

Advised by
revised by

"You may think everything you do is right, but the LORD judges your motives."

Proverbs 16:2

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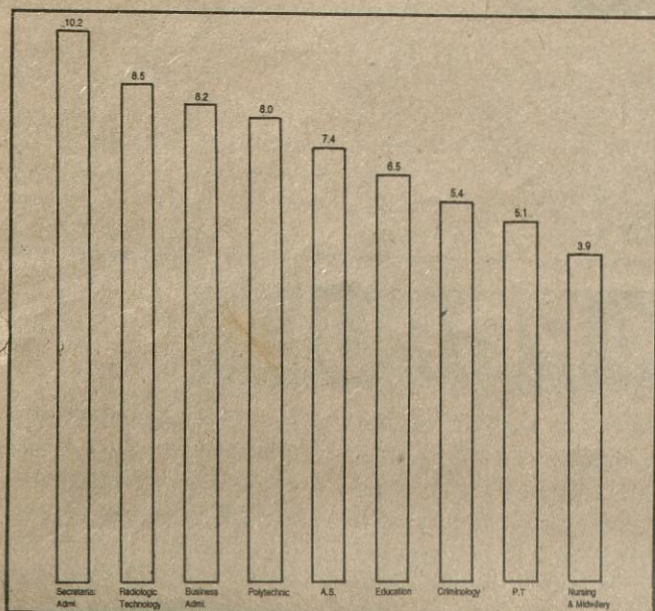
DO releases report on student violators

by Judith Ann Ros

A statistical report from the Discipline Office shows that students from Colleges of Secretarial Administration, Radiologic Technology and Business Administration lead the list of student violators.

Here is the complete report from the Discipline Office:

According to Mr. Ben Fajayo, Discipline officer, Sec. 24.4.3.4 and 24.4.3.5 the Student Handbook are the most commonly violated by the students. Violations included loitering near the classrooms during class sessions, unauthorized use of chalk, smoking in prohibited



above percentages were based on individual college populations.

- Secretarial Administration - 10.2%
- Radiologic Technology - 8.5%
- Business Administration - 8.2%
- Polytechnic - 8.0%
- Arts and Sciences - 7.4%
- Education - 6.5%
- Criminology - 5.4%
- Physical Therapy - 5.1%
- Nursing and Midwifery - 3.9%

areas, eating inside the classrooms, playing cards, using someone's library card, entering the campus without the prescribed uniform or ID, or using someone's ID card and not following the dress code during wash days.

The Discipline Office is regularly doing a statistical report in order to know if rules and regulations are effectively implemented and followed.

P.5 M Kailangan ng Physics Lab

ni Elaine de Mesa

Dahilan sa layuning magkaroon ng pangmatagalan at kapaki-pakinabang na mga kagamitan ang laboratoryo ng pisika, ang chairman ng Department of Mathematical Science and Computer Studies (DMSCS) na si Dr. Vaughn Buaquiña ay nagmungkahi ng halagang P550,000.00 badyet sa pangulo ng DLSU System na si Bro. Rafael S. Donato.

Inihayag ni Dr. Buaquiña na ang nasabing laboratoryo ay tumatanggap ng kaukulang halagang P20,000.00 sa loob ng isang taon para sa pagpapanatili nito. Ngayong taong ito, nadagdagan ng P9,000.00 ang pondo na sama-samang ipinagkaloob ng College of Nursing (P7,000), Office of Student Affairs (P1,000.00) at College of Secretarial Administration

(P1,000.00). Ayon sa kanya, ang halagang ito para sa pangangasiwa ng laboratoryo ay hindi sapat kaya't ito ang naghimok sa kanya na magmungkahi ng halagang P550,000.00 badyet na tinantiya ng laboratoryo custodian, Division of Physics Coordinator at Faculty members of the Division of Physics.

Sa kanilang pulong na pinamunuan ni Bro. Rafael Donato, isinangguni ng pangulo ang Polytechnic Center na maaaring mapagtuunan ng halagang kinakailangan para sa kagamitan ng laboratoryo, na maipagkaloob nito sa tulong ng Taiwan Government.

Ang panukala sa ngayon ay wala pang kasagutan; ganuon pa man, umaasa si Dr. Buaquiña na ito ay matutugunan sa lalong madaling panahon.

EVP, announces new administration titles, appointments

Dr. Oscar Bautista, executive vice president of DLSU-Aguinaldo announced the changes in administrative titles and new appointments effective 2nd semester of SY '92-'93.

Assistant Vice President Dr. Proceso G. Concepcion is now Vice President for Academic Affairs; Mrs. Mabini Leveriza, Assistant Vice President for Administration and Mr. Liberato Lontoc, Jr., Director of Polytechnic Center as his current title.

The new appointments are: Mrs. Virginia Hernandez, Dean, College of Business Administration (CBA); Mr. Venancio delos Reyes, Director of External Operations; Mrs. Cristina Salibay, Chair, the Depart-

ment of Natural Sciences; Dr. Vaughn Buaquiña, Chair, Institutional Research Council; Ms. Necitas Sayoto, Director of Physical Education, Athletics and Recreation (PEAR); Ms. Selfa Napicol, Coordinator of Student Development Office and Mrs. Demetria Bendafia, Guidance Coordinator.

They were promoted based on their leadership qualities, academic qualifications, sincerity and seriousness in their jobs, evaluation of students and head of the department to whom they are under, punctuality in class which is checked through VP's personnel time checker, their length of stay in the university and experiences.

Meanwhile, Mrs. Cristina

Salibay, new chair of the Nat Sci Department said in a crash interview that for this semester, seminars will be conducted for the faculty as well as for the students. The syllabi under her department will be reviewed and modified to make them more applicable to students who will become future doctors, researchers and teachers. She added that there is a need for faculty members in their department to emphasize their teaching method in a scientific approach to give the students what is due to them and that she expects her fellow teachers to correspond with each others' professional needs.

Likewise, Dr. Bautista expressed his expectation to the

new appointees and the former administrative officials to have a harmonious professional relationship.

In connection with the new appointments, Ms. Rachel Patacsil of College of Criminology is tapped to assume the position as Discipline Coordinator. Mr. Gargantiel who irrevocably resigned this 2nd semester as the Discipline Coordinator confirmed in an interview that he did not resign because of the long hair policy. "As a discipline coordinator, we don't decide by our own discretion in terms of new policy making. In terms of management prerogative, we believe in participative management", he said.

Long Hair Policy withheld

by Cecile Pascasio

Upon hearing the students' protest against the long hair policy, the executive vice president of DLSU-Aguinaldo, Dr. Oscar Bautista withheld the implementation of the banning of long hair the Discipline Office on November 13.

Roland Tejada, Leonardo Magno and JJ Makisig represented the long haired students supported by approximately 700 signatures of the students who favored guys sporting long hair, met with the EVP.

In an interview with the Dean of Students' Affairs Mrs. Laura Campos, she said the policy was brought up by Dr. Emmanuel Ochoa, vice-president of POLCA in their October 14 meeting, but even before the policy has been mentioned, Dean Campos received a letter which disapproved of guys sporting long hair, four days before the meeting in the suggestion box.

A committee was formed

BA student reaps honors in DTI quiz

Alvin Ferrer of the College of BA placed seventh in the overall standing and third in the semifinals in the annual Department of Trade and Industry (DTI) Quiz and Poster Making Contest on Consumerism. The contest was held on October 7, at the Cavite City National High School.

to decide whether the policy be implemented or not. It consists of representatives from the studentry, Joe Precia and Marissa Rogador SSC Officers, Mrs. Mabini Leveriza, head of the Safety and Security Committee, Mrs. Laura Campos, dean of student affairs and Mr. Orville Gargantiel, discipline coordinator.

By a majority vote, the suggestions became a policy and a memorandum issued by the Disciplines Office was disseminated throughout the campus on November 9.

The 3 new policies to be implemented this second semester by the Disciplines Office are: a. no students will be allowed to enter the campus if they are not in proper school uniform; b. and if cannot present their student ID's; c. males are not allowed to sport long hair anymore. The latter has been withheld.

Dr. Isagani Cruz conducts textbook writing workshop

Dr. Isagani Cruz, literary critic and director of the DLSU Press conducted a workshop on textbook writing on October 21 at the Conference Viewing Room of the Aklatang Emilio Aguinaldo.

Dr. Cruz opened the workshop of an existing manual used exclusively in DLSU-Aguinaldo. He mentioned that lessons, though adapted from foreign sources should suit the needs of students and should be identified with the students' culture and environment.

He, then, grouped the workshop participants according to their specializa-

tion. Each group determined the needs of students in basic subjects like English 1 (AB Psychology), Math 1 (Algebra), Values Education, Typing, Medical Surgical Nursing, Philippine History, Logic, and Salvation History. After doing the needs analysis, the participants designed a syllabus based on the needs which were interpreted into behavioral objectives. The specific objectives are expected to be fulfilled within a time frame.

The textbook writing workshop was sponsored by the Faculty Development Committee.

92.12% passed Nursing Board



(List on page 6)



FICTION OF VERACITY

by Orlando A. Oliveros

'... SA IKATUTUTO NG MGA BATA'

I can't understand why some people would go out of their way and get too quick to criticize other people just because they don't share the same beliefs and opinions these people have.

"Mahalay." they would claim scornfully. "They are not in their right minds," they would add, on the issue of some male students sporting their hair long and wearing earrings. And to add that this "offensive" image is enough basis for their judgment, a proposal for the implementation of a haircut policy had been advocated: all from a prejudiced's view point.

Personally, I would have respected their opinions; all of us are entitled to our own beliefs and prejudices anyway. But when an opinionated individual forces his opinions on others, it all sums up to irrationality, the inacceptance of the paradox that all men don't share identical principles.

That when one tries to force his opinions on others

and expects total subjectivity, it does nothing but aggravate other people, all resulting to nothingness but the prominence of ideal schisms.

And it is quite illogical to come up with a generalization without sufficient basis: "all long haired male students are not in their right minds", and from such a conclusion, add that such practice of self-expression offends the "proper" decorum of the school.

It may be written in Section 17 of the Student Handbook: "Other rules and regulations pertaining to school conduct may be formulated by the Administration from time to time." But I would like to point out that this statement pertains only to a student's conduct, not his physical appearance (which, I think, is the error in most people's judgments). And as far as I know, an irresponsible individual (or an irresponsible DLSU-Aguinaldo student for that matter) would take no caution of the rules and regulations imposed by

the school, *he be long-haired or not.*

Besides, nobody was there to stand up and say anything when almost all the girls in town were high in their Demi Moore hair cuts. And if ever somebody does, I'd dare say it is really none of his business if all these girls want to imitate Ms. Moore. We are all rational and responsible individuals anyway (we wouldn't have reached college if we aren't in one way or another, in the first place). It takes simple understanding and consideration to analyze and comprehend these things, neither of which has been denied to rational men.

The memorandum which was issued and distributed on school opening day had Mr. Gargantiel as its direct signatory. But as a sign of my respect and gratitude towards the kind and considerate sir, I feel I have to explain something now: this writer knows that he is not the one behind the third pro-

(Cont. on page 8)

Vox Populi . . . (Cont. from p. 2)

her teaching should be sufficient enough [sic] to convince anyone that the fault is with the professor."

