in overcoming the pressure of the event.

"Actually, first time ko mag-CaVRASUC so I expect na—ay, wala pa lang expectations. Malalakas talaga 'yong kalaban namin dito. Ineexpect ko lang is mag-e-enjoy kami rito at the same time we give our best to, you know, to give our best performance, para hindi po masayang 'yong prinactice namin," he added when asked about his expectations on the event.

With grace in their steps and determination in their hearts, the NVSU delegates prove that even the gentlest creature can withstand even the harshest battle thrown upon them. Now, they are ready to leap, waltz, and conquer the competition with strength and artistry collide.

THE FIERCE WILDCAT OF THE HOLLOW

As the new kids on the block in the Athletic Meet, they are not just settling for beginner's luck, they are here to become threats in the food chain. Located in Alicia, Isabela, the Philippine Normal University North Luzon proudly identifies itself as the Indigenous Peoples Education Hub and the National Center for Teacher Education. This institution embodies the spirit of a fierce wildcat, characterized by its sleek, muscular build and intense, predatory gaze.

Equipped with whetted fangs glistening and sharpened claws ready for action. Its ears are always perked up, on high alert, and its tail flicks with anticipation, preparing to pounce on any unsuspecting target. The institution is ever-vigilant, embodying both the cunning and strength of a wild predator, ready to seize opportunities with precision and power.

"Actually, first time ko po sumali ng CaVRASUC and although wala naman po akong masiyadong expectations." A PNU Wildcat, Jhon Ace De Vera, shared his openness to new experiences in the athletic meet, in hopes of bringing great memories along with achieving success in their respective events.

"Pero, siyempre, nag-a-aim po tayo na at least magka-place man lang and maging worth it din 'yong preparations naming. Lalong-lalo na at first time din ng university—ng PNU—sa Short and Sweet Play Musical." He mentioned that their university prioritizes their standing in academics, thus their primary concern was to balance their time between practice and studies, without compromising one over the other. He further detailed that they sought assistance from various organizations for their harmonizations.

Fortunately, Jhon Ace's efforts were rewarded as PNU emerged as the first runner-up in the Short and Sweet Play – Musical, bringing home a silver medal for the fierce wildcats in their first time participating.

THE LURKING CROCODILE OF THE SOUTH

Quietly lurking onto the arena of arts and sports, from the southwest of the valley, Quirino State University is prepared for a one-time annihilation. With fangs sharp and strong, and scales rough and tough, they are primed enough to tear through and blow any challenge in their path. They may seem silent, but once the opportunity arises, they will relentlessly devour every obstacle in their way, determined to claim their triumph.

"Of course, my preparation is doing my pasarela every night and also practicing my Q and A with my coach, that's all," Ms. QSU 2025 Aianne Shanelle Shane B. Dacanay, shared her preparations in getting the crown. In addition to her physical and mental preparations, she expressed her desire to embrace the value of sportsmanship. True, then, that while crocodiles may move silently through the waters, they are always ready to strike and learn in their pursuit of success.

These triumphant podium winners all had a common denominator: having humble expectations. Despite not knowing the suspenseful turnout of their respective competitive events, their optimistic trust in themselves and the concrete assurance of simply giving their best prosperously empowered them to rise to the top. Whether turtle, bird, carabao, deer, wildcat, or crocodile—their virtues and aptitudes were all uprooted from the valley, Cagayan Valley. 🐾



Futsal elims intensify, CSU Women's team advances to the semis

SWIFT KICK. CSU Team captain Ryza Carbonell executes a kick during their match versus NVSU at the CSU Carig Sunken Court, March 25.

RAFAEL L. FUNTANAR, JR. *THE CSU PROMETHEAN*
RUBY BINARAO, *THE CSU PROMETHEAN*

TUGUEGARAO CITY – The Cagayan Valley Regional Association of State Universities and Colleges (CaVRASUC) finally started its sports activities with the Women's Futsal's elimination round with a set of fierce matchups between competing universities today, March 25.

Cagayan State University (CSU) upset Isabela State University (ISU) in a toe-to-toe battle, 4-3 in the first half of Game 4, followed by yet another nail-biter, 4-2, to lock in a semifinals spot.

