

NEWSBRIEFS

DLS-A students wins in Academic PRISSAA

by Joseph Forrosuelo

De La Salle-Aguinaldo won two first places in this year's academic PRISSAA. In the extemporaneous event, English division, former Supreme Student Council president Jonathan de Luzuriaga won the first place. While in the "Dagliang Pagbigkas" event, Filipino division, Rhon Galagalac also won the

top place.

Other winners in the academic PRISSAA who came from DLS-A are Jennifer Loyola, won third place in the oratorical event in the English division; and Ryan Santos, won the third place in the "Talumpati" event in the Filipino division.

'Play in Time' in DLS-A

by Joseph Forrosuelo

"Play in Time sa La Salle," a mellow pop-rock concert featuring two among the best bands in the country today--Color it Red and Rivermaya, was held on March 8 at the Palaruang La Salle. The Concert was sponsored by M-watch, headed by Carla Cabrera, in cooperation with the Supreme Student Council and the College of Arts and Sciences Student Council. It was the first major production of M-watch here in DLS-A, although it is the second time for Color it Red to stage a concert. The proceeds of the concert will be contributed to the on-going chapel construction if the organizers will be able to reach the "quota," set by M-watch productions.

Enrollment... (from page 1)

distributed among the other colleges.

The increase in the population is credited to the Admissions and Testing Office's recruitment programs. According to Mr. Alfredo Caracena, its director, they already made plans for next year's recruitment to make sure the enrollment figures will further increase.

Their plans include inviting Milo Best to make DLS-A a training center, the Cavite Inter-Secondary Schools Athletic Association, seminar workshops for faculty members and newspaper advertisements. He also said that they are planning to offer new courses next year to prepare for the transfer of Midwifery, Nursing and Radiologic Technology to the College of Medicine.

Law Enforcement... (from page 2)

Rommel B.; Cdt. Carreon, Richard S.; Cdt. Centeno, Romel D.; Cdt. Comendador, Ferdinand S.; Cdt. Cortez, Jothre L.; Cdt. Dausan, Arnel R.; Cdt. Elnas, Jessie D.; Cddte. Francisco, Alrien E.; Cdt. Garcia, Domingo A.; Cdt. Gravador, Frederick D.; Cdt. Locaylocay Ronald N.; Cddte. Maraan, Irine G.; Cdt. Medina, Emerson V.; Cdt. Mendoza, Rhandy L.; Cdt. Moradoz, Michael A.; Cdt. Murallo, Jonathan R.; Cdt. Nacpil, Rogelio Jr. B.; Cdt. Orozco, Gary Zaldy A.; Cdt. Patam, Reynan V.; Cdt. Pulido, Josefino A.; Cdt. Reytana, John A.; Cdt. Rosal, Garry A.; Cdt. Rosal, Sandy D.; Cdt. Sabater, Wilfredo M.; Cdt. Sangria, Ramir S.; Cddte Santos, Dolly M.; Cdt. Santos, Michael A.; Cdt. Sayoto, Jewel F.; Cdt. Tenorio, Jay A.; Cdt. Toledo, Larry D.; Cdt. Vinzon, Joel M.; Cdt. Wee, Vicente P. and Cdt. Descallar, Florendo

The Exercises was supposed to have Atty. Epimaco Velasco, Director of NBI, as guest of honor and speaker. Unfortunately, Velasco was not able to come.

Celebrating August as Courage Month

*A brave man does not enclose himself, but explores his horizons.
To speak the truth and create change even if it might cause pain.
To go against the flow when you think the flow leads to the wrong direction.
To fight with reason; to right what's wrong.
Take the risk...*

ACASIO CASE REVISITED

The untold events behind the news

by Francis Joseph W. Israel

In the November-December issue of HF, it was printed that then-Executive Vice President (EVP) Cecilio Acasio opted to retire on his own initiative, effective May, 1995. Accordingly, Acasio asked for a terminal leave immediately, leaving the post temporarily to Dr. Ambrosio Capayas who was chosen by the Board of Trustees.

But not much has been said about the incidents that prompted several administrators, deans and other persons in the academe to send a "letter" to Bro. Andrew Gonzalez, president of De La Salle University System, informing him of the alleged autocratic management style of Acasio.

These incidents shall be narrated as they are told by the persons who were directly engaged in such.

INCIDENTS

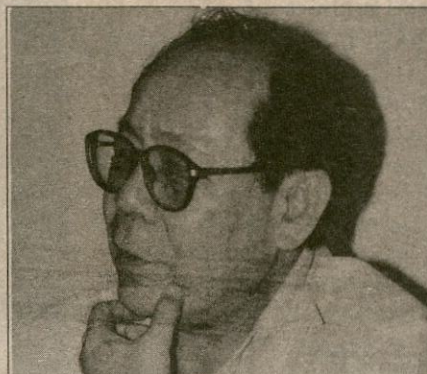
One incident occurred between the school drivers and Acasio.

Edwardo A. Bautista, school driver, said in an interview with HF that Ronald Allan Javier, also a school driver, was driving Acasio home when suddenly a young girl crossed the highway. Javier accidentally hit the girl who was later brought to St. Dominic's hospital at the Emilio Aguinaldo highway.

According to Bautista, Acasio left the drivers on their own, without even extending any kind of support to them.

"Kasi sa pagkakaintindi ko, ang isang magaling na administrator, kaya binabayaran iyan ay para sa decision-making, sa mga grabe ba, sa mga biglaan," Bautista said.

Bautista disclosed that in the hospital, Acasio ordered them, the drivers, to go



Acasio

back to DLS-A to get some money. After getting a sum of P 1,000 from the Kabalik cooperative, the drivers were dumbfounded in the hospital to find out that Acasio was already gone without even leaving any message.

"Ang dapat sana ang driver ang dumepende kay Acasio ... baligtad ang nangyari, si Mr. Acasio ang dumepende sa driver," Bautista said. He added, "Nasira ang diskarte, hindi malaman kung ano ang gagawin."

Being left without any instruction by Acasio, the drivers became cautious of the money. They did not give the money to the relatives of the victim, who were asking for it, instead Javier gave some money out from his own pocket.

Because of this incident, the drivers met and discussed the case among themselves: Ito ba ang klase ng EVP na kailangan ng school, napakasimpleng problema, nataranta!"

"Hindi magiging magaling na EVP iyan," they concluded.

Other incidents involving the drivers and Acasio were mostly on the issue of Acasio requiring the drivers to be prompt, while he, most of the time, arrives late.

In the Security Department, Mr. Alvaran, over-all head of the said department, mentioned that, "Under the set-up, the security services is under the office of the Assistant Vice President for Administration, Mabini R. Leveriza."

"Therefore, dapat kami, ano man ang problema, ano man ang ma-encounter na kailangan na decisions, we have to report it to Mrs. Leveriza," said Alvaran. He added, "... communications as far as security services are concerned should be sent by the office of the AVP."

However, Acasio required the security department to report directly to Tirso C. Viray, dean of the College of Law Enforcement and Public Administration (CLEAPS) without even notifying Leveriza and without any "formal communication" given to Alvaran.

Sensing the lack of observance of protocol, Alvaran told his guards not to do as they were told by Acasio because if Acasio really wants the security guards to report to anyone, there should be a formal letter sent through the office of the AVP.

"Tapos gumawa siya ng communication sa akin telling me that, 'Your security guards do not know how to investigate, your security guards are lousy. Everything against the security guards,'" Alvaran said.

PROTOCOL

Alvaran added that, "He does not know the proper protocol. If he wants me to be under him, he should change the set-up."

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PLAY REVIEW

DAAN AND EL NOMBRE DE AMOR

by Cherry Lyn C. Caparros

Hope, as they say, will always be there for as long as one lives. But for one in deep misery, it is a question in life and there is no other way but to find his own path to escape.

This sums up Teatro La Salliana's "Daan," a revised version of another play entitled "Neon," a play that has been previously performed by the same organization in the past.

Daan figuratively portrays how some people try to find a diversion from their own misery. Blinded by their own fate, they search for short cuts to eternal bliss. However, some mysterious man came into the picture and tries to hinder their way. To him, there may be such thing as a perfect life, but there is also a perfect time to be there.

The play, as seen between the lines, has a very meaningful message to offer. Even from the beginning, it triggers the audi-

scenario, humor was still able to find its way around.

It was palpable enough in the character's voices that they have given their utmost performance. They could almost be shouting but still they were able to



The very limited time it was staged hampered its opportunity to develop into something more. The pacing of the story was too fast and it seems that there are some scenes lacking in between.

Her father was killed and so did the only man she loved. The only thing that kept her living is her own best friend who was more than willing to help. Leonor, in *El Nombre de Amor*, was too young to have such traumatic experiences. But years later after Miguel, her lover, died, a stranger by the name of Emilio knocked on her door. Emilio was a friend of Miguel who needed some place to shield himself from the spariards.

However, it was Leonor who invited Emilio to stay with her to ensure his safety. Eventually, they fell in love. Miguel's spirit, who unknown to Leonor was watching over her, didn't want to set Leonor free from their pact that it would be the two of them forever. But because of his intense love for Leonor, he allowed her to be with Emilio. They were close to living happily ever after when Emilio was

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ence's curiosity, leaving them in query about the "daan" the characters speak of. As the play approaches its conclusion, the audience gains their own understanding of the whole play. In spite of its dramatic

convey the appropriate emotions that their role demands. They weren't neither too deafening nor too inaudible.

On the other hand, the play at the first half was obviously fishing for sympathy.