In the spirit of fairness, the Committee strongly feels that to establish the "fault" of the professor, it must do so beyond reasonable doubt. But the Committee had doubts when it raised the following questions: If Ms. Lacsamana were as bad as the students pictured her to be, why didn't they complain during the preliminary period? Why wait until after midterm exams? Why were the names of the student complainants (who all signed the complaint), chosen by the Chair of the Committee at random to represent the complaining sections, changed? Was it because some of those students were forced to sign the complaint by a BA faculty member under threat of nonmembership in the Business Achievers Club? The Committee received testimonies to this effect, and was asked by the EVP to investigate the matter further. Moreover, why has it that 3 sections taught by Ms. Lacsamana did not complain? Should they not complain about a teacher who "made the learning experience meaningless" for them instead of thinking that "the case which started with section 1 was already resolved and that they couldn't do anything about it anymore?"

2. "...the administrators are more concerned with their faculty than the students which [sic] should take first priority."

The BA faculty member you quoted evidently does not know that in several grievance cases in the past, the Committee decided in favor of the student complainants. The Committee favors neither faculty nor students. It favors only what it sees as the truth. It decides not on the basis of majority but on that of consensus.

3. "Including the dean or the department chairman who has responsibility over the person involved especially when it is a faculty member, will ensure a biased decision in favor of that individual because whatever happens with that individual is a reflection of their administrative qualities."

This is not true. I do not wish to mention names here but if you will see me in my office, I can give you names of administrators whose decisions were not favorable to their faculty.

4. "The committee is overrepresented by faculty members."

This is not true either. At the first hearing, SSC was represented by 3 students; the Faculty Association, by only 1 faculty member. The Dean of Student Affairs also represents the students. Other deans or department chairs who sit as Committee members do so as administrators, not as faculty members.

Your suggestion that a POLCA representative or a La Salle brother be included in the membership of the Committee is most welcome. However, this is subject to approval by the Administrative Council.

In the spirit of fair journalism, I now request you to give this letter some space in the next issue of Heraldo.

Thank you.

Sincerely,

Proceso G. Concepcion, PhD
Chair, Faculty Grievance Committee

30 October 1992

MR. ERICSON L. CHUA
Editor in Chief,
Heraldo Filipino

May I comment on the portions of your opinion column (page 2, August-September 1992 edition):

1. I will suggest to the Student Grievance/Student Discipline Committee that a representative of POLCA be included in its hearing. However, I'm not sure if the representative of POLCA will come for a meeting because as you know, parents are not employed here so we have no right to control them.

Personally, I do not think that a representative of KABALIKAT should be a member of Student Grievance. If Student Grievance Committee feels otherwise, I have no objection.

KABALIKAT should be a member of Faculty Grievance. However, I will

refer to the collective discussions of the existing Faculty Grievance Committee.

2. I will also suggest to Dr. Pros Concepcion who chairs the Faculty Grievance to consider having a representative of POLCA sits as a regular member. However, for my experience, it may not be advisable to have a parent representative as a regular member because:

2.1 We encounter difficulty in asking them to come to a meeting.

2.2 Sometimes, there are certain issues that should remain confidential and should not be discussed with part members.

There is real danger when a representative of POLCA reports those issues to the POLCA Board of Directors. The said confidential issues spread out.

Thank you.

Dr. Oscar O. Bautista
Executive Vice President

30 October 1992

MR. ERICSON L. CHUA
Editor in Chief,
Heraldo Filipino

About the proposal to have a separate laboratory fee to be able to purchase a generator for Computer Center:

1. I discussed this proposal with Dr. Vaughn Buaquiña and came up with the following:

1.1 There is really no budget to purchase a computer generator (about P25,000.00) because this need was not foreseen in April 1992 when we finalized the budget for 1992-1993.

1.2 While we have a generator (near security gate No. 2), this generator is really very old and we cannot depend on it to supply an alternate power for Computer Center. As we know, the existing brownout is 2-6 hours a day and maybe it will last until early 1994.

Personally speaking, the laboratory fees that are paid by the students for computer usage do not include purchase of a generator machine. This is why we proposed that energy fees be collected. After all, the only beneficiary of that generator are the students who are using the computer. If this could not be done, I agree with your suggestion that a separate fund raising project be proposed.

If the above proposal still fails, we maybe include such amount in capital budget for the next school year. However, the equally important and needed a capital expenditures may have to be postponed and further delay our target for improvement.

Thank you.

Dr. Oscar O. Bautista
Executive Vice President



COGNIZANCE

by Judith Ann Ros

The Building Stories

For barely 6 months I have stayed here in our campus, it seems to me I found satisfaction and discontentment as well. What I said maybe redundant but reasons and complaints are my two meaty factors which can explain my inner doubts and not just mere speculations.

Most of the students I observed, once complained or related stinking stories to me dodged when they learned that I write in the campus' organ. Somehow, those stories I heard racked my brain! Are those made up or for real? Some may be the veracity, some may not...

I have laid my foundation that of being a reporter and to my surprise, a 10-storey building was established within me out of complaints of the people concerned: How unfair some professors are in giving grades, how some administrative officials can be Pontius Pilate, how an individual profits more ever since that program existed, how lewd are the words and manner of dressing of a certain professor, how POLCA was able to forcibly sell tickets (Yuletide)

without the approval of the Admi Council but was approved by the EVP, how awful are our facilities like that of the laboratories, how the kleptomaniac continues to strike, how disorganized the enrolment procedure is (College of Business Administration), by the way, of what use is the control sheet?

Bulk of how's have stocked up in my mind, anomalies I heard shrank my scholastic reliance and complaints simply made my eyes crossed. Now, I am the one complaining! But there is a word I should never forget once I complained and that is reason.

Fair play is the game we are having in campus journalism, being bias will lead us into the ditch. They said something about a program where red tape is being practised, when I asked about evidences to have staunch grounds, all I could get is just a shrug of shoulders plus, "Malinis gumawa eh!"

Reason for all we know is judging one's motives but before we could arrive to a certain conclusion, we should learn to listen in both sides.

Last semester something very common happened again in building 2's laboratory. A student of PT 1-3 related to me his grief over the loss of laboratory equipments which cost P2,000 and their group paid P200 each. The system is like this, the students will get the laboratory equipments at the beginning of the semester and return those gadgets before final exams. They will keep the equipments on the cabinets which their professor assigns to them. Naturally, it is the students' responsibility to keep an eye for those things.

The cabinets are padlocked for safety reasons but for sure the equipments you left inside the cabinets will soon be gone because my source told me that some of the students who lose or broke the equipments would get the gadget from other cabinets and presto! they have complete equipments again. I could hardly imagine those students who are practicing it, I want to call it suave stealing.

On the other hand, the administration should do something about our laboratories which have been left behind when scientific approach is concern. Yes, we do have basic equipments which are useful enough but the laboratories in building 2 are of poor rate (I haven't made observations in physics lab yet).

Aside from the noise pollution created by the students themselves, the labs are not properly maintained. The cabinets are wrecked, the microscopes are limited, the once in a blue moon functioning faucets, the artificial lights which are used when students crowd near the window where they get some source of light are not functioning well. I do hope that things there will be upgraded in no less time at all. I am already expecting their answer of having no budget at this time. Wish that the budget for the laboratories will be given remedy.

Anyway, the admi says that they are concern of the students' welfare.

PUGAD LAWIN

by Elaine R. de Mesa

The 96th anniversary of the historic "Cry of Pugad Lawin", once referred to as the "Mabuhay ang Pilipinas", from the Katipuneros led by Andres Bonifacio reverberated throughout the length and breath of the land igniting active Filipino revolt against Spain. This set off a bloody war for Philippine Independence.

This historic event also marked the 14th anniversary foundation of the Pugad Lawin Philippines, Inc. It was in August, 1978, when Pugad Lawin Chapter of the Philippine-based foreign civic organization formally seceded from such mother organization, and set up a separate, independent and distinctly Filipino entity presently known as Pugad Lawin, Phils., Inc., popularly known by its acronym PLPI. It has a total membership of 1300, distributed in 74 chapters nationwide.

Little is known about the PLPI, other than that they had a remarkable organization. The Lawin belongs to a non government and all Filipino nationwide organizations. We may say that letter "L" in the word Lawin may stand for Leadership. A Lawin is a leader for he always stands as the perpetuator of the things that have to be done for our country. The second letter "A" may stand for: Accessible for all, PL are very much approachable at all times. The next letter "W" for wisdom... wisdom to know what is right and what is best for his fellowmen. "I" for impartiality for being fair and just in socializing to all kinds of people in all walks of life, and last but not the least, the letter "N" for

Naughty, but you can't blame them for they are all good looking guys...!

Time, Talent, Treasure (3T's) are said to be the major qualifications to be a Lawin. But there is more than that.

A Lawin is someone who has personality; possesses and understands values of ones life which when applied will develop himself, his family,

his community, and eventually, the environment he lives in and is willing to share everything that luck may bring.

It has been read where a line which has helped people to act more generously: "it is more blessed to give than to receive." I think this line has brought immeasurable benefits to humanity. The PLPI has an approved budget of P1,404,025M for Lawin year 1992. This budget will serve as a unifying force to accomplish worthwhile projects and to keep the operations of the association alive and serviceable always... "we, the Pugad Lawin, are expected to serve our fellowmen and our country, because we are a civic organization and not a communication group neither a particular body isolated from the state."

We apply the Lawin Creed as our rule in our daily life and discover ourselves by promising: to be strong, that nothing can disturb our peace of mind, to talk health, happiness and prosperity to every person we meet; to look at the sunny side of everything and make our optimism come true; to think only the best; to be just as enthusiastic about success of others as we are about our own; to forget the mistakes of the past and press on to the greater achievements of the future; to wear a cheerful countenance of all times, and give every living creature we meet a smile; to give so much time for self-improvement that we have no time to criticize others; to be too happy to permit the presence of troubles; then truly no more worthy resolves can be found.

These are the bright sides and firmness of purpose and these will be brighter and firmer by putting out wholehearted and vigorous action to it.

About action... the Lawin "Fly High... up in the sky", when the 600 year old Mount Pinatubo spewed its anger last June 15, 1990. Thousands of people were left homeless. When several provinces and towns were declared as calamity areas by the government, they put up

operation "damayan". Government officials, cause-oriented groups, civic and religious organizations, public and private sectors donated goods and amounts to the victims. Not everything is lifeless after the wrath of Mount Pinatubo. This is what the Pugad Lawin aims to prove. On June 23, Pugad Lawin Imus Chapter (PLIC) set its own operations. "Rescue 355-Tulong sa Bayan" aimed to provide help to the victims of eruption. The operation simply wanted to help the unfortunate victims through medical and dental check ups and vaccination against Hepatitis B. They also donated used clothing and relief goods.

The PLIC is grateful for it is able to help again.

"Pugad Lawin sa Lipa" sets up motorist warning signs along the national roads in the towns of Rosario, Padre Garcia, San Jose and Malvar in Batangas.

"Pugad Lawin sa Batangas City" put up free medical-dental clinic in San Nicolas, Batangas, one of the eight towns around reactivating Taal Volcano.

"Pugad Lawin sa Novaliches" ended its "Gamutan Outreach Project" dispensing medical and dental aid to families in the depressed areas of Brgy. Pasing Patik, Novaliches.

"Pugad Lawin sa Loyola Heights" in cooperation with Eastern Telecoms recently conducted its annual medical mission in the town of Currima, Batac and Paoay, Ilocos Norte.

Pugad Lawin believes that brotherhood is an instrument for the development of the nation and enlightenment of the society. It believes that the significant growth of the community is best executed in the wisdom of brotherhood, peace, freedom and avivacious nationalism.