CSU's team captain, Ryza Carbonell, put on a clinic, showcasing precision and strategic

footwork to net an impressive six goals, powering her team to an 8-5 victory.

"Every vacant ng class schedule namin ay doon lang kami nagkakaroon ng time magpractice especially me as team captain. Every Saturday naman dun lang nakukumpleto yung team kasi kailangan po talagang ma-enhance pa lalo yung skills namin sa game," said team captain Carbonell. [Every free period in our class schedule is the only time that we can practice, especially me as the team captain. On Saturdays, the whole team gathers because we really need to enhance our skills in the game.] Conquering the elimination round, the

CSU team overpowered Nueva Viscaya State University (NVSU), securing a commanding 6-1 lead in the first half. NVSU attempted to keep its hopes alive, but it wasn't enough as CSU seized the victory, 7-1.

"We dedicate this to our supporters, our families, and also to ourselves and hope to win the championship title. Ito ay para masuklian yung hardwork namin sa training, para mailabas yung pasion and skills at maipakita sa ibang tao kung anong kaya namin.", Carbonell remarked.

Meanwhile, the game will continue on March 26 at the Sunken Court, CSU Carig Campus for the final match-ups. ☞



CSU, ISU swing into Men's baseball tourney with wins

PAUL VINCENT MARGALLO, *THE CSU PROMETHEAN*
JAN LORD PAGULAYAN, *THE CSU PROMETHEAN*

TUGUEGARAO CITY – Leveraging home court advantage, Cagayan State University (CSU) batters opened their championship hunt with a massive dismantling of Nueva Viscaya State University, 19-0, dusting them off in three innings to win Game No. 1 of the 2025 Cagayan Valley Regional Athletic Association of State Universities and Colleges (CaVRASUC) Men's Baseball held at CSU-Carig Diamond Court, March 25.

The maroon-colored hitters ruled the opening frame hot with their eight-to-nothing run built from triple-double base bats followed by a solo run in the second inning, ending with nine to nothing halfway through the match.

CSU finished with a masterclass third inning, re-igniting the fire within them as they rallied ten to nothing that gave them the opening win.

Despite the dominant victory, CSU's Men's Baseball coach Erick Masirag wants his team to keep its foot on the gas if they want to come out on top of the tournament.

"The ball is round. Ayaw naming mag-sigurado, we need to do our best to win" Masirag shared when asked about his thoughts on how the team will perform as the tournament goes on.

On the other side of the pitch, Isabela State University took down Quirino State University within five innings, 10-5 in the Tournament's second match held later that day.

Both teams went toe-to-toe in the opening frame with Isabela on top after first base fielder Calixto's home run which ended the inning six to Quirino's four.

After a salty second inning, the batters in green pushed through and didn't look back as they recorded three straight runs with Jimenez's solo run ending the match, 10-5. ☞

CSU leads Men's, Women's Chess partial tally

RUEL BEN RAMOS, *THE CSU PROMETHEAN*

Among five competing universities, Cagayan State University (CSU) chess enthusiasts top the partial individual standings, scoring 9 of 12 points in both Men's and Women's Chess held at the CSU-Carig's Guidance Office on Tuesday, March 25.

Chess athletes from five state universities and colleges displayed their brilliance as 32 players—four from each category and division—battled in an intense round-robin showdown, mapping out positional plays with precision and mental endurance over the board.

The CSUans showed no mercy against PNU-North Luzon as they dominated all boards in the second round, with three players of CSU, two women and a man, ending the first day's run with an unblemished slate.

Trailing behind them are the QSU chessmen, scoring 4.5 and 5.5 over 8, in men's and women's, respectively. Additionally, they secured a draw in each division against NVSU, with the men sweeping the third round as all boards win versus PNU North Luzon.

Changes in standings are to be expected as the rest of the matches will continue Wednesday, March 26. ☞

BSC dominates ISU, Pascual shines in CSU's 13-0 NVSU Rout

SHANIAH MAGUDDDAYAO, THE CSU PROMETHEAN

The heat was on the diamond as Batanes State College (BSC) and Cagayan State University (CSU) lorded over Isabela State University (ISU) and Nueva Vizcaya State University (NVSU), handing them 16-5 and 13-0 blowouts, respectively, in the Cagayan Valley Regional Athletics Association of State Universities and Colleges (CaVRASUC) Meet, March 2025.

