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vita
estilo

DLSU-D awaits first Summa Cum Laude

JENNIFER S. GALIT

FOR THE PAST ELEVEN YEARS AS A La Sallian institution, De La Salle University-Dasmariñas has had thirteen Magna Cum Laudes, fifty-nine Cum Laudes, and ninety-seven Honorable Mentions. DLSU-D, the youngest among the members of the De La Salle University System, has yet to meet its first Summa Cum Laude.

Each graduating batch has its

list of honor students recommended by the Honors and Awards Committee which is chaired by the University Registrar. So far, batch 1997 has the most number of honor students with twenty-two Honorable Mentions, twenty Cum Laudes, and 4 Magna Cum Laudes.

The Student Handbook requires a grade point average of 3.69-4.00 for Summa Cum Laude;

3.38-3.68 for Magna Cum Laude; 3.07-3.37 for Cum Laude; and, 3.00-3.06 for Honorable Mention. These required GPAs are subject to change since the grading system has been revised this school year.

Students who get a grade below 2.5 in any subject, whether academic or not, are disqualified from graduating with honors. Physical Education and Theology subjects

are included in the computation of the GPA while CMT, YES, and Guidance subjects do not count.

A student who commits any major offense is also disqualified. For a transferee to graduate with honors, he/she must take up seventy-four percent of his subjects at the University.

Summa Cum... p13

USC president quits

FRANCES L. DEMISANA

AFTER THREE ATTEMPTS, USC President George Geem Siton finally resigned on August 26 as he felt tired of the growing uncooperativeness within the council.

"Before we [USC officers] go into big projects, *kailangan maging solid muna kami*," Siton commented as he expressed disappointment over some of his colleagues' performance. He declared that except for Secretary Karen Santos and Business Manager Alex Capati, the USC Officers have been neglecting their duties.

"*Nagpupunta sila dito pero ang trabaho itinatambak*," he complained.

Hoping to solve the rising conflict among them, he conducted several open fora and expressed his expectations of them. "*Ilang beses na akong pumupukpok ng tao* [USC officers] *para magtrabaho, pero wala talaga*," he added.

"I can't stand seeing them give mediocre service to the students," Siton lamented.

However, the former USC President expects some positive results from his resignation. He hopes that the officers of USC and collegiate councils will learn to evaluate their performance. "I think I've done enough...it's their [USC collegiate council officers] turn to do their job."

As if expecting ridicule from students because of his resignation, Siton proclaimed, "I will not kill myself...I will not destroy my life just

to have a good name."

Now that he would not be serving the students anymore, Siton advises the council officers to perform their duties well. As what he wrote in his resignation letter, "Therefore, I leave you with the obvious solution to the problem. I implore you all to act for the students are waiting."

Meanwhile, he believes that passivity among DLSU-D students results in passivity among college councils. He stresses that students must create the need, and that they have to compel the council officers to respond to that need so that they (officers) will be pushed to act accordingly.

New president

Dean of Students Felicitacion Antonio expressed her disappointment over Siton's resignation. "Being the president, I expect so much from him," she commented. She added that she was expecting Siton to perform, and was frustrated when he resigned in the middle of the semester.

When asked about her reaction to Siton's complaint against his co-officers, she answered, "I have not always been with all the [USC] officers...so maybe we should just take what he says in the resignation letter."

Article 5, section 8 of the USC Constitution provides that "any permanent vacancy in the office of the president shall be filled by the Vice-President." This makes incumbent USC Vice-President John Napoleon



GIL A. DEL ROSARIO

THE DREAMER

Caught in the classical Thinker's pose, to what extent will the present national economic crisis affect this lad's future?

Cuenca the new president. This disturbs the present set up since the officers will have to move from one position to another. Dean Antonio will be having a meeting with the USC officers and college council presidents on September 9 to discuss the vacated positions in the USC. ■

Police, citizens bond against drug menace

FRANCES L. DEMISANA

"ANG PULIS KASI NGAYON, PAG nag-implement ng batas, parang nakatali ang isang kamay," complains newly appointed Dasmariñas Chief of Police Danilo Pelisco as he enumerated politics, media, and the law itself as the main factors which hinder the policemen in effectively solving drug problems and other crimes.

With regards to preventing drug addiction, Pelisco criticizes some politicians. "Pag ang nahuli namin ay may kakilala palang pulitiko, tapos nagreklamo, patay na kami [police]," he stated. He adds that media's exaggerated reports foil anti-drug operations. He also believes that even the law itself obstructs justice. The law, he says, "is too procedural", and this halts them in quickly accomplishing their job. Pelisco cites as an example, the process of securing a warrant of arrest. Too many requirements have to be submitted

to the court before the warrant is released. "May instances na may spy na drug pushers sa court. Kaya bago kami mag-search, nag-leak na 'yon [planned operation]," he revealed.

Oplan BANAT

In cooperation with the Philippine National Police, Pelisco organized the **Operation Plan Barangay Against Narcotics Abusers and Traffickers** (OPLAN BANAT) to minimize drug addiction in Dasmariñas. OPLAN BANAT, which tends to set coordination between the police and the Barangays in Dasma, prioritizes Barangay Salitran I in the first quarter of the year. A list of 25 drug users and pushers in the said area has been submitted to Dasmariñas Police, and Pelisco was quick to notice that "yung listahan namin nadagdagang pa!"

Initially, those under

Police... p2

A small tale of big hearts

CELESTE ROSE M. MONDERIN

FOR MOST STUDENTS THE daily journey from one class to another is one exhausting and endless walkathon. For some, liters of fuel have to be consumed just to get around this 27 hectare university more conveniently.

But freshman Jovito Barro views and does things differently.

Travelling the distance

Barro's left leg is smaller than the other, making it impossible for him to walk. When he was only eight months old, he met an accident, the consequences of which were aggravated by the ministrations of a faith healer.

He hires a tricycle to drive him all the way from his house to the Mariano Trias Hall building of the College of Technology, and to fetch him at the end of the

day. Once inside the building he literally rolls his way into his classroom or to the tool room for his duty, as a Student Scholarship Assistance scholar. Being the eldest among nine siblings supported by a father who works as a construction worker, Barro believes that finishing a two-year course at De La Salle will realize his dreams of up-

A small tale... p3

CAMPUS WATCH

MARISSA K. MADRAZO

FOR THE FIRST TIME IN DLSU-D history, the Council of Student Organizations will hold a 5Km run and a 3Km walkathon, bright and early on Friday, September 25th. To join just pay one hundred pesos and give three canned goods. All remaining proceeds will be donated to the LCDC for their outreach programs, which will help fisherfolk and disaster stricken areas in the Philippines. The Freedom Run with its three divisions of men, women, and master's (for faculty and employees) is open to everyone! Registration is ongoing, up 'til 4pm, Friday, Sept. 18th at the CSO office.

CONSULT THE JUNIOR Marketing Association for the scoop on September's Seminar on the Art of Selling. JMA just bagged the first and third places of the Packaging ang Jingle Constests, respectively, of the Federation of Junior Marketing Association-sponsored National Marketing Week held in SM Megamall.

JUDO CLUB MEMBERS GET tossed and turned as they prepare for any upcoming tournaments, such as the National Judo Competition. JC president Vernon Carag, as do all the members, loves body conditioning and warm-ups. "Nag co-concentrate kami sa throwing and grappling." If this is your kind of work-out, then be prepared to hit the floor!

EXPRESS YOURSELF FOR THE artists out there, book September and October, for Gasa Society's tantalizing plans which will enhance those deep-down talents in you. Gasa's publication will be put out hopefully this month, which promises to boost creativity and writing skills. Get animated with their Animation Workshop. And last but not least, come on out after dark for the Poetry Night, coming October.

MMM, MMM, GOOD! LET'S indulge in the tastebud-teasers that HRM Society will be dishing out or rather, parading about, this September...with the exciting Chefs on Parade. And if that doesn't fill you up, wait 'til the last week of October for HRMS' outreach programs.

COMPUTER NERDS, NOT! How many megabytes do MACRO members have in their brains? Find out during their Computer Quiz Bee this September. For more mind challenges, MACRO will hold their Mid-Year Workshop this October 23-24th. Both activities will be held at either the Social Hall or MAH.

LISTEN UP! AS GUEST SPEAKER Laura Sanchez-Acuzar, CPA comes to DLSU-D for a symposium, sponsored by the Junior Philippine Institute of Accountants (JPIA). Social Hall will be the sight of this September 19th occasion where the topic of discussion is how CPA's Respond to Emerging Trends. Afterwards, JPIA members can look forward to the RCJPIA convention in October.

MATH MANIA GET READY FOR some mind boggling numbers, students taking algebra or trigonometry. Test your skills at Math Society's Quiz Bee. Eliminations will be on Sept. 9th (12-2 at MAH). The Final Round will be on Sept. 11th (1-4 at the Social Hall).

BMS BOMB HAS HIT LA SALLE with its very successful symposium on August 27, entitled "Ganyan Kami Noon, Ganito Kami Ngayon". Alumni guest speakers, such as Meileen Somuelo and Ma. Rosario Tenorio were role models as to career opportunities after graduation.

PSYCHO-CAKE, OH? Freudian Society has a crazy idea of giving cakes away! Want some? The "Cake Raffle" will be out of the oven after midterms. Tickets cost P2 each.

Internet service back in campus

FRANCES L. DEMISANA

DLSU-D ONCE AGAIN HAS THE world at the tips of its fingers as Internet invades most of the departments and buildings in the university.

Through DLSU-Manila, La Salle-Dasma had been connected to the Internet, but this linkage between the two universities deprived Dasma of a direct link to PHnet which is the primary Internet Service Provider. Problem arised when MERALCO continuously complained because "yung signal natin

nakaka-intercept do'n sa relay station nila," Information System and Internet Coordinator Benedict Eloja explained.

Eloja also stated that if DLSU-D continues to hook with DLSU-Manila, it will take five years before the Internet becomes operational again. This prompted his Committee to decide to contract the services of Icalitrac Corporation [Itrac], an ISP franchiser of MOZCOM which is a commercial Internet Service Provider in the Philippines. Eloja claimed that the deal with Itrac enabled them to save

costs and avail of a better Internet service because of the direct line to Itrac. "The shorter the jump points, the faster the access line," he commented.

At present, Internet access is available at the Aklatang Emilio Aguinaldo, the Executive House, the Gregoria Montoya Hall offices and the faculty rooms at Emilio Regio de Dios Hall and Julian Felipe Hall. At present, students can use the Internet only at the library. Eloja explains that the full implementation of the Internet project is in the second

semester of this academic year, and by that time, Internet will be accessible in computer laboratories as well.

Website

The University's connection to the Internet gives rise to the need for a DLSU-D website. Eloja announced that Elvin Chan and Shayene Billedo, Computer Science graduating students, are presently working on separate projects which will suffice as proposals for DLSU-D's official webpage. ■

Police, citizens against drugs...from pl

surveillance are summoned to the station and informed of the dangers of using and pushing drugs, and of the legal punishments for their drug activities. In case the suspects refuse to cooperate, the police performs buy-bust and search warrant operations.

In July only, the Dasmariñas police force accomplished 16 anti-drug operations, leading to the arrest of 31 drug users and pushers. However, even though cases have been filed against these violators, Pelisco fears that it would probably take years before they can be fully prosecuted. He is frustrated by the sluggish action of the local courts and even claimed that "siguro, out of 100 na nahuli, wala pang 10 (are convicted)."

Punishment

Republic Act No. 7659 (Amendment to Dangerous Drugs Act) provides that "administration, delivery, distribution, and transportation of prohibited drugs result in a penalty of *reclusion perpetua* to death and a fine ranging from five

hundred thousand pesos to ten million pesos". Same punishment is given to anyone who is in possession or use of prohibited drugs. However, the weight of the punishment depends upon the quantity of the confiscated drugs.

Other concerns

Dasmariñas Mayor Elpidio Barzaga revealed to HF that aside from the drug addiction problem, his administration is also trying to staveoff illegal gambling and alleviate the worsening traffic situation in the municipality.

Last July 30, twenty video *karera* machines were confiscated and destroyed. This was made possible through the joint operation of the Dasmariñas Police Station and the Mayor's Action Team. Pelisco sadly commented that, "*Hindi lang kabataan ang naloloko, pati matatanda!*"

As regards of the heavy traffic situation, Pelisco recognizes the need for huge funds for the re-engineering of the roads and pavements. ■



CHIEF PELISCO AT WORK

It is everybody's business to shatter the drug (inset) menace.

LLOYD ATO & GIL DEL ROSARIO

Student returns from Utah conference

NURSING SENIOR KATHERINE del Valle trailblazed for DLSU-D's first participation in the annual Operation Smile Youth Conference at Salt Lake City, Utah, USA on July 29-August 7.

The conference had 350 participants from around the world with Del Valle as one of the two delegates from the Philippines.

Last year's Operation Smile conducted DEL VALLE missions at Jose P. Rizal Memorial Research Center, which is one of the DLSU-D's on-the-job training sites for nursing students.

According to College of Nurs-

ing and Midwifery Dean Naomi de Aro, Del Valle was selected by the CNM Student Council officers and adviser. The school shouldered half the price of her plane ticket.



DEL VALLE

The ten-day conference tackled team-building, funding and awareness for the needs of cleft lip and cleft palate patients. Smile Operations, the conference initiator, is a non-profit, worldwide organization that gives free operation, care and medication to cleft lip/palate patients.

An echo-seminar is being planned for the DLSU-D community in the semestral break. ■

Ricky Lee et al challenge student script writers

THERESA J. CAMET

CELEBRITY SCRIPT WRITER RICKY Lee challenged the student script writers as he spoke at a three-day scriptwriting workshop sponsored by the AB Communications Program on August 21-23 at the Gregoria Montoya Hall. The other writers who came were Rahyan Carlos, Jun Lana, Henry Quintain, Jojo Nones, Raymond Lee, Ned Trespeses, and directors Luciano Carlos and Joyce Banal.

The seminar was attended by fifty-five AB Communication students from DLSU-D. Writing and role playing was probed into and a major portion of the seminar was alloted for brainstorming, exchanging and revising scripts. The speakers participated in all of the activities to guide the students and help them improve their outputs.

The participants were taught how to produce a credible script and learn the important details in scripting storylines and sequence treatment.

The local movie industry as seen by the guest speakers is suffering from the stigma that local movies are not at par with their international counterparts. Lee, however, was quick to defend the local talents.

"Nadadala lang tayo ng husay, hindi ng laman. Parang junk food na nakabalot sa magandang wrapper sa labas, pero pag binuksan mo yung loob, wala namang nutrients. Ganoon din yung mga movies na napapanood natin at isa pang factor ay ang kakulangan ng budget," Lee explained.

As the seminar ended, the speakers challenged the students to persevere and learn to accept rejection. ■



CHARLES HUANG CONFERENCE CENTER

The generosity of a man concretized in Batulao, Batangas.

MARCO H. RUBI-CRUZ

September feeds student fever

STUDENTS WILL HAVE THEIR hands full come September 23-25 in celebrating the Student Affairs Week with the theme "A Decade of Student Service, A Century of Freedom."

The three-day event will start with a mass at the University chapel. The simultaneous opening of the *baratilyo* and exhibits at the Julian Felipe Hall and Gregoria Montoya Hall will follow. An ROTC demo and the Mutya 2000 Pageant are also on the boards.