Now that we know the principle effort of Pugad Lawin is to heighten consciousness by working for the benefit of others who are in dire need. In return, let us show our gratitude in the kindest way to each member. "To all the Lawins, 10-44...TNX and more power".

The degree of our learning capabilities does not depend solely on perseverance and motivation. Man has his natural gift of intelligence. Thus, we have to consider the human memory as an important aspect in our learning process; it is through it that man is able to widen his capacity for knowledge.

Memory has been defined as that ability of man to store or retrieve information within his mind. By this, man expands his knowledge, and enables him also to retain what he had learned.

Certain factors have boosting effects on the human memory mechanism; factors like our diet, chemical intake, sleeping habits, mental exercises, and even subconscious stimulation have evident effects on our mental retention capability. However, some of these factors may have side-effects after misuse. So, it is of extreme importance that we know what these memory boosters are and what effects they might cause our health.

"... half a peanut will take care of mental work for one hour."

Nutrition

Nutrition plays a valuable role in the function of human mechanism, one of which is learning. In fact, according to Alan Berg in his book "The Nutrition Factor", it is of great necessity to emphasize proper nutrition in society improvement.

"For societies whose prevailing philosophy places a premium on egalitarianism, the intellectual loss that is caused by malnutrition may be a strong obstacle to attaining its social goal. Nutrition is not, of course, a cure-all; educational barriers, for example, are immense. However, a malnourished child's chances for social mobility are greatly restricted no matter what is offered in education or other avenues designed by policy makers to facilitate upward movement within a society. Adequate mental development, hence, adequate nutrition, would seem to be a prerequisite to other programs for mobility that are being developed as a matter of social policy. If a child lacks curiosity and mental energy - the other opportunities are not significant." (Berg, Alan, 1973)

Naturally, the next question is what should be the nutritive diet of an individual for a more stable mental health and an induced memorization capability as well.

Nuts and Bananas are two of the most common answers. On its validity, however, it is extremely important to find out what the inferences and beliefs are on what nuts and bananas do for the brain, whether human energy consumptions get affected by brain activity, thus, needing an increase in food intake.

"It is ordinarily supposed that mental work increases the energy expenditure, and therefore, the caloric needs. The fallacy of this idea was demonstrated when Dr. Benedict observed that the heat output of a group of students taking an examination was not appreciably greater than that of group of students sitting still for the same length of time. According to Dr. Benedict, half a peanut (with its 4 calories) will take care of the most intense kind of work mentally for one hour." (W.T. Dowd/Alberta Bent/Shackleton, 1948)

Bananas, on the other hand, are good serotonin stimulants. "Within the CNS, serotonin is most highly concentrated in the hypothalamus, up to 1 ng/gram. The serotonin is made by the enzyme by 5-hydroxytryptophan decarboxylase and is destroyed by monoamine oxidase. It may increase greatly as a result of ingestion of certain foods such as bananas which contain 5-HTC." (Goth, A. M.D., 1968)

5-HT (or 5-hydroxytryptamine) is of high concentration in bananas, particularly the Matoke species, a banana that is a staple diet of many Africans, and is usually eaten green. Incidentally, 5-HT has widespread actions in the circulatory and nervous systems.

Scientists have been experimenting on possible substances in nuts and bananas (and other foods with the same properties) that induce memorization.

Most nuts have a high content of fat and protein, while bananas "contain much larger amounts of Carbohydrates than most fruits. They vary widely in composition, but may contain Carbohydrates 20g, protein 1g, fat 0.2g, with an energy value of about 335 KJ (80 Kcal/100g)." (Sir Stanley Davidson, 1979)

"Glucose is extremely important since it is used almost exclusively for energy production in brain and nerve tissue."

But the properties of these two sources in memory inducing do not lie very much on what substances they contain, but the conversion of these substances within the body into a substance really important to the brain - glucose.

"Glucose is extremely important since it is used almost exclusively for energy production in brain and nerve tissue." (James M. Orten/Otto W. Neuhaus, 1945).

The high content of carbohydrates in bananas is beneficial to glucose-formation within the body. "Dietary carbohydrates are starches and sugars which are ingested, digested, and absorbed into the blood stream. These form

the major source of the body's glucose. All these Carbohydrate food materials are converted into glucose." (Sue Rodwell Williams, 1973)

On the other hand, the high content of fats and proteins in nuts also contribute to glucose formation. "After the breakdown of neutral fat into fatty acids and glycerol, the glycerol portion, upon hydrolysis, may be converted into glycogen in the liver and made available for glucose formation. The production of glucose from protein, fat, and the various intermediate carbohydrate metabolites is called Gluconeogenesis." (Ibid.)

Just some boosters

by Orland

Drugs

Some people tend to shift to drugs or certain stimulants to induce their memory for academic purposes. They may not know it, but addiction, directly or indirectly, is not far behind when they begin depending solely on drugs and other stimulants.

Caffeine "is an alkaloid obtained from tea leaves, coffee beans, and other plants...are all cerebral stimulants...and increase mental alacrity, and drowsiness disappears without subsequent depression. Judgment is keener and more discriminating, and the ability to memorize is increased temporarily." (Musser/O'neil, 1965)

But the effects of over-using this most used drugs can also be harmful. "Often, when tea and coffee are taken in excessive amounts, or late at night, insomnia and restlessness occur. There may also be headache, confusion, and palpitation." (M.O. Faddis, R.N., M.A., 1940)

Another commonly used compound is Amphetamines, "more potent than caffeine in stimulating the cortex and produces alertness or even excitation. They definitely stimulate the sensory cortex and produces brighter spirits, restiveness, volubility, and insomnia. Psychic stimulation may later be followed by depression or fatigue." (Musser/O'neil, 1965)

"The Amphetamines are a class of stimulant drugs used in pep pills. Their effects are similar to those of cocaine. While pep pills are sometimes taken by truck drivers and night workers to keep them awake, they impair judgment and vision, and may even produce hallucinations. These pills are also sometimes taken by students to help them stay awake for long hours while they are cramming for tests. However, the result is nervousness and confusion, followed by a severe letdown." (Holt/Rinehart/Winston)

Contrary to belief, however, "in normal individu-



The Pugad Lawins in Lahar Country... "We are expected to serve our fellowmen and country because we are a civic group and not a communication group neither a particular body isolated from the state."

als, Amphetamine does not facilitate better mental performance and the nervousness produced may be quite uncomfortable." (Musser/O'neil, 1965)

CNS depressants, depressants as they are, are also being abused. "...the finding that certain CNS depressants such as chlorpromazine could influence abnormal behavior at dose levels which did not produce sleep. This finding suggested that a selective approach to influencing mood and behavior was possible in contrast with the non-selective action of barbiturates and other hypnotics." (Goth,

memory e know

Oliveros

A. M.D., 1968)

Sleeping Habits

Though there may not seem any connection between the sleeping habits of an individual and his memory improvement, many scientists believe (and conclude as well) that sleep plays a very important role in organizing, processing, and coding information within the brain.

McGaugh reviewed an experiment done by a scientist named Bloch and his

"... REM plays a role in modulating memory storage process."

associates concerning rats and their REM (rapid eye movement) sleep. "Bloch has trained rats on a very simple task and allowed the animals either to sleep freely for 90 minutes after training, or he has deprived them of sleep during the 90-minute or 170-minute period immediately after training and then allowed them to sleep." (McGaugh, 1965)

"Control animals (untrained) showed no increase in the amount of REM following 90 minutes of sleep deprivation, which indicates that this 90-minute deprivation period does not, by itself, increase the amount of REM during the free sleep period." Thus, "this data provide strong circumstantial evidence to support the conclusions that this processing is important, that REM plays a role in modulating memory storage process." (Ibid.)

However, other scientists believe that only certain aspects of the REM sleep are responsible for this processes. It might be due to hormonal secretions during REM sleep, or its effects on cellular metabolism. There was even an experiment, particularly by Hartman and Stern in 1972, showing the loss of storage or impairment of memory storage due to REM deprivation can be hindered by treating animals with

substances that supply catecholamines.

Subconscious Stimulation

Hypnosis "is primarily a special psychological state with physiological attributes, resembling sleep only superficially, and characterized by a functioning of the individual at a level of awareness other than the ordinary state, a level of awareness termed, for conveniences in conceptualization, unconscious or subconscious awareness. The subject can think, act, and behave adequately, and often, better than he can in the ordinary state of psychological awareness, quite possibly because of the intensity of his attention to his task and his freedom from distraction." (Encyclopedia Britannica, v. 12)

In hypnosis, the most common method used and believed by students is subliminal perception (limen means threshold, thus subliminal means below threshold). This topic had always been a subject of dispute among psychologists and scientists, but its popularity in the field of memory boosting only increased. Recordings in tapes are well sold all over the world, and various universities in the United States have been applying this method to their students.

On the other hand, the British Psychological Society recently performed an experiment concerning subliminal messages affecting the human mind. Led by Prof. Michael Howe of the Exeter University, the experiment yielded no effect of subliminal messages on the subconscious mind. It has been found out that the memory of individual subjects yielded no improvement at all. (Laycoy Filipino, January 31, 1992)

"... man's natural gift of inborn intelligence can be enhanced for more effective use."

Mental Exercises

Mental exercises such as mind games, mazes, and crossword puzzles may improve an individual's mind, but not necessarily his memorization capability. This statement is accompanied by the belief that man's natural gift of inborn intelligence can only be enhanced for more effective use, but it can never be increased beyond its inborn limit.

Such was the case when in 1960, English Prof. Albert Upton of Whittier College, California, conducted an experiment which had this intriguing result: students given IQ tests before and after training increased their scores by more than 10 points, moving up on the IQ scale from high average to 'superior.'" (Richard W. Samson, 1965)

But that does not mean

that the students' minds increased their native intelligence. "The increased IQ scores were simply a by-product, Dr. Upton believes, of the students' heightened abilities to tap their mental reservoirs to solve problems." (Ibid.)

Other Methods

Other possible choices for memory boosting are the use of "imagery" (transformation processes that convert different sources of information into visual form), the method of Loci (involves the use of locations or loci as memory cues), the key-word approach (makes use of numerical rhymes such as one is a bun, two is a shoe, three is a tree, etc., and associates these objects with items to be enumerated).

"... Einstein's brain is not at all different from our own."

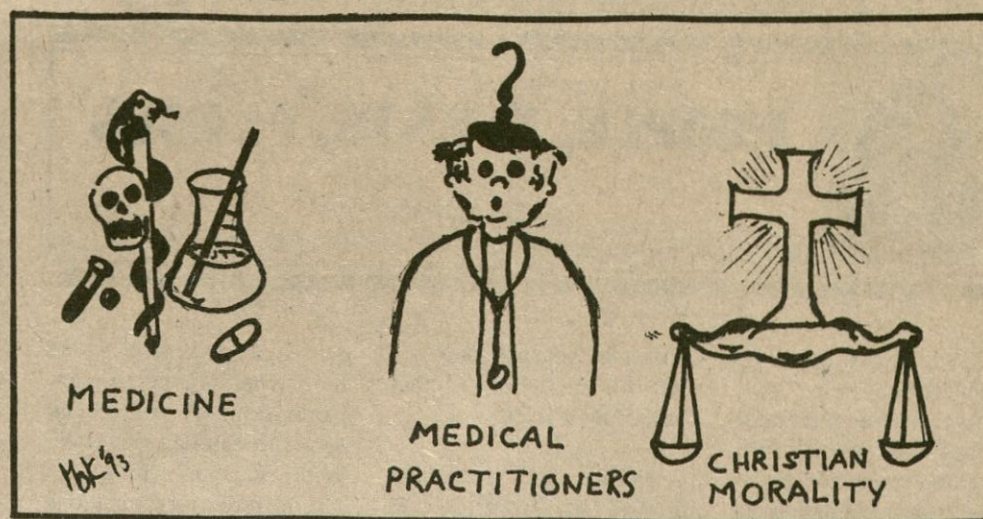
Now, if the given information is not sufficient enough for memory improvement, one still has a hope though, in improving his memory: he may enroll himself in the Total Dynamic Memory Course by the Cognitive Development and Resource Centre, Inc. After all, it has been proven, after ten years of extensive studying that Einstein's brain is not at all different from our own.