ISU, sporting their black-and-white jerseys, went out with a bang in the first inning, 3-0, but their momentum slowly waned as BSC switched on another gear on both ends of the field. BSC gradually took control, registering successive runs, including a game-changing fourth inning, where Consina's clutch hit sparked a surge, bringing home three consecutive runners.

ISU's defensive lapses cost them the game as BSC stepped up their defensive intensity to pull away with an 11-point cushion, 16-5.

Meanwhile, CSU set the tone early, riding on Pascual's strike-bound pitches and a rock-solid defense to keep NVSU from reaching first base, jumping to a 3-0 lead in the opening inning. Pascual continued to dismantle NVSU's lineup, dealing consecutive strikeouts to keep the game beyond reach.

Capping off the first day of action, CSU delivered a statement win, shutting out NVSU with a commanding 13-0 victory. The tournament resumes tomorrow at the CSU-Carig Diamond Court. ⚡



RUBY BINARAO, THE CSU PROMETHEAN

CSU, ISU reign in Sepak Takraw Men's elims, seek twice-to-beat advantage

EVOL ANGELEE GAZZINGAN, THE CSU PROMETHEAN

After walloping their respective assignments in Nueva Vizcaya State University and Quirino State University, 2-0 respectively, Cagayan State University (CSU) and Isabela State University (ISU) will look to gain ground in the ongoing edition of CaVRASUC Men's Sepak Takraw as the two squads clash tomorrow in the Pre-Semi-Final round to book a twice-to-beat advantage going to the Finals.

CSU's Joshua Telan signature bicycle kick secured the tight best-of-three regu

match and sealed the fate of NVSU, 2-0, to advance from the elimination match.

Meanwhile, ISU made an almost easy work of QSU as they showcased their unmatched strength and game sense in a decisive, 2-0, elimination game, ruling the first game with a large margin, 15-4.

However, the second game displayed a close fight, with ISU's Malabad showcasing his ball control and consistent spikes with QSU's continuous errors eventually taking away their chance for a comeback, 15-13.

"Disiplina at confidence lang po, para manalo kami. Bale

3 days lang po preparation namin, pero pinush parin namin para mairaos pa rin namin yung team namin," Arnold Paul, one of ISU's regu, stated in an post-game interview.

"[Only discipline and confidence so that we can win. We only had 3 days for preparation, but we still pushed through to make sure our team could get through it.]"

The ISU and CSU mens regu team will battle to the top spot to earn the respected twice-to-beat advantage tomorrow at the semi-finals round.

The team emerging victorious from the NVSU-QSU contest will play the team that loses the CSU-ISU match. ⚡



MICHAEL BALLESTEROS, THE CSU PROMETHEAN

Tabunan, Mahor outshoot rivals in CaVRASUC Archery Opener

PAUL VINCENT MARGALLO, THE CSU PROMETHEAN

TUGUEGARAO CITY - Quirino State University's Mark Darren Tabunan pierced his way to the top over day one of this year's Cagayan Valley Regional Association of State Universities and Colleges (CaVRASUC) Games 70 meters Men's archery competition with a running score of 284 out of 360 points held at CSU's archery range, March 25, 2025.

Tabunan stacked his quiver with 49-60, 53-60, 45-60, 49-60, 45-60 and 43-60 to end his day one 21 points clear over Cagayan State University's Aven Josh Lim who garnered a running score of 263 points.

"I just need to continue what

I was doing. Need ko mag adjust pero magiging foundation ko na yung performance ko kanina" said Tabunan when asked if he can continue this level of performance tomorrow.

Lim's 41-60, 42-60, 45-60, 43-60, 49-60 and 43-60 was enough to nip second place with five points clear over Nueva Vizcaya State University's Men's team defending champ Rowen Jay Ballesteros who racked up a total of 258 points.

NVSU's Aaron Anthony Gano completed the men's top four after he locked in 232 points, 26 points below third place.

On the other end of the range, Nueva Vizcaya State University's Lexa Belle Mahor shot her arrow to the top of the Women's 60 meters division after racking up a running

score of 202 points.

Mahor marked 35 points clear over Isabela State University's Syra Jane Singuero who tallied 167 points with her 31-60, 31-60, 33-60, 20-60, 34-60, 18-60.

