

Pride comes first;
disgrace soon
follows;
with the humble
is wisdom found.

Proverbs 11:2

Heraldo Filipino

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EMILIO AGUINALDO COLLEGE

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DASMARIÑAS, CAVITE

JANUARY-FEBRUARY 1992

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SBDFI, Municipal Gov't sponsor Negosiyete Seminars



A demonstration on catsup-making from squash.

The Small Business Development Foundation Inc. (SBDFI) and the Office of the Mayor of Dasmariñas jointly sponsored *Negosiyete Seminars* in February.

Negosiyete is a livelihood training program which is being implemented by Channel Seven and the Technology Livelihood Resource Center (TLRC), a government office which trains those who are interested in home business through seminars ranging from eight hours to one week. The seminars will give the economically disadvantaged of Dasmariñas access to livelihood skills and training.

Various livelihood skills appli-

cable to the rural and urban areas and the surrounding towns were taught. Some of these are quiltmaking, meat, fruit, and vegetable processing, bag-making, homebakeshop, honeybee culture, basket making and swine raising.

Beneficiaries of the *Negosiyete Seminars* included thirty economically disadvantaged residents of Dasmariñas per session.

The Office of the Mayor was responsible in identifying approximately one hundred prospective beneficiaries of the project and in providing counterpart funds to help defray the costs of the seminars.

The SBDFI and La Salle-Aguinaldo was responsible for the pro-

motions; provided the venue, transportation for the resource persons, and seminar kits; organized the seminar participants into groups which may later be converted into credit cooperatives.

Through its Loan Assistance Program, the SBDFI lends funds for the establishment of micro-enterprises in the relocation area. The SBDFI Loan Assistance Program has 635 beneficiaries in Dasmariñas Bagong Bayan.

The SBDFI which is headed by Executive Director Virginia Hernandez was organized to continue La Salle-Aguinaldo's tradition of helping the economically disadvantaged.

82 pass Nursing Licensure Board

by Joselito V. Aguilar

Sixty-seven percent, or eighty-two (82) of the one hundred twenty-three Nursing graduates of DLSU-EAC who took the Nursing Licensure Board Exam last June 1991, passed. This percentage is much higher than last year's 48 percent.

Aside from this, all of the clinical instructors of the Nursing Department were also passed the Nursing Licensure Board Exam.

The DLSU-EAC community congratulates the 83 graduates who passed this year's nursing licensure examinations given in June 1991.

1. Angkiko, Catherine
2. Anselmo, Alira
3. Antonio, Rosario
4. Aquino, Lyren
5. Aienza, Mila Haydee
6. Agustin, Grace
7. Barzaga, Cecile
8. Basye, Kathleen
9. Bautista, Ma. Theresa
10. Bayona, Lerma

11. Bleza, Marlene
12. Cagula, Ardeilyn
13. Caldo, Leah
14. Calitis, Erlinda
15. Camit, Teresita
16. Capili, Jerry
17. Carranza, Luna Rosa
18. Castillo, Mariluz
19. Castor, Arlyn
20. Causapin, Tranquilino, Jr.
21. Constantino Barbara
22. Cosme, Davian
23. Costa, Cherrie
24. Dairo, Ruth Isabelita
25. Daplas, Ma. Bernadette
26. De Castro, Ma. Theresa
27. De la Cruz, Evelyn
28. Delos Santos, Giselle
29. Enriquez, Annaliza
30. Fauni, Magdalena
31. Galvez, Renato
32. Generaga, Noel
33. Guiman, Florence
34. Hayag, Nelissa
35. Herrera, Claribel
36. Javier, Karen Lyn

(See page 10)

NUSP holds provincial consultation in Cavite

by Willie Baon

The National Union of Students of the Philippines held its provincial consultation on January 7, at the Audio-Visual Room of DLSU-EAC. The consultation was attended by the student councils of the different colleges and university in Cavite. Among those colleges and universities were: Philippine Christian University, Don Severino Agricultural College, Philippine Union College, Polytechnic University of the Philippines, Technological University of the Philippines and De La Salle University-Emilio Aguinaldo College as the host.

The purpose of the consultation was to form the provincial chapter of the NUSP in Cavite.

The consultation started with a welcome address by Ivy Marie Vargas, SSC chairperson, DLSU-EAC. She said that the key to social transformation is self transformation. Mr. Balayo, DHSS Faculty said that in his Inspirational Talk that social structure did not have a change because of the "TRAPO".

(See page 6)

National Union of Students of the Philippines

The National Union of Students of the Philippines is an alliance of student councils who are dedicated to the service not only of the student sector but also of the society.

It is undeniable that the society remains as it is because the citizens remain as they are. This means that social transformation should start with self transformation. It is a step by step process toward social transformation starting from within, going out to the larger part of the society.

Knowing oneself, his responsibilities and being responsible will lead him to action. It is the point when a boy turns into a man, a follower turns into a leader, and a dreamer turns into a realist. This point comes when he realizes that the is responsible for his society, that he now becomes a leader to those who are searching for a just and humane society, and that the future of his country is now in his hands.

From this point comes the maturity and the making of commitment. A commitment to anything means hard work and dedication, coupled with the belief that today's dream is tomorrow's reality.

At present, social transformation is one of the NUSP's dreams. Being students, they believe that education is one of the best instruments to transform the society. It is a nationalist system of education that will set the society free. Students play a great role; and if they are enlightened with what is happening in the society, when they become the new educators, new leaders, they will bear the ideals of nationalism.

Our system is like a horse. The riders are changing, but it runs the same. It is just a manifestation of the existing bureaucrat capitalism which worsens the situation of the society. "The rulers do what they can to chain the poor and that the poor suffer what they must". Positions are used as investments to gain profits. If this structure continues, what future can the people expect? Should all the people invest in politics to improve their standard of living? What will happen if everyone will be politicians?

These are some realities that the NUSP aims to change. The students are part of the society and are responsible for everything that is happening in the society.

DLSU-EAC shines in PRISSAA

Southern Tagalog outclassed the Bicol Region by winning most of the gold medals in the Athletic and Cultural competition of the PRISSAA Area Regional meet in Lucena City, January 10.

Region IV bagged all but one gold medal in Athletics with the swimming team leading the way followed by Taekwondo which showcased the combined forces of Cavite and Batangas. The basketball and volleyball team represented by Perpetual Help College of Laguna and San Sebastian College respectively also brought home the team gold.

The Batangas baseball team captured the men and women's title, while Jenny Olaes of Cavite won the final two golds in the Javelin and shotput events of the track and field competition.

(See page 10)



Nakakataba naman ng puso ang mga pagbati mula kina Ey BiPi (EVP) Bro. Dindo at iba pang guro, kahit na nagkakatintek-lintek muna ang ALDO (Heraldo) bago makapaglabas ng issue, kaya tuloy, ang sarap ipagpatuloy (p'wera kalintikan) ng trabaho kung may magagandang feedbacks.

Ang hindi lang namin mawari ay ireng mga estudyanteng ire na para

bagang wala ng pakialam sa buhay, kahit kwartahan at denggoyin na sila't lahat ng mga nagmamamunong, basta't makapasa lang ayos lang ang buhay. Aba'y mag-react naman kayo, gamitin ang pahayagang Heraldo. (Plugging huh!) Hindi pinangarap ni Mang John at Mang Emilio na magkaroon sila ng mga piping produkto...

Ano itong aking naririnig, psst... psst... tila nagmumula sa construction site ng bagong library e para saan ang mga paswit at kung minsan pa nga'y malalawang salita, e di saan pa kundi sa mga seksing tenants ng condo at dorm kung sila'y nagdaraan ng medyo madilim na. Sa mga construction workers, HINDI mga babaeng paswitin ang mga taga condo at dorm ha, (maubusan sana kayo ng hangin, ay masama pala yon! umurong na lang sanang dila nyo!) Sa namamahala sa kanila kaunting leksyon naman, ng... Good Moral and Right Conduct, Sir...

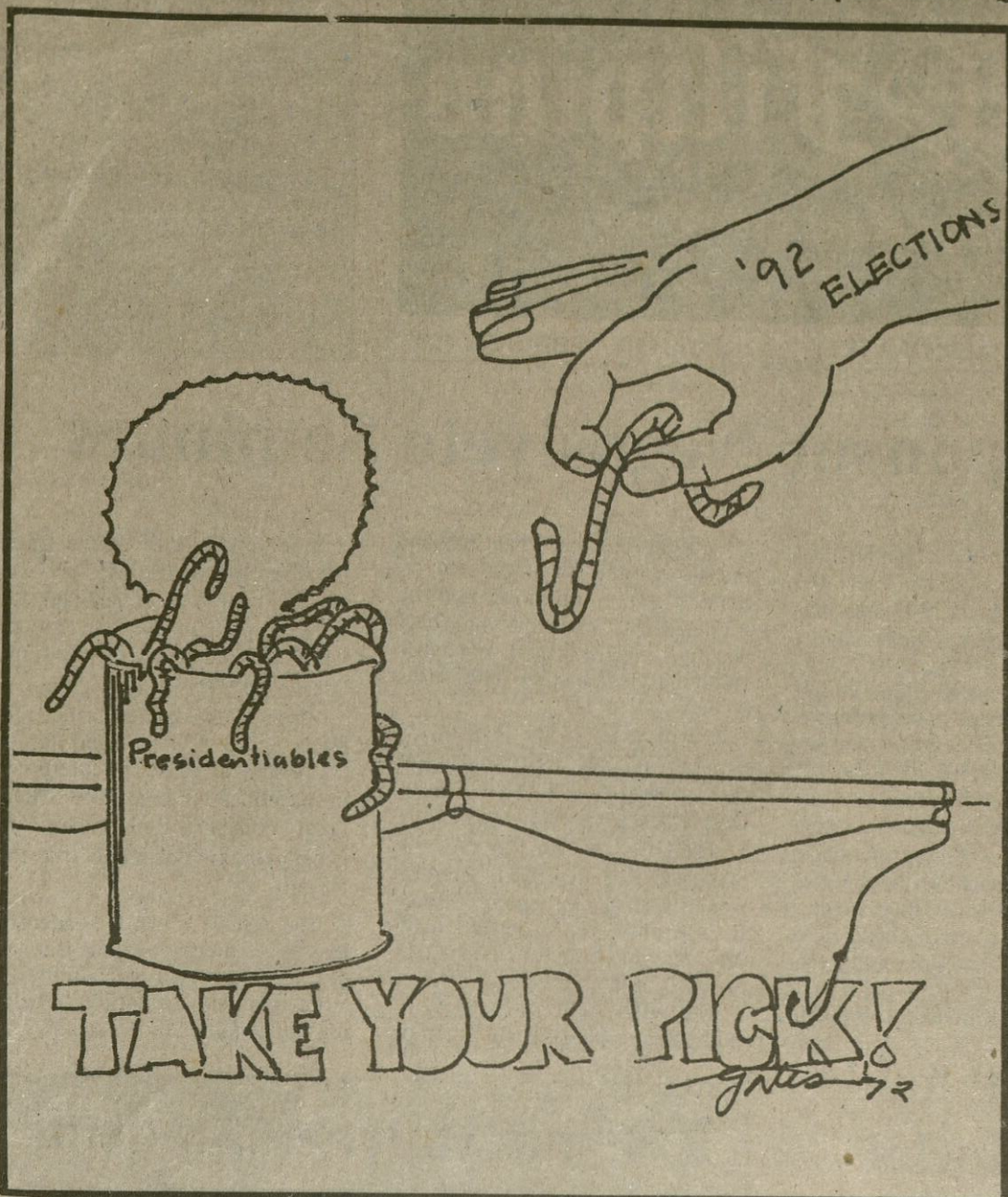
Sunod-sunod-sunod- at talagang sunod ang mga concerts dito sa La Salle - Agui, mga tipong isang gabi lang ang pagitan kantahan na naman. Aba-aba mukhang hindi maganda yan pyera sa alinman sa dalawa ang malugi, masakit din sa bulsa ng mga nanay ng mga estudyanteng walang aayawan basta' kasayahan, mukhang trabaho ng CSO yan ah ang i-rule out

lahat ng activities for the whole school year period, baki nagkasunod-sunod, bayan!?