Postscript. The author wishes to share credit to the following people who were part of this research: Maricel Cruzat, Ronald Soliman, Anthony Toledo, Kenneth Velando, and Ritchie Videña.

A POINT TO PONDER

Kids in school are exposed to many subjects and to many different fields, all of which require many different skills. That's good. The trouble comes when the school expects a kid to be good at all of them. And individual teachers have a way of thinking that all students in their class ought to be good at their subject. That's ridiculous; it would even be humorous if it didn't make so many students feel so inadequate. Since nobody is good at everything, but since the adult world expects this of kids, kids often feel that they are failures. It is important to recognize that no adult expects another adult to be good at everything. After all, that would be asking too much. Ask any adult.

*Jonah Kalb and David Viscott in "What Every Kid Should Know"



Learn to hold the Reins

By Lailanie Yumang

Moving onwards on the twenty-first century, today's physicians find themselves in a social milieu unlike any other the world has known. Scientific and technological developments are galloping at a furious pace, often seeming to be out of control. In their enthusiasm, ultramodern science and technology have unwittingly opened a Pandora's box of realities-in vitro fertilization, surrogate motherhood, abortion on a massive scale, genetic engineering, euthanasia, organ transplantation, contraception, and others. Hence, while coping with new trends has always been demanded of physicians in any era, today's physician must bear the extraordinary realities.

It seems a paradox that something as avowedly impersonal as science, with its concomitant technology, has trust questions to physicians involving one of the hallmarks of humanity, which is man's morals. The paradox ends, however, when physicians consider that the primary concern of their profession is the human body. Precisely because this body is human and not merely a mass of tissue lumped into life, physicians must be aware of the peculiar in which science and technology cannot be considered inseparably from their patients' humanity. And a full consideration must necessarily include morals, because euthanasia, genetic engineering, issues from as many perspectives as possible from our attitudes as much as to our intellectual training. It is easy for us to comprehend the medical procedures involved in vitro fertilization, contraception, and others, but it is difficult to transcend the obvious and extend our imagination to the consequences that may arise.

It is heartening to know that an orientation toward the development of social and moral consciousness and attitudes included in DLSU-Aguinaldo's Mission Statement. In fact, this orientation is cited as one of the distinctive features of our institution. It could be expected, then, that the administration and faculty will take steps to realize this goal. It is likewise heartening to note that concrete steps have been taken, such as the incorporation of topics re-

lated to bioethics in the first year subject of perspective in Medicine.

The above mentioned steps are very much appreciated, but definitely there is still a need to dwell on medical bioethics more extensively and more frequently. Topics like euthanasia and abortion must be tackled not only for the sake of knowing about them the far greater goal in studying them and other topics related to medical bioethics is to deepen one's social consciousness and to refine one's moral convictions. If social and moral issues could be drawn as a line, such issues as euthanasia and in vitro fertilization and others would at the extreme end in terms of the degree of social awareness and moral firmness that they demand us; they test our social and moral beliefs to an extreme degree.

It is recommended that the faculty and administration incorporate medical bioethical issues into as many subjects and time as possible, to the point that we students consider them as essential to our medical education as the science subjects are. Organ transplantation could be incorporated in Anatomy or Surgery. Or genetic engineering and recombinant DNA techniques in Biochemistry. Or contraception in Community Medicine. In addition to the technical procedures involved, experts on the topic could be invited. Implications and consequences should also be discussed. Extracurricular symposia, film-showing, lectures, and the like could be held complement classroom lessons. Leafers of different religious denominations, philosophers, theologians, sociologists, psychologist, could be invited to expose us students to wide range of viewpoints. If scheduling and resources permit. Christian bioethics could even be offered as a subject. Or if it can not, it could be offered as elective course. The library could do its share for attitude and value information by expanding its collection to include non-medical books in ethics, morals, religion, history, culture, even novels that have been acknowledged as helping to raise social and moral consciousness.

Whatever efforts the ad-

ministration may exert, however, becoming socially and morally conscious doctors ultimately rests upon us students. If our attitude in studying issues is simply to pass our course, nothing will come of our education. If we refuse to attend (in studying issues) lectures and and the other realities all demand the answer to one basic question: IS IT RIGHT OR IS IT WRONG?

Is it right or is it wrong? Is the modern physician interested in answering this question? More importantly, is he prepared to answer it? In these then, it would be an understatement to say that the physician who does not have more than just a familiar acquaintance with medical bioethics is a half-baked physician. He plods along, in mindful of the realities around him that desperately beg for his attention. Unfortunately, by shielding himself from distraction, he takes the risk of being trampled upon by scientific and technological developments which he deliberately ignores.

As days pass the modern physician is being called upon to arrive at decisions involving medical bioethics far more frequently. However painstaking arriving at a decision can be, the fact remains that decisions have to be made. These must be made systematically the physician must use all the relevant knowledge and skills he has, integrate these with the needs of his patients, consider the great good of society, while remaining steadfast to moral laws. Arriving at decisions is obviously not easy, considering the factors involved.

Focusing now on DLSU-Aguinaldo, it is time to examine whether our school is preparing us students to cope with the rapid pace of medical science and technology and their corresponding social and moral repercussions. It is time to ask whether our school is training us to examine medical social and bioethical symposia made available to us and to reflect deeply about what we learn from them, it is regrettably, to our loss. The institution can only provide us with exposure but learning depends foremost upon us. And let us not

(Continued on p. 9)



PEOPLE, EVENTS, PLACES

by Coleen Caño

"Everything changes except change itself..."

Thus claimed our Socio-Anthropology teacher. Papers fade, flowers wilt, friendships die, and semestral breaks end.

This is the philosophy of life. It is this earthen fact that we learn to cope with the daily changes that beset each day. Each new dawn opens up an entirely new world all for the making. And even if we haven't fared well enough on the first attempt, there is always another dawn to look forward to.

Well, anyway semestral break had just come to a close. And after three weeks of blissful hibernation, we've picked up the pieces we've cast aside and slowly tread the tedious road to education again. Some would be sighing with relief at the prospect of seeing old friends again and doing familiar things, some would still be under the spell of those three weeks while still others may still be reeling from the results of their classcards.

However, with all these disconcerting thoughts in mind, hope still rings anew with the start of a new sem.

The freshmen were probably the ones who regarded this as a major significance in their lives. It is a symbol of achievement and awe. Achievement in the sense that they were able to survive their first year in college

and awe because they are still to experience the other half of their lives.

During the long semestral break, I was able to examine closely the present condition of our country. What greeted me was an avalanche of police-related crimes, sordid movies, and an economy far from recovery. The thing that hit me was that most of these are man-made. We could have done something about it like untwisting the bended moral back in shape but alas, there will always be hunchback-walking people. The nature-lashed Pinatubo fury may continue to torment our fellowmen but aid and prayers will lighten the burden they're experiencing right now. If the whole La Sallian population, brought up by the ideal of human service and commitment, did their share through a simple whispered prayer. It would be living according to the doctrines of the profound St. John Baptist De La Salle.

With barely weeks to go before the Christmas festivities burst with the usual dramatics of the season, students are already in unrestrained high spirits. The nights have grown longer and there is that certain bite in the air. The occasional showers have done little to dampen the exuberant moods.

his is one occasion where most would agree the companionship of a special someone is most appreciated. With the approaching season, different organizations are gearing up projects and activities in line with it, so expect a string of happenings going around campus.

I guess this is the point where I have to conclude this issue's column. After three weeks of intense personal meditation, it sure feels good to be back to the familiar throng of friends and buddies. Even the usual scene of dreaded subjects, teachers and ghastly schedules prove to be more of a robust welcome. As another phase opens, we brace ourselves for another excruciating encounter with the facts of life. We should take what life throws at us and instead of flinging it right back, make the most of it to our advantage. Use the whole new set of weeks to make up for the recent gap. Back in school, there is one occasion that most students are undoubtedly looking forward to... Christmas Vacation.

*"O villain, villain,
smiling damned villain,
My tables - I set it
down, that one may
smile and smile and be
a villain..."*

- William Shakespeare's
Hamlet

'WE ARE WHO WE WERE'

by Coleen Caño

Someone once wrote, "Living is the value of one's existence." It is taking in the soul of one's life and blending it with the hues of other beings.

We were young then, sixteen going on seventeen; robust, vibrant, and just out of high school. For most of us who walked along the black and white walls of the veins of life, we are who we were. Our mothers' hope and pride. We were destined for a very green-bucked future. My friends and I had our own childish arguments and chic couture. We limped and we stammered, but not for long.

We drank in Aspra's anti-Americanism, and swallowed De Leon's sermons. Trigonometry was nonsensical jargon to us, just as Carbon and its labyrinthic bonds.

We perfected the skill of smoke rings, and gaped at seemingly innocent faces. "The Simpson" and I coursed through the hilly terrains of lush Tagaytay...more problems were there to be made the most of. We mimicked Icarus and fell into the sea

of despair with him. The staff of life was Zen to us. We laughed when we should have cried. Frustrated poets of Keating's society, I guess we were oblivious to the nature of the world, ubiquitous factors blinding us more.

Independence was intoxicating, gradually sinking us further and further into the depths of our badness. But who could blame us? We clutched on to what remained of our manna and studied the relation of Chemistry with San Miguel. Something was missing, but we rattled on. Blame it on our pseudo-artistic air. With trembling souls, we witnessed the nascent of our childhood.

We are who we were. I guess, we unconsciously flung in parts of our identity; responsibility, childishness, sarcasm, sophistication, all that! The cauldron boiled with esoteric concepts and sentiments.

Amidst all conspicuous elements, Shakespeare still shifted uncomfortably, overwhelmed by the independence which Villa Nicasia stood for. I just sighed; time

seems to be passing me by.

Alcaraz introduced us to Sigmund Freud, who taught us all there was to know about sexual cognates. This was when Lani felt I had really gotten off the taste. We learned to be extroverts, but what the heck! The metamorphosis was still a paroxysm in us.

We now step into the second of the heavens. Here, we'll undergo trials by fire and sweat blood. Pathetic souls crawling toward the flush of effulgence, alas, only to be plunged down the abyss of bottomless dimensions.

We are who we were. We'll conquer living symbols of courage and green peace. We've survived life and ourselves! Clutching the seals of draconian eloquence; we stand at the threshold of DLSU-Aguinaldo, radical misanthropists of our system.

But with sordid smiles and exuberant spirits, we'll charge on with our lances. As epitomes of youth and stingy Parker pens. We'll conquer. For we are who we were!

92.12% passed Nursing Board

One hundred fifty-two, or 92.12% of the 165 Nursing graduates of DLSU-Aguinaldo who took the Nursing Licensure Examination in June, 1992, passed. This year's national passing is 64.17%.

