Student's Voice

To those who want to complain, suggest, or comment on anything regarding the school, send your articles to the Heraldo Filipino Office (2nd floor, Admi. Bldg.) with your name, course, year and section.



Vol. 9 No. 6

Dasmariñas, Cavite

June - July 1995

Go out and vote in the SSC election. BOWSD.



6M spent for SB construction

by Ma. Kristina Villaluna

DLS-A spent P6 million for the construction of the Science Building (SB). The said building has seven classand two comfort rooms.

Construction started in the first week of April, but because another P12 million budget is needed, construction will resume in the second semester or in the summer. The completion of the said building is set before the next school year opens.

In the meantime, only the first floor of the building is in use.

New CBA dean takes over

By George G. Gatan

Oscar Morado, 50, is the new dean of the College of Business Administration (CBA). A part time faculty of De La Salle University (Manila), Morado took office on June 1 after Dean Virginia Hernandez was requested to leave the college.

Morado said that he wants to make structural changes in the college, both physical and attitudinal.

As a result, the CBA office has a different setting today. Besides the changes in the table arrangements, more glass windows are now in place so that the faculty can easily transact business with their students

from inside.

The new dean also stressed that the faculty should also respond to the needs of the CALABARZON area. "They should not limit themselves to servicing the university, but go out and make itself present in the other industries," Morado

"My Philosophy is not based in academics but reaching out," he added.

Dean Morado holds a B.S. Agricultural degree in U.P. He took his masters in Business Administration at DLSU and is presently completing his Phd. in Public Administration at the Centro Escolar University.

DLS-Aunder new heads

by Christopher Cabida and Paul Sabile

DLS-A has a new executive vice president (EVP). Dr. Herminia Dulce Torres was appointed by a research committee headed by Dr. Gonzales.

Dr. Torres is a B.S. in Education major in math and minor in phsics graduate. She already earned her MA in Mathematics and Ph.d in Science Education major in math.

Dr. Torres said: "I expect students here to make good of their chosen academic program or courses... we're trying to do our best to improve the quality of education and this is reflected upon

Torres stressed that her administration will focus on the improvement of the institution. Part of her agenda includes faculty development, reviewing of curriculums, and finally, designing new curriculums to meet the demands of the CALABARZON. She is also planning the accreditation of DLS-A by different accrediting organizations. She promised to further continue and strengthen our community outreach program: "we should not forget that we are a part of the community, so we should continue to help our less fortunate brothers and

Torres furthered that one of the main problems in this institution is focused on the underdevelopment of infrastructure and utilities. Due to



Torres

the DLS-A expansion, there is a need to change the old wire connection into an underground connec-(tion. Another problem that arises from this expansion is the need for a new water system.

She guarantees us that by the second semester can expect better schedules and maximun allocation of classrooms. She is very optimistic that she can accomplish her objectives within 2 to 3 years.

Ramos is VPA

Dr. Myrna Fajardo-Ramos takes over the post of Vice President of Academic Affairs. The former dean of the College of Secretarial Administration replaces Dr. Proceso G.



Ramos

Concepcion who retired last semester.

The new VPA plans to renew and enrich quality of teaching in De La Salle-Aguinaldo. Thus, She encourages the teachers to take up any MA

Ramos holds a Bachelor's Degree in Medical Technolfrom the Philippine Women's University. She earned her MA in Public Administration in 1979; her MAE in Educational Administration and Supervision from De La Salle-Aguinaldo in 1988; and her Ed. D. in Educational Administration and administration from the Philippine Administration from the Philippine Normal University in 1993.

In 1992, Ramos was awarded the Outstanding Administration of DLS-A.

Añonuevo heads new FA officers

by David A. Gualin

Segismundo Añonuevo, president, Faculty Reformed Party (FRP), heads the newly elected DLS-A Faculty Association officers by an unprecedented win over two other aspirants in an election held on March 15, 1995.

The Faculty Association Commission on Elections (FA COMELEC), chaired by Venicris Alonzosana, tallied a total of 213 respondents or 77% of the 276 over-all members of the Faculty Association (FA).

The results of the election of FA officers for SY '95-'96 are as follows:

NAME	PARTY	NO. OF VOTES	(%)
President:	Segismundo Añonue	evo FRP	92 (45.8%)
	Dwight Corleto	KALASAG	55 (27.3%)
	Arturo Cabuhat	TPP	54 (26.9%)
Vice-pres.:	Ivy Marie Mendoza	KALASAG	87 (43.9%)
	Zeny Brazos	FRP	71 (35.9%)
	Jhun Ordoñez	TPP	40 (20.2%)
Secretary:	Rosario Antonio	FRP	95 (47.7%)
	Delia Enriquez	KALASAG	81 (40.7%)
	Remy Casaman	TPP	23 (20.2%)
Treasurer:	Melinda Dales	TPP	87 (44.8%)
	Teresita Pareja	FRP	56 (28.9%)
	Lynneth Malabanan	KALASAG	51 (26.3%)
Auditor:	Rommel Sanchez	FRP	98 (49.5%)
	Lovey Aves	TPP	55 (27.8%)
	Nieves Sevida	KALASAG	45 (22.7%)
P.R.O.:	Bernardo Sepeda	FRP	147 (76.6%)
	Cosette Rilloraza	TPP	45 (23.4%)

Añonuevo, being the new FA president, hopes to carry out his plans for the benefit of the entire DLS-A faculty which includes:

- 1. No more notice of delay salary peither delay in salary. 2. No more submission of Prelim and Midterm grades only
- grade for final grading period.
 - 3. Conversion to cash of all unused leaves.

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new EIC

by Frederick Agustin

Heraldo Filipino has a new Editor-in-Chieffor school year 1995-1996.

George G. Gatan, a third BA student major in marketing, assumed editorship after former editor Christine Poblete's term ended.

His enthusiasm to learn and be involved motivated him to take Heraldo's competitive exam in June of 1993. In his freshmen year, he was a features staff, afterwhich he

became the associate editor the following year.

Now that he is the new EIC, Gatan plans to make the publication more consistent in releasing its issues without suffering the substance. He also added: "My ultimate goal is to try to uphold the independence of Heraldo Filipino as a campus press. "Ours is a student publication, so our service is primarily for the students," he added.

Gatan graduated high school



Gatan

Comander of the CAT-I unit.

Enrollment up by 16 percent

by Analyn Alcala

School year 1995-96 opened with an increase of 16 percent in the enrollment. The figure show a total of 7,242 students enrolled compared to last year's 6,245.

The College of Business Administration has the most number of enrollees with 2,389. While 1,974 are currently enrolled in the College from Las Pinas College of Arts and Sciences. The rest where he served as the Corps of the student population is

turn to page 3

CBA head, faculty face raps

STUDENTS and faculty members of the College of Business Administration recently hurled graft and "immorality" charges, among others, to its dean and one faculty member respectively.

In an impeachment letter dated March 13 to President Andrew B. Gonzalez, the group cited Dean Virginia Hernandez' questionable expenditures, unpaid loans from student organizations, and her influence on the faculty status board.

Alongside this, charges of "immorality," negligence and irresponsibility, and questionable integrity were filed at Dean Hernandez' office against Dr. Teresita Arnaldo, a management

The faculty who were signatories in the letter to Gonzalez were Oligario Paglinawan, Eloisa Genova, Loida Remulla-Ilano, Elizabeth Buenviaje, Cristina Rafol, Lani Criseno and Belinda Nervaez. Also signatories were some 78 BA students, officers and representatives of various BA student organiza-

Unpaid Loans

The impeachment letter said that Hernandez still has not paid money she loaned from the fund of Business Management Society (BMS), a student organiza-

It was said that, earlier, she borrowed P7,000 from the organization without specified purpose. She then issued a check for the same amount payable to Dr. Teresita Arnaldo, the organization's adviser.

The letter said that according to Arnaldo, P3,000 of the amount was donated to the university chapel. Hernandez borrowed again the remaining P4,000, which up to the time of the complaint "still remain unpaid."

It was also said that she still has not paid the approximately P10,000 she loaned from student coop-

News

A Big Leap -- Recruitment Week '95 Law Enforcement Course

'The Recruitment Week '95 has ventured out with a festive parade. Headed by Mrs. Laura R. Campos, Dean of Student Affairs, it opened on June 26 to 30, 1995.

This annual affair aims to promote an intact bond of camaraderie and comradeship among the students and administrators . This event advocates a network to the potentialed students who have a predominant passion to flourish and unfold skills and

There are multitude organizations with their own persuits of excellence. If you are good in acting, you can join the Teatro. If you are fascinated in exploring the Filipino culture through folkdances, then be an active member of Filipiniana Dance Troupe. If you have a voice comparable to Pavarotti, your very much welcome in the La Sallian Chorale. But, if you wish to enhance your intellectual quotient, you can join the rationalistic clan of Physic soc, Math soc, Com soc, MACRO, and many others. There are also interest program such as USCLSFins, RCYC, CBAAC, Taekwondo, PEPSquad. Points and Flexes, and Las la Pinta. You are apt to choose the best for you out of the 25 magnificent organizations.

This momentous Week shall open the door to a broader horizon. This shall be a substantial beginning because of the concentration of power and concern between the CAO and the CSO. According to Mrs. Beroncal, Coordinator of Council of Student Organization, their vision is to gear towards the mission of La Salle, and to develop the total personality of the students physically, spiritually, and mentally. Moreover, Mrs. Beroncals office is aiming for perfection through the revision of their constitution and by-laws for each organization.

Mr. George Tabang, CAO Coordinator, has a thrust of molding a group of professional young artist. We will set a maximum standard for each and every performance of Teatro, Filipiniana, and Chorale. Their objective is to excel and reach the peak of

Both of the coordinators are appealing for support and enthusiasm from the administrators and faculty. "These young talented people clutch the name of school, and they are the one who shall give pride and honor to La Salle," they said.