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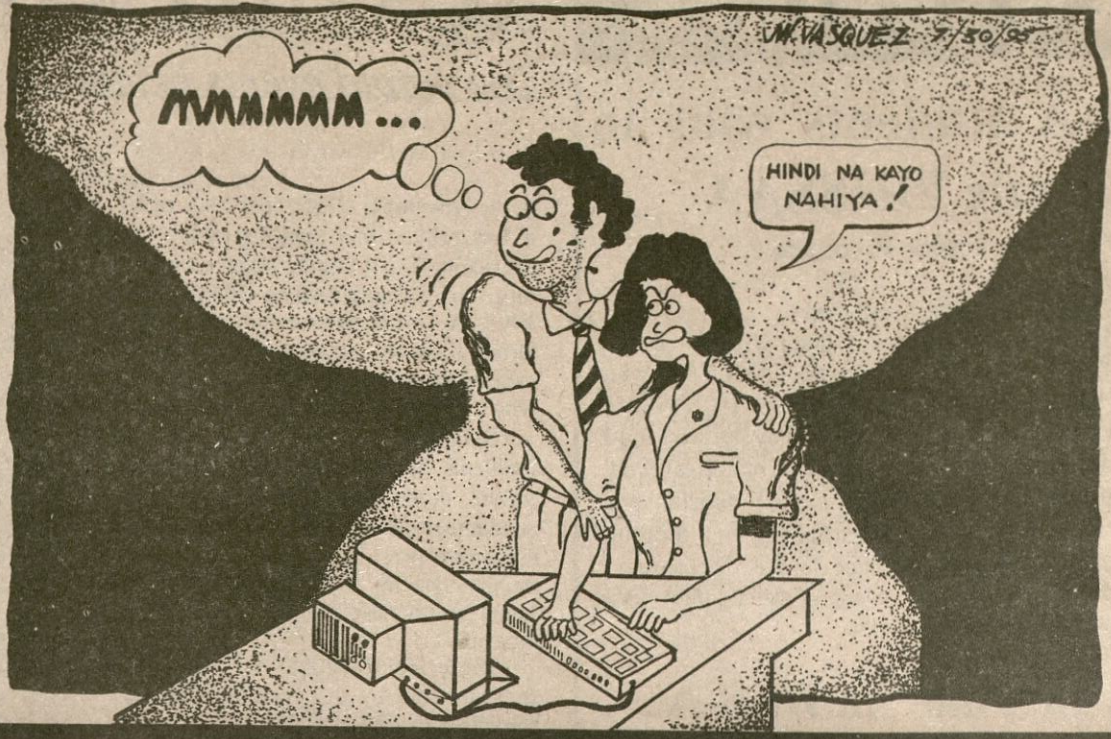
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Editorial

Sexual harassment in DLS-A

Academic institution - our second home. Teachers - our second parents. With all these nobilities that the school should have, its responsibility doesn't stop there. Much more than that of an intellectual learning center. It should be equipped with professors who are capacitated to play dual roles in the academe: as teachers and as parents.

That's De La Salle. Religio, Mores, Cultura. Void with issues concerning professors' untoward behavior.

Last February 14, the Sexual Harassment Bill was ratified. Campus-wide symposiums were held. Who cares? Anyway, such issue is non-existent in La Salle. We thought so. Two months after, three BA students filed separate complaints against a professor for sexual harassment.

Somehow, among the school of naive professors, a tricky octopus emerges. HIPOLITO monster is on the loose.

Many of the problems arising from the issue of sexual harassment, particularly in the academic setting, begins with the lack of clear, concise, operational definition of sexual harassment.

It wasn't part of the English language until the 90's. Until recently, even Filipinos, much more students, have to suffer the humiliation in silence.

There's a varied denotation of this term. But for the purpose of giving it a distinction, specifically for academic setting, it was then defined to include: unwelcomed sexual advances, request for sexual favors, verbal or physical conduct of sexual nature when a.) submission to such conduct is made either implicitly or explicitly as a term for academic advisement b.) submission to or rejection of such conduct is used as a basis for academic decision affecting such individual or c.) such conduct has the purpose of unreasonably interfering with an individual's academic performance or creating an intimidation, hostile or offensive environment.

The sexual harassment cases filed to this professor is purely physical in nature.

As one complainant professed, "he was pulling me closer to him, close enough that I felt the part of his lower body that bulge touched mine. I tried to push him away, but my exerted effort wasn't enough..."

Another story goes like this: "he was staring at me maliciously. I was shocked, the door was locked. He was forcing me not to open the door while his hand was around my wrist, and his face so close to mine. When I managed to escape, I shouted back, 'hindi na kayo nahiya!'"

Hiya. Professional integrity. That's the point. But the real motive has not been divulged yet. Of course, this is not the way a "second father," nor a "role model" should act within or outside the school premises.

But this is a sole case, so to say; or the only one that has been revealed yet? If this happened unexpectedly, we could anticipate the possibility of having similar cases anytime within the institutional environment.

Whether the actual percentage of educators involved in sexual harassment is 1%, 5% or 25%, it becomes inconsequential. The fact that there is a teacher involved in such unethical relationship creates a problem that cannot be tolerated.

Whether the victim be one or three, still intervention is a must. Those liaisons are not between 2 consenting, mature individuals, but between a teacher and a minor student. Moreso, the tryst caused physical, emotional and moral disturbance to both students and teachers.

So far, there's no existing institutional policy on this account. Yet we should determine how widespread a phenomenon is sexual harassment in academic institution. At what point does the individual responsibility end and the institution begins with regard to sanctioning sexual harassment; what procedure must be used to prevent it when it occurs?

Thus our student handbook must include a section on sexual issues which embodies policies concerning sexual harassment among students, staff, faculty and administrators. Likewise, enforcement of established policies must be with impartiality and consistency by giving due process to each person involved.

Religio, Mores, Cultura. We're holding on to it. Teachers, the noblest of all. We're looking up to them. Let not the whole system be polluted by a filthy octopus hiding inside an attractive sardine can.

B.I.M.

by GEORGE G. GATAN

Get a Job!

CONGRATULATIONS college graduates, batch '95, and welcome. Well at least you've made it this far. You've withstood dropping out of school, persevered with continuous tuition fee hikes, and survived the pithfalls of early parenthood. Welcome because you are entering a new zone in your life: a new beginning; something mysterious and perhaps at times could also be frightening -- and that is none other than the REAL WORLD.

Yes. As college graduates, you must now step out into the real world. And what exactly is the real world? You might be thinking: how should I know? I'm only a Junior.

Nonetheless, people I know -- and I'm sure you'll agree -- all say the same thing: "Out there, you have to queue for things, you have to be independent, because you're on your own." Unless you're one of the rare, lucky ones whose family, relatives or even friends happen to own one of the country's top 100 corporations or at least

works in a government (*may backup, ika nga*), then chances are, you're going to have the toughest time of your life.

As early as today, I can't help but wonder that two years from now, it will be my turn to go up the stage and get my diploma, my turn to step out into the real world. When that moment comes, how will I handle it?

Come to think of it, what do graduates do soon after graduation anyway?

Some take their master's right after graduating with a bachelor's degree. Some starts job hunting as soon as possible. And there are those who combine the two at the same time.

However, the majority does not take the next step instantly. Those who can afford to do so -- and even some who can't (tsk tsk, shame on you), bum around and become members of either one of the following: PAL (PALamunin), TNT (Tulog Ng Tulog), ASAP (Always Short Ang Pera) or the most popular one which

is actually the three integrated into one, KATUGA (KAin, TUlog, GAla).

Is it mere indolence that makes most of our graduates become a member of such "Clubs." Maybe there are just not enough jobs in the country, so what's the use of job hunting? Or maybe, it's a combination of both.

True. It is a fact that our government has not provided enough jobs for our new professionals. Every year, many graduates join the immeasurable list of the unemployed. Nevertheless, that should not be an excuse for sitting down and taking things easy.

Sure. It's been many years of studying: doing homeworks; reviewing for exams; finishing projects. So you feel like having a grand relaxation. Go ahead, take a breath and take another one. Enjoy. You deserve it. But sooner or later, you have to stand up from that bed and get going with your life.

You don't necessary have to go abroad to find a job. There are jobs here in the

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Ager Publicus

by Joseph Rodol R. Musca

To Err is Human...To Reconsider is Divine?

"A lost opportunity can be recouped somewhere else; a lost name is irretrievable. People will forgive policy mistakes but not dishonesty."

HERALDO FILIPINO was recently shocked, disappointed and seriously downed by one of its trusted constituent. It is hard to imagine how a noted member of the Heraldito, molded and imbued with the knowledge and experience of a journalist, could manage to resolve to an intelligibly futile act.

RAUL ANTHONY V. CARRANZA and FEDERICO ALMINIANA, former Literary Editor and his classmate respectively, entered by force inside the Heraldito Office and took two harddisks, installed inside the computer amounting to about P4000.00.

For quite a period of time, the Carranza-Alminiana case has been the subject of many discussions among faculty, administrators and students alike. Some Language Professors even discussed it inside their class. How celebrated it is, isn't? Confoundingly, it has reaped a number of sympathy among supporters who are misled by believing only the single side of the issue. Some are blabbing of advocating the case without knowing first what the real score is.

To clearly picture what I'm saying, here is the actual letter, sent by the HERALDO FILIPINO as formal complaint to Raul Anthony Carranza and Federico Alminiana, bearing the incident report.

January 30, 1995
Mr. Joe Precia
Coordinator, Discipline Board
DLSU-Aginaldo

Dear Mr. Precia:

I would like to file a complaint against RAUL ANTHONY CARRANZA and FEDERICO ALMINIANA both from PT 2-6 for vandalism & stealing of office property last January 7, 1995.

The incident happened in the morning of January 7, 1995 when RAUL ANTHONY CARRANZA & FEDERICO ALMINIANA went to the Heraldito Office to get some files in the computer. Since RAUL CARRANZA has no key, he used a fork to open the newsroom. The

unsuccessful attempt prompted him to ask his classmate, FEDERICO ALMINIANA, to help him. Mr. ALMINIANA kicked the door hard breaking the door knob. Upon entering, aside from the files, Mr. ALMINIANA loosened the screws where the harddisk was located and got two of them from our computers. Mr. CARRANZA, who happened to be our Literary Editor, allowed Mr. ALMINIANA to commit the crime of stealing. After that incident, they readily left the office with no word at all. It so happened that JOSEPH FORROSUELO, a staff member, passed by the office and noticed the break-in and eventually discovered the loss of the two harddisks in our computers.

He reported the incident a week after, because there were no classes then due to the World Youth Day celebration. Upon confrontation, Mr. CARRANZA denied everything and said that he doesn't know any of it; but after a week, he admitted it during our staff meeting and even asked for forgiveness for the misdeed he has done. He even begged me not to file charges against him and promise to give back the stolen harddisks; but unfortunately, the said disks were damaged and cannot be used anymore.

Clearly, the two students mentioned above have violated Sec. 24.4.1.2 & 24.4.1.15 of the DLSU-

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Kampusap... (mula sa pahina 8)

Hindi namin gustong lumabas na naaawa kami sa aming mga sarili, ngunit siguro naman ay karapatan rin namin kahit papaano ang makasama sa huling pagkakataon ang mahal naming Heraldo adviser.

