

"Flowers fall,  
but the Word of  
God will stand  
forever."

Isaiah 40:8

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### 100% Passed Midwifery Board Exams

All of the 40 students who took the Midwifery Board Examination given last May 4 and 5 of this year passed, giving the school the 100% passing rate for the first time. The school was able to capture two slots in the top 20. Miss Victoria Camerino placed 7th with her 88.25 rating, while Miss Ruth Napone placed 14th with an 86.5 rating.

Here is the complete list of successful examinees:

1. Alejos, Jacqueline
2. Alejos, Jocelyn
3. Bagabag, Julie
4. Balagtas, Maritess
5. Buenaventura, Jennifer
6. Cabral, Rosemarie
7. Camagong, Anabelle
8. Camerino, Victoria
9. Capili, Jocelyn
10. Castro, Jennifer
11. Cotoner, Michelle
12. De la Cruz, Ma. Theresa
13. Enriquez, Gladys
14. Garcia, Jenilyn
15. Gueco, Desiree
16. Herrera, Jennifer Anne
17. Leachon, Amornita
18. Leachon, Anabelle
19. Medina, Analey
20. Medina, Leah
21. Napone, Ruth
22. Pangilinan, Leonila
23. Paras, Melissa
24. Pedida, Jesusa
25. Porto, Analyn
26. Prijoles, Mitzi
27. Rodriguez, Cristeta
28. Sajenes, Josefina

(See Midwifery on p. 4)

## Bro. Rafael Rouses DLSU-EAC

by Oscar Nera, Jr.

The devastating aftermath could have been minimized had proper measures been taken. As for our part, regrets hang in the air mingling with a sense of gratefulness for having been spared from the catastrophe. These were the opening lines of the DLSU president's speech at a special convocation held on June 27, 1991 at the Social Hall. Bro. Rafael Donato continued by alluding the task of the Philvolcs people to those of the academic community. Warning signs must be sent out to people, and unless these are heeded, the nation stands to bear the consequences.

Bro. Rafael stated that there has been a marked change since De La Salle took over management of the Emilio Aguinaldo College especially in the introduction of La Sallian values into the curriculum and in the formation of the faculty. The driving point of the speech is the Christian Catholic approach that provides the student with a well-rounded education. Intellectual and spiritual issues are woven into harmony to prepare the individual for the complexities of society. The La Sallian community fosters honesty, integrity, and hard-work among its students. Furthermore, the Catholic college reconciles commitment to scientific research with authentic Christian living. Bro. Rafael adds that the Roman Catholic teaching must be integrated into all programs to offer a complete picture of reality.



Bro. Rafe stresses a point on DLSU-EAC's role in education.

He stressed the need to create a bond between students and faculty so that they may learn from one another. Through the establishment of this link, both may realize the greater responsibility of concern for citizen members, which is the real value of CULTURA. The dynamic Catholic College initiates a lifelong process of learning and community service that is geared toward peace and prosperity. The La Sallian education helps a student realize and maximize his potentials and guides him in using these for the benefit of the community. Education reaffirms his commitment to human development.

Bro. Rafael pledged his full support in reaching the goals of the community. According to him, he

shall, with the help of key administrators of DLSU-EAC, discover ways and means to ensure that the objectives of the college are met within a reasonable time.

Bro. Rafael urged the faculty to redouble their efforts in providing students with service that they deserve through assiduously preparing their lessons and making themselves available to the needs of the students and the community. He also encouraged faculty members to enrich their knowledge by personal visits to the library and research centers or attending sessions and programs which may also serve to widen contacts. Finally, he remarked that all these should be done out of caring for people and our country, love for God, and a willingness to serve Him through His people.

## New HF Board and Staff Named

by Jeng Veneracion

Genevieve M. Vargas, a fourth year Liberal Arts student and Gary Dennis Beredo, a second year Pre-PT student head this year's editorial board. The rest of the editors are Oscar Nera (News), Reynard Juanir (Managing), Luisa Saldivar (Features), Lalaine Solita (Literary), Joselito Aguilar (Filipino), Rohgeni Nono (Science and Research), Ericson Lim Chua (Sports), Carlo del Carmen (Art), Rommel Restrivera (Circulation Manager) and Ruter Agati (Business Manager).

The qualifying exam for the section editors and senior staffers were given last April 3, 1991. The results were also based on their performance on the seminar/workshop held last April 5 and 8, 1991.

The senior staffers are Nyra Colinares, Catherine Bilocura, Carol Co, Emmanuel Ebuenga, Eva Marie Panesa, Lailanee Pascua, Sheila Marie Rupido, Gerry Saria and Mary Jane Veneracion.

The qualifying exam for the new applicants were given on June 18 and 19, 1991. Twelve out of 65 examinees passed the screening. They are: Joseph Jerome Agno, Genarina Balalta, Coleen Caño, Jeffrey de la Cruz, Sunshine Cuevas, Christopher John Legaspi, Thelma Lorenzana, Antonio Mapalo Jr., Marissa Rogador, Lorelie Samar, Clarita Tenorio and Ira Lee Villanueva.

This year's staff artist are Roy Darwin, Felicisimo Guevarra, Marlowe Gutierrez and Bong Siojo.

## Enrolment Increases Despite Tuition Hike

Despite the average tuition fee increase of 9.18% in the first year level in all colleges, the freshman count reached 1,928 this semester.

According to Mr. Melecio Geda, registrar, DLSU-EAC aims to increase the studentry population every year. This, he says, is being done by the Admissions Office through the holding of career talks in the neighboring high schools. The university's greatest selling point he adds is, no doubt, the name De La Salle University which is synonymous to quality educa-

tion. Enrolee count in other year levels are as follows:

- Second year - 1,500
- Third year - 869
- Fourth year - 681

An increase of 17% has been noted in this semester's enrolment figures, in comparison to last year's figures.

## Recruitment Week, On Its Fourth Year

by Ira Villanueva and Thelma Lorenzana

Honking horns, loud music, colorful banners, and balloons on the five participating cars in the motorcade signalled the start of the 4th annual Recruitment Week, which ran from July 1 to 5.

Its organizer, Mr. Jeffrey John Dela Cerna, officer-in-charge of the Students' Activities and Development Office (SADO), said that the recruitment week is observed not only for the students to choose which club or organization they wish to join, but also to give the organizations themselves a chance to campaign and advertise their group. He also informed the students during the opening ceremonies in the Social Hall about the strict implementation of guidelines. Meanwhile, Mrs. Laura Campos, Dean of Student Affairs, encouraged the students to join organizations, but reminded them to prioritize their studies.

Exhibits were also held at the Social Hall from July 2-4, to present to interested applicants some features of the participating organizations - the Association for the Advancement of Karatedo (AAK), Cultural Society, Calculus Society, Federation of Integrated Science Frontiers (Fedisfron), La Sallian Chorale Society (LCS), La Sallian Youth Movement (LSYM), Math

Society, Mountaineering Club, Physical Therapy Circle, Political Science Society, Taekwondo Association, and The Emilio Aguinaldo Theater Repertory Organization (TEATRO) La Salliana.

The affair was concluded with a presentation from each organization at the Social Hall. TEATRO talents showed their acting prowess through an excerpt from *Filipinas Circa 1907*, while Karatedo artists from the national team demonstrated techniques such as women's defense, chair position defense, freestyle sparring, and the *Kata* by Tina Avellana, who won 4th place in a tournament in Japan. Songs livened up the program when the La Sallian Chorale Society and the Male Music and Magic (formerly Male Music Ministry) singers did their part of the show. All organizations were given the chance to air their future plans and activities, as well as to introduce their newly-elected officers.

Butch Lozada hosted the program.

## Additional Rooms for PT and BA

by G. Beredo

The colleges of Physical Therapy and Business Administration, are currently using renovated rooms, as the administration's response to the steady influx of students in both colleges.

Deodoro Abiog II, the school accountant disclosed that P88,007.33 was used for the renovation of a portion of the Linen Department and MRDO, to provide three additional classrooms for the CBA. While P40,461.67 was appropriated for the renovation of the whole second floor of Bldg. 1, to provide for a faculty room and four additional classrooms for the CPT.

Soc Figueras, a PT faculty member, said that it would ease the burden of going from one building to another.

Poor ventilation and lighting, no teacher's chair and ample chalk board space are the complaints of one BA faculty member on the additional rooms. He also added, that they were haphazardly done; but somehow, it partially solved the problem of the lack of rooms.

The school maintenance did the renovation last summer.



Four of the senior members of the Male Music and Magic (Male Music Ministry) giving a musical interpretation.

EDITORIAL

Living things react when something or somebody inflicts pain on them, be it deliberate or accidental. Instinctively, they will either fight back or just give in.

Now take the earth as one great living thing. Scientifically speaking, the destruction wrought by man's carelessness is taking its toll. The question now becomes, is earth fighting back or is it giving in?

Either way, we are at the losing end because if the successive calamities besieging us are really a manifestation of its pent-up anguish then we are powerless to stop something which obeys its own laws, something the wonders of which still remain a mystery even in this so-called computer age.