Below are the list of organization under the CSO. It is categorize into four. (This is published just to remind the status of different organization).

1. Accredited Active -- They are complying with the requirements and are executing programs of activities for 2 to 4 years. 2. Accredited Inactive -- Existing organization but not execut-

ing any program. 3. Probationary -- Complying with the technical aspects but has been demoted.

4. Applicant -- Orgganization which sumitted their papers. They already hire applicants/members.

> a. USCLSFins --- Applicant b. SORTS - Accredited Active c. JPIA --- Accredited Active BMS -- Accredited Active e. RCYC --- Applicant ARMS --- Applicant Frontiers --- Probationary Forensic -- Accredited Inactive Physic soc --- Accredited Active MACRO -- Accredited Active Math soc --- Accredited Active CBAAC --- Applicant m. Com soc --- Accredited Active Peer Counsellors --- Accredited Active JMA --- Probationary Taekwondo -- Accredited Active PEP Squad -- Applicant KAWIKA --- Accredited Inactive **CPM** --- Applicant Pts. and Flexes -- Accredited Active --- Applicant u. Lasla Pinta v. La Salyan --- Applicant

--- Applicant

holds 1st grad rites

by Francis Joseph W. Israel

Forty three students of the Law Enforcement Service Training Course of the College of Law Enforcement And Public Safety (CLEAPS) graduated from their course on what was the first graduation exercise of the course mentioned which was held at the Social Hall on Mar. 3.

The Ceremony started with the opening remarks of C/C Inspector Wilfredo Sabater, Corps Commander, and was followed by the presentation of the candidates for graduation by Rowena M. Dayrit, training officer.

The awarding of medals and distribution of certificates were done by Dr. Proceso G. Concepcion, Vice President for Academics, and Mabini R. Leveriza, Assistant Vice President for Administration. The

Program ended with the closing remarks of CLEAPS Dean Tirso C. Viray.

Those who graduated are as follows:

Cdt. Alcala, Glenn G.; Cdt. Alcantara, Federico Jr. V.; Cdt. Avilla, Ariel C.; Cdt. Badar, Gregorio O.; Cdt. Balondo, Jose Nonilon A.; Cdt. Baysan, Christopher P.; Cdt. Buenaflor, Carlito P.; Cdt. Camagong, Marnel C.; Cdt. Camerino, Dennis M.; Cdt. Carcellar,

turn to page 3

Anti sexual harassment talk held

by Francis Joseph W. Israel and Gamaliel Tabasa

Two symposia regarding sexual harassment were held here in DLS-A on separate oc-

w. Kaparis

The symposium "Sexual Harassment: Its Prevalence in Schools and Work Places," held on Feb. 17, from 2-4 p.m. at the Social Hall, was sponsored by the Guidance and Counselling

It featured Attorney Evaline

Fetalino, Director of Legal Consultant of the Civil Service Commission Welfare Fund as the speaker.

Another symposium on the same subject, "Sexual Harassment: Laws and Legislations to Counteract It," was graced by Sen. Raul Roco, author of the "Anti-Sexual Harassment Law.'

It was held on Feb. 27, from

1-3 p.m. at the University Chapel, sponsored by Fourth year A.B. Political Science students

in cooperation with the Department of Social Sci-

In his speech, Roco defined sexual harassmentas"...an act of abuse or misuse of authority in order to gain sexual ad-

vances." He stressed that the law applies to both sexes.

"What's essential is the misuse of power in order to obtain sexual favors," he said.

Dirty jokes, unwelcome touches or any actions which shall "annoy" the worker or student sexually, are considered as forms of sexual harass-

"If the working place will become hostile, then it's enough ground for sexual harassment," said Roco

The Anti Sexual Harassment Law covers " ... educational institutions and working places...but it also applies to the church, should there be any sexual harassment there," he

Questions ranging from the controversial

"Gorospe-Fernando" case to the gathering of evidences were answered by the senator.

In his opinthinks that both Fernando and Gorospe were acting foolish.

think both of them were acting foolish, because on the night of the filing of the complaint of sexual harassment, they were dancing," he disclosed.

In response to another query, Roco told the audience not to worry about the gathering of evidences because such is the job of the lawyer.

"Always remember that all crimes are hidden," he said.

In his answer to another question, he said must be a complaint from the concerned, otherwise the case will not push through."

"Kung gustong-gusto naman, problema niya na iyon,"

CBA (from page 1)

eratives. She was said to have borrowed the amount without the knowledge of the organization officer.

"Her practice of borrowing funds from the students' organizations is no longer tolerable," the letter read.

Expenditures

Also, an amount estimated to be worth P10,097, which was used for the purchase of additional books for the CBA library, is in question.

The purchase of the books was said to have been shouldered by the excess fund of BMS. Hernandez, however, allegedly collected the receipts of the purchase and reimbursed them at the school accounting office.

Hernandez was also said to have prohibited photocopying of major examinations within the campus. Later, however, she was said to have asked the BA secretary to collect the test questionaires and had them photocopied at her own photocopy center, reimbursing the amount at the accounting office.

Hernandez also suggested ordering souvenir key chains from a certain person whose asking price is more expensive. A source said that the key chains were to be sold to the graduating class.

The letter read: "The faculty members could not say a word when she showed a sample of the said key chains, eventhough they knew where to get a cheaper deal."

When the faculty members concerned asked for the receipt, they found out that suppliers of the key chains have already collected payment from the accounting office. The letter said that "there was no budget for this (the key chains)."

They also found out that the items were bought at a much cheaper price, and the receipts given to the teachers were "without any signature."

The letter also said that when they asked Hernandez where the money went, they were told that "it was used in buying additional souvenirs."

There were also complaints as regards to her influence on the Faculty Status Board. The letter said that faculty members performing below par based on student evaluations are "rehired or regularized without regards to their academic competence."

Vs. Arnaldo

The impeachment letter filed against Arnaldo, March 13, was signed by some 82 students. As of this writing, a source said that the number of student signatories has increased to about 300.

The petition letter was also signed by the seven faculty members who were signatories for the impeachment of

Arnaldo was charged of "immorality," which accounts for her "usage of vulgar words" in her Public Administration subject. The letter said her vulgar words were "unethical and irrelevant" to the subject.

The letter also cited Arnaldo's involvement in an "unsolved case" at the Philippine Christian University wherein "she slapped a student."

Arnaldo was also charged with negligence and irresponsibility, pertaining to her infrequent attendance in her Public Administration class during last semester's midterm and

The letter said she gave a major examination on topics that "were not even discussed in the class."

The letter also said that Arnaldo has a "questionable integrity." She was said to have taken items worth P400 from the BMS rummage sale which, up to the time of complaint, is still to be paid.

A source said the rummage sale took place around Christmas time last year.

Comments

Bahala ka na rito. Pero, since comments (with an "s") ito, dapat marami kang mahingan ng komento. People like the FA president, Mrs. Doctor, Dr. Myrna Ramos, etc. Gets

Inquisition

(all about "Inquisitive Eyes" as "black propaganda" and what is reaction of individuals concerned. I heard it was circulated March 15 -- two days after the petition letters. You don't have to divulge I.E.'s content, just tell this: A BA insider said that the individuals pertained to in the "propaganda" will no longer pursue IE's case, since there's no real evidence to corroborate IE's identity. Tapos na!

Añonuevo...(from page 1)

4. Christmas bonus.

5. Free medication aside from the health insurance.

6. Free tuition fees for all the dependents of all permanent full-time faculty. For single -- younger brother(s) and sister(s).

7. Promotion to permanent full-time of faculty after 3 years even without Master's Degree.

Promotion to permanent full-time of probationary faculty M.A. after 2 years of continuous service. Promotion to permanent full-time of probationary faculty

with Doctoral Degree after one year of excellent performance.

8. Reduce the regular required loads for full-time to 15 units.

9. Housing units (condo) for transient faculty.

10. Revision of faculty salary scale.

11. Provision for investment, appliance or consumer goods from the Faculty Fund.

Establishment of Multi-purpose Cooperative.

In connection with this, the Amendments of the 1993-1994 Constitution and By-Laws for SY '94'95 was finally approved and ratified by a vote of 147 (85%) for "YES" compared to only 26 (15%) for "NO" out of 276 voters.



News

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 Gagalac 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 atraining center, the Cavite Inter-Secondary Schools Athletic Associaltions, 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 tranfer 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.; Cdtte. 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, Jowel 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

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

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 authocratic 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 occured 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 Kabalikat 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 sadriver," Bautistasaid. 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."

turn to page 7

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 beggining, it triggers the audi-

the whole play. Inspite of its dramatic



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. Emiliowas a friend of Miguel who needed some place to shield himself from the spaniards.

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

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 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

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

Opinion



HERALDO FILIPINO

Official Student Publication of De La Salle - Aguinaldo

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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

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 basic 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 toler-

Whether the victim be one or three, still intervention is a must. Those liasons are not between 2 consenting, mature individuals, but between a teacher and a minor student. Moreso, the tryst caused physical, emotional and moral dis-

turbance 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.





HANE

by GEORGE G. GATAN

Get a Job!

CONGRARULATIONS 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

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

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

turn to page 7



Agen Publicus

by Joseph Rodel 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 Heraldo Filipino, molded and imbibed 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 Heraldo 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 of believing only the single side of the issue. Some are blabbing of advocating the case without knowing first what the real

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

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

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 Heraldo 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 lccated 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-

Ameedota

Student Admirer?

In a faculty room, instructors were chatting while eating their "mirienda"

Instructor 1: Wow, ang sarap! Saan galing ito, ha?