Malalim na rin naman ang aming pinagsamahan sa loob ng halos dalawang taon pagkatapos ay....

Bakit nga kaya hindi kami inimbiba? Sino kaya ang may pakulo ng lahat ng ito? AMININ!

Kami dito sa Heraldo ay hindi mahilig sa away o sa inggitan. Kaya naman nang magtayo ng sariling dyaryo ang SSC-ang Ephata ay natuwa na rin kami dahil hudyat ito ng isang malayang pagpapahayag sa pamamagitan ng pagsulat.

Ngunit ano itong nabalitaan naming hindi pala enroll sa eskuwelahang ito ang tumayong Editor-in-chief ng Ephata noong mga nakaraang issues. Kilala ninyo ba siya?

Anong laro ito lokohan? Paano naman nagkaroon ng pagkakataong maging Editor-in-chief ang isang estudyanteng ito gayung hindi naman pala siya officialy enrolled.

Ano kayang anting-anting ang ginamit ng mahiwagang babaeng ito? Anting-anting ni Nardong Putik o ni Totoy Burnik?

Ayoko mang aminin ay kilala ko ng personal ang babaeng ito kaya't nagtaka kami ng husto nang malaman namin ang buong katotohanan.

Regal Shocker at Pinoy Thriller talaga! Akalain mo ba namang napaikot ng babaeng ito ang ulo namin sa loob din ng mahabang panahon.

Kilala ko ang babaeng ito. Kaya sa aming panuntunan kahit kakilala o kaibigan, kapag nakagawa ng kasalanan, trabaho lang walang personalan.

Gaano ba kahalaga ang tinta ng ballpen?

Isang estudyante ang lumapit sa amin at ikinuwento na ibinagsak daw siya ng kanyang propesor sa Intro. to Literature with Phil. Literature sa dahilang ibang kulay ng ballpen ang ginamit niya sa exam.

Ang masama pa nito ay wala namang sinabi ang propesor na ito na bawal ang gumamit ng ibang kulay ng ballpen maliban sa itim. At dahil sa ibang ballpen ang ginamit niya ay bigla na lamang ginawang 0.0 ang mid-term exam ng estudyanteng ito kahit na marami sana ang tama nito.

At kaninong theory naman nanggaling na kapag ibang ballpen ang ginamit mo ay bagsak ka na? Grabe talga!

Kaya kayo mga bata sa susunod bumili na kayo ng itim na ballpen ng hindi "mapula" ang grade ninyo.

Tumingin kayo sa inyong paligid. Wala ba kayong napapansin. Parang medyo dumarami ata ang hugis bilog sa eskuwelahang ito. Hindi kaya ito epekto ng grade na 0.0.

Hindi naman siguro dahil ang tinutukoy kong bilog ay ang mga bigla na lamang naglalakihang tiyan ng ilang estudyante sa campus nating ito.

Hindi naman sa nanghihimasok kami sa buhay ng may buhay pero nagtataka lang kami dahil sa taong ito ay tila dumami ang gustong "magparami". Ginusto nila ito. At personal nilang kagustuhan ang desisyong ito.

Kayo anong masasabi ninyo? Gusto ninyo bang maki-join dito o deadma na lang kayo?

Grabe! Napakarami namang nagpapa-photocopy sa Admin. Bldg. at ang mahirap pa kung minsan ay kulang sa "manpower" dito. At ang masakit, malimit ay kanya-kanyang singitan na parang mga dyip sa Recto ang mga estudyante kaya lalong humahaba at dumadami ang naghihintay.

Sana naman ay magkaroon ng sistema sa pagpapa-photocopy nang sa ganoon ay huwag nang magkalintik-lintik ang buhay ng mga estudyanteng gustong magpa-photocopy.

Sino kaya itong kapitbahay naming administrator na kapag pumupunta sa Heraldo Office ay tinatanong ang mga hindi pamilyar na mukha sa kanya na "staffer ka ba dito?"

Kung minsan tuloy ay nakapag-tatawag isipin na nawala lang ang aming adviser dito sa Heraldo ay bakit kailangan pang may ibang taong manghihimasok sa amin.

At saka una sa lahat, siguro naman ay karapatan naming magpapasok ng mga taong itinuturing naming mga kaibigan sa loob ng News Room kung may mga kinakailangan sila sa amin. At wala naman sigurong masama rito.

Sana naman ay maintindihan niya ito at huwag masamain. Trabaho lang po at wala sanang personalan!

Pagkatapos maka-strike three ng East Canteen dito sa Kampusap-usapan at halos maiangat na sila sa "Horror Roll" ay natutuwa kaming ibalita na kahit sa isang banda ay maaasahan rin naman pala sila.

Ginap sa East Canteen ang Farewell Party ng aming pinakamamahala na adviser. Noong una ay nag-aalinlangan pa kaming dito gawin sapagkat napakarami na ring reklamong dumarating sa amin dito tungkol sa canteen na ito kung titingnan ay napakasagawang tingnan kung dito pa namin gaganapin ang aming Farewell party dahil na nga rin sa ilang beses na namin silang ginising.

At sa wakas o siguro'y sa awa na rin ng Diyos ay may kaunting pagbabago naman kaming nakita sa East canteen. At salamat na rin at hindi namin naranasan ang masamang karanasan na naikuwento ng ilang estudyante natin sa kamay ng mga taga-East canteen.

At sana'y maging hudyat na ito at simula ng inyong pagbabago. Paano ba yan, eh di naka-one point na rin kayo! Ipagpatuloy ninyo yan mga tol at talaga namang "Bow" kami sa inyo!

Ager Publicus... (from page 4)

A Student Handbook. They have committed a major offense. This incident should never be tolerated nor condoned. What we need is to set an example from those students who will do the same thing in the future, especially members of Heraldo Filipino. Hoping that the matter will be settled the soonest time possible and just sanctions be imposed upon them.

Truly yours,

Anicia G. Reyes
Adviser, Heraldo Filipino

During a staff meeting held at the HERALDO FILIPINO, Carranza and Alminiana indeed admitted of committing the offense in front of the entire HF Staff. They were caught bare-footed by the presence of Mr. Jose Precia, who was invited in an informal talk with the matter. They thought that after quite a period of delay in settling it internally, the case would carefree be ignored. After the staff meeting, eventually, he sent this letter to defend his side.

(Exhibit A)

February 12, 1995

To whom it may concern:

When I first entered the gates of this beautiful institution, De La Salle University - Aguineldo, for my inquiries as an incoming freshman a year ago, I told myself, "this is the school where I want to graduate. I want to find in my diploma the seal of De La Salle and the signatures of its kind La Sallian Brothers and educators." Knowing also that this school has and practices Religio, Mores, Cultura, I know I am in good hands.

With this reason in mind, I found myself a victim of a circumstance and situation, where each and every one of us is possible to find themselves sometime in the future.

Though I plead not guilty of the crime I did not commit and investigation and hearing is yet to come, still, I would like to appeal to the kind and forgiving hearts of the whole Christian community of De La Salle University-Aguinaldo to pardon some human mistakes that I know I am wrong.

I know that as the Literary Editor of Heraldo Filipino, I am bound to protect, uphold and defend its ideals and facilities. I know I chose security and preservation of my life over the reporting of the crime because of fear. Still, I might ask, "Isn't better that one or two harrddisks be lost than the life of a human being be put in danger? For a stolen harrddisks may be repaired but the lost of a life may never be replaced. For a stolen harrddisks might destroy dreams but the lost of life will forever destroy hope, which is the essence of life.

I know that during the staff meeting of Heraldo Filipino, I admitted the crime and begged for forgiveness, but you see, during that time I was confused and afraid. Confused on whether I would tell the truth and lose my life afterwards. Afraid to tell the truth for it might cause me my life. As you can see, no choice was left for me, a choice has been already made for me. And the choice was life - my life.

Still, beside by plea, together with the professors, friends, family and all those who believe in justice, who are praying for me, I still hope to see the silver lining on the dark clouds and that worse may never come to its worst.

But then again, if that day when the shadows will close down on me, I still pray and beg that if ever beside all these that you find me guilty of the crime. That you think that I should have done my best to save the two harrddisks and that I should have offered my life for the two harrddisks, then I ask all the kind and forgiving hearts of the whole Christian community of De La Salle University - Aguineldo to give me a good moral character and an honorable dismissal so that I might exit gracefully and finish my studies, pursue my career, which is my priority right now.

And if you think that I deserve an immediate expulsion or suspension, then, I beg you not to. For I have been a good student since kindergarten until college, which all my teachers and professors could attest to. Also, considering that I am a consistent dean's lister and that I was able to make it to the few admitted to be an incoming third year PT Proper student body of De La Salle - College of Physical Therapy. Also, as a good son to my parents, I have a duty to finish my studies, taking into account the time spent and effort on my part and the money spent by my parents and sponsor. Also, considering the fact that Midterm examinations has passed and it is nearly finals.

Sir/Madam, I pray you not to condemn me. I have already suffered and paid in my own little ways.

Until here, I would like to leave you with a quote from Jesus Christ when He was asked by the Pharisees and teachers of the Law regarding a woman caught committing adultery. Jesus answered them, "Whichever one of you has committed no sin, may throw the first stone at her."

Forever in Saint La Salle,

Raul Anthony V. Carranza

After partially examining the case, Mr. Jose Precia, coordinator, Discipline Board, issued to the Chairman of the Discipline Board the weighted findings based on the supplied facts.

February 15, 1995

The Chairman of Discipline Board
c/o Mrs. Laura R. Campos
Dean of Students

Dear Sir/Madam:

I have the honor to refer the case of RAUL ANTHONY CARRANZA and FEDERICO ALMINIANA to your office. The Discipline Office found that thorough investigation is necessary for its proper disposition. The following are the facts pertaining to this case:

1. That on January 30, 1995, the Heraldo Office filed charges against RAUL ANTHONY CARRANZA and FEDERICO ALMINIANA of having violated Section 24.4.1.2 and 24.4.1.15 of the Student Handbook (stealing and vandalism).

2. When summoned to the Discipline Office for investigation, the latter immediately pleaded guilty and settled for summary proceedings. However, RAUL CARRANZA, who at first admitted the crime and begged for forgiveness, held back and pleaded that he allowed the crime to happen only because his life was threatened.