Here is the complete list of board passers:

1. ALANO, Maribeth B.
2. ALVARADO, Jesse C.
3. ALVAREZ, Romeo S.
4. AMARGO, Abegail C.
5. AMBAT, Shella Marie C.
6. ANGELES, Rodney P.
7. ANTASO, Ma. Cecilia B.
8. ASUNCION, Nenette C.
9. AURE, Amyliza N.
10. AYRAN, Cindy C.
11. BAGUISI, Grace Ana G.
12. BALDEZAR, Annaliza I.
13. BANZUELA, Cielevee R.
14. BARZUELA, Imelda
15. BAUTISTA, Virna Xenia J.
16. BEATO, Lorenza M.
17. BELARMA, Mimosa Sheela C.
18. BLEZA, Ma. Cecilia P.
19. CABAY, Pamela P.
20. CABRERA, Jasmin F.
21. CABRERA, Miraliza M.
22. CALDAS, Ma. Melita E.
23. CALARA, Emmathel B.
24. CAMAMA, Lorena G.
25. CAMAMA, Melchor L.
26. CAMANAG, Hilda C.
27. CAMIT, Rosemary A.
28. CAPILI, Shalee C.
29. CAPULOS, Joy J.
30. CARINO, Froilan Allan D.
31. CARRANZA, Luchie N.
32. CARUNGCONG, Haydee C.
33. CASTILLO, Jocelyn M.
34. CASTILLO, Mila Cynthia M.
35. CAUSAREN, Leora V.
36. CHALOY, Sonia V.
37. CHAVEZ, Loren T.
38. CHENG, Rachele M.
39. CLARAVALL, Imelda A.
40. CLORINA, Maita Alida N.
41. COSTA, Seoldino P.
42. CRIZALDO, Archie T.
43. CUEVAS, Raquel S.
44. DANQUE, Elmer T.
45. DE LIMA, Riezel S.
46. ELASEGUI, Amelita P.
47. ENRIQUEZ, Ellen P.
48. ERNI, Ma. Ana P.
49. ESGUERRA, Richard N.
50. ESPIRITU, Carmelo G.
51. EUSEBIO, Leonardo E. Jr.
52. FAUNI, Gary V.
53. FAUNI, Gilbert P.
54. FERNANDEZ, Ma. Myra B.
55. FILIPINO, Rubilyn T.
56. FLORES, Emmanuel S.
57. FLORES, Raquel C.
58. FRANCISCO, Perlita M.
59. GARCIA, Gladys Mae O.
60. GEGANZO, Neil G.
61. GENEVEO, Cristina A.
62. GO, Christina Marie S.
63. GOROSPE, Aileen Nieves P.
64. GRANADOS, Shirley P.
65. HEDSTORM, Glenda A.
66. HULIGANGA, Rowena R.
67. IGNACIO, Renee Jane J.
68. ILAS, Ivy D.
69. JARDINIANO, Magdalo M.
70. JARDINIANO, Rochelle Alpha M.
71. JARIN, Epitacio B. Jr.
72. JARIN, Henry M.
73. LABADAN, Ma. Leticia T.
74. LARRAGA, Gil T. Jr.
75. LEE, Noraida M.
76. LEGASPI, Amalia R.
77. LEGASPI, Anna Liza A.
78. LOMAT, Jocelyn R.
79. LUZANO, Millanie M.
80. MACUTAY, Nelia A.
81. MADLA, Socorro Grace Z.
82. MADLANGBAYAN, Rowena L.
83. MAGBITANG, Janet O.
84. MAGSINO, Lorina G.
85. MAGSINO, Orlando C.
86. MAGSINO, Rowena T.
87. MAGUIT, Robert T.
88. MALIHAN, Ma. Diosa F.
89. MANGASPAR, Oscar L. Jr.
90. MANGULING, Charito P.
91. MARTINEZ, Manuel D. Jr.
92. MATEO, Raquel A.
93. MEDINA, Fernando G.
94. MELGAR, Ferdinand A.
95. MENDOZA, Ivy Marie A.
96. MENDOZA, Joyieen A.
97. MIRANDA, Angelo Isagani M.
98. MONTERO, Belen C.
99. NICART, Anafe R.
100. ORDONES, Jesusa S.
101. OYSON, Raquel M.
102. PANALIGAN, Alwyn G.
103. PAPA, Verieo T.
104. PAREDES, Edgar G. Jr.
105. PENDON, Imelda S.
106. PEREZ, Madelyn A.
107. PEREZ, Maricris H.
108. PERICO, Ricky A.
109. POBLETE, Rizalina J.
110. RAMIREZ, John S.
111. REYES, Dindo R.
112. REYES, Ma. Carolina F.
113. RICASATA, Charisse R.
114. RICASATA, Marlyn L.
115. RIOS, Ma. Lorena L.
116. ROCAS, Marie Faye L.
117. RODIL, Rhona G.
118. RODRIGUEZ, Tomas R. Jr.
119. RUDAS, Rosellie D.
120. SAFLOR, Geraldine S.
121. SALAZAR, Rommel L.
122. SALTARIN, Ma. Theresa E.
123. SAMONTE, Christina A.
124. SAMSON, Cecil V.
125. SANTILLAN, Marlon Pablo B.
126. SAPIDA, Daisy A.
127. SAPIDA, Jovy H.
128. SAPORSANTOS, Shirley T.

(Continued on p. 7)

The Rizalista's

by Dimples Laman and Samuel A. Lutz

In the Philippines, there are several religious sects organized and instituted by their founders. Some of them are popular while some are just known in few areas in the country like the Spiritism and Rizalism. All of these beliefs are different from one another. Each has its own concepts and principles that are followed by its members.

It was said that Rizalism first started out in Calamba, Laguna and initiated by the Retana, one of the authors of Rizal's book. The Rizalistas (as the members are called) were a part of a group called

Spiritistas and adopted Rizalism, thus, forming their own cult. The Rizalistas are led by the Hermana Mayor and the person leading the society is the ministro they have an elder whom they call as Lolo Ading. This society is somewhat unique because they believe that our national hero, Jose Rizal is chosen as the new messiah of our time and that the Philippines is the new Jerusalem. These people believe that Rizal resurrected because his body wasn't found in his tomb after his burial. The Rizalista's also have their own rituals and beliefs.

Their main chapel is located near the cemetery in Calamba, Laguna, called "ciudad mystica."

In their chapel, they have their rituals and other cult activities. One fine example is their wedding rites, they would use the Philippine National Anthem as their wedding chorus, the flag as the veil and the rope of the flag as the chord. At the center of the altar, the picture of Rizal can be seen. All these things sound quite intriguing and mind boggling but alas it is their belief and we should give them the due respect.

THE PULCHRITUDINOUS LA SALLE

by Maria Korrina M. Principe

*Paradise as you may see,
The beauty that it may be,
Garden of Eden, if you just equate,
The stand of its aestheticism;
For you are far beyond compare,
The beauty that you possess,
Had given life its meaning,
For every student that passes by,
Had promenaded in your green meadows;
Had walked in like people in Paradise.
But I stood gazing in wide wonder,
at the scene unveiled before.
And to my amazement, I sighed
on how your pulchritudinous acquire!
I entered the room,
for the rain was about to fall.
I looked up the ceiling,
and noticed the water dripping.
I went to your laboratory,
and the experiment was yet undone,
for there was no microscope to use.
I went to the comlab
and here again, oh my, oh my!
There were only few; I sighed,
some were out of order...
La Salle, the beauty that education possess
is not in pulchritudinous splendor.*

Vicious Cycle

by chi-square

<i>morning comes, the prick still lingers.</i>	<i>midday, the hostile wind blows - utter silence.</i>
<i>the song? where is it? soothe wish it may; heal wish it may. faint - so faint!</i>	<i>day's off and the prick still lingers...</i>

Pagsilang ng Bukas

ni Rosalea Macaspac

*Mahirep ba ang iyong kapalaran?
Pagluha lang ba ang tanging naranasan?
Sa buhay natin, luha ay di kasagutan,
Bumangon ka't hanapin ang iyong kapalaran.*

*Tulad ng isang ibon,
Putulin man ang pakpak,
Bumagsak man ang ulan,
Nanaisin pa ring ang araw ay magisnan.*

*Kaibigan, tularan ibong uliran,
Di naging hadlang ang anking kahinaan,
Pagmuknok at pagluha di kasagutan,
Tumayo ka at ikaw ay lumaban.*

*Pahuling salita sa aking paglisan,
'Wag maghintay, di darating ang kapalaran,
'Wag hanapin ang Diyos sa isang kaharian,
Lumingon ka't Siya'y katabi mo lamang.*

(For the Second year AS Pre-PT batch 1992-93)

92.12% passed . . . (from page 6)

- 129. SARABIA, Ma. Monina G.
- 130. SARIA, Zenaida S.
- 131. SARINAS, Normita B.
- 132. SAROCCA, Rhea Beth
- 133. SATSATIN, Janette F.
- 134. SAULOG, Lelaine N.
- 135. SICO, Jean M.
- 136. SIRIOS, Ariet Concepcion L.
- 137. SORTIJAS, Leilanie
- 138. SOSA, Francisco B. Jr.
- 139. TAMIO, Ma. Reena J.
- 140. TANAQUIN, Rosalie K.
- 141. TANAY, May Mercy M.
- 142. TAPAWAN, Joel R.
- 143. TESORO, Frances Florifel P.
- 144. TOPACIO, Sandro C.
- 145. TRAJANO, Sofia V.
- 146. TUAZON, Pablo III S.
- 147. UNAS, Florita G.
- 148. VALENCIA, Yolanda C.
- 149. VARIAS, Maria Cristina C.
- 150. VILLAFUERTE, Leonida E.
- 151. YBOT, Anna Marie Y.
- 152. ZALAMEDA, Marlon Lorenzo

Magmula sa maghapon pagtatrabaho at halos isang buong araw na pag-aaral, isang mumunting bagay ang 'di natin nakakaligtaang pansinin sa tuwing tayo ay umuwi sa sari-sarili nating tahanan. Kapag nai-switch mo na siya at hawak mo na ang remote controller sa iyong hapong kamay ay para bang isa ka na namang bagong personang nabigyan ng pansamantalang lakas.

Sa makabagong panahon sa ngayon ay out ang isang tahanan kung walang telebisyon. Nakatatak na ito sa pang-araw-araw na pamuhay ni Ama, ni Ina, ni Junior, at ng bawat pamilyang Pinoy. Sabi pa nga ng nakararami ay isa ang telebisyon sa mga murang libang-tinatangkilik ng iba't ibang tao mula sa iba't ibang antas ng lipunan sa bansa.

At dahil nga sa sikat ang telebisyon sa mga tahanan, kung kaya't malaki ang epekto nito sa aspektong pag-uugali ng masang Pilipino. Sa magkagayon, kinakailangang ang salang-sala ang mga programa isinasahimpapawid sa pamamagitan ng instrumentong ito. Ang kredito kung nasisiyahan at kuntento ang mga manonood sa uri ng programang ipinalalabas ay dapat na mapunta kay Atty. Henrietta Mendez ng MTRCB. Dahil sa kaniyang masusing pagsubaybay sa mundo ng telebisyon, ay pawang magaganda at ka-

PITAK PILIPINO

ni Jeffrey de la Cruz



'Ang T.V.'

pupulutang aral ang mga programa ngayon sa telebisyon.