Instructor 2: Bigay lang 'yan. Instructor 3: Bigay? Ows?

Instructor 4: 'Di huwag kang maniwala. Palibhasa walang nanliligaw sa 'yong estudyante.

- Fajayo

Absent

A professor made an announcement before he dismissed the class.

Professor: I have to attend a meeting somewhere and I will not be around on Tuesday

The students frowned. He's their favorite teacher, that's why. And so he continued.

Professor: We will not have a class so there's no need for you to come here. I will ask the checker the names of those who will come and I will mark them absent.

-Fajayo

SELF-SERVICE

Isang estudyante ang nagpunta sa isang clinic sa building 3. Masakit na masakit anng ulo niya at parang gusto niya nang mahiga. Nilapitan niya ang naka-assign na nurse noon na kumakain ng chocolate.

"Mainit ho ba 'ko?" tanong ng estudyante

Hinawakan ng nurse ang leeg ng estudyante."Hindi", sabay baling sa kinakain na chocolate.

Nahiga na ang estudyante sa kama.

"May gamot ho ba kayo?"

"Mayroon pero para sa suka lang."

Nabigyan na ng gamot ang estudyante. Nakakita siya ng isang basong tubig sa may lababo. Bumangon ang estudyante, sa kabila ng sakit ng kanyang ulo, at pumunta sa may lababo.

"Malinis ho ba'to?"

"Hugasan mo na lang"

Nahiga na uli ang estudyante. Tinanong niya ang

"Anong course ho ba ang tinapos ninyo?"

"Midwifery", sagot ng nurse

Nakatulog ang estudyante sa clinic. Mahimbing na ang kanyang pagkakatulog nang kalabitin siya ng nurse. "Miss, ala-singko na"

-Caparros

The Lighter Side?

The crowd was terribly enjoying the music created by the band performing at the stage during the Band Explosion '95. It was an awesome performance and everybody could not manage to pay attention to other things except to the band

"Pare, akala ko ba "The Lighter Side" 'to. Eh, bakit ang dilim yata.

-Fajayo

Quotable Quote

Summer. Constitution class... "Ang tawag ko ngayon sa SSC, Supreme Student Concert. Kasi, wala na silang ginawa kundi magpa-concert ng magpa-concert. Lagi namang lugi." Kung meron mang taga-Heraldo rito, kahit isulat niyo pa 'van. Totoo naman, eh," Mr. Dante Añonuevo said.

- Gatan

Ay! Plural pala

Professor: Carrots are but natural for Rabits.

Student: Sir, sir, sir...

Professor: Yes, What's your problem? Student: Sir, mali po 'yung spelling ng rabbit niyo.

Professor: Alin?

Student: Ayun sir, 'yung Rabit.

Professor: Oo nga pala, Plural kaya dapat pala doubble

- JILLE²R (contributed)



By Meditale or By Reason

by Christine S. Poblete

ON POLITICKING AND POLITICIZING

ALRIGHT. So much for Sanchez case. And we have had enough of the contemplacion issue. So what's next?

The May elections. Here we go again. Election season, where leaflets, banners, posters, slogans, debates, miting de avance are on the fad afresh. Moreover, charity works, election jingles, even abuloy sa patay and all sorts of gimmicks and pakulo popped out from pur candidates' creative and strategic minds.

Heaven knows we're just making a folly out of this frivolity. The whole political aet-up shows what the politicallyminded people are busy about: politicking more than politicizing. Candidates drawing political capital out of national grief. What on Earth!

Take a keen observance, the continuing saga of the plight of OCW's that had drawn national attention, became also the cynosure of alertness among panicky candidates. Media people are full of stories about the way politicians, especially senatorial aspirants, have been milking the contemplacion case for maximum political mileage.

For the contraposition, it has been a golden chance to attack the present govrnment for their negligence and irresponsibility. For the administation, on the other hand, it was indeed an opportunity to put on concern, weepy faces just to express maximum sympahty, thus scoring points for themselves, being "makatao", so they say.

Yet could we not get out of this enigmatic maze without being overacting? I mean, certain displays of OA should be trimmed-neatly. We can do with a lot less cry babies making a parody out of tragedy with their antics and exountenance. No need for a fake face. Bumenta na yan!

And now, amidst all these, is the change in the government the solution for every-

Is the reshuffling of political components the key to establish an ordered gov-

Is there hope for a social transformation via the May elections?

We have seen how the government officials of the past administratons worked on our problems. Yet all have seemed to only patched up the holes and provided simple palliatives to long-standing prob-

Oftentimes, we throw the blame back to our parents and other adults, whenever the elected officials have done pretty obnoxious acts in their authoritative functions. It's because we believed that they had not made the proper decision, a s voters, in selecting "the best among the

Now as youth, we can't deny that we heard a deafning call- the cry for social transformation. And as college students,

being 18 and above, we are now ourselvesd responsible for the future of this land. We are on an age where reason preceds instinct.

Personally, as an 18-year old registerd voter, i often jest, "puwede na akong suhulan" this election. At least i could add even a single vote to all my "kamaganaks" who are running for governmental posts.

Consequently, I ask myself, is this atti-

tude proper?

Yet the way I stand as onlooker to the whole political scenario, I felt innoculed with dozes of confusions.

I guess its better to recapitulate some poltical highlights form the pages of our

Early 1970's, strikes and rallies were sporadic in our country; barricades were fixed-up calling for the oust of a dictator was at first conceived to be a savior. Revolution was their means. Violence was counteracted with violence.

Nothing did really change after all. The circumstances worsen. The country couldn't carry everything anymore. Elections came on 1986. It was a chance so perceived. The man was out. Majority were triumphant. Moreso, it ushered a surgence of yet, another era- the era of hope. There were changes, indeed, but very slight. And time has uncovered the veracity that there's a must for restructuring.

Therefore again, is there hope for social

turn to page8



Vital Opinion

by francis Joseph W. Israel

Inflicting Injuries

THE OIC is adamant. The decision passed by the Discipline Board slapping a ten-day suspension on the five "Amboys" who figured in the famous Nov. 26 "rumble" was fortified by Officer-in-Charge Ambrosio Capayas. Except for the dismissal of Peter Tom Antonio and Eric Aledia, who were commuted to a oneyear suspension for "humanitarian reasons", the decision submitted by the Board

The Discipline Board, in that case, was composed of Dr. Vicente Uy, College of Business Administration secretary; Mrs. Cristina Salibay, College of Arts and Sciences secretary; Mrs. Alvin Purificacion, dean of College of Radiologic Technology; Erwin Cabungcal, student representative; and Mrs. Laura Campos, dean of Student Affairs and acting-Chairperson of the

The Board, on Dec. 19, 1994, slapped a disciplinary action of dismissal on Peter Tom Antonio and Eric Aledia; a suspension from Jan. 4, 1995 until the end of the semester on Norberto de la Cruz; a suspension for ten days on Makisig (Jay) Sevilla, Chris Espiritu, Norvin Manosca, Arvin Reyes and Herbert Telesforo.

Everyone of them was decided by the Board to have violated the provision 24.4.1.6 of the Student Handbook -- inflicting physical injuries upon another within the campus premises. As for Antonio, Eledia and de la Cruz, they were found to have violated provision 24.4.1.12 -- threatening another with infliction and/ or actually inflicting upon his person, honor or property of any act amounting to a crime or wrong inside the campus or within the immediate vicinity of the school. Further aggravating their respective sanc-

First of all, the Board have erred in submitting a decision which contained a sanction of dismissal for the two students mentioned because it is stated in provision 24.3, third paragraph, second statement, to be precise, that "...any decision imposing the penalty of dismissal or expulsion shall require the concurrence of all three members of the Board: Provided further that failure to obtain a unanimous vote shall automatically warrant the imposition of the lesser penalty or suspension for two consecutive semesters."

In this case, Dr. Uy dissented on the decision of the Board -- clearly a manifestation of lack of unanimity, therefore the Board was not right in the first place to slap a dismissal charge on Antonio and

But let's get back to where we started. Why were the Amboys suspended for ten

But there were only five of them against fifty, as it was said by the security guards who witnessed the fight. Nobody's crazy enough to "inflict" physical injuries on a colossal group of thugs. Unless they thought they (Amboys) were, collectively, the Biblical character David who struck the giant Goliath with a mere slingshot. But they did not even have a slingshot to defend themselves with, how much more to inflict physical injuries

They were beaten black and blue, dragged around by their hair and were literally manhandled. One of them got his eye swelling. They were hit by clubs. And worse, they were slapped with a ten-day suspension. Worst, it was affirmed by OIC Capayas. Is there anything more painful than that?

Oh yes, there is -- to be beaten by a mob right in front of the school you pay for while the "security" guards, whose primary function is to protect and keep the students secure and not to merely check their I.D.s, shut the gate in front of your face.

What? Don't tell me that the "security" guards were merely protecting the students within and that they are not dutybound to protect also those students who are outside the walls of this insitution. The Handbook, particularly provision 24.4.1.12, recognizes "immediate vicinity" as part of the jurisdiction of the Discipline Board, that if you commit a felony within the immediate vicinity, you are still liable. Therefore, following this line of argument, everyone is entitled for "protection," even within the immediate vicinity of the campus.

The fight started due to differences in language, in culture. It was a case of misunderstanding, which always seems to be the cause of every war. Then when everyone understood everything, the fire of pride and fear of humiliation and embarassment kept everyone from turning back from the fight.

The fight ended only to begin another one. Only this time it was against the school, the Board and the system. The five of them (Amboys) were a hundred times more bruised in their second fight than in their first -- they were punished for a crime they did not commit, nor even thought of. Worse, they were punished for defending themselves.