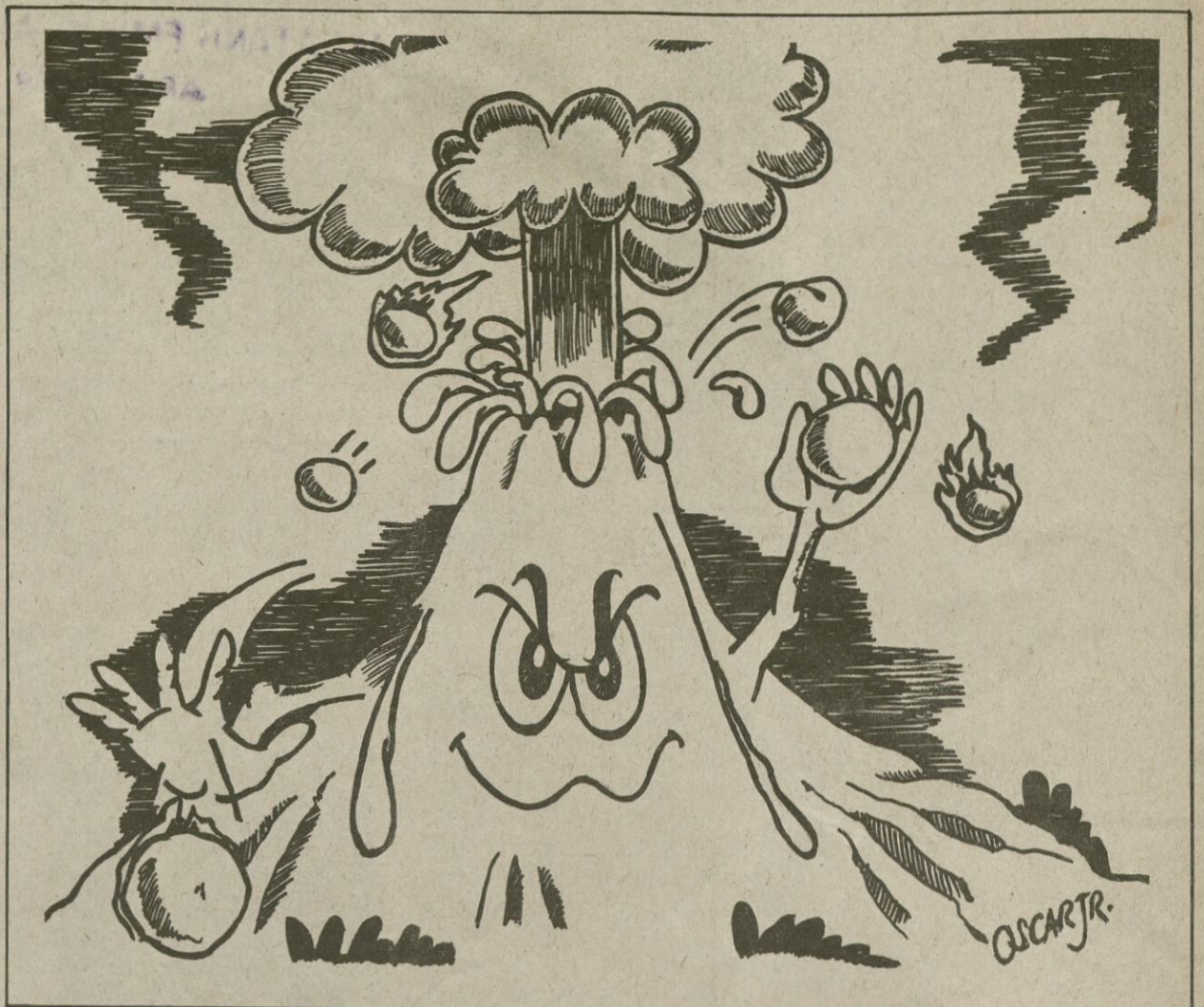
Everytime nature acts up, lives and properties of even innocent people are claimed. They become sacrificial lambs of people whose desperate attempts at more power and wealth know no extremes.

Is the earth rebelling against the abuses of man? Where will all those power and wealth go if earth decides to just fall apart?

It's a frightening thought and it's also a possibility. Let us not wait for these questions to be answered for we might be caught off-guard.

There is no better time than today to start taking care of earth that nurtured us through centuries.

Let us love it like we love life, because like life, it's the only one we've got.



To Begin With...

Reynard I. Juanir

I have been hearing a lot of negative feedback from the students against the SSC. It seems that the SSC is losing the confidence of the students.

It would be unethical for me to speculate as to who should be blamed for the disorganization of the council (although I would like to name a scapegoat or two from the past and present councils). To use a trite thought, perhaps we can only blame ourselves, because we are the ones who choose the people who are in the council.

Basically, a position of leadership in a group such as the SSC, requires a person who is aiming for the good of the studentry. I have known of people (both here and somewhere else) who ran for a student council position, either because it would look good on their list of accomplishments, or because it provides them with a great ego trip.

Bear in mind that the SSC is no "meat parade", where one can show-off himself. Whoever wins

would find himself loaded with responsibilities. (I fail to understand why anyone would want a position with a lot of work and very little compensation).

A few days after this issue of Herald is released, will be the SSC election day. By the time you read this column, the contending parties would have already launched their campaigns in support of their own candidates. Let's choose the right people this time.

\*\*\*

Although I am only a sophomore, I can honestly say that I've adjusted fairly well enough, in the *boondoks* of DLSU Cavite.

However, I do remember one instance on the first day of classes in my freshman year, when I couldn't find my laboratory. Fortunately, a classmate of mine since high school was able to find some of our new classmates, and finally, locate our lab. Consequently, I spent the rest of the week

(See page 3)

SPIN-OFF

Genevieve M. Vargas



It's a day before the deadline and I'm still racking my brain trying to come up with a column. But despite the feeling of desperation, I promised myself that I won't resort to the careless lambasting of people and the graphic sensationalizing of issues just so I will have something to submit come deadline time.

I owe it to everybody to be fair in writing about the issues concerning the academic community. The former E-I-C once said "... pumuna kung kailangang pumuna at pumuri kung kailangang pumuri..." Spin-off will give praise where praise is due and at the same time criticize constructively.

Nobody ever said life was fair but we can all try to be as close.

Here goes:

Improvement and changes marked the opening of the school year. For starters, the enrolment went on smoothly specially for the freshmen. It was a bit chaotic, though,

for the irregular students but nevertheless, it was a far cry from the market-like atmosphere last year.

There was also the construction of additional classrooms and the improvement of laboratory facilities. The POLCA clubhouse (which we're told is to be opened to students) and the road going to the gym are also nearing completion.

The administration should be lauded for its continuous effort in improving the school and making things easier for the students.

\*\*\*

However we also have received some complaints. The most common of which concerns the "moody and irritable" personnel at the Registrar's. Though I have yet to be subjected to this kind of treatment, I have at one time or another, observed this to be quite true. One time, a student was asking if he can be issued another copy of his honorable dismissal since he lost the first one. To this

particular staff shot back "hindi na namin problema yon" granted that she is already tired, but then it's hardly an effort to politely answer a polite question, is it?

\*\*\*

In the College of Business Administration, irregular students reported that they were allowed to enroll. But only after paying were they informed that there were no more slots available in some classes. So, some were forced to drop while others were accommodated resulting in excessive numbers of student per section.

Perhaps the dean of CBA should look into this matter to prevent it from happening again and so everybody will be saved from the inconveniences.

\*\*\*

I could have discussed issues on the national scale, fortunately I was able to read my Asso's manuscript (I gotta hand it to him) and was spared the "burden".

Heraldo Filipino

The Official Student Publication of the De La Salle University-Emilio Aguinaldo College Dasmariñas, Cavite 4114

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PIECE OF MIND

Gary Beredo



Nerve-racking natural calamities that wrought our country in chains, gave us a loud signal that we have to stop the massive destruction of our natural resources, especially to our forests, which, in its present condition, will force us to choose between now and a future beyond hope.

The wide scale logging of trees, both legal and illegal, have greatly contributed to the destruction of our forest ecosystem. Experts are warning us that our country will soon become a wasteland if this is not stopped.

Our nation is in great peril; not from the huge foreign debt or the bases issue, but from the wanton destruction of our forests.

At the rate we are pillaging and destroying this precious ecosystem, naturalists are saying that it would

take about 120 years to restore our forests to their normal function of providing flora and fauna.

At the moment however, we are reaping the fruits of our neglect and abuse - long periods of drought and flood, landslides, extreme weather conditions, and other inevitable response of a land excessively raped and abused, causing a heavy toll on our already dying nation.

Joyce Kilmer voiced out our thoughts in the following lines from his poem entitled *Trees*:

*Poems are made by fools like me,  
But only God can make a tree.*

\*\*\*

Quite a number of scientific reasons were attributed to Mt. Pinatubo's fury, but what I can hardly comprehend is the emotional distress of the *small people*.

I want to ask God's help to make me understand why those who have less in life have to suffer the most.