Ang inyo pong lingkod ay nagmasid-masid sa ating mga mag-aaral at nagtanung-tanong kung ano ang kanilang kinahihiligan programa kapag walang pasok, at ito po ang sampung nangunguna: 1) Tatak Pilipino, 2) Abangan ang Susunod na Kabanata, 3) Sa Linggo nAPO Sila, 4) Magandang Gabi, Bayan, 5) Mel & Jay, 6) Hoy, Gising, 7) TV Patrol, 8) Obra Maestra, 9) NegoSiyete at AgriSiyete, at 10) Damayan. Ito ay itan lamang sa mga palagiang tinatangkilik ng ating mga mag-aaral. Ayon sa kanila, ang mga programang ito ay "worth watching at tipo bang hindi aksayado ang oras mo."

Ang telebisyon ay tila bang hindi na magmamaliw pa sa buhay ng tao. Marahil hangga't may natitira pang buhay sa mundong ibabaw ay hindi mawawalan ng mahalagang papel ang telebisyon. Paalala nga lamang sa mga manonood na sana'y

matuto tayong pumili at maging metikuloso kung ano ang nararapat na panoorin ng buong pamilya.

Ang mga kasalukuyang pangyayaring kriminalidad sa ating bansa ay lubhang nakababahaya na. Ito kaya'y sanhi ng pagkukulang ng atensyon ng mga maykapangyarihan? Usong-uso rin sa panahong ito ang kidnapping ng mga may kayang personalidad sa ating lipunan. Nagsimula kay G. Michael Barnes at lalo pang umiinit ang isyu magpahanggang ngayon.

Ang isa sa pinakahuling insidente ng kidnapping na naganap ay tungkol sa isang batang-batang negosyanteng Intsik na taga-Cebu.

Si William Dy ay lumuwas daw ng Maynila na may baong P300,000 upang ipangbili ng mga materyales para sa kaniyang negosyo. Ngunit sa kasamaang palad ay iyon na ang huling pagkikita nila ng kaniyang kapatid. Hindi batid ng pamilya ni Dy na ito pala ay isa nang malamig na

bangkay na isinama sa isang mass grave.

Karumal-dumal. Isa lamang ito sa mga katagang maisalarawan ng inyo pong lingkod. Ang mga masasamang loob sa ating lipunan ay hindi titigil hangga't ang sistema ng Hustisya sa ating bansa at uri ng pamamalakad ng batas ay hindi mainam.

Sana'y maging sagot na ang itinatag na Presidential Anti-Crime Commission (PACC) na pinamumunuan ng ating magiting na bise-Presidente Joseph Estrada. Ngunit atin din po sanang malaman na ang isang organisasyon, gaano man katatag ay hindi magiging matagumpay kung walang wastong suportang manggagaling sa ating minamahal na mga kababayan.

Maging dito sa loob ng kampus ng La Salle-Aguinaldo ay nararapat ang suporta ng bawat mag-aaral upang masugpo ang mga nakawan, korupsiyon, at hindi pagkaka-intindihan ng mga indibidwal. Masasala lamang ang outsiders kung tayong mga mag-aaral ay aayon sa mga "magagandang programa" ihahain ng ating administrasyon.

Kung ang pagkakaisa ay pasisimulan ng mga kabataan at mag-aaral na tulad natin, ay asahan nating ang mga karumal-dumal na krimen at kidnappings ay tuluyang uunti; o kung hindi ay tuluyang mabubura sa ating lipunan.

Kasabay ng paglala ng kidnappings sa ating bansa ay para namang nakiki-ride on ang National Power(less) Corporation sa pagpapalubha sa lagay ng enerhiya at kuryente sa ating bansa; pinasimulan ng nakaraang administrasyon ni Gng. Aquino, at ipinamana naman sa bagong administrasyon ni Pangulong Fidel Ramos. Mula sa paisa-isang oras ay lalo pang naging malubha ang mga brown-outs na ating nararanasan na umaabot sa halos walong oras araw-araw.

Ang masakit pa nito ay ang pagtataas ng presyo ng kuryente sa darating na Disyembre. Ang tanong ng bayan: "Bakeeet?" Sa ganitong kasalukuyang estado ng ating enerhiya ay apektado ang ekonomiya ng ating bansa.

Ngayong bago na ang pamunuan ng NAPOCOR (sa pangunguna ni G. Delfin Lazaro na kasalukuyan ding Pangalawang Pangulo ng Energy Coordinating Council o ECC), mabawasan na sana ang madidilim na gabi ng ating mga kababayan at maiinit na umaga ng bawat Pilipino. Good luck at God-speed sa inyong pamumuno!

Isang Pagpugay sa . . .

Hari ng Eskinita

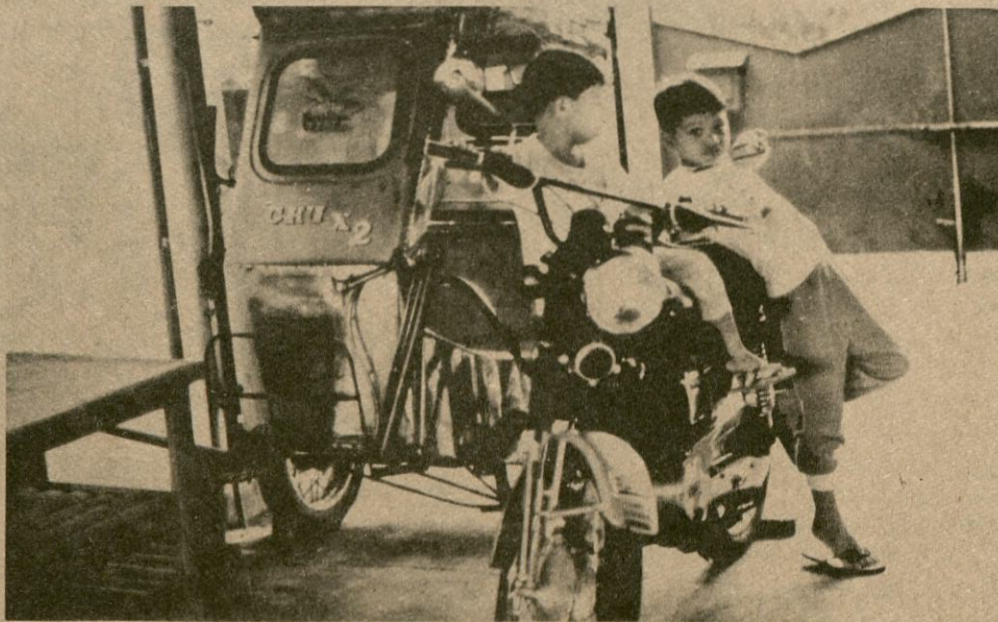
ni Jeffrey de la Cruz

Kung ang mga naglalakihang mga lansangan ay may mga hari ng daan sa anyong mga dyipni, ang mga makikipot na daan naman ay may tinatawag na hari ng eskinita: ang Tricycle.

Isa lamang itong motorsiklo na kinabatan ng maliit na upuang may bubong at ikatlong gulong sa gilid. Kaunting pintura at dekorasyon at presto! Tricycle na.

ang isa pang produktong pampasahero. Sa parteng ito ng teknolohiya at mapakultura na rin ay muli na namang bumandera ang isipang Pinoy na tunay na mapaglikha. Upang kumita at hindi magsilbing dekorasyon lamang, ay pinagbuhusan nila ng pansin ang payak na motorsiklo, kung kaya't isang mapang-akit na sasakyan ang sa ngayon ang

ng pambihirang sasakyang ito. Dagdag pa rito ang mga pamimili ni Nanay galing sa palengke, ang mga bag nila Totoy at Nene, ang mga daladalan ni Tatay, at marami pang iba. "Poor Man's Taxi" raw ang paboritong itawag sa sasakyang bulilit na ito, kung minsan pa 83 nga ay Trisikleta! Tungkol naman sa pamasaheng dapat ibayad sa mamang tsuper, ay masa-



Isa itong maliit at maingay na sasakyang pampasahero, ngunit sa tulin sa pagsikut-sikot sa mga makikipot na eskinita, ay wala ka nang masasabi pa.

Ang mga tricycle diumano ay nagmula sa bansang Hapon. Binaha ang bansang Pilipinas ng mga motorsiklo noon, kung kaya't lumabas

umaagaw ng ating atensiyon. May nagsasabi rin ito raw ay mula sa ebolusyon ng Vintage Motorcycle ng mga Nazi's. Ngunit ano pa man ang pinagmulan nito, isa lang ang sigurado: ito ay nagsimula noon pang dekada sienta.

Tatlo hanggang apat katao ang kayang dalhin at isakay

sabi namang risonable ang singil.

Sa ngayon, ay may 30,000 na tricycle ang gumagala sa mga eskinita ng Kamaynilaan lamang. At milyun-milyon naman ang nag-enjoy sa pamamasyal na sakay ng bulilit at wonder-sasakyan na ito. O kayo, pahuhuli pa ba? Tara na!

BA student council sponsors a medical mission

The College of Business Administration Student Council sponsored a medical mission at Bgy. Humayao (Langkaan-II), Dasmarinas, Cavite on October 4, 1992. Dr. Lilian Ancheta-Demafiles, a pediatrician by profession and wife

of CBASC Adviser, Bobby A. Demafiles, headed the team of doctors who went there to render free medical services. Other members of the team were Dr. Leny Macalintal, resident physicians of Manila Sanitarium and Hospital. Together

with the team of doctors were Mr. Bobby A. Demafiles, and Mr. Conrado Lopez, CBASC President.

The arrival of the medical team in the said barangay was timely and a blessing to the residents because there were lots of children,



Dr. Lilian Ancheta-Demafiles heads the team to render free medical services.



The medical mission: a timely blessing to Barangay Humayo residents.

and some adults, who were sick and in need of medical attention. A total of 73 patients (14 adults and 59 children) were attended by the three doctors, who also gave them complete dosage of medicine, free of charge. According to the barangay captain, Benjardi Sanggo, there were several groups intending to hold a medical mission in their barrio but

did not materialize. The reasons are very obvious; the distance from the highway plus the rugged, dusty road which becomes muddy in the afternoon when it rains. Our missionary-minded doctors enjoyed riding a van which seemed like roller coaster when it passed on the marshy road to Humayao.

The medical mission was

made possible through the cooperation of the Total Health Mission Foundation, Inc., a charitable institution composed of medical professionals where Bobby Demafiles also sits as member of the board. The CBASC and the THMFI are planning to have a major medical outreach before the school year ends, this time to include surgical and dental services.

Fiction... (Cont. from p. 3)

vision in the said memorandum. He was even willing to have it amended, which is what happened on October 13. Though, the amendment is just temporary (as of this writing) because it still has to be discussed, it saved the administration from making such a reckless decision.

It was September 21, a Monday morning, when most streets were flooded and classes in various schools in Manila had been suspended, while most DLSU-Aguinaldo students coming from flooded vicinities were trapped in an indecision whether they'd go to school or not.

I had had a talk with a PT proper friend of mine who was supposed to have exams on that day. "Me pasok daw," he was reflecting. But the sight of all the roads submerged under dirty, stinking gutter water (save for the historical Zapote Bridge that remains unconquered to this day) left him in a dilemma. He claimed he had called up Radio Veritas (note to the reader: this is one radio station, so I learned that day, to listen to when you're not sure), and got informed that classes are still not suspended in La Salle - EAC.