The Amboys did not inflict physical injuries, they deflected it. The security guards did not inflict injuries on anyone, but neither did they deflect the "inflictions." The Board did not inflict any physical injury, it inflicted a greater injury to the amboys, to the school and to the country -- deprivation of Justice, the value it's supposed to adhere to.

Official Student Publication of De La Salle - Aguinaldo



ng Filipino Staff

(PAUNAWA: Katotohanan at hindi kababalaghan, Probe Team at hindi kalokohan, Atty. Dong Puno at hindi si Oskee Salazar, ang layunin attinitingala ng kampusap-usapan. Kaya't kung may problema kahit kano man, Halina't umakyat kayo sa Heraldo, at tayo'y mag-usap para sa kampusap-usapan).

Pumutok na ang Mt. Pinatubo. At kumalat na rin ang bangis ng Kabiteñong-Batangeñong si Don Robert. At tulad din ng mga maiinit na eksenang ginawa nina Machete at Rosanna Roces, sumabog na rin ang aming pagtitiis.

Sino ba itong secutiry guard o sabihin na nating "insecurity guard" na mahilig pumapel at makialam sa lahat ng mga gawain namin dito sa Heraldo?

Sobra na talaga! Nakapag-iinit ng laman! Para maramdaman ninyo ang galit na nananalaytay sa aming mga dibdib (ang lalim 'non ha). Halina kayong lahat at ikukuwento ko sa inyo ang mga pangyayaring pumapel ang "bungal" na sekyung ito.

Tandang-tanda ko pa...

Tatlong staffer ng Heraldo ang tinatapos ang kani-kanilang article para umabot ito sa itinakdang deadline. Mga Jabongga Kids! alam n'yo bang biglang umakyat itong sikyong ito at nagtapang-tapangang tulad nina Ron Jeremy (sino siya?) na sinabing "hanggang alas singko lang puwede ninyong gamitin ang opisinang ito kapag sabado at pagkatapos noon ay wala nang extension-extension."

At mabuti na lang at sinaget siya ng mala-Tom Babauta na staffer namin dito sa Heraldo at tahasang sinabing, "Boss, excuse me, biernes lang ho ngayon at hindi sabado."

Eh, di napahiya ang lalaking pinagtaksilan ng Colgate, Pepsodent, Tawas, at asin, pero alam ninyo bang hindi pa ito nakunteto at humirit pa na "nagpapaalala lang ako".

At sinong niloko mo, kami. Excuse me! Kumbaga sa pusoy ay buta ka na, hihirit ka pa ng isa. Ang hirap naman kasi masyadong nagmamarunong para bumango ang pangalan.

Ayaw ko mang sabihin ito pero pinuno ninyo na ang salop at mali ang nakabangga ninyo. At payo ko sa iyo repakol, bumili ka na lang ng Pepsodent at ikaskas mo na lang ang gilagid mo sa pader.

Una pa lang yan, mga Jabongga kids! At heto pa ang isa...

Tandang-tanda ko pa ate Lampel...

Isa namang editor ng Heraldo ang biniktima ni Pepsodent Kid. Umakyat patungong office ang aming kasamahan para ipasa ang kanyang article sa at ipinarada nito ang kanyang sasakyan sa Admin. Bldg. at nagpaalam naman kay Pepsodent Kid na babalik ito agad at pumayag naman ito.

Ngunit pagbalik na ang aming mala-Randy West na editor ay nagulat na lamang ito na bigla na lamang itong binigyan ng ticket samantalang pumayag naman itong pumarada ang aming kasamahang ito sa Heraldo.

Strike two ka na pare ko. Ano bang gusto mong palabasin, pasalamatan ka namin at bigyan ng sangkatutak na sipilyo. Huwag

Nag-init na rin ba kayo. Hindi lang yan ha, eto pa ang isang karanasang hinding-hindi namin malilimutan.

Bumaba kaming mga taga-Heraldo para tsumibog ng aming tanghalian at habang papalayo kami sa Admin. Bldg. ay nakita naming unti-unting isinasara ng "insecurity guard" na ito ang pinto na tila baga nagmamadali para manood ng bagong movie ni Coca Nicolas.

Mabuti na lang at nakita namin ito at agad kinausap ng inyong lingkod. At mga repapipaps, narito ang ilan sa mga maiinit na eksena. Roll VTR please...

"Eh brod, bakit ninyo naman isinasara ang pinto samantalang bumaba lang kami para kumain. Atsaka nandoon pa sa office ang gamit namin dahil babalik rin kami para tapusin ang articles na ginagawa namin."

Alam ninyo ba namang bigla itong sumagot na wala raw kaming permiso.

Por Dios Por Santo! na may halong Pork Adobo at Sizzling Tocino!

Activity day noong araw na iyon at sinamantala namin ang araw na iyon para tapusin ang aming sari-sariling articles habang walang klase.

Napakasakit talaga Madame Rosa, napakasakit...

Pagkatapos nito ay sinabi niyang sasabihin niya raw muna ito sa "nakatataas" sa kanya upang itanong kung bawal nga bang gamitin ang Heraldo office noong araw na iyon.

At sa awa ng Diyos sa aming pagre-return of the Jedi ay bukas na bukas ang pinto sa Admin Bldg. na nagpapahiwatig lamang na alam ng "BOSS" niya na maaaring gamitin talaga ang Heraldo office

sundan sa pahina 7



Voloroso

NI PIERRE ROJAN E. QUEPPET

Flor's Paglisan...

THE birth of the modern epoch ushered in a pristine role for women all over the world to champion their status as a "woman" and not just as a "sex symbol" or "servicing commodity".

The emergence of Women's Day celebration is the initial gait towards achiev-

ing this transition in recognition of the role our women of today perform.

Ironically, in as much as the world would like to realize change in perception regarding the new image and status of women, we here in our nativeland could not just escape from the desolate shadows of our identity as flesh traders, entertainers, slaves, and Overseas Contract Workers who despite of being the biggest dollar revenue

earners and acclaimed as the "modern day heroes" of our time, and have endured so much suffering abroad are not given substancial credit for their heroism.

The plight of our Overseas Contract Workers are vital display that not all heroes we imitate and glorify should face death first to rekindle their heroic acts and deeds to be recognized as a "real hero". But with the way our kababayans are treated abroad notwithstanding racial discrimination, sexual harrassment, exploitation, abuse, cruelty, lowpaying jobs, loss of dignity, and perhaps homesickness after tearing themselves from their loved ones just to provide for the needs of their impoverished families, they should be elevated to pedestal just like an authentic hero for they embody courage and greatness. We should even build a monument for them to show our appreciation of what they have done.

Flor Contemplacion may not be instrumental for restoring back our democracy in the 1986 Edsa revolution. Her name may not be a s valiant compared to such legendary names as Jose Rizal, Andres Bonifacio, Gabriela Silang, Ramon Magsaysay, and Benigno "Ninoy" Aquino Jr.. As a matter of fact, she was sentenced to death for the murder of a four-year old Singaporean boy and his Filipino yaya four years ago.

As an advocate of peace, I'm certainly among those millions of Filipinos who believe in the efficacy of capital punishment, and if Contemplacion is indeed guilty as charged, then the sentence should be carry out. However, it should be preposterous for us now to plead for the stay of her execution for her agony is over.

Contemplacion's sufferings and despondency may be over after her very controversial execution. But the pain that it convey will take a lot of healing before we could finally disregard her

And what seems to disturb me most is the fact that while the entire Filipino nation is grieving from great misery and at the same time had expressed high hopes to stay the execution of their inaus-

picious
"kababayan",
our beloved
President
seem to be the
first person to
surrender the
fate of Flor to
the brutality
of the
Singaporean
government.

As a matter of fact, during the crucial moments of Flor's life, Mr. President sent a message saying "that the fate of a citizen whose case has gained national prominence and universal sympathy will leave a scar on the national consciousness. It will take

some healing to put it behind us. Nevertheless, we must get on with life, and move on the larger communmity of our neighbors, where friendship and cooperation must continue to be maintained."

Personally, I adjudge Mr. President's message as poppycock. Knowing that he is the ruler of our country, he should at least exemplify the real qualities of a good leader. But on the contrary, he was the first one to emerged as a looser by surrendering the innocence of

Contemplacion.

Flor Contemplacion's case is one of the many hidden and unsolved cases regarding the predicament of our Overseas Contract Workers. And there are still a hundred more restless souls who are suffering from the same fate Flor had bear.

The untimely and prejudiced death of Contemplacion has opened so much realization to the national awareness of the Filipino people. One is that, depending the lives and security of our Overseas Contract Workers solely to the government will not ensure the safety of our fellowmen. Now that the Ramos Administration

has committed negligence and has failed to do its part in order to save Contemplacion from execution, the entire nation has indeed loss its trust and conviction to the integrity of our President and his government to serve its people in times of need. His administration was not even brave enough to raise a voice against the harsh Singaporean government.

Before, I shared the same dream among the thousands of delirious Filipinos who were enchanted by the beauty of Singapore. So clean, methodical and efficient, a garden city by the sea with whimsical old temples and bustling business shops —a place you could even consider as an ideal place to live in.

And the way they administer their laws amazed me even more. "Bawal ang dumura", "Bawal ang hindi i-flush and inidoro", are just some of the laws that are strictly enforce in Singapore.

Not anymore. Not until the Singaporean government showed cruelty and brutality to Contemplacion's innocence. Not after they pretended to be blind and deaf to give Flor a chance to prove her innocence by presenting new concrete evidences

To pick up the empty pieces of our lives after our Kababayan's dilemma and move on the larger community of our neighbors particularly to Singapore is another asinine and stupid idea. Forgive me, Mr. President as I join hand-in-hand to the crusade of the entire Filipino people to terminate the "friendship" and the existing relations we have with Singapore. Indeed, Flor's vicious execution was a clear revelation that Singapore is not worthy and is not deserving to be the Philippines' ally.