Taekwondo and Karate demos will be held on the second day in

between the Fun Games at the church plaza. A symposium on "Responsible Campus Journalism" sponsored by Heraldo Filipino is scheduled in the afternoon.

On the twenty-fifth, a Freedom Run sponsored by the Council of Student Organizations will be held to raise funds for the Lasallian Community Development Center. An afternoon variety show is being pushed for by the University Student Council to spice up the event. The Performing Arts Group's PAG Treat will cap the activities. ■

With reports from Lloyd Ato



Winning class AB Comm 3-1 wows the crowd with their antics in the *Harana* competition. GIL A. DEL ROSARIO

Talents spill in *Buwan ng Wika*

FRANCES L. DEMISANA

SHOWCASES OF DIFFERENT Filipino talents heightened the spirit of the *Buwan ng Wika* festivities on campus. The theme *Wikang Filipino sa Ika-Dalawampung Isang Siglo* aims to identify the need to use Filipino in academic subjects like Science, Mathematics and Computer. The celebration lasted for a month in compliance with Presidential Proclamation No. 1041.

The affair's highlights included various programs coordinated by the Filipino faculty of the Languages Department. *Parada ng Kasuotan at Tauhan sa Nobelang Filipino* awed spectators as the participants wore grandiose costumes. Marketing 3-1 students donning the Adarna costume won first place.

The *Lutong Pinoy* contest, spearheaded by Hotel and Restaurant Management students, featured the Filipinos' penchant for food. The jurors had their tastebuds tickled and declared HRM 2-2, 2-1 and 1-2 as winners. "Unity and class participation," Accountancy 2-1 President Alleli Vicedo said was the formula for their first place finish in the *Sabayang Pagbigkas* Contest.

Other winners are Ris Arboladura and Glenn Gilongos, champions in the *Talas-Isipan*; AB Psych 1-4, *Sayawan sa Nayon*; Maria Theresa Go, *Awit-Kamukha*; and AB Comm 1-3, *Harana*.

The month-long event was capped by the selection of the *Ginoong La Salle*, a 'pageant' which featured what the organizers believed were the brightest young men of DLSU-D. Political Science

student Flynn Joseph Felix emerged the best among the twenty contestants. III

(See related story on p. 11, *G. La Salle '98*).

ROTC NOTICE

To all ROTC cadets who were not able to get their GOA Blue uniforms and patches last year, please claim them at the ROTC office anytime daily. If these uniforms are not claimed at the end of the semester, we will dispose of them next semester.

DANTE ANONUEVO
MTS COORDINATOR

Off-campus activities OK'd

LISETTE R. RICAFRENTE

STUDENTS CAN NOW CONDUCT off-campus activities after the administration approved of the idea through the insistence of former University Student Council President George Siton III; guidelines will be released on September 16 by the Academic Council.

As earlier promised, construction of the covered walk from Palaruang La Salle to Gregoria Montoya Hall is now on-going with a P105,000 budget. Among other approved projects are the installation of collegiate speakerphones on each building; possible visit of the cast of *Sobrang Okay Pare* from Channel 7 on the Student Affairs Week; planned Passage concert on Oct. 15 and printing of the new USC Constitution and Student Charter after its ratification.

In line with the printing of the Student Charter and USC Constitution, the July 21-23 plebiscite failed to gather at least half of students' affirmation thus delaying the ratification.

The Election Code of the USC was revised August 22-23 in an assembly held at Charles Huang Conference Center, Batulao, Batangas. The Executive and Legislative Body of the USC voted unanimously to amend the form of college student council election from popular form to parliamentary. All the collegiate student councils were represented in the caucus except for the College of Law Enforcement and Public Safety. III

University project updates

JAYSON M. RELEVO

DLSU-D CONTINUES TO IMPROVE the campus facilities through its five-year Development Plan. According to Physical Facilities Director Engineer Mario Medina, the plan's timeframe starts in 1997 and ends in 2002.

On going projects

- Track Oval and Football Field
- Comfort Rooms construction on MAH and OSH
- Perimeter Fence-East Campus
- Covered Sidewalk-Oval Road
- Internet Telephone System-Sports Complex
- Library Expansion-(to start in October 1998)
- Museum Construction
- Chapel improvement
- Palaruang La Salle flooring

Projected Plans

School Year 1999-2000

- Land purchase - Gate 3
- Perimeter Fence- Integrated Farm
- Parking Lot- PCH Building

LCDC to level down school waste

THERESA J. CAMET

SINCE SEPTEMBER IS ENVIRONMENT Month, a Campus Waste Analysis Survey was conducted by the Youth Educational Services Program with seven hundred students and twenty-three staff in DLSU-D serving as the respondents. (see Table for results).

"We need the students' cooperation. We hope that the students can learn to put their waste into the trash cans," appealed Lasallian Community Development Center (LCDC) Director Dr. Rosalina Dulog.

On the other hand, Executive Director for Administrative Services Alfredo Caracena complains of the students' attitude toward the school

facilities. "*Hindi ko maintindihan. Bakit sinisira ng mga estudyante ang mga facilities. Kahit bagong paint ang mga wall, susulatan, iya-vandal, pati toilet bowl sinisira. I hope the students can learn to value and respect the school properties instead of vandalizing them.*"

The University is pulling all efforts to solve the school's environmental problems and everyone is asked to cooperate.

Prior to the program, various consultations were held in the institution to discuss the attitude of students and faculty members towards the environment. Representatives from the different departments shared opinions and strategies in solving environmental problems on campus. III

A small tale of big hearts...from p1



TOUCHING HEARTS

Barro waves and smiles together with his new friend who prefers that her identity remain blurred in the background.

grading his family's standard of living and pursuing a teaching career after he graduates.

"Mahirap, tingin ng iba parang basura... nilalayo ang sarili para maiwasan makarinig ng comments," was his curt reply when asked how it felt to be different. Despite the odds, he considers his handicap as a challenge. He overcomes the feeling of inadequacy in terms of making friends and fitting in. Barro humorously says

that the greatest challenge for him is "*kung paano tumayo sa sariling wheelchair*".

The Turning Point

Going to school to attain your dreams is a big challenge for everyone, much more for Jovito who depended on a three-year-old wheelchair, described by our young man as "*pangjunk na at tabingi ang gulong*". His new wheelchair—the fourth one—was

given to him by a Lasallian student who requested anonymity. The new "BMW", as he likes to call it, did change his life. That act of generosity altered his way of going through life's journey, and he remarks, "*Nakakalaki ng puso, mas convenient na ngayong gumalaw hindi na limitado*".

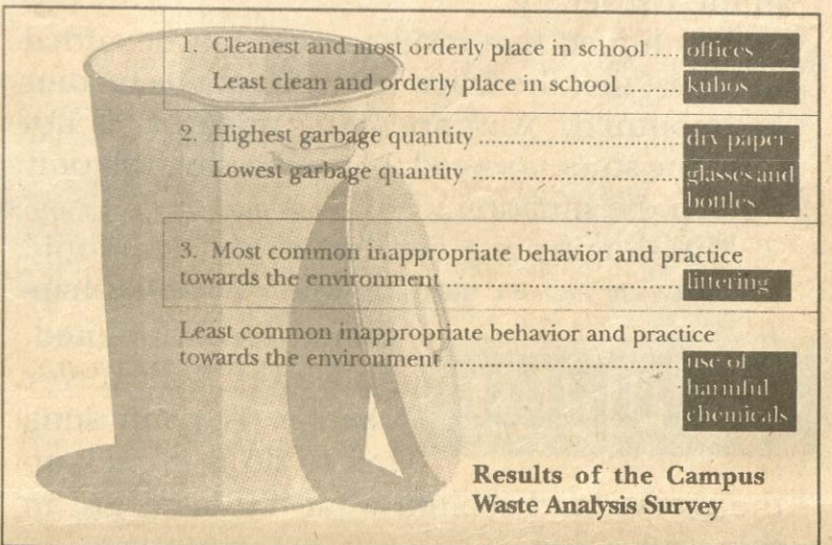
Jovito started going to school at the age of 11. His parents carried him until he reached the third grade. When he got to the fourth grade, Jovito made himself a trolley.

In his sixth grade, his grade four teacher presented him his first wheel chair.

Message of Gratitude

Barro wishes to thank his college

dean, Engr. Marluna Urubio who initiated the search for his new wheelchair through the help of the Lasallian Community Development Center. And to his wheelchair donor who prefers not to let her left hand know what her right hand is doing, he says, "*Sana maging mas close pa sila ng father niya. Galingan niya sa pag-aaral, para pag nakatapos siya ng pag-aaral ay mas marami pa siyang matulungan*". III



Results of the Campus Waste Analysis Survey

Campus is Dengue-free

"DON'T STAY IN PLACES WITH breeding grounds for mosquitos," DLSU-D Nurse Arlene Dimaranan advised the community as Dengue continues to strike the country. Dengue is an infectious tropical disease transmitted by the *aedes aegypti* mosquito. Symptoms of the disease include severe joint and back pains, followed by fever and appearance of rashes. Dengue if not treated immediately is fatal.

Fortunately for DLSU-D, no case of Dengue has been reported to the school clinic so far. Classrooms are sprayed with pesticides every two weeks to prevent mosquitoes from breeding. On campus, mosquitoes are most likely to breed in drainage systems, sewers, garbage piles and the lagoon. III

With reports from Lloyd Ato

Military time to be used

STARTING NEXT SEMESTER, DLSU-D will adopt the military time in disseminating class schedules. According to DLSU-D Academic Programmer Marialita Esberto, the change is necessary to avoid confusion, as schedules on the registration form do not indicate whether the classes are to be held in the morning or in the afternoon.

REGULAR TIME	MILITARY TIME
7:00 Morning	0700
8:00	0800
9:00	0900
10:00	1000
11:00	1100
12:00	1200
1:00 Afternoon	1300
2:00	1400
3:00	1500
4:00	1600
5:00	1700
6:00	1800
7:00	1900
8:00	2000

And the losers are...

Surprises are fun but this one is not. Five days before September, the University Student Council lost its head; a loss most unfortunate for the Community, more so to the student body.

From any angle, it is the USC that should be at the vanguard of things, especially when it comes in representing the students before the administration besides leading in the advocacy of relevant issues.

The resignation of George Siton as USC president, along with the possible ripple effect it might have on his co-officers, has once again put the USC leadership in a quandary. And with Siton blaming his fellow officers for the problem, the mess is yet to be disentangled.

Siton is the fourth USC head to resign in the past five years. Sad, isn't it? It seems that there is some kind of quitting epidemic that continues to plague the highest student organization in the University.

It is hoped that insults would not be added to injury, that the fallen head will not be further badmouthed. An impending word war is not what the students need; blame-passing will only worsen the situation.

Mudslinging is a dirty game and all should think twice before starting one. What has happened has happened, and that will never change. The only thing left to do is to pick up

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the pieces, and rebuild what has been lost in this costly crisis.

Did anyone win? Did anyone lose? The winners are hard to pin down but the true sufferers are definitely the ten thousand students whom the resigned leader promised to serve. Is anyone smiling?

We must not forget that in spite of all this negative moolah, there is always hope for positive change. If there is one thing that the USC needs in this scenario, it is the students' support which has long been lacking and long been wanted by all USC officers.

And should the reranked batch of USC officers be successful in uniting themselves first and the student body next, this could mean the realization of Siton's and his predecessors' dream.

The USC officers are our leaders. As they stop the games and stand up for the students, they may begin transforming this losing situation into a winning one.



Seeker



Victor Immanuel R. Cuarto

Leaders can sometimes be simply quite complex. The first and most necessary requirement for any would-be leader is to learn how to count.

The would-be leader must first need to count the costs of leadership. And the price is not low, no bargain prices here.

To all leaders and would-be leaders, Mr. J. Oswald Sanders devoted a book entitled *Spiritual Leadership* and the 13th chapter gave seven soaring prices a leader must daily pay to avoid forfeiture of position.

First is **self-sacrifice**. The strength of his appeal to his followers is greatly enforced and enhanced when they begin to see him as a uniquely lighted candle burning itself to chase the darkness away in their midst.

The extent to which the leader is willing to give away part of himself will show his sincerity in serving his constituents.

The second price to pay is **loneliness**. Time will come when the leader must be isolated from the group so he can scout the hills in-

stead. It can be very lonely at the top of the hills. There will be decisions to be made alone.

The natural gregariousness of the leader must sometimes be suspended so he can be alone with his thought and with his God.

Third is **criticism** which can be like darts laced with realities or spears tipped with malice. The first to be wounded and usually the deepest is the leader. By virtue of his seemingly extraordinary stature, he is the biggest target, thus the easiest to hit.

The fourth price to pay is **fatigue** in all aspects. Though often capable of unusual strength in times of crisis, the leader also succumbs to the natural laws that govern all creation. He also feels the screaming pain of a rest-forsaken physical body. He can show signs of aging well beyond his chronological age. If totally abused his body can also malfunction and put the semi-living leader out of commission. The wise leader must learn to rest or else he will rest in peace a bit too early of his time.

Fifth is **rejection** both by one's followers and enemies. A leader who analyzes the present and discerns the future might not always find an agreeing audience. To share one's ideas is to risk losing them. The leader must be prepared to face the backs of his people solidly defying his proposals. The strength of inner resolve will see a leader through these trying games.

The second to the last price is a twinner - **pressure and perplexity**. At times, the leader will be too

(Re) Counting the costs *

pressured to even think as clearly as one trained to think clearly should. The pressure is tripled when the leader recognizes the expectation (overexpectation) of his people - that he should be able to handle the crisis.

The last price to pay is the **cost to others**, especially family and close friends who also experience pain when one of their own puts on a pair of leader's sandals. Gatherings are missed, occasions forgotten. In due time the leader becomes a part of the bigger family he now serves as friends of old are sidelined by new acquaintances.

Each leader has a story to tell. In the theater of leadership, humor is a necessity, so that one can still smile at the "slings and arrows of outrageous fortune".

Faith in God is also vital, for when one has done everything humanly possible, then it's up to the divine ingredients to heat up the brew. For away from God, a man or a woman can do nothing of a lasting consequence.

Count and recount the costs of leadership before venturing near it. Prepare oneself before anything else for its training grounds can be unforgiving.

In the meantime, show sincere kindness to true leaders. Express it now. Encourage them. Support them. Pray for them. Thank them. Let them know that they can count on you, too. III

*This is a portion of this writer's article *Counting the Costs* printed in the September 1996 issue of HF Vol. XII No. 2, p.5.

Unsinkable Titanic

Last February, the Philippines had a feel of the "Titanic sweep." Every body was talking about *Titanic*. I was not spared by this "plague." The movie was good—the effects, the plot, the casts are all a mixture of superb recipe for the audiences.

Since the Titanic sunk, many people have spent their money, time, and even their lives just to find the exact location of its resting place. This became the quest of a man named Ballard. All his life was focused on one single goal: to find the remnants of the sunken ship. He gave up his assets, left his friends and family for that single pursuit. And after many years of toil he finally found her. All the heartaches, the sacrifices and the tears were over. His quest was over.

As we enter the first millennium, the world takes its toll in technology, knowledge and power. Everyone is engrossed in reaching their own "stars", in finding their own "Titanics". The presence of this

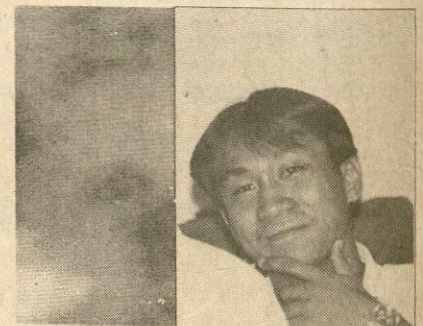
syndrome has dramatically affected the business world, the industrial market and the education system. Students are drawn by different "stars", most of which lead them nowhere.

