

Hon. Mayor Ronald A. Mathay Jr.

QUEZON CITY TEACHERS GAZETTE

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Inday An

**DIVISION OF CITY SCHOOLS, QUEZON CITY:
Offering Wider Access to Quality Education**

Strive for Quality

No matter how good our schools are or how good they have been, they must become even better tomorrow. Our schools must meet the educational needs of people in a fast changing world.

An excellent product is basic. It is the very foundation for our schools. What we teach and how well we teach it have a profound effect on how people feel about the schools in our community.

Those of us who are involved in the schools should work to create a spirit, a climate in which excellence can thrive. We would welcome information that helps us understand how well students are actually learning. Each day, we should ask ourselves how we could make our schools even more effective. Here are a few additional suggestions as we pursue quality. We should:

- *Be committed to helping every student succeed to the limits of his or her ability.*
- *Plan for the year and each school day...and follow the plan.*
- *Make sure students spend enough time on the right tasks.*
- *Develop high, yet realistic expectations for students.*
- *Study developments in learning theory and apply what we learn in the classroom to assure that students are mastering needed knowledge and skills.*
- *Work toward a solution when parents, students or others express a concern or present a problem. Avoid defensiveness. Instead, let's explore the problem with concern for its effect on the overall school program and individual student learning.*
- *Work toward building parent support for what happens in the classroom.*
- *Ask, "Is this the kind of school I'd want my child to attend?"*

As educators, we should radiate our enthusiasm for high quality education and let the community know we want to provide the best possible education in the nation...right here in our school.

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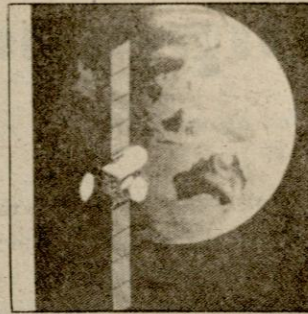


On the Cover

DECS-NCR Director Nilo L. Rosas receives the symbolic key of responsibility from Quezon City Mayor Ismael A. Mathay Jr. during the turn-over and blessing of the Mathay Hall constructed on Quezon City Science High School grounds. Looking on is Superintendent Bienvenido A. Icasiano.



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In Focus

As School Year 1995-1996 opens, the Department of Education, Culture and Sports (DECS) outlines the role of education in *Philippines 2000*. It has planned for a strong foundation for science and technology. Its target is to produce quality individuals. For this purpose, the department initiated the Early Childhood Education Program which believes in the concept that every child should be exposed to an early education. Thus, in his article entitled "*Education's Role to Philippines 2000*", Education Secretary Ricardo T. Gloria presents the DECS' program which is presumed to affect the lives of future generation of Filipinos.

In line with DECS' effort to make **MAN** the target of education, the Rotarians share the department's vision in *Rotarians: Active Partners in School Undertakings*.

In *Offering Wider Access to Quality Education*, the Division of City Schools, Quezon City, believes that education is an effective instrument not only in empowering our people but, more particularly, in rallying the youth to achieve our country's goals of sufficiency, modernization and global excellence envisioned in year 2000.

Education's Role To Philippines 2000

By Sec. Ricardo T. Gloria



GLORIA

Any kind of strategic planning is always accompanied with a tremendous responsibility.

Our present plans in the department will affect the lives of future generation of the Filipinos. Being the Secretary of Education, therefore, is a scary thought, but I have to take this opportunity to make the best decisions for the present and future generations.

Education has a major role in the vision of Philippines 2000 as initiated in the Medium-Term Development Plan. You might think it odd that Year 2000 goes beyond my term of office. What I simply mean is that this is a vision that goes beyond short-term policies: a future that I may not personally benefit from but which, with the school-community support, I can help bring about.

The Education's role in Philippines 2000 does not promise to make citizens technologists, scientists, innovators and creative researchers within seven years. That would be a wishful thinking. But, it could prepare the groundwork, remove the obstacles and clear the underbrush, as expected, for us to become a country of learned and skilled people by early part of the next century.

Education's role in Philippines 2000 specifically involves two things:

• **First-Global Competitiveness.**

The department believes that we can no longer afford to isolate the Philippines from the fast tempo on information technology and other advances in Sciences and Technology with the other nations.

The DECS has resolved that the battlefield in the Year 2000 is more on Science and Technology, Culture,

History and a balance of Languages and Values Education.

The department has planned for a strong foundation for science and technology and will definitely work for its success.

If we also talk about global competitiveness, we should not only rely on the knowledge and skills of our graduates but, their personal and moral

By people empowerment, we mean that MAN should be the target of education. The department's development efforts is geared towards the improvement of the quality of life of MAN, and this can only be done by giving him the primary importance

values, as well as their perceptions and principles in life. Our target is to produce QUALITY individuals. Individuals who could proudly represent their country and be role-models of citizenry.

As the President often says, we have little choice: "The most important wars of the future will be waged not on the battlefield, but in the corporate boardrooms, in the stock exchanges, in the research laboratories, in the classrooms, and on the shop floors".

• **Second-People Empower-**

ment. Education's Role in Philippines 2000 relies on the concept of "People Empowerment". The department believes that since education is everybody's business, therefore, it should be given to all. Education must not remain an elitist concept in the Philippines but must be given to every Filipino whether rich or poor. The department, then, initiated the Early Childhood Education Program which believes in the concept that every child should be exposed to an early education, especially in his first six formative years. This program is in line with the Education For All (EFA) project implemented a few years back by the department and the United Nations.

By people empowerment, we mean that Man should be the target of education. The department's development efforts is geared towards the improvement of the quality of life of MAN, and this can only be done by giving him the primary importance.

Hence, I oftentimes say that the department exists basically for the schoolchildren. There will be no teachers if there are no pupils/students. All of us in the department, therefore, have the obligation to bring out the pupils/students from the darkness of ignorance to the light of happiness and freedom.

Indeed, there are a lot of challenges in the department. It is not an easy job but we can make the educational system and education much better than what we have today.

Remember this, "quality education does not happen in the Office of the Secretary, it happens right in the classroom".



co-teacher of mine came to me and said, "I feel exhausted, drained and bored with my job. I look forward to Friday and weekend . . . my students are failing me. I have the background, training and skills but they seem not to understand my teaching after all. I know I have potential to handle the job well. But why do I feel stifled?"

Here you have a teacher who does not know her passion.

"Did you try to do anything on your own to solve your problem? I asked.

Her reply was: "I've been thinking of giving up my job but my other big problem is where to find one. You see, my academic preparation is on teaching and where in this world could I find another job without any preparation. I really want to get out of teaching and find a job where I can get my teeth into, but what and where? I don't know where I fit."

Undoubtedly, my co-teacher could be the best if it were not for her negative attitude towards her job.

The right "fit" in the job comes when the work satisfies our inner needs. And satisfaction of this inner needs comes out of passion within us.

But does everyone have passion? Of course, we have all passion within us. However, a few of us act on it perhaps because of fear. Passion is the result of knowing exactly what you want and having the emotional strength to go after it without fear of failure. It is just like taking the risk; hence, not having enough courage leads to discouragement and the moment we succumb to our fears, we become dispassionate.

In the case of my co-teacher,

she can very well teach with passion only if she'll learn the ability to take the risk through the following tips:

- Assess the reality of the fear situation.

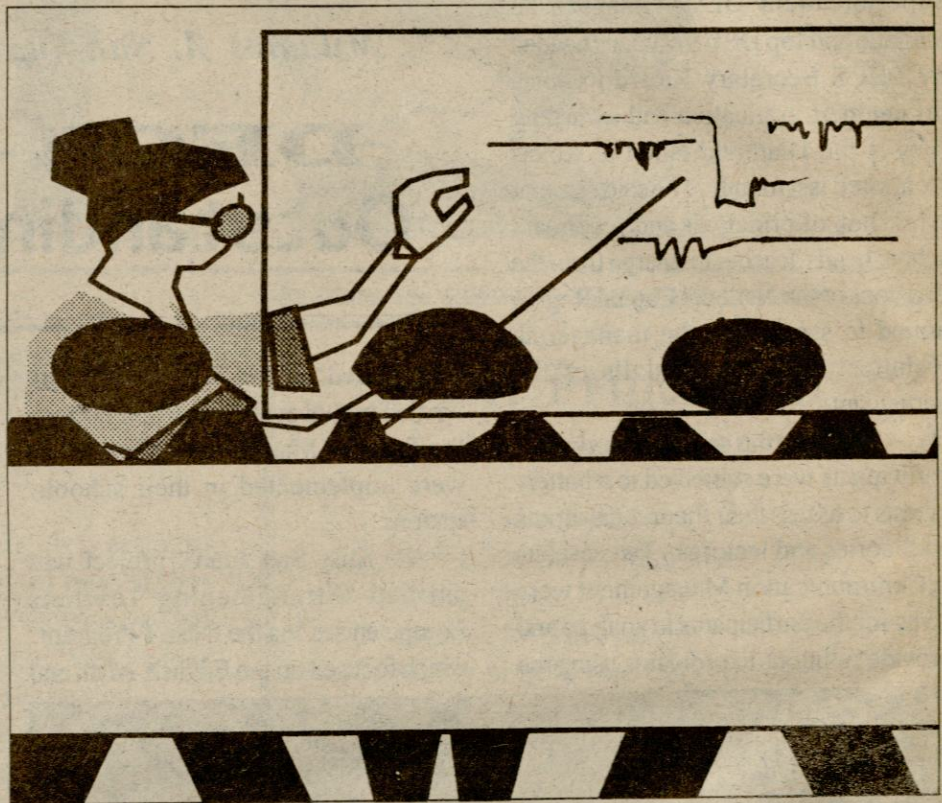
(What is it that really needs to be done? Is it really dangerous, so I should be afraid? Concentrate on what I have to do - be more constructive. So what if I fail?)

perform well.

(I know I can confront this situation. I can take care of it - one step at a time. I will take slow, deep breaths. I am going to concentrate on what I have to do.)

- Cope with intense fear.

(I can wait. I must not think about fear. Must I do something else, say do physical exercise or dabble



Teach with Passion

- Control negative, self-defeating, fear-provoking thoughts and images.

(Erase the worry. Worry is passive. Worry eats away passion and creativity.)

- Re-label fear.

(Maybe I'm mistaking "fear" with my eagerness to get the situation over with.)

- Psyche yourself up to

in my art to allay fears? What's the worst thing that can happen? Could I cope with it?)

- Positively reinforce yourself for having coped.

(I did it. It worked. It wasn't that difficult after all. I blew it out of proportion. Everyday, in every way, I'm getting better . . . I'm proud of myself.

The Faculty in Teacher Education: A CRUCIAL ROLE

By Marites A. Khanser

Those who are involved in teacher education will agree that in order to produce quality teachers, the teacher models for education students must be able to provide these teacher interns with the skills needed to make them competent, dedicated and committed teachers of the future.

Many researchers have looked into the teacher factor but not many have ventured into studying the role of the faculty in teacher education. What are the teachers of teacher education institutes (TEIs) really doing in the teacher education classrooms? Are they providing the role modelling that education students can emulate? Do they have the expertise and enough knowledge to handle the content courses in teacher education?

A recently held forum on the role of the faculty in teacher education was held in the University of the Philippines College of Education. The resource speaker was Dr. Julieta Savellano and her presentation was titled *The Faculty in Teacher Education: Problems, Issues and Concerns*. Her findings provided a wealth of information on the faculty that handle teacher education: their profile, the problems that these education teachers face, the issues and concerns related to improving quality of teacher education through the faculty involved in Teacher Education Institutes (TEIs). The search for centers of excellence in teacher

education has called attention to the need to look at the faculty in the TEIs to ascertain and identify such centers and also to pinpoint those institutions needing help along the area of improving the capabilities of the education faculty.

It is interesting to realize that the

profile of today's faculty in teacher education can give us a glimpse of the strengths and weaknesses of the faculty force. Dr. Savellano mentioned that on the average, the age of the education faculty is generally 30 years old and above, most of them are married; the predominance of female education teachers, and that most of them carry teaching loads from 18 to 30 units. The age

structure tells us that most of the faculty in teacher education are in their middle and exiting careers. Relatively few students are going into education courses, presumably because of the low salary and social status associated with the teaching profession. And if most teachers are female and married at that, they generally will have family and children to attend to aside from the demands of the teaching job. Thus, they may not have enough time to devote to doing research, pursuing professional growth, learning new technologies, or improving their writing skills.