\*\*\*

Truly, crisis brings out the best in man. But wait, the worst comes out too. The effort of both private and government sectors are worth more than just commending. But those who profit out of others' misery - officials intercepting relief goods to patch their names on it, solicited contributions which never reached the intended beneficiaries for some other reasons, and the looting of evacuated homes - do not deserve human punishment, but God's fair verdict.

\*\*\*

The security guards of DLSU-EAC are off to a good start by implementing serious business in man-  
(See "Piece of Mind" on page 3)

# CAMPUS BITS

## CNMSC Election

The College of Nursing and Midwifery Student Council elected its new set of officers on July 11 at the Funda lab. The elections were held with 148 students and 12 members of nursing faculty present. The new set of officers are Melvin Lumagui, president; Jonathan Guevarra (nursing) and Aida Panganiban (midwifery), vice presidents; Mary Ann Bleza, secretary; Verleo Papa, treasurer; Eduel Yumang, auditor; Edwin Agustin, PRO; Cyndy Ayran, muse; and Ener Ilano, escort.

## Bundy Clock Scrapped

Faculty members are no longer required to time in and out using the bundy clock. This took effect last June 1. Instead, they would be given time cards on which they are to indicate their time of arrival and departure. The brown time cards are kept collectively in a card rack in the office of the Dean or Chairperson. The Dean or the Chairperson will regularly inspect the time cards of the faculty. When no discrepancy is found, he/she signs the daily time record before its submission to the accounting office. The faculty members now maintain a six hour residence on campus, Monday to Friday. Last June 1-15, the Dean or Chairperson of each department gave work assignments to faculty members; specifically, the preparation of modules, research, manual writing and others.

by Nyra D. Colinares

## Solid Electronics Corp. Donation

Solid Electronics Corporation, the local distributor of Sony appliances donated eleven (11) units of used television sets and a tape recorder to the Polytechnic Center of De La Salle University. These were turned over to DLSU last June 5 by Mr. Gil Segador, Assistant General Manager of Solid Estate Corporation.

The donations will be used in training students in the two year and six month electronics technology courses offered at the DLSU Polytechnic Center.

## BS Biology Curriculum

by Carol Co

Here's good news for BS BIOLOGY Majors. Students under the new BS BIOLOGY curriculum ('88-'89/'89-'90) may or may not enroll in Typing I.

## HF Staff Visits Boy's Village

by Gina Balalta

Last July 1, the senior editorial staff of *Heraldo Filipino* went to St. Anthony's Boy's Village (Rogationist Academy), the first school owned and operated by the Rogationist Fathers in the Philippines located at Lalaan II, Silang, Cavite.

With the purpose of inquiring about their computerized and highly-technical publication, the group, together with adviser, Mr. Angelo Aguinado, was welcomed by SABV Rector Fr. Carmelo Capizzi, RCJ and was guided by Bro. Jojo Peque and Mrs. Rowena Esmero.

SABV's composition room and laboratory room are airconditioned, and equipped with the Macintosh IIx, 30 IBM PC/286 compatibles, 6 Brother M-1924L dot matrix printers, Brother laser printers, a Roland drafting plotter, an XY plotter, 2 Digitizers, a 36 Mighty Mouse, a 3M Datashow and a projector.

## College of Education Holds Student Council Election

by Marissa Rogador

July 2, 1991 - The College of Education held their annual student council elections, in Education 103, under the supervision of Ms. Olivia Martinez and Mrs. Sonia Atienza.

The new set of council officers are as follows: Rowena Reyes (last year's secretary of the Supreme Student Council), president; Libner Bautista, vice-president; Lutgarda Andal, treasurer; Lalaine Macayan, secretary; Mario Marayag, auditor; Alex Marasigan, business manager; and Manuel Bunan Jr., PRO.

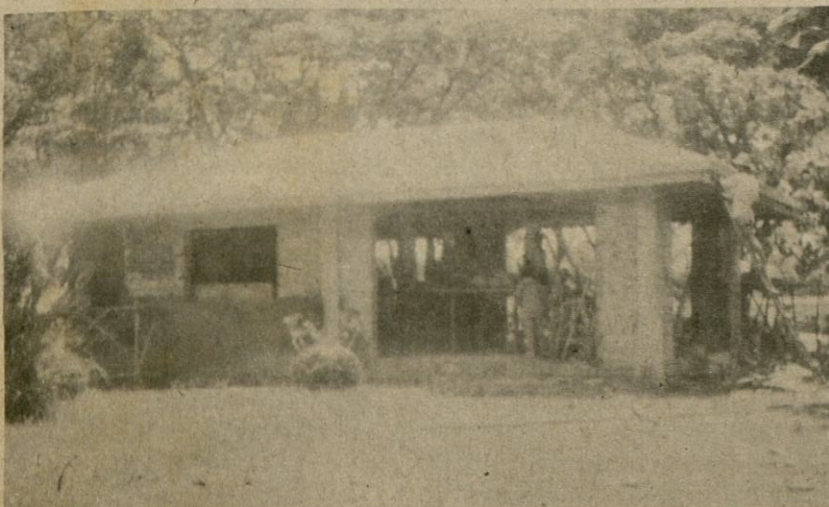
## POLCA Constructs Clubhouse

by Ruter Agati

The Parents Organization of La Salle Cavite (POLCA) Clubhouse is nearing completion. The building, which is being constructed in front of the student lounge, will serve as the organization's main office, and will also be open to the students as a study area and venue for organization meetings.

POLCA has several projects lined up for schoolyear 1991-92. Among these are the purchase of a slide projector for the College of PT, a drinking fountain, and additional funding for the Miss DLSU-EAC contest. The organization also helps the students by providing loans and scholarships.

POLCA's funding comes from students who pay a modest amount as part of the miscellaneous fees.



## "So who's celebrating the 4th of July?"

Ira Lee U. Villanueva

Mt. Pinatubo Eruption: Religious people say its wrath of God.

Politicians say its time to make a show.

Media men say its another source (income or news).

Cory says "That's enough".

\*\*\*

Oscar Orbos is called the "Wonder Boy of Politics" - no wonder, he always keeps the people wondering.

\*\*\*

After Pinatubo, what would happen to Cuisia's "Stabilization Plan" with the IMF? More shrugs. Anyway, Promises are made to be broken.

\*\*\*

PAGASA forecast another typhoon named *Etang*, but Central Bank Governor Jose L. Cuisia sees a different one - *UTANG*.

\*\*\*

Maceda says Cory should save some of the budget for her successor. Cory would have replied, "Who says we still have a budget?"

\*\*\*

US Navy sent relief goods for

the Mt. Pinatubo evacuees. Oh what a relief! It would have rotted in their ships otherwise.

\*\*\*

"We have no plans of leaving Clark", Platt said. What are they waiting for - a hurricane in the Philippines?

\*\*\*

Now, they say they are planning to transfer Clark Air Base. Suggestion: near Mt. Hibok-hibok.

\*\*\*

Secretary Franklin Drilon secures the country by not letting the Marcoses in. A false security - they cannot, even if they want to travel, due to US court orders.

\*\*\*

Smoking Ban was implemented last July 4 in Metro Manila with a penalty of 200 pesos or 2-3 days imprisonment. (Take note: for repeated offenders only) How do they plan to catch those repeated offenders?

\*\*\*

July 4 is the Fil-Am Friendship Day. So what? Who's celebrating it anyway?



## ASSEZ!

Carol Co

The last week of June marked a special visit from a top official of the university. A friend and I were transacting business with the office located in the left wing of the building when he entered the room. It was surprising to see that the people whose faces were characteristic of a poker player, broke into a ready smile which reached to their ears. Enough of this crap! Students know well enough that they are not treated the same way. Some people in this office make smiling, especially to students, seem like a crime. Students also need to be respected and treated like human beings, remember... we are all equal in the eyes of God, *regardless of position*.

If they want to be respected by the students, they must first learn to respect them too. After all, who would enjoy hearing all the nasty things being said about them?

\*\*\*

Early Thursday afternoon (July 11) turned out to be a shock for the students. Being drenched wet from head to toe by an unexpected typhoon wasn't exactly their idea. Matters were made even worse when classes were called off at three which sent students trooping out of

classrooms wondering how on earth they were going to get home. Poor students... there they were outside the campus, under the pouring rain and strong winds, hoping for a ride but unfortunately there were not enough public utility vehicles to accommodate them. I think it's high time that the student leaders, together with the administration, organize a transportation web for emergencies such as this.

May I suggest that the DLSU-EAC service bus be fielded during these times using the DLSU-BAYAN route. I'm sure the students wouldn't mind paying the usual fare - they'd even be grateful to you for saving them the inconvenience of getting wet... and sick.

\*\*\*

A warm welcome I extend to you freshmen and new students! Together, let us make your stay here worthwhile. Let us work together to make this school something we can be proud of.

This column welcomes any comments, problems, and suggestions the student population would like to voice out. Please send all letters to ASSEZ! c/o *Heraldo Filipino*. I'll be more than glad to be of service to you!

## To Begin With... (Continued from p. 2)

being the only guy in a group of several girls.

Aside from missing rooms, there is also the problem of missing teachers and even missing classmates. But perhaps the most difficult part of being a freshman is trying to acquaint yourself with the people and the environment.