The goal that we *need* to reach is diverted to the goal that we *want* to reach. Our quest in this journey is centered on the selfish desires *within* ourselves. Pampering this desire leads to self-destruction lest we do something about it.

If Hitler had had his way, the human race would have all been Aryans. This man did everything to reach his quest, even if he had to kill six million Jews to reach that goal. Hitler was one of the most notorious murderers who ever lived. He did not mind if his name would be tarnished forever. His quest was total world domination by the Aryan race. Nothing moved him away from his quest.

Nobody wants to be another Hitler, but everyone may adopt the tyrant's attitude in reaching for one's quest. We should be unmov-

Green Minds



Glenn A. Diga

able, always vigilant and ever sober. Like the communist cliché, "one step backward and two steps forward", we should focus our eyes forward. No distractions of any kind should hinder us from our quest.

One's quest becomes invalid if it is self-seeking, out of the circumference of the laws and remote from God's will. It should contain vast amount of prayers and dependence on God. Working alone is good, but doing a job with a partner is simply just better. Partnership with God grants us the assurance that everything will just be fine.

What is your quest? III

Heraldo Filipino

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DE LA SALLE UNIVERSITY - DASMARIÑAS

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Comments? Suggestions? Criticisms? Signed letters from students, faculty, and administrators may be addressed to the Editor in Chief.

Talking Silence



Ronald L. Laurente

Bad hearts all over

Love is sometimes compared to a "corn" when someone tells you "ang corny mo naman." My teacher delivers his own line like "ang mais mo naman". So what! I'll just add butter to my "corn" and I'm sure that I can have a delightful time eating it. Maybe then, they will agree that love is sweet. Still, there are lots of things that we need to understand.

I often come across questions that I try to deal with what little comprehension I have. "Isn't it unfair on the part of a person who was left behind by someone after years and years of being together?" Moreso when the reason is: "I'm already tired of the relationship, I can't feel it anymore. I quit." And love ill-used will be used to draw the line of separation as involved parties will just claim "wala nang pag-ibig." How can love between opposite sexes be unfair? No. No. No. Love is not unfair, it is the heart.

Now, are there still helpful hands to catch a falling heart and save the once-happy moments that faded in the darkness of emptiness and pain?

It is absurd to think that goodbyes are better than staying together because goodbyes leave a

wound that lasts for half an eternity, incurable by the transient time.

How much more if the person surrendered his total confidence hoping that it is forever, even his body. What happened to the promises? Was it a cheating agreement after all? An encouraging word of deceit? Is it love which decides or is it the heart?

Think of a husband and wife whose ten years or so ends up only in divorce. The man takes another woman or it can be the other way around. The family is left hanging in the middle of this self-centered predicament and children suffer most. There is a failure to recognize priorities. And later, they will blame love. No. No. No. It is a selfish accusation. Blame it to the impure heart.

In this case, is there another chance to build the broken home affected by termites of jealousy, egoism, selfishness and lust? To think that we can restore the original architecture of the former house is to dwell on the impossible. A shattered mirror is irreparable. Cries might console but regrets can never heal a wounded heart.

Wanted... p13

Refusing to sit on

George Geem Siton III held the highest position in what was supposed to be the most powerful student government at De La Salle University-Dasmariñas. Siton was president of the University Student Council after being voted into power last March, until he raised his hands in frustration, called it quits and filed his resignation letter on August 26.

Siton once dreamt of leading a united student government. He envisioned devoted student leaders working towards a unified goal of uplifting the students' welfare. He wished for an active student body which would strive for progressive change. Noble dreams indeed. But Siton's dream did not materialize.

Reasons

In order to continue USC's promised projects and goals, the USC, by itself, must willfully perform its duties with excellence. But Siton's resignation letter accuses his co-officers of mediocre services. It turned out that Siton thought he was working with fellow officers towards a common vision but it was only in vision.

"I can't make myself to act any further regarding the matters of USC if I'm alone," Siton declared. Perhaps Siton was alone shouting for changes in the middle of the mountains where no one answers.

According to Siton, whenever his co-officers would be asked of their priorities, they would immediately choose academics. Siton believes it should not be. "It should be the council and academics," he countered.

Siton's letter states, "I can not any more act again as the lone person who wants the council to have a good name and thus deliver the necessary services and results to the students and administrators of De La Salle University-Dasmariñas. I can not allow myself to do that again for I have failed several occasions already in the past."

Effects

The resignation may also mean disservice to the very same students who brought him to the office. It is turning away from the prophecies he made during his campaign. He must have faked each and every student. His landslide presidential victory could just be a joke waiting to be bought. And the students took it at a high price.

If all that was true, would Siton then be a clown? A member of the University Student Council circus that makes shows instead of projects and programs that the students await. The USC being the most powerful student government and the voice of the students entails a lot of responsibility and sacrifice.

Officers who boldly campaigned for such positions should have thought of the meaning of their actions. The titles that will precede their names are not just for public display or, for arrogance or additional entries for

one's resumé. It carries the heavy load of service and sacrifice; service to the student body, and sacrifice of oneself.

In an interview, Siton revealed his frustrations. Students recognize the USC only when they are aggrieved, in need and hounded with problems. But the students fail to help the council out when it is the one aggrieved, in need and hounded with problems.

It's disheartening to hear students malign efforts of the different organizations trying to sponsor different activities. The student body always seem to have so many things to do. Very few relate, join, participate and converge towards the success of a union even if the goals are directed for their benefit.

Most of the students do not even know who the student leaders are. Few know what is happening inside and outside Gregoria Montoya Hall where the USC holds office. Do most students simply do not care?

Siton's case is not a new flick. His resignation seems to follow a trend as records from the Student Affairs Office show him as the fourth USC president to resign in five years. Those shoes could really be the most difficult to fit and pair.

Verdict

Walang pahalagang student council, walang pakialam na mga mag-aaral. Kung totoo man. Ano na ang mangyayari sa ating Pamantasan?

Siton's story is certainly not a fairytale, not a dream, not a horrifying nightmare. It is a true story that tells about the ailing student council and its constituents at our University. One wonders how the students will react, if ever they will. Disgraceful small fetishes such as this is the start of a major shame. This could happen again and again, until progressive change is injected into the veins of the very same people who give blood to this institution. When will that happen? III

COMMENTARY

Bed time stories

Haplos ng ligaya ang nakatanim sa aking alaala, kasabay ang matinding damdamin na nakabaon sa di malimot na gunita. Masarap palang maghintay ng jeep. Sa paghihintay ay maraming talata ang naglalakad sa iyong isipan; mga litrato at tanawin ang magkahawak na dadaan sa iyong paningin. Dahil wala ngang sariling sasakyan, madadama mo rito ang init, patak ng ulan, tilamsik ng putik at hirap sa pag-aabang ng hinihintay na jeep.

Dito mo maalala ang kahapon na nalimutan ng iba pero umukit sa iyong katauhan; mga alaalang humubog at patuloy na humuhubog sa isang katauhang dati'y linlang sa iyo. Dito mo nakikilala kung paano mo dinibuho ang isang obra na kakaiba.

Maraming klase ng jeep. Merong stainless at merong semi, merong ding galvanized. Parang yung kotse ni Paul, 'pag Lunes-Lancer, 'pag Martes-GLi, 'pag Biyernes-Civic, pero siyempre pag Saturday night's, yung Z3.

Pag sumakay ka ng jeep, 'pag me sounds, okey, kung walang ex-

ams. Pero pag ikaw ay melodramatic, gusto mong marinig si Cantrell.

Karamihan sa Lasalista dito sa Cavite ay nag-co-commute. Maaring marami ang may sasakyan, pero ayaw ipakita. Yung iba talagang dapat naisin nilang magcommute.

Sa loob ng jeep, makikita mo ang Pilipinas. It is unique, unequalled and diversified. Kakaiba ang jeep, 'Pinas lang ang meron nito. Hindi ito kayang pantayan ng ano mang sedan sa market in terms of capacity. Diversified din ang jeep dahil lahat ng roles kaya niyang gampanan.

Kunot ang mukha at nanginginig-nginig pa ang sikong inaangat ni lola sa estribo ang bayong ng rekados. Habang isang kamay ang lulusot at aakayin ang bayong paloob ng jeep. Ang bawat aksyon ay may kasunod na reaksyon. Meron mga kilay na lilipad at panyong didikit sa ilong.

Maririnig mo rito ang may ari ng towel na nakaikot sa leeg na sinasabing, "Dati kami ng misis ko, malayo ang tirahan sa isa't isa. Ginawa namin yon para makaiwas sa tukso ng pag-ibig. Pero dahil sa bihira kaming magkita, pag muli kaming nagkadikit, ala, para na

Here Lies



Jose Mari H. Rubi-Cruz

naman kaming bagong kasal. Kaya yan walo na ang anak namin. Pero ngayon, magkasama na kami sa isang bahay." Sabay sa pagkwento niya ang pagkabig sa kanan, kabig sa kaliwa, preno, kambyo, abot ng bayad at ang minsang nakakalimutang sukli. Lahat iyon ay halos sabay-sabay. Bukod pa iyong kaway sa pasahero at sigaw ng, "La Salle. Lalakad na. Tatlo pa, La Salle."

Masuwerte ang nasa dulo ng jeep sa may estribo. Malapit siya sa big screen ng talambuhay ng mahabang kalsadang tinatahak ng jeep. Malas ang malapit sa driver, siya ang kunduktor.

Kalimitan sa jeep ay all-power-kargado. Meron siyang doorless

Bed time... p13

Liham sa Patnugot

Ika-4 ng Hulyo, 1998

G. Victor Immanuel Cuarto
 Punong Patnugot
 Heraldo Filipino

Ginoong Cuarto,

Isang magandang araw!
 Ako ay isa sa mga masugid na mambabasa ng Heraldo Filipino at ito ay isa sa kadahilanang mahalaga sa akin ang mapakinggan at maunawaan ang saloobing humuhubog sa pag-iisip ng mga mag-aaral. Sa inyong unang isyu para sa kasalukuyang taong pampaaralan ay hindi ko maikakaila ang aking pagkalugod. Nawa'y maipagpatuloy ninyo ang

magandang simulaing it.

Gayunpaman ay nais kong tawagin ang iyong pansin sa isang bagay na nabanggit sa "Kampusap-usapan" na nagpahinto sa aking pagbabasa, bumagabag sa aking kaisipan at sa wari ko ay hindi marapat na palampasin nang hindi maiwawasto. Nais kong tukuyin ang mga talatang nagbibigay papuri sa iba't-ibang naggagandahang proyektong nagaganap sa ating kampus at ang panawagan na sana'y ingatan natin ang mga ito. Ipinaalala pa rito na "Vandalism is a major offense". Kaya lang lubhang nakalulungkot na dito ay idinagdag pa na "kaya kung gagawa kayo ng kalokoha'y huwag na lang kayong magpahuli ng buhay... patago na lang mga kats, okei?" Mga simpleng kataga na sa wari'y walang "dating", waring biro. Subalit kakaiba at maling-mali ang mensaheng maaring dito ay makuha at manatili sa isip ng

napakaraming nagbabasa ng "Kampusap-usapan", sapagkat ang kalokohang ginagawa nang patago at di nahuhuli ay mali pa rin at kailanman ay di dapat tangkilikin!

Batid kong hindi naman gayon ang mensaheng nais iparating ng Heraldo Filipino. Subalit kung walang pagtutuwid na isasagawa ukol dito ay maaring ang maling mensaheng ito ang makuha at manatili sa isip ng mga mambabasa, lalong lalo na ng hinuhubog pang isip ng mga mag-aaral. Kaya nawa'y magawaan ninyo ng lubhang kinakailangan na pagwawasto.

Muli ang aking saloobin sana'y maipagpatuloy ninyo ang magandang simula at mithiin ng Heraldo Filipino para sa mga mag-aaral.

Lubos na gumagalang,

(Sgd.)G Jose Arvi. I. Gacelo
 Religious Education Department

G Jose Arvi. I. Gacelo
 Religious Education Department

G. Gacelo,
 Pagbati!

Una sa lahat, nais kong magpasalamat sa inyong pagsulat. Kagalakan sa amin ang makarinig mula sa mga masusugid naming mambabasa, gaya ninyo.

Salamat sa inyong pagpuna sa isang masasabi nating pagpapabaya.

Ang bahaging "Kampusap-usapan" ay nakalaan para sa mga kasama natin sa komunidad, upang maiparating ang kanilang mga hinaing, partikular na rito ang mga di-magandang nakikita sa pamantasan. Gaya nga rito ang tungkol sa vandalism, isang major offense. Sa pagkakasulat namin ukol sa nabanggit, nais naming ipaalala na bawal nga ito at hindi dapat gawing ugali.

Ngunit ang sumunod na mga

kataga ay may layuning magbigay-aliw para naman hindi ganoon kaseryoso ang bahaging Kampusap.

May punto nga kayo na maaaring mag-iwan ng negatibong impresyon ito lalo na kung ang makababasa ay may mura at madaling ibuyong isipan. Naniniwala kaming 'di ganoon ang mayorya ng mambabasang Lasalyano.

Gayunman ay tinatanggap namin ang inyong pagpuna bilang isang "constructive criticism" sa mas ikahuhusay ng ating pahayagan.

Nawa'y dumami pa ang tulad ninyo na may kakayahan at panahong maipaot ang kanilang mga puna sa Heraldo Filipino.