"Di bale may M3 na sa Dawn ng Side A ni Ogie, masaya di ba", comment ni Engjoy Tudawold, a first year T.P. student.

Malapit na malapit na ang hinihintay ng lahat (mayroon ba?) ang Foundation Week at lahat rin ay umaasa na hindi kasing boring at kabaito ng mga nagdaan. Ano ba talaga ang problema? Ang mga activities na inihanda o ang mga estudyanteng tamad umatend. Which is which? Pareho...

Gulat na gulat (gulat lang, may national finals pa) ang lahat sa ipinakitang galing ng mga athlete at performers ng La Salle-Aguinaldo sa nakaraang PRISSAA inter-region Southern Luzon Division, pero kahit na palaging may victory bash para sa mga nanalo, mas mahalaga pa rin ang suporta bago pa mismo lumaban.



The Political Game

With only a few months remaining before election time many of the so called 'Presidentiables' are stepping up on their respective campaign strategies to become the country's next chief executive.

Watching them at work is like watching a basketball game. For example, former secretary Fidel Ramos did an 'illegal defense' when he was charged with involvement in the illegal logging scandal in Mindanao. Sen. Jovito Salonga was replaced as Senate President for allegedly 'delaying the game' (Passage of Bills). Sen. Juan Ponce Enrile and former Ambassador Eduardo Cojuangco were 'ejected' from Vice President Salvador Laurel's Nacionalista Party faction. And Imelda Marcos, as everybody knows, is famous for 'screens', 'travelling' and 'charging', plus many others.

Our countrymen are experiencing so much hardships that its already coming out of their ears and some politicians still have the nerve to say that "Iyan ang Pinoy, sanay sa hirap pero matiyaga." When will the more than 80% of 62 million Filipinos who are living below the poverty line be alleviated from their sufferings? We need somebody who can attend to our needs. Someone who can promise to lower the prices of fuel, food and electricity. Someone who can lessen inflation and create more jobs.

This coming polls, as with many others before this, we can expect more of the catchy slogans, political jingles election talks, debates and other propaganda; but will we get results?

Maybe. The fate of this country lies in the hands of over 22 million registered voters. Let us take the time to evaluate each candidate thoroughly so that we can vote wisely. When you start to think about it, life is a game, but it is not an easy game to play.

The graduation council, headed by Executive Vice President, Dr. Oscar Bautista, has decided to hold this year's graduation rites somewhere (near, over, beside?) the DLSU-EAC lagoon.

As expected, students reacted violently, some even threatened to boycott the ceremonies. A lot of questions were raised like "what about the heat, the dust?", "where are we going to sit, what about our parents?"

Nobody seems to have the specific answers to these queries yet. What I do know however, is that the council is planning to construct a floating stage over the lagoon.

The graduation ceremonies was held last year at the gym "for practicality". Now, if the reason behind holding this year's rites in the campus is the same, aren't they defeating the purpose by engaging on this more expensive, more tedious task?

Grad venue - sa Lagoon?

And what if it rains? Now that's another problem.

In the past years, activities during the Foundation Week were met with mild enthusiasm, some, like the booth fairs were totally unsuccessful.

Imagine, the Foundation week committee had to resort to the checking of attendance before and after every activity. They even offered incentives, i.e., additional points to the grades of students with perfect attendance, just to ensure the success of the Foundation week.

Students have to be forced to study. That I can understand. But Founda-

SPIN OFF



Genevieve Vargas

tion week isn't about academics. It's a celebration, a commemoration of a very important date. That the students have to be forced into it, is something beyond my comprehension.

The Foundation Week is a great time to show institutional loyalty and to be thankful for all the blessings showered upon the school, the fact that it still exists is enough cause for celebration.

Tagaytay, Alabang, Jupiter St. won't go away, but an affair like this happens only once a year, BE A PART OF IT.

The behavior of some students can be classified into extremes. Some are extremely polite and some are extremely rude.

Once, I reprimanded a male student because of the foulness of the gutter language he used to address a fellow student-a female at that. His reply was rather unprintable which just prove further, his total lack of breeding.

The values which La Salle schools try to inculcate in its students, at times just seems to go down the drain. Those values are there, not to be read or memorized but practiced.

Outside, that crude student reflects the whole La Sallian studentry and unfortunately, we cannot just alienate ourselves from him.

"Dead flies can make a whole bottle of perfume stink, and a little stupidity can cancel out the greatest wisdom." (Ecclesiastes 10:1-2)

So, if you happen to face a similar incident, expect it to be unpleasant, but if you can make somebody stop and reflect on his behavior, then it's worth it.

Wait, Loyalty what?

Institutional Loyalty, is this year's theme for the Foundation (Days or Week?) Celebration. This aims to enlighten the DLSU-EAC community to reexamine their ties with the institution. People in charge of this year's grand event deserve an applause for this big attempt, but only if they will later realize what really hinders the word 'loyalty' to put into acts of those concerned, especially among the students.

It's the irregularities within the system.

Those simple things we thought could be forgiven, which, when all piled up, slowly eats up the remaining trust we have.

The 'alleged' corruption at the CMT; the issue of incompetent teachers: the not-so-good services rendered by the Registrar, the Library and the Accounting office (based from complaints) and the strings of controversy, mostly involving money in some offices.

The need to upgrade the school facilities, the clamor for telephones and paging system at the student's residence inside the campus, the asphaltting of rocky roads (coastal and field) and better parking areas.

The administration's support in organizations that rightfully deserve some gain from the students extra efforts. The athletes, writers, actors, council officers and other talents that selflessly carry the name of the school in their respective endeavor.

These are only some of the problems within my reach. As for others I'm sure they too are harboring some.

I don't need to say more about our hopes of having a chapel, an auditorium, and sports complex for it's impossible to have all these in one stride.

What concern us now, are the answers and actions on "holes" mentioned above. And by then, your aim of inculcating loyalty in us, will not be far from realization.

One can't help but admire the guts

PIECE OF MIND



Gary Dennis Beredo

of Patricia Evangelista, that beautiful newscaster of GMA News Live, for blurting out in a single swing of a sentence everything we've all been dying to throw on the face of Imelda Marcos.

She said something like "We shouldn't be glorifying criminals" after seeing the deposed First Lady at GMA Supershow being showered with all the fanfare of an honorable guest.

On the formalities of broadcast journalism what she did was rather not encouraging because all media men are bounded to follow certain rules no matter how emotionally affected they are. But sometimes the 'human nature' in you to release some against of pain, can't be refrained from, and by doing that, one is faced with disapproval and approval from the people concerned.

What Patricia said is the sentiments of the silent majority. It's up to the people now to judge if she's right or wrong.

AS Pre-PT second year students are all nervously looking up for that 'great manna' from heaven which will fall on the first week of March. I'm talking of the result of the screening for PT Third Year proper.

After a series of gruelling exams and tests and an interview, 300 applicants will vie for that 200 most coveted slots.

This will ensure that only the highly screened ones will be allowed to try the survival race and eventually only a pack of tested ones will don the graduation gown (if and ever). Other colleges (BSN, and exemption) should begin thinking now of how they could produce quality graduates that could very well carry the name of the school in the highly competitive professional world.

- News: Clarita Tenorio / Jheng Veneracion / Ira Villanueva / Willie Baon / Antonio Mapalo
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WITHIN EARSHOT



Reynard I. Juanir

Mr. Geda, our school registrar, was good enough to send me a letter in response to what I have written in my previous column regarding the Registrar's Office (see Vox Populi). Most of the explanations given by Mr. Geda were acceptable and quite enough to answer most of the questions raised. However, there is one last question I would like to ask regarding this matter.

It is mentioned in Mr. Geda's letter that "In case of any discrepancy of grade appearing on the class card and the grading sheet, the grade on the grading sheet is the considered the official one." Does this mean that in case such a thing does happen, the student would not be able to recover the missing point, although the higher grade is the right one, according to the teacher's records?

KIBITZER



Oscar Nera, Jr.

As I sat in a cozy corner table in a popular burger house, holding a warm cup of chocolate, I began to wonder at the scientific marvel in my hands, the styrofoam. I had been savoring the bitter-sweet drink for almost half an hour yet it remained warm. Even burgers, pancakes, spaghetti, and

Nevertheless, I would still like to thank Mr. Geda for sending his response through the right channels and stating his side politely. I just hope that the other people who may have something against us in *Heraldo* would do the same thing.

Very few students may actually know about it but there is a clinic in the East Campus.

The temporary clinic is located in the Nursing Faculty room and is headed by Sis. Marjorie Apelin, the dean of the College of Nursing and Midwifery. In case of emergencies or lab accidents, any Nursing faculty members may take charge.

The clinic is only a temporary one because, if all goes well, a real clinic may soon be constructed in the East Campus.

Perhaps the most common complaint I hear from our Nursing students is about the seemingly endless tide of tests, assignments, projects, and other requirements.

Because of the strictness and autonomy with which Sis. Marjorie handles her college, some have jokingly called it the *Republic of Nursing and Midwifery*.

Don't get me wrong; I'm not trying to lambaste the methods being employed by Sis. Marjorie in her col-

Heraldo Filipino

lege. In fact, I think that what she is doing is commendable.

Although we have yet to achieve a 100 percent passing rate in the Nursing Board Exams, the quality or level of our Nursing course has shown some considerable improvement (as shown by the increase in the rate of our Nursing Board passers).

Also, with all the requirements which our Nursing students have to pass before they could graduate, I very much doubt if we're letting numbskulls go through our gates, carrying Nursing diplomas.

It appears as if some of the more business-minded groups here in La Salle-Aguinaldo have unearthed a rather profitable source of income in the form of concert-viewing DLSU-EAC students.

In the span of one month, four concerts have been scheduled here in DLSU-EAC (as of this writing, two have already been presented).

I can't deny the fact that such activities do benefit our school either directly or indirectly. However, I do have one negative comment about all this: something better could have been done with regards to the scheduling of the concerts.

With the ticket prices ranging from fifty to one hundred bucks, I think I've had my fill of concerts for a while.

Paper plates, anyone?

sandwiches were being served in it. Dad told me that everything used to be served in ceramics and he loved it better that way. Things were much homier then. Perhaps he was right about that but in today's fast-moving lifestyle, hominess has to give in to practicality.