During the open forum, some of the reactors commented that the faculty in teacher education should

possess at least three basic skills and these are 1.) ability to abstract meaning and to put order; 2.) capacity for systematic thinking; and 3.) experimental inquiry. Thus, enhancing these skills calls for an agenda for faculty development that is responsive to the present needs of teacher education and in keeping with the goals of Education 2000. Apprehensions were aired in that the faculty force may have masters and doctorate degrees mostly in educational administration, and not in content courses, putting in question the capabilities of the faculty to handle professional education components in teacher education. It was cited that most of those U.P. graduates of the College of Education in the masteral and doctorate levels are currently involved

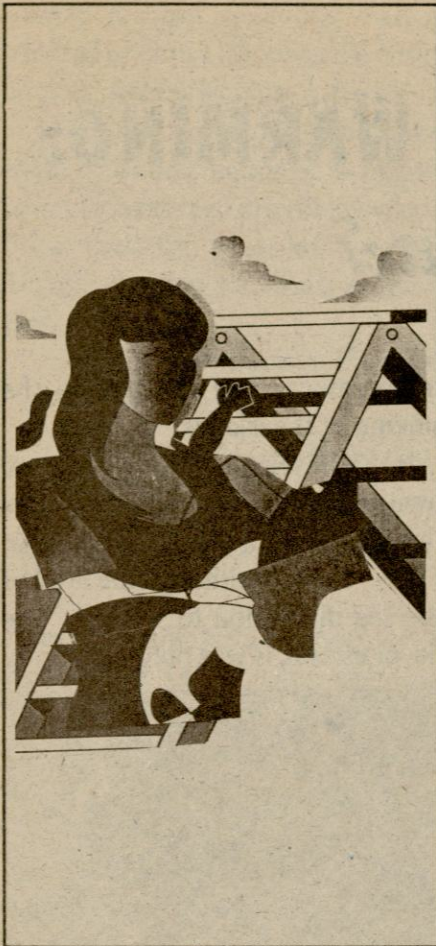
Many researches have looked into the teacher factor but not many have ventured into studying the role of the faculty in teacher education. What are the teachers of teacher education institutes really doing in the teacher education classrooms?



in administration rather than in teaching, in their respective schools. Or, some are occupying administrative positions, coupled with some teaching loads. Admittedly, what are needed are teachers who can devote their full time and attention in the training of future teachers.

Indeed, there are problems, issues and concerns that need to be looked into and resolved to assure us that quality teacher education can be achieved in the TEIs.

(Source: MOD Vol. XXVII No. 1231 April 7, 1995)



By Sheila Pumaren

She's a holder of a master's degree from a prestigious university. She's not only intelligent, she's also

attitude (a positive sense of style) and mannerisms (the way one moves, talks, and dresses up, etc.) are just as important as credentials, awards and citations.

A career counselor says, "People who get ahead aren't always the brightest or the most talented, but they are the ones who present themselves that way. Right attitudes to your job, your colleagues and students are just as important as your intelligence and skills.

So if you're one of those who always get bypassed by promotions, it is about time for you to go around and get noticed. Brace up or "sell" yourself up that promotions ladder - and experts say it's easy if you take the following tips:

- Know your job well and how to do it well.

Many school administrators complain that even well-qualified teachers fail to perform their job efficiently because they aren't completely knowledgeable on the "how's" to do it, simply because they are too shy or inhibited to ask. If there is any doubt as to your assigned

promotions come around. Constantly strive for improvement in the performance of your job.

- Maintain a pleasant working relationship with your superiors and your colleagues.

Being courteous with your superiors as you are respectful and cordial to your co-teachers is a plus factor.

Be reminded that critical remarks or gossip about your principal, supervisor, or superintendent will not increase your opportunities for advancement.

- Get involved in school projects, functions and socials.

Even if it is not your obligation to do so, attending school functions is one way of making yourself visible - and creating an image of being involved.

- Be punctual

Nobody wants to be kept waiting. Punctuality is the mark of efficiency. Tardiness, committed too often, is a "stain" on your image which is hard to erase.

Dress appropriately and attractively. Wear the prescribed

Brace Yourself Up for Promotion

creative. She knows her job very well.

But why didn't she get the promotion - when she's obviously more than qualified for it?

Perhaps she behaves and talks like she knows everything. She seems an intellectual snob who is too preoccupied with herself. She comes to school late yet feeling relaxed and confident.

As administrators say, one's

tasks, consult your superior. Ask questions until there is a complete understanding

- Attend professional meetings, symposia and workshops.

Everything changes constantly in the field of education. Update yourself with innovations, improve your skills by taking every opportunity that comes your way. Your in-service training will speak very loudly in your favor when

uniform. Keep it clean, neat and attractive - minus the fancy jewelry, gewgaws and unnecessary trimmings.

As role models, teachers have no excuse for bad grooming, bad manners and bad presentation.

If you religiously observe these tips, then, without your knowing it, you are already at the top of the promotions ladder.

THE NIGHTMARISH GLOBAL WARMING:

Averting a fate too late?

By Sherwin T. Reyes

HELP! HELP! Can somebody.....

No avail. It's useless. People are in a case worse than chaos, in a state more than just a state of pandemonium. Everybody's trembling, attending to his own fear, and calling God. The blue and deep sea from a distance looks like a restless predator, ready to devour our lives and submerge the island anytime now...

Pollution of the atmosphere has caused this to happen. Some of the 7,107 islands have already vanished completely. And here I am, probably in one of the largest and high-lying islands but still threatened by the roaring sea.

I remember those days, my teachers and parents as well, never failed to remind me now and then that the sea levels would rise as a result of the global warming taking place because of the greenhouse effect.

Before, the greenhouse effect was just a natural process by which energy from the sun is kept within the Earth's atmosphere by a layer of gases. It's a vital one which helps to maintain the planet at a temperature suitable for life. Shortwave radiation from the sun is received by the earth's surface and reradiated as long-wave radiation. This is absorbed by gases in the atmosphere, which include carbon dioxide, water vapor and methane; some of it are reflected back toward the surface of the earth.

But man has again proven his foolishness. In the past decades, his existence and activity have played an increasingly significant part in increasing the concentration of such gases.

Some methane concentrations have grown as wet

temperatures and resulted in the sinking of the islands.

Why? Oh Why? Our very own ancestors - why did you give us this kind of future?

Before, although the level of the sea in relation to the land was never estatic, it was only temporary



field cultivations and livestock farming have increased. Humans have now new greenhouse gases called chlorofluorocarbons (CFC's) used in refrigeration units and aerosol sprays. Much more, too much of carbon dioxide has entered the atmosphere these past years from the burning of fossil fuels such as coal and oil.

As the atmosphere continues to become more concentrated with these gases, more long wave radiations are trapped, reinforcing the greenhouse effect and raising global temperatures - a rise too much to handle. This global warming altered climate patterns, melting glaciers and even icebergs at the poles. Thus, water in the oceans expanded, brought forth by the warm

and of small scale.

Seashores were covered and uncovered twice a day as tide ebbs and flows, drawn by the gravitational pulls of the sun and the moon. Waves driven by the wind and others caused by earthquakes in the oceanic crust, though can cause tremendous damage to many coastal areas, are still short term changes which cannot compare to the melting of the ice caps and glaciers.

Now, the myths about the Atlantis, an island city that existed long before and unfortunately sank seems to be correct and could become an event in history that repeats itself.

November 1966 that is when St. Mark's Square in Venice was submerged under more than a meter.

Venice is built on more than a hundred islets in a lagoon at the north of the Atlantic Sea. Quite a mysterious occurrence was brought about by a combination of torrential rain, a high tide and a northerly wind. From then on, parts of the city became flooded up to 40 times a year.

As the specialists, likewise

Evil and greed reigned in his heart. Now it is but too late for change, too late for averting a fate worse than what nuclear power can annihilate - a total loss of life, not even a scar left.

Research, measuring devices, satellite monitoring, computer analysis, these can do little, if not nothing in healing the

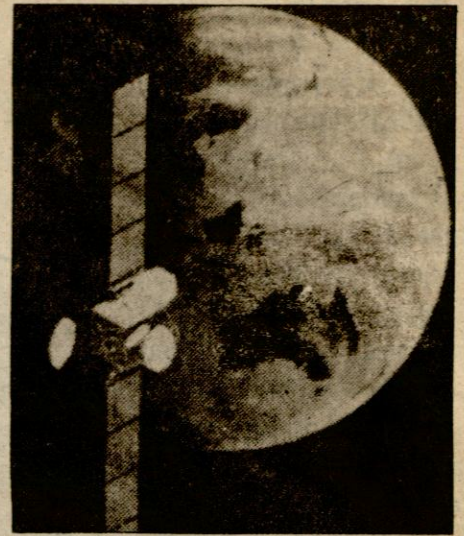
Now, the myths about the Atlantis, an island city that existed long before and unfortunately, sank seems to be correct and could become an event in history that repeats itself.

called climatologists, looked for a justifiable explanation, they came up with the global rise in sea level caused by the melting of ice sheets. And now, their findings seem to be true and correct.

But of all the knowledge man has gained is nothing but worthless.

planet.

We cannot deny that people have long tried to manage the earth and its processes, both to utilize its natural resources. But why have we not thought of how these changes can affect our only home, and even our own lives to the extent?



Oh no! The screams of the people are too much. The sea seems to get bloated and bloated. Spare me! Noooooooo! I want to live.

"Wake up! Its a nightmare!"

It was a nightmare after all. Then I knew I had one more chance. I can escape from one nightmare, but when faced with reality, I just cannot wake up and flee so easily.

HOW EFFECTIVE IS TV-ASSISTED INSTRUCTION?

Visual media, televisions in particular, is inarguably very powerful. It influences the way people think, speak and behave and for being the most drawn to TV, children are the most influenced by what they see on screen. But if TV can convince children to dress up in a certain way and make them buy one product in favor of another, can it also aid them in their studies?

The ABS-CBN Foundation Inc. decided to find out by introducing TV-Assisted Instruction in Science and Health which was initially implemented in the National Capital Region (NCR). A total of 457 schools were provided with TV sets to enable grade school students to view the show. Very few of the participating schools in the project had fixed viewing rooms, so the students of other schools had to create makeshift viewing areas in covered courts, quadrangles, school corridors and principals' offices. Because of this they had to contend with problems like poor lighting, poor ventilation, the



presence of noise, poor audio and video reception, and poor seating arrangements.

But despite all these obstacles, the Preliminary Monitoring and Evaluation Activity undertaken by the ABS-CBN Foundation to gauge the success of the project yielded the following positive results:

- TV-assisted instruction facilitates better comprehension and retention. Discussions have become livelier since the introduction of TV-assisted instruction.

- Students, even those considered below average, participate

quite actively and confidently in class discussions. Students now understand and retain concepts and processes better.

Graphics and visuals shown in the program stimulate creativity and proficiency. They assist in clarifying difficult concepts in the minds of the students. Students are thus now more able to explain science concepts and processes.

Informal setting utilized in Sine'skwela decreases psychological reservations children may have regarding their studies.

Characters with whom the children can easily identify aid in their learning and retention. So they're less inhibited and afraid to ask questions.

Several suggestions were made by principals, teachers and students of participating schools on how to further improve the program and make it reach more students, but as a whole, TV-Assisted Instruction does work wonders as an educational tool.

Since the enactment of RA 6938 (Cooperative Code of the Philippines) and RA 6939 (Cooperative Development Authority) on March 10, 1990, cooperatives have soared from 6,000 to 28,331 organizations throughout the country. The tremendous increase of coops was primarily due to better opportunities for expansion and viability as conceived under the incentives granted by law.

While coops are common among farmers, wage earners and small entrepreneurs, less has been said about coops organized by students themselves. Attempts had been made in the past but to no avail.

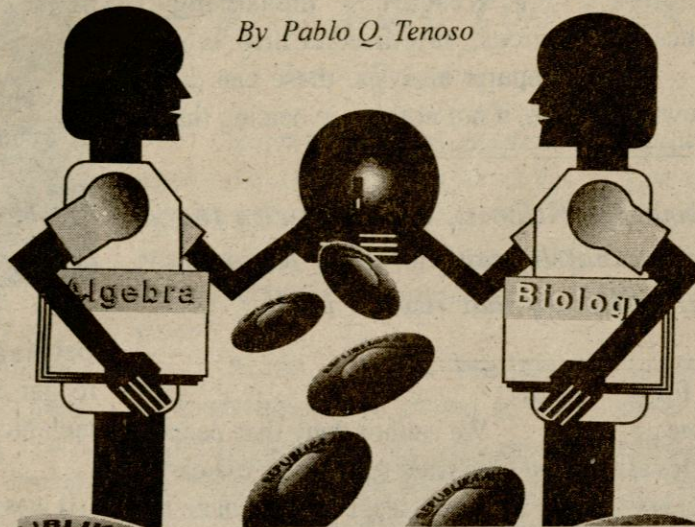
And to think that students' main problem is money. They need money for registration fees, tuition fees, books and school supplies. School expenses baffle parents especially farmers who only rely on their meager wage from working on farms they do not own. Their savings are often insufficient to meet their children's school needs and obligations. Can the students help their parents save for their education?