The fight of Flor Contemplacion and the thousands of Filipino Overseas Contract Workers are not yet over.

Right after we have witness the countless concerned Filipinos who went out of their way to support Contemplacion just like a decade ago to celebrate the historic 1986 Edsa Revolution, now it can be told that this is only the beginning of our endless battle to seek for the real



RIGHT-HANDED Flor at a picnic in Singapore

essence of justice which was denied to our unfortunate Kababayan.

Flor sa iyong paglisan...ang buong sambayanan ay patuloy na sisigaw sa tunay na kahulugan ng katarungan.

Acasio...(from page 3)

Alvaran was aghast to hear in one of their meetings Acasio order all the security guards' reports to be forwarded directly to his office without changing anything in the set-up.

Alvaran informed Acasio that the security guards do make reports, but those are given to the AVP. According to Alvaran, Acasio said,"No, it should be reported to my office. You should report to me."

It was due to Acasio's alleged frequent breaking of protocol that made Alvaran conclude that Acasio "will not make a good administrator."



"Acasio was not kicked-out, he stepped down"

Leveriza added that it all started on the stealing which took place in the Kabalikat canteen. According to Leveriza, Mr. Nicart, a security officer, made a report regarding the incident in Kabalikat and gave it to Leveriza, who in turn gave it to Acasio.

"Ang ginawa, instead of tawagin niya ako, kitang-kita ko siya dinala niya ang report kay Mrs. Evelyn Doctor, sa personnel, doon marami siyang sinasabi, tapos kay Joseph Dinglasan, president of Kabalikat, tapos kay Viray," said Leveriza.

Leveriza disclosed that Acasio, later that day, gave the report to Viray with instructions to investigate the stealing which took place.

Leveriza added that in an administration council meeting, Acasio unloaded a volley of criticisms regarding Nicart's report. Acasio said that the report was "insufficient," furthermore, he scolded and embarassed Nicart in front of everybody, for almost three hours, regarding the security guards.

Nicart replied in the meeting to Acasio that,"Sir pasensya na po kayo, 'yan lang po ang report na kaya kong gawin."

"Hindi raw, kapabayaan dawng guwardiya
... basta hindi mo na halos makakain ang mga

sinabi niya," Leveriza added.
MORE INCIDENTS

Another incident which made Acasio abhor the security guards more was when he found, while jogging with his wife at 5 o'clock in the morning, three bottles of gin at the kubo.

Without proper investigation, Acasio

blamed the security guards for being lousy.

Later, according to Leveriza, it was found out that the three bottles of gin were picked-up by a personnel from the construction area, presumed to have been brought by the construction workers, to fill them up with hot water for the treatment of his back pain.

Acasio ignored the explanation.

Another incident was when a dormitoryresident gave some food to Acasio, who was not there at that time. The security guard instructed the student to just leave it in the refrigerator. After which, Acasio came and the security guard said what happened,

"Sir mayroon pong pagkain diyan."

"In front of us, you (other administrators) were present naman, hindi ninyo madedeny, galit na galit siya, siya ba'y lalasunin na, 'Bakit yoong guwardiya binayaang pumasok na lamang ang bata doon, sabi ni sir,'" Leveriza said.

Roel Malubag, the first driver of Acasio, told another incident.

"... tinawag niya ako, sabi niya (Acasio) 'Roel, halika nga dito, ... yoong kaibigan mo si Dr. Concepcion (Dr. Proceso G. Concepcion, outgoing Vice President for Academics), tatanggalin ko na dito," Malubag said. "Totoo 'yan," Malubag stressed.

Allegedly, Acasio, according to another driver, Ricardo Aclag, even went as far as telling the drivers that they were like dogs.

"Kayo pala sa transportation department ay walang utang na loob; para kayong mga aso," Acasio allegedly said, according to the drivers.

Not being able to withstand the frequent breaking of protocol, Leveriza approached Acasio thrice with organizational manuals asking him if he wants to change anything in the organizational set-up.

"Sir, ano ho ba ang gusto ninyong baguhin dito, ano 'ng gusto ninyong alisin, ito ang organizational chart, ano ho ba ang gusto ninyong tanggalin?" Leveriza asked.

According to Leveriza, Acasio simply replied "Go on, diretso 'yan; wala akong babaguhin diyan"

diyan."

Leveriza said that from all the incidents already told, Acasio obviously bypasses the

authority of other officers in the administration.

AGENCY

The housekeeping staff, for their part, said that Acasio was intending to "place all the employees of the school in an agency." Doing so would indeed lower the costs of the school regarding the expenses incurred in hiring personnels but will strip the employees of their

According to them, although Acasio consulted them and asked for their approval first, they already became scared of, suddenly, being placed in an agency

benefits like security of tenure, vacation leaves

"Ikaw ba, mapapanatag ka ba?" they said. FACTIONS

In an administration workshop, Leveriza said that there were factions among them, caused by the rift between Acasio and the administrators mentioned. In the workshop, radical changes were suggested by the "pro Acasio group."

"Alisin ang mga guwardiya sa AVP, ilagay sa EVP. Alisin ang mga drivers sa AVP, ilagay sa EVP. 'Yang CMT, tanggalin sa office ni Mrs. Campos (Laura Campos, dean of Student Affairs), ilagay sa EVP. Magkaroon ng courtesy resignation ang lahat ng administrators," the group said according to Leveriza.

There are over 160 signatories in the letter sent by the administrators dated Oct. 13, 1994 to Gonzalez, ranging from the deans to the drivers, administrators to housekeeping staffers, as well as security guards and other staff personnel.

The letter merely expressed the discontent of the signatories regarding Acasio, but it did not propose that Acasio be kicked-out.

CONFLICTING CLAIMS

In the letter sent by the administrators, it was stated that "Components of this institution have lost touch with each other due to induced atmosphere of factionalism and groups' maneuvering aimed perhaps at getting favorable attention from the EVP's office."

It further stated that DLS-A became witness to a squabble concerning the "drastic changes in the institutional policies instigated by the present Executive Vice President, Mr. Cecilio Acasio," and have fallen prey to the "totalitarian management style of Acasio.

But the accusation by several administrators that Acasio is authocratic was contradicted by the letter sent by the Faculty Association to Gonzalez

In their own letter, the Faculty Association stated that "His (Acasio) administrative style is democratic as he is seen consulting even his lowest rank subordinate if the latter is affected by his decision."

The anti Acasio camp, in their letter, supported the statement of the Faculty Association that Acasio was indeed democratic, but only on his first few days.

"At first, ideal situation occurs and the community seems to have attained the level of perfection in administrative relationship but ... the setting was artificial," the letter stated.

"The EVP came back with greater fury and is unrelenting in his provocative actuations aimed to harrass those who have spoken against his defective and totalitarian management style," it further stated.

The anti Acasio camp letter "unequivocably" declared that the signatories have lost confidence with Acasio for his apparent "weak leadership"

For their part, the Faculty Association commended Acasio for his decision-making which is "not influenced by gossips or rumors, or sown by intrigues."

The confusion sown by the management style of Acasio has indeed affected the whole academe; it has indeed divided the institution into factions. But was the "radical" management style of Acasio enough for several administrators to complain about it? The answer ,obviously, is up to you. But according to Alfredo C. Caracena, chair, Admissions and Testing Office, "The person (EVP) should know our school culture. If somebody will come here and present his own culture, he won't be accepted."

HF asked: "Does it always work that way?"
"It always works that way," said Caracena.

ing "it" in the real world. And what a great

way to start it NOW.

Kampusap...(mula sa pahina 6)

Katok mga Jabongga kids, Katok. At talga namang napakasarap bigyan ng isang mag-asawang batok ang tila sanggol na ito na hindi pa tinitubuan ng ngipin.

Kung kailan pa namang nakikita naming malaki na ang inimprove ng mga El Gwapitong sikyo natin sa eskuwela ay may isa namang sumisira at yumuyurak sa kanilang mala-Michelle Van Eimeren ang kalinisan ng hangarin.

Hindi kami nananakot. Ngunit walang magandang maidudulot ang pagiging security guard ng taong ito sa eskuwelahang ito. Hindi kami sa namemersonal ngunit sobra na ang ginagawa ng taong ito.

At kung kinakailangang kami ang gumawa ng paraan upang mapaalis ang "bungal" na ito ay hindi kami magdadalawang-isip para gawin ito. Handang-handa kami.

Nagpapaalala lang kami Mr. Forcerey. Kalabisan na ang ginagawa mo.

Mga manoy samahan ninyo naman ako at panoorin natin ang panibagong eksenang ito.

May tatlong estudyante ang nagpapa-photocopy sa A.S. Bldg. nang biglang nagkuwento ang isa na naaalala niya ang kanyang English Professor na masungit at mataray.

Ooooops. Teka muna. Sandali lang, sandali lang at may isa pa lang English Professor na nasa likuran nila ang nagtanong na:" Who's your English Professor?"

At sinagot naman ito ng estudyante na: "My English Professor in High School Miss".

Aray ko! Medyo natameme ata ang propesor na nagtanong nito. Bakit kaya?

Kung noong mga nakaraang issues ng Heraldo ay pahaging lamang ang aming patama at pikit mata naming ayaw banggitin ang mga nasabing canteens na kalimitang nairereklamo ng mga estudyante.

Puwes! Tama na ang ating pagbubulag-bulagan. Heto na ang canteen nna nararapat lamang i-elevate sa "Horror Role." Dyaraaaaaaaaaannnnnnnnnnn.....

Wala sa North,

Hindi mahanap sa South,

At lalung wala naman sa West, dahil ang paborito ninyong canteen na suki ng reklamo ay nasa East. Ang East canteen bow-wow-wow!