Sa patuloy na paghahanap sa katotohanan,

(Sgd.)G. Victor Immanuel Cuarto
 Punong Patnugot
 Heraldo Filipino

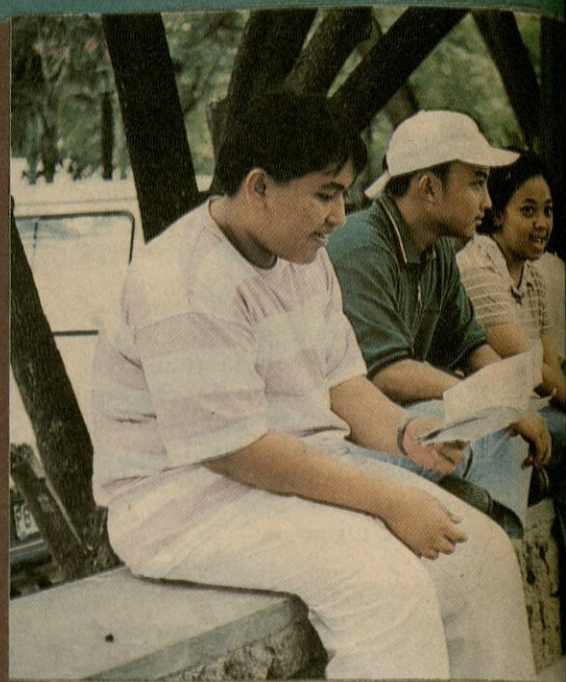
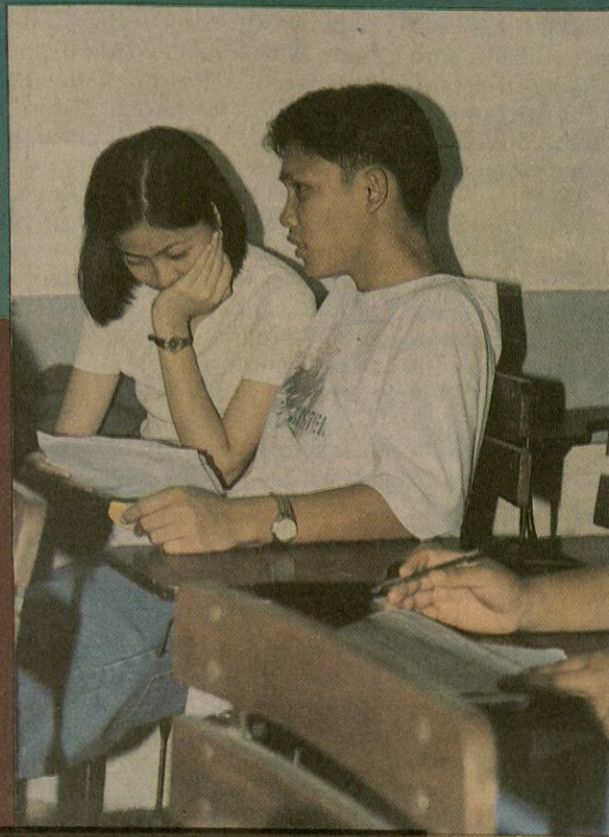
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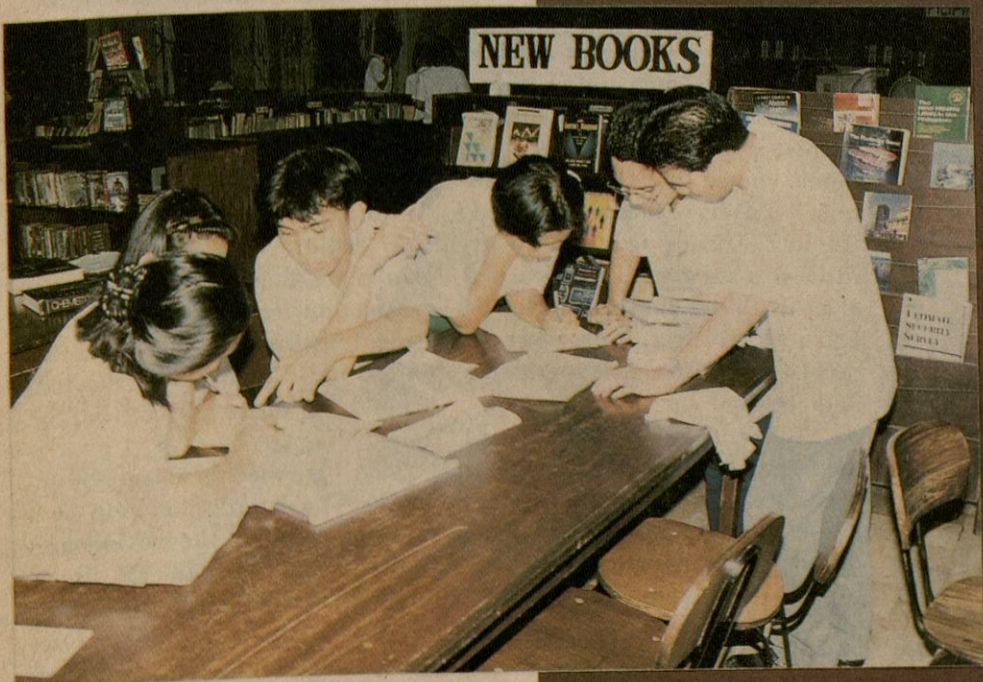
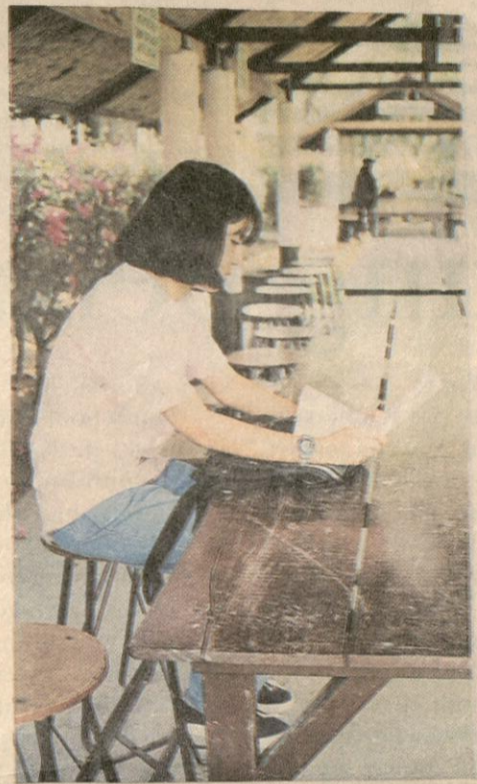
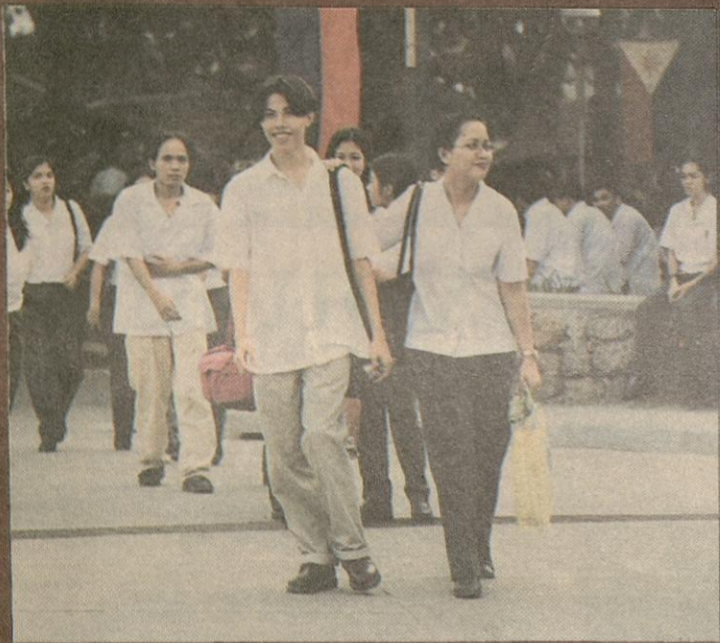
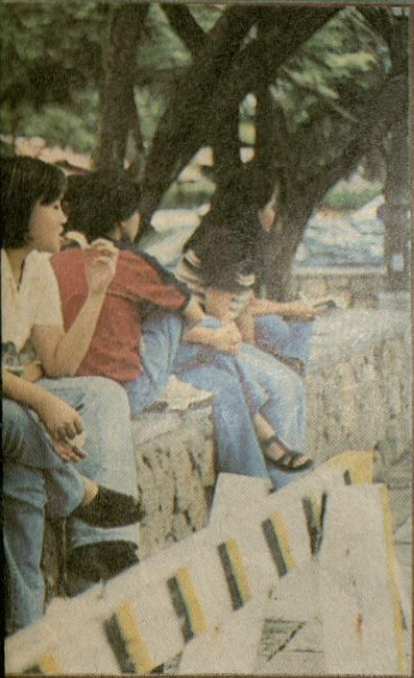
ESTUD



*Ang pag-aaral ay hindi
laro,
ang pagpapa-aral ay
hindi biro.
Mga estudyante, tayo'y
magsumikap
upang makaraos at
makatapos.
Magkaroon ng magandang
kinabukasan
makatulong sa ating mga
magulang.
Kay lungkot isipin,
kay lungkot pagmasdan,
ang iba sa atiy hindi
marunong magpahalaga
sa ating pag-aaral.*



YANTE





Student contributors! We want to know what you're thinking - this space is reserved for you!

UNIVERSITY STUDENT COUNCIL

De La Salle University-Dasmariñas

August 26, 1998

The USC Executive and Legislative Board
De La Salle University-Dasmariñas
Dasmariñas, Cavite

Ladies and Gentlemen:
Pax!

I am addressing you not as your President, but as your fellow student, because I deem it necessary to address you in a manner that would let you understand the predicament which I am in.

Ever since the start of our term as leaders of this institution, I feel, and know I have not failed and stopped in serving the studentry. That I have sacrificed everything in my life just to be able to deliver the necessary services or results that are expected of me, I see my position in a different perspective that makes me want to work more without even asking anything in return but the satisfac-

tion that I have delivered total quality service. It came to the point that my first priority as a student leader was not my academics, but my service...my beloved council-the University Student Council.

As early as February, before I ran, I knew every expectations and obligations needed for that position. That I knew the sacrifices that I need to shed for the position that I aspire. All through our term I learned that aside from these sacrifices there are also certain disappointments and frustrations that come along the way in the form of problems within the council. From the start, I knew that I have set my expectations of the entities with whom I am involved as a student leader: the administrators and the students.

Anyway, let me go to the motive of this letter, I decided that I can't sacrifice anymore and can't have anymore disappointments and frustrations, either. Therefore, I respectfully resign from my position.

I have neglected my responsibility for my academics, my family, my relatives, my health, and my son. I need not elaborate further on these aspects.

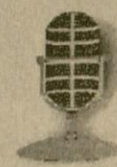
Another reason is that I can not anymore stand the incompetence existing predominantly in the Executive Board of the council; thus, I can not help the Legislative board's problems. With this predicament I cannot anymore act again as the lone person who wants the council to have a good name and thus deliver the necessary services and results to the students and administrators of De La Salle University-Dasmariñas. I cannot allow myself to do that again for I have failed several occasions already in the past.

I believe that the solution to this kind of a problem is to give it to the hands of the persons who hold the problem. Therefore, I leave you with the obvious solution the problem. I implore you all to act for the students are waiting.

Thank you.
God bless and God speed.

In St. La Salle,

(Sgd.) **George Geem Siton, III**
4MG1-student



Reaction Boxes for you

Heraldo Filipino Reaction Boxes are reserved for YOUR suggestions, comments, views, criticisms, praises, and opinions regarding significant issues on-campus.

Or in short, you just want to react to something of relevance to the student body.

So if you think you've got something to say, or you just want to help sharpen HF's pens for DLSU-D's sake, write down what you think is right, and drop in HF Reaction Boxes found in JFH and GMH.

The contents of this box are discussed in confidentiality every Wednesday and Saturday afternoons by the HF Editorial Board.

SPEAK OUT LASALLI-ANS! HF IS YOUR MICROPHONE

P.S. Comments from our mentors are welcome too.

Eating betrays who you are

REGINALDO R. CRUZ

PICTURE THIS: YOU HAVE ONLY A ten minute break. You run towards the canteen seeking nourishment after a brain-twisting hour of linear algebra. And what do you buy? Four pieces of greasy fish balls and a sugar loaded softdrink. Right choice? Wrongo bucko. The fishballs were deep fried in saturated oil, enough to clog your arteries and give you a heart attack. The softdrink had enough sugar to give you cavities and caffeine to elevate your blood pressure. Whew!

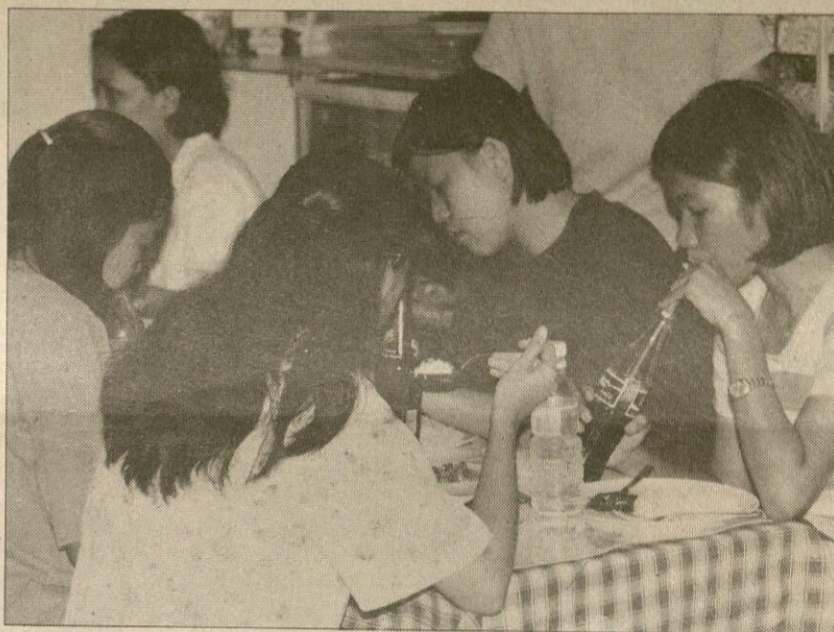
My point: Nowadays, because of our fast paced lives we don't have the time to prepare nutritious meals. And because of technology, we are bombarded with "fast foods" which are usually loaded with sodium, sugar and artificial flavors. We have a wide array of foods to choose from, but, we often make the wrong choices, often out of

their affordability.

Our school canteens are stuffing us with meat, pork and chicken which contribute to high cholesterol levels, sluggishness and dehydration. So now you'd think twice before indulging in meat.

As for beverages, our choices are narrowed down to carbonated drinks which cause the body to flush our calcium and sugar loaded juices! Seldom do we see vegetable entrees served or a variety of fruits as desserts. Canteen concessionaires say that they are only catering to the demand of the students. And yes, sad to say it is our fault, we are partly to blame.

If only we would take the time to know how the food we eat affects our performance, then we would be living a healthier life. Race horses have their diets controlled so that they will do well in races. You can't imagine feeding a horse, pieces of hotdogs or a sundae. And



you wouldn't fill a Ferrari with ordinary gas?

Diseases are caused by the food we eat.

Heart diseases, cancer and obesity are all caused by excessive in-

take of animal products. When was the last time you sat with your family, enjoying a home cooked meal? Or do you often go out and eat at fastfood joints? You are what you eat! III

Defending my one and only choice

Complexities of the Mind in Psychology

KATHY LACANLALE

DO YOU EVER WONDER WHY YOU behave in a certain way? Do you wonder about other people?

Psychology answers all of these and more. It will captivate your soul... make you inquisitive, observant. With it you will never see the world in a same way. Everyday is a constant learning experience. The world is your classroom. Everytime you see a child scolded by his parents, "negative reinforcement" applies.

You will also meet interesting people. Freud will hypnotize you with his id, ego, and superego. While Jung will reveal the truths behind the anima, animus, and the shadow. Varied complexes will be excitingly explained by Alder's personality theory.

Deception can also be detected through body language such as fleeting facial expressions, adapters, and sentence repairs.

With all these, maybe you'll have second thoughts about your course and shift to psychology. Hey! you're more than welcome.

Philosophy: Love of Wisdom

KRISTINE JOY DIAZ

I ONCE ASKED MYSELF, "WHY DID I take philosophy in the first place? Why am I here and what am I doing here? Did I make a wrong choice?"

Philosophy is not an easy course. It needs so much time for reading and analyzing metaphysical, ethical, and logical views of different philosophers I never knew

existed in the first place! It needs a very critical eye to see what Spinoza, Parmenides, Milesrani, Anaxagoras or even Pascal say. It needs aesthetic, logical and concise analysis of different subject matters - even those concerning a chair or a chalk!

Philosophy is a search for truth and for knowledge. I can see myself during my first year here in La Salle. Too clueless, as if saying, "Knowledge? Duh! Puh-leeze!!!"



But this was during my first year. As of the present, I'm a third year student of philosophy and I can say that I've grown - not only physically but mentally as well. I've matured enough and I've realized the reason behind my being here. It's a matter of asking the question of my existence, its a matter of examining my true essence in this world.