"Yes," says Joan Lim, a fourth year accounting student of Holy Cross of Davao College.

How is that possible when most students are not working

How about students' cooperative?

By Pablo Q. Tenoso



relying on the allowance given by their parents?

The allowance. What if a student saves from his allowance? Say P1.00 a day? Imagine, if 1,000 students each save one peso a day, that is a whopping P1,000 a day! Multiply it by five, that equals P5,000 a week!

Learning the value of savings, the students organized a Students' Saving Club under the auspices of the CCFLO Credit Cooperative, a full-pledged cooperative duly registered with the Cooperative Development Authority. From 30 students with an initial deposit of less than P300 a month, the Club saw its membership grow to 175 students with more than P30,000 savings deposits in less than eight months.

The Students'

Saving Club is a laboratory cooperative contemplated under RA 6938, otherwise known as the Cooperative Code of the Philippines. As such, it must be affiliated with any existing registered cooperative that must govern its operation subject to its policies, especially in the administration of funds.

The members of the Club are treated as special depositors of the mother cooperative whose deposits should earn interests or dividends and entitled to patronage refund in the event they borrow from the cooperative. The coop, however, should fix a member's minimum deposit balance of say, P100.00, to entitle him to dividends and patronage refund. Within the school

year, a student is allowed to withdraw his deposits or in the alternative, to apply for a loan with his deposits as collateral with the mother cooperative. If his parents are also members of the mother cooperative, the students may be allowed to borrow any amount in excess of his deposits, provided the minimum balance is P100.00 as of the end of the calendar year, then he is still entitled to dividends and patronage refund.

Aside from credit assistance that the mother cooperative extends to students as their special depositors, the students should likewise be assisted in the procurement of textbooks and school supplies through the formation of the Students' Buying Club with capital provided by the students themselves from their own savings.

This fledgling Student Coop should not be left alone. It should be closely supervised and monitored by the mother coop, but without stifling its independence and likelihood to graduate from a laboratory to a full-pledged cooperative.

The primary source of information today is media. Be it print or broadcast, most of our time is spent in activities related to media from the time we get up until the time we go to bed. It's either we're reading the paper, listening to the radio, scanning our favorite magazine or watching TV or the movies.

You see, life is influenced by the things we see or hear from the medium we use (or exposed to). In most cases, everything we hear or see from media is perceived to be good, and true. As they say, "If its shown on TV, it must be true!" - or heard from the radio, printed on paper for that matter.

But the question whether these stuff are fictitious or not remains. Let us take the following cases:

A 7-year-old fanatic of Robocop shoots his maid while watching the film.

A teenager commits rape after being exposed to pornographic photos and articles.

Media may be the channel to national communication and unity, a way to uplift the values of people and bring information whenever and wherever needed. But it



The Power Of Media

can also be a spark of intrigue leading to a big fire of commotion, a road to mislead the ignorant and the gullible, and an amplifier of the already bad society we live in.

Many of the things we see or hear from media aren't always what should be. Considering that even a three-year old can open a TV switch, he is exposed to shows not suited for him. We know that most children are sensitive, and gullible to the point that most easily

adopt to what they see.

To undo the harm that TV has done to these kids, families must consciously veer away from offensive and inane shows, choose to watch only quality programs. A certain time for children to watch TV with a parent or at least a responsible adult sit out shows with the kids for the purpose of providing guidance, explanation and answer to questions would be greatly advantageous for them. On the part of the producers

they must be extra careful with the theme and the language used in the show.

Television has indeed the most insidious influence and the kids are the most vulnerable to this negative influence. Gone are the days when the kids watched only wholesome cartoons.

As for radio, the broadcasters themselves must act as the censors of what they say. They should bear in mind that there may be children or people who do not understand what they (announcers) say, that some of their listeners might take their words literally.

As for journalists, we always believe in the freedom of the press. But let us also remember that every right is endowed with certain responsibilities. If we enjoy our freedom, we must also learn to accept the responsibilities that go with them. Parents are not always there to guide their children on what they read. Let us be responsible enough not to write things that are not suited for the general public.

Media are good - if we know how to choose the right stuff.

Media are junk if we pick out the rotten ones.

Let media enjoy their freedom. But let us also enjoy our freedom of choice.

NEWS BRIEFS

CPSTA presidency

professionalism and housing

For the information of the field, the newly elected officers of the QCSPTA are as follows:

Mr. Eusebio S. San Diego, president; Mr. Rogelio M. Galman, executive vice president; Mr. Eugenio P. Palaruan, Sr., vice president for external affairs; Mr. Antonio C. Merino, vice president for internal affairs; Ms. Lilia Tolosa Santos, secretary; Ms.

Avelina P. Salvador, treasurer; Mr. Leonilo E. Santilices, auditor; Mr. Pedro A. Ramos, and Ms. Teresita Q. Ricamonte, business manager; Ms. Cleofe S. Tesoro, public relation officer; Mr. Ramon S. Genova, Ms. Adelina A. Sebastian, Mr. Pelagio E. Victorino, Jr., Ms. Luwalhati M. Barro, Mr. Roberto I. Agtarap, Ms. Edan A. Besa, directors.

The office of the QCSPTA is at San Vicente Elementary School, Quezon City.



JICA donates science study package

The Sumitomo Corporation of Japan, in cooperation with Japan International Coordination Agency (JICA) donated to Pinyahan Elementary School of Quezon City thru the Department of Education, Culture and Sports (DECS), a Basic Science Study Package (BSSP) which is an innovative approach to learn basic science.

The package contains materials for 28 science topics.

In charge of the BSSP is Rolando G. Lubao who

underwent intensive training at the Philippine Normal University (PNU) through the Regional Science Training Center (DOST) and at the University of the Philippines Institute of Science and Mathematics Education (UP-ISMED) through the sponsorship of the Quezon City government. Under the leadership of the school principal Anita P. Baylon and District Supervisor Lorna A. Diccion, the said science package is being utilized to the fullest benefitting the elementary students and science teachers of Quezon City.

School principals get teaching load

Education Secretary Ricardo Gloria directed school superintendents to assign at least teaching load to the principals and other school administrative officials to remedy the perennial backlog of teachers in public elementary and high schools.

"Since we need additional teachers, classroom assistance from the principals and other school personnel

could be most welcome."

At present Gloria said the department lacks at least 23,000 public school teachers leaving a backlog of 13,000 more.

He added that it is time for the principals to share their expertise with the pupils since they are regarded as the most knowledgeable in their respective areas.

People's Day at NHS

Dr. Bienvenido A. Icasiano, schools division superintendent, together with the division supervisors and principals both from elementary and high school, attended the People's Day with its theme "Makabuluhang Edukasyon sa Taong 2000".

The objective is to foster a closer working relationship between the DECS people and the school personnel

and teaching staff.

During the People's Day rites Icasiano urged school principals to make their offices serve their clientele better by maintaining open communications with the public, making sure that the established grievance mechanism is effectively working and concerns of a local nature are effectively and immediately addressed or attended to.

Writing to read program gains headway

The pilot Writing to Read project in Pinyahan Elementary School is a joint effort of the Regional Center for Educational Innovation and Technology (INNOTECH), an arm of the Southeast Asian Ministers of Education Organization, and IBM Philippines.

Although Writing to Read is already widely used in the US and some other countries, the Pinyahan Elementary School pilot project in the first of its kind in the Asia-Pacific region.

Writing to Read is a computer-based instruction designed to develop the writing

and reading skills of kindergarten and primary students. The system works within the context of a planned learning center called the "Writing to Read Center." In this center, students use a variety of equipment of language arts materials available at the different learning stations.

At present, the project at Pinyahan Elementary School is managed by two outstanding teachers, Mrs. Corazon A. Talosig and Miss Bernadette C. Lee, under the leadership of Mrs. Anita P. Baylon, principal and Miss Lorna A. Diccion, district supervisor.

DECS issues guidelines for productivity pay

In accordance with National Compensation Circular No. 73, granting Productivity Incentive Benefit (PIB) for CY 1994 and years thereafter based on individual personnel productivity and performance as evaluated and determined by the heads of the respective offices/agencies in accordance with the policies and standards set by the Civil Service Commission, and pursuant to Resolution No. 01 dated 20 January 1995 by the DECS. Suggestions and Incentive Awards Committee (SIAC) which was approved by the Executive Committee (EXCOM) in a meeting held on February 1, 1995, the following guidelines shall be observed.

- The incentive pay shall be given to officials and employees who shall have at least a satisfactory performance rating for the two (2) semesters immediately preceding the year in which the incentive pay is granted;

- The total cost of incentive pay which shall be utilized by the agency for this purpose shall in no case exceed

the average of P2,000 per occupied/filled position.

- The Productivity Incentive Benefit for CY 1994 shall be granted to officials, employees and teachers nationwide who have received at least a satisfactory performance rating for the last two (2) rating periods preceding the grant of this incentive pay at the rate of P2,500.00 for employees with Outstanding performance rating; P2,000.00 for those with Very Satisfactory performance rating; and P1,500 for employees who obtained Satisfactory performance rating;

- In the event that an employee obtained two different ratings for the abovementioned rating periods, whichever is higher shall be used in determining the amount of productivity incentive benefit, except when the rating is Unsatisfactory, in which case, the employee is disqualified from receiving this incentive pay; and

- The Outstanding performance rating given to an employee should be justified by the head of office concerned supported by documents.

Community-based preschool organized

The Department of Education, Culture and Sports (DECS) in cooperation with the Philippine Education for All Plan and Education Commission recently organized the community-based preschool to give priority attention to preschoolers who deserve early childhood care and development.

Cognizant of the need for early childhood education, the government has allotted funds to support the DECS Preschool Program which is initially implemented in the 19 priority divisions for Countryside-Development Program. To provide the children in other divisions the benefit of

preschool education, the concept of preschool as a structural system must give way to a system which is community-based.

A community-based preschool will be an alternative technology that will be set up in the disadvantaged areas to give early childhood development experiences to 5-year-old children before they go to Grade I. It is a community-based non-profit school which will be established through a collaborative partnership of DECS, NGOs, LGUs and parents. It is an approach wherein members of the community participate.

CAMPUS NEWS

San Diego wins Q

The Division of City Schools, Quezon City, announces and officially acknowledges the results of the election of officers of the Quezon City Public School Teachers Association (QCPSTA) undertaken among faculty presidents, teacher leaders and representatives of the elementary and secondary faculty clubs, supervisors, principals, and non-teaching personnel in a meeting held at the Bulwagan Hall of the

Quezon City Hall Building recently.

The reactivation of the association is a welcomed development considering that the QCPSTA has remained dormant for the past twenty-three years.

It is hoped that the Association will again evolve into an active and dynamic organization that will address the problems of public school teachers in our City more particularly teachers welfare.



Speech lab at PES operational

The Speech Lab, the first Speech Laboratory in a public elementary school in the Philippines and Asia, is now fully operational at Pinyahan Elementary School.

This special program primarily develops facility in speaking and communicating in English. It also develops the oral reading skills with emphasis on pronunciation, enunciation and intonation. The program works within the context of planned speaking learning center with high-tech teaching equipment and materials.

The Speech Lab serves the Grades I to VI pupils with defective pronunciation in oral English communication. This project is manned by an English teacher/coordinator, Mrs. Elvira V. Tolentino. This starts with the Grade VI pupils to prepare them for the English activities in high school.

The Speech Laboratory is one of the biggest contributions of Lions District 301 D2. This was turned over to the Quezon City Division of City Schools by District Governor Rodolfo L. See during the turnover ceremonies.