Dinggin pa nga natin ang ilang reklamo ng ating mga kapwa estudyante. Pakinggan natin sila, pasok Seniorita Preciosa...

Araw ng miyerkoles noon. Nag-merienda kami nina Mavee, Mocky, Trina, Yvette sa East Canteen. At tatlo sa amin ang umorder ng mais con yelo.

ginagawa na ba ang inorder naming mais con yelo ay biglang sumabat ang isang babaing nagtitinda dito at sumagot ng pataray na "walang gagawa ng mais con yelo".

Wow paman! Remalahs paman toits mga habushkal Nakalagaw

Nang malapit na kami sa counter at muli naming tanungin kung

Wow naman! Bomalabs naman toits mga babushka! Nakalagay sa list of menu nila for that day ay may mais con yelo sila pagkatapos ay idadahilan nilang walang gagawa nito. Isa pa, nagtanong kami ng mahinahon pagkatapos ay pa-antipatika nila kaming sasagutin.

At ano naman ang gusto ninyong palabasin. Kayo si Maricel Soriano sa sobrang taray.

At dahil dito'y nakasisiguro na naman akong hindi na naman aaminin ito ng mga taga-east canteen pero isa lang ang masasabi ko, hindi bulag ang mga estudyanteng nag-aaral sa eskuwelahang ito para kunsintihin ang mga anyo.

Hindi lang yan mga bata, matanda may ipin o wala, pati na rin lahat ng matrona at bakla ang ikukuwento ko sa inyo. Heto pa ang isa.

Isang kasamahan namin dito sa Heraldo ang kumain sa East canteen kasama ang kanyang mga katropang trumpo. Nang umorder sila ng kanilang kakaining binatog ay napansin nilang may dalawang langaw ang umiistambay sa binatog na merienda noong araw na iyon.

At nang mapansin ito ng kachokaran ng aming kasamahan at sabihin sa tinderang "Miss may langaw yung pagkain ninyo" ay bigla namang tinanggal ng isang babae dito ang dalawang langaw sa pamamagitan ng kutsara at biglang ibinalik muli ito sa hilera ng mga pagkain.

Susmaryosep! Isama mo pa ang malabumbay na katawan ni Mark Joseph! Langaw na toppings sa pagkain. Grabe naman talaga oo! Palaki nga ng palaki ang East Canteen pero anong klaseng serbisyo naman ang ibinibigay nila sa mga estudyante.

Alam ninyo, consistent kayo sa kampusap-usapan namin. Baka gusto ninyo naman kaming i-treat sa canteen ninyo para sa publicity na ibinibigay namin sa inyo. Ay nakalimutan ko nga pala. Salamat na lang sa pagkaing ibibigay ninyo, busog pa nga pala kami.

SANDALI LANG! Akala ko pa naman ay SBC canteen lang ang suki ng mga reklamo. Heto pala at pati ang "long canteen" ay runner-up na rin.

Subaybayan ninyo ang mga eksenang ito at baka nangyari na rin ito sa inyo mga Machete kids...

Isang estudyante ang umorder ng pinakbet sa canteen na ito at pagkakuha ng ulam na iyon ay napansin ng estudyanteng ito na may uod ang ulam.

Agad naman itong inalis ng babae ngunit ang sama nga lang patuloy pa ring inihain ang pinakbet na ito. Susmaryosep! Parang halos wala ring ipinagkaiba sa ginawa sa SBC canteen ah. Baka kapag naupong senador si Mr. Condom Flavier ay bisitahin ang inyong canteen at gulatin na lang kayo. Katok mga Flavier kids.

sundan sa pahina 8

BIM ... (from page 4)

Philippines though how minimal. The only things is, they will not come to you. You have to go out look for it. Just don't spend the rest of your life like Juan T.; waiting for the apple to fall from the tree. Be productive. Set a goal, learn how to achieve it, then ACT.

Formal schooling may have ended, but learning does not stop there. One no longer has to answer to professors, but employers. One no longer has classmates, but co-employees. And one looks forward to receiving not class cards but pay checks. Heavy responsibilities, inescapable headaches, as well as rewarding benefits are not part of a new professsional's life.

As much as it has been repeated, as trite as it may sound, bear in mind this saying: Graduation is not an end, but actually a beginning -- a begin-

ning of the rest of a college graduates' life. It marks a graduate as a matured indi-

It marks a graduate as a matured individual forced with the challenge of mak-

th the challenge of mak-

DAAN... (from page 3)

killed by the Spaniards.

It was indeed very ironic which gave the play its stunning perfromance giving their audience a feeling of aghast when they are close to having a happy ending. The setting was very coventional and inspite of the heavy drama which was seen in life of Leonor, it was made lighter through the mirthful atmosphere brought by they character of Pacita, Leonor's best friend.

It is not only the play which deserved a round of applause, but the cast of this play as well for their outrageous performance. The flow of the story has helped the characters a lot in their delivery, considering that the theme was of human interest and

the story was serious and light at the same time.

However, considering the plot and its setting during the Spanish era, it is quite ironic for a girl to invite a man to live with him. Moreover, there are slight mistakes in dialogue but because of its good delivery, it could hardly be noticed, thus allowing the character to maintain his rapport with the audience.

Indeed, Teatro La Salliana should be congratulated for the success of the two plays. Technically speaking, the lights added spice to the entire presentation, particularly to the play El Nombre de Amor wherein the lights flickered to show a stormy setting. The venue was rather small and the props were very limited but the whole production was still able to project a good image to the audience.

Daan is adapted by Joy Sy Parohinog and she was the same person who wrote El Nombre De Amor. Both plays arew directed by Richard Sy Parohinog and Ariel Dayanghirang.

Boarding House/Bed Space (P400/head)
Address: Blk. A4 Lot 14 Brgy. Sn. Simon
DBB-C, Cavite.
Contact: Mr. Modz Rosario
Theology Department

Kampusap...(mula sa pahina 7)

Katok.

Sayang na sayang naman ang ibang facilities na hindi lubusang magamit sa A.S. Building. Katulad na lamang halimbawa ng kaso sa Communication lab na tila ba nagmukhang nakatiwangwang na starlets na walang pelikula ang mga gamit dito dahil hindi kaya ng power supply ng A.S. na paganahin ito.

Ang lagay kasi ay dumidipende pa rin ang power supply ng A.S. sa Building 1. Kaya hayan at parang inabandonadang "matrona" ang mga equipments sa Communication lab.

Sa pagkakataong ito'y sino ba ang dapat nating tawagan? Si Kapitan Kidlat? Si Kapitan Basa? Si Captain Barbell o si Kapitana Lili Madrigal. (Uy! mainit yon.)

Hataw naman pala sa laki ang itinayong simbahan dito sa loob ng campus. Grabe talaga! Nakakalula sa laki. Feeling ko tuloy ay may laro ang PBA dito sa campus dahil nandito na ang Cuneta Astrodome na sinlaki ng simbahan.

Teka nga muna. Natatandaan ko pa noong freshman pa lang ako ay chapel pa lamanmg ang ibinabalak na itayo, pero pagkaroon ng dalawang taon ay parang kabuteng sumulpot ang simbahan na ito.

Hindi naman namin tinututulan ang pagtatayo ng isang simbahan dito sa eskuwelahan dahil ito'y itinuturing na tahanan ng ating Panginoon. At isa pa, makatao at maka-diyos rin naman kami.

Ngunit hindi na ba naisip ng mga "nakatataas" sa posisyon na marami pang mas dapat bigyan ng prayoridad para na rin sa kapakanan ng mga estudyante.

Hindi naman siguro sila bulag upang sabihin na wala tayo kahit na isang maliit na chapel lamang. Dahil matagal na tayong mayroon nito katabi ng Social Hall. Gusto ninyo ituro ko pa sa inyo?

Marami tuloy mga estudyante ang nagsasabing imbes na malamegamall na simbahan na lang ang itinayo ay inuna na sana ang pagkakaroon ng auditorium o kaya'y isa pang panibagong building para sa lumalaking populasyon ng La Salle_Aguinaldo.

Kayo, ano sa palagay ninyo? At sa kanilang "nakatataas", pagpalain nawa sana kayo ng Maykapal.

Sigurado akong mai-insecure si Lolit Solis sa ibabalita ko sa inyong lahat mga repakol. Alam ninyo bang kamuntik nang magkaroon ng panibagong "Take it, take it" issue sa eskuwelahang ito

Sinabi mo pa. Mismo! Wala na nga si Viveka Babajee sa bansa pero bakit parang uso na naman ang mga fiasco. At kung minsan pa nga ay bakit kailanganag pang "pagsaluhan" ang isang karangalan. Mabuti na lamang at hindi ito natuloy.

Hindi sa nagiging bias kami dahil kasapi kami sa Communicators Society, ang itinanghal na Best organization sa taong ito. Ang hirap naman kasi ay sinabihan na agad kami na ang Comsoc ang best org. bago pa man ganapin ang awarding ceremonies.

Ngunit bakit sa isang iglap ay nabagong bigla ang ihip ng hangin. Isang hanging mas masangsang pa sa "utot".

Mabuti na lang at nagkaroon kami ng isang matapang at mala-Vilma Santos na adviser na ipinaglaban ang dapat ay sa aming talaga. Ika nga nila ang kay Pedro ay kay Pedro. At ang kay Manoy ay kay Manoy.

Sana naman ay huwag nang maulit pa ang ganitong **"eskandalo"** dahil kayo rin, mahirap ang may kahati.

Alam naming hindi matatawaran ang sipag at kakayahan ng ating mga janitors kahit nga maliit lamang ang suweldong kinikita nila. Pero sana naman ay isaayos naman ng ilan sa kanila ang kanilang trabaho.