The styrofoam, with its lightweight, low-cost, and insulating properties has become a favorite among fast food store owners. The "best" thing about styrofoam plates, cups, etc., is

that they are disposable. I call it the "EAT-ON-THEN-THROW-AWAY-FEEDER." It certainly saves time; no more washing and drying ceramic wares; no need to fear breakages. A miracle product, one might say, but not quite.

The styrofoam is a plastic-based polymer. It is non-biodegradable. This means that after dumping the used products, you may count years, decades, even way beyond that, but the styrofoam will never be broken down

TURNING POINTS



Ira Lee Villanueva

During the electoral campaign: Meldy will sing and so will laurel. Erap will sing and so will Ramos. Now, that's entertainment!

Speaker Ramon 'Monching' Mitra says in his campaign ad: "Ako ay dumaan sa hirap." Then maybe he's already fed up with it.

KBL-NP Presidential Meldy Marcos says, "Let us put our act together and put an end to poverty brought about by government neglect". Neglect of which government - the present or the past regime?

Despite the earlier announcement of an upcoming drought, many people are still wasting our scarce water supply. Should there be a depletion,

into its simpler components and reabsorbed by the biosystem. Think of all the styrojunk that we've been piling up through the years.

How about reusing them? Who would want to eat on a styrofoam plate that has already been used by some unknown being? That is precisely why we always punch holes, or crunch them after use. We make sure that no one else can use them. What if you were to wash them? Huh, might as well use ceramic plates, right? Do it the old fashioned way.

Sometimes, when we go for practicality, we have to compromise. Ask yourself though, is it all worth it? Paper plates, anyone?

In Davao City, the first Philippine eagle successfully hatched in captivity has become very popular indeed.

Circus '92

these people must start dancing the "Rain Dance".

Water rationing would soon be implemented. Is it to each according to his need or to each according to his friends'?

National Power Corporation (NAPOCOR) board of directors resigned last Jan. 20. Cory replaced them with men of "greater efficiency". Rather, they are called men of greater tolerance.

Former Chief Justice Marcelo 'Celing' Fernan says in his campaign ad: "Justice is good government. Go for good". If good government is all of justice, then why not stick to your former position. Go, for good.

US Executive Michael Barnes was kidnapped last Jan. 17. Oh really, big deal! If the victim had been a Chinese or a Filipino, would we have made such a big fuss out of it?

Named, Pag-asa, the eaglet has captured the attention of media people from all over the country. The hatchling has lived up to its name and given hope to an endangered species (Pithe-cophaga jefferyi). There are only 28 remaining eagles, 14 of them in captivity.

Illegal logging and deforestation have rapidly reduced the number of Philippine eagles which used to defend and fly over a 100-kilometer forest turf. Talk about irresponsible logging! It is a fact that we cannot totally do without lumber for our shelter and aesthetic needs but surely we have to think about other lifeforms out there that we may have been phasing out already.

The Philippine Eagle Camp housing Pag-asa and 12 other captive eagles (Continued on p. 6)

Vox Populi

Proper Channels

Dear Mr. Juanir,

This is in answer to your column "Within Earshot" of *Heraldo Filipino* (October-November 1991 issue) where you claimed that there are complaints of students concerning the handling of records and documents at the Registrar's Office.

In this connection, I would like to take this opportunity to explain our side without really being defensive about the accusations of the students.

The students who usually give us a lot of problems are the transferees-students who much to their desire to be accommodated in Nursing or Physical Therapy would be very willing to start again as first year students. If one starts as first year student again, he/she would be required to submit the requirements for freshmen, that is, Form 138 (high school card), Form 137-A (transcript from high school), certification of good moral character, NCEE, among others. In the process of admission, those transferees just present xerox copies of those mentioned requirements with the promise to submit later on the original documents. However, after months, semesters and years, these students could not submit the requirements because the former schools where they came from would not like to return those mentioned documents to them as the same are now property of the school.

On the other hand, there were some student-transferees who were considered 2nd year or 3rd year irregular

students when admitted in our school. In that case, the Admissions Office required them to submit their transfer credentials/honorable dismissals and transcript of records from their former schools. In the meantime, they could submit only temporary transcripts for evaluation/reference purposes, therefore, we have to request the official transcripts from their former schools. In some instances, the former schools claimed that they had already sent by mail the said transcripts, but in fact and in truth our office have not received any. Maybe the transcripts got lost somewhere else and did not reach our school.

In other cases, some students claimed that they had already submitted Form 137-A (transcript from high school) when what they meant is that they have submitted the Form 138 (high school card) during the admission process. The latter is the one required during the application for admission and not the former, so how could they claim they have submitted those things in our office?

In the previous semesters, there were a lot of students shifting to other courses without our knowledge. So there is the possibility that our filing clerk would not be able to locate the Jacket Envelope containing the records immediately in the current course of the student. However, this second semester 1991-92 there is a form available at the Admissions Office for shifting or change of course to be accomplished by the student shifttee himself, to be signed by both the former dean and the new accepting dean. Our office is furnished a copy of the form for every shifttee so now we know the one who is shifting from one course to another and his/her file is transferred accord-

ingly to the new course/college he/she is presently enrolled in.

Regarding the wrong marks or grades of the student on their transcripts (a student who got 3.5 in a certain subject found that his grade had miraculously shed off one whole point in his record). I do not know if I got you correctly. Do you mean to say that there is alternation or tampering of grades on the transcript? If this is what you meant, then, please advise the student concerned to see me immediately with the altered or tampered grade, so I can pinpoint the culprit in our office and discipline him/her accordingly. I assure you that I will never tolerate such an actuation of our employees. On the other hand, if what you meant is the grade of the student appearing on his class card is different from the grade sheet submitted by the faculty member concerned, then the mistake was made by the teacher concerned, not by our office. Our existing policy for this matter is: "In case of any discrepancy of grade appearing on the class card and the grade sheet, the grade on the grade sheet is considered the official one."

Regarding clearance, every student is required to accomplish clearance every end of the semester especially if the student is dropping or transferring to another school. If there is none on the Jacket Envelope of the student, then that particular student has to accomplish clearance first before our office can process any document being requested by him/her. One copy of the clearance is student's copy with the signature of our counter clerk as "received and advised, date of release" of the requested documents. Such clearance requirement is a standard operating procedure (SOP) for all schools to see to it

that a student has no accountabilities (money or property) from the school before he/she can be released.

Thank you and we hope that the foregoing explanations would enlighten you and the rest of the studentry.

Very truly yours,

MELECIO G. GEDA
Registrar

X-planation

Dear Editor,

This is in reference to an article published in the December 1991 issue of *Heraldo Filipino*. Its title was "Christmas not X-mas". I believe that it is an unfair stab to the one who authored the abbreviation.

The cross is an ancient instrument of torture. Also, it denotes any suffering borne patiently for Christ's sake. It has many forms. (Funk & Wagnals Standard Dictionary, 1978, p. 308) One of these forms is X or St. Andrew's cross. St. Andrew, one of the 12 Apostles and brother of St. Peter, was crucified on an X-shaped cross. He, and the other Apostles preached and talked about God and His holiness. The Apostles suffered, but still they taught all men that Jesus is the Son, that He is the Messiah.

As we all know, the cross was used iconographically with Christ. Whenever we see the cross, or any form of it, we remember that once there was a man, who gave His life to redeem the world. Who was

this man? Jesus!

Since there is no form of the cross except the letter X on the typewriter, or the small plus (+) sign, the author of X-mas probably took St. Andrew's cross in behalf of +, Though X is more on St. Andrew's cross, not Jesus, still, we commemorate the reason why he suffered and died. The reason? Jesus!

Everytime I see the cross, I remember Christ. So, in fairness to the one who authored X'mas, I myself could say that he gave Christmas a good abbreviation.

Paul Atienza

Thumbs up

Dear Ms. Vargas;

May I say that you have done a good job in the October-November and December 1991 issues of the *Heraldo Filipino*.

Please continue to encourage your student reporters and staff to write opinions and suggestions columns, both positive and negative about any policy or procedure in our campus. I read all such columns and try to do something about them. Moreover, I think that our administrators and faculty, especially those who are referred to in those columns are "kept on their toes" which is a good thing.

I like your emphasis on social awareness and justice as theme for December issue.

Thank you.

DR. OSCAR O. BAUTISTA
Executive Vice President

Concert Review:

Dreams ... A New Rock Awakening

by Clarita Tenorio

The Supreme Student Council, in cooperation with San Miguel Beer and N.U. 107, sponsored a concert of "The Dawn" entitled, *Dreams... A New Rock Awakening*. It was held in all its glimmering and awesome splendor in our very own Palaruang La Salle, last January 24, 1992.

The concert started around 7:45 in the evening, with front act band *The Edge*, capably led by S.S.C. councilor Dingdong Tenorio, delighting the audience with their song renditions. After the *Edge's* inspiring numbers, the audience was already asking for the Dawn, who finally came out.

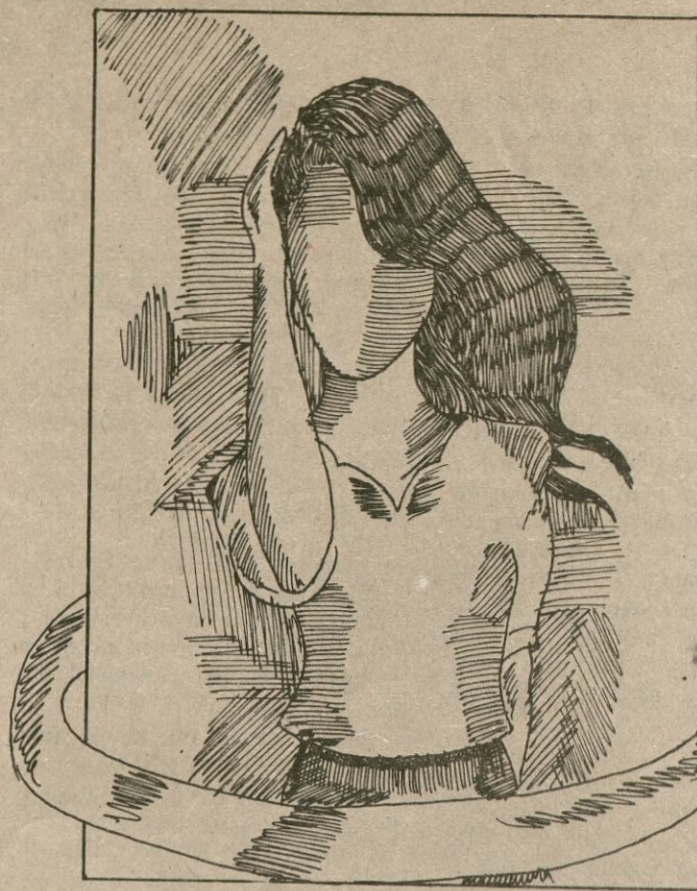
They were welcomed with the traditional applause by the audacious spectators. The group rocked the whole gymnasium with their non-stop, ear-banging songs. The audience, in apparent joy, participated with relentless dancing and singing. Most of the onlookers were male, for they naturally go for rock music. However, there were a few conspicuous females who watched the concert.