3. Based on his two letters dated February 12, 1995 (attached Exhibit "A" and "B" respectively) he admitted of having a full knowledge of his duties and responsibilities as staffer of Heraldo, "that he is bound to protect, uphold and defend its ideals and facilities"; (pls. see section 20.4.7 of Student Handbook: Duties and Responsibilities) and yet he

failed to fulfill that, despite that violation of such provision is subject to appropriate actions (section 20.5.5).

4. He allegedly persisted in not following a "suggestion" of certain Theology professor to kick the door by himself but allowed another person to do the same for himself (malicious imputation of a crime, pls. check Section 24.4.1.14).

Ruling: In any crime, a suspect may be liable either of being the principal, accomplice or an accessory. Someone need not be a conspirator to be liable of a crime. A person who have full cognizance of a crime act and has the responsibility and authority to stop it but failed is guilty of a crime of omission and therefore an accomplice of the same. If there is indeed threat in order for someone to hesitate to fulfill his duty, such threat should be visible, real and not imaginary.

For your action and disposition.

Very truly yours,

Mr. Jose Precia Jr.
Discipline Coordinator

After hearing both sides and examining each testimonies in a formal hearing held on March 7, Atty. Amador Peleo, chairman of the Discipline board, was convinced that Raul Anthony Carranza and Federico Alminiana are guilty as charged of the offense.

Date : 08 March 1995

To : All concerned

From : Atty. Amador B. Feleo
Chairman, Discipline Board

Re : Imposition of Penalty on Stealing and Vandalism
Charges against RAUL ANTHONY CARRANZA and
FEDERICO ALMINIANA

Be it known that after a careful deliberation on the above case, the DLSU-Aguinaldo Discipline Board has resolved the following:

1. Both RAUL ANTHONY CARRANZA and FEDERICO ALMINIANA are guilty as charged.

2. FEDERICO ALMINIANA's immediate pleadings of guilt are indeed mitigating on his case, but it does not exonerate him from punishment because of his flagrant disregard of such policy (stealing); for which La Salle - Aguineldo considers not only as a criminal offense but also a moral (10 commandments) offense.

3. He is hereby ordered to pay a fine of 1/2 the equivalent of the value of the damaged and stolen property. Furthermore, he shall be SUSPENDED FOR ONE (1) SCHOOL YEAR.

4. RAUL ANTHONY CARRANZA's allegations that he has no direct participation of the crime and that he allowed only such crime to happen because of fear of endangering his life, were all baseless and unfounded.

5. As "insider", he admitted of having a full knowledge of his duties and responsibilities (Section 20.4.7 Student Handbook). He, however, failed to do that thus aggravating his offense. The Board considers him not only as an accomplice but also a principal of the same.

6. He shall be SUSPENDED FOR ONE (1) SCHOOL YEAR and shall pay 1/2 the equivalent amount of the damaged and stolen property.

7. The duration of suspension shall be from school year 1995-1996, of which within that period, they shall not be allowed to enroll nor to transfer.

So recommended for EXECUTION AND ACTION by the members of the DLSU-AGUINALDO DISCIPLINE BOARD this 7th of March, 1995.

Conformed:

Mrs. Teresita Pareja
Board Member

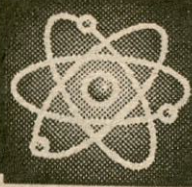
Mr. Erwin Noche
Board Member

Certainly, Raul Anthony Carranza and Federico Alminiana violated certain provisions stated in the Student Handbook (Sec 24.4.1.2, Destruction of school property; Sec 24.4.1.15, Stealing). They have committed two major offense; thus, corresponds to an equally deserving sanctions which will be decided by the Discipline Board. They should be made to serve the consequence of their act after the imposition of the penalty. All their credentials must be barred as part of the constitutional policy.

Having to toe the true essence of justice, I see that there is a certain condition with respect to the implementation of the verdict. Section 24.5.2.15 of the Student Handbook states: Any party not satisfied with the decision rendered may file a motion for reconsideration with the Office of the Executive Vice President stating the grounds therefore, within five (5) days from receipt of the decision. If this would be the case, why is Carranza's motion for reconsideration letters, both dated March 15 taken into account; wherein it was already beyond the supposed March 12 deadline from the receipt of the decision? Carranza appealed for reconsideration to the Office of the EVP, with Dr. Ambrosio Capayas, OIC, granting the request. Mr. Jose Precia, discipline coordinator, disclosed that if ever there is a decision of reconsideration, it should be formally noted down for the discipline board to know. In this case, there has not been any notice from the Office of the EVP to address what has actually transpired. What has occurred then? A manner of personal transaction?

What is the basis of the decision? Dr. Capayas withdrew the penalty of one year suspension after discussing things with the dean of the College of PT. He said, that it was a concerted decision by the College of PT and his office that prompted Carranza and Alminiana not to serve the one year suspension. As a least form of consequence, they were just made to pay the amount of the damaged harrddisks and dismissed to find another school. Dr. Capayas even said, that it is not basically for "Humanitarian Purpose" rather as something right to be done. The way I see it, they are simply synonymous.

But then again, how could we teach a child certain discipline if they are not allowed to know and realize the value of their act? Stealing and destruction of school property are two major offense. Removing the penalty of suspension for one year is just congruent to being convicted without any punishment. It's not that I am being too straightforward, it so happened that we are abided by policies which should not be taken for granted. Dr. Capayas even told me that, one year suspension is too much. Again, what is the use of our green-covered Student Handbook. Though green symbolizes La Salle, and La Salle is imbued with the virtue of compassion as manifested in his five "C's"; does it follow that we have to



Science and Your Health

by Nadine Marie M. Miller

January 30, 1995

Dear Science Editor,

I am a fourth year AB Psychology student from this institution. Lately I have noticed that the pimples on my face have increased. I am really bothered by it. What should I do?

Dear ACNE PRONE,

Contrary to myth, acne is not caused by: greasy foods, chocolates, or peanuts. Acne results from a normal increase in levels of the hormone androgen during adolescence---an increase that propts the sebaceous glands to produce oils. Surface oil doesn't cause acne, the culprit is oil in the ducts below the skin surface. When oil ducts in hair follicles become clogged, bacteria on the skin surface can mix with excess oil and cause acne bumps and blemishes.

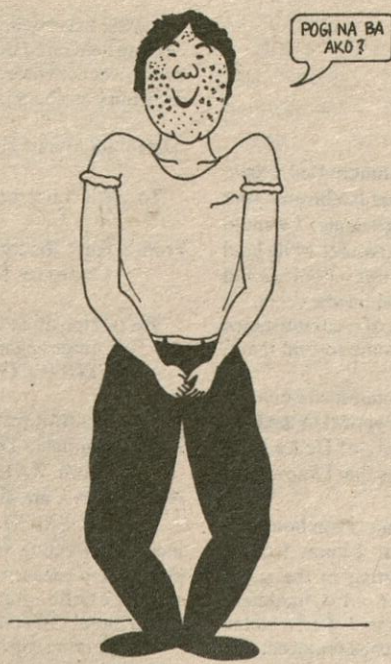
FACTORS THAT CONTRIBUTE TO ACNE INCLUDE:

*Changes in hormone levels preceding a woman's menstrual period or during pregnancy.

*Rich moisturizing lotions or heavy and greasy make-up.

*Emotional stress

*Foods containing high levels of iodine, like asparagus, white onions, beef and liver.



*Nutritional supplements containing iodine

*Taking certain drugs such as birth control pills, steroids and lithium.

Sincerely Yours,
Acne Prone

HOW TO TREAT ACNE

There are no beauty secrets for having beautiful skin. The only solution is to keep your face clean. Avoid using greasy or oil based make-up's and lotions on your face. Wash your face several times a day with a mild soap, and always wipe your face with a dry towel. Damp cloth or towels has bacterias that can trigger more infection. Keep your hair away from your face. Never squeeze, scratch or poke your pimples. This is a dermatologists job. Unless you are highly trained and qualified to do this task, which I'm sure you're not. Consult a dermatologist if your skin doesn't improve or if you have a severe case of acne.

Well, I hope I have helped you with your problem. Don't feel bad about your face, because pimples are only temporary and can easily be treated.

Sincerely yours,

THE SCIENCE EDITOR

January 31, 1995

Dear Science Editor,

I am a second year BA student in DLSU-A. The reason for this letter is that I would like to know if coronary heart diseases are hereditary. My grandfather as well as my grandmother both died of this sickness. My Aunt was only 40 when she too suffered from the said disease. I would like to know if I am likely to suffer the same fate. Please help me.

Dear Scared,

Knowing your family's medical background is important, for diseases like breast cancer can run in families. Many people, whether adopted or not, know little about their family history. Most of the families are scattered geographically and information about diseases like cancer may have been lost because good people didn't talk about such things. However, increasing the knowledge about your family medical history can help doctors foresee and diagnose diseases from cancer to muscular dystrophy. In some cases, they can also advise means that can put off or even inhibit the condition

in the first place. Many experts already know that there are many common illnesses running in the families. More often than not an illness cannot be traced to a particular gene passed from generation to generation. However it is possible in some cases that a gene or a combination of genes can make a person more sensitive to disease but doesn't actually cause it. For instance, if your father and grandfather had heart attacks, you may have inherited genes that make you more susceptible to heart disease. This gene, actually do not cause the disease--but if you also have a diet high in sodium and fat, that coupled with your genetic disposition, this may be sufficient to start the illness in you. Illnesses that tend to run in the family are: cancer, diabetes, cor-

onary heart disease, ulcer, arthritis, allergies, emphysema, kidney disease and epilepsy.

If you know that you have one of this disease running in your family, you should take extra precaution by having a special diet that will cater to the prevention of one of this diseases.

Well, I hope I have helped you with your problem, don't be scared about your situation, maybe you can consult a nutritionist to give you a diet that is low in fat and sodium.

Sincerely Yours,
THE SCIENCE EDITOR

Research source: Chic Magazine, January 23, 1995

NEW OBESE GENE FOUND IN MICE

by Nadine Marie M. Miller

OVERWEIGHT mice have helped scientists identify a gene responsible for obesity at the Rockefeller-University in New York.



Six scientists from the Harvard Hughes Medical Institute reported the discovery of the gene called OB. Their discovery may ultimately enable doctors to keep people who are in need of weight management and at the same time help the pharmaceutical companies develop a drug to treat and cure those with a hereditary risk of obesity.