Philosophy aids in self-reformation. It is more than a mere academic course that De La Salle offers. It is a way of life; philosophy is the way of living your life. In my three-year stay here, I have learned a lot of things that can never be learned through books, but acquired only through experiences and choices.

As I reminisce, I can say that I am fortunate enough to be a part of the Philosophy community (here in De La Salle) and I know that I did not make the wrong choice after all.

Police Science for Total Security

TONY DE ASIS

ANYDAY, I'D LIKE TO PAINT. BUT mother said that there's no money

in it and most painters die without savoring the fruits of their obra.

So, like any other boy in Camp Nakar, I enlisted in the Marines. Boot camp is crying time and the South makes you dream that you are a Knight of the Round Table. The unrest in Mindanao is over only for the dead, and I was just lucky to survive it. But it's not a job for a father so I quit.

Illegal recruiters roamed the provinces for scant preys. I was one of the dreamers of the Sheikdom, and dollars would be mine in five years time. If the recruiter hadn't returned my placement fee, when I discovered it was bogus, I would have been killed like him from the grenade I saved from the war.

So, I grabbed the dagger by the blade. The handle was held by a brother already in the PC/INP and I played cop. NAPOLCOM discovered that and filed a bill for the uniformed's reform. One prerequisite for not being booted off is that a PNCO should have 72 units or more college units. That's why I'm in the Police Science course today. III

Kampusap-usapan

Kampusap-usapan

Kampusap-usapan

Eto na naman kami! At muli'y narito upang manggising at magpaabot ng hinaing ng ating mga kapwa-Lasalyan, hindi lamang yaong mga mag-aaral kundi pati na rin ang buong komunidad na sakop ng ating institusyon.

Bueno, hindi na tayo magpapaligoy-ligoy pa... simulan na natin ang ating munting tungkulin...

Bago ang lahat, nais po naming magpasalamat sa lahat ng mga tumangkilik, pumuri, at pumuna sa bahaging ito ng ating pahayagan. Masasabi po naming tinanggap po namin ito bilang mga "constructive criticisms." Para sa aming mga binigyan ng medalya noong unang isyu, sana'y huwag po nating palakihin ang ating mga ulo at ipagpatuloy ninyo ang inyong mga mabubuting gawain. At doon naman po sa mga kinidlatan namin, hari-nawa'y mamulat po ang inyong mga mata at huwag nang magtaingang-kawali. Sige kayo, baka maging kawali nga iyan!

TANONG: Bakit kinakailangan ng mga Discipline Officers sa La Salle? **SAGOT:** Simple lang. Para may magpatupad ng mga rules and regulations ng Unibersidad at magdisiplina sa mga hindi sumusunod sa mga ito. Ngunit may isa yatang hindi magandang obserbasyon ukol sa ating mga mahal na M.I.B.'s (Men In Barongs). Tila yata may inconsistency sa pagpapatupad ng mga R&R natin dito sa loob. Tulad na lamang ng pagsuot ng white/colored shoes, o di kaya'y ang pagsuot ng P.E. uniform ng mga mag-aaral na papunta o galing ng PLS. Bakit po ang ibang mga D.O.'s ay naninita at nanghuhuli, at ang iba nama'y hindi? Ang nangyayari tuloy ay nalilito ang mga mag-aaral kung ano ang tamang patakaran. Isa pa, bakit tila yata maraming mga estudyanteng kalalakihan ang nakakalusot na ang panloob ay t-shirt, at hindi sando? Naku, mga minamahal naming mga D.O.'s, sana po'y maayos po ito para mayroon tayong pantay na pagpapatupad ng mga panuntunan dito sa ating paaralan. Hane? Okey!

Ang De La Salle University ay isang eksklusibong paaralan, at may bansag na ang mga mag-aaral dito ay mga maykaya sa buhay. Ngunit hindi lahat ng mga estudyante ay ganito ang katayuan sa buhay. Lalo na sa panahon ngayon, marami pa rin ang kinakapos sa kanilang pang-araw-araw na pamumuhay. Masuwerte tayong mga narito ngayon dahil tayo'y nakakapag-aral, ang iba'y hindi na makayanan pa. Maraming mga mag-aaral ang kinakapos sa kanilang binabayaran na mahal na tuition fee

dito sa DLSU-D lalo na bago mag-exams. Kaya ang iba sa kanila, dahil dito'y napipilitang tumigil muna sa pag-aaral. Pero tila yata hindi papayag ang College of Arts and Sciences Student Council (CASSC) na ganito ang mangyari sa kanilang mga estudyante. Para sa mga mag-aaral na ganito ang sitwasyon, mayroon silang tinatawag na Emergency Loan, kung saan sila ang Council muna ang sasagot sa halagang hindi pa nababayaran ng kanilang AS student na hahanguin sa CASSC Trust Fund, at saka na lamang babayaran ng estudyante ang kanilang balanse kapag mayroon na silang pambayad dito (ito'y applicable kapag Prelim at Midterm lamang). Ito'y naiiba sa promissory notes sa Accounting Office, dahil kung sa Accounting ay sila ang magbibigay ng deadline kung kailan babayaran ang balanse, sa CASSC, ang estudyante mismo ang magbibigay ng petsa kung kailan nila makakayanang bayaran ito. Bukod dito, ang pagproseso nito ay napakasimple lamang, at napakadaling lumapit sa sinamang miyembro ng Council nila. Saludo kami at nais naming batiin ang CASSC sa pangunguna ng kanilang mga Student Council officers, para sa kanilang magiting na pagtugon sa pangangailangan ng kanilang mga nasasakupan. Sana'y tularan ito ng iba pa, lalo na yung isa pang malaking College dito sa La Salle. Angkop ito sa tema ng CAS na "to protect, defend, and uphold the rights and privileges of the CAS Student." Ipagpatuloy!

Para saan ang parking lot? Eh 'di para paradahan ng mga sasakyan ng mga taga-DLSU-D. Eh bakit ginagawa yatang smoking area ng ilan sa ating mga kapwa-estudyanteng tila wala yatang respeto sa mga alituntunin ng Unibersidad o wala lang talagang pakialam sa ating kapaligiran. Hindi lamang ito nangyayari sa parking lot, kundi sa iba pang mga lugar sa La Salle, lalo na sa mga CR kung saan maraming mga upos at cigarette butts ang matatagpuan, at maging sa mga kubo at open spaces, kasama na ang mga nagmamaneho ng kanilang mga sasakyan. Naku, mga kapatid naming Lasalyan, hindi lamang yaong mga mag-aaral kundi kasama ang mga nakatataas, baka nakakalimutan ninyong ang ating campus ay isang smoke-free area. Kaya ito lamang ang aming panawagan sa lahat, sana po'y iwasan na po natin ang paninigarilyo sa campus. At sa kinauukulan, sana po'y huwag po nating pabaya ang makalusot ang mga ganitong bagay. At sana'y huwag kayo ang unang lalabag sa panukalang ito. "Ang hangin ay buhay," ika nga kaya't alagaan natin ito, no!

May isa na namang sitwasyon kaming naukuwentro sa Accounting Office na kinasasangkutan ng isang magulang at ng isang taga-Accounting. Papa'no ba naman, habang nakapila ang isa sa aming mga espia sa window ng nasabing opisina para makakuha ng kanyang permit sa tulong ng CASSC Emergency Loan ay bigla na

lang sinabi ng isang lalaking taga-Accounting na bumalik na lang daw ang lahat ng nakapila mamayang pagkatanghalian dahil may "meeting" daw sila. Dahil na rin sa tagal ng paghihintay ng mga nakapila, kasama ang mga magulang, ay natural lang na sila ay umangal at magreklamo sa kadahilanang, "pinabalik daw sila kahapon ngayong umaga." Ang nangyari? Ayun! Nagkasagutan ang isang tatay at 'yung taga-Accounting na matagal na ring pinoproblema ng Lasallian community, mapa-estudyante, mapa-teacher, o mapa-administrator man. Huwag naman po sana nating

"...baka nakakalimutan ninyong ang ating campus ay isang smoke-free area... At kaysa bastusin ninyo ang Adoration Chapel, huwag na lang kayong pumasok para magpalamig lang! KAKA!"

tratuhin ng ganito ang mga abang mga magulang natin. Eh kung ang anak niyo ang ganituhin sa kanilang mga paaralan, anong gagawin niyo?

As usual, mahirap na naman ang pagkuha ng assessment at permit sa examinations. Ayon sa namamahala sa opisina ng Accounting "favorable" ang kasalukuyang sistema ng pagbibigay ng assessment at permit. Sinasabi nila na may kaunting mali rin sa bahagi ng mga estudyante, sapagkat isang linggo bago ang Exams, ay maaari na silang magpa-assess at kumuha ng permit, ngunit hinihintay pa nila ang huling araw nito, na siyang nagiging dahilan ng pag-iipon at pagbabagal ng proseso. Mayroon kaming mga ilang mungkahi para sa Accounting para sa ikagaganda ng proseso nito. Una, ba't 'di kaya tayo maglagay ng isang special window para sa mga scholars at mga fully-paid na estudyante, para hindi na sila makipila at sumiksik sa pila ng assessment. Pangalawa, sa tuwing palapit ang enrollment, bakit kaya hindi kaya tayo magkaroon ng "advanced enrollment" para sa mga graduating students at pati na rin ang mga varsity. Sa mga graduating, para hindi na sila mahirapan pa, upang makabawas na rin ito sa kanilang mga gawain bilang would-be graduates, sa mga varsity naman, bigyan kaya sila ng isang 'academic adviser' para sila na ang mag-ayos ng kanilang mga schedule, upang hindi magkaroon ng conflict ang oras ng kanilang mga subject at practice sa team. Naniniwala po kami na maaaring makatulong ang mga nabanggit namin. Sana po'y inyo pong bigyan ng kaukulang pansin ang mga ito. Para sa ikabubuti ng lahat.

Sa mga nakalipas na araw, pabago-bago ang takbo ng klima. Minsan ay ga-impiyerno ang init, bigla na lang babagyo, o di kaya'y ang kabaligtaran. Sa mga oras na mataas ang sikat ng araw, halos ay namamatay ang bawat isa sa atin sa sobrang init na dala nito. Karamihan sa atin ay naghahanap ng mga lugar na mahangin, o at lalo na ang mga air-conditioned. At isa sa mga lugar na de-aircon na pinupuntahan ng mga mag-aaral ay ang Adoration Chapel sa first floor ng Administration Building. Ooops! Sandali, hindi sila nagpupunta roon para magdasal,

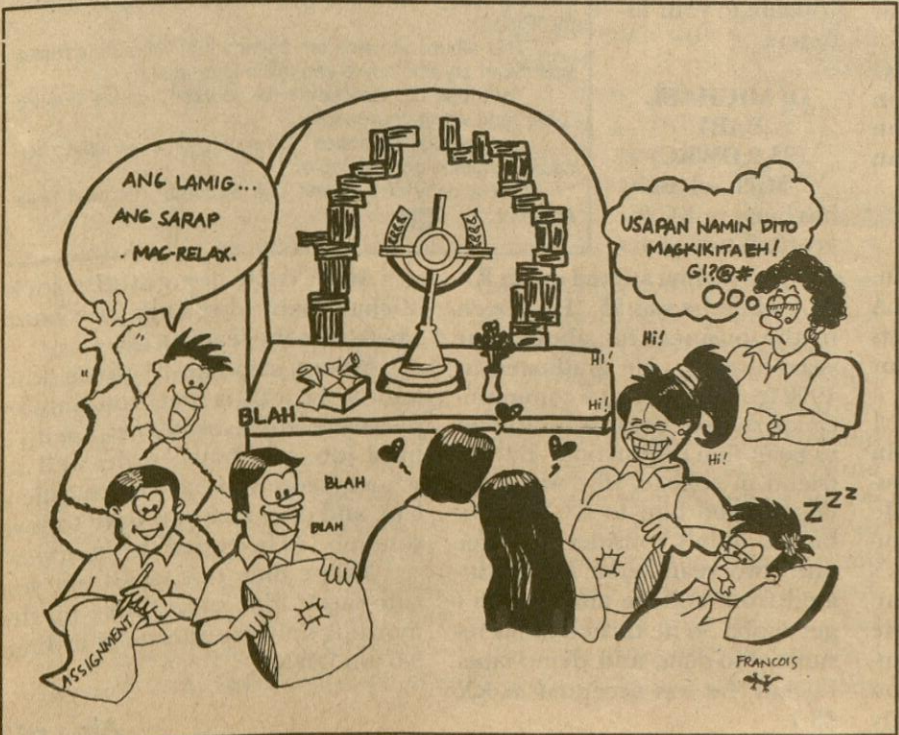
kundi para magpalamig, at doon sa mga matitigas talaga, ginagawa pa itong tulugan. HOY! Mahiya naman kayo! Ang lugar na ginagawa ninyong palamigan ay isang sagradong lugar at dapat inilalaan ito para sa pagdarasal at paghiling sa Panginoon! Buti sana kung nagdarasal kayo para mawala ang init ng panahon! At kaysa bastusin ninyo ang Adoration Chapel, huwag na lang kayong pumasok para lang magpalamig lang! KAKA!

Punta naman tayo sa ating mahal na Aklatang Emilio Aguinaldo... Alam ba ninyo na mayroong isang xerox machine doon sa second floor nito? Good! Pero, alam ba rin ninyo na may kaunti itong kagaspangan? Ano 'yon? Ganito. Siyempre, dahil sa iisa na nga lang ito, lahat ng mga mag-aaral na nais magpa-photocopy ay roon tutungo, kaya natural lamang na humaba ito. Ang kaso, kapag mag-aalas-siyete na ng gabi at magsasara na ang Library, kahit na isang kilometro ang haba at oras na ang binilang ng mga nakapila, eh isasara na raw ito. Hindi naman nila puwedeng ilabas ang mga aklat, dahil ipinagbabawal ito ng mga library assistants. Mga kaibigan, kawawa naman ang mga estudyanteng ito! Iisa na nga lang kayong naglilingkod diyan, eh siguro dapat pagbutihin na natin ang serbisyo. Ayon sa namamahala sa ating silid-aklatan, mayroon silang plano na magdagdag ng mga xerox machines - kapag natuloy na ang expansion ng Library, na magaganap pa sa buwan ng Oktubre sa taong ito. Para naman po hindi tayo mahirapan parepareho. Isa pa, doon naman po sa mga kapwa nating estudyante na gumagamit ng mga Theses Collection, sana naman ay huwag ninyong punitin ang mga pahina ng mga ito. Pinaghirapan 'yan at mga natatanging kopya lamang ang mga ito sa ating aklatan. Paninira ito na hindi tama. Ano po sa tingin ninyo uli?

Kay Paul Serrano at Tristan Sta. Inez, dalawang mabuting mag-aaral na tumulong sa aming butihing tagapayo sa pagtatwid sa Administration Bldg. galing sa PLS gate, maraming salamat. Sana'y marami pang katulad ninyo na marunong magbahagi ng biyaya ng Panginoon sa kanilang kapwa. Ipagpatuloy ninyo ang maganda ninyong gawain.

At, sa wakas! Dumating na nga rin tayo sa pagwawakas ng ating munting bahagi sa ating pahayagan. Isa na namang yugto ng panggigising at pagpupuri ang ating nasaksihan. Harinawa'y lahat tayo ay namulat sa mga nangyayari sa ating kapaligiran, at gawin natin kung ano ang nararapat. Kung positibo, ipagpatuloy. Kung negatibo, baguhin para sa ikabubuti at ikauunlad ng kapakanan ng nakararami.