Chances are, if you're the sensitive type, you'll get a severe case of *culture shock*, especially if your blockmates come from all walks of life.

Academics are only a minor problem for most freshmen Academic problems usually begin when

you start taking up your major subjects.

One more thing, I find rather disturbing is when some freshmen, give that *appraising look* (from head to toe), which could make a person feel as if though he's the two-headed cow from Norway or something.

\*\*\*

One final note. If you haven't heard about it yet, HF is now monthly (for the next four months, at least). We are also accepting contributions (letters to the ed., poems, stories, articles, etc.), just ask how and when at the HF office.

# CAS Holds Election

by GM Vargas

The College of Arts and Sciences held their election of officers on July 5. The officers of the AS Council are Peggy Lou Livelo, president; Rommel Restrivera, vice-president; Cynthia Tan, general secretary; Rosalyn Rudas, assistant secretary; Johanna Sapida, head treasurer; Bryan Yumul, assistant treasurer and John Bernard Salom, PRO.

It was a landslide victory for the EPICS (Effective Program for Improving Capabilities of Students). Mr. Salom, is the only elected officer from the opposing KAMAG-ARAL party.

## Piece of Mind...

(Continued from p. 2)

ning the campus. I, for example, was one of those subjected to their thorough interrogation for not wearing the uniform one Friday morning, when I didn't have classes. Instead of feeling intimidated and insulted, I felt proud of them. I just hope that this would not be another *ningas kugon* habit savory; for this space will be on constant watch.

\*\*\*

The *Welga ng Bayan* staged on July 22, led by the militant *Kulusang Mayo Uno*, supported by other labor groups, saddens one's thought about the nation's present condition. Here we are, still on the verge of recovery from Mt. Pinatubo's nightmare, and we have to face yet another. This time, a direct creation of man's fondness for politicking and conflict. Wherein all we need to do is to think deeply and have a little patience, or perhaps forget our own self-interests, even for just a while. Surely, no one wishes to be besieged by a calamity we can do something to prevent. Think twice, *kabayan*.

\*\*\*

Finding a name for this column made me count sleepless nights. Its a real tough job, I tell you Its like being given a chance to name yourself. Fears of sounding *baduy*, *mababaw* or *malalim* are things that bother me most. This new name that will be carved out in the annals of my life, is now in my hands. I want it to be very me. At best, reflect my personality, embody my thoughts, ideas and feelings, and a serious commitment to my readers. So here's my share of a *Piece of Mind*.

\*\*\*

Just a *Piece of Mind*, for I can't promise any stroke of genius. It connotes nothing big, for I don't have that, and nothing too small, for I still have an idea of what to do with it. It's just a piece that will try to unite with some other pieces to create the whole picture; with all the colors and angles of every event worth writing; to delve deep down for insights and meanings. And most of all, its the perfect rhyme to what everyone is hoping for, to have some *Peace of Mind*.

\*\*\*

... proving my worth is a senseless act, for I count no glory, but pains in achieving those glories I count by the second...

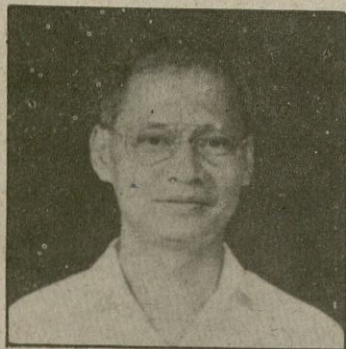
... a boarding house is not just made of rooms, but also of people who painstakingly made the rooms of differences filled with understanding...

... a queen's servant is no mere glory, but slicing a piece from her pie of problems, and to be a watchdog of disasters coming her way... that's precisely the role of an Asso....

## FEATURES

## De La Salle Brothers and De La Salle Schools

by Bro. Manny Hilado



Bro. Manny

The first De La Salle school in the Philippines is what is now known as De La Salle University in Taft Avenue, Manila. When it opened in 1911 the Administration and most of the teachers in the school were De La Salle Brothers.

The De La Salle Brothers is a religious congregation of men founded by St. John Baptist de la Salle in 17th century France and up to this day the members of this congregation involve themselves in the apostolate of teaching and running schools.

From 1911 to the early 1960's the De La Salle schools in the Philippines catered only to male students. Every student in these schools had at least one Brother as teacher every year. Every La Salle boy and every La Salle alumnus

had Brothers for teachers, mentors, and friends. Hence La Salle graduates often called themselves "Brothers' boys."

With the expansion and increase in numbers of La Salle schools in the Philippines, the proportion of Brothers to lay faculty and to students steadily decreased. Here in DLSU-EAC, for example, with 5064 students and more than 300 faculty members, there are only three La Salle Brothers. It is no longer possible that the Brothers teach all the students, and the students get to know the Brothers as friends the way the old alumni of De La Salle did. The emphasis of the work of the Brothers in the schools has shifted from direct contact with all students to developing the La Sallian spirit among the faculty administration and support staff.

Be that as it may, the Brothers are still our direct link to our founder and patron, St. John Baptist de la Salle. Hence we would like you to get to know them and for those who have the opportunity, to work with them.

Our La Salle Brothers in DLSU-EAC:

Bro. Pedro Maralit, fsc: known as Bro. Dindo, he is an architecture



Bro. Gilbert

graduate, teaches Theo 1 in the RT department, and is in charge of the Vocations Office of the school.

Bro. Gilbert Balana, fsc: is a BSE graduate and presently an MA candidate at the Philippine Normal College. Gilbert teaches Religion 3 in the Nursing and Midwifery department. He also facilitates recollections as well as man the Religion Office most of the week.

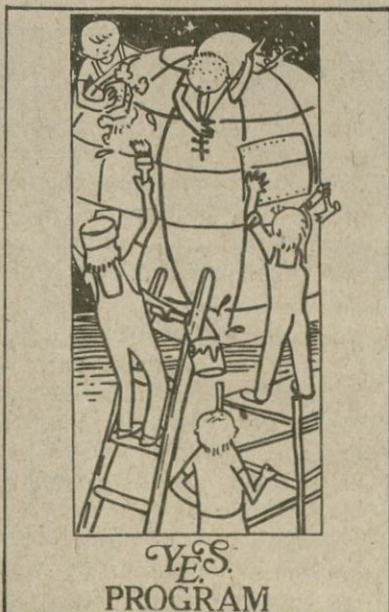
Bro. Emmanuel Hilado, fsc: called Bro. Manny, is the Director of the Brothers community in Cavite. He holds an M.A. in Education from DLSU, has a certificate in Rural Development from the Southeast Asia Rural Social Leadership Institute (SEARSOLIN). He teaches religion in the two year Police Science program and is involved in community development in Barangay Nazareno.

a Japanese collaborator, and Filipinas Circa 1907 as Don Pardo.

He was also as awardee in the National Competition for Young Artists, representing Region IV in 1987 and one of the Ten Outstanding Students, a search launched by the Operation La Salle Top. As a proof of his being a true-blooded thespian, he was judged best actor in the Performing Arts and Festival of La Salle for his very convincing interpretation of Mang Serapio in Teatro La Salliana's presentation of "Ang Paglilitis ni Mang Serapio" . . . the same role which brought him to CCP.

As a Tanghalang Pilipino Actors Company member, he currently attending acting and movement workshop, theatre and script analysis classes under the tutelage of Shamane Buencamino, Irma Marasigan and the internationally-acclaimed director, Brooke Jones.

And now the biggest news: Ariel was chosen as one of the casts of CCP's grand production of Julius Caesar opening in September with Brooke Jones directing. (With these we would like to acknowledge the role Dennis Marasigan played for bringing out the best in each of the Teatro members. It was he who encouraged Ariel to audition in CCP. Same with the Teatro people for giving moral support to their very dear friend, Ariel.)



YES PROGRAM

## Bro. Dindo: A Heart for the Needy

by Gary Dennis Beredo

If any love of mine  
May make a life the sweeter  
If any little care of mine  
Make take friends the fleeter  
If any lift of mine may ease  
the burden of another  
God give me love and care and  
strength  
to help my toiling brothers.

Anonymous



Bro. Dindo

Passing thru an overpass in España, Manila did not prove to be an ordinary event for a man who felt pain in seeing beggars lined up by the side-walk. It struck him, and very time he passed there, he felt a heaviness in his heart.

Born in a middle class family in Lipa City, Batangas, August 13, 1964, to Marcelino and Dita Maralit, Bro. Dindo is the eldest in a brood of four. He studied at the Canossa Academy up to the fourth grade and then transferred to La Salle-Lipa where he received his elementary and high-school diplomas.

Then he obtained a degree in BS Architecture from UST.

But the calling was stronger and he soon found himself in the Mary Hill School of Theology in Quezon City, where he began his formation as a La Salle Brother.

Since then he was assigned to different La Salle schools in Greenhills, Lipa, Bacolod and Iligan where he shifted from teaching to administrative jobs. In DLSU-EAC, he is currently handling two classes while helping manage the Religion Department.

His main work, however, involves spiritual and community services in Brgy. Nazareno in Area-C.