Fellow Isabelina Ronabelle Tangonan followed in third place with 13 points separating them after she shot a total of 154 points after 6 tips and 6 ends.

Quirino State University's Roxanne Gaspar completed the top four for the women's division with her 147 points to round up day one.

Archers from both men and women from different schools will continue the second day of shooting early tomorrow morning where final rankings will be determined. ⚡



CSU, ISU blank foes in Men's, Women's Volleyball opener

JEREMY JIM OLALDE, THE CSU PROMETHEAN
 VIN JOEZER TAGUINOD, THE CSU PROMETHEAN

Host Cagayan State University (CSU) and Isabela State University (ISU) blanked their respective opponents as both teams scored 3-0 in the opening games of Men's and Women's Volleyball eliminations held at Red Eagle Gymnasium, March 25.

Men's and Women's teams of CSU both demolished the teams of Quirino State University (QSU), registering a 1-0 record after a three-to-love match.

Christian Bulan, Team Captain of CSU Men's, soared high in the three-set thriller, unleashing a series of service aces and forceful attacks to help his team subdue QSU.

Playing with a home court advantage, Bulan attacked with jump serves to launch five consecutive service aces in the opening set, 8-3, which paved the way to CSU's domination.

"Malaking bagay na dito mismo ginanap yung CaVRASUC kasi nakatutulong 'yung students ng CSU para ma-boost 'yung morale namin at para mas

maipanalalo 'yung laban," said Bulan.

QSU Men's team, on the other hand, managed to tie the game at 21 apiece in the second set, but CSU spikers worked on their offense to launch relentless attacks and well-placed drop shots to shut down any comeback attempt. With sheer dominance, CSU sealed the victory in straight sets, 25-21, 25-22, 25-19.

Meanwhile, the CSU Women's team also tightened their team dynamics, firing off service aces and attacks to put their opponents' defense to test.

Elaine Baccay and Karla Iringan worked together in the last set to attack with consecutive aces and spikes, listing down a 15-0 run, before Jamelah Cabanayan sealed the match with an attack, 25-13, 25-14, and 25-12.

Further, ISU men's and women's teams both took down Nueva Vizcaya State University (NVSU) teams in straight sets.

Capitalizing on their height and fast attacking approach, the ISU easily dumped their foes, attacking with kills and monster blocks to surge in victory.

ISU squeaks past CSU in Game 2, 48-47; remains unbeaten in Women's 5x5

JEREMY JIM OLALDE, THE CSU PROMETHEAN

Isabela State University (ISU) advanced to the top of the leaderboard after a narrow victory against host Cagayan State University (CSU), 48-47, in Game 2 of Women's 5x5 Basketball before a packed Red Eagle Gymnasium, CSU-Carig, March 25.

The ISU team improved to a 2-0 slate in the round-robin elimination, solidifying their reputation as the defending champion, while CSU dropped to a 1-1 record.

Fueled by the crowd's cheers, CSU gained momentum in the first half, focusing on their offensive gameplay in the first two quarters, 24-19.

ISU, however, bounced back in the third quarter as players pounded inside the paint, 38-34, stealing the advantage from the host university.

With the game on the line, Cambi drove to the hoop, slicing through the defense to trim the deficit down to just one, 47-48. But in a tense final 1:20, ISU's lockdown defense proved firm, denying CSU any late-game heroics to escape with a nail-biting one-point victory.

Meanwhile, ISU clinched their first win against Nueva Vizcaya State University (NVSU), with a 27-point beatdown, 71-44.

ISU meant business early in the game, asserting its dominance in the opening frame, 23-9, and sustained their strategy before the first half closed for a comfortable lead.

NVSU attempted to close the gap in the third quarter, but their rivals' team chemistry proved too much for them to crack, with the lead swelling to 27 at the end of the regulation.

Furthermore, CSU secured its first victory against Quirino State University (QSU), 67-21, demolishing the latter in the 40-minute action.

CSU wasted no time in owning the hardwood, storming out with a blistering 15-0 run in the opening quarter. By the second frame, they had blown the game wide open, overwhelming QSU with a near 30-point lead, 41-12.

QSU could not recover from the offensive onslaught, as the Gali-Cureg duo torched them with fastbreak points, spearheading CSU's complete domination.