Eventhough they identified the molecular content of the obese gene in the mouse, they have also discovered that there is a very similar human gene like that.

The link of these has to be confirmed by further intensive researches, although previous studies have showed that the genes present in mice are very similar to that found in humans.

The scientists said that "the protein encoded by the gene is an important part of the signalling mechanism that acts to regulate the amount of body fat". If there is a defect in this gene, obesity begins. Past researches have revealed the strong genetic component to obesity when one of the parents is obese, it is mostly that there is a 50% risk of their offsprings to be obese too.

The scientists have already filled patents for their research work, which is believed to be worth billions of dollars.

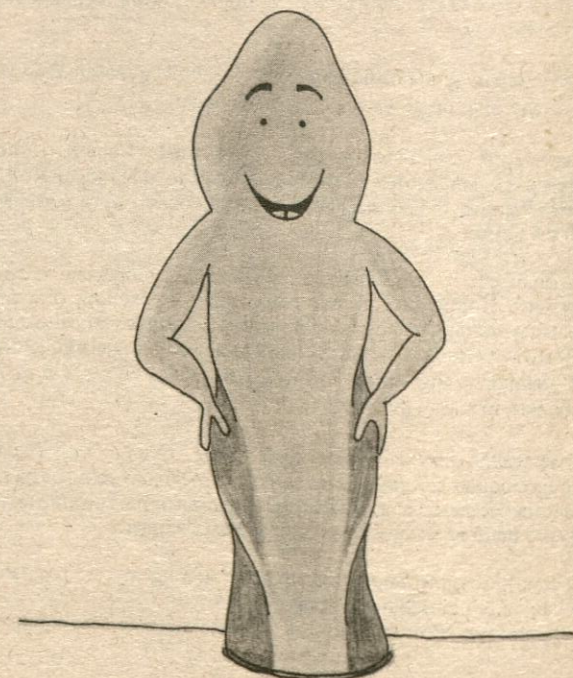
After all, if their research is proven, then finally there will be a cure for obesity since it is the most common nutritional disorder predominantly existing in western countries.

Source: Manila Bulletin, December 3, 1994

WHY IS A CONDOM CALLED A CONDOM?

by Nadine Marie M. Miller

IN the English language, prophylactics are believed to be named after a certain Dr. Condom, personal physician to Charles II, King of England. A notorious philanderer, Charles fathered 14 illegitimate children before Dr. Condom devised a sheath made of sheep-gut to prevent the birth of further claimants to the throne. The potent King was so grateful for the device that he knighted the doctor, who it seems later changed his name to avoid the embarrassing associations.



The Magic Bullet

by Sandee R. Molato

CANCER is a disease in which cells multiply without control, destroy healthy tissue and endanger life. Around 100 kinds of cancer attack human beings. The disease is leading cause of death in many countries. Cancer occurs in most species of animals and many kinds of plants as well as in human beings.

Cancer strikes people of all ages but specifically middle-aged persons and the elderly. It occurs about equally among people of both sexes. The disease can attack any part of the body. However, the parts most often affected are the skin, the digestive organs, the lungs, and the female breasts.

Scientists do not know exactly why cancer develops. They have found that certain agents play an active role in causing the disease. This agents include tars in tobacco smoke, a variety of other chemicals, and certain kinds of radiation. In many cases, cancer can be prevented if

unknown agents is avoided or eliminated. The elimination of cigarette smoking, for example, will prevent most cases of lung cancer. Scientist also believe that some people may inherit a tendency to develop cancer.

Without proper treatment, most kinds of cancer are fatal. In the past, the methods of treatment gave patients little hope for recovery. But the methods of diagnosing and treating the disease have improved greatly since the 1950's. Today, about a third of all persons treated for cancer recover completely or live much longer than they would have lived without treatment. But much research remains to be done to find method of preventing and curing the disease.

In London, scientists for the first time used a tailor-made protein to stop the growth of cancer cells by aiming at their DNA, the genetic material at the base of all life. The protein is

designed to lock on to nine clearly defined parts of DNA in a gene which causes acute lymphoblastic leukemia.

So far, the experiments have worked only in a laboratory cultures of mouse blood made cancerous by the insertion of a human leukemia gene. A cure for leukemia and other cancers is still a long way off but the protein that interferes with specific parts of tumorous cells is a kind of "MAGIC BULLET" for which medical science has been searching, with little success, for more than a decade. But cancer-causing genes called oncogenes come into play in almost all forms of cancer and DNA involved in all forms of infection. Other experiments were conducted but ways have yet to be found to find the protein to the affected cells -- a magic bullet is not much help without a magic rifle.

Source: Philippine Daily Inquirer, 1994.

BEAUTY SLEEP TO IMPROVE THE QUALITY OF YOUR LIFE ?

by Marivee Ordoñez

ISN'T it that we all feel better after a good night's sleep? But how does it work? What actually happens to our systems, when we close our eyes and start to lose our consciousness.

The physiological effects are fully manifested in the first three hours of sleep, where large amounts of growth hormone (GH) are released into the body. Like any other major anterior pituitary hormone, it also contributes principal effects by stimulating target glands- the thyroid gland, the adrenal cortex, the ovaries, the testicles, and the mammary glands. As we progress into a deep sleep, more growth activities appear to get in the way. The other affected hormone levels rise rapidly with the metabolic effects of these growth hormones including: (a) an increased rate of protein synthesis in all cells of the body, (b)

decreased rate of glucose utilization throughout the body. So from the moment we lay down and start relaxing, our bodies and systems appear to be balancing, protecting and being on its fine-tuning. Is this the basis of a beauty sleep?

As American somnology expert Ernest Hartmann says, 'Sleep lets us stay optimistic, energetic and self-confident. And it is noticeable that most of the accidents along the road, whether early in the morning, noon, or late in the evenings are caused by the drivers being deprived from sleep. It will really make our life miserable. That even our goals in life are affected. And as life becomes more stressful, we are becoming more and more obsessed with sleep.'

Furthermore, Hurtmann discovered that short sleepers tend to be conformist,

Long sleepers on the other hand, were non-conformists with mild neurotic problems and tended to be less sure of themselves, but appeared to be more artistic and creative. It is not really the amount of sleep we get that is important for our health and well-being, it is the kind of sleep we get. Sleep is divided into three types: light, deep, and REM or rapid eye movement sleep. Light sleep is just like the afternoon siesta escaping from many problems of overtiredness that is believed to be solved by taking a half-hour nap. Researchers discovered that an afternoon catnap significantly sharpens mental alertness and improves the mood generally. The deep sleep is believed to be the sleep of the drunk people that even their dreams were seemed to be forgotten. Light sleep is usually followed by REM sleep if necessary. The importance of REM, or dreaming per se, is that it serves as the outlet of stress or detritus of the day and where some insist that by using our dreams creatively, we can solve many of our problems. Many researchers are fascinated by the idea of lucid dreaming: learning how to consciously direct one's dreams. Dr. Rosalind Cartwright, of St. Lukes Medical Centre in Chicago, recommends reshaping dreams with a happy ending. Thus, the outlook in life is not only positive but also beautiful. If people stop having unpleasant, guilt-ridden anxious dreams, they wake more refreshed and better able to face the world, the process is considered a beauty sleep. Ideally, you should sleep until you are slept out.

Source: Options Jan '93



an increased mobilization of fatty acids from adipose tissues, and increased use of the fatty acids for energy, and (c)

efficient, energetic and ambitious people who are relatively sure of themselves, socially proficient or adept and deci-

PARANOIA

by Marivee Ordoñez

"PARANOIA: a chronic psychosis characterized by delusions of persecution or of grandeur, strenuously defended by the afflicted with apparent logic and reason".

There was this lady looking for a job and had passed the two out of three interviews. On the final interview, her future boss was late and after only a few minutes brought the meeting to an end (which should not be the usual case). Not a lot has been said but "We'll be in touch with you", the boss ended. The impact was indeed traumatic for her. Several days later, she received a letter and didn't want to open it, realizing it was one of those thank-you-for-your-interest-in-our-company rejections. But upon turning the envelope back and forth, she saw the logo of the company, she stopped for quite sometime and decided to let someone else read the letter for her. In a couple of seconds, she went from feeling physically and psychologically sick. Her paranoia had been so intense making her feel like a profes-

sional incompetent who lacked personality, style, and ability to sell oneself.

Paranoia! So who hasn't experienced it yet? This unconscious scary emotion affects all of us because it magnifies the fear, no matter how irrational it may be.

"Traditionally, women have felt more stressed because of their multiple roles", says psychiatrist Susan Blumenthal, deputy assistant secretary of Health at the Department of Health and Human Services. As they begin pursuing more conventional careers, they feel they don't necessarily fit in. They may feel more vulnerable to criticism, to all kinds of exclusionary feelings that one gets when one is not a member of the club. Until women become more integrated into the workplace, as we are only beginning to be, we are more vulnerable to the emotions of EP.

Furthermore, this can also be the product of insecurities. Imagination running too wild,

loss of control, and the like irregularities are so hard to distinguish from this disorder.

A truism among therapists: "All paranoiacs are eventually right". If one is acting too much over a specific situation, attack her, and that person will make her feelings of inadequacy be reinforced. That person will be overly defensive which causes the other person to respond by attacking again. If such argument arises, you are actually helping the person to change his/her insecurities. Their actions will be diverged more on reasoning rather than being a paranoiac.

Just observe yourself if you're becoming unreasonable already and engage in some reality testing by confiding your fears and doubts to a closest friend. That is if your evidences are good enough otherwise you're just a victim of paranoia.

Source: Cosmopolitan January 1994

NOISE IS HAZARDOUS TO THE HEALTH

by Nadine Marie M. Miller

MUSIC is normally not noise, but if it is increased to a high volume then indeed it becomes noise.