At lagi nating tatandaan: Kapag may reklamo, isumbong sa Heraldo! Hanggang sa muli, laging sumasainyo... Kampusap-usapan!



First Encounter With KAI



them to where they are right now. They recorded this song and released it in the market, created their own webpage on the internet, and did everything they possibly could just to get known without even making much cash. Finally, the first airplay of their song happened at a radio station in Louisiana and they closed a deal with Geffen Records which re-released the song in December last year.

The members are in their early twenties. Leo is the eldest at 23 while Andrey is the youngest who is turning 21 this September 19. They are not exceptionally goodlooking, but the girls go crazy over them because of their voice. With their singing talent, we can almost compare them with the likes of Boyz II Men and K-Ci and Jojo, who happen to be their idols. KAI can really give their forerunners a run for their money when they sing a *capella*.

Meanwhile, there is a side to KAI that's not entirely musical. Before they started their singing careers, each of them was engaged in their own interests. Leo was a teller in a bank and so was Errol. AC was making coffee at Starbucks, Andrew was at Baskin and Robbins scooping frozen delights. Andrey was mixing paints instead of records. Since all five of them wanted to pursue their



singing careers, they left their jobs and decided to push through with their dreams with the financial assistance of some relatives.

Andrey is the friendliest and the "mack daddy" of them all but Andrew is the total opposite of him because he is the one who talks least and you can easily distinguish him because of his cap. Leo, since he is Chinese, is the most business minded. With AC, you would think that he is childish at first glance but it turns out to be the most caring and sensitive among the five. Errol, the shortest but the cutest of them all can be best described as the "dancing king".

KAI made it big in the music industry so fast through their determination. They brought their act to Texas, Los Angeles, New York, Hawaii and of course, the place where they come from, California. They have also performed with big recording artists like TLC and Backstreet Boys. Among the Filipino artists they have worked with were Jocelyn Enriquez, Weird Gravity, Pops Fernandez and Martin Nievera.

KAI is presently invading Asia. Just before coming to the Philippines, they were in Singapore for a promo tour. They arrived in Manila on August 12

for a ten-day visit. They immediately went to DWTM 89.9 Magic and it so happened that I was there interviewing MO Twister and Miles, and to my surprise, the quintet suddenly walked in. As they entered the booth, all of us turned around and wondered what the commotion was about. It was KAI. As they turned to my direction, I was mesmerized by their simplicity. Fans inside the booth approached them and asked for their autographs. And the guys were more than willing to give them what they wanted.

Like our other *kababayans* who made it on the Billboard's Hit lists, "Say You'll Stay" took number 59 on Chart-Toppers, number 19 on the Dance Chart and number 44 on the Rhythm and Blues Chart. It goes to show that Filipinos always make it big anywhere they go.

Filipinos have our own group of talents as well. We have Jocelyn Enriquez to match Janet Jackson, Jaya

KAI... p13

Male singing groups are in the mainstream of the music industry in the 90's. Like AZ Yet, 911, Backstreet Boys, Blackstreet, Boyzone, Five and a lot more. And here comes another group that will invade the music world: KAI, a popular group from San Francisco, USA.

KAI is composed of four Filipino-Americans namely, AC Lorenzo, Errol Viray, Andrew Gapuz, and Andrey Silva and one

Chinese-American, Leo Chan. Since majority of the members are Filipino, our *kababayans* are so proud of them. Ever wondered how KAI got its name? It came from the word "KAIbigan" which means friend and "KAIsahan" which means unity.

KAI is good at singing a *capella*. They first started performing at school programs, fairs and other community events. KAI started small and unknown, but their song "Say You'll Stay" a ballad with Andrey on lead vocals was what got

On the Air

ADLIB.
Good day everybody! Welcome to the show. You're with your favorite DJ once again, only here on the coolest station in the land. Make sure you don't touch that dial and keep me company for the next 3 hours and I promise to give you nothing but your all time favorite hits, so stay stuck!"

We often get fascinated with the voices we hear on the radio. We end up admiring these people because of their beautiful voices without even knowing their real personality behind the mics.

Meet five of the many DJs we hear on the FM stations, as we introduce them one by one and give you a little bit of information on each of them. One of them might be your favorite.

DJ MO TWISTER (89.9 DWTM)

Mohan Gumatay is the name. He's a 20-year old political science student at DLSU-Manila. He got the name MO from his name Mohan. He was born in New York USA but grew up in LA. He's been in the Philippines for seven years and likes it a lot better than the states. Mo has been a DJ of 89.9 for 2 years. He didn't want to be a DJ at first because he wanted to be a senator, but the opportunity was offered to him. MO can be heard not only on the radio, but can be

seen on TV, every Sunday at SOP on channel 7.

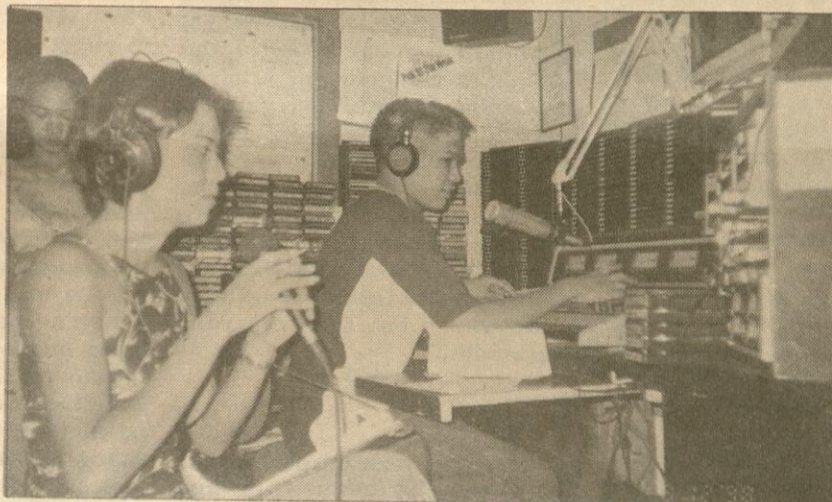
When asked for his advice to those who are interested in becoming a DJ, he suggested that everyone should always take the opportunity as it knocks because you never know what that opportunity can bring you, like it brought luck to him. He also said that school is important and that you have to be good in grammar (both English and Tagalog).

You can catch MO on ER or Early Returns from Mondays to Saturdays, 3 to 6 pm on Magic 89.9.

DJ MILES (89.9 DWTM)

MO's lovely partner on ER is none other than MILES or Mylene Garcia in real life. Miles took up communication arts in UST and graduated last year. She took up this course because she wanted to be in advertising but ended up as a DJ when she tried out at 89.9 for her practicum. She's been a DJ for over a year already. Miles was born in the Philippines but grew up in Africa and came back to the Philippines 8 years ago. She now resides at Valle Verde.

Miles is also a fun person. She's 5'6" tall and slender. Since she's



CO JACK



MICHAEL BABY

somewhat "crazy" and talkative, she said that being weird and talkative helps you become a good DJ. And that to succeed you have to love what you do and have determination. "You have to want it really bad," she emphasized.

You can listen to Miles with MO everyday, from Monday to Friday on ER, 3-6 pm and Saturday 6-9 pm on Three's Company with Tina Ryan and Crystal.

DJ CO JACK (99.5 RT)

Co Jack is a Black-American. He's 30 years old and went to UCLA for college to take up theater arts but dropped out during his junior year and took up music instead.

He came to the Philippines 1 1/2 years ago and is now staying in Paranaque. Since his interest is music, he decided to try the radio. He submitted a demo tape to RT, auditioned and got accepted. He's been a DJ in RT for less than a year.

Co Jack is a cool person. He says "if you wanna be a DJ and planning to submit a demo tape, you have to make sure it's really

slammin other wise you'll just get rejected. You have to get them interested in you, how you talk to your listeners...."

DJ MICHAEL BABY (93.9 DWKC)

Michael Baby has been in KC for around two years

now but he first started out at RX 93.1 when he was 25. He's been in the business for about four years already. He graduated in 1992 from Ateneo as a communication student because he wanted to be in film production. But his friend in college, who was a DJ, encouraged him to try the job, but he didn't consider his offer until two years later. He graduated from college and couldn't get a job. So he turned in his resume, bio-data, and demo-tape. Luckily, he was accepted in RX 93.1.

CD Review

WE'RE BACK WITH MORE FRESH HITS. LAST TIME, CD review featured Usher and K-ci and Jojo, which were both in the line of r&b (hip-hop) music. On this issue, we'll give you the best of our very own. If other nationalities can do it, Pinoy can too and maybe better. Our brothers and sisters got skills too. Anywhere you take the Pinoys we always stand out cause we are simply the best -we got what it takes to be one! We can also make it on top.

So this time, we're going to make you check out the "bomb" Pinoy cds, although the artists may not be residents of the Philippines, Proud to be Filipinos, at any rate.

RECOMMENDED CD NO. 1

Check our new KAIbigans-Drey, Errol, Dru, AC and Leo or betterly known as KAI. KAI is a famous Pinoy group in the U.S. The group is composed of four Filipino-Americans and a Chinese-American, Leo. Their song "Something Inside Me," the first cut in their self-titled album is a big hit in the Philippines, while "Say You'll Stay" (original version) was the big hit in the U.S.

The album has 12 songs, all original except for one, "Suddenly." The other songs are Heart to Heart, I Got It, and Will You Still Love Me.



RECOMMENDED CD NO. 2

It's another Filipino artist. Lea Salonga is back again, this time in love. "In Love Lea Salonga" is the title of her new album.

Her album will surely serenade you with the songs she revived from famous Filipino artists like Joey Albert, Ric Segreto, Raymond Lauchengco, Gary Valenciano and a lot more. "Even If," "Friend Of Mine," "I Need You Back," "Don't Know What To Do-Don't Know What To Say," "Reachin' Out," "Special Memory," and all the other songs were arranged by Ryan Cayabyab except for "Pain."

This album contains ten ballads that will surely make your heart cry and make you fall in love again.

Try these cds and see it for yourself, 'cause they're "phat" and worth your money.

Support our "hommies". Be proud to be a Filipino because Filipinos got it going on!

Get a copy of KAI and Lea Salonga. (till next time again.....) III



Aside from being a disc jockey, Michael Baby also sings in a band where he's the lead vocals.

Mike's message to those who want to be a DJ is that "you have to persevere and be brave because it's a hard job, you have to do well in school 'cause you have to be articulate, and of course you have to love your job," as he ended the interview.

Mike's time slot varies but you can catch him sometimes in the morning or in the afternoon around 3-6, on DWKC.



MILES



MONICA



Mo

Curtains up for Teatro Lasalliana

JENNIFER S. GALIT

THE STAGE IS ALWAYS SET AND THE LIGHTS never go out for De La Salle - University Dasmariñas' very own Teatro Lasalliana. This year, they are celebrating a decade of love and commitment for acting, as well as entertainment to their fellow Lasallians.



First organized in 1988, Teatro Lasalliana is under the guidance of Mr. Ariel Dayanghirang who happens to be one of the pioneers of the said group and currently an actor for the Cultural Center of the Philippines (CCP). Now we know where the members get their professionalism and discipline.

For some, Teatro Lasalliana is just another school organization. Well, maybe. But Mr. Joel Refuerzo, Vice President for membership of the group, thinks otherwise. "Kasi sa theater talagang kailangan ang workshop when it comes to acting, production, marketing, and others. Compared to other organizations, although mayroon din silang mga workshops, hindi ganoon kahirap ang sa kanila. Unlike kami, 'yung schedules namin for rehearsals and workshops kailangang i-main-tain namin."

And the secret of Teatro Lasalliana's continuous growth through the years? It can all be summed-up into two simple but nonetheless very important words: *discipline and commitment*. And of course these two go hand in hand with the members' interest in their craft. If you are thinking that the group's performances are limited only within the walls of this institution, think again! They also perform before audiences of different schools thru guestings and invitations. Their productions range from musicals to plays which are either adaptations from books or original works.

The officers of Teatro Lasalliana are as follows: Jonathan Hernandez, President; Kathrina Magbanua, Internal Vice Pres.; Jane Martha Abreu, External Vice Pres.; Joel Refuerzo, Vice Pres. for Membership; Dianne Rose Salvaleon, Vice Pres. for Finance; Jeffrey Jamon, Vice Pres. for Planning & Research; Dominic Gabriel, General Secretary. ■



ANNE LUISA E. VILLARICO

Tired of the crowded fastfood shops which cater the usual recycled meals? We'll give you two alternative hang-outs near the university which offer more than meals for students but also the cool ambience that allows its customers to relax, unwind and forget about the pressures of schoolwork for a while.

Here are the diners you can check out.

New Kamameshi House

• *Where is it?* Aguinaldo Highway (Beside 7-eleven)

• *What's in a name?* Kamameshi means Kettle Cooked Rice. The place is a Japanese Fine Dining Restaurant.

• *How does it look?*

Kamameshi House is a two-storey, fully-airconditioned and elegantly designed restaurant, complete with hanging Japanese lamps. There are two function rooms in the second floor. One can accommodate 50-60 persons, and the other, 20 persons. Each has a *misono* table that enables one to watch his order cooked before his very own eyes by a trained chef. It also features a see-through kitchen and a counter bar.

• *What's on the menu?* Exotic Japanese cuisines like Kamameshi Teppanyaki, Sushi, Yakimono (Broiled/Barbecue Dishes), Donburi (Rice toppings, Japanese Style served with soup) and other mouth-watering specialties. Drinks and refreshments are

also served.

• *Store hours?* 10:30 a.m. to 10:00 p.m.

Experience the pleasure of exotic Japanese Cuisine. Dine at Kamameshi House!

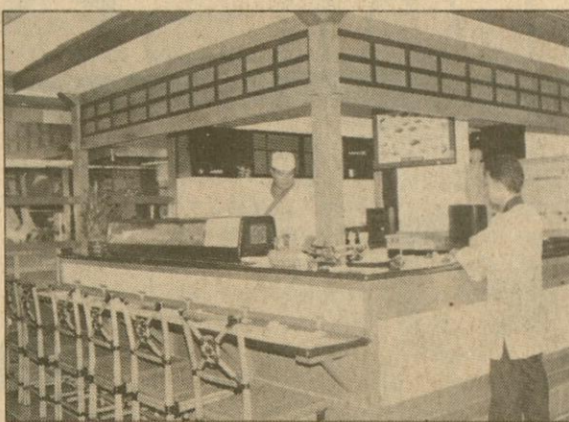
THX Cafe

• *Where is it?* Just a block away from gate 1.

• *What's in a name?* THX means Tomlinson Hallman experience, a trademark of George Lucas Films. The cafe is patterned from a French cafe in Makati.

• *Features:* THX Cafe' is a fully-airconditioned coffee shop that showcases home theater equipped with THX CAFE laserdiscs in a surround sound. The walls are decorated with framed Hollywood hit movie posters.

• *What's on the menu?* Freshly-ground wide arrays of coffee, espressos and cappuccino in hot and cold varieties coaxed to yield satisfaction even to non-coffee lovers. You can have it simple or topped with ground cinnamon and milk foam. They also have sandwiches named after movies. They also serve pasta with potato salad and french fries as sidedishes. You



NEW KAMAMESHI HOUSE



THX CAFE

can also try sipping their gourmet softdrinks or simply "flavored softdrinks" which is available in 11 flavors.