According to vocalist Jett Pangan, the concert was their first gig for the year 1992. The group confided that compared with their previous concerts, the La Sallian audience at that time was well-behaved, marred only by some scrupulous gate-crashers.

Martin Galang, the Dawn's manager, also mentioned that the audience in La Salle Cavite is one of the best they've ever performed to, and that they would be more than willing to perform here again when the opportunity arises.

Ang cute... hanep... guwapo... shocks... yes! were only some of the candid commendations heard from the La Sallians about the concert. The Dawn showed their professionalism by rendering more requested songs and performing their utmost to the cheering crowd.

The Dawn created an animated atmosphere among the La Sallian crowd at the Palaruang La Salle, spelling out one thing - **REAL SUCCESS**.



A QUEST HUMAN SEXUALITY

by C

None was there a word more publicly debated and privately taught than the word 'Sexuality'. The mere mention of the term "Human Sexuality" triggers off a barrage of ideas like human biology and intimate physical contact. However; the concept is broader than that. It envelopes the male and female characteristics, their attitudes and beliefs, and the physical and physiological phenomenon.

Such were the words of Ms. Monina Gener. Clad in an emerald-green suit as she sits comfortably in a similar colored chair with her hands resting across her legs. The fact that this petite woman's forte is Human Sexuality is quite hard to believe. A Bachelor of Science in Nursing graduate at DLSU-Aguinaldo, she hails from Silang, Cavite and is the second in a brood of three. The reason she isn't nursing herself abroad right now is because she still has to complete her 2 years of service to the school. Being part of the top ten in her batch, she is a beneficiary of the SPREAD Scholarship Grant.

With furrowed eyebrows, she clarifies "that Human Sexuality isn't limited to the physical factors, rather it encompasses the entire being of the person. Our society is more open to sexual matters than it was 10 or 20 years ago", she says. In fact, too open that it practically flaunts it in a manner not too proper. A far cry from the 70's and '80's era when the people only knew about the basic stuff and whose knowledge were kind of limited.

"Women in the past decades weren't given much freedom. They weren't allowed to do the tasks that their menfolk did and were confined to the solitude of the home" Ms. Gener said. This belittled their capabilities and restricted their activities. Hence, since a lot of chains bind the female character, it was unnatural for them to have a stronger sexual desire than that of men. "Which is not true", quips in Ms. Monina. Women have as much chance of experiencing greater desire for sex as that of men. "The only difference is the moral wall that separates their intricate values from their sexual desires".

While men rush out to satisfy their libido, the women have a more successful chance of suppressing it. The excitement phase for women is longer though than that of men. This is because the female is plagued by a lot of inhibitions (second thoughts) that hold them back from responding.



Monina Gener

When asked whether it is true that the larger the male organ is, the greater the possibility of pleasurable stimulation, she lets out an amused laugh and explains, "Not really. That is one misconception. It is just a personal fantasy that people conjure up to increase orgasm". She adds that the size doesn't have anything to do with



Maskulada raw ang Nanay Niya

Tumimo na siya sa aking isipan. Ang kaniyang itimang balat na marahil ay kagagawan ng madalas na pagbibilad sa ilalim ng init ng araw; ang kaniyang hapis na mukha na marahil ay kagagawan ng kaniyang maagang pakikibaka sa pagpapahirap ng kapalaran; ang ilong na sarat at makakapal na mga labi; ngunit higit sa lahat ay ang kaniyang katawan, ang kaniyang maskuladang katawan na alangang-alangan sa kaniyang

andang mga bisig. Ibang-iba siya sa mga nakaraang araw; mga araw na lagi nang ako'y kaniyang kinagagaitan, at nitong huli'y nang hinampas niya ako sa aking tagiliran ng isang mahabang yantok.

"Dangan kasi'y matigas ang ulo mo!" hiyaw niya sa akin. Subali't hindi ko natarok ang kahulugan ng mga katagang iyon. Sa aking dibdib ay may nag-aalimpuyong galit. Nang dumapo ang yantok na iyon sa aking

Ayaw na ayaw kong tingnan ang kanyang mukha, ngunit niyakap niya ako nang mahigpit...

pagiging babae.

Oo, siya'y isang babae. Ngunit para sa akin, siya ay isang napakagandang ina. At sa tingin ko'y, ang kaniyang kasaysayan ay hindi nararapat na palampasin ng isang anak na tulad ko na naghahanap ng isang makabuluhang sintemiyento sa asfaltong kalsada kalaro ng mga yagit.

Mataas na ang araw ay nakahiga pa rin ako sa katre. Mabuti pa ang araw, aniko sa aking sarili, sapagkat ang mga sinag niyon ay nakasisilip sa maliliit na butas ng aming lawanit na dingding. Samantalang ako'y naroroon pa rin; nakahimlay sa katreng iyon at hindi pa rin mawatasan ang mga nangyari nuong sinundang gabi. Nang gabing iyon nang awitan ako ni Ina sa isang malunyas na tinig. Siya si Ina na may maskula-

pigi, ang panginorin ay naroon. Si Ina ay naroon, may tanging yantok, at ako'y kaniyang papatayin sa palo. Ako noo'y umuungol at umiiyak sa magkahalong galit at hapdi.

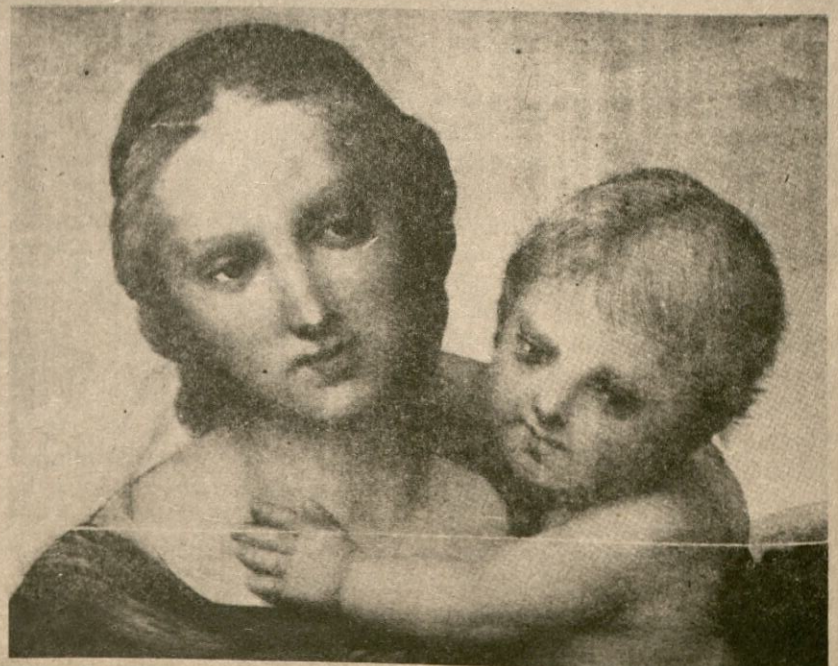
Napaupo siya sa isang likmuan sa ibaba ng larawan ng yumao kong ama. Tila pagal, tila walang lakas. At ang kaniyang mga matang pagod sa maghapon ay kumislap, at ang kislap na iyon ay marahang gumulong sa kaniyang pisngi. Wala siyang sinabi ni anuman; at isang mahabang patlang ang namagitan sa amin; ako, sa sahi, siya, sa likmuang iyon sa ibaba ng larawan ng yumao kong ama.

Hapung-hapo siyang tumayo at ako'y kaniyang binuhat sa kaniyang malalaking mga bisig. Ayaw na ayaw kong tingnan ang kaniyang mukha, nguni't niyakap niya ako nang mahigpit

at inihimlay sa aming munting papag. Ihamu-amo niya ako habang haplos-haplos ang aking buhok. At mula sa kaniyang makakapal na mga labi ay inawitan niya sa isang malambing na tinig. Ipinikit ko ang aking mga mata. At ang lahat nang iyon ay tila panaginip....

Ginulantang ako ng pagkakaingay sa labas. "Tabi kayo riyan, at may nabangga!" anila. Napabalikwas ako ng pagkakahiga, at mula sa durungawan ay binati ako ng isang balita: patay na si Ina....

At ang lahat ay hindi na maganda sa aking paningin. Sapagkat sa labas ng pinto'y inihain sa akin ang duguan niyang bangkay. Humagulol ako nang malakas at niyakap ko ang kaniyang mukha. At sa pagkakatayakap na iyon ay wala na ang init na nadama ko kagabi lamang. Batid ko, kailanma'y hindi na muling magbabalik ang init na iyon sa maskulada niyang mga bisig.



2 KUWENTO NI ORLANDO

Ar

Yumakap sa kaniya ang bata sa-bay tawag sa isang maliit na tinig. Bahagya siyang nagulat mula sa kaniyang pagkakasandig sa isang likmuan sa tabi ng bintana.

"Nanay!" tawag nito sa kaniya.

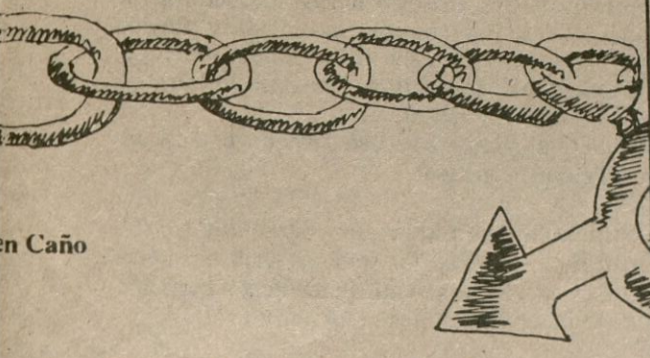
Mahina siyang tumawa at hinaplos nang maraban ang buhok ng bata. Hinawakan niya ang pisngi nito habang tinititigan niya ang mabibilog nitong mga mata na tila nagtatanong.

"Bakit, anak?" tanong niya rito. Binuhat niya ang bata at inilagay sa kaniyang kandungan. Yumakap ito sa kaniya at inihilig ang ulo sa kaniyang balikat.