Results of the National Secondary Assessment Test for the Division of Quezon City Secondary Schools, School Year 1994-1995

SCHOOLS	Total No of Examinees	Mathematics			Science			English			Filipino			Overall		Rank	
		Passed	Failed	%age of Passing	Passed	Failed	%age of Passing	Passed	Failed	%age of Passing	Passed	Failed	%age of Passing	Failed	%age of Passing		
		SSP IV															
1. Quirino High HS	862	521	241	60.44	602	260	69.84	727	135	84.34	812	50	94.20	750	112	87.01	1
2. Ramon Magsaysay HS	1503	974	529	64.80	1069	434	71.12	1312	191	87.29	1378	125	91.69	1300	203	86.49	2
3. Novaliches HS	1457	938	519	64.38	1056	401	72.48	1228	229	84.28	1292	165	88.68	1227	230	84.21	3
4. E. Rodriguez Jr. HS	785	436	349	55.54	531	254	67.74	666	119	84.84	710	75	90.45	654	131	83.31	4
5. San Francisco HS	1300	642	658	49.38	766	534	58.92	1008	292	77.54	1107	193	85.15	940	360	72.31	5
SSP III																	
1. Lagro HS	1219	837	382	68.66	894	325	73.34	1037	182	85.07	1117	102	91.63	1056	163	86.63	1
2. Juan Sumulong HS	670	407	263	60.75	488	182	72.84	568	107	84.03	631	39	94.18	578	92	86.27	2
3. Sergio Osmena HS	710	425	285	59.86	495	211	70.28	591	119	83.24	628	82	88.45	597	113	84.08	3
4. Quezon City HS	715	412	303	57.62	495	220	69.23	598	117	83.64	643	72	89.93	594	121	83.08	4
5. GSIS Village HS	634	377	257	59.46	446	188	70.35	496	138	70.23	557	77	87.85	522	112	83.33	5
6. Judge Juan Luna HS	655	350	305	53.44	456	199	69.92	536	119	81.83	599	56	91.45	536	119	81.83	6
SSP II																	
1. New Era HS	329	219	110	66.57	250	79	75.99	292	37	88.57	310	19	94.22	298	31	90.58	1
2. Culiati HS	668	423	245	63.32	530	138	79.34	581	87	86.98	629	47	92.96	597	71	89.37	2
3. J.P. Laurel HS	398	252	146	63.32	322	76	80.90	241	57	85.68	372	22	94.47	354	44	88.94	3
4. Ernesto Rondon HS	460	291	169	63.26	352	108	76.52	400	60	86.96	425	35	92.39	404	56	87.83	4
5. Balingasa HS	301	173	128	57.48	211	90	70.10	249	52	82.72	278	23	92.36	264	37	87.71	5
6. Don R. Roces HS	208	130	78	62.50	144	64	69.23	181	27	97.02	193	15	92.79	182	26	87.50	6
7. Ponciano Bernardo HS	252	149	103	59.13	173	79	68.65	231	21	91.67	229	23	90.87	218	34	86.51	7
8. Sta. Lucia HS	362	195	167	53.87	232	130	64.09	298	64	82.32	329	33	90.88	309	53	85.36	8
9. Flora Ilagan HS	305	174	131	57.05	195	110	63.93	253	52	82.95	282	23	92.46	258	47	84.59	9
10. Camp Gen. E. Aguinaldo HS	638	342	296	53.61	452	186	70.85	554	84	86.82	579	59	90.75	538	100	84.33	10
11. Carlos Albert HS	458	280	178	61.14	310	148	67.69	371	87	81.00	402	55	87.89	375	83	81.88	11
12. Camp Crame HS	150	91	59	60.67	101	49	67.33	127	23	84.67	130	20	86.67	120	30	80.00	12
13. Manuel Roxas HS	451	249	202	55.21	288	163	63.86	374	77	82.8	389	62	86.25	354	97	78.49	13
14. Balara HS	389	181	208	46.53	227	162	58.35	296	93	76.09	336	53	86.38	289	100	74.29	14
15. Don Quintin Paredes HS	135	63	72	46.67	68	67	50.37	104	31	74.04	114	21	81.44	99	66	73.33	15
SMALL SCHOOLS/ ANNEXES																	
1. Bagong Silangan HS	312	209	103	66.99	194	118	62.18	264	48	84.62	301	11	96.74	277	35	88.78	1
2. Krus na Ligas Annex	141	77	64	54.61	108	33	76.60	117	24	82.96	125	16	88.65	120	21	85.11	2
3. Commonwealth Annex	449	228	221	50.78	328	121	73.05	355	94	79.06	411	38	91.54	379	70	84.41	3
4. San Jose High School	279	191	88	68.46	158	121	56.63	219	60	78.49	245	34	87.81	226	53	81.00	4
5. Sauyo High School	323	186	137	57.79	214	109	66.25	255	68	78.95	284	39	87.93	258	65	79.88	5
6. Carlos P. Garcia HS	181	94	87	51.93	114	67	62.98	138	43	76.24	154	27	85.08	136	47	75.14	6
7. Payatas Annex	175	79	96	45.14	94	81	53.71	124	51	70.86	142	33	81.14	129	46	73.71	7

DECS NEWS UPDATE

Congress gives top priority to quality education in RP

Speaker Jose de Venecia said yesterday that the 9th Congress had given priority to the improvement of quality education in the country highlighted by the additional P3.5 billion funding from the amended Bases Conversion Law (BCDA).

In an interview, Speaker de Venecia said two percent or roughly P2 billion coming from the initial sale of 100 hectares of the sprawling Fort Bonifacio area will be used to support science and technology scholarship/training of young Filipino scientists and the study-now-pay-later program of thousands of poor but deserving students who will enroll or are enrolled in S-T courses.

The house, through its committee on education headed by Rep. Salvador Escudero III, also passed in the last three years notable education measures to improve the quality of the country's educational system.

Under the amended BCDA law under RA 7917 which de Venecia described as a "mini-national budget" substantial part of the revenues generated from the sale of the Metro Manila military camps will be rechanneled to other equally important government service programs.

One percent or roughly P1 billion will be allotted for the Higher Education, financing students scholarship and faculty development, and improving physical plans of colleges and universities under the Commission on Higher Education created under RA 7722 enacted in 1994 and principally authored by Rep. Escudero III.

The massive scholarship program will help enable the country to leap-frog into the 21st century's requirements for modernization and competitive global excellence," de Venecia said.

One-half percent but not exceeding P500 million will be

allocated for the Summer Program for the Education of Students (SPES).

"The benefits from the funding of these educational programs will accrue not only to the youth because improving productivity and competitiveness through human resource development will certainly have multiple benefits for the economy and the Filipino people," de Venecia explained.

The high impact education measures passed by the House that have become laws are:

RA 7686-Instituting the Dual Training System as an instructional delivery system of technical and vocational education (authored by Reps. Socorro Acosta, Feliciano Belmonte and de Venecia, among others);

RA 7796-Creating the Technical Education and Skills Development Authority (authored by Rep. Escudero);

RA 7331-Abolishing the National College Entrance Examination (NCEE), and providing a National Assessment Test (authored by Rep. Jose Carlos Lacson);

RA 7743-Establishing a Public Library in every congressional district in the country (authored by Rep. Jaime Lopez)

RA 7784-Strengthening teacher education in the country by establishing centers for excellence (authored by Rep. Escudero and Eleandro Madrona);

RA 7797-Lengthening the school calendar from 185 days to not more than 220 class days (authored by Rep. Cirilo Roy Montejo);

RA 7662-Providing for reform in legal education creating for the purpose a Legal Education Board (authored by Reps. Dante Tinga and Esudero)

-RA 7798-Amending certain sections of the Education Act of 1982



GLORIA



ROCO

More incentives for male teachers

Education Secretary Ricardo Gloria has called on all male teachers to join his department to fill in a shortage in the public elementary and high school levels.

"A one-step higher salary (than the ordinary female teacher) will be given the male tutors who graduated with honors," Gloria said.

Thousands of male tutors particularly in Mathematics, Science

and Physical Education are needed.

Majority of teachers in public schools are female. Out of the country's 500,000 school teachers only 30,000 are males.

Gloria stressed that he has nothing against female tutors but pointed out that boy students also need the presence of good male teachers as role models.

... But Roco opposes pay scheme

Reelected Senator Raul S. Roco opposed the move of the DECS to give unequal pay for teachers based on their gender.

Roco, tagged as "The Equalizer" for seeking equal opportunity for all, said everyone must be encouraged to teach, whether male or female.

Roco said Gloria's statement on the proposal is "reviving all the outmoded male

chauvinist prejudices against women."

Aside from being discriminatory, the DECS proposal is unconstitutional, said Roco, who is the son of a public school teacher. Aside from declaring that no person shall be denied the equal protection of the laws, the Constitution also recognizes women as equal partners of men in nation-building.

DECS creates functional science equipment prototypes

The Department of Education, Culture and Sports (DECS) has created inexpensive, ingenious, multi-purpose and functional science equipment prototypes especially designed to address basic needs of high school students.

The P43-million project was undertaken by the DECS National Science Teaching Instrumentation Center (NSTIC).

NSTIC Director Armisticia Vano said that the center had already produced 1,300 pieces of instruments including C-clamps, test tube holders, test tube racks and beam balances.

Mass production of the

equipment will be carried out by DECS for a total cost of P43.067 million.

In the meantime, 15 regional science high schools will be the first batch to receive a set of the said equipment which are specifically based on the DECS curricula for Chemistry and Physics subjects.

Director Vano said that by the year 2000, a substantially bigger number of high school graduates will pursue science-related careers.

She stressed that these students would then need to be familiarized with the basic demands of an industrialized society.

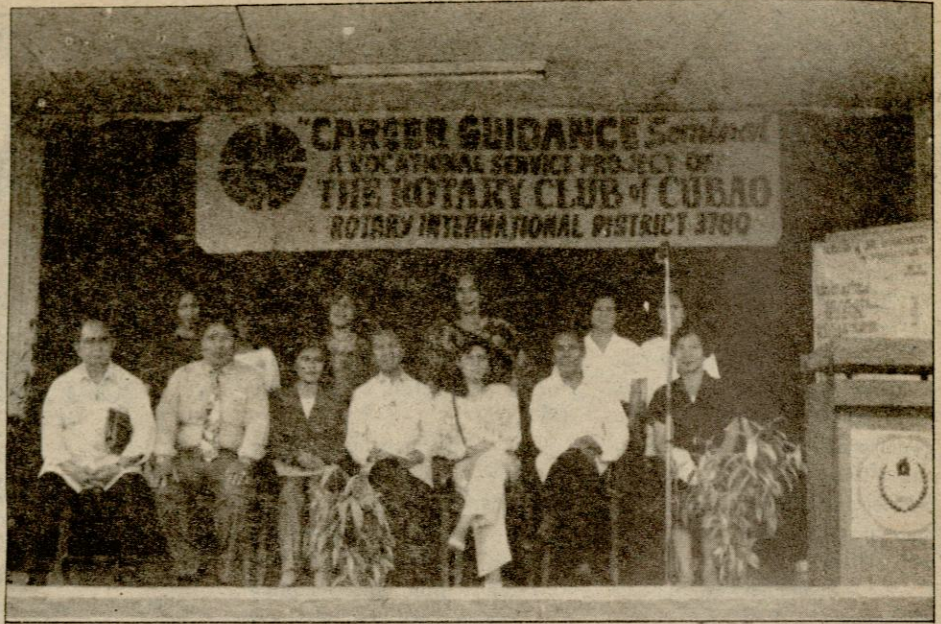
The Rotary Club of Cubao, in cooperation with its Rotary Community Corps (RCC) of Barangay San Roque where Juan Sumulong High School (JSHS) is located, adopted the latter in line with its "Adopt a Barangay Program."

The Rotarians' primary goal is to clean the school and its community of vice and promote a self-reliant and productive citizenry among the barangay residents with JSHS as the training ground.

To realize the RCC's objectives, various activities were undertaken. Its initial activity was the election of the RCC officers. Parents and teachers of the JSHS students composed the electorate. Mrs. Marilou Fernandez, parent of one of the active freshmen, was elected president. She and the other elected officers were immediately inducted into office by Engr. Jesus Talavera, the Rotary Club of Cubao president.

The Rotary Club scheduled bi-monthly meetings of the officers and the parents including the teacher advisers to maintain close coordination of the activities between the school and the community.