NVSU batters CSU in Men's Lawn Tennis premiere

TYRONE GABRIELLE PANGILINAN, THE CSU PROMETHEAN

The Nueva Vizcaya State University (NVSU) squad showcased supreme skill at the CICS Tennis Court after inflicting two crushing losses on the Cagayan State University (CSU) Carig crew, 6-1, 6-1, to seize the CaVRASUC openers for Men's Singles and Doubles Lawn Tennis, March 25 afternoon.

Nueva Vizcaya's Jazzpeare Bacani headlined the men's singles bracket after dismantling CSU's Allen Puno, exhibiting outstanding offense and remarkable reception as he nailed the Cagayanano at one and seized six straight games.

Puno took the initiative at the start of the match, pressuring his opponent with swift services and drives as he stunned Bacani into multiple line and net shot errors.

Unfazed, Bacani retaliated with relentless aggression, employing powerful lobs and

smashes that pushed the CSUan deep into the backcourt.

The Vizcayano, pouncing on Puno's sluggishness, doubled down with sharp serves and rapid forehands, picking apart his opponent's defense as he secured the victory after seven games.

Meanwhile, NVSU's Men's Doubles lineup emerged triumphantly after Joshua Esplana and Christopher Mosqueda leveraged their elite movement and top-notch chemistry against CSU's Merwin Bengonia and Franklin Salagan.

The Esplana-Mosqueda duo dictated the pace as they unleashed snappy drop shots and drives, utilizing their coordination and offense to force the CSUans onto the defensive early.

The Vizcayano combo capitalized on their momentum throughout, bombarding the Cagayanos with tricky placements and sudden smashes, snatching five successive games to seal the victory.



RUBY BINARAO, THE CSU PROMETHEAN



CSU earns Double Gold in Mixed Relay; ISU, NVSU top 10K Runs

↑ LHYCA JOI AGRESSOR, THE CSU PROMETHEAN
 Ⓢ LHEANNYROSS AGUSTIN, THE CSU PROMETHEAN

Cagayan State University (CSU) opened the Athletics Mixed Relay on a high note after a masterclass performance that saw them grab 2 gold medals in the ongoing Cagayan Valley Regional Association of State Universities and Colleges (CaVRASUC), March 25 at CSU-Carig Field.

John Russel Villegas and Alma Rose Estoler anchored CSU's early success, each snatching gold in the 800-meter run for the men's and women's categories, respectively.

"Sobrang worth it po ang training namin ng ilang months kasi isa po ako sa magdadala ng name ng school ko sa Nationals," Villegas shared

in an exclusive interview. ("Our months of training were truly worth it because I am one of those who will carry our school's name to the Nationals.")

Meanwhile, in the 10,000-meter run, Nueva Vizcaya State University (NVSU) showcased endurance and speed when Jade Sagraeda edged out his competitors in a tight finish, posting the fastest time to claim the men's 10K gold.

In the women's division, Christine Joy Duluag of NVSU defied odds, outracing her rivals to secure the 10K crown and add another gold to her university's tally. ⚡



Ⓢ JAN LORD PAGULAYAN, THE CSU PROMETHEAN

CSU, ISU surge to victory in Men's 5x5 Basketball elims

↑ JEREMY JIM OLALDE, THE CSU PROMETHEAN

Cagayan State University (CSU) and Isabela State University (ISU) outplayed their respective opponents in the opening matches of Men's 5x5 Basketball and shared the top spot, both with a 1-0 record held on March 25 at Red Eagle Gymnasium, CSU-Carig.

CSU subdued Quirino State University (QSU) in Game 1 of the round-robin elimination, 79-71, clinching their first victory of the match.

Capitalizing on CSU's errors, QSU took the opportunity to lead the scoreboard through free-throw baskets and behind-the-arc shots for a one-point lead in the opening frame, 18-17.

Cyrus Henry Baquiran and Roman Karlo Allayban of CSU both charged the way for their team's scoring run in the succeeding quarter, penetrating through QSU's defense for easy layups to snatch the lead, 45-41, entering the second half.

Boosted by the loud cheers from spectators, CSU's Bryan Dupaya unveiled a fiery show in the third quarter, draining a three-pointer before dishing out a crafty no-look pass, drawing Oohs and Aahs

from the crowd, for a double-digit lead, 54-44.