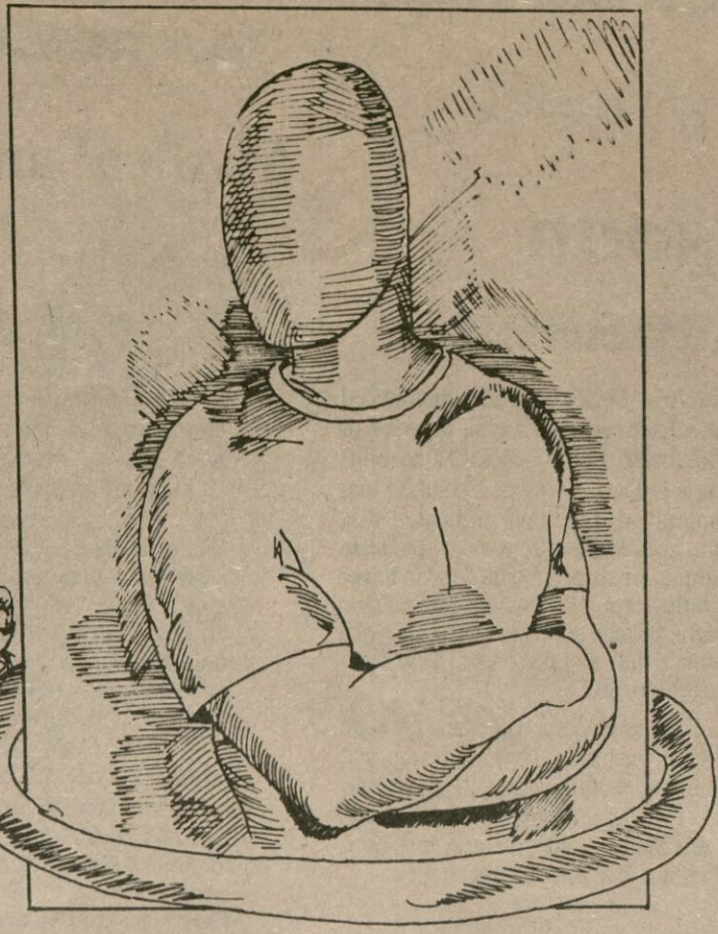
"May ibubulong ako sa iyo...." mahina nitong sabi. Muli'y tinitigan siya nito na tila hinihintay ang kaniyang magiging tugon.

Hinagkan niya sa noo ang bata at

TION OF MAN ALITY



en Caño



it "although it appeals auspiciously to the senses".

Commenting on the various elements in our society, she pointed out the negative impact mass media has on the people. The media, it seems, has abandoned its noble purpose of educating and providing clean entertainment to its audience. The current ST trend, fleshy advertisements and obscene literature are all responsible

Women have as much chance of experiencing greater desire for sex as that of men.

for the malicious denotation of sex.

The mushrooming of sexual paraphernalia at stores prove that there has been a rapid increase in the percentage who indulge in Masochism, sadism and other pain-inflicting forms are practised to illicit an arousal. Such acts are signs of emotional and sexual disorders.

Oftentimes foreplay is employed to arouse the desired sexual height.

This may include caressing and playing of the tongue to the different parts of the body. The things and the ears are erogenous zones, meaning sensitive to the touch.

"However", Ms. Gener stresses out "it is not always necessary that the stimulus be an any formal means"

Normandy; a freshman student, explains what turns him on. The sight of a well-dressed girl with sexy curves are enough to trigger off his imagination. For Imo and Alan, the scent is the initial stimulus.

Guys, no matter how many experiences they had in their bachelorhood, still prefer to walk down the aisle with an unblemished partner. Gesturing expressively with her hands this faculty member emphasizes that liberty should not be associated with indulgence in pre-marital sex. "Liberated men and women tend to be more emotionally stronger than the normal person because they have their goals and aspirations straightened out".

Consequently, the family plays a significant role in the emotional upbringing of the person. Conservative parents who have a narrow perception of the breadth of sexuality are more likely to instill in their children the same attitudes and beliefs. Nevertheless, an individual in an open society and with the proper guidance of his parents has a more subtle grasp of the word. However, no matter how compact "our behavioural values are, it can still be modified by the constituents in our society."

Nevertheless, the family is still the integral atom. Basic institutions like the church and the school share the same grave responsibility of educating the individual about sexual behaviour. Values must be inculcated in them so that sex wouldn't be used as an instrument of lust nor of love outside marriage.

For her parting words, she stressed out that "educating the youth and defining the basic essence of human sexuality shall shatter the misconception juxtaposed with it."

Concert Review: One Voice, One Dream

by Coleen A. Caño

For a major concert, the effects were rather disappointing. And for tickets compulsory sold, the overall show didn't prove worth it. I guess this could be said for the major concert held last January 23 by the Male, Music and Magic at the Palaruang La Salle. As usual since concerts around here nver start on time, theirs was no exception.

Billed as "One Voice, One Dream", it should aptly be titled "Two voices, One dream". Since it was as much as the La Sallian Chorale's concert as it was with the M3. More or less, a whole thirty minutes were dominated by the group songs and individual renditions by members of the La Sallian Chorale. But in fairness to them too, they orchestrated a rather impressive line-up of songs, considering they were only invited guests performers.

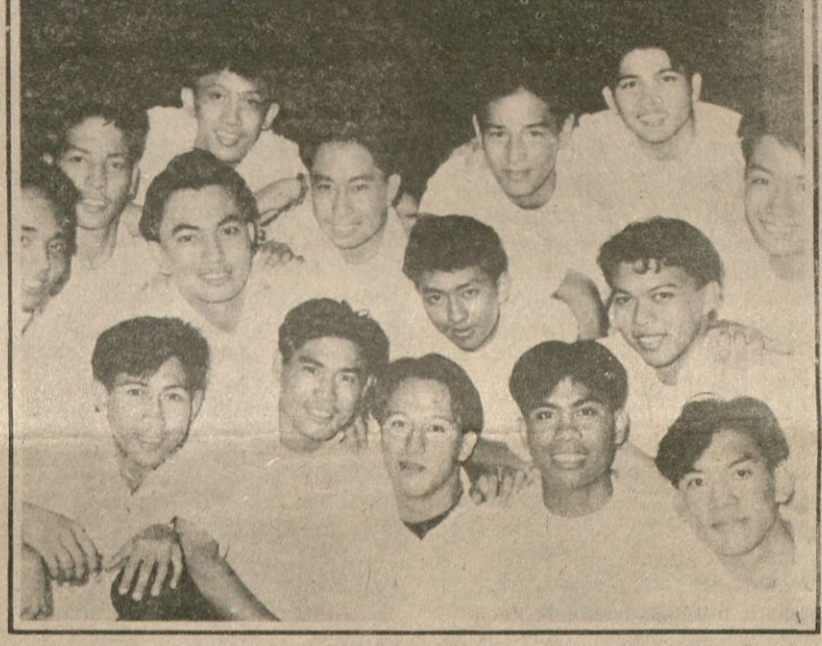
Talking about guest performers, guess who rapped the opening number? Who else but Manila's only female rapper--Lady Diane Amid the cheers of the crowd, she appeared with an en vogue pose. Clad in the customary leather jacket, tight jeans

and boots, she rapped her radio hit "Saddam". Then suddenly after giving a very fast intro rap, the sound system just refused to work. She repeated her intro twice, now obviously uneasy from the long pause. Curiosity still shrouds that incident since it was not entirely known whether it was just a mere technical fault or an unseemingly sabotage (which is unlikely). Anyway the princess of rap bowed out of the stage amid the jeers and howls of her fastidious audience.

Their concert was staged with a noble purpose. With the La Sallian Community Development Center as its principal patron, it had as its advocates the YES and P.T., Bio. and B.A. students. Its proceeds would go to the LCDC Calamity Trust Fund and the YES Program Projects. Although, they might not be as high-calibered as the TUX nor as well known as The Company (no girls pls.), they certainly have this juggled edge to them.

Each voice depicts a different character, each tune a different spirit. Mr. Arem Alvaran's mentorship re-

(Continued on p. 7)



g Batang Iyon ...

tinanong ito sa isang malambing na tinig.

"Ano 'yon?" aniya. Bahagya niyang iniyuko ang kaniyang ulo upang maabot ng mga munti nitong kamay ang kaniyang tainga. At mula sa mga mumunting labi nito ay narinig niya ang mga wiswis ng mga salita na nagpabilis ng tibok ng kaniyang puso. Nayakap niya ang bata, sabay bulalag ng mahihinang tawa. Nakitawa rin sa kaniya ang bata, at di sinadyang napsil niya ang pisngi nito. Makailang ulit niya pa itong hinagkan sa labis na pagkagalak nang unti-unti itong kumalas sa kaniyang pagkakayakap at mabilis na bumaba mula sa likmuang kanilang kinaaupuan.

Maya-maya'y natigilan siya. Tinitigan niyang mabuti ang bata.

Tumakbo ang bata at nilingon siya nito, sabay tawag sa matinis nitong tinig.

"Nay, panoorin n'yo!" Humarap ito sa kaniya at marahang yumuko sa kaniyang harap. Sabik na humanda ang ina at nakatawag pinanood ang anak. Sukat doo'y nagsimulang humimig ang bata at umindak-indak.

Aliw na aliw ang ina sa panonood sa anak na sumasayaw. Nakihimig din ito sa anak at mahinang ipinalakpak ang kamay ayon sa masisiglang indak ng bata. Maya-maya'y natigilan siya. Tinitigan niyang mabuti ang bata at siya'y napabuntong-hininga. Marahil nga ay nalimot na niyang ganap ang lumipas, nguni'y ala-ala niyo'y nasa kaniyang harap lamang. Malaki na

ang bata, aniya sa sarili. At matagal na rin ang panahong lumipas. Sa sarili'y unti-unti siyang nakadarama ng pagkapahiya. Magpahanggangngayon ay hindi pa rin siya makapaniwala sa kaniyang nakikita.

Ang batang iyon. Siya nga ba ang batang iyon? Ang munting tibok na nagsimula sa kaniyang sinapupunan, na ang akala niya'y susugat sa kaniyang buong pagkatao habang-buhay, bagkus ay nasa harap niya ngayon at nagbibigay sa kaniya ng isang walang kapantay na ligaya. Nakadama siya ng pagkahiya sa sarili. Marahil ay isang napakalaking pagkakamali ang nagawa niya na maari niyang ikapagsisi sa buong panahon. At unti-unti'y natutubigan ang kaniyang mga mata.

Huminto ang bata sa pagsasayaw. Marahan itong lumapit sa kaniya at nagtatakang tumitig sa kaniya.

Tinitigan niya rin ang bata, at buong pagmamahal na hinaplos na muli ang buhok nito.

"Bakit, nanay?" tanong niyon sa kaniya.

Ang batang iyon? Niyakap niyang muli ang batang iyon, at ilang ulit pang hinagkan. Nabasa ng kaniyang luha ang pisngi niyon at natanggap niya ang isang katotohanan: siya ang batang iyon!

"Wala, anak, wala..."

Ikinandong niyang muli ang bata at isinandig ang ulo nito sa kaniyang balikat. Iniugoy niya ang bata, at sa katahimikan ng paligid ay pumailanlang ang isang malambing na tinig. Samantalang ang hangin sa bintana'y humihibip sa isang dakilang ina, at sa batang iyon na noong araw ay muntik na niyang tinunaw.

Cheryll Campos: Up Close

by Oscar Nera Jr.

Cheryll Campos used to be known in school as the daughter of the Dean of Student Affairs. Having won the Miss PRISSAA title in the regional level, she has made a name for herself and has stepped away from the shadow of her mother. Now, Dean Campos is referred to as the mother of Cheryll. Talk about a major role switch!

Before this interview took place, I had no idea what Cheryll would be like. I assumed that she would have a snobbish air about her; a pretty face with an attitude problem. I was right about one thing and wrong about the other. She is indeed charming, but I saw no tinge of haughtiness in her character.

We rendezvoused at the *Igloo* where she and her friends hang out. After a brief introduction to her friends, we immediately proceeded with the interview. She nervously fidgeted with her necklace, anticipating what questions I may have in store for her. She is a very convivial person and soon she was laughing. Everything seemed like a conversation between old friends.