Although, "mahirap ang tubig at kuryente doon" the living condition with two La Salle brothers isn't in any way hard. Its life, he quipped.

In a way, Bro. Dindo said, *the poor are somewhat blessed for God gives special attention to them and because they have no one to turn to except Him.*

When asked about La Salle's thrust being for the needy yet it somewhat caters to the elite - *But it began that way! Now we're doing our best to reach out to the poor and at the same time cater to*

those who are willing to pay for quality education, he answered.

Shifting from serious to lighter topics was not easy for this writer but through the interviewees' encouragement, he was able to go on.

A resounding "Yes" was his reply to the question "have you ever been in love?" He described her as a person he was at ease with. The feeling made him realized that he was also capable of being in that state, just like any human being. However it did not reach any heights as what he really wanted - to offer love to Him and the poor."

Bro. Dindo believes that all work and no play makes a person dull, so he indulges in sports, particularly basketball where he prefers to be a guard-forward as he is basically a shooter.

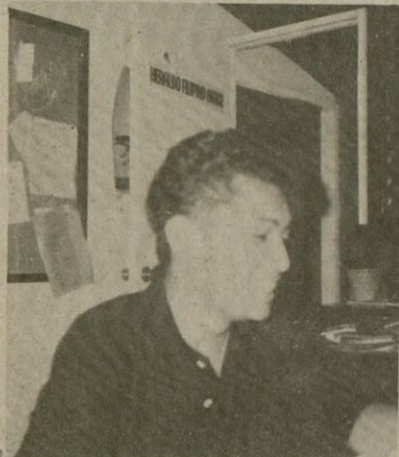
Reading takes up most of his free time. He likes reading historical novels and fictions. He singled out *Sarun; The History of England*, and the likes of *Shogun* and *James Claver* as his favorites. Stories set in the medieval times depicting knights, sorcerers and kingdoms also fascinate him.

At this point of his life, he considers being an Archeologist his fulfilled dream. He is so interested in finding artifacts that tell something about the past. For now he just contents himself by reading books which features such.

Dreams unfulfilled and dreams fulfilled, he has much of the latter for he finds immeasurable satisfaction in doing what he loves best - caring for the needy. Another dream that remains unfulfilled and will probably remain so for a long time, is winning the battle against poverty, which prevents people from enjoying life and living to the fullest. It will take quite a long time and a lot more people like Bro. Dindo.

## A Teatro La Salliana Pioneer Goes to CCP

by Mawey Ebuenga



For those aspiring to be a member of the CCP family, it was a red letter day. "This could be the break I'm longing for" one might say. "This could be the day."

There were about 35 applicants who gathered that day at the CCP-Speech and Drama and Theatre Arts students from UP, Mass Communications students from Ateneo, UST and other universities and professionals as well. An assembly of talents each one ready to show off their acting prowess and to acquire membership to the Mecca of Filipino Artists.

While everyone was busy preparing and waiting for their turn, one asked a young aspirant sitting in a corner.

"What's your course?"

"BS Biology" the young man replied.

"BS Bio?" he asked in disbelief, "So what are you doing here?"

The young man just smiled and shrugged his shoulders. Then, it was his turn to audition. ARIEL DAYANGHIRANG, the BS Biology student from De La Salle-EAC walked tall but was shaking inside as he faced the CCP panel which included Nonong Padilla, the artistic director of Tanghalang Pilipino, Nanding Josef, director for coordination center for dramatic art with Shamane Buencamino and Onie de Leon.



After asking him a few questions, he was asked to show his acting talent. He did a portrayal of the character of Mang Serapio, the blinded old man in the play *Ang Paglilitis ni Mang Serapio*. He passed the first screening. . . but that was just the first part. For the second screening, he was given a piece entitled "Laruang Kristal" and he delivered and acted out his role with no less than Shamane Buencamino of PLDT's famous commercial "Ang Payo ni Ate", as his partner.

And he did it. He was among the 12 talents who passed. He is now a certified member of the CCP family . . . the dream of every Filipino artists!

Ever-so-active in school activities, Ariel was once a member of the Physical Therapy Circle, the Pred-Med Society and the Calculus Society. A good actor, Ariel also possesses an exceptional singing voice. He was a former member of the La Sallian Chorale Society and the chairman of the Campus Ministry from 1988 to 1989.

One of the pioneers of Teatro La Salliana, he appeared in practically all of the major productions of the group including "Lilipad pag Pinalad" as Mang Felipe, a man who dreamed of establishing a sex shop here in the Philippines, "Silang Nalugmok sa Gabi" as Tiyo Jaime,

## YES UPDATE: Saving Mother Earth

Luisa Saldivar

Youth Educational Services (YES), part of the La Sallian Community Development Center (LCDC) is pleased to announced the main focus of the program this semester—"Saving Mother Earth."

The program will open the doorway to youth awareness on Ecology. Even though there is already a nationwide campaign about this, the program is sure to make a difference.

With the leadership of Arem Alvaran, the new LCDC coordinator, activities are already planned and subject for implementation. The program also wishes to coordinate with the mayor's office to help the local government in implementing the projects related to environment watch.

The program is based on two basic questions: "What can I do?" and "What can others do?" in saving mother earth.

Right now, the program has the first batch of the student-volunteers called SERVE 1 (STUDENTS EXTENSION OF RESOURCES through VOLUNTARY EFFORT). And plans to have SERVE 2 soon.

Aiming to update the La Sallian Community on the activities of the YES program, this column will be

regularly published every month.

LCDC wishes to thank the Heraldo Filipino for this opportunity.

To our reader, if you have inquiries about the YES program, feel free to write us. Just send your inquiries to "YES UPDATE" c/o Heraldo Filipino, DLSU-EAC, Dasmariñas Cavite 4114.

MR. SEGUNDO SIM' THE MAN BEHIND THE PROGRAM

We appreciate the courage you gave us,

We thank you for your patience, We cherish the time you spent with the program.

SERVE 1

## Midwifery . . .

(from page 1)

29. Salum, Maryliz
30. Santarin, Violeta
31. Santiaguell, Gladys
32. Sapida, Rachel
33. Saria, Irene
34. Siracon, Noralyn
35. Toledo, Jenaliza
36. Vileta, Bernadette
37. Villarin, Eden
38. Villocino, Rosalie
39. Visaya, Analeia
40. Zamora, Angelita

LITERARY

A Freshman's Reflections

by Sunshine Cuevas

As I enter the gates of the college campus, I feel like entering a world where no one knows me and where I know no one. It's like walking in a place where darkness rules, no one to hold on to, no one to call upon. My old friends back in high school have taken their own paths.

Walking along the new walls that surround me. I thought, it would have been better if I had flunked my senior years. At least I know my Alma Mater better than the walls around me now.

New faces begin to appear beside me, each willing to be my friend. All of them, ready to fill the space my old friends left when we parted ways. Each of them, feeling the same way I did when they first viewed the new world they are in. But now, were striving to stand as one, hoping that we can built new friendship.

Mentors on the other hand, are starting to fulfill their part. The resounding voices of teachers, recitations, reports, assignments, and new found crushes fill up our new life. But still somehow, it reminds me of high school.

But as I take another step, I realized that college life is not so bad as it seems, its full of wonders, lots of hardships, and tons of hard-work. But all those will shape me to become another individual quite distinct from that when I was in high school. It will teach me to become independent, strong, firm and responsible.

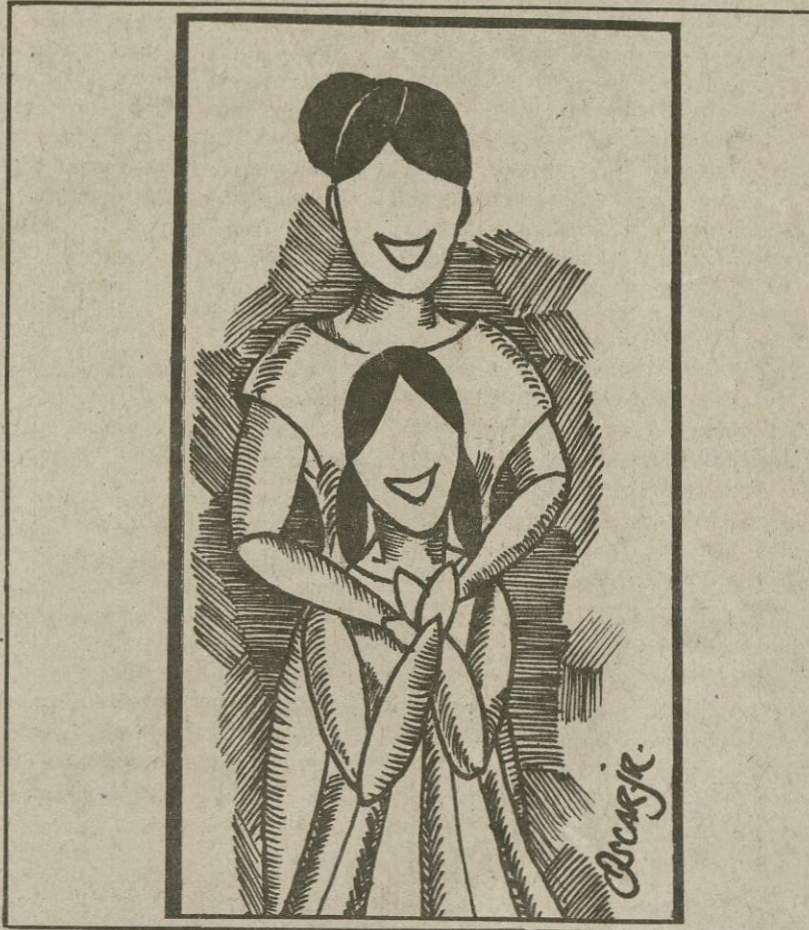
Indeed college life offers a lot of opportunities. It opens another door to new aspirants, achievers and conveyers of a satisfied life. There's a lot ahead for me. There's a lot I have to learn before I reach the success I have long desired. Now that I have to face another phase of life, I'm still thankful because my high school days prepared me a lot to look forward to in reaching my dream.