Minsan kasi ay naglalakad kami ng binansagang Vilma Santos ng Languages Dept. papuntang Admin. Bldg. sa gitna ng mainit na sikat ng araw ay bigla na lamang kaming nabasa at tila "wet look" dahil sa sprinkler.

Akalain ninyo ba namang nasa tuktok ng Grayskull (malapit sa mga canteens) nakalagay ang sprinkler na ito. Kaya naman magugulat ka na lang at sa ilang sandali ay para ka na ring naging biktima ng Bocaue Tragedy.

Ingat lang at baka makagat din kayo ng alimango tulad ng kay Rosanna Roces. Aray ko ang sakit 'non.

Kung puwede naman sana ay pakilagay sa tamang puwesto ang pandilig na ito nang wala nang napeperwisyo. Naligo naman kami noong araw na iyon at hindi naman dito nag-aaral si Cheetaeh kaya hindi na kailangang marami pa ang mabasa.

Kay rami na naman naming reklamong natatanggap tungkol sa Accounting Department.

Katulad na lamang noong nakaraang kuhanan ng mid-term permit. Aba'y akalain mo ba namang parang premiere night ng "Disclosure" ang habang pila ng estudyante at iisa lamang empleyado ang umiistima dito.

At ang masakit pa, maaga pa lang at wala pang lunchtime ay tila nawawalan na nang gana ang ibang empleyado rito na paglingkuran ang ating mga estudyanteng halos tamnan na ng ugat ang mga binti.

Isa pang inirereklamo dito ay ang tila babaeng nakakain ng "chili sardines" sa katarayan. Mabuti na lang at mayroon din isa ritong pasensiyosa at mabait kahit na maraming makukulit na estudyante.

Isa lang naman ang wish namin kahit malayo pa ang pasko, na sana naman ay 100% serbisyo publiko ang ihain ninyo sa aming mga estudyante. Paano ba 'yan, eh di magkita-kita na lang tayo sa Finals

Nagkaroon pala ng Testimonial party ang adviser ng Heraldo

ON POLITICKING...(from page 4) =

reconstruction after election?

Let's discern at the senatorial choices we have: There is this socialite who was rumored to be Prexy's "babes" but is running under the opposition banner, the Junior of a former dictator, a bearded Palaueno who lost in the '92 Presidental poll, a four-time Basketball MVP, a renegade colonel, a brainiac who deemed that she had won the Presidential election but was cheated, the little father of libreng-patak projects, and many others who are neophyte intruders into the political arena. Well, as their flashy maxims go, they come to the rescue to abrogate the "trapos" in the government.

Bravo! Ups, but take into account that being anti-trapo goes beyond personalities, despite political novices lineup, since we need to look at the "modus operandi" employed to ensure electoral victory. Yet it seem as through all parties have not radically differed from taditional political exercises. They all have pa-cute performances, maka-masang posters, thundering speeches and all sorts of pa-effect - all of which are subject to be jettisoned after election.

But then again, as to Political Science, for a party to debouch from traditonal politics, it should focus on elucidating the issue and clearly stating their solutions to the burdens besetting the society.

Although it is utterly unfair to scarcely judge the candidates by their superficial bachgrounds alone, we can't help[but to think that mosdt of the candidates were chosen primarily because of their "more than their political principles."

Amidst conflicts and entertaining campaigns, I surmise one interesting highlight of this election is the fusion of two political factions, the Lakas-Laban Coalition, which buried the animosity of the past for the sake of party unity. What a commendable act!

Truly, politics is a language by which only politicians speak and understand clearly. However, we do not want to be fooled around. It's time we get tired of those who had paid us only with lip service because for some, politics is more than just politics; it rather serves as an investment.

Perhaps history is pretty tired of repeating itself. we too, must be pooped out about the way the cycle goes. Somehow, there's got to be a way by which we could pull things together to materialize our vision of social recoup.

Political reconstruction and social change may or may not come via May

Maybe, by the time others would get to read this, election is over. Anyhow, in case if we realized that we have failed in choosing the "best among the rest," next time we should learn to choose the "worse among the worst." As in, if you can't pick a herald, better pick the least evil.

By instinct or by reason, I know, I have made myself clear.

To the HF Staff, you've all been dear to me; but I guess no is the time to leave you all behind.

Gone maybe the days of cramming and catching up with the deadlines. Indeed we've been through a lot — through

Filipino na inihanda sa kanya ng mga "nakatataas" sa kanya. Mabuti. Ehdi masaya.

Ngunit maniniwala ba kayong kaming mga alaga at itinuring na mga anak ng aming adviser ay hindi man lamang inimbita sa selebrasyong ito.

Buhay nga naman oo! Kami ang nakasama ng aming butihing adviser sa loob halos ng dalawang taon sa hirap at ginhawa sa paggawa ng dyaryo pagkatapos ay tila binalewala kami.

sundan sa pahina 9

thick and thin, through tons of work and assignments, through meetings and misunderstandings, through hunger and sleepless nights, even through gimmix and

escapo. Now, everything is over.

Guys, I may not be your usual "Boss Krix" next school year, but I know, you can handle the HF better. Maybe I wasn't just prepared then. I know too well, I know 'there are more who deserve my position. Please do exert effort to reorgan-

ize the group — the way we used to be. Anyway, Mok, Otep, Geo will take over.

Remember, you can't work things out for a common purpose, if everything is in chaos.

Sometimes, the tide is at its eff. I've been through. Now it's your turn. Take care. But I shall not totally leave you behind, for part of my heart still belongs to HF

Lot's of luck. Hold on!

School Calendar for SY 1995-1996

First Semester

May 29-June 3	Registration Period
June 5	Opening of classes
	General Orientation
June 5-9	Collegiate Orientation
June 12	Independence Day
June 17	Last day for changing of subjects
July 12-15	Preliminary Examinations
July 31	Grades due at Dean's office
August 23-26	Midterm Examinations
August 27	National Heroes Day
September 11	Midterm Grades due at the Dean's office
October 4-7	Final Examinations
October 7	End of First Semester
October 16	Final Grades due at the Registrar's office
October 17	Course card distribution
October 8-24	Semestral break

SECOND SEMESTER

October 18-24	Registration period
October 25	Opening of classes
November 1	All Saints Day
November 2	All Souls Day
November 18	Last day for changing of subjects
November 30	Bonifacio Day
December 6-9	Preliminary Examinations
ec. 17 - Jan. 2, '96	Christmas break
January 3	Grades due at the Dean's office
	Classes resume
January 24-27	LaSallian Week
Jan. 31 - Feb. 3	Midterm Examinations
February 19	Grades due at the Dean's office
February 25	People's Day
March 4-6	Final Examinations for graduating students
March 13	Final grades of Graduating students due at the
	Registrar's office
March 13-16	Final Examinations for Non-graduating students
March 25	Final grades of Non-graduating students due at
	the Registrar's office
March 26	Course card distribution for Non-graduating
	students
March 28	Graduation Day - Health Related Courses
March 29	Graduation Day - Non-Health Related Courses
March 27-30	Registration for Summer classes
April 1-3	Faculty Recollection
April 4	Holy Thursday
April 5	Good Friday
April 8	Summer classes begin
April 9	Araw ng Kagitingan
April 25-26	Midterm Examinations
May 1	Labor Day
May 16-17	Final Examinations
May 24	Final grades due at the Registrar's office
May 27	Course card distribution
THE RESIDENCE OF THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER.	The state of the s

Cherrylyn C. Caparros

(Literary Editor, Heraldo Filipino/Palad)
of Bacoor, Cavite
Returned to her Creator on June 17, 1995
at the age of 18
Let us all pray for the eternal repose of her soul

Ours temporarily, His forever

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 inimbita? 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

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 nakapagtatakang isipin na nawala lang ang aming adviser dito sa Heraldo ay bakit kailangan pang may ibang taong manghimasok 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 silasa "Horror Roll" ay natutuwa kaming ibalita na kahit sa isang banda ay maaasahan rin naman pala sila.

Ginanap sa East Canteen ang Farewell Party ng aming pinakamamahal 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 napakasagwang 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 Agen 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 pressence 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 - Aguinaldo, 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

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 ecurity 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 harddisks be lost than the life of a human being be put in danger? For a stolen harddisks may be repaired but the lost of a life may never be replaced. For a stolen harddisks 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

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 harddisks and that I should have offered my life for the two harddisks, then I ask all the kind and forgiving hearts of the whole Christian community of De La Salle University - Aguinaldo 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 Pharasees 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.

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 ommission 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:

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 - Aguinaldo 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 SUSPEND-ED 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

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 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 occured then? A manner of personal transaction? * * *

What is the basis of the decision? Dr. Capayas withdrawed 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 harddisks 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 Health



A resince Third Vacain Inhard the

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 adolecence---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 folicles become clogged, bacteria on the skin surface can mix with excess oil and cause acne bumps and blemishes.

FACTORS THAT CONTRIB-UTE TO ACNE INCLUDE:

*Changes in hormone levels preceeding a woman's menstrual period or during pregnan-

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

*Emotional stress

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

THE SCIENCE EDITOR

January 31, 1995

Dear Science Editor,

*Nutritional supplements containing io-

*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 treat-

Sincerely yours,

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 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 runing in the families. More often than not an illness cannot be traced to a particular gene passed from generation to generation. However it is posssible 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 disposition, this may be sufficient to start the illness in you. Illnesses that tend to run in the family are: cancer, diabetes, cor-

Sincerely Yours, Scared

onary heart disease, ulcer, arthritis, allergies, emphysemia, kidney disease and ep-

you know that you have one of this disease running in your family, you should take extra a 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 scarred 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

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 illiminated. The elimination of cigarette smoking, for example, will prevent most cases of lung cancer. Scientist also believe that some people may enherit a tendency to develop cancer.