Joining the Miss PRISSAA contest was more like an accident for Cheryll. One of her friends who was with the basketball varsity team convinced her to be their muse. She obliged, and pretty soon, this step catapulted her to competitions of higher levels.

At 16, she enjoys doing things which her peers would probably smirk at. She is a patron of the arts, so to speak. She is into ballet and has, in fact, been with the CCP Dance School for a year and a half now. The lessons



have helped build her confidence, and has been physically rewarding too. She recalls how skinny she was and how her training has developed her physique.

Cheryll seemed mesmerized as she talked about classical music. Strauss, Tchaikovsky, Beethoven. These are only some of the composers whose works she fervently listens to at home. She describes classical music as "powerful yet touching, absolute yet endearing."

Paintings claim Cheryll's attention too. She is not adroit with the brush herself, she merely appreciates artworks. A habitue of museums, she could spend hours staring at the paintings, marvelling at the curves and lines, and the hues and tones.

Cheryll sings and plays the piano too. With all these put together, one is apt to conclude that she is an eccentric person; a wierdo for her age.

Not so. Other than these peculiarities, she is much like any other girl in campus. She giggles over her crushes, most of them foreign actors. There's Matt Dillan, Christian Slater, Luke Perry, and her favorite, Jason Priestley.

Cheryll prefers to be in casual clothes, sneakers and jeans.

During the course of the conversation, one of Cheryll's friends volunteered a piece of information. Cheryll always forgets her wallet in the comfort room. Even smart girls could be forgetful, you know.

Cheryll believes that the greatest influence in her life is her mom. Cheryll describes her as a friend, teacher, confidante, and of course, the best mom there is. Prior to the competition for the national level, Dean Campos simply let Cheryll prepare at her own pace. No mom breathing on her

(Continued on pg. 10)

SCIENCE / NEWS

Chemical-free pill soon to combat heart diseases

Heart disease is the commonly used phrase for a number of disorders affecting both the heart and blood vessels. A more appropriate term is *cardiovascular* disease, which represents America's worst health scourge. More than 27 million Americans of all ages are afflicted with some kind of cardiovascular ailment. When considered together, heart and circulatory system diseases, including strokes, account for more than one-half of all deaths in the US; a total of more than one million people.

The most frequent cause of death from cardiovascular disease is *coronary artery disease*, brought about by the obstructions that develop in the coronary vessels nourishing the heart muscle. These fatty blockages impair adequate delivery of O₂-laden blood to the heart muscle cells. These fatty substances, belonging to the

class of body chemicals called steroids, is called cholesterol. Cholesterol is manufactured in the liver.

Above-normal levels of cholesterol in the blood cause the hardening of arteries, therefore causing anginal pain. However, liberal amounts of it is needed by almost every tissue in the body. Some brain and spinal tissues, for example, have cholesterol as one of their main structural components.

Recently, scientists affirmed that patients with hypercholesterolaemia, or high levels of cholesterol in the blood may soon get help from a special kind of bacteria recently developed. These two bacteria strains, as yet unnamed, have been found capable of changing cholesterol into coprostenol, which is not absorbed by the digestive tract.

Timothy Freier, a researcher at

the Iowa State University, announced the discovery in a recent meeting of the American Society for Microbiology, in Dallas, Texas. He stated that animal studies have indicated that the cholesterol-reducing bacteria strains are safe; and since it can lower cholesterol by non-chemical means, patients may soon prefer taking a pill rather than to take cholesterol-lowering drugs.

"These bacteria could be the 'magic bullet' we have all been waiting for," said Dr. William Castelli, the medical director of the famous Framingham Heart Study Center, in Framingham, Massachusetts.

From:
"Yakult-Type Bacteria Fights Fats"
Phil. Times Journal
October 7, 1991, p. 11

SCI-NEWS

Nyra Colinares

TOO MUCH "TOCINO" IS DANGEROUS TO YOUR HEALTH. Two pharmacology professors from the University of the Philippines warned that too much tocino maybe dangerous to your health.

Two children were treated separately this month for cyanosis after eating tocino.

Cyanosis is a circulatory disorder caused by inadequate oxygen supply in the blood. It manifests itself through the bluish discoloration of the skin, gums and fingernails. Tocino are treated with food preservatives that include nitrates anti-microbial salts that give cured meats its pinkish color. Taking high amounts of nitrates should be avoided since they can cause headaches, dilation of blood vessels leading to hypertension or low blood, flushing of the skin, dizziness, convulsions and even coma. If untreated, these symptoms can prove fatal.

ALCOHOL IS NOT GOOD FOR PREGNANT WOMEN. Alcohol may

affect the brain of the fetus inside the womb of a woman which may cause the child to become a drunkard when he grows up. According to a health expert from Canada, one hundred babies born in the territory of Yukon has FETAL ALCOHOL SYNDROME, or damaged brain because of the mother's excessive drinking.

Fetal Alcohol Syndrome damages the brain and hinders the child to learn and causes him to suffer from emotional problems like being irritable and lonely.

ARE WOMEN NUTRITIONALLY MORE VULNERABLE THAN MEN? Since women are more likely to be subject to certain risk factors than men, one might say that they are nutritionally more vulnerable. First, most women have lower caloric needs than men. Thus, their diets have to be more nutrient-dense in order to supply adequate amounts of vitamins and minerals. Women have greater calcium and iron needs than men. Pregnancy and lactation



place great nutritional demands on the status of certain vitamin status.

CAN MEDICATION AFFECT YOUR VITAMIN REQUIREMENTS? Yes, Regular use of some drugs may upset your vitamin balance by changing your body's absorption of vitamins, their utilization, storage, and rate of excretion. Such drugs among others are certain antibiotics (affecting B2 and C reg.), oral contraceptives (B6, Folic acid), tranquilizers (B2), painkillers (folic acid, C), and diuretics (folic acid).

Enteric-coated medicines for heart attack?

Studies conducted by Geoffrey H. Tofler and a team of Harvard Medical School researchers in Boston, Massachusetts, have found proof that coated aspirin can reduce the risk of heart attack in people with abnormal platelet function. As he said, some heart attacks can be caused by blood clots, aside from fatty blockages which block the heart's arteries. These clots occur when blood platelets clump together.

Aspirin has long been known to be capable of preventing blood platelets from clumping and forming clots, but since the drug in raw form irritates the stomach, its use for prophylaxis against heart attacks was con-

sidered risky.

There have been talks for some time that covering aspirin with a coating that will carry out its protective function with minimum risks might do the job. It was with this purpose that the Harvard team decided to conduct further tests with enteric-coated aspirin.

The research-study, conducted on 15 healthy men showed that enteric-coated aspirin either prevented or reduced the increase in platelet activity which usually occurs in the morning. The effect of this medicine was said to last for as long as 36 hours.

Because of this finding, which

was reported in the American Heart Journal, Dr. Tofler asserted that patients who are at risk heart attacks caused by abnormal platelet function, may benefit from prophylactic treatment with enteric-coated aspirin.

With this new and latest innovation in the field of pharmacology, it was expected that more and more people will be benefited with protection against the traitor heart attack.

NUSP ... (from page 4)

The Last part was the open forum, facilitated by Hazel Pandes, NUSP- ST Sec. Gen. After laying down the General Program of Action, arose a confrontation due to misinformation of what NUSP was. Some delegates said that NUSP joins rallies and demonstration without first having a dialogue with the persons concerned. Ome Matavia said that there was not a time when NUSP closed itself to a dialogue before going into any move, and that it did not choose to demonstrate. NUSP resorted to rallies often because they were ignored by the persons concerned.

The confrontation was settled and the delegates agreed to form the Provincial Chapter of the NUSP.

New DLSU-EAC chaplain

Fr. Jess Palileo was installed as the second chaplain of the La Salle-Aguinaldo within a Eucharistic Celebration officiated by Fr. Art Balagat on January 14, 1992, 12 noon at the Social Hall.

Fr. Palileo, prior to his appointment, was acting parish priest of Our Lady Queen of Peace in Queen's Row, Bacoor, Cavite. He also served as diocesan youth director and vocation director of the Diocese of Imus, prefect of discipline of the Tahanan

ng Mabuting Pastol in Tagaytay City, and as private secretary for Bishop Felix Perez.

Fr. Palileo, who was ordained priest on September 14, 1989, replaces Fr. Danny Tiong.

The installation was attended by students, nonteaching personnel, faculty, deans, chairpersons and administrators of the community and the different parish priests of Dasmariñas.

Your medical and dental privileges

Medical and dental privileges

A. Referral System:

Any student or intern of DLSU-EAC are entitled to free consultation during office hours at the School Clinic or at the emergency room after office hours.

The school clinic is manned during office hours by the school midwife/nurse who inquires into the nature of the ailment and informs the appropriate intern (medical, surgical, ENT) on duty. All cases referred to the intern must be seen by the medical or specialty resident on duty before discharge.

The specialty resident refers all problematic patients to the school Physician (SP). Only the School Physician has the Authority to recommend admissions. He may refer to other Specialists on duty on an OPD basis for appropriate management. If the patient prefers to choose his own consultant, it shall be at this own expense and he shall not be liable for the free outpatient consult.

Facilities of the OPD and ER may be utilized whenever these are deemed needed for medical management.

B. Annual Physical Examination and Laboratory Screening

The annual physical examination for students shall be supervised by the School Clinic and which shall utilize medical interns and medical residents and should be a prerequisite for enrolment.

C. Privileges and Discounts:

All students of DLSU-EACM are entitled to free medical consultation at the School Clinic and emergency care at the emergency room of DLSUMC.

Laboratory and Radiologic procedures fees for students shall be based on charity patients rates.

In cases requiring hospital admission are recommended by the School Physician, the hospital shall provide discounts.

At present students are entitled to discounts of:

20% - room accommodation (any room)

20% - laboratory examination.