• *Store hours?* 10:00 a.m. to 10 p.m.

THX Cafe' is sure to perk you up!

Go ahead, savour their highly recommended specialties. THX will surely satisfy even those whose stomachs are like bottomless pits! ■

How's college, Frosh?

CHARMAINE A. MARASIGAN

Since classes started this sem, the Frosh (freshmen) have been having a hard time coping with the pressures and demands of college. They cram, twist their brains to do projects, and hurdle examinations that turn one's world upside down. What about great teachers, weird classmates, and most of all, expectant parents?

Fitting in

"Medyo mahirap ang mag-adjust pero kaya naman. Unti-unti ang mga pagbabagong nagaganap at isa ito sa mga experiences na hindi ko makakalimutan," Management student Janice Osias quipped. *Kailangan maging seryoso ka na sa pag-aaral mo dahil kung hindi, babagsak ka.* Alex Piedad added. Wearing barong is a 'major' requirement for the male Frosh. This is one thing that really makes one laugh at himself. "Napagkamalan akong trabahador ng MAKRO," Jeremy Bueno, AB Philosophy freshman, cheerfully remarked.

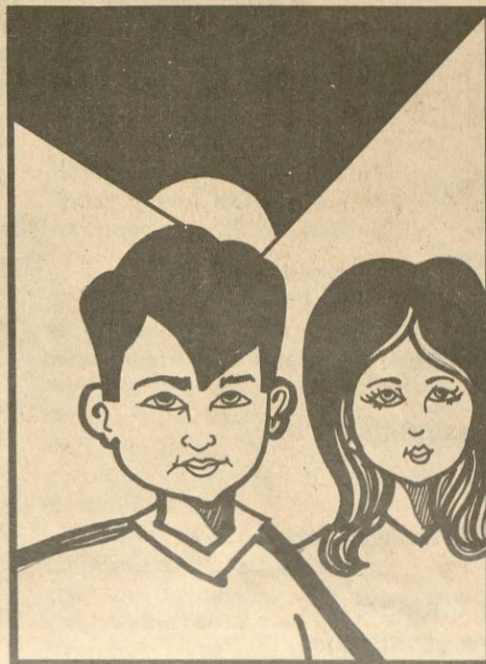
Home away from home

Gradually shedding off the brattish image, the Frosh learns how to be independent in making decisions and become more mature.

Staying away from one's parents is very difficult. One has to cook his own food, wash his clothes, clean the dorm, and budget his money in order to survive. "During my high school days before I went to school, my mom would have the breakfast made already. When I got home, dinner was ready. But now, I have to do it on my own. Until now, I still suffer from homesickness, that's why I always call my mom every other day," another freshman said.

Academic blues

Was cheating too rampant in high school? Now, the Frosh must study on his own and begins to be



conscious about his grades. But some students still practice the *kopyahan blues*. "May kopyahan pa rin, mas malala pa nga ngayon eh," an RT freshman divulged.

Strict professors startle the Frosh. But these professors just want the students to realize the value of studying because college education is not a joke. It must be taken seriously and it will be one of the many ways to achieve your ambitions in life. "It was my first time to fail a subject. Being a college student is really very hard. Sometimes you're alone because your classmates have their own set of friends, so I really have to find a way to have company," Education Frosh Catherine Toledo confided.

Loosening up

Being a college student does not really mean all study and no

gimmick. Once in a while, the Frosh can make his life easy against the pressures and demands of his course. Some students go to discos, some play their favorite sport, while others foodtrip, watch movies, and play computers or billiards. And of course, not to be forgotten are the crushes and courtings during the first few weeks of classes, or even getting a boyfriend or a girlfriend in the middle of the semester.

The Centennial Freshmen

"We are proud. This is a once-in-a-lifetime privilege. This will also help us make our studies be taken seriously. We can make a difference and we will make a brand new start proving that the Youth is the Hope of the Future," Journal Golez, Industrial Education freshman, admirably expressed.

It is but a privilege to be called the "Centennial Freshmen". Making the most of it by having it as an inspiration is a drive towards the attainment of one's dreams and ambitions.

Surviving the rigors of college life should make the Frosh proud of himself. One may feel a little nervous because it's not like high school where one often passes all of his subjects even without studying. Now, Frosh, you have to prove there's something between your ears.

Life goes on. We live in a world where the fittest survive. Aim high, Frosh. You are no longer a baby. However, take things at a time so that you will reach your goal safely. Don't forget to pray because miracles happen when everything seems to fail.

Stand up, Frosh and make your mark. A beautiful future that awaits you at the finish line. ■

Ginoong La Salle '98

ANNE LUISA E. VILLARICO

Kung ikaw si Pangulong Bill Clinton na nadawit sa isang sex scandal, gagawin mo bang umamin katulad ng kanyang ginawa? Bakit?

The intriguing question made the audience pause and anxiously wait for the answer as candidate number 9 Flynn Joseph Felix pondered for a while and amused everybody with a brief yet smart answer. He replied that he wouldn't do what Clinton did, because as a president and a lawyer at the same time, the President should be able to defend himself in a diplomatic manner to avoid scrutiny about that controversial issue everybody is talking about. His answer stood out among the rest.

This guy with specs perched on his nose, beat nineteen other good-looking La sallian gentlemen vying for the first Search for Ginoong La Salle. Before a huge crowd that trooped into the Lake Park in the starry night of August 28. He also stole the limelight when he took the Best in Sportswear, Best in Formal Wear and Gentleman of the Night awards.

No one in the crowd had guessed that this 5' 7 1/2" PolSci Frosh would take the much coveted plum. He was not even included in the list of bets of the student organizers. Flynn himself never expected that he would win. He joined the contest not because of popularity but because of his desire to tap his talents and im-

prove his self-confidence. That one memorable night changed it all for this greenhorn. Now he will enjoy the privileges working out at a fitness gym for free for the whole year, and to top it all, he will be the Ambassador of Goodwill of this university together with Binibining La Salle. How's that for a start?

Communication students who mingled with him during the rehearsals said that he was a man of few words. He seldom talked but he talked with sense, usually about political issues of the day. They also remarked that he was a down to earth and shy-type guy.

Young and promising, this 17 year-old teen is sure to become one of the campus heartthrobs. But he does not yearn to carve a niche for himself. He still has to realize his dream of becoming a lawyer. ■



FELIX

Tough training pumps up athletes

Inside look at the Varsity Teams

MARISSA K. MADRAZO

YOGI BERRA, AN AMERICAN basketball great once said, "Half this game is 90% mental." Yeah. Because the rest of it is pure physical torture.

DLSU-D Varsity players are required to train 6 hours a week, says Coach Cabrito of the Track and Field Team. Some like the Taek Team occasionally train 6 hours a day! This, folks, is just the tip of the iceberg, when it comes to the training overhaul Coordinator Joey Legaspi has planned for our principle sports teams, which will represent DLSU-D in competition against other universities' varsity.

Since his first key point is close monitoring of the varsity practices, HF decided to check the hype out. Here's what HF discovered.

No pain no gain

Point Guard Alvin Calinisan talked about the importance of endurance training. "Before we even start playing we do all these running drills...for like an hour and a half." This type of training gears the Men's Basketball Team towards one basic strategy: to run the other teams to death! Get the opponent tired so they can't perform. That's when our hoopsters will push the ball up court and go to work.

Similarly, 100M Silver medalist Earl Cañete appreciates the benefits of the Triangle. How is it possible to run a triangle on an oval? Well, it's not easy, but sprinters must push themselves to sprint 400 meters (one lap around the oval), then walk 400 meters...Sprint 300

meters, then walk 300 meters...and finally sprint 200 meters, walk 200 meters. Not only does this build stamina, it conditions the body, preventing pulled muscles. Another stamina builder is the "uphills...when people see us running starting from the gym gate up to the gym...those are uphill," said Cañete.

Imagine doing any combination of the freestyle stroke, backstroke, breaststroke, and butterfly 600 times, in a two-hour practice? For the average student, this is a cause for drowning. But for Senior Varsity Swimmer Mark Lagmay a sense of accomplishment is gained after actually finishing the load itself. He exclaims, "We've gone from 2,000 meters up to today's 4,100 meters!"

Power in Ping pong

Who would think a Table Tennis player would need to build strength? After all, it's just ping pong. Wrong. According to their training program, the DLSU-D paddlers must do eight repetitions, three counts each of high pull-ups, behind the neck presses, hand curls, back squats, bench presses, and more. Strength and power are common characteristics of real athletes.

Even the lovely ladies of Volleyball put some muscle into their training with some finger-tossing drills. They borrow balls from the Basketball Team. Each of them lay down, with arms raised, respectively tossing the ball up in the air. These drills will help incorporate the popular strategy of skipping the

bump-pass to go straight into the finger-toss, putting the ball back into play faster for quick points. Don't be alarmed if the ladies waddle around the court and stay put while their Coach Jamir Abinales pounds them with the ball. Leg and arm strength building is a necessary part of the volleyball training.

Fast as fast can be...

Getting there first is probably the oldest and most effective strategy common to all sports. But the hardest part is getting your feet to go! The side-step footwork drill is found in all varsity training programs, which may look like a dance step. Abinales has his players sit on a partner's upturned feet, while the player on the ground pushes up with her legs. This human-weight training is to put lightness in heavy legs, to enable them to be quicker in blocking and passing.

Arm-swing simulation drills are Cañete's secret to his speedy victories. He says that this strengthens the arms for the purpose of extra speed. When sprinters or long-distance runners get weak and exhausted, the arm motion kicks in lifting the body along to the finish line.

Sweating to the beat

Why do our pumped-up athletes look forward to every 2nd and 4th Wednesday? Because! It's Aerobics Time! Gold medalist long-distance runner Theresa Camet has been seen scrambling to pack her bags at the sound of the word "AEROBICS". Basketball players, volleyball players, Taek jins, coaches and more join in the

dance-like moves such as the grapevine to "music you'd hear from the jeepney's dance tunes," an athlete quips. Aerobics instructor Hazel Coronel's efforts play a major role in the new varsity training program. Legaspi can use these fun work-outs to check whether or not the varsity players are in proper condition. Those caught huffing and puffing may need to work out harder!

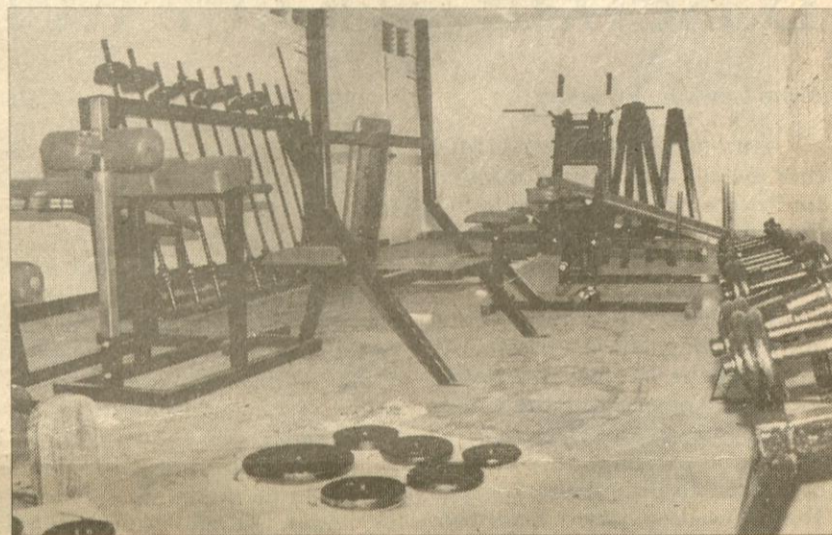
Brain Muscularity

Perhaps all this talk about running laps, lifting weights, and doing drills has got some huffing and puffing, too! Don't fear, La Salle. For the true-blooded varsity player, this stuff is peanuts. Sure there will be grumbling and complaining but it's all in the head.

Varsity Baseball players Alex Calinisan and Daniel Llorente can give you the mental and physical idea in this bit of a 'convo': Alex- "Baseball training's not hard for me." Daniel- "Shut-up, Lex! My

body's sore!" Like in individual competitive sports such as swimming and running, the individual athlete must overcome the nagging thought that they can't take it anymore. Varsity Swimmer Mark Lagmay has a different approach to this mental twist. "We do motivate each other...there's a drive within and also a sense of team...family." Long-distance runners and sprinters also lean on this type of motivation. "In one event, we have two runners. The stronger runner pulls the weaker one to the finish. Also, a sprinter can train with a long-distance runner to build stamina. While a miler can learn speed for that energy burst at the end," says Cañete.

It's mental confidence that defines today's athlete. While mental confidence isn't a substitute for grueling drills, painful laps, and solid training, it adds that sharp edge to our varsity players' competitive style. ■



THE WEIGHTS ROOM
New equipment awaits fitness buffs.

Wanted... from p5

But forgiveness can. And it must come from the heart.

Our heart is a very important factor in making decisions. These are decisions that make up the whole of our being. These are decisions that need careful answers and agreements. These are decisions that can make and unmake our personality. Our heart pumps up heartfelt emotions and feelings towards the other person. So, please be careful with your heart.

Today, the world needs pure hearts that will revive lifeless relationships, restore broken homes and regain the purest intentions. After all, there is no room for tears to flow in the soil of a loving soul. There will be no chance for sad

songs to accompany one's solitude. There will be more time for happiness. Leaders will be more dedicated to their service. They will think of their constituents rather than their personal interests alone.

And who needs pure hearts? We do. ■

Bed time... from p5

entry. Powerful ang air from the windows. Pag umandar ang jeep at masikip, umasa ka ilang minuto lang, dahil sa kanyang power brakes, luluwag na ang kina-uupuan mo. Dahil sa highered ang jeep, kaya niyang i-weather ang storm. At minsan sa jeep meron ding mga di kanais-nais na power na malalanghap mo.

Isa lang ang jeep sa parte ng buhay Pilipino. Isa rin lang ito sa mga basurang itinatapon sa atin ng mga dambuhalang oso. Habang malugod tayong naka-prente sa upuan ng jeep, malugod din nitong pinapatay ang ating kalikasan. Hindi lang ang hangin na likas. Ngunit san ka na? Sa dahan-dahang mamatay na kumakain o sa dilat na umasa na may magbibigay ng makakain?

Two-fifty pesos ang minimum fare ng jeep. Naalala ko dati, seventy-five lang ang binabayad ni Mama. I can't imagine how time has changed the days. Hindi naman

lumalayo yung pinupuntahan ko, pero palayo na ng palayo yung hindi na maabot ng pera ko.

Pag-Pasko ang araw mo, marami kang makikita sa jeep. Friends, acquaintances and ... lovers. Minsan magugulat ka, katabi mo pala yung crush mo. Blush. Kumukutitap ang bilyante sa mata ng dilag, nangingintab ang kanyang buhok, maganda ang hubog ng labi na kinapapalooban ng magagandang ngipin at matamis na ngiti. Huh, umiinit dito sa jeep ah.

Simbulo ang jeep ng pagkabaon ng Pilipinas sa dima-aninag na pag-unlad. Habang minamaneho ng bilang na Paul ang kanilang magarang auto, hilahod na naglipana ang mga driver sa hirap ng pamamaneho.

Tutulay sa makitid na lubid ang mangahas na maghanap ng pagbabago. Magbubuhol ng bakal ang nagnanais ng pangkalahatang kaunlaran. Maaring masagasaan ng pison ang kakampay-kampay na bisekletang maliit ang isang gulung ng progreso.