Without proper treatment, most kinds of cancer are fatal. In the past, the methods of 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 treatment gave patients little hope for or still a long way off but the protein that interfers 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.

NEW OBESE GENE FOUND IN MICE

by Nadine Marie M. Miller

OVERWEIGHT mice have helped scientists identify a gene responsible for obesity at the Rockfeller-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 pharmaceutal 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 componenet 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.

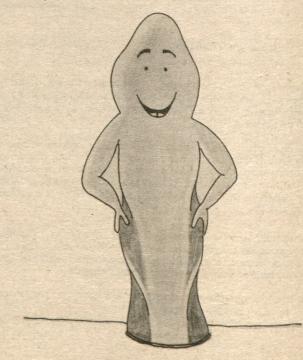
After all, if their research is proven, then finally there will be a cure for obesity since it is the most common nutritionl disorder predominantly existing in western countries.

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 emarassing associations.



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 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,

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 halfhour 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 consciuosly 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, guiltridden 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.

sive. Long sleepers on the

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 professional incompetent who lacked loss of control, and the like 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,

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

personality, style, and ability to 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 othperson 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 par-

> 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

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 definitly 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 besided 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 bet-

ter take certain precautions to save your health. You could try wearing ear plugs for a change.

Source: Manila Bulletin, December 5,



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 Ange-

The technique was 90% accurate in identifying breast can-

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

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

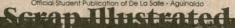
done to evaluate breast lumps. The researcher said the equiptment needed is already virtually every hospital's Radiology Department. Dr. Steven M. Larson, chief

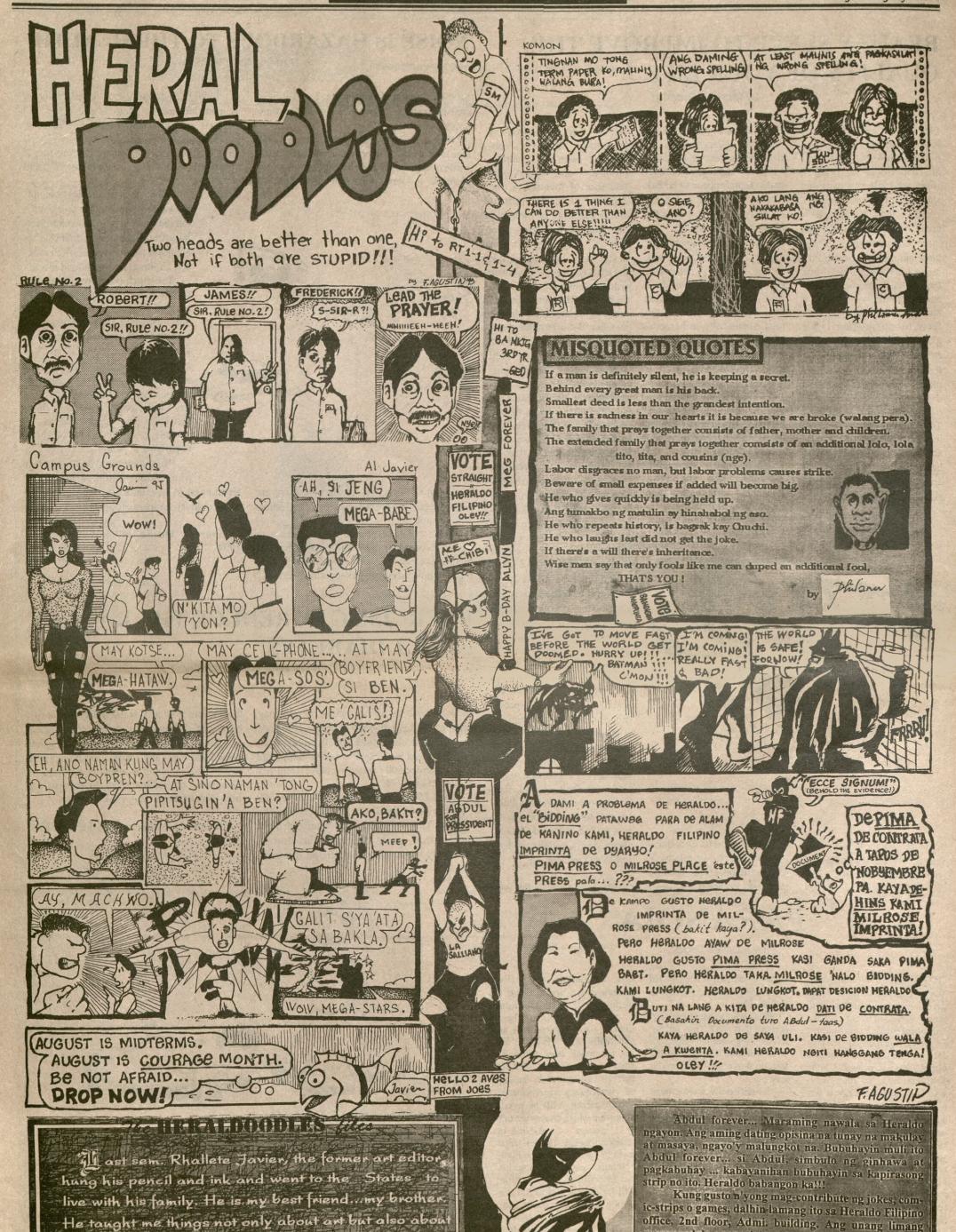
half of the biopsies, which are

of nuclear medicine in the Radiology Department at Memorial Sloan-Ketting Cancer Institute in New York City, said the technique holds promise, but its place in Medicine is still to be deter-

Source: Manila Bulletin, De-

cember 5, 1994





times J cry. J 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!

life. J drink a lot of coffee. J play the guitar. Some-

office, 2nd floor, Admi. building. Ang unang limang magpapadala ay magiging una sa listahan ng nagpadala

(sabi ni Fred)



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 forgeting 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

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 pos-

sible 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 forbading 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!

Agen 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

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

I question the decision of our OIC. With this turn of events, I was opt 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 mannner 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 condonement, 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 unfound-

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, Heraldo 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 Heraldo Filipino, it doesn't follow that we will be barred of putting him in the situation. Nobody should be above our considered governing

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 Heraldo 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

DLS-A ... (from page 14)

DLS-A's PRISSAA medalists are as follows: Football: Gold medals

1. Agbon, Dean

. Bandoy, Don . Cabinte, Raymond

4. Custodio, Joselito

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

Canillo, Jocelberth

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 Events: High Jump - Gold

Medal Felismino, Edwin

Events: 3,000 meter - Gold

Medal Canama, Cecil Events: 1,500 meter - Bronze

Canama, Cecil Events: Javelin Throw-Bronze Medal

Nardo, Rechelle Events: 100 meter Low Hurdles - Bronze Medal Nardo, Rechelle

Coach: Mr. Romeo Cabrito Men's Swimming - 12 Silvers and 8 Bronze medals Events: 200-mindividual med-Events: 200-m Butterfly -Bronze medal

Naval, Oliver

Silver medal

1. Himor, Vernon

3. Rodriguez, Joshua

Events: 100-m Backstoke -

Events: 4 x 50 Freestyle relay -

Events: 200-m Backstroke -

Events: 4 x 100 Medley relay -

2. Pozas, Elmer

4. Sy, Jonathan

Bronze medal

Silver medal

1. Pozas, Elmer

Bronze medal

Bronze Medal

1. Caturan, Arvin

3. Naval, Oliver

4. Viyar, Nigel

- Silver medal

2. Dimafelis, Ryan

1. Himor, Vernon

1. Himor, Vernon

3. Rocillo, Marvin

4. Sy, Jonathan

ver medal

Gold medal

1: Laza, Abigail

2. Laza, Abigail

Bronze medal

1. Matro, Mylene

3. Villacarillo, Maki

4. Garcia, Nonette

2. Rodriguez, Joshua

Events: 100-m Butterfly

Events: 4 x 100 Freestyle relay

Coach: Mrs. Sonia Atienza

Women's Swimming: 18

Golds, 6 Silvers and 2 Bronze

Events: 400-m freestyle = Sil-

Events: 4 x 20 medley relay =

Sta. Cruz, Gabrielle Ann

Events: 200-m freestyle =

Events: 100-m backstroke =

1. Laza, Abigail - Gold medal

2. Garcia, Nonette - Silver

1. Sy, Jonathan

Caturan, Arvin

4. Patawaran, Phillip

3. Rocillo, Marvin

1. *Sy, Jonathan

1. Sta, Cruz Abigail Ann - Silver medal Events: 4 x 50 Medley Relay -

2. Laza, Abigail - Bronze med-

Events: 4 x 50-m freestyle relay = Gold medals

1. Geronimo, Chermaine

2. Balite, Magnolia

3. Villacarillo, Maki

4. Matro, Mylene

Events: 100-m freestyle = Sil-

ver 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

relay = Gold medals

1. Geronimo, Charmaine

2. Balite, Magnolia 3. Matro, Mylene

4. Usis, Katherine

Coach: Leslie Masangkay

Taekwondo: 2 golds, 1 silver and 2 bronzes Event: Lightweight division = Gold medal Garcia-Ascue, Fe Lara Deorella

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





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 encountered 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 overun 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 lossed the final minutes of the game.

DLS-A places third in Regional PRISSAA

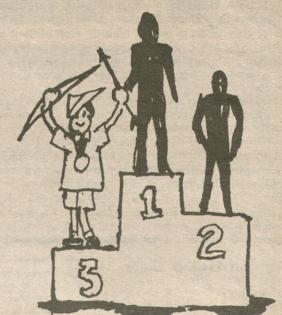
by Johnny W. Israel

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 are'nt 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 Taewkwondo, 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 PRISSA 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.