Last September, the Rotarians



Officers of the Rotary Club of Cubao

Rotarians: Active partners in school undertakings

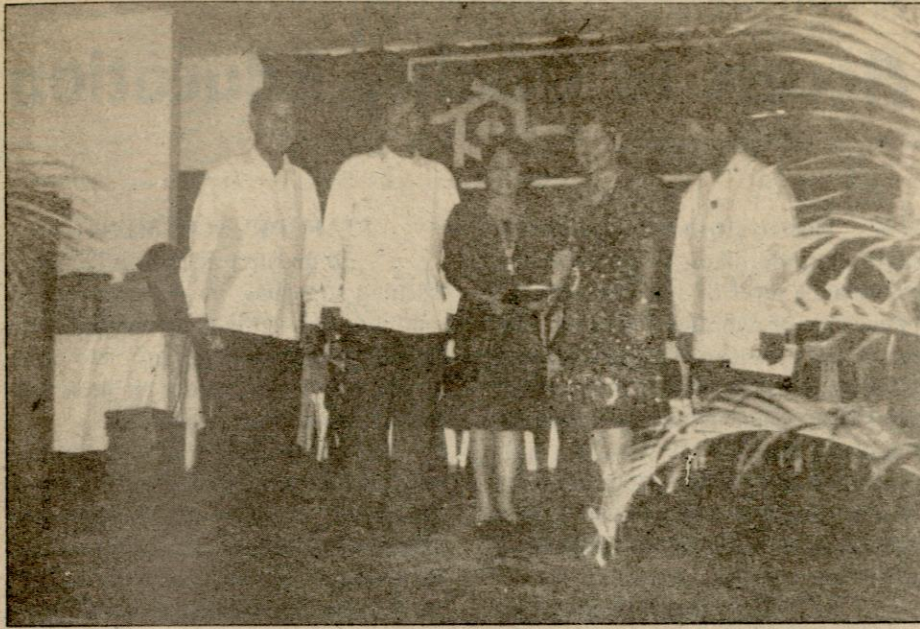
donated 300 new books to the JSHS library to enrich the reading materials of the students. Then in December and January leadership training and camp for

potential youth leaders were sponsored. In February a career guidance seminar for the leaders was conducted in this school. Guest lecturers were Rotarian experts in fields of law, civil, mechanical, electrical, marine and aeronautical engineering, teaching, industrial education, medicine, computer education, nursing and hotel and restaurant management.

As an incentive for the teachers and non-teaching personnel, the Rotarians put up the Search for the Outstanding Teacher and Non-Teaching Personnel in Juan Sumulong. Qualified teachers and other personnel were asked to submit pertinent papers as early as September 1994. After a careful review of the papers, the Rotary officers led by the President and Director Bernardo Catubay of the Vocational Services Dept. interviewed the candidates. Based on the following criteria: academic excellence, 20%, years in service, 20%; involvement in service-oriented extracurricular activities, 50% overall



Mr. Miguel Villaruel is adjudged Outstanding Non-Teaching Personnel by the Rotary Club. Awarding him is Mrs. Josefina P. Gabriel, school principal. Looking on are the Rotary officers.



Mrs. Remedios Calderon (center) is Outstanding Teacher in the Search sponsored by the Rotary Club.

personality, 10%. Mrs. Remedios A. Calderon and Mr. Miguel Villaruel were chosen as the Most Outstanding Teacher and Non-Teaching Personnel, respectively. They were awarded cash prizes, gold medals and Plaque of Recognition during the school's Recognition Day.

Other benefits shared with the school and its community residents were free medical and dental services rendered by the Rotarians during appointed weekends. The qualified graduates of Batch '95 were offered scholarships in computer education, secretarial course and other related arts. This summer, the Rotarians are offering dressmaking and hi-speed sewing to interested parents, housewives and adults to keep them busy.

Meanwhile, two gentlemen from Rotary Club-Balintawak North, visited San Jose High School and announced the welcome news that the Non-Governmental Organization (NGO) decided to "adopt" San Jose High School as beneficiary of its numerous charitable projects.

Mr. Ruben Tingco, president-elect of the Rotary Club and chairman of its sector for Youth Development, together with Mr. Sebastian "Buster" Songsong, charter president, spelled out

to Miss Milagros San Juan, the school's head teacher in-charge, the need to set up a student organization which would help decide on and take charge of implementation, projects and activities that would develop student leadership and potential in the arts and other skills.

The Interact Club was thus born, with Mrs. Catherine Mary V.

Villarmino as adviser. The Interact Club, in affiliation with Rotary Club-Balintawak North has in fact implemented the following projects and activities:

Community service in Brgy. Manresa; medical aid to the residents of the barangay.

Rotary Club Balintawak North donated P6,000.00 financial assistance to the school's delegates to the National Secondary Schools Press Conference (NSSPC) in Koronadal, Cotabato.

Student "Interactors" participated in the leadership training in Novaliches, or RYLA (Rotary Youth Leadership Awards)

Rotary club donated two (2) boxes of medicine to the school for its students.

One "Interactor" participated in the extemporaneous speech contest with the theme, "Be A Friend."

Indeed, the Rotary Club has been a very strong partner of the school and its community in the quest for development of strong, morally upright, and literate citizenry who will help create a productive and happy community in the year 2000.



Barangay area leaders meet for their monthly progress report.

Division of City Schools, Quezon City

Offering Wider Access to Quality Education

By Jean Malenab

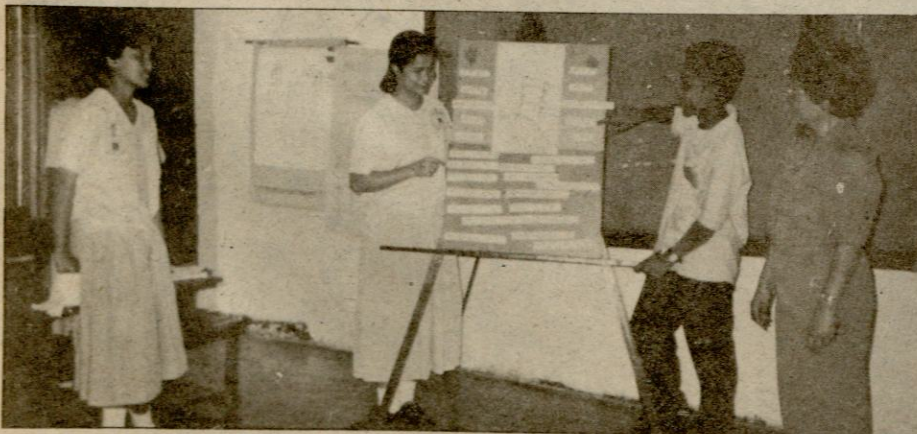
The Division of City Schools, Quezon City, headed by Superintendent Bienvenido A. Icasiano, believes that education is an effective instrument not only in empowering our people but, more particularly, in rallying the youth to achieve our country's goals of sufficiency, modernization and global excellence envisioned in the years to come. And because the City School's vision requires collective response from the people of different sectors, the mobilization of the youth, therefore, becomes imperative.

It has been the commitment of the Division to use individual and collective influence to secure a productive place for the youth and its teaching force in the mainstream of national life by inculcating in them self-reliance, honesty, service to community and love of God and country on which we can build a new moral order in the Year 2000.

All these have somehow been realized by the Division as evidenced by its major accomplishments in line with its programs and projects in the following areas:

STUDENT DEVELOPMENT

In this area, the Division boasts of this year's above division mean in the National Secondary Assessment Test (NSAT). Out of 33 schools, 16 schools are above the passing percentage for English, 14 schools for Filipino, 16 schools for Science and 15 schools for Mathematics.



Students participate actively in class discussions

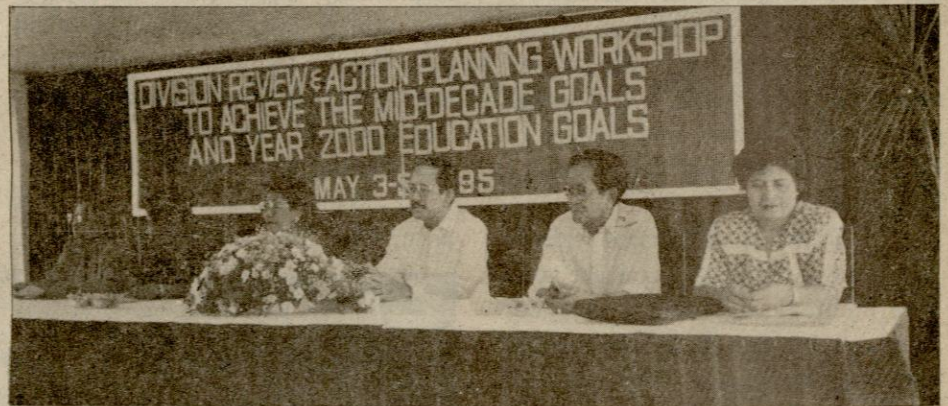
This is attributed to different measures undertaken to improve the performance level of students such as: organization of remedial classes for non-readers and slow-learners, special classes in Mathematics, Science, Computer and Journalism; administering of pre-tests and diagnostic tests in all subject areas; sponsoring and joining contests in the division, regional and national levels; organization of clubs for leadership training and sports development.

In the elementary level, innovative programs include the INNOTECH-IBM Writing to Read Program and the Parent Learning Support System (PLSS).

STAFF DEVELOPMENT

To update teachers on the latest teaching strategies, in-service trainings, seminars and workshops coupled with demonstration-teachings are held every month within the division, on the school, district and division levels.

Just recently, a teacher training program was participated in by Quezon City public secondary school teachers in English, Mathematics, Science and Technology. This was held at the Institute for Science and Mathematics Education Development (ISMED) at UP Diliman pursuant to the Memorandum of Agreement between the Quezon City Government and the University of the Philippines. The City Government funded



Supt. Bienvenido A. Icasiano (center), together with key officials of the QC Schools Division, listens to questions aired during the Division Review and Action Planning Workshop.

the seminar expenses inclusive of supplies, materials and training handouts.

Aside from this, teachers are encouraged to attend the Ateneo Center for English Language Teaching (ACELT) Certificate Scholarships every summer.

To monitor and improve the performance level of teachers, frequent class observations and checking of lesson plans are done by supervisors, principals, department heads and chairmen.

Teachers are also encouraged to attend monthly professional meetings and take up masteral courses. Principals and supervisors, on the other hand, also hold their sectoral meetings to discuss whatever has to be improved in schools within the

It has been the commitment of the Division to use individual and collective influence to secure a productive place for the youth and its teaching force in the mainstream of national life by inculcating in them self-reliance, honesty, service to community and love of God and country on which we can build a new moral order in the Year 2000

Division.

For a free-flow of ideas among teachers and school officials within the Division, the Quezon City school paper advisers, headed by Mrs. Cristina C. Monis, publications supervisor, came up with Quezon City Teachers Gazette which comes out quarterly.

Thus, concerted efforts of teachers and school officials which result to educational excellence are recognized by the Division of City Schools, the City Government and private organizations through incentives. Search for Outstanding Teachers sponsored by the Jayceerettes

newspapers which the students and teachers use as reference materials.

Instructional materials such as prototype lesson plans, teaching aids, as well as, evaluation instruments, are prepared by curriculum writers and master teachers.

PHYSICAL FACILITIES

Through the help of the Quezon City Government, the DPWH, and the DECS, schools in the Division were able to have additional school buildings, thereby partly solving the problem on lack of classroom.

For school year 1994-1995

school buildings were constructed which made it possible for most schools in the Division to accommodate classes at the ratio of one classroom to two classes. Added to this, sufficient table armchairs, teacher tables, chairs, cabinets and chalkboards were procured.

NETWORKING

In attaining its goals, the Quezon City Schools Division gives importance in seeking support from community linkages.

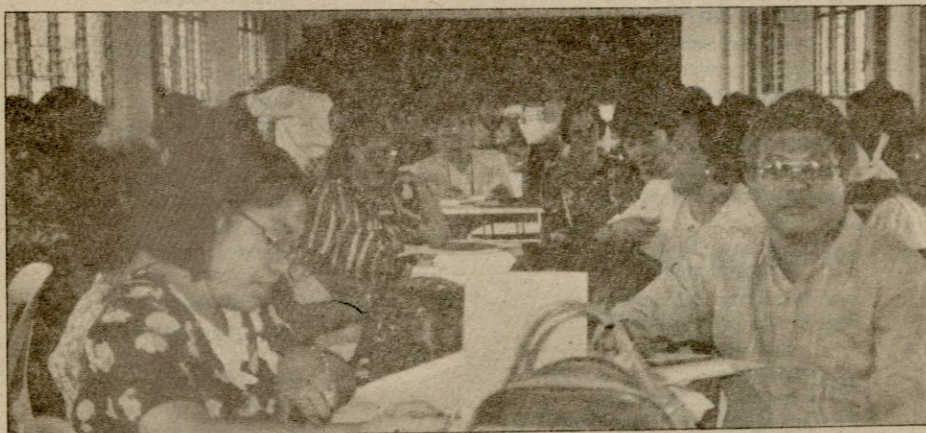
To begin with, People's Day conducted in different elementary and secondary schools were held in order to keep an open channel of communications with the general public, as well as, get a feel of and immediately address issues and concerns relative to the school system.

Aware of the needs of our educational system, government and non-government organizations extend their help through different projects particularly environmental programs and projects.

Prizes were given to schools which are clean and green and schools which are beautiful, with enough facilities and those which answer the other needs of the school through its livelihood programs and projects.

To date, Quezon City has 91 elementary schools including annexes with a combined enrolment of 178,748 and 41 secondary schools including annexes with an enrolment of 93,979. A total teaching force of 7,456 man the elementary and secondary classes in the Division.