And I was thinking: "How could they still have

classes going on as usual when they know for a fact that students in Manila are almost drowning just to get to school?" The thought of how much extra effort I will have to exert just to cope with the lessons I will have to miss brought things up to my neck; somehow I didn't feel like relaxing on an illegal holiday.

I was informed a day later that classes were suspended only at about 10:00 in the morning. I sure like the system: it took them several hours to decide whether they'd suspend classes or not.

For the second time around, POLCA would have committed a most perfect crime. The start of school

year 1992-1993 witnessed to POLCA's compulsory distribution of raffle tickets during the enrollment period; they got away with it (surely they must have, for if they didn't, they wouldn't be committing the same mistake twice).

Then came the enrollment period for the second semester: student enrollees paid a P75 amount reserved for POLCA in the list of fees to be paid, only to find out, upon reaching the final enrollment station, that P50 of the said fee went to a Christmas raffle ticket. And before an enrollee could open his mouth in retort, his mind gets to consider a second thought that it would all just be waste of saliva - he had already paid for it.

I think the administration should do something about this, for it had been stated in the Administration's Year End Workshop that EVP Dr. Bautista answered SSC President Jonathan Guevarra on the issues of compulsory selling of tickets that "no such thing will be tolerated." Here's hoping for the substantiation of your word of honor, sir. Unless the administration have guts enough to face the fact that a breach of what had been agreed upon in the workshop had just taken place right under its very nose.

The whole university structure faces problems in all aspects. But these problems will not be solved if we will just ignore it and let it

pass for another day. We need to find solutions for them, look back at instances when these problems first surfaced, only to resurface again because of our neglect.

Marami po tayong problemang kinakaharap. Ngunit ang solusyon sa mga ito ay wala sa pagpasok sa mga panibago pang problema. Suriin po muna sana nating maiigi ang mga ito bago tayo pumasok sa iba pang sakit ng ulo. Sa gana po ng inyong lingkod, ang bawat suliranin ay may kaakibat na solusyon, at ang mga ito ay wala sa mga panibagong school policies at kung anu-ano pang karagdagang babayaran na wala naman talagang idinagdag sa pagkatuto ng mga bata.

H e r a l d o o d l e s

ERIC MEJIA'S | Post-Christmas Cominess



ONE RUSSIAN MORNING



by Mok



CAMPUS MINISTRY CORNER

There is a new Campus Ministry office located at the second floor of the Administration building of DLSU-Aguinaldo. It is the home base of the chaplain, the campus minister(s), the vocation coordinator, the LASSA coordinator, the director of Theology/Campus Ministry (CM) groups.

In order for the academic community of DLSU-Aguinaldo to understand and to participate in Campus Ministry we are opening the column, CAMPUS MINISTRY CORNER, in the Heraldo Filipino where the programs and services of Campus Ministry will be presented.

For this issue we are presenting the newly developed CAMPUS MINISTRY CONCEPT PAPER which explains how we would like to view and develop Campus Ministry starting this school year.

Comments and reactions to what is written in CAMPUS MINISTRY CORNER may be sent directly to the Campus Ministry Office or to the Heraldo Filipino. We assure you we will read your comment and as much as possible write you a reply.

CAMPUS MINISTRY CONCEPT PAPER

In the past Campus Ministry in DLSU-Aguinaldo consisted of Masses, recollections/ retreats, and other sacramental and liturgical

services offered to the campus academic community by the Campus Minister / or Chaplain. This concept paper shifts the focus to the development of a Christian Community on campus and to "ministry to, for, by, and with students" and others.

Campus Ministry is a ministry to, for, by, and with young people, as well as a ministry to the membership of the entire school community-faculty, staff, parents, administrators, etc. Students are not only ministered to, they also minister. They are an essential part of the campus ministry team. Hence the campus ministry team is not only composed of the officially designated "Campus Minister" and /or Chaplain but of other young people (and faculty and staff as well) who are committed to share their gifts (charisms) for service/ministry to the campus community.

Its aim is for the members of the academic community to experience conversion to Christ and Christian values through proclamation of the Gospel. Conversion to Christ, on the other hand, is "most strongly grasped when people experience human love and acceptance within the context of a vibrant faith community."

CM works in coordination with the Theology classes and seeks to provide holistic

religious development beyond the classroom. What is taught in the Theology classes should be complemented by the activities and programs of Campus Ministry. It includes and builds upon the process of evangelization and its ultimate/primary goal is to promote/animate the experience of "living in an alive and dynamic faith community on campus."

Campus ministry is concerned not only with programs and activities but more so with the development of persons and of a Christian community on campus. If a Christian community is a group of people who know and care for one another, pray, celebrate, worship together, put each other's talents and gifts at the service of one another and of the larger community; study and pray the word of God together; and are bound by their common belief in Jesus Christ as Lord and Savior this is what Campus Ministry seeks to develop in DLSU-Aguinaldo.

SIX OBJECTIVES FOR CAMPUS MINISTRY

Campus Ministry models will vary from school to school because of the uniqueness of each particular school setting and situation. The following six objectives, however, ought to be an integral part of every campus minis-

try model.

1. To communicate and proclaim the gospel message.
2. To provide opportunities for members of the school community to deepen their understanding of and commitment to Jesus and his message.
3. To invite and encourage involvement in and celebration of the faith community through various forms and styles of worship.
4. To foster the total personal and spiritual growth of each person.
 - a. To help individuals realize their significance in relationship to school, family, Church, and world community
 - b. To call on and encourage members of the school community to share their gifts and to minister to others' needs by responsible participation in the life, mission, and work of the Church
5. To raise consciousness about and encourage action regarding contemporary moral and social problems, as well as to urge people to work toward a more just, safe, and peaceful world.
6. To complement the general goals and objectives of the religion department and of the school.

As of this writing, the Campus Ministry Office is in the process of forming CAMPUS PEER MINISTERS (CPM), an organization of students and other volunteers whose main objective will be to share their talents and gifts in order to develop a more dynamic christian community in DLSU-Aguinaldo. Interested parties may apply for membership at the Theology Department, the Campus Ministry Office, or by approaching any of our Theology teachers.

UPDATE: Campus Peer Ministry was launched on Nov. 19 and a one day recollection for CPM members was held on Dec. 6, 1992.

"What a joy it will be to see that they have received the word of God in your lessons of religious instruction and that, as St. Paul says, they have recognized it for what it is, not man's message but God's, powerfully at work within them - as will be shown by the way they will live their lives after leaving you. And the joy you will experience in their perseverance in the faith will be your ground of hope, your consolation and your crown of glory before our Lord Jesus Christ..."

- St. John Baptist de la Salle

Learn...

(from page 5)

rely on our institution alone to educate us. There is much to be learned from the library, print, television, and books through self-study. There is absolutely no excuse for ignorance of issues and trying to form our own personal stands about them. Among us students, special expectations should be vested upon our Student Council. The Council has enormous potential for generating interest for culture, social, and moral awareness that would be appealing to the rest of the studentry. It is hoped that the Council will plan projects and special events that are substantial in terms of promoting higher social and moral awareness. It could also give encouragement to those students organizations that are directed to rendering socio-civic service.

With the aid of our administration and faculty and our own will to learn, it is hoped that even if science and technology may gallop at a furious pace, we DLSU-Aguinaldo students will become doctors who will not fall off the saddle but will hold on and firmly control the reins with the steady hands of our social and moral convictions.

Does God exist? Or does the Word of God have a corresponding reality in the concrete? This has always been a predominant and existential question people of different walks of life, beliefs, and philosophies ask when they taste their own individual state of affairs. They also ask this question when problems are in abundance, when insecurity prevails, and when they seemingly feel complete in gaining knowledge about themselves. This side of the coin in people's experience of constantly bracing all the phenomena in life is one factor to consider why the aroma of God has been diminishing. However, to one whose faith in the Absolute is firm, these phenomena that have been consistently recurring are not problems in themselves but challenges.

The question whether God, the Absolute exists or not is indeed a very interesting issue to deal with. First, it challenges a person to seek constantly for the ultimate answer whether the Entity in question is conspicuously knit in one's senses and intellectual persuasions. Second, it puts a person further into eternity where the Entity in question forever lives; a kind of a "kiss" so to speak between heaven and earth which is of course necessary but too laborious to do primarily because of

the difference in nature and in state - one is Transcendent, and the other is Contingent.

It is of course essentially necessary for a contingent being to seek out intently that which is Transcendent and vice-versa (if the Transcendent warrants), so that there sprout a well balanced idea of their immediate existence in their respective state of affairs. One may argue that the existence of the Transcendent Being (God) is nowhere to be found precisely because He is beyond the reach of the senses and intellectual perceptions and such He should be utterly rejected. However, one may also refute that it is impossible to think of a contingent being (man) without thinking or considering the reality of the Transcendent Being within the realm of the former. It is just like a color: Black and White. By nature, the White shows its distinctive whiteness on the Black, and so does the Black which in turn makes up a color. Here, it does not follow that the existence of the contingent being is necessary for the Transcendent Being to exist. The latter is still the First in existence and far more superior to the rest through whom everything came into existence as what

The human mind and God

by Pedro T. Dotillos, Jr.

Meister Eckhart puts it.

God's existence can be proven by using reason/mind as one essential vehicle independent of the sacred scriptures. The mind in itself is immaterial and thus possesses immaterial truths or a priori truths which true in themselves. Like for instance, the mind knows and is certain that figure number "one" (1) is in itself a reality primarily in the mind and secondarily in the concrete by referring it to ("one") to an individual thing to determine at least that such entity exists. But actually, if one were to think deeply, it has no corresponding form at all in the concrete as one would see trees, grasses, mountains, etc. around him. However, as soon as the mind adds figure number "one" to itself (number one), the corresponding product is "two" to "three" and so forth. And number "two" is always a correct answer and universally accepted valid and authentic product to such addition, so if a person were to add one ballpen to another ballpen in the concrete, the same result would come out. Thus, we can infer what the mind produces independently of the forces of reality, as far as the above thing is concerned,

reality produces also. Or what the mind approves to be true and authentic, the world of concrete approves as well. This relationship should not be undermined, either to reduce one (with regard to its importance and worthiness) from the other, since both exercise a kind of "work" by which the avenue leading towards truth can be achieved.

Another point of reference by which to judge the capability of the mind to know a priori truth, is logical truth. Logic, as philosophers put it, is a science of correct thinking. As a science, it has all the methods leading to all valid conclusions, etc. Take for example this simple syllogism: Man is rational. Mario is a man, therefore Mario is rational. The validity of the conclusion depends largely on the validity of the premises, so that when a person sees Mario in the concrete, he is really a rational being. Again, the truth in the mind holds true in reality which ought not to be denied. If a person denies one from the other, the subsequent conclusion derived from it would no longer correspond to what is true and correct.

Now if the mind knows logical truths, what about truth

of a Transcendent Being whom we call God? Can it (the mind) give us sufficient truth? To my mind, both numerical figures, logical judgments, and god are in themselves immaterial entities. They are nowhere to be found concretely in the reality although each of them has his own reference by which they are known to be valid and existing. God's existence is irresistibly recognizable both in the mind and in the concrete. Both of them support His existence just as they extend to figures' validity and correctness - on Mathematical truth. When two mangoes or roses are joined up in the concrete, they are not exactly the "two" according to the judgment of mind but are mangoes and roses in themselves primarily forming up secondarily an immaterial truth which is universally accepted as "two" (2). Similarly, when a person takes into account creation as a vehicle to his knowledge of God, creation would not become God but remains as creation forever through which the avenue leading towards this immaterial Being (God) is possible.