"I got my eyes on the back, men," Dupaya said at the bench after a timeout from QSU.

The Dupaya-Baquiran duo carried CSU's momentum in the last quarter, launching easy baskets to win both the game and the hearts of the audience.

Moreover, ISU survived from a double-digit deficit to mount a come-from-behind win against Nueva Vizcaya State University (NVSU), 72-62 in Game 2.

NVSU gained the momentum early, with Jeremy Mejia exploiting ISU's lack of communication in transition defense and torching them with a flurry of fastbreak buckets to propel his team to a 7-point cushion, 25-18, at the end of the opening frame.

NVSU ballers remained in control in the second quarter, attacking the rim with relentless drives, pushing the lead to 9 at the end of the first half, 44-35.

Unbothered by the large deficit, ISU rallied past NVSU at the start of the second half, tallying a 12-2 run, 54-51, off layups, and eventually closed the match as they tightened up defensively. ⚡



📷 DANIEL BAUTISTA, THE CSU PROMETHEAN

CSU's Balitan-Yacas tandem escapes NVSU's duo, caps finals berth in beach volley

🗣 JAN KHAIZEN CARPIO, THE CSU PROMETHEAN

Cagayan State University's tandem of Raymarc Balitan and Jericho Yacas recovered from a first-set loss to edge out Nueva Vizcaya State University's Reither Retonda and Rafael Tabayoyong, 2-1, to secure a twice-to-beat advantage in Men's Beach Volleyball of the 2025 CaVRASUC.

The duo regrouped in the second and third set, 21-13, 16-14, just enough to shake off a dismal 11-point output in the first set and survive a hungry NVSU pair also aiming for a crucial twice-to-beat advantage.

CSU came out smashing in the third set, unleashing deceptive serves that led to aces and delivering sharp spikes to dismantle NVSU's defense, jumping to a 7-3 lead. Keeping the pressure on, CSU sustained its relentless offensive assault, forcing NVSU to scramble on defense and keeping them at arm's length, 11-6.

Refusing to back down, the NVSU combo of Retonda and Tabayoyong mounted a fierce comeback, igniting a 4-0 run to cut the deficit to just one, 11-10. A thrilling exchange of clutch plays ensued, with NVSU

forcing a deadlock at 14-apiece, but CSU held their ground and escaped with a hard-fought 16-14 victory.

The first set started like a see-saw as both teams went toe to toe scoring against each other, 8-8, but NVSU suddenly cracked CSU's defense, racking up 10 unanswered points, surging ahead 18-8. With CSU struggling to respond to the onslaught, NVSU kept pounding, allowing just two more points before closing out the set in dominant fashion, 21-10.

CSU bounced back in the second set, capitalizing on NVSU's errors containing them to four points forcing them to call timeout, 9-4. NVSU caught a second wind, striking back at CSU and cutting the lead into 3, 13-10, but CSU remained calm and kept their composure ensuring that NVSU wouldn't come back as they closed the set with the momentum in their favor for the third set, 21-13.

CSU remains undefeated and will head straight to the finals, gaining twice-to-beat advantage and the luxury of time, while NVSU will be battling it out again to claim the finals slot in the hope of a revenge match against CSU. 🏐

ISU tops Men's 3x3 Basketball elims

🗣 JAN KHAIZEN CARPIO, JEREMY JIM OLALDE, AND PATRECIA CASAFRANCISCO, THE CSU PROMETHEAN
📷 DANIEL BAUTISTA, THE CSU PROMETHEAN

Isabela State University (ISU) nosed out host school Cagayan State University (CSU) and Quirino State University (QSU) to top the first day of eliminations in the Men's 3x3 Basketball at Red Eagle Gymnasium, March 25.

ISU came back after getting behind by two points early in the game to escape the crowd favorites CSU, 16-13.

CSU started the game strong, scoring from inside and outside the arc with the help of Encinares and Caranguian, 7-5, but ISU bounced back and clawed their way to victory as they pressed CSU with great defense and made clutch baskets to win the game, 16-13.

Meanwhile, ISU outclassed QSU, limiting them to scoring only nine points as they claimed their second win to remain undefeated in the Men's 3x3.