All these resources, which serve as the driving forces of the Quezon City Schools Division, contribute much in attaining its goal for an empowered people armed with quality education in the Year 2000.



Schools administrators update themselves on school management thru seminar-workshop.

and Search for Outstanding Principals sponsored by the Rotary Club are held every year wherein prizes in cash and in kind are awarded to winners. Awards for loyalty, professionalism and achievements are also given to deserving teachers and school officials.

CURRICULUM DEVELOPMENT

Aside from maintaining 1:1 ratio in the distribution of books in most schools, the Division also procured audio-visual aids and laboratory equipment which are now being used and enjoyed by students and teachers and have caused improved instruction.

Schools in the Division also subscribe to magazines and daily



QC Mayor Ismael Mathay Jr. cuts the ceremonial ribbon during the inauguration rites of a new building at Quezon City Science High School.

DECS-NCR VALENCIA SEARCH FOR OUTSTANDING CAMPUS JOURNALISTS AND SCHOOL PAPERS

Rank :	Name	School	Adviser
OUTSTANDING CAMPUS JOURNALISTS (English)			
5th :	Valeria Fuenctes	Quezon City Science High School	Rex San Diego
10th :	Apple T. Jusayan	Quirino High School	Eloisa Lindo
OUTSTANDING CAMPUS JOURNALISTS (Filipino)			
3rd :	Sheryl Abella	Don A. Roces Sr. Voc. High School	Elizabeth Amor
6th :	Mylene Buensuceso	Judge Juan Luna High School	Corazon Pimentel
10th :	Mary Ann Garcia	Quezon City Science High School	Romeo Casas
Rank :	School Paper	School	Adviser
BEST SCHOOL PAPER OF THE YEAR			
1st :	The Electron (English)	Quezon City Science High School	Rex San Diego
3rd :	The Science Scholar (English)	Philippine Science High School	Caridad de Vera
7th :	Ang Banyuhay (Filipino)	Quezon City Science High School	Romeo Casas
HIGHEST SCHOOL POINTER			
2nd :		Quezon City Science High School	
GROUP CONTESTS			
NEWS PAGE			
4th :	The Electron	Quezon City Science High School	Rex San Diego
5th :	The CADS Fountain	Carlos Albert High School	Carmelita Alcala
6th :	The Capitol	Quezon City Science High School	Caridad de Vera
7th :	The Science Scholar	Philippine Science High School	Caridad de Vera
9th :	The Lodestar	Juan Sumulong High School	Cristina Abanador
FEATURE PAGE			
1st :	Ang Aninag	U.P. Integrated School	Felicia Delos Santos
3rd :	The Electron	Quezon City Science High School	Rex San Diego
7th :	The Apprentice	Ramon Magsaysay (Cubao) High School	Ligaya Alvarina
8th :	The Scroll	San Francisco High School	Elizabeth Meneses
EDITORIAL PAGE			
1st :	The Era	New Era High School	Juanita dela Cruz
4th :	The Science Scholar	Philippine Science High School	Caridad de Vera
9th :	Lagro High School	Lagro High School	Jean Malenab
10th :	The Osmenan	Sergio Osmena High School	Victor Monderin
SCIENCE PAGE			
7th :	The Lodestar	Juan Sumulong High School	Cristina Abanador
9th :	The Reflections	Bagong Silangan High School	Evangeline Delas Armas
SPORTS PAGE			
2nd :	The Electron	Quezon City Science High School	Rex San Diego
3rd :	The Science Scholar	Philippine Science High School	Caridad de Vera
6th :	The Apprentice	Ramon Magsaysay (Cubao) High School	Ligaya Alvarina
7th :	The Scroll	San Francisco High School	Elizabeth Meneses
9th :	The Osmenan	Sergio Osmena Sr. High School	Victor Monderin
LAYOUT AND PAGE DESIGN			
1st :	The Electron	Quezon City Science High School	Rex San Diego
DEVELOPMENT COMMUNICATION			
7th :	The Scroll	San Francisco High School	Elizabeth Meneses
9th :	The Science Scholar	Philippine Science High School	Caridad De Vera
NCR's BEST SCHOOL PAPER IN ENGLISH			
1st :	The Electron	Quezon City Science High School	Rex San Diego
3rd :	The Science Scholar	Philippine Science High School	Caridad De Vera
FILIPINO			
PAHINA NG BALITA			
5th :	Ang Pahatid	Lagro High School	Patrocinia Tiongson
9th :	Ang Panitik	San Francisco High School	Cid Alcaraz
PAHINA NG LATHALAIN			
8th :	Ang Tanglaw	Ramon Magsaysay (Cubao) High School	Florentina Gorrospe
9th :	Ang Pananaw	Culiat High School	Romeo Baloran
PAHINA NG PANGULONG TUDLING			
1st :	Ang Banyuhay	Quezon City Science High School	Romeo Casas
10th :	Ang Pananaw	Culiat High School	Romeo Baloran
PAHINA NG AGHAM			
1st :	Ang Banyuhay	Quezon City Science High School	Romeo Casas
4th :	Ang Pahatid	Lagro High School	Patrocinia Tiongson

5th	: Ang Pag-asa	: Quirino High School	: Nora Espiritu
7th	: Ang Sinagtala	: Juan Sumulong High School	: Cristina Abanador
8th	: Ang Tanglaw	: Ramon Magsaysay (Cubao) High School	: Florentina Gorrospe
9th	: Ang Panitik	: San Francisco High School	: Cid Alcaraz
PAGSASAAYOS SA MGA PAHINA			
8th	: Ang Tanglaw	: Ramon Magsaysay (Cubao) High School	: Florentina Gorrospe
10th	: Ang Pananaw	: Culiati High School	: Romeo Baloran
PINAKAMAGALING NA PAHAYAGAN			
7th	: Ang Banyuhay	: Quezon City Science High School	: Romeo Casas
HIGHEST SCHOOL POINTER			
2nd	:	: Quezon City Science High School	

Rank	Name	School	Adviser
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INDIVIDUAL WRITING CONTESTS

ENGLISH

3rd	: Jeanna Marie D. Santos	: Novaliches High School	: Aurelia Logan
9th	: Janssen Paulo I. Cusi	: Balara High School Krus na Ligas Annex	: Rosita Tabion

EDITORIAL WRITING

2nd	: Valeria E. Fuentes	: Quezon City Science High School	: Rex San Diego
3rd	: Claudine D. Umali	: Philippine Science High School	: Caridad De Vera
4th	: Arnold B. Merino	: Carlos Albert High School	: Carmelita Alcala
6th	: Apple T. Jusayan	: Quirino High School	: Eloisa Lindo
8th	: Gabriel R. Saela	: Lourdes School	: Joyce Andaya

(MORE ON NEXT ISSUE)

WINNERS IN THE 1994-1995 SAGIP PASIG CONTESTS IN JOURNALISM (ELEMENTARY AND SECONDARY LEVELS)

A. ELEMENTARY LEVEL

EDITORIAL WRITING (ENG.)

9	: Paul Jonas Maglonto	: Damayan Elem. School	: Mrs. Pacita A. Morales
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FEATURE WRITING (ENG.)

6	: Keith Leroy Albocer	: Toro Hills Elem. School	: Mrs. Lourdes G. Abalos
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FEATURE WRITING (FIL)

7	: Arlene Eusebio Maglutay	: Toro Hills Elem. School	: Mrs. Lourdes G. Abalos
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EDITORIAL CARTOONING (ENG.)

2	: Eisenhower Ragina	: Cruz na Ligas Elem. School	: Mrs. Eugenia P. Ebalo
3	: Emil J. Cruz, Jr.	: San Agustin Elem. School	: Mrs. Alma M. Villapane
7	: Aries F. Reyes	: Malaya Elem. School	: Mrs. Elisa Abrajano

B. SECONDARY LEVEL

EDITORIAL WRITING (ENG.)

1	: Sherwin T. Reyes	: Quezon City Science High School	: Mrs. Victoria R. Mayo
7	: Arnold Merino	: Carlos Albert High School	: Miss Carmelita Alcala

EDITORIAL WRITING (FIL)

3	: Catherine Nequing	: Quezon City Science High School	: Mrs. Victoria Mayo
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FEATURE WRITING (FIL)

6	: Fleanor Concincino	: Balara High School	: Mr. Narciso Nicolasora
7	: Dolly Indelible	: Don A. Roces Sr. Voc. High School	: Miss Elizabeth Amor

EDITORIAL CARTOONING (ENG.)

7	: Alexis Reburiano	: Ramon Magsaysay (Cubao) HS	: Miss Ligaya Alvarina
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EDITORIAL CARTOONING (FIL)

6	: Alfredo Rosales	: Culiati High School	: Mr. Romeo Baloran
8	: Susan Rivera	: P. Bernardo High School	: Mrs. Annabel Bello
10	: Archie Baluyot	: E. Rodriguez Jr. High School	: Mr. Arenio Ramos

PHOTOJOURNALISM (ENG., INDIVIDUAL CATEGORY)

2	: Marcial Lozendo	: Carlos Albert High School	: Miss Carmelita Alcala
4	: Marcial Lozendo	: Carlos Albert High School	: Miss Carmelita Alcala
5	: Rowena Galdo	: E. Rodriguez Jr. High School	: Mr. Arsenio Ramos
6	: Marcial Lozendo	: Carlos Albert Jr. High School	: Miss Carmelita Alcala
9	: Kathryn Dorothy Palafox	: San Francisco High School	: Miss Elizabeth Meneses

PHOTOJOURNALISM (ENG., GROUP CATEGORY)

- | | | | |
|---|---------------------------|--------------------------------|--------------------------|
| 5 | : Marcial Lozendo | : Carlos Albert High School | : Miss Carmelita Alcala |
| | : Rowena Galdo | : E. Rodriguez Jr. High School | : Mr. Arsenio Ramos |
| | : Kathryn Dorothy Palafox | : San Francisco High School | : Miss Elizabeth Meneses |

PHOTOJOURNALISM (FIL., GROUP CATEGORY)

- | | | | |
|---|------------------------|--------------------------------|--------------------------|
| 5 | : Imelda Combalicer | : Carlos Albert High School | : Miss Carmelita Alcala |
| | : Christhel Dela Torre | : San Francisco High School | : Miss Elizabeth Meneses |
| | : Marlon Datu | : E. Rodriguez Jr. High School | : Mr. Arsenio Ramos |

PHOTOJOURNALISM (ENG., TEACHER CATEGORY)

- | | | |
|----|---------------------|--------------------------------|
| 10 | : Mr. Arsenio Ramos | : E. Rodriguez Jr. High School |
|----|---------------------|--------------------------------|

**DIVISION SEARCH FOR THE MOST OUTSTANDING EMIS
SY 1994-1995**

SECONDARY

- 1st - Carlos Albert High School
2nd - Sergio Osmena High School
3rd - Lagro High School

District EMIS - P.V. Kalaw Elementary School

ELEMENTARY

- 1st - Cruz na Ligas Elementary School
2nd - Masambong Elementary School
3rd - Lagro High School

FIRST RUNNERS-UP

- CD I - San Francisco High School
CD II - Culiati High School
CD III - J. Sumulong High School
CD IV - R. Magsaysay High School

- CD I - Esteban Abada Elementary School
CD II - GSIS Village Elementary School
CD III - T. Alonzo Elementary School
CD IV - A.A. Quezon Elementary School

ANNEX - Capoas Annex (SOSHS)

SECOND RUNNERS-UP

- Ernesto Rondon High School
Balara High School
Quirino High School
Novaliches High School

- Camp Crame Elementary School
E. Rodriguez Elementary School

FINALISTS

- Balingasa High School
Camp Aguinaldo High School
C.P. Garcia High School
F. Ylagan High School
San Bartolome Annex (NHS)
Commonwealth Annex (SFHS)
Dona J. Jara Martinez Voc. High School

- Bago Bantay Elementary School

PE, school sports as DECS priority program

During the DECS Management Committee Meeting held recently at the Development Academy of the Philippines (DAP), Tagaytay City, it was agreed upon by the Committee that more importance should be given to Physical Education (PE) by providing opportunities for actual participation of students during PE classes.

As agreed upon by the committee headed by Undersecretary Alejandro Wilfredo Clemente, the

following guidelines shall be the conduct of physical education and school sports projects:

- All schools are to maximize the use of PE time only for physical education:

- All school administrators, regional directors, PE supervisors, superintendents and OSEC staff shall monitor and assist in the implementation of PE and sports;

- All schools shall professionalize and upgrade competencies of teach-

ers for PE and sports. Training program shall be initiated at the division level. The Bureau of Physical Education and School Sports (BPSS), in coordination with the Bureau of Elementary Education (BEE) and Bureau of Secondary Education (BSE), shall assist the regions and school divisions in its implementation; and:

- all schools shall allow the use of its PE and sports equipment and facilities during co-curricular periods, including Saturdays, Sundays and Holidays.