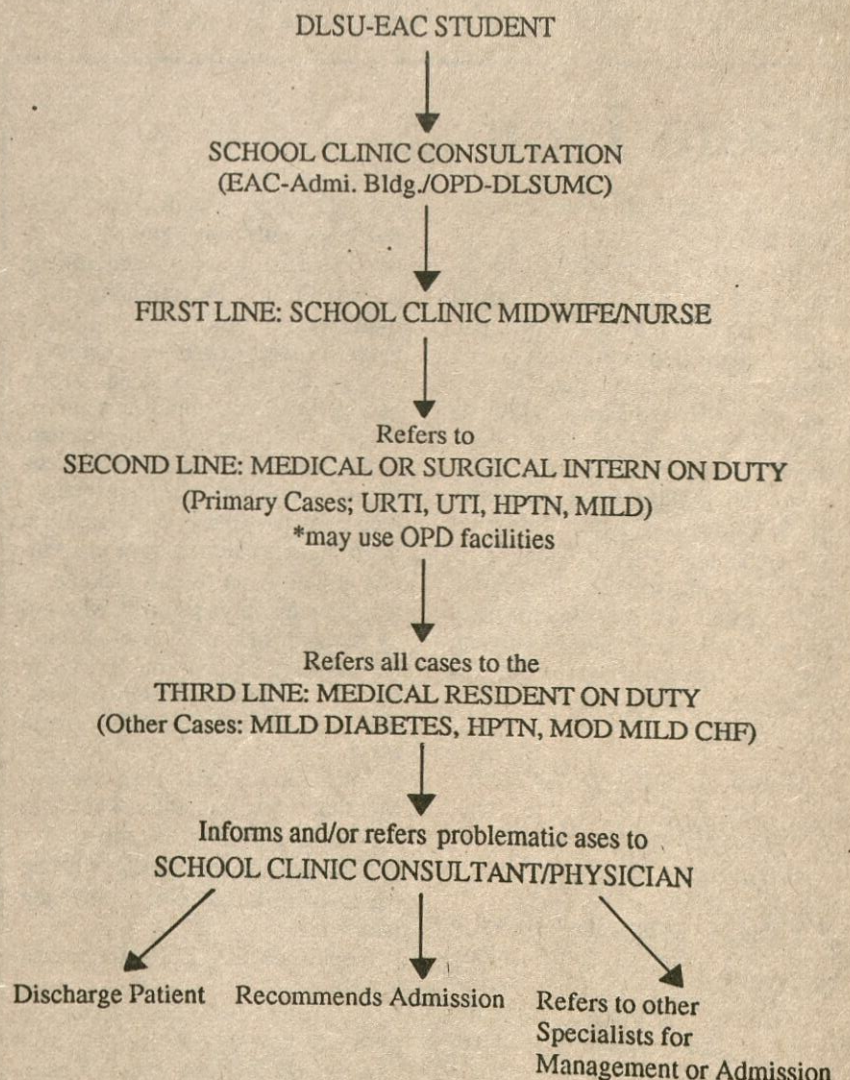
D. Professional Services/Fees:

The services of the School Physician shall be free with regards to patients seeking consult at the School Clinic so long as they adhere to the routine procedures as shown in the flow-diagram of operations. If the students seeks the SP out free of the purview of the School Clinic, he shall not be entitled free service. Specialists referred on an outpatient basis by the SP shall provide free service. Inpatients subjected to surgery and other specialty care shall be provide discounts on generally accepted rates for the specialty procedures. Specialists are encouraged, however, to provide maximal discounts or on charge if possible.

Dental Services:

Students are entitled to 20% discounts on dental procedures.

FLOWCHART: OPERATIONS OF THE SCHOOL CLINIC



KIBITZER ... (from page 3)

and other wildlife, needs at least P3 million annually to feed the animals and operate the camp. The money comes from donations.

Remember the saying "Some of the best things in life are for free." Looking up in the sky, gazing at a bird fly by can make one feel light and spirited. It is one of the free

luxuries of life... used to be one of them, at least. Now I would have to gaze more intently at the passing figure, "Is that an eagle?" And I would have to think of the generous people who have shouldered the expenses to send the eagle soaring on high. Sounds more like providing an airfare ticket to a bird. Now that's an ecological irony!

Life and A Son

by Orlando A. Oliveros

It was a cry that caused her heart to leap
 A sudden fulfillment for a mother's pure joy
 and she knows she has more in life to live for.
 But summers must pass from that certain day
 That the child that used to be
 must soon go away
 to walk and live, to rule and lead his own life
 to a destiny still unknown...
 But upon looking back, what did he really want to be?
 A mother's love and a father's shame...
 or a father's pride and a mother's pain?
 Nevertheless, life is his to handle,
 so lead on and leave off
 the old snake's skin's ear,
 he sees it but does not really see it,
 in looking at himself,
 throwing childish tantrums on subjects
 of the days you see and hold,
 but feel with rage.
 Of what future would a virgin hold
 in a society of which he pretends to know something of
 but know nothing of;
 or a pilot in a small, small vessel
 on an endless sea of uncertainty.
 And he asks who creates it, and who destroys it;
 But the question is of who's power
 should it be enriched on frustrated?
 To live and painstake and die for what reason.
 And the inquiry goes on and on,
 until the young man, by his instincts,
 shall learn to live in solitude
 as a response to life's hatred and love.
 And somewhere, a mother sings
 to soft strains of hopeful melody,
 "Someday, my son, you shall live in my blessings,
 and you shall write prose and poems,
 which many would behold,
 and which many would wish were theirs."



KATUTO

ni Rodel Fernandez

Dumadaluyong ang hihip ng hangin, pabugsu-bugsong
 lumalapat sa sawaling nararamtan ng agiw subali buong giting na
 kawayang yumayapos sa bawat bahagi nitong nawawalay. Matuwid
 ang tindig na sa pakiwari'y mananaig sa hamon at pasubsob na
 itinuon ang alagatain bagang nguso sa lupang kumukubli sa
 kanlungang batbat na napapako sa kamangmangan.

Nakatirik, matipuno ang likas, kagitinga'y pilit
 ipinamamalas. Ngunit animo'y ang bisig nagtatampisaw sa bumubukal
 na pawis. Sinsusupil ang mga balakid sa tuwinang dunadaloy
 at kapagkadaka'y namuong nagniningning. Kisap nito'y sinasalamin
 ang angkin ding anino ng pagbabalatkayo. Katotohana'y naaamts
 o dili kaya marahil naidlip nang mahimbing na nakaratay sa
 kaban na lihim.

Di pa at nahilagpos ang itinabing, saka lumingkis
 ang gayong anyo na hubad sa diwa ng kabalintunaan. Gayon ngang
 naparam ang may bahid dungis na natatagong adhikain sa kabila
 ng kalinga.

Namuhi na talaga ang buti. Pinag-iibayo ang
 tapang, susupil ng butil na hinasik sa sinumpang pusali.
 Kagyat nang nanginig ang buong bahagi ng batalan. Lamang
 nasisindak, nagsasagisag ng munti pang bait.

Batalan ay di napangimbang. Nasiil na ang paglaon.
 Gumuho. Kuanlinsabay niyon ang paglisan kawangis ng naidlip
 na kaliluan.

"PROJECTION"

by Richard S. Parohinog

"Dedicated to the people of TEATRO La
 Salliana, who undergo blood, sweat, and
 tears to finish every production. To Ms.
 S. Napicol and Ms. Dogelio for their
 dedication, and to Mr. Dennis
 Marasigan... 'Thank You,' for believing in us."

With the fading lights upon stage
 we hear the cheering audience.
 In our hearts, a proud feeling.
 Behold the fruits of sacrifice,
 here in this glimpse of a moment.

It may be difficult to understand,
 for others do not see its depths.
 It may look and sound easy,
 but believe that one who walked
 into the paths of its trails.

From the preparation alone,
 many will sweat many will bleed.
 To capture that moment of perfection.
 Where a whole life hangs in balance
 on a person portraying life itself.

It is more than just a scene.
 More than just a single act.
 In that limited time of stage,
 where lights fade and curtains fall
 an entire life is revealed.

So now, here, behold the finale.
 Where we become one with this life.
 Its breath shall be our own
 and it will remain so,
 even when the lights on stage fades.

Panaho'y Darating

ni Gorio

Darating ang panahong,
 ... lilisanin ako ng ngiti
 ... pahaw na ang silahis ng araw
 ... kukulimlim ang apoy sa kandila
 ... ang kahapo'y siyang kakaway

Darating ang panahong
 ... hahagkan ko ang hamog
 ... makakasalumuha ko ang abo
 ... makakalimutan na ako
 Ngunit ayokong dumating ang panahong
 ant TULA ko'y papanaw...



HERALD DOODLES

by Oscar Nera, Jr.



YES, I AM ON A DIET. I'M LOADING UP ON ICE CREAM TO RUIN MY APPETITE FOR REGULAR MEALS.



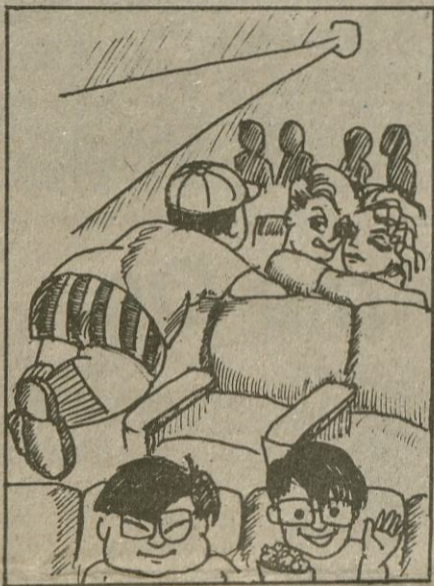
I CAN SEE THAT OFFICER... SPEED LIMIT, 55 KM/H. BUT IT DOESN'T SAY WHETHER IT'S THE UPPER LIMIT OR THE LOWER LIMIT! WHY ARREST ME FOR OVERSPEEDING?

QUOTES:

LIFE IS LIKE AN ONION,
YOU PEEL IT LAYER AFTER LAYER
AND SOMETIMES YOU STINK.

--- 0 ---

LIFE IS A BOWL OF CHERRIES
SO DON'T BE AMAZED IF YOU
SOMETIMES END UP WITH THE PITS.



HEY MISTER, YOU'RE DOING IT ALL WRONG! MY SCOUTMASTER TAUGHT ME THE PROPER WAY TO APPLY CPR AND THAT'S DEFINITELY NOT IT!



I FINALLY FIGURED OUT WHY THE COPS ARE ALWAYS AFTER US. IT'S BECAUSE WE DON'T PAY TAXES, RIGHT?



NOWADAYS IT'S NOT THE CAFFEINE IN COFFEE THAT'S KEEPING ME AWAKE... IT'S THE PRICE!



WHATEVER GAVE YOU THE IDEA THAT I JUST FORCED THIS MAN INTO MARRYING ME?



WAITER! THERE'S A SOUP IN MY FLY!

WHAT ROAD SIGNS REALLY MEAN:

YIELD. It means better get ready to give something to the officer.

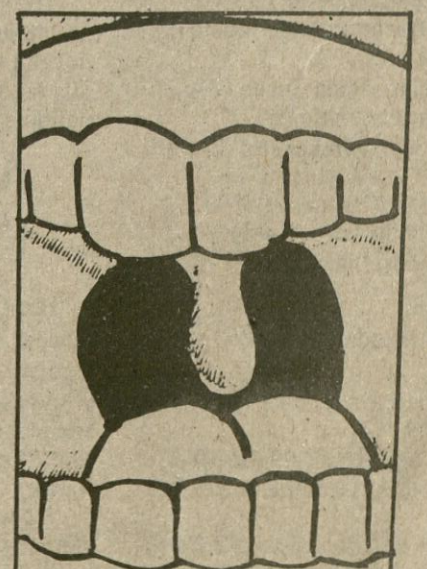
YELLOW LIGHT. Drive like hell because the light's about to turn red.



THIS IS MY LATEST MASTERPIECE. I CALL IT THE "PIG COMING OUT OF THE DARK."



DAD SAID HE'S GOING TO TELL ME ALL ABOUT THE BIRDS AND THE BEES SO I'M READY WITH THE CAGE AND THE HONEY JAR.



I'M STILL WONDERING WHY PEOPLE SAY I HAVE A BIG MOUTH.