Emmanuel Espitero of ISU worked

inside, slashing to the basket to demolish QSU, 19-9, taking the solo lead in the standings.

On the other hand, Batanes State College (BSC) dribblers wasted no time utilizing their quick footwork and attacking range to tear down Nueva Vizcaya State University (NVSU).

Job Elica of BSC unleashed six 2-point bombs to help BSC destroy NVSU and grabbed their first win, 21-7.

BSC started hot as they punished NVSU for giving them too much space to operate, 9-3, although NVSU fought to inch closer but BSC maintained their rhythm, kept their composure, and ended the game.

Meanwhile, CSU Women's 3x3 entered the win column after crumpling the defense of ISU for a double-digit triumph, 17-7.

NVSU Women's team also claimed its first win via a win by default after QSU did not show up at the venue. 🏀



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'To represent not just the school, but the whole Region II'—Beran CSUans pocket all gold in dancesports tilt

SHAWN AARON COBACHA, SHANIAH MARIEL MAGUDDAYAO
FLORIMAE DOMINIQUE TULIAO, *THE CSU PROMETHEAN*
JAN LORD PAGULAYAN, *THE CSU PROMETHEAN*

Three couples waved the banner of Cagayan State University (CSU) after sweeping all gold medals in Modern Standard, Latin American, and Third-kind categories of the dancesports competitions during the Cagayan Valley Regional Association of State Universities and Colleges (CAVRASUC) Meet held at CSU Andrews Gymnasium, March 25.

Dubbed the new Kings, Queens, and Queers of the competition, the CSU dancesports team made a triumphant comeback, reclaiming the championship title from Isabela State University (ISU).

Third-kind category champs Janrich Beran and Rolando Ladia shared that while the deafening cheers and applause comforted their uneasy heart, the journey to gold was not an easy feat. Competing as first-timer in the said category, Beran faced immense pressure but overcame it with hardwork and determination.

"First time ko rin dito [sa third-kind category] and gusto ko rin mag-national gaya ng lahat. So, ang ginagawa ko talaga nanonood ako ng mga videos, international, para kumuha ng mga routine, ine-enhance ko yung mga movements ko, especially yung mga footwork para sa ganon kapag after niya doon sa regular dancesports, sa ka-partner niyang babae...kami naman yung sasayaw."

"Siyempre gold pa rin tayo kaya kahit anong mangyari eh gusto naming i-represent, hindi lang yung school namin, but the whole region two also," remarked Beran when asked about their goal on this upcoming National State Colleges and Universities Athletic Association.

Despite the weight of pressures and doubts, 2024 bronze medalists Jhon Lloyd Marcelo and Shena Palor of the CSU team victoriously emerged as the new titleholders for the Modern Standard category.

"For me po, parang nape-pressure ako kasi may place po kami last year and baka hindi po kami mag-place ngayon," Palor expressed.

"Goal lang po namin ay makapunta ng national. No

matter what happens, basta makapunta tayo ng national, okay na yun. Silver man yan or gold," Marcelo remarked.

Marcelo and Palor wowed the audience with their undeniable chemistry and groove despite short-time preparations and constraints.

"Ang isinaalang-alang na lang po namin sa dancefloor ay mag-enjoy po. Basta binigay po namin yung best namin at nag-enjoy po," Palor added.

On the other hand, newly-crowned champs in the Latin American category, John Carlo Javier and Natasha Lhea Pascua, proved that time is no challenge if one is passionate enough. The couple shared that as part of their preparations in the competition, they had to practice from seven in the evening to one in the morning for it is the only time they are able to practice together.