DIVISION MATHEMATICS COMPETITION RANKING OF SCHOOLS

SCHOOL	FIRST	SECOND	THIRD	FOURTH	TOTAL	RANK
Quezon City Science High School	120	84	115	112	431	1
Novaliches High School	109	108	67	85	369	2
Ramon Magsaysay Cubao High School	88	95	75	92	350	3
San Francisco High School	106	76	97	64	343	4
Quirino High School	79	56	75	83	293	5
Lagro High School	82	53	79	75	289	6
E. Rondon High School	58	84	90	49	281	7
Quezon City High School	89	67	61	55	272	8
E. Rodriguez High School	89	21	61	80	251	9
Carlos Albert High School	64	52	58	61	235	10
Camp Gen. Emilio Aguinaldo High School	77	51	29	52	209	11
J.P. Laurel High School	71	29	77	23	200	12
J. Sumulong High School	82	25	40	51	198	13
Don A. Roces High School	41	32	33	56	162	14
NHS-San Bartolome Annex	94	57	x	x	151	15
Sergio Osmena High School	80	x	25	44	149	16
GSIS Village High School	x	x	86	61	147	17
Manuel Roxas High School	36	25	27	57	145	18
Flora Ylagan High School	42	20	50	12	124	19
Sta. Lucia High School	61	19	19	22	121	20
C.P. Garcia High School	46	12	27	39	116	21
Judge Juan Luna High School	52	10	28	15	105	22
Balara High School	32	27	30	11	100	23
B. Silangan High School	x	8	31	54	93	24
P. Bernardo High School	17	9	27	39	92	25
Lagro High School-NF	37	28	x	22	87	26
Culiat High School	47	10	x	13	70	27
Don Quintin Paredes High School	35	3	17	11	66	28
Camp Crame High School	35	7	14	8	64	29
Sauyo High School	x	19	36	x	55	30
San Jose High School	x	x	17	14	31	31
Balingasa High School	x	x	19	x	19	32
New Era High School	x	18	x	x	18	33
SFHS Commonwealth High School	x	9	x	x	9	34

x - no participant

DECS stresses moral recovery drive

The Department of Education, Culture and Sports ordered to revitalize moral recovery drive in school year 1995-96 to be implemented in all public elementary and secondary schools nationwide.

DECS Secretary Ricardo Gloria said the initial activity of the revitalized values education program consists of the value clusters for each month of this school year.

He said the move is in line with President Ramos' thrust on national renewal through moral recovery programs which virtually all government agencies have implemented.

The following are value cluster topics scheduled for each month:

1. **July** - To be emphasized this month is integrity with such virtues as honesty, sincerity, truthfulness, trustworthiness, and being true to oneself.
2. **August and September** - Courage and respect.
3. **October** - Responsibility, commitment, accountability and reliability.
4. **November** - Nationalism (loyalty, patriotism, appreciation of cultural heritage, and pride in one's country).
5. **December** - Peace (justice,

fairness, harmony, serenity and prudence).

6. **January** - Self-reliance (trustworthiness, independence, industry, resourcefulness and creativity).

7. **February** - Love (service, kindness, friendliness, selflessness and brotherhood).

8. **March** - Excellence (productivity, quality and perseverance).

9. **April** - Spirituality (humility, realization of oneness with other people, purity, sensitivity to religious values)

Rovel wows 'em with his arts

People dream a lot... achievements, recognition and the like. And this lad is no different from others. Ever since he became aware of what life can offer him based on what he can do out of himself and for others especially for those who really care for...he has focused his eyes on the direction of fulfillment.

Being gifted when it comes to talents and abilities, Rovel P. Reyes has been engaging himself in activities that not only prove he is gifted but also hone these inherent capabilities to the fullest extent.

He had an early start. It was in an art competition for elementary pupils that he had his first taste of success. He was then a fourth grader and the artist of San Agustin Elementary

School newspaper. This led to a string of winning in art competitions when he enrolled at Novaliches High School. Here, he is more than fortunate to have a very competent mentor in painting...Miss Mary Anne Bondoc. She paves the way to higher levels of art contest not only through religious tutelage but also moral support.

To mention a few, POPCOM's Poster Making, Christmas Card Designs sponsored by the Manila Midtown Ramada Hotel, Metropolitan Museum Contest by the British Council, DECS-POPCOM Poster-making at Iloilo, CMLI Visual Arts Contest...

all at national level where he garnered grand prizes and received cash and trophies.

As if these were not



The awardee, Rovel P. Reyes, receives cash prize from Mr. Douglas Lee. Looking on are his mentors and family members.



Rovel's award-winning entry: "The Youth and Our Mother Earth Through Arts."



Midtown Ramada Hotel's first prize winner in its Christmas Card Design Contest won by Rovel.

enough. It was not surprising for everyone who knows him as young artist when he bested a number of young artists from all over the world in an international art competition sponsored by a cause-oriented company.

Sebastian International based in Los Angeles, California, USA.

The theme of the art competition was "The Youth and Our Mother Earth through Arts".

Rovel's artwork which was chosen among hundreds of entries from all

over the globe submitted to the Little Green Art Contest committee, was printed on the cover of the official 1994 Christmas card of Sebastian International. Printed on recycled paper, the Christmas card bears the following message from Sebastian International: "May there be peace in the world and comfort in our hearts this holiday season."

This momentous awarding was held in a special program graced by no less than Asst. Superintendent of City Schools, Lorenzo

N. Rufin, school principal Mrs. Norma M. Mapanao, heads, teachers, parents and students with whom he happily shared his moment of glory. Notwithstanding, he is barely in his sixteenth year of age having been born July 26, 1978.

It is also of note that Rovel is not only an

"International Artist" as Mr. Lee and Mr. Ricky Reyes, a renowned hairdresser, businessman-philanthropist who is also an artist in his own right, considers him... but also a writer, being a multi-awarded campus journalist as the Community Development Editor of Reservoir-Talisman, the NHS school

paper. To add, he is also a singer having won in several amateur singing contests.

"Like a bamboo that bends the taller it grows", this young man projects god-like humility in spite of all the "honors and glories" he has been reaping. He looks down to his "roots"... to his parentage... who he says gave

him the genes that made him an exceptional being. And above all, he looks up to Jehovah in awe and gratitude for making him what he is now.

He vows to share his talents with others... and to use it not only for his own good.

This... is his commitment to Jehovah, his Lord and Master.

Mendoza, Mina win reg'l essay tilt

Joy A. Mendoza, a senior student of E. Rodriguez Jr. High School placed second in the regional level of the First Hongkong Bank On-The-Spot Essay Writing Contest held at the Intercontinental Hotel Manila on February 17, 1995.

Ten students from the ten NCR divisions participated in the contest, all of whom were winners in the division level of the competition.

Other winners were first placer Marjorie M. Magno of Manila, and third placer Vincent C. Odi of Kaloocan.

The theme of the On-The-Spot Essay Writing Contest was "Save for the Future; Borrow Wisely."

Meanwhile, Antonio B. Mina Jr., II-1 of Novaliches

High School won third place in a Metro Manila wide essay writing contest sponsored by the Philippine Society for Burn Injuries, Inc. (PSBI)

He received the cash prize of P3,000.00 and Mrs. Norma M. Mapanao, principal, received the plaque of recognition for the school awarded during the 11th annual meeting of PSBI on March 22, 1995 at the Grand Ballroom, Diamond Hotel.

The theme of the contest was "Burn Prevention is Life Preservation". Antonio was under the supervision of Mrs. Mary Jane Marquez, Journalism teacher and Mrs. Mercedes Embodo, English Department Chairman.



Ma. Luzviminda Faeldonea poses with Sen. Heherson Alvarez, Miss Milagros San Juan and Mrs. Virginia Olivare during the awarding rites.

SJHS cartoonist gets nat'l award

Ma. Luzviminda A. Faeldonea, San Jose High School's top editorial cartoonist and contestant to the National Contests on Climate Change, Editorial Cartooning category copped third place in this nationwide contest with the theme "Global Warming: Averting a Fate Worse Than Nuclear Annihilation" chaired by Senator Heherson Alvarez.

Faeldonea, a polio victim in her childhood, learned the art of drawing at an early age and developed her drawing skills as a campus journalist. She won 4th place in Editorial Cartooning in the Division Secondary Schools Press Con and 8th place in the 1994 YMCA Search for Ten Outstanding Campus Journalists of Quezon City. She competed in the division

level-contest on Climate Change -Editorial Cartooning where she garnered a perfect score of 100% for her work. She represented the Quezon City Division in the Regional Contests on Climate Change - Editorial Cartooning at the Quezon City Science High School and was adjudged as one of the five NCR winners and later to the National Contest where she emerged as one of the winners in the Editorial Cartooning category. Winners from the different parts of the country attended the awarding ceremonies at the Tindalo Room of the Manila Hotel where Faeldonea was awarded a gold medal and a cash prize of P2,500 from Senator Heherson Alvarez, chairman of the Contest Committee on Climate Change.



Marjorie M. Magno receives her award from Education Secretary Ricardo Gloria and David H. Hodgkinson, Hongkong Bank chief executive officer.



By FRED KERNIS

Having eyes to see they "see" not, and ears to hear but "hear" not! Every day, it seems, we miss so much. If one cares to observe, there are insights available to the wise.

The miracle of life flies by in a wink of an eye. We must miss the treasures found in the common experiences of life. It is not the quantity of 'things' or even length of life that fulfills our existence but the quality of our attitudes.

Universally, human beings must ultimately learn to relate harmoniously to one another. No one must stand alone by himself. Interpersonal relationships are practically needed.

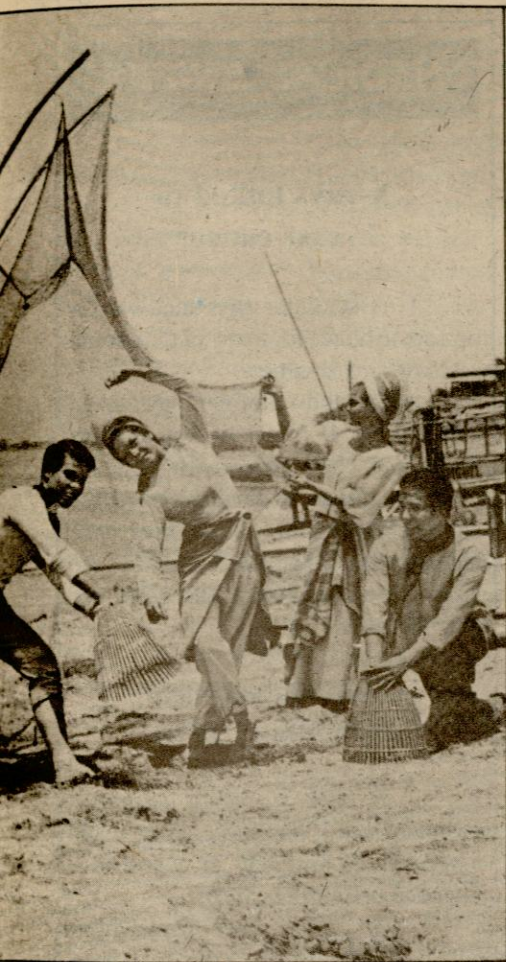
The Philippines, particularly Manila, is a good example where some of the finest qualities of people are found. Without being overly idealistic and flattering, there are some real positive traits that deserve admiration.

It is common knowledge that the country's political and economic conditions leave much to be desired yet the majority continue to carry on cheerfully and patiently. I know "necessity is the mother of invention" and lots of social adjustments boil down to pure survival, but still life goes on.



WHAT DOES A VISITOR SEE?





Top photo: *Mangingisda* (meaning fisherman) depicts a fishing sequence in song and dance. Below, a friendly woman drying salted fish. (Photos courtesy of National Bookstore)



A long standing reputation of the Filipino has been the contagious smile! Any honest observer would agree that "unlimited capacity" of thousands upon thousands of jeepneys testify to the depth of tolerance inbred within every Filipino. Hungry newspaper reporters often spice up the headlines with hair-raising tales of murderers, criminals, and perverts but ignore the far-reaching sensitivities and tender emotions which defuse base destructive forces.