People differ in many ways. Some people hate loud music or heavy metal and rock music, while others simply have an ear for these kinds of music. It doesn't mean that either of the two

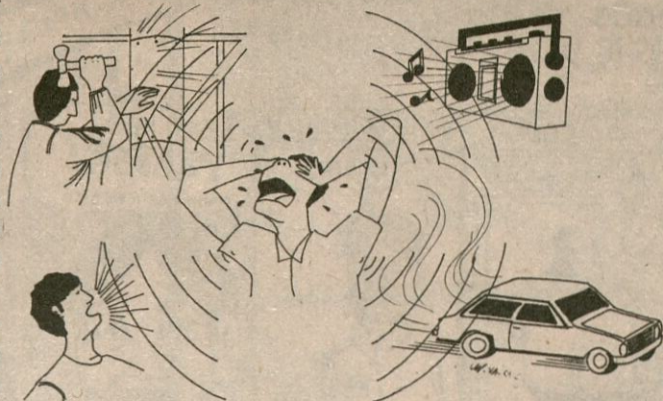
It has been definitely established that noise is a health hazard. Sounds exceeding 85 decibels are potentially injurious to hearing. Anybody, regardless of age or sex may experience temporary or permanent hearing loss if subjected to sounds of excessive intensity and duration.

Most cases of deafness secondary to noise trauma are due to prolonged exposure to noises caused by industrial machinery. Other sources are noise from weapons, fire crackers, airplanes and very loud music.

Too much exposure to noise also carries other risks in one's health besides hearing loss. Too much noise exposure has been associated with poor performance in school and at work. It also gives rise to sleeping disturbances and headaches. Noise can be very annoying, thus leading to irritability and anxiety. In hospitals, researches show that noise prolongs the healing of wounds. It also lowers the threshold of patients to pain.

If you are the type of a person who is noise sensitive, then you better take certain precautions to save your health. You could try wearing ear plugs for a change.

Source: Manila Bulletin, December 5, 1994



is abnormal. It simply means that there are some people who are noise sensitive and others who are not.

Noise sensitive people respond more to noise, "hence the minor emotional symptoms that the average individual manifests when exposed to noise are greatly exaggerated in them."

EXERCISE CAN REDUCE THE RATE OF ADULT DIABETES

by Nadine Marie M. Miller

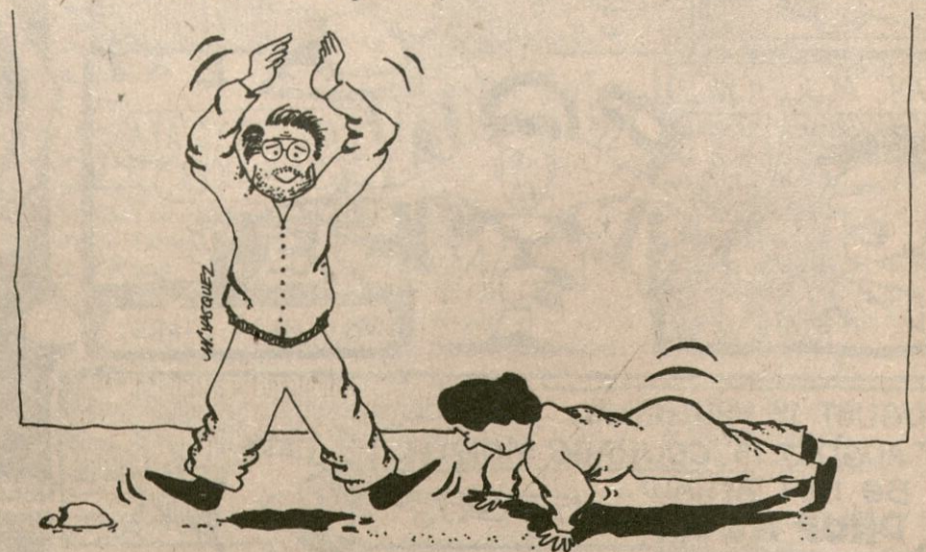
NEW research shows that regular exercise may help against adult diabetes. Based on the findings of researchers from 5,900 middle-aged men who had undergone exercise daily, and who expanded 500 calories weekly. Their risk of diabetes fell 6%.

For a 150-pound person, a 20-minute walk 5 times a week would burn 500 calories weekly.

This daily exercise is recommended for those who are in danger of this disease, especially those with high blood pressure,

the obese or stout person and those with family history of diabetes. Vigorous exercises such as jogging, hiking, and swimming are considered as the most reducers. The researchers included women as participants of regular physical activity to prevent the high risk of developing adult diabetes.

Source: Chic Magazine, January 23, 1994



SCINTIMAMMOGRAPHY: A NEW TREND FOR BREAST CANCER DETECTION

by Nadine Marie M. Miller

A RADIOACTIVE tracer injected into women who may have breast cancer makes malignancies light up on a detector and could cut in half the number of biopsies needed. If this technique is proven effective, then it could save millions and spare hundreds of thousands of women the pain and the scar that accompanies biopsies said Dr. Iraj Khalkhali an associate professor of Radiology at the University of California, Los Angeles.

The technique was 90% accurate in identifying breast can-

cer in women whose mammograms raised a suspicion of cancer. Mammography is very sensitive at detecting most abnormalities in the breast, but only one out of four or five suspicious lesions seen on a mammogram turns out to be a cancer.

The new technique scintimammography costs about \$600 and employs a radioactive tracer first used to detect heart diseases. Though the method is still experimental it has the potential to eliminate the need for

half of the biopsies, which are done to evaluate breast lumps. The researcher said the equipment needed is already in virtually every hospital's Radiology Department.

Dr. Steven M. Larson, chief of nuclear medicine in the Radiology Department at Memorial Sloan-Kettering Cancer Institute in New York City, said the technique holds promise, but its place in Medicine is still to be determined.

Source: Manila Bulletin, December 5, 1994

HERALD DOODLES

Two heads are better than one,
Not if both are STUPID!!!

RULE NO. 2



KOMON



MISQUOTED QUOTES

If a man is definitely silent, he is keeping a secret.
Behind every great man is his back.
Smallest deed is less than the grandest intention.
If there is sadness in our hearts it is because we are broke (walang pera).
The family that prays together consists of father, mother and children.
The extended family that prays together consists of an additional lolo, lola, tito, tita, and cousins (nge).
Labor disgraces no man, but labor problems causes strike.
Beware of small expenses if added will become big.
He who gives quickly is being held up.
Ang tumakbo ng matulin ay hinahabol ng aso.
He who repeats history, is bagrak kay Chuchi.
He who laughs last did not get the joke.
If there's a will there's inheritance.
Wise men say that only fools like me can duped an additional fool,
THAT'S YOU!



by Phil...
NOTE: This is a parody of the famous misquoting book by Phil Witte.

Campus Grounds



AUGUST IS MIDTERMS.
AUGUST IS COURAGE MONTH.
BE NOT AFRAID...
DROP NOW!



HELLO 2 AVES FROM JOES



A DAMI A PROBLEMA DE HERALDO...
EL "BIDDING" PATAWA PARA DE ALAM DE KANINO KAMI, HERALDO FILIPINO IMPRINTA DE DYARYO!
PIMA PRESS O MILROSE PLACE este PRESS pala... ???

DE KAMPO GUSTO HERALDO IMPRINTA DE MILROSE PRESS (bakit kaya?).
PERO HERALDO AYAW DE MILROSE HERALDO GUSTO PIMA PRESS KASI GANDA SAKA PIMA BART. PERO HERALDO TAKA MILROSE 'NALO BIDDING. KAMI LUNGKOT. HERALDO LUNGKOT. DAPAT DESICION HERALDO.
DUTI NA LANG A KITA DE HERALDO DATI DE CONTRATA. (Basahin Documento tuvo Abdul-faas.)
KAYA HERALDO DE SAYA ULI. KASI DE BIDDING WALA A KWENTA. KAMI HERALDO NOKI HANGGANG TENGA! OLEY!!!



FAGUSTIA

The HERALDOODLES Files

Last sem. Rhalleto Javier, the former art editor, hung his pencil and ink and went to the States to live with his family. He is my best friend...my brother. He taught me things not only about art but also about life. I drink a lot of coffee. I play the guitar. Sometimes I cry. I miss him so much but life must go on.

Welcome Mylene Vazquez (Good work!) and Britanicus Gomez. Take a bow. I love each and everyone of you. Now...GET BACK TO WORK!

Abdul forever... Maraming nawala sa Heraldo ngayon. Ang aming dating opisina na tunay na makulay at masaya, ngayo'y malungkot na. Bubuhayin muli ito Abdul forever... si Abdul, simbolo ng ginhawa at pagkabuhay... kabayanihan bubuhayin sa kapirasong strip no ito. Heraldo babangon ka!!!

Kung gusto n'yong mag-contribute ng jokes, comic-strips o games, dalhin lamang ito sa Heraldo Filipino office, 2nd floor, Admi. building. Ang unang limang magpapadala ay magiging una sa listahan ng nagpadala (sabi ni Fred)

ABDUL FOREVER



Fair Play
by David Gualin, Sports Editor

Billiards can lock you in jail

THIS is no joke, playing billiards can *really* lock you in jail. While Paeng "Bata" Reyes is being admired worldwide, those who are striving to be like him in his own country are being persecuted. Well, that is at least *only* for those who are below 23 years old and *only* after 10:00 in the evening. Don't misinterpret this. It's not that playing billiards is illegal, it's not. It's playing billiards outdoors, in the unholy hours of the night, that is illegal. Not because this game produces unwanted commotion from those who play it, that some folks are disturbed in their sleeping, but because of **CURFEW**.

The neighborhood "New Cops on the Block," a stone's throw away from DLS-A, knows how many Lasallians had been locked up in their prison. Their blotter list proves it. Since some DLS-A students are enthusiastic in playing billiards, most of them gets carried away in the thrill of the game, thus forgetting what time it is. This is the most common case of those Lasallians who were arrested and put in prison. Their story just have this same common denominator.

The curfew is in effect in every area of the Dasmariñas vicinity after 10:00 PM up to 4:00 in the morning everyday. The police are not arresting only those who are suspiciously walking out in the streets but also those who are inside the cozy billiard joints.

For those who are caught for the first time, most of which are ignorant that such law exists, are given a free ticket to a "nightsleep" inside their exclusive stinking prison cell, and a chance to be a janitor for more than an hour the next day, before they are set free. Their autographs are also taken in the police records for a heavier penalty the second time around. As far as I heard, due process of law is

disregarded at this circumstance. They're not giving much attention to sincere explanations, rather they're quick to prove that: "Ignorance of the law excuses no one."

But, not all is that good in this story, some of the cops are "thy master as long as thou art in their custody." They can curse you as bad as can be and hit you with a rolled newspaper, if thou obey not their commands. Poor prisoners, they are even threatened to have another trip to smell the maggot-infested-manure-scented room if they won't accept such harsh treatment.