THE SPORTS HERALD

THE ATHLETE'S PERSPECTIVE



Ericson Lim Chua

Gaining Momentum

When one speaks of sports, one wouldn't consider La Salle-Aguinaldo (LSA) as a power. That's because sports in DLSU-EAC is still in its "infancy" stage. Slowly but surely we are improving. First the ICCUAA, then the PRISSAA and soon the NCAA.

But with the stiff level of competition of the schools participating in the UAAP and the NCAA, LSA still has along way to go before it can attain their level of accomplishment. But there is a shorter way to sports excellence.

We are still dependent on what I call "Traditional sports." These are basketball, volleyball, table tennis, swimming etc. Why not explore other possibilities? I can see a bright future for a baseball or softball team and a shooting team.

In the case of softball/baseball, I'm happy to say that a friend of mine from the College of Business Administration came to ask me to help him organize the team. But when we visited the equipments section of the

PLS Gymnasium with PEAR director Butch Bautista, we found out that they have only few of the necessary equipment and some of them are already worn-out. It is a well known fact that baseball/softball is one of the favorite sports of Caviteños - some of the best players on the National level came from Cavite. So why not include it in our varsity list.

Shooting is another sport in which I can see the bright future. We are among for schools lucky enough to have our own firing range. If we could set up a team specially with members from the College of Criminology, many of whom are gun-fanatics, not only can we help propagate the glory of schools but also increase the recreation of activities and awareness of gun safety.

So I appeal to the Administration to help us with our endeavours. Maybe we have a Jethro Dionisio or a Valerie Levanza in our ranks, waiting to be tapped; or by the time we host the World Mens Softball Championship again we may even have alumni on the National Team. Who knows?

PRISSAA ... (from page 1)

In the musical events, Southern Tagalog won the Choral (by default), the instrumentals and the original musical competitions, while Liah May Caseñas captured the individual title.

Ms. Cheryl Campos was crowned mutya ng PRISSAA in the meet. She, together with the other winners will advance to the Nationals in Iloilo.

The complete list of winners are as follows:

- Mutya ng PRISSAA - Cheryl R. Campos.
Track and Field - Geraldine Olaes.
Choir Members:
1. Agati, Ruter E. (PT-2)
2. Arguelles, Wilfredo M. (BA-1)
3. Arieto, Mildred (BSN-1)
4. Castro, Nancy T. (Biology-2)
5. Domingo, Judith (SA-1)
6. Domingo, Mary Grace (SA-1)
7. Francisco, Ma. Ruth (AB Psychology)
8. Ignacio, Emelinda (BSN-1)
9. Jimenez, Orlando A. (BSN-1)
10. Legaspi, Anna (PT-1)
11. Lucero, Sheryl (BSN-1)
12. Madrid, Oliver E. (BSPT-1)
13. Matilla, Maritess M. (Bio-2)
14. Mendoza, Rayjie (BSN-1)
15. Mendoza, Reya (BSN-1)
16. Natividad, Ariel (BA-1)
17. Naval, Harold (BSN-1)
18. Sanariz, Jose Rico (BSN-1)
19. Sanariz, Jose Riel (BSN-1)
20. San Buenaventura, Ronald (PT-1)
21. Sanchez, Jema Eileen (BA-1)
22. Saramines, Nilo (RT-1)
23. Simon, Lawrence (RT-2)
24. Sy, Brian Alvin (PT-1)
25. Tacbad, Carmela (BSN-1)
26. Tawat, leandro (SA-1)
27. Caseñas, Liah May (PT-1)

Swimming

- Allan Frederick Narciso - (AB-1)
- Warren Dave Custodio - (BS Bio-3)
- Homer Rivera (AS Pre-PT-1)
- Nathaniel Heinbrador (BS Bio-1)
- Bernard Crisostomo (AB Political Science-3)
- Genevieve Jacobo (AS Pre PT-2)
- Judy Lozada (PT Proper-3)

Taekwondo Team (Women)

- Ma. Anna Apolinario
- Florentjie Bautista
- Baby Menchie Germono (Rad. Technology)
- Nathalie Cristobal (PT-2)
- Cecile Leyran (BS Biology)

(Men)

- Christopher John Legaspi (PT-1)
- Reginald Ross R. Campos (BS Biology)
- George Diaz (PT-2)
- Dandih Rebibis

Coaches: Sonny Pucan, Son Atienza, Nedy Sayoto, Oscar Malicsi, Butch Bautista, and Lorenz Arquero

Cheryll ... (from page 5)

back. There is one thing though that Dean Campos suggested to her. "Read the newspaper, front page counts most." This was to ready her for probable questions at the interview in the time of the competition. Young as she is, Cheryll prefers to read the comics and entertainment pages first; "but it is alright with my mom," she adds.

With her artistic inclinations, Cheryll could have gone to fields other than Nursing. She is considering going into serious dancing when she finishes her course. Fine Arts is another ground she is interested in.

Truly, Cheryll is one rare blend of youthfulness and sweetness. It comes not as a wonder that she has reached this far in the Miss PRISSAA Competitions.

A Toast of Friendship

The Cavite Fortress, the Police Science student council of the College of Criminology in cooperation with Asia Brewery, Inc., sponsored a social drinking session billed *A Toast For Friendship* at the firing range, January 25.

The social drinking session aimed to raise additional funds for the construction of the grandstand inside the firing range. As of this writing, and as reported by Dean Tirso Viray, around P11,000.00 was raised. The

The 2nd annual Cavite Intersecondary Schools Athletic Association (CISAA) tournament unfolded on January 18, at Palaruang La Salle gymnasium.

The meet, which was formerly participated only by Cavite Institute, Infant Jesus Academy, Immaculate Concepcion Academy, Imus Institute, Rogationist Academy and St. Francis School will now include Philippine Christian University, Cavite School of St. Mark, St. Mary magdalene and St. Michael's Institute.

The events for this year will include men and women's basketball, volleyball, and table tennis.

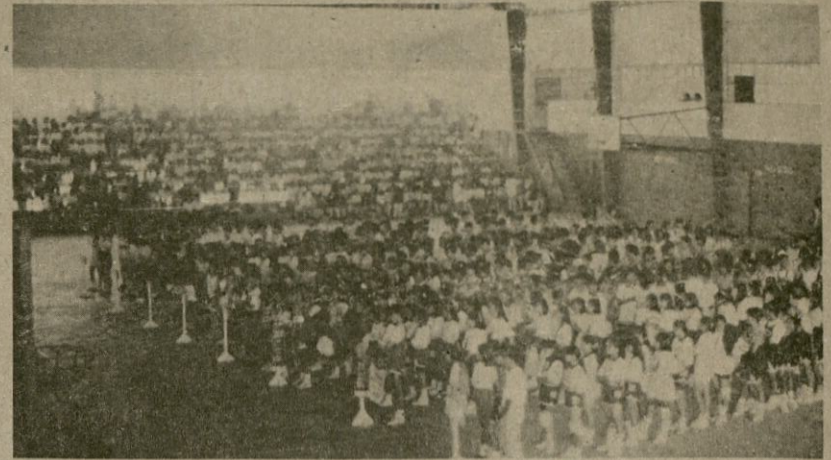
The opening ceremonies featured a parade by the cheering-squads, muses, players and officials of the participating schools followed by the raising of their respective flags.

EVP Dr. Oscar Bautista delivered the welcome address and AVP Dr. Pros Concepcion inducted the 1992 CISAA set of officers.

The three schools which participated in the cheering competition were ICA, IJA and St. Francis School, where ICA and St. Francis tied for first place and IJA wound up in second place.

Mr. Freddie Caracena, the College's admission officer and also, the CISAA adviser, was this year emcee.

Second CISAA Meet opens



The 8 participating schools at the opening ceremonies of the 2nd CISAA Tournament.



The ICA Cheering Squad which tied for first place together with St. Francis School.

Homer Swims On

Interview by Ivy Vargas

(Editor's Note: This is the first of a series of articles featuring our PRISSAA medalists.)

In the recently concluded Private and State Schools Athletic Association (PRISSAA) meet in Lucena, the DLSU-EAC swimming team paved the way for the gold medal haul in athletics.

One of the "forces" behind the team is DLSU-EAC's resident Eric Buhain in the person of 17 year old Homer Rivera, a freshman AS pre-Physical Therapy student. He bagged two golds in two separate events, the 100 and 200 m breaststroke.



This came as a surprise for someone who used to specialize in the butterfly and freestyle. The breaststroke and the backstroke were his weak events then so he worked on improving them. And he did just that.

Hard to believe, maybe, but Homer admits that his training is quite irregular now since he has to catch up on schoolwork and make up for the absences he incurred during the previous PRISSAA meets.

How does he manage to win, in spite of this? The fact he attributes to the early years of training he underwent when he was just starting.

Homer, who hails from Pampanga was just a were gradeschooler when he started swimming as a hobby.

Before he knew it, he was already

swimming competitively. In high school, he was a member of the UST varsity team which finished second in last year's UAAP competitions.

Training back then meant swimming from five to seven in the morning, Mondays to Saturdays.

To date, he has already earned about twenty six medals most of them, gold.



Swimming, Homer says, disciplined him in many ways. "As an athlete, I see to it that I'm always physically fit. In training I learned to persevere, to be disciplined." He also attributes winning to his very supportive family and teammates.

Homer is currently gearing up for the PRISSAA national meet in Iloilo.

Chances are, he, together with the other delegates, will bring home the bacon, again.

82 pass Nursing ... (from page 1)

- | | |
|-----------------------------|------------------------------|
| 37. Jimenez, Grace | 61. Pauline, Sheila |
| 38. Jocson, Jocelyn | 62. Paus, Senen |
| 39. Lopez, Ma. Cecilia | 63. Pedrosa, Ruby |
| 40. Loquillano, Marita | 64. Perez, Pablo |
| 41. Lumagui, Pamela | 65. Radana, Esperanza |
| 42. Maglabe, Manolo | 66. Ramirez, Juliet |
| 43. Mallari, Bernadette | 67. Rementilla, Gemma |
| 44. Medina, Josephine | 68. Prepose, Imelda |
| 45. Mendoza, Ma. Carmelette | 69. Rodriguez, Epifania |
| 46. Mendoza, Renalyn | 70. Saavedra, Antonio, Jr. |
| 47. Mercado, Tom Michael | 71. Sabater, Maylin |
| 48. Mojica, Marineth | 72. Santos, Alely |
| 49. Mula, Dennis | 73. Sapida, Videa |
| 50. Nacionales, Lemuel | 74. Simon, Roy |
| 51. Ner, Melissa | 75. Tolentino, Ahlene |
| 52. Nogadas, Divina | 76. Trinidad, Norayda |
| 53. Nolasco, Orlando | 77. Urbizondo, Marites |
| 54. Ocampo, Rowena | 78. Verzosa, Jocille Rosario |
| 55. Ochoa, Arnold | 79. Villamar, Reigy |
| 56. Oliveros, Cornelia | 80. Yatco, Nancy |
| 57. Ordoñez, Veronica | 81. Zabala, Ma. Judith |
| 58. Palugan, Annalisa | 82. De la Cruz, Romeo |
| 59. Pangilinan, Roberto | 83. Pegollo, Meneleo |
| 60. Papa, Javier | |