Three or four years from now, my high school memoirs will be replaced by college memoirs. After another year, and the year after another, another person will utter the same words I had, another person will have the same feelings I have had when I first entered college.

Taking the First Step...

The First Wing

by Jitlerpat



Nanay held my hand the first time "we" tried to walk. She was beside me throughout those times; always ready to catch me if I fall, to pick me up if I stumble and to wipe away my tears if in pain. She was there when I first entered grade school. She was all smiles as she led me to my room and when she left, her lips quivered as if all too reluctant to go. I strived hard but not alone. Nanay saw to it that in all my endeavors, she'll be around. We both cried when I won my first Division spelling contest, during my graduation. I remember her proudly displaying my gold medal as valedictorian to neighbors. And even when I crossed my threshold to adolescence, to high school, she was always nearby.

Perhaps, it was already in the wind though I refused to admit it. But the time for me to trod alone is fast approaching. Then, I gazed around and saw that my mother is now about to leave me in this academe. For the first time, it is my lips that's quivering, my eyes bright with unshed tears and an echo rings in my mind. Not yet, nanay, I can't do this. But when I looked at her, I saw in her face a radiance not there before. It was as if she was a mother eagle who had patiently taught her young to fly and now is about to let go. I watched her go and then, only the dust of her steps lingered around me.

It is now quite sometime since that day when I was left in the boarding house. Slowly, like a child, I'm learning my gait. I have a long, long journey ahead and I must begin now. I know that this is what nanay would like. I know I am not alone for I have her within me. Her values, principles and manners, I will try to emulate as I take my first step, as I sail in my first wind. She is never far, and I believe she'll always hold my hand. . . Nanay, tara na po!

for survival. For a freshman, these weekly journeys are quite a change from the regular rhythm of home.

The excruciating trip starts with a Crossing bound jeepney. After all that pushing and swearing, I find out rather too late that I just rode in a smoke belching vehicle. Clutching a hanky on my nose, my attention drifted to the clouds of black smoke already making my eyes water. The journey towards Bacalaran was no different. By just sitting

(Continued on p. 6)

The Ovspentu Syndrome

by Oscar Nera



It's Friday morning and you check if you've got enough money to last the day. To your disappointment, you discover that the crisp purple bill you were expecting to find there has abandoned your wallet. You would settle for a red bill but, alas, there is none. All you find is a green bill, with a hero printed on it, seemingly raising an eyebrow at you. The only consolation you get is that you've got several of those.

This is a common problem among students who get their allowance on a weekly basis. Students tend to spend too much of their money on the first four days of the school week and then settle for a meager amount on Fridays. Are parents not giving enough money to their children? Most stu-

end of the day. This includes everything; from a meal, to photocopying fees, to that extra P1.50 you so generously handed to the jeepney driver to pay for a friend's fare (finally, she noticed you!), or the usual dilemma girls face - a stocking that snagged and ran and had to be replaced immediately. Join them all down. Do the monitoring until the end of the week. Ever had the problem of not knowing where your money went? Come Saturday, go over the list and you would readily be able to identify unnecessary expenditures. Now that you know what went wrong, you can avoid doing the same mistakes again.

Step two. From the original list you have made, you can pattern a practical and judicious schedule of

about. Be wise by putting those coins in your exmo jar. You will be baffled as how fast the amount accumulates.

Finally, you may have noticed that once you've changed a large bill for smaller ones, you end up spending the amount faster. Avoid this. The coins will come handy for small payments and will help keep you from handing out too much paper bills.

Get yourself a dose of the cure. The next time you check your wallet on a Friday morning, you'll find the purple bill there, plus the green ones too. Only this time, you won't find the hero raising an eyebrow at you. What you will see is a group of people rejoicing because you have learned to spend your money well!

On Environment and Our Diminishing Future

by Coleen A. Caño

A lot of articles have been written and published regarding the present state of our environment. They reveal scenes of pollution brought about by industrialization and human arrogance. However there are some instances when we become too feeble-minded to fully grasp the message of these articles. Small and big scale industries, factories and automobiles have all been responsible for the advancement of our lives, but do their supposed advantages outweigh that of its negative drawbacks?

Probably a lot of us have ridden in a public vehicle. Aside from scouring your neighborhood to check for traces of pollution, a simple jeepney or bus ride to our cities will do. Ever since the first fire, smoke has been one of our major pollutants.

Commuting from Pasig to Cavite and vice versa is no easy feat. It requires skill and raw experience

BLESSINGS

by Richard S. Parohinog

*What manner of sentiment could comprehend  
A thought so deep in its realm of seclusion?  
Amidst the rampant abuses of blessings  
of people who at first appeared to deserve it  
But later proved less to the responsibility.*

*Given knowledge and courage to act and yet,  
we fear to use this authority . . . rather  
it is utilized to achieve selfish gains.  
Undermining the purpose in which again  
the responsibility that is expected of us.*

*We are frail, indeed we are.  
Often we mistake a little success for glory.  
Fools to proclaim a self elevated standing.  
We further humiliate ourselves by forgetting  
the essence with which these blessings are based.*

*There is always a reason for every purpose.  
This is a fact that time itself proved.  
Unless we accept this as a valued principle,  
We as a people would not prove worthy  
of the obligations that come with each blessing.*

*God in His infinite wisdom gave us these gifts  
But with it is its equal responsibility.  
Prove worthy of this duty and  
we as people prove righteous of the blessings  
that are showered upon us from Above.*

"This malady spreads out rapidly yet unlike most diseases, the mode of transfer is sight."

dents would say yes, but think again. The problem may lie in you. For the purpose of terminology, we shall call this the Ovspentu syndrome (over-spending student). This malady spreads out rapidly, yet unlike most diseases, the mode of transfer is sight. You see someone splurging and the next thing you know, you're doing it too. Fortunately, there is a cure.

The first step is a week-long procedure that would serve to identify your spending habits. Start on a Monday, listing down all the expenses you have incurred at the

expenses. Trim down your daily financial output considering your needs, without limiting yourself too much. Stick to this schedule and follow it like a creed. If you find difficulty in doing this, one good suggestion is to bring money to school that is just enough for the day, thus avoiding the temptation of overspending.

Another way of saving is by keeping an exmo jar (extra money). After a long day, we tend to ignore the coins in our pockets and just leave them there, or let them lie around in places we soon forget

The Earth Wept and Died

by Jitlerpat

*She spread her arms wide  
welcomed me to her bosom  
comforted me in pain,  
rejoiced me in glee . . .  
She let me walk in lands,  
touched with green and blue,  
kissed my lips in springs ethereal.  
Then,  
clouds rolled and thundered  
as my hands dug deep to plunder,  
I did not mind her cry in pain  
I went on and on my way.  
Then, her life slowly ebbed out  
until the embers flickered  
She turned and wept  
the earth had died.*



## SCIENCE

## VOLCANIC ASH-- what is it?

by Sheila Marie Rupido

Being residents of a country with 21 active volcanoes like Mt. Pinatubo, there are many things about volcanic ash that we should know.

The first thing to know, of course, is the fact that volcanic ash is not the kind of ash familiar to most of us; the ash that we produce when we completely burn wood, cigarettes, or anything organic. Volcanic ash is absolutely different. Except for its color, which varies from white to dark gray, and its texture, there's really nothing ashy about volcanic ash.

Actually, volcanic ash is one of the many deposits showered by an erupting volcano. Particle size of this ash is similar throughout, but flakes of an ash from different ash-falls may differ in thickness and shape. Depending on how it is packed, the density of volcanic ash varies. Its density value ranges from 0.4 to 0.7 grams/ml. As a proof, a one-inch deposit of light gray ash over one acre of land would weigh 62.3 tons.

The Philippine Institute of Volcanology and Seismology (Philvolcs)

chemistry division have already summarized the characteristics of volcanic ash. In a recent report, they found out that the volcanic ash from Mt. Pinatubo is mostly pumiceous volcanic glass or pure silica, similar to dacite which is a common volcanic rock. In detail, volcanic ash consists of about 60-90% oxides of silica, 9-20% aluminum, 1-3% iron, 0.2-2% tin, 0.1-10% calcium, 0.1-1.5% magnesium, 6-12% potassium or sodium, 0.6-1.0% phosphorus. In general, newly deposited ash contains more sodium chloride and calcium sulfate. In addition to this, it was proven that occasional inhalation of this ash may produce irritation of the respiratory tract or cause ear infection due to the blocking of air passages from the ear to the nose. On the other hand, repeated inhalation over long periods of time could produce adverse effects particularly to people with pre-existing lung diseases, like recurrent asthma, chronic bronchitis and emphysema.