The capability of the mind to arrive at truths especially truths about God/Absolute should not be undermined.

God, the Supreme Being, endowed man with reason to know, love, and serve Him alone. How can man love and serve God if he does not have the reason to know Him that He is. In similar fashion, it will be very hard for a person to love his beloved if the latter is not real in the former's mind as well as in the concrete. Love, faith, and service to a Transcendent Being are nothing without reason. They can not develop properly and completely unless reason provides them the necessary element for their further development. This is the reason why God placed reason above the heart primarily as light so as to be objective and clear in its (reason) judgment. Therefore, reason should be developed first and foremost before anything else. Furthermore, it is through reason that can disclose a Rational/Transcendent Being (not completely, but partially). It's like Heidegger's idea of language as a "house of being" in which being is revealed and finds its solace so to speak.

Not only the rational being discloses the Rational Being; the latter also does. And such disclosure towards each other would make them "naked" and conspicuously visible to one another, so that neither of them would deny that they are. Hegel, in one

(Cont. on page 10)

Heraldo Sports

PRISSAA '92 kicks off

by Erwin Venzuela



AT POINT BLANK RANGE

by Roselito Rosel

The Essence of Rules

There are some things in this world that men just can't do without. If they like it, they go by it. If not, they turn against it. And if they can't make up their feeble minds, they just put themselves in between.

Rules. It is one of those things people seem uncomfortable with. But needless to say, these things have become a fundamental element in the way we live our lives.

In the field of sports, every game has its corresponding rules. It's an essential element in any line of duty. But like I said before, not all athletes are in favor of their sport's rules all the time. Some break it, and many deviate from it. Now we ask the question: Why?

Rules, as said in that fat, pompous book you call a dictionary, are principles or regulations governing conduct, procedure, etc. . . . In layman's terms, it's something that winners like, and a thing that losers hate. No humor intended, though, because admit it or not, such has been the case more than once in every sporting event. It's just that when you're in the losing end, you tend to criticize the rules a bit. Am I right so far?

Let's go back to the question: Why? Although I am not exactly an expert on these things, I can give you some

glaring facts from a student's-eye view, which I think, will be more than enough to answer this seemingly diverse question.

Rules are used as guidelines in order to control and set the boundaries and limits of a particular undertaking. We sometimes question them either because there really is a discrepancy of terms, or mainly because we are at the losing end, in which questioning the rules may serve as a scapegoat. You see, when a person feels that he isn't going to get the favor of fortunes in a particular sport, the next logical thing for him to do is question, or even blame, the officials (or in this case, the ones who make the rules), because they get that wrong notion that if they are not winning, then there must be something wrong with the system. Fortunately, not all athletes are like that. All men can't be winners. In fact, losing makes winning worthwhile. Besides, one shouldn't question the rule-making body just because he or she isn't on the winning side. But, who can blame them - they are only human. Yet being human doesn't mean that we can't change.

Sometimes, our reaction to rules becomes a nuisance to other athletes. For example, if your opponent wins by using his resources, meaning he played his heart out to win,

and you inadvertently criticized the rules for favoring him, then you are clearly putting a hard-working athlete down. It is also clear that you consider him as a cheater. Name me a person who wants to be called a cheater?

But more often than not, we question the rules because of that insipid five-letter word: PRIDE. It is this pride that makes us arrogant - finding fault in anything around us, in order not to lose face for our own faults. Some of us are ashamed of being beaten in a game that we are expected to win, that we cover it up with complaints and criticisms about how we were cheated. There is a name for these kind of people: SORE LOSERS.

To understand fully what consequences can come up if we try to deviate, or at times, even break the rules, let's take as an example the infamous Little League expose. As that old story goes, we won the Little League Baseball championships by beating the Long Beach U.S. Team. Still an honor, if you ask me. Later, though, we were deprived of the championship trophy because some of the R.P. boys were over-aged. This was due to a thorough investigation by the U.S. sports organizers. But why did they think of that investigation, anyway? Well folks, it is very clear that we beat them in their

very own national sport, baseball. And that one thing spurred their egos. PRIDE. They succeeded in getting the championship trophy back, leaving the R.P. boys to be humiliated and criticized by some of their own countrymen. We clearly broke the rules by sending over-aged players. We wanted to excel at all costs. And now what happened? But the issue is dead by now. So let the dead bury the dead.

We seem to be getting far from the main idea I'm trying to provoke. To place us back in track, consider this most recent example:

Have you ever wondered why there was no champion in basketball in the recently-concluded PRISSAA? For those who don't know yet, I think you'll get my drift about rules after you read this.

DLSU-Aguinaldo, Imus Institute, and San Sebastian College Cavite all got identical 1-1 win-loss slates in the tourney. Ground rules for the PRISSAA states that in case of a triple-tie, the two teams who get the highest combined scores will undergo a championship play-off to determine the outright champion. The team with the lowest combined output is out. DLSU-Aguinaldo and Imus Institute were fortunate enough to meet the requirements, leaving SSC Cavite out in the cold. But hold on and behold, SSC refused to leave the basketball court. They insisted that they were the ones to be in the play-off, and not Imus I. (They also insisted that the combined "winning margins" should be the basis, which in this case, would be in their favor.)

DLSU-Aguinaldo played host once again for the PRISSAA meet which opened on September 23, at the Palarang La Salle (PLS).

Starting off with a nifty parade from Gate 1 to the Gym, four schools, namely our own DLSU-Aguinaldo, Imus Institute, St. Joseph College and San Sebastian College with their respective players gathered at the PLS for the opening ceremonies.

Guests from different schools including our very own Mrs. Campos, were also present. Words of welcome were delivered by Bro. Rafael S. Donato, FSC President of DLSU System. PRISSAA Regional Director Dr. Jose G. Tamayo gave

the inspirational talk emphasizing the importance of exercise. Adding color to the games were the Raising at the School Colors, Lighting of the Ceremonial Flame and Amateur's Athletic Oath led by Mr. Arlan Ilano Captain Ball, LS-Aguinaldo. Students who performed spectacular aerobics dances, livened up the crowd with cheers which filled the gym up to the rafters. The program was emceed by Mr. Dominador del Rosario, faculty, DLSU-Aguinaldo.

Dr. Bautista did the honors of doing the ceremonial toss in the first basketball game and Atty. Manuel Paredes Vice-President, PRISSAA Cavite Chapter in volleyball.

PRISSAA Regionals all set

After the heated competitions of the PRISSAA eliminations held here at DLSU-Aguinaldo last September, the finalists are all set to represent Cavite in the PRISSAA Regionals, to be held at Lucena City, Quezon, on December 16, 17 and 18.

One of the finalists who will wave the flag of DLSU-Aguinaldo is the newly formed Baseball Vikings, who were formed last January, 1992. They are going to make their debut in a major tournament, which is the PRISSAA Regionals. According to the team's coach, Mr. Joemar R. Gonzales, who is a member of the faculty of Natural Sciences, the team has potential and would definitely give the mainstays a run for their money.

The Track & Field team is expected to be the medal hoarder in the events. There are high hopes for this team, as accorded by their coach, Mr. Arnel Lisondra, upon saying that the only school La Salle-Aguinaldo has to be afraid of is La Salle-Aguinaldo itself!

Another thing to watch out for is Cavite's representative for basketball. As you may have known by now, no champion was declared after SSC-Cavite filed a protest regarding its exclusion from the championship game. Since matters were not clearly resolved, the three schools involved, namely: Imus Institute, San Sebastian College-Cavite, and De La Salle University-Aguinaldo, agreed upon sending a basketball "selection" instead. Four players would be chosen from each team, and they would, in turn, compete in the Regionals as one unit. Cohesion might pose a problem, but definitely, this team is not lacking in heart and determination.

The school is competing in 20 athletic events, namely the 100 Meter Dash, 200 Meter Dash, 400 Meter Run,

800 Meter Run, 1,500 Meter Run, 3,000 Meter Run, 3,000 Meter Steeplechase, 5,000 Meter Run, 10,000 Meter Run, 110 Meter High Hurdles, 100 Meter High Hurdles, 400 Meter Low Hurdles, Shotput, Javelin Throw, Discus Throw, High Jump, Low Jump, Walkathon, and the Marathon.

Other sports events in which DLSU-Aguinaldo will compete include swimming, taekwondo, golf, lawn tennis, and football.

The school has placed complete trust in our athletes. So, barring a major debacle, the athletes promised to give it their all. Wish our athletes good luck, because they'll really need it.

The human. . .

(Cont. from p. 9)

of his best doctrines, once said: "Reason governs the world." To my mind, reason's governance over the world has contributed two things: Progress (in terms of the physical and perhaps the spiritual), and decadence in spiritual, moral, and perhaps the physical, that is if reason is used for evil pursuit by allowing the former to be engulfed by ragged influences of the lower senses. Anyhow, whether the product is good or evil, the most important thing is, there appears "reason" in the world which has been seen and felt by everybody, and has been employed for searching truths (on logic, mathematics, God, etc.) vital to human progress and harmony.

*Pedro T. Dotillos, Jr. is the current chairperson of the Department of Theology.

"The cat will mew,
and dog will have his
day."

- William Shakespeare
"Hamlet"

N. Sayoto assumes PEAR directorship anew

by Erwin Venzuela

Ms. Necitas Sayoto is the PEAR director of the P.E. Department once more, a position held by Mr. Butch Bautista last school year. Ms. Sayoto was once the PEAR director for the school year 90-91. Since it is the school's policy for a faculty member to acquire an M.A. degree before being promoted to a higher position, she vacated her directorship in order to finish the said pre-requisites.

In 1985, she graduated from the Mapua Institute of Technology with a degree in B.S. Civil Engineering. Now, many may wonder why she happened to fall into this line of work of being a P.E. instructor. It is mainly because she is a sports-minded person ever since her elementary years, falling in love with volleyball when only in grade 5. During her high school

days, she made it into her school's varsity team. Then in college, she also made it to the varsity line-up and even had the distinction of being awarded Mapua's Most Outstanding Athlete in 1983. She has been a part of two major athletic tournaments - the WNCAA and the SCUAA. Having been bitten no end by the sports bug, she decided to take the course specialization in P.E. at the Philippine Normal University in 1987.

Ms. Sayoto came here only as a part-time P.E. instructor, but then went on to become, up to this day, the coach of the volleyball varsity team, in both the men's and women's divisions.

Regarding her plans for this coming semester, she made it her first priority to push through with the con-



struction of the track & field oval. She also plans to separate the boys from the girls during P.E. curriculum for each course, so as to avoid confusion among the faculty members and herself. Another plan she is also into is to centralize the school's attention to the PRISSAA Regionals and give the athletes every possible support the school can give. Lying in wait for the culmination of her plans

for the school is the newly formed sports association called the CAACUP, which comprises of 20 schools. The CAACUP is regarded as a second stringer to the NCAA, and although tentative, she says that membership in this association will prove to be advantageous to us, because it will further hone and improve our competitiveness, if ever we do enter the NCAA.

Other projects she is still considering are: putting up Intramurals, in which the eliminations will start in January, and the championships will be just in time for the Foundation Day; forming a "Paloro" for the school faculties and the non-teaching staff through a selection team, thus, paving the way for the DLSU-UMC and municipality teams to join in.

May these projects be carried out triumphantly, if not immediately. But for now, welcome back Ms. Sayoto