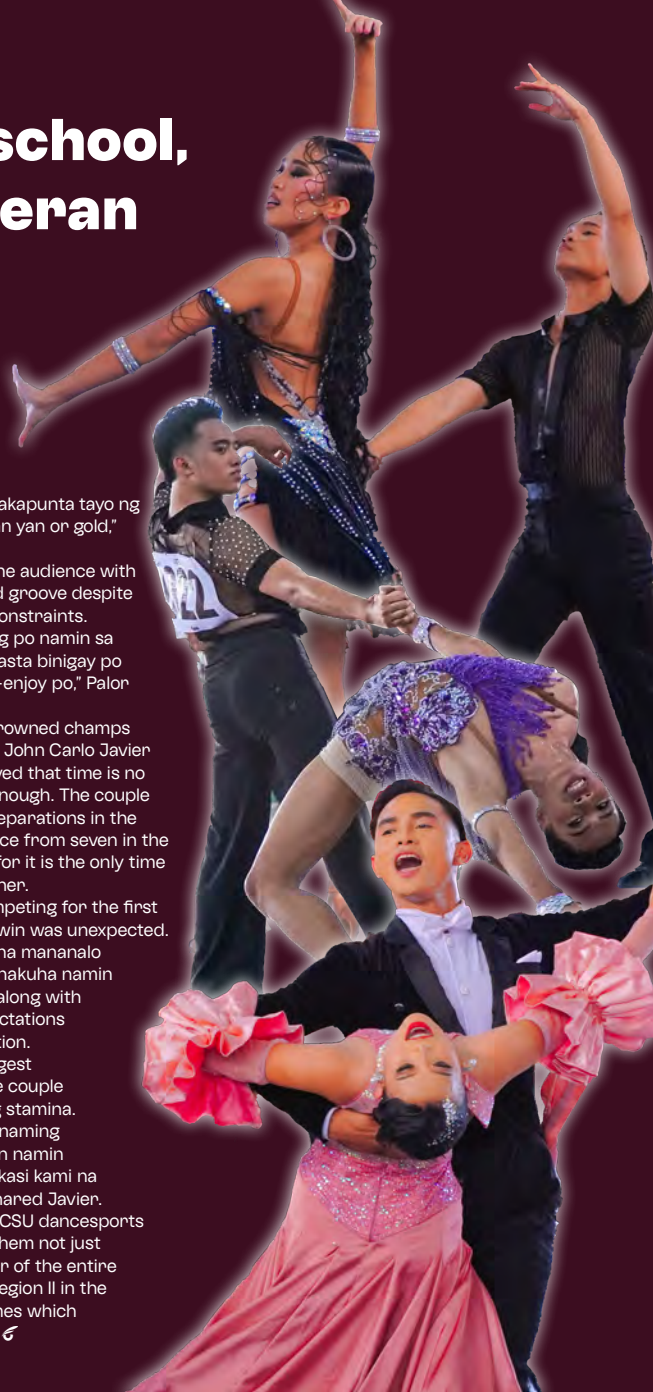
For Pascua, a freshman competing for the first time at the collegiate level, the win was unexpected.

"Hindi po namin ine-expect na mananalo kami... nagulat lang po kami na nakuha namin yung [gold]," says Pascua, who along with her partner, shared their expectations and goals prior to the competition.

When asked about their biggest concern in the competition, the couple responded that it was building stamina.

"Actually, kahit anong gawin naming workout, parang ang bilis pa rin namin mapagod pero may technique kasi kami na chocolate drink lang at asin," shared Javier.

With this golden sweep, the CSU dancesports team is now set to carry with them not just the school's pride but the honor of the entire region as they will represent Region II in the upcoming National SCUAA Games which will be held at Camiguin Island. ☞



CSU's Aggabao overwhelms ISU's Arugay in Pencak Silat Women's Tanding, 85-23

RICARDO JR. CARDENAS, *THE CSU PROMETHEAN*

Cagayan State University's (CSU) renowned pesilat, Yvette Aggabao, will move to finals after a runaway victory in Class B Pencak Silat Tanding elimination round against Isabela State University's (ISU) Jenny Anne Arugay, Tuesday, March 25, at the Robinson's Place Tuguegarao.

Locked in and unstoppable, Aggabao showcased her mastery and razor-sharp game sense through three rounds of explosive kicks and precise drops, cruising to a dominant

victory and punching her ticket to the finals.

Meanwhile, ISU's pesilat Abigail Bulaga clinched the final spot with a close win over Quirino State University's (QSU) pesilat, Cristy Butic, 52-41.

Meanwhile, in the Class C Men's category, ISU's pesilat Jedi Queyquep triumphed by a slim margin against QSU pesilat Carlo Manzano, 40-36.

Aggabao is expected to fight against QSU's pesilat Leamar Dumanas in the final round on March 26 at Robinson's Place Tuguegarao. ☞



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