Farm animals breathing large quantities of volcanic ash are expected to develop "dust pneumonia"

or lung congestion, and a type of emphysema. Horses are more susceptible than cattle. Some animals may develop "water belly" and stones in the kidney or urinary bladder.

Because of its abrasiveness, volcanic ash can increase the wear rates of equipments, engines and components of airplanes, boats, ships and irrigation gears. Repeated entry of ashes into the engine of any air conditioning units can impair its smooth functioning.

This volcanic ash is likely to reduce water infiltration of the soil, enhance surface run-off and erosion, reduce the absorbance of heat by tilled soil, reduce crop growth and cause leaf burn.

However, they pointed out that ashes from Mt. Pinatubo are only slight acidic and contains non-toxic concentrations of some elements like aluminum, arsenic, boron, cadmium, copper, fluorine, iron, lead, manganese and mercury.

condensed from  
*Philvolcs savants bare new hazards from volcanic ash* by Alberto T. Rous, Phil. Times Journal

## "On Environment"... (from p. 5)

in the bus, I could already see similar clouds of ink-black smoke emitted by other buses with dirty dust systems. Then garbage. It seemed that every part of the sidewalk were dumped with trash, often covered, often just thrown in.

When will we ever refrain from ridding ourselves of all dirty elements without practicing torpidity when it comes to our environment. There is little left of our environment today that hasn't been touched by industrialization. Even beautiful Cavite hasn't been spared. Vast tracts of agricultural land is disappearing and residential sites are sprouting almost everywhere.

My reverie was shattered with a puff of smoke blown in my direction. I was surprised to see fellow students smoking away and feeling quite confident about it. Big things start from small. I wondered if these guys knew the risks

they were taking in every puff they took. They're not only doing considerable harm on themselves but are also contributing to the worsening hole in the ozone layer. If that isn't enough, they're also placing the health of the non-smoker in line... which is why I inched away from them.

An infant's cry pierced the air and thoughts started dawning on me. What if nature lashes out her vengeance on us mere mortals? What if we feel another tremor in the foundations of the earth? Will Man ever stop using nature as the background and theater of his life's tragedy? Will my generation or the succeeding generations have anything to look forward to? Will the baby only live to experience the remnants of a once embellishing environment? When will we ever learn that in exploiting our environment, we are in fact diminishing our future?

## Interview... Interact...

by Christopher John Legaspi

It was one bloody Thursday, I woke as early as 7 AM to prepare for my interview with the Dean of Physical Therapy, Dean Romana Pablo-Santos. I can't believe myself waking up that early, when my classes are to begin at 10 AM.

At 8:45, I went straight to the Dean's office. Unfortunately, the Dean wasn't able to attend to our 9:00 appointment. I waited for 10... 20... 30... 40... 50... an hour! Then the much-awaited Dean arrived. She tried to beg off the interview, but fortunately, I was able to cajole her into it.

So, we went down to the PT Building and rode a jeep to where this interview took place.

D: Whew! Now let's start the ball rolling.

HF: Without further ado, may I ask you about the activities of the college for this semester?

D: Our social activities for this semester are the following: first of all, our college is planning the so-called 'PT Week'; next, we are also organizing the Sportsfest. By the way, during the PT week, there will be a fund raising. This

fund raising aims to furnish the laboratories with equipment.

HF: You said that these are the social activities; are there any academic activities cooking up?

D: Definitely. For the faculty members, we are organizing a program which aims to develop the faculty members better. There will also be a program wherein, we are going to train interested graduating students to become future teachers.

HF: Since you mentioned about the Faculty members, how do you react to what younger PT students say as the "deterioration of education?"

D: Deterioration? As far as I'm concerned, the pre-PT teachers (belonging to the College of Arts and Sciences) are of great quality. I believe that some of them have a Master's Degree, while some others are pursuing theirs.

HF: Now, let's tackle the serious part concerning the College of Physical Therapy. How did the past scandal (the only 9 (See Interview on p. 8)

## Fever: Killer of Body's Microorganisms

by Nyra Colonares

It's still rainy season and people are prone to suffer from colds, cough, and fever. The most common among the three during these months is the fever. Some people complain whenever they have a fever because they are forced to be absent from their work.

Scientifically speaking, we should be thankful when we have a fever, because in a way it helps make us healthier. According to Dr. Jesus Juario, an International scientist and a U.P. Cebu biology instructor, high fever may be undesirable because of its destruction action on

the more delicate body cells. But moderate fever is good for our a fever, the temperature of our body rises killing the microorganisms or inhibiting the bacterial growth inside our body. A fever is just a way of cleansing and preventing bacteria from entering the body.

Juario advised that the best way to treat fever is to bathe your face and body with alcohol mixed with water. If temperature won't decrease, put a block of ice covered with a piece of cloth on your forehead and drink cold water or juices to bring down your body temperature.

## Discover Science Centrum

by Rohgeni Nono

Do you like to participate in fascinating projects? Interested in works like the *Bernoulli Blower* demonstrating the principle of air pressure, or to look at your 'multiple reflection' through the *Looking to Infinity?* Then, the Philippine Science Centrum in Ermita, Manila is the place for you.

The *Philippine Science Centrum* is a learning center which seeks to educate people of all ages regarding science, nature and man through its

interactive exhibits, fairs and competitions, and outreach programs. The Centrum features a collection of 60 interactive exhibits, an IBM computer gallery, a Skywatch gallery and an audio-visual room for watching new scientific discoveries.

As part of its existing program, the PSC held an exhibit billed *Science and Technology '91*, at the Harrison Plaza Garden Square on June 24-July 8, 1991.

(See Discover on page 8)

## Dasmariñas, to join the economic growth race

Lalaine Y. Solita



Dasmariñas, one of the most peaceful towns in Cavite, is heading its way for growth.

This once quiet town known for agriculture and people with simple lifestyles is changing rapidly in terms of progress. And as we students continue to be perceptive, we wonder about the new things that might be going on here in Dasmariñas and the best person to inform us about such is the town Mayor, Recto Cantimbuhan.

Mayor Cantimbuhan has been in office for the last eight years. Within that span of time, plans have already been made, investigations on the land had been conducted, and most especially, the needs of the people have been distinguished and studied. What only remains to be done as of now is the implementation of the four major projects here in the community.

The four major projects are the paving of all main roads in Dasmariñas Bagong Bayan, the construction of a bridge at Area J-DBB, the construction of a new and modern public market, the construction of a public park and the concreting of a Dasmariñas Bridge.

The concreting of Dasmariñas bridge is his first priority. The six-meter wide bridge is estimated to cost around 5.7 million.

The second is the paving of all main roads in Dasmariñas Bagong Bayan to make Dasmariñas accessible to people who are going to Tagaytay, Laguna, Batangas, etc.

He even added that "the most number of subdivisions can be found in our place, and our town is the site of Colleges and Universities. Also, a lot of commercial establishments such as Jollibee, McDonald's, Manuela, etc. are planning to put up branches here. If more commercial establishments will invest here, it will be easier for the people and they won't bother to go to Manila just to shop and roam around because the excitement will be right here, soon."

The third is the construction

of a new and modern public market worth 10 million located on KM.30 Emilio Aguinaldo Highway with the land measuring 1.3 hectares.

"It's needed," he said, "because the market in Dasmariñas Bayan have been constructed long before when the population was only 27,000. The present population is 155,000." So, there is a need to expand the market place.

The last among the priorities will be the public park because the need is not as strong as the first three projects.

The Mayor expressed optimism that the projects will be completed before 1992 ends.

## ... On Major Problems

"The lack of source of livelihood is the major problem here in Dasmariñas," Mayor Cantimbuhan said.

"We've had projects such as handicrafts, garment-making, sub-constructions, etc."

"Investors from Korea, Japan, etc. are expected to flock to Dasmariñas soon. So, labor intensive industries/factories will be here soon. These will help the jobless people here in Dasmariñas as well as the adjoining towns."

Replying to a question about the effect of progress which are destruction of nature or existence of pollution, he said, "Ang pag-unlad ay nakakaapekto, accept it. We only have to make certain regulations."

"Investigations have been conducted and we have studied lands that can be irrigated."

With regards to the sanitary problems most specially in Dasmariñas Bagong Bayan, "We will be starting our projects by next year," he said.

Too many important plans have indeed been systematically made.

Now, they are ready to be implemented.

"Five years from now, I can see Dasmariñas as a Satellite City, just like a small Metropolis...," the Mayor concluded.

## The Mayor Speaks to the Youth

"All of us have ambitions, it will make us grow. We are here doing these projects not for us but for the generations to come. Understand our plans and support us. We also need your patience and your discipline. You don't have to only be aware of other's responsibility, you have to work with us."