Di magiging alintana ang jeep na dumaan sa harap mo. Di mapapansin ang driver ng jeep na uubo-ubo. Di kaylanman magsasabula ang jeep na sinasakyan mo. Kung pababayaang mo. Para, boss. ■

Running... from p14

Engr. Medina.

Upon finding out the plan, another track player reacted, "We're not really asking for tartan. We just want an oval where we can run on to without worrying to get injured. Why can't they just make it dirt like the ovals in other schools?," suggested Riza Eva Trias, CS-3, former track player.

"We don't want to waste the base coarse. The school has already spent as much as P8,807,880.74 and this is the asphalt budget alone," ratio-

nalized Engr. Medina.

Whether the players like it or not, the oval will be asphalted in preparation for the tartan.

When Dr. Torres was asked when the tartan would be put up, she replied, "We do not know because we do not have the money. This rubber project is a long-term investment. We need 29-31 million pesos for the rubber sheet and we are slowly going to raise the money, maybe borrow money, because we don't want to put the burden on the students, but if they can help us raise the money, I'll be more than happy." ■

KAI... from p10

for Whitney Houston, Ella Mae Saison for Toni Braxton, Regine Velasquez to match Mariah Carey and of course KAI for Boyz II Men.

KAI may even be mistaken for

Boyz II Men. You can say they are the Filipino version of them. Who knows? KAI might take over their throne someday. With this kind of talent they have, a lot of male singing groups will be moving over, because here comes KAI! ■

Air... from p10

DJ MONICA (103.5 K-LITE)

Sweet-Monica is 29 years old. She's half-Japanese and lives in Quezon City. She was supposed to be a doctor and took up psychology in college. She graduated at Maryknoll College in 1989 and immediately started airing her sweet voice on DWRR where she first started out as a DJ. It was all her sister's suggestion because her sister was also a DJ at that station then. But after 6 1/2 years of working in that station she transferred to K-lite, her present station for 2 1/2 years now. Along with talking on air, Monica does other work for the station as we. She also helps produce Girl Talk and Talk Back.

According to Monica, "you start young if you want to be a DJ. You also have to have some intelli-

gence and humor because you have to get the listeners interested in you. Being on air is pure ad lib, there's no script, so you have to be spontaneous."

You can hear Monica on Tuesdays and Thursdays at 2-2:30 on Girl Talk and every Wednesday on Nite Lite at 12-2 am.

So what do you think of these DJs? Did they turn you off or turn you on more?

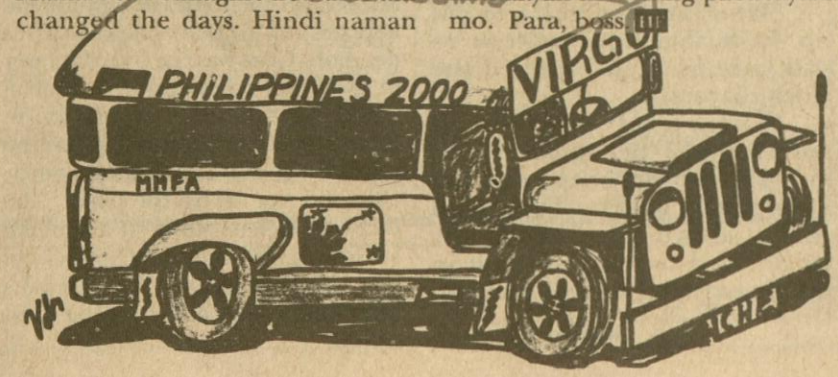
It's fun to be a DJ (commented the DJs interviewed). You get to play the songs you want to play, talk silly and even act stupid and the listeners won't even know the difference. You don't even have to be good looking 'cause you're not on cam, you just have to have the voice, the humor and charisma. In other words, you just have to know how to talk, and you'll feel good to be on the air. ■

Summa Cum... from p1

New Grading System

"The reason why we changed [the grading system] is some schools are questioning us especially the transmutation of our grades....In other schools, once you get [a grade of] 74 and below, you fail," explains VPA Dr. Ramos. ■

NEW GRADING SYSTEM		
GradePoint	Percentage	Description
4.00	99-100	Excellent
3.75	97-98	
3.50	95-96	Superior
3.25	93-94	
3.00	91-92	Very Good
2.75	89-90	
2.50	87-88	Good
2.25	85-86	
2.00	83-84	Satisfactory
1.75	81-82	
1.50	79-80	Fair
1.25	77-78	
1.00	75-76	Passed
0.0	74-below	Failed



Varsity revs up for Bacolod

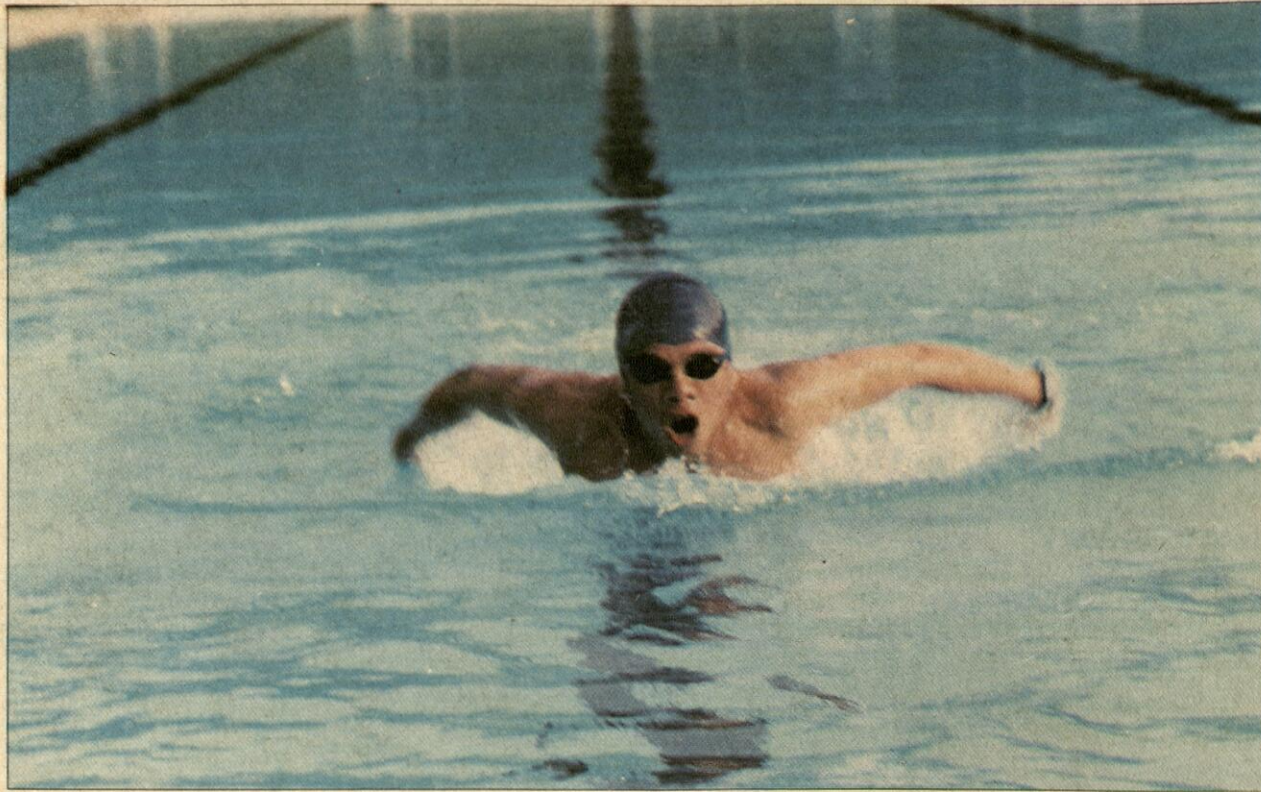
ANNE LUISA E. VILLARICO

THE VOLLEYBALL AND TAEKWONDO teams along with the basketball men's team will squeeze out sweat on October 26-30 as the University of St. La Salle in Bacolod City hosts the 3rd University Invitational Games on October 26-30.

With a P60,000-increase from last year's P130,000 budget, Physical Education Department Chair Necitas Sayoto decided to include the Taekwondo men's team among the competing teams.

Last year, only the women's volleyball team made it to Bacolod although the men's team was also invited to play. This was due to financial constraints. "Priority naman ngayon ang Volleyball men's," said Varsity Coordinator Joey Legaspi.

"UNIGAMES will again enhance collegiate sports and hasten the discovery of new sports talents who could be tapped for the National team. It also promotes camaraderie among players coming from participating schools in the Philippines," said Legaspi. ■



BOLD STROKES
Varsity swimmer Gil del Rosario exhibits fine form in the pool.

Judo team off to 44th PAJA Nat'ls in Zambo

ANNE LUISA E. VILLARICO

JUDOKAS ARE PANTING HARD for the 44th Philippine Amateur Judo Association National Championship which will be held on October 24-25 in Zamboanga City.

The DLSU-D Judo team will represent both the University and the province of Cavite in the team competition.

This is the fifth time that the University Judo team will be joining the competition. Coach Joe Rillo says that he is confident about his team because he knows that they always bag medals in this event.

Last year alone in the Philippine National Games in Cebu, the team earned two silver medals through Judokas Roscoe Plaza and James Bautista. Rillo said that this is also a preparation for the athletes for the individual Judo competition in Davao in February.

"Ang magiging problema lang dito ay marami nang ga-graduate, magpapalit na naman ako ng tao," Rillo remarked. Each team will be composed of eight players who are classified according to weight. ■

Baseball, soccer welcome new coaches

ANNE LUISA E. VILLARICO

THEY'RE NEW IN CAMPUS. BUT they are starting to work wonders for their teams. Two more coaches, Peter Torrit and Vangie Boto, beef up the roster of new coaches for the varsity.

Don't look now but a young and charming lady in a baseball attire took the baseball team with such awe. Vangie Boto, the female trainer makes the batters kick, grunt, and perspire more in their field practice as she assists Baseball Team Coach Bernard Esternon. Esternon remarks that Boto is an asset to their team with her experience in the field.

"Yung kulang namin na nakikita niya, sa training nadadagdagan," Esternon praises Boto. They are

hoping to mark more innings in the DLSU-D baseball scoreboard even if the baseball team clinched the 2nd and 3rd notches in the 1997 and 1998 Regional PRISAA, respectively.

Boto earned her degree in BS Physical Education in 1994 at the Polytechnic University of the Philippines-Sta. Mesa where she was a varsity softball player. After graduation, she coached the PUP softball-women.

She is a part-time faculty in the PE department. She is not receiving compensation because she volunteered doing such rigorous coaching job. Nothing can stop her from training the league.

"In a proper way, I explain to them [players] why are we doing these things [strenuous training],

kung anong purpose which is for their own improvement," Boto puts in.

On the other side of the field you will see Soccer Coach Peter Torrit blowing his whistle, instructing his boys to do some calisthenics. He is also a PUP graduate finishing BSPE in 1994. He was not a varsity football player since he was under trainee, but as a sports ma-

nor and a soccer fanatic, he was able to develop his skills in the said sport.

As he assessed the soccer training at the University, he observed some loopholes. "Masyadong mababaw, hindi pinagpapawisan halos [ang team]."

He aims to improve the endurance and the speed of the athletes, as well as the drills in their training. ■

HERALDO FILIPINO

Sports

VOL. XIII No. 2 SEPTEMBER 1998

Running on asphalt dangerous

THERESA J. CAMET

THE ATHLETES' WISH TO HAVE A 'sporty' oval has finally been heard by the administration after so many years, but there seems to be a problem. The said oval is going to be asphalted, and this gave rise to complaints from athletes in the track team. The oval construction started in April with the Siera Universal Corporation at the helm.

"Hindi rin namin matatakbuhan, dahil hindi puwedeng mag-spike shoes, hindi 'yon kakapit sa asphalt at delikado, pag nadapa ka, gasgas and

mukha mo," stated Earl Cañete, Mgt. 4-2, a sprinter who's been on the team for almost four years.

"Running on asphalt is theoretically bad and can cause injury because the impact from the ground or asphalt is greater than that from a softer surface," said DLSU-D Physician Alvin Mojica.

Track and Field Coach Romeo Cabrito was also asked to give his comment regarding the issue and he stated, "You can't really avoid injury, dahil unang-una, sa ankle, hindi ka puwedeng magsprint dahil hindi ka puwedeng mag-spike shoes.

Pangalawa, yung init ng asphalt. Pangatlo, yung stress sa katawan from the asphalt."

However, Physical Facilities Director Engineer Mario Medina explains that the plan for the oval is really to have it rubberized but the school does not have sufficient budget at the moment. In this light, Engr. Medina laid down the budget breakdown of the project. The school is developing the oval in six phases:

TRACK OVAL EXPENSES	
1. Fine grading	P699,139.78
2. Drainage system	P748,995.65
3. Roadway drainage	P750,000
4. Track oval fencing	P919,745.31
5. Base coarse and asphaltting	P5M
6. Covered walk (side walk)	P690,000
TOTAL COST	P8,807,880.74

When are they going to put up the tartan?

"When are they going to put up the tartan? I just wish we're still here by then," whined the track players.

"Tartan is very expensive. It costs \$100.00 per square meter and the whole oval requires 7,300 square meters. The school cannot afford it yet, that's why we decided to just asphalt it in the mean time," countered Engr.

Running... p13

Though Montalbo snags silver

Taek team down at Nationals

ANNE LUISA E. VILLARICO

PSYCHOLOGY SOPHOMORE Jennifer Montalbo took the lone medal for DLSU-D as she romps away with the silver in the 1998 National Poomse Competition on August 9 at the Ninoy Aquino Stadium.

This was a week after BSE3 Reginaldo Cruz's powerful turning long distance kick landed smack on the face of a San Beda jin, 30 seconds after the start of their match in the 21st National Taekwondo Championship held on August 15-16. The event was participated by over 100 schools and Taekwondo clubs in the Philippines.

The impact of Cruz's kick floored his foe long enough for the referee to declare a knockout decision. Cruz was the fourth player in the team competition. Unfortunately, the first three players lost in their respective bouts which was the reason why the astounding win by Cruz did not lift up the team. The DLSU-D kickers suffered a stinging 1-4 loss against the speedier kicks of San Beda taek jins. The Bedans knocked them early in the first round.

Maturity vs Raw Power

De La Salle lady jins' combination of forty-five and roundhouse kicks pulverized the Bulacan State University 3-2 in the elimination round. But their hopes of advancing to the quarterfinals dimmed when they faced the Central Gym Team.

All-blackbelts, the Central Gym Team made a convincing clean sweep 0-5 over the amateur women's team. "The players of the Central gym are members of the national training pool of Philippine Taekwondo. Most of them are international fighters. One of them is a gold medalist in the Southeast Asian games, while the other one has been a blackbelt for five years," said DLSU-D Taek Coach Ding Futral.

"Even if we lost, at least we gave them a good fight," remarked one of the lady jins.

Noel Pangilinan, John Mark Arao, Adonis Braga, Reginaldo Cruz, and Macario Tomas Javier III compose the men's team. On the other hand, Jenny Arro, Jovelyn Odon, Jennifer Montalbo, Mary Grace Mayuga and Sheryl Palad make up the women's team. Jereen Isten Remolisan, Nerelyn Camatoy, and Fritz Sus served as alternates. ■