It's good to hear that a curfew exists in Dasmariñas because it makes nightlife, specially for students who live in dormitories outside DLS-A, safer from possible crime. But...can such harshness from those who implement this law be justified?

For students who are induced to the pleasure of sinking those balls in the table pockets, may this serve as a warning. Don't be



carried away; have self-control! Although some billiard dens are open for 24 hours, the fun isn't still worth it! It's embarrassing to get locked-up in this way. And besides, our parents are toiling for our college education, and not for a table fee.

But then, I'm not saying that playing billiards should be cursed and considered a forbidding evil. It's just that there is a time for study and there is a time for recreation. Playing billiards is fine, just don't let it enslave YOU!

To our athletes in the PRISSAA and NCRAA games:

Thanks for bringing home the bacon. Once again you have proven that DLS-A is a dominant force to reckon with in the field of sports. All of YOU make us DLS-A Lasallians proud!

Ager Publicus ... (from page 9)

be compassionate at all times? "Policies are policies," as others would say. There will be no exception to the rule if the need for it is adamantly measured and taken into account. As a rational being, they should be able to stand and face whatever consequence their actions would bring. They are held responsible for their actions. It holds true not only to them but also to all violators in this institution as well.

If this would not be the case, what would happen then?

Let's take the case of FRANCIS AUSTRIA and BRIAN CALAPATIA, both BS Computer Science I students. They were charged of violating Section 24.4.1.2 (Destruction of school property) of the Student Handbook. For this, they were both made to replace the damaged disk drives and received the corresponding suspension. Some cases filed in the College of Technology, CLEAPS and RT have been subjected to follow the same. Don't get me wrong that "discrimination" is prevailing in this institution. Considering the sanction, you might ask, isn't too much on their (Carranza-Alminiana) part? I am trying to point out that **Justice first before Compassion**. It's not that I have something against the person, rather I want him to learn his lessons. He might have already learned his lessons and suffered in his own self, but still that is too personal to say. He might be saying of moral accountability, but what about legal?

I question the decision of our OIC. With this turn of events, I was apt to ask: of what good is the Discipline Board, if it will not be respected? The Discipline Board, *in effect*, shall exercise jurisdiction over all cases involving the discipline of students except minor offenses. The Board shall ascertain the facts and shall render a decision on the basis of the evidence presented in the manner tried by the Board properly convened. A majority vote of all three members of the Board shall be necessary to render a decision. The way it was, there is no problem with the Board. The problem lies somewhere in the Office of the Executive Vice President.

I remembered a partial of what Dr. Capayas had said in an informal interview in his office. After narrating the whole story to him, he said, "dapat siyang idisiplina (Carranza)." Comparing his outlook before and his decision now, is it somewhat ironic? Maybe this is the kind of discipline he wanted it to be? I am not saying that he had chosen a wrong decision; but the thing is, we are not imposing discipline on the child, rather tolerating more his act by conspiring more. As the adage goes, "we cannot correct a mistake by committing another." Whenever a child has sinned, we do not always forgive and give sympathy. We have to examine his faults and eventually make him realize not by giving kind words of condonation, but by giving certain punishment in order for him to develop discipline.

I have heard of the sympathy of the College of PT with regards to the case. They are said to be willing to extend their support to Carranza if worse comes to worst. I cupped my chin, maybe they have heard of what Carranza has to say; but have they heard of the other? What's the real issue?

It's not PiTy that is demanded for, but Justice.

Carranza made mention in his letter dated February 12 (Exhibit A) that as a Literary Editor, he is bound to protect, uphold and defend its ideals and facilities. But then, what happened? Did he protected the Office from such vested attempt? Did he upheld that equipments, such the harddisks, should not be taken out from the office? Did he defended his rights as Editor of the

Heraldo Filipino? Whose ideals prevailed?

He said that, he chose security and preservation of his life over the reporting of the crime. Was his life threatened? I don't think so. Federico Alminiana, in a formal hearing, held March 7, testified that it was not true that he threatened the life of Carranza simply because he knows the art of "Tae Kwon Do." In this case, it only shows that the alleged threat is imaginary and his contention of having to lose his life is unfounded.

He admitted the crime and begged for forgiveness. Isn't enough to prove that he is guilty? He contested that he was confused and afraid. But then, how many times did he justified his act? Surprisingly two weeks after, I found a note written on my door and said: "I was here...and I want to say I'm sorry." He afterwards went to see Mrs. Reyes, HF adviser, and begged not to file charges against him anymore and promised to give back the stolen harddisks. Unfortunately, Herald Filipino was not swayed; for it believes that there should be no bias when it comes to justice. Eventhough he is a member of the Herald Filipino, it doesn't follow that we will be barred of putting him in the situation. Nobody should be above our considered governing policy.

Again, I ask those professors and friends who believed in Carranza's view of justice, what is your understanding of justice? Is it something to be considered? Or does it hears first before it condemns?

Everyone of us have their own priorities. For Carranza, it's his studies. He professed that he has been a good student since kindergarden until now, and we cannot take that away from him. Consider a stuntman toeing a rope. He carefully maintains his balance in order for him not to fall. Every step that he takes, is rightfully coordinated to reach his destination. He strives undeniably, for a single mistake would cause his own downfall. Carranza strived in his own way to fulfill his obligation as a student. He might have burned his eyebrows to attain his present education but due to his "vincible ignorance," he squandered it all away that made his obvious mistake. It implies culpable negligence. He mentioned in his second letter (Exhibit B) that it was because of fear that failed him not to report the crime; thus, made him not guilty. Closely evaluating fear as an impairment of free consent, indeed, there might be some agitations or disturbance in his mind during those time, but it doesn't destroy the voluntariness of his action. **Having knowledge of the crime but failed to report it, is culpable of the act of omission; for he hasn't done anything to stop the crime. Therefore, he is considered guilty of the crime.**

Skeptically looking at his reasons, *initially*, he admitted the crime because he said to us (Editorial Board, HF) that he wanted to come out with a good literary piece. According to him, in order for a writer to produce a good piece, we should personally experience the real life situation of every topic. *Secondly*, he was forced to admit because of fear and confusion. *Lastly*, according to his second letter (Exhibit B), he only admitted because Mr. Alminiana told him that he is also guilty; for he was not able to stop him and was not able to report him. If they pleaded guilty, they might be forgiven because Carranza is from Herald Filipino. Quite a lot of reasons isn't.

Trivia: Who's being inconsistent? Is it the accused, is it the justice system in DLS-A or the OIC?
Answer: All of the above.

Sometimes I wonder if fairy tales do come true. If Pinocchio has something to do with it, why hasn't there any transformation yet? I'm surprised. What could that mean?

DLS-A ... (from page 14)

DLS-A's PRISSAA medalists are as follows:

- Football: Gold medals
1. Agbon, Dean
2. Bandoy, Don
3. Cabinte, Raymond
4. Custodio, Josecito
5. Dela Rosa, Ryan
6. Estabillo, Erich
7. Gomez, Jay
8. Jorolan, Vicente
9. Molina, Chris
10. Pabustan, Carlo
11. Paras, Ishmael
12. Reyes, Samuel
13. Rivera, Daniel
14. Santos, Noemi
15. Viernes, Norman
Coach: Freddie Caracena

Baseball: Silver medals

1. Abigania, Glenn
2. Canillo, Jocelberth
3. Colorado, Emilio
4. Cubar, James
5. Dimaranan, Montano
6. Gueriba, Noriel
7. Ignacio, Greg
8. Lontoc, Jeffrey
9. Nazareno, Dominador
10. Orcullo, Edgar
11. Orcullo, Marc Glenn
12. Salandanan, Dennis
13. Sevilla, Makisig
14. Suntay, Lester

Coach: Mr. Bernard Esternon

Chess: Bronze medals

1. Constantino, Alvin
2. Caoile, Ferdinand

Coach: Mr. Vlademir de Gracia

Athletics: 2 Golds and 3 Bronze medals

- Events: High Jump - Gold Medal
Felismino, Edwin
Events: 3,000 meter - Gold Medal
Canama, Cecil
Events: 1,500 meter - Bronze Medal
Canama, Cecil
Events: Javelin Throw - Bronze Medal
Nardo, Rechelle
Events: 100 meter Low Hurdles - Bronze Medal
Nardo, Rechelle
Coach: Mr. Romeo Cabruto
Men's Swimming - 12 Silvers

- and 8 Bronze medals
Events: 200-m Butterfly - Bronze medal
Naval, Oliver
Events: 4 x 50 Medley Relay - Silver medal
1. Himor, Vernon
2. Pozas, Elmer
3. Rodriguez, Joshua
4. Sy, Jonathan
Events: 100-m Backstroke - Bronze medal
1. *Sy, Jonathan
Events: 4 x 50 Freestyle relay - Silver medal
1. Pozas, Elmer
2. Caturan, Arvin
3. Rocillo, Marvin
4. Patawaran, Phillip
Events: 200-m Backstroke - Bronze medal
1. Sy, Jonathan
Events: 4 x 100 Medley relay - Bronze Medal
1. Caturan, Arvin
2. Dimafelis, Ryan
3. Naval, Oliver
4. Viyar, Nigel
Events: 100-m Butterfly
1. Himor, Vernon
Events: 4 x 100 Freestyle relay - Silver medal
1. Himor, Vernon
2. Rodriguez, Joshua
3. Rocillo, Marvin
4. Sy, Jonathan

Coach: Mrs. Sonia Atienza

- Women's Swimming: 18 Golds, 6 Silvers and 2 Bronze medals
Events: 400-m freestyle = Silver medal
1. Laza, Abigail
Events: 4 x 20 medley relay = Gold medal
1. Sta. Cruz, Gabrielle Ann
2. Laza, Abigail
3. Villacarrillo, Maki
4. Garcia, Nonette
Events: 200-m freestyle = Bronze medal
1. Matro, Mylene
Events: 100-m backstroke = 1. Laza, Abigail - Gold medal
2. Garcia, Nonette - Silver medal

- Events: 200-m individual medley
1. Sta. Cruz Abigail Ann - Silver medal
2. Laza, Abigail - Bronze medal
Events: 4 x 50-m freestyle relay = Gold medals
1. Geronimo, Chermaine
2. Balite, Magnolia
3. Villacarrillo, Maki
4. Matro, Mylene
Events: 100-m freestyle = Silver medal
1. Laza, Abigail
Events: 200-m backstroke = Silver medal
1. Sta. Cruz, Gabrielle Ann
Events: 4 x 100-m medley relay = Gold medal
1. Sta. Cruz, Gabrielle Ann
2. Laza, Abigail
3. Garcia, Nonette
4. Lat, Cristina
Events: 100-m butterfly
1. Sta. Cruz, Gabrielle Ann - Gold medal
2. Laza, Abigail - Silver medal
Events: 4 x 100-m freestyle relay = Gold medals
1. Geronimo, Chermaine
2. Balite, Magnolia
3. Matro, Mylene
Coach: Leslie Masangkay

Taekwondo: 2 golds, 1 silver and 2 bronzes
Event: Lightweight division = Gold medal
Garcia-Ascue, FeLaraDeorella S.