He even kidded us, "kayo noon, nagreklamo sa kalye. Tapos, ni walang nagpasalamat nang natapos..."

We responded with "Well, We thank you... are we the first one?"

His last message was very warmly spoken, seeking support, "We are helping the students, please help us in achieving programs for the sake of our forefathers... I want to start but I can't start alone."

"The fulfillment of your dreams lies within you. When you understand and accept this, then nothing or no one can deny your greatness. The power to succeed or fail is yours. And no one can take that away."

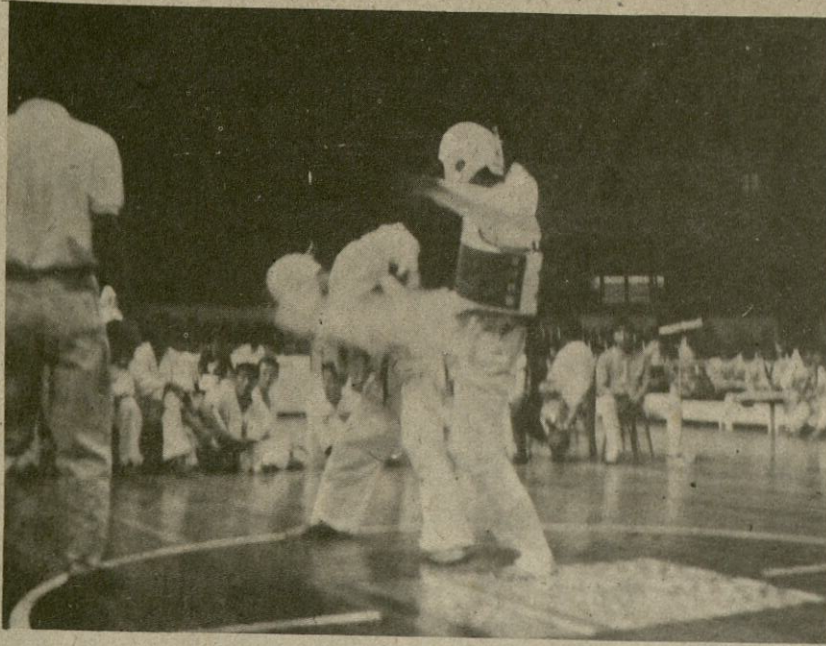
"No matter how bitter nature's punishments can be, the sadness of losing our beloved ones, or the heartbreaking failure through the struggle to success... The only way to survive is the LORD!!!"

A WORD OF INSPIRATION FROM DOROTHY LEE



# The Athlete's Perspective

Ericson Lim Chua



## Sports and Legal Drugs

When most people hear the word *drug*, they often associate it with those use in medicine or those use by drug addicts. But rarely are alcoholic beverages and tobacco smoke considered drugs by the common individual. A drug is defined as any substance that bring about alteration or modifications of body function at molecular level. And since liquor and tobacco smoke affect major body organs like the brain, the heart and the lung can be classified as drugs.

Alcoholic beverages affect an athlete in several ways: 1) It interferes with the absorption and storage of vitamins resulting in poor nutrition. 2) It may damage muscle cells, clog arteries, and alter the normal pumping of the heart resulting in high blood pressure and abnormal heart rhythm. 3) It also destroys brain cells which may result into memory loss, confusion and learning difficulties.

Cigarettes smoking also affects the athlete in numerous ways: 1) It increases air flow resistance. 2) It produces uneven ventilation of the lungs. 3) It interferes with the exchange of carbon dioxide in the body for oxygen. 4) Like alcohol, it increases the heart rate, cardiac output, blood pressure and oxygen consumption.

Think of these effects, learning difficulties will make it hard for you to remember techniques and strategies, increases in airflow resistance will lower body endurance making it gasp for air faster than it normally would and abnormal heart rhythms and high blood pressure can result in heart stoppage especially with distance runner even if they have no heart ailment.

If you think highly of your athletic capabilities and have the unwavering desire to win, avoiding vices like these will certainly put you on the road to success.

## CARTOON

# Toilet Humor

BY: CARLO DEL CARMEN



## PRISAA Cavite Organized

In response to the government's renewed thrust on its sports development program, seven schools led by DLSU-EAC met to organize the Cavite Chapter of Private Schools Athletic Association (PRISAA). Elected into office are the following: Dr. Oscar Bautista (DLSU-EAC), President; Atty. Manuel Paredes (II), Vice President; Laura Campos (DLSU-EAC), Secretary; Fr. Walthrode Conde (SSC), Treasurer; N. Santo Tomas (SSC), Auditor; and Joserey San Juan (II), PRO.

PRISAA was reactivated by virtue of DECS order no. 104, s. 1990 to oversee the development of sports among private schools nationwide. The specific objectives of the association are: 1) To organized and promote a comprehensive sports, cultural and educational program for member schools. 2) To establish rules and regulations for the conduct of association events. 3) To train and develop athletes, coaches and other sports personnel for national and regional competitions.

Through its membership with the PRISAA, DLSU-EAC Athletes will be expose to competitions on a higher scale than the ICCUAA. The event will start with a provincial eliminations followed by the regional and finally the national meet. Region IV, to which the Province of Cavite belong will be assigned the red uniform with white letters.

Also included in the PRISAA schedule of events are cultural and academic competitions including modern and creative folk dance, choral, song writing, oratoricals, declamations and debates. The seven member schools of PRISAA Cavite are Imus Institute, Divine Word Seminary, Philippine Union College, St. Joseph's College, San Sebastian College-Recolletos and DLSU-EAC.

### Interview ...

(from p. 7)

graduates) affected the college?  
D: That issue did not harm the name of the school but instead, raised it to a higher

## THE SPORTS HERALD

### New Firing Range for DLSU-EAC

by Carol Co



A new facility has been added to the DLSU-EAC campus. The firing range was inaugurated last May 31. Officiating the ribbon-cutting ceremony was Dean Tirso Viray of the College of Criminology with Dasmariñas Town Mayor Recto Cantimbuhan. Dr. Oscar Bautista DLSU-EAC EVP, Philippine Educational Association for Criminology (PEACE) President Dr. Jose Maniwang, DECS Representative Dr. Mercedes Forunda, and NAPOLCOM Commissioner Juan Agas as guests. Students interested in using the firing range must first coordinate with Dean Viray prior to use.

## Directory of Student Organization

### ACCREDITED

#### ACADEMIC

1. Fedisfron
2. Math Society
3. Physical Therapy Circle
4. JPIA
5. Physics Society

#### ARTS & CULTURE

1. Cultural Society
2. Teatro La Salliana
3. La Sallian Chorale Society

#### SOCIAL

1. La Sallian Youth Movement
2. Peer Councilors

#### SPORTS

1. Taekwondo Club

#### PROBATIONARY

1. Junior Marketing Association
2. Business Management Society
3. Society of Radiologic Technicians
4. Calculus Society
5. Computer Society
6. Political Science Society

#### SPORTS AND OUTDOORS

1. Mountaineering and Outdoor Club
2. CBA Athletic Club
3. Association for the Advancement or Karatedo (AAK)

#### CULTURE

1. Male Music and Magic

### Discover ...

(from page 7)

The main attraction of the exhibit was its set-up where everybody was expected to touch and play with the exhibits.

*Tiny Bubbles* demonstrated how bubbles are shaped in different types of shaped cooper wires. How differently carved wheels can be made to roll smoothly over an appropriately shaped road was explained with the *Square Wheels*. The Pipes of Pan showed how the length of pipes affect sound waves. The enchanting *Fantasia* revealed how electricity flows through selected gases.

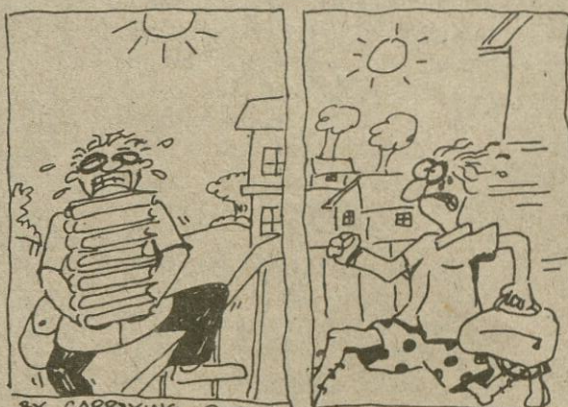
There was also a section which featured Filipino inventors and their works. Among these, *Fuel Adapted as Substitute for the Operation of Diesel Engine*, by Deogracias S. Domingo and Ibarra S. Cruz stood best. It proved that a coconut oil-based fuel specially formulated could be a potential substitute for diesel fuel.

A separate trade section from the exhibit "show area" sold products such as electronic equipments, imported items and the latest textbooks and reference materials on science and technology.

The exhibit attracted not only students and professionals but curious onlookers as well.



### HOW TO LOOSE YOUR CALORIES IN A MINUTE...



### THAT'S IF YOU'RE IN DLSU-EAC



PUSHING YOUR LUCK (1100-1200 C.)

(5000-7000 C.)

(250-3000+ FOOD)