- Event: Heavy weight = Gold medal
1. Joey Ocampo
Event: Fly weight = Bronze medal
1. Cuadra, Joexier
Event: Bantam weight = Bronze medal
1. Tupas, Jonathan
Event: Bantam weight = Bronze medal
1. Pates, Djedah
Event: Feather weight = Silver medal
1. Cupin, Jeric



HERALDO SPORTS



CONGRATULATIONS
TO THE DLS-A
FOOTBALL TEAM

Intercollege 1995

AS conquers table tennis

by David A. Gualin

COLLEGE of Arts and Sciences won the gold in the DLS-A Intercollege table tennis event.

CAS, men's table tennis, was led by Jomel Dennis Maranan, AB Psychology 2, to secure the championships over close contender Polytechnic College. Maranan, a bronze medalist in PRISSAA regionals, had to win two straight games to score a gold for AS. He came late during the tournament thus his opponent was awarded a one win by default. However, AS had the last word, since the tournament was a best of three competition, Jomel won a surprising two straight games making AS overall champion in table tennis.

In women's table tennis, AS didn't encounter any real challenges since AS' opponents all failed to come in the game date. Thus, they were automatically proclaimed champions.

RT gets basketball crown

by David A. Gualin

RADIOLOGIC College emerged superior over other colleges in the DLS-A Inter-college basketball event. They defeated, second placer, College of Arts and Sciences, 65-63 in the PLS, Feb. 20.

RT supporters dominated the measley crowd that nonetheless popped up the adrenalin of the players. AS, although graced by the presence of their dean, was overwhelmed with RT's cheer that both had their faculty and students.

AS started the game fast and made a number of unanswered shots. However, RT didn't lose concentration and retaliated back with their shooting. The game developed into a seesaw match that featured AS' penetrations on one side and RT's long shots on the other side. Since AS had the height advantage they kept their pace in making penetrations while RT bombarded the field with their high-percentage outside shooting.

The game had its share of hostilities. One instance was when a player from each team started to make rugged body contacts that made the game temporarily harsh and personal. It was easily solved, however, when the referee called the two players and talked to them in private.

The cardiac last minutes of the game decided its outcome. RT was made assured of its victory after AS failed to sink in a couple of crucial shots. However, AS had a chance to steal back the gold but when one of AS' player missed a couple of crucial shots to bring the game to another deadlock and thus - to an overtime, AS just ran out of time.

RT was awarded with an additional two golds in the medal standings since ballgames have double value in the Intercollege rules.

BA lords Volleyball

by Johnny W. Israel

POWERFUL spikes paved the way for the Business Administration men's volleyball team to overrun archrival Arts and Sciences in the Inter-College volleyball championship, held in the PLS last March 6.

The first two sets were captured by BA with a furious score of 15/7 and 15/9, respectively. But the AS squad matched the quality play of their opponent as it garnered a 15/6 and 15/12 card in favor of AS, frightening BA of bagging the crown in the rally point.

Eventhough AS players lead the first half of the rally point, BA managed to revive themselves with superb fakes, techniques and sets performed. Thus the game ended before a nervous, shouting and alive crowd, with BA standing the victor.

"O.K. naman 'yung laro eh, ang kulang lang ng kabilang team eh, wala silang tosser," commented Alfredo Dacia Jr., BA Captain ball, about why AS losted the final minutes of the game.

DLS-A places third in Regional PRISSAA

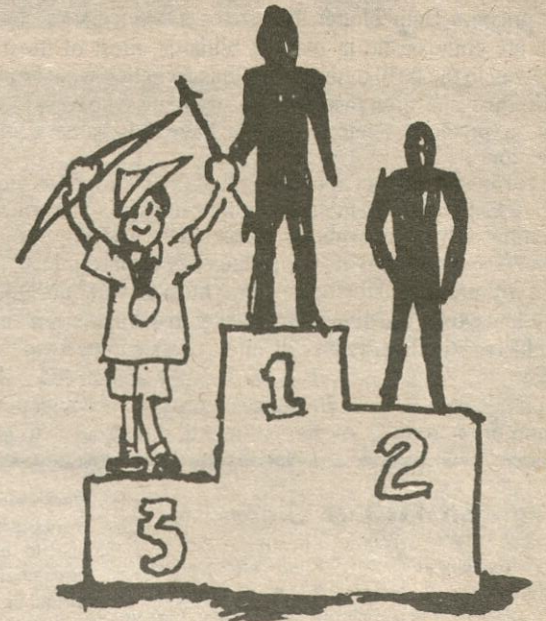
by Johnny W. Israel

DLS-A force made a big wave by bagging the overall third place in the recently concluded Private and State Schools Athletic Association (PRISSAA) Regional meet in Enverga University Foundation, Lucena City, Jan. 28 - Feb. 1.

Quezon Province and Batangas hold the first and second positions respectively, followed closely by Cavite which has left behind Laguna, Mindoro, Palawan and Rizal.

The PRISSAA regional competitions lasted for five days while, at present, DLS-A's PRISSAA gold medalists are in the PRISSAA Nationals or Palarong Pambansa which started Feb. 19 in Lingayen Pangasinan, except for Taekwondo female gold medalist, who returned home due to the absence of provincial entries in the women's division; thus the event was deleted.

DLS-A to page 13



To be No. 1...

by Johnny W. Israel

Kasparov, Martina Navra Tilova, Akiko Thompson, Michael Jordan and Bea Lucero. What do these people have in common?

At the mention of these names, one can't miss to think that they're all athletes. Athletes who stand out in their respective fields. They aren't just acknowledged to be superior because they have reached the state of being No. 1, but because they have in themselves what sports is all about. They all have these common values: **determination, courage and discipline.**

Today, there's so much that's been said about these values. There are books on self-improvement and on how to win games. But there's nothing like hearing an athlete's story on his painstaking effort to have self-discipline and build a name for himself.

One great story is that of Bea Lucero. Before she entered Taekwondo, she was an accomplished gymnast. She suffered a lot, she had bruises, broke a bone or two and sacrificed a lot of time. The same goes with Thompson, Jordan, Agassi, Louganus and many other names famous in the international sports scene. All experienced terrible trials which I'm sure, one can never forget in his entire lifetime.

However, only some attempts to show the genuine concept that revolves around the true essence of these values.

In our school, we are blessed to have our own Luceros and Thompsons. Every Lasallian must have heard of Fe Lara Garcia-Ascue. She's often featured in the sports section of *Heraldo Filipino*. Fe is a consistent medal holder in Taekwondo tournaments, recently she bagged 3 gold medals in the PRISSAA regionals meet. She, and other

Lasallians like her, are rising examples of athletes with determination, courage and discipline.

"I really find it hard in dividing my time on my studies and regular training. In my first phase, *bumaba lahat ng grades ko. Nakakalito kasi... Tapos may meet, talo pa parati, kaya nakaka-frustrate. Muntik ko na ngang iwan ang Taekwondo eh. Dahil as if, lahat ng problema nagsimulang umusbong. Since hilig ko naman, I gave it a second chance... I developed a system of dividing time. Pag 6:00-*



8:00 ng gabi, atleta ako, puro praktis ang nasa isip ko tapos beyond that, I study my subjects very well at sa umaga estudyante na ako...kaya ngayon eto na ako."

Joey Ocampo, taekwondo yellow belt, also a gold medalist in the PRISSAA regionals shares a bit of his story:

"Para akong may malaking bato na pinapasan sa likod ko. Gano'n kahirap 'yon, kailangan i-please ko ang instructors ko and at the same time kailangan pasikatan ko 'yung coach namin. Marami na rin akong talo bago ko nakamit ang una kong medalya. Parati pa akong pinapahiya ng coach ko. Tiniis kong lahat 'yon para lang sa Taekwondo. Kasi gusto ko talaga ito at lalabas na talo ako kapag hindi ko itinuloy ang career ko. Masakit ang sipa ng aking mga

kalaban, magagaling ang techniques nila. Tapos iniisip ko pa kung may test kami bukas o wala. Hanggang sa pinalakas ko ang loob ko.

Gusto ko talagang makakuha ng medal. Hindi kasi importante 'yung mabugbog ka! Ang importante, 'in every competition you give your best."

Abigail Laza, AB Com I-I, garnered 3 gold medals in the various PRISSAA swimming events. She shares a bit of the pressures she conquered:

"Kapag determinado ka, it's like a domino principle, concentration and self-discipline follows too. Noong first sem., Dean's Lister ako, pero this semester Dehins Lister na yata. Actually, takot na takot ako sa mga kalaban ko dahil 'pag nakikita ko silang lumalangoy akala mo mga isda sa galing. Pero okay lang sa akin 'yun dahil enjoy ako. At least, nakatungtong ako at nakapaglaro. Siyempre, dumating 'yung gusto kong pataas na pataas ang mga meets na napaglalaruan ko.

Tapos habang lumalangoy, iniisip ko kung paano tataas 'yung grades ko. Ang hirap talaga... Ang ginawa ko, I concentrated on my work. Kapag langoy, langoy kahit ilang baso pa ng tubig ang naiinom ko sa paglalangoy, langoy pa rin ako."

After all the things Abigail has gone through, she realizes that "...if you learn from losing, you'll become a winner in the end!"

Although we've only heard of some of DLS-A's top athletes, it is apparent that most who have claimed the gold have gone through some great deal of pain, practice and pressure. Yet if this is conquered from within, if an athlete would just think that he can do it, there's nothing on earth that can prevent his victory. For at the back of all these, there is still victory in defeat.