What at first appeared as effeminate, lustful "touching" by holding hands or embracing has now become obviously a much deeper expression of loyalty, commitment, and trust. This is sadly lacking in most "developed" nations. Being surrounded by hissing-kissing, and clicking husslers in every corner at first makes a visitor defensive. But what once seemed irritating has captured my admiration, appreciation, and respect. How many hours a day do these multitudes of self-motivated and self-employed unsung heroes offer their creative services to the masses. Tirelessly, and faithfully, they constructively benefit the whole society by trying to make an honest living. As the Bible says, "consider the industrious and so one should consider again these diligent citizens." With little discouragement they peer pleadingly into arrogant faces offering a useful homemade rag, newspaper, or a piece of candy. A healthy self-respect and humility can account for such willingness to make a way somehow! There is also the bubbling enthusiasm for life seen from the youngest child excited about kicking a piece of lead attached to plastic, or the older folks jogging, or selling fresh vegetables in the

market, or babysitting.

I am not at all interested in idols statues, rituals, or religion for the sake of tradition but when I see sincere reverence toward the living God I always take a second look. People who are too proud to acknowledge dependence upon the Creator have stooped to the level of mere animals. Praise God the Filipinos confidently sense spiritual realities.

Well there are still too many guns floating around guarding even donuts and too much broken glass on top of high walls but God knows the brightest future lies ahead for the Filipino people. All of these powerful qualities I have observed (cheerfulness, patience, creativity, tolerance, sensitivity, loyalty, commitment, trust, self-motivation, respect, honesty, endurance, faithfulness, industriousness, diligence, humility, enthusiasm, and godly-reverence) may be the key to national renewal rather than destruction. Politics is not only a necessary evil but also a perfect arena for the above mentioned qualities to shape a society in the best interests of its citizens. I hope greed, pride, selfishness, materialism, immorality, and other unworthy acts often "imported" through music, movies, magazines, and the media will be quickly "exported" by religious leaders and concerned citizens.

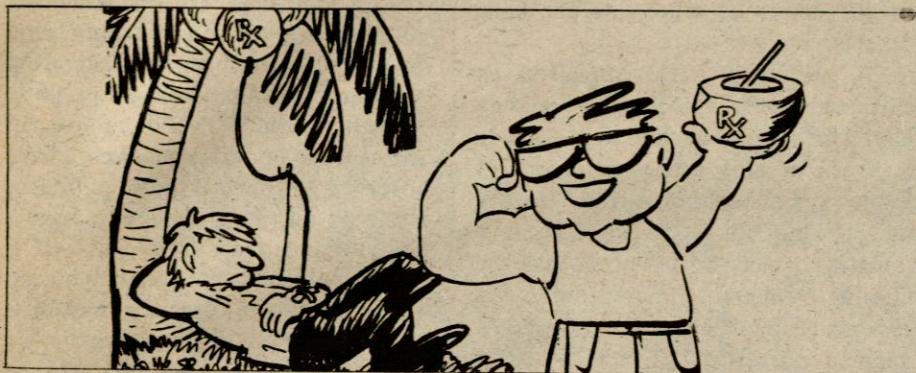
Temptation, however, generates bitterness and hatred passing the blame around an endless circle - NPA, government, opposition, foreign press, and many others. Instead of blaming one another, it would be more pleasing if every citizen performs his responsibilities towards his family, country, and fellowmen. Love, therefore, must reign supreme.



The center of the executive branch of the country's democratic government

BUKO BEVERAGE

melts urinary tract stones



One of the by-products of coconut is its coco water. It is poured away during copra-making and becomes a great waste.

Uses of coconut water includes coconut water; coconut wine; nata main ingredient; and substitute for oral dextrose.

Coconut water is commonly promoted as an economical thirst quencher, hunger satisfier and medical cure for renal disorders all in one.

Another breakthrough in coconut water utilization, is its use as a cure for renal disorder, thus the coinage "Bukolysis." It is the very practical medical process of reducing or dissolving stones in the urinary tract by drinking buko water from seven to nine months old coconut tree.

Bukolysis is the brainchild of Dr. Eufemio Macalalag, Jr., a urologist.

For preventive medication, water from one mature coconut consumed daily could almost guarantee that the buildup of stones in the urinary tract could be avoided.

Macalalag said if buko water is taken by consumers on a regular basis, it will help increase domestic consumption of coconuts and lessen our dependence on imported drinks, aside from practising natural prevention of kidney or urethral stone formation.

Studies show that through the years, soft drinks consumption in both urban and rural areas have increased dramatically.

This is prompted partly by the subliminal effects of soft drink advertisements on consumers, or the bandwagon effect of the softdrink buyers and the softdrinks accessibility to consumers compared to healthier beverages.

These factors have unerringly made softdrinks an inseparable part of the Filipino consumers daily diet.

Consequently, high demand for softdrinks cost the taxpaying public no less than \$300 million a year on importations of inputs for the production of softdrinks, fruit juices and concentrates, to include advertising and promotions for these products.

Philippine Coconut Authority (PCA) Administrator Virgilio M. David says that it would be more beneficial to the public if these enormous resources were channeled to the promotion of the coconut as a health and medical drink.

He also added that supporting Macalalag's medical discovery utilizing coconut as a natural and renewable cure for renal disorders is good for the industry and to those long in search of a cheaper cure for kidney and renal complications. (PNA-Manila Standard)

X-rays linked to breast cancer

A scientist says medical X-rays are to blame for many of the current cases of breast cancer.

Dr. John Gofman says up to 75% of the 182,000 breast cancers diagnosed each year in the US are probably linked to medical practices dating back 60 years. These uses, have long since been abandoned, and when the X-rays are used today, the doses are much smaller.

Goat milk may help in fighting cancer

A US medical research company said it has successfully made a specialized antibody in goat's milk intended in fighting cancer.

The development comes from a herd of imported goats that have been genetically altered with human proteins in their milk.

Drugs made with the antibodies are so far experimental and still subject to controlled trials.

Hypertension drug for patients with heart ailment

A drug used for the treatment of hypertension and angina is safe for use in the treatment of those conditions in patients who also have congestive heart failure (CHF).

Health specialists say that Norvasc treated angina and hypertension in CHF patients showed no adverse effect on either the mortality or exacerbation of disease among either ischemic or non-ischemic CHF patients. CHF can occur in patients with or without ischemia, a condition that results from poor oxygen supply to the heart. In the non-ischemic patients in the study reported on, use of Norvasc significantly reduced the rate of death and illness.

Iodine deficiency induces goiter among school kids

The lack of iodine has caused goiter particularly among schoolchildren.

This was revealed in a report titled 1995 Mid-Decade Goods for Filipino children, published by the International Nations Children Fund (UNICEF). The report noted that iodine is among the essential micronutrients which the human body needs for normal development.

Acute iodine deficiencies can cause serious and irreversible damage, not only on the physical but also on the mental development of the child and effective functioning of the adult.

A survey from 1987 up to 1993 shows that in some provinces where iodine-rich foods are scarce, 29 percent to 90 percent of schoolchildren have goiter.

Out of the 75 provinces in the country, 22 provinces have goiter rates exceeding 10 percent.

This means that the intelligence quotients (IQs) of infants and young children may be reduced by as much as 10 points, the report said.

Children who lack iodine, compared to other children, can have up to 13 points lower IQs. They are also slower, less vigorous and have a hard time keeping up with the demands of school work.



On pregnant women, the report said, iodine deficiency can cause stillbirths and spontaneous abortions.

However, it added this can be prevented by putting small amounts of iodine in salt, iodination of all salt for human consumption, whether locally produced or imported, will prevent new cases of iodine deficiency disorders.

Recognizing the importance of a mentally-and physically-robust people in the making of a self-reliant and world-competitive nation, the government, in cooperation with non-government organizations, has embarked on a

comprehensive program for the elimination of iodine deficiency disorders.

The provision of iodine supplements during the Araw ng Sangkap Pinoy and the National Immunization Day is among the immediate steps taken by the government to address the micronutrients malnutrition problem. Some of the strategies that the government has drawn up are the following:

- Providing iodine supplements to preschool school children and women of child bearing age in areas where goiter is common.

- Teaching primary school personnel to prepare iodine solutions and mix them with the school's drinking water.

- Training community, provincial and regional workers to identify cases of iodine deficiency and to administer iodized oil capsules.

- Identifying, assessing and mapping out areas where goiter is most common.

- Setting up salt iodization plants, either by communities or by private salt producers.

- Advocacy and social mobilization to gain the involvement of salt and other food manufacturers, service providers and community leaders in fighting iodine lack.

(Manila Newsfeature and Commentaries)

A CHILI

PEPPER

a day keeps ulcers at bay

A jalapeno a day keeps the ulcer at bay?

Not exactly the stuff of medical folk wisdom. But if recent studies are right, doctors may one day prescribe chili peppers for patients with peptic ulcers, painful erosions in the lining of the gut.

Don't bite into a red-hot pepper

yet. Experts caution that even if the results are proven, ulcer sufferers who are susceptible to heatburn may find the unpleasant side effects outweigh the benefits.

A lot of people feel that chili is bad for their ulcers and their stomach. We've shown that it does not harm the stomach and may even help, said Dr. Jin Y. Kang, one of the investigators at National University Hospital in Singapore.

He added: At this point, we are not yet advocating treating people with chili peppers.

Kang's team examined the inner lining of the gut with sophisticated technology to monitor what happens after ingesting capsalcin, the hot stuff within chili peppers.

They found that capsalcin somehow wards off damage.

Scientists speculate that

capsalcin stimulates nerve fibers in the gut that release a hormone, which in turn increases blood flow and helps to protect the gut from injury from irritants.

Dr. Peter Holzer, a capsalcin investigator at the University of Graz in Austria, said the work proves what we have been studying for years.

He suggested that the most dramatic benefits will be found with pure capsalcin rather than spicy food, which may contain a mixture of healthy and hazardous ingredients.

But it is too early to suggest recipes or advise people to take capsalcin supplements, Holzer added.

He noted that the Singapore studies were done on animals and healthy people who were given temporary gut damage with irritants, such as aspirin or alcohol, and so far not on people who suffer peptic ulcers. (AP)

NO FUEL, ELECTRICITY HOMEMADE STOVE, HEATER

With the increasing electric bill, a household has to find a way to cope with high prices by making homemade products which have been proven a success by early users.

A stove adopted by the International Rice Research Institute (IRRI) from a Vietnamese design is worth making in your own home.

Called the Ipa-Qala, it cooks rice more quickly without using fuel or electricity this is why the stove is environment-friendly.

The stove uses rice hull waste which is produced when rice is milled. The rice hull can be taken for free from rice mill installations as it is only considered a nuisance by-product that its disposal is often a problem in most rice-producing areas.

The Ipa-Qalan requires 1 to 1.5 kilograms of rice hull for every hour of cooking. a liter of water boils within five minutes after start up.

"If widely adopted, this rice hull

stove could reduce some of the pressure on forest which are plundered for firewood for home cooking fuel," they said.

Most traditional stoves either burn wood, charcoal or sawdust. Rice hulls have not been used as cooking fuel because they are difficult to burn and are bulky. When rice hulls were used, too much smoke was emitted that require much and constant attention from the cook. But the Ipa-Qalan has overcome these defects.

Those who have tried using the Ipa-Qalan said that it is easy to fire. It does not need any additives such as wood, kerosene, or paraffin to start it burning. Just a small amount of newspaper is sufficient to start the stove. It has a low smoke to level and requires minimal attention.

If one wants to make the Ipa-Qalan, the design is simple. It can be constructed economically from local materials such as recycled oil drums, biscuits cans and used sheet metal, using only a tin cutter, a hammer and four-inch nails.

Another object commonly used at home is the water-heater. Ordinarily, its use is not practical also because of high electric power rates.

But if we look at alternative energy sources, the better choice is solar energy.

According to Eliot Lee of Prout Times, heating water with the sun can be done in a matter of minutes especially during sunny days.

Here's how.

Place about 100 feet of coiled black garden hose on the roof or under direct sunlight.

For better results, place the hose in the box with mirrored sides covered either with clear plastic poly-ethylene or plastic glass.

Place the hose through the bathroom window where the proper water spray can be had with an adjustable nozzle.

If water flows slowly, the temperature will be high. The total yielded of a 100-foot hose is about five gallons just enough for a shower.

For best **VEGETABLE** results

Keep these tips in mind for flawlessly cooked vegetables every time.

- For whole vegetable, such as potatoes and squash, pierce the skin in several places with a knife or fork to prevent steam from building up and then bursting the skin.

- For cut-up vegetables, make sure that pieces are about the same size to ensure even cooking.

- Season vegetables with salt after microwaving. Salting beforehand could leave

brown spots.

- If you're cooking an assortment of vegetables, cook large or dense ones (such as carrots, broccoli and green beans) first and drop in small or tender ones (such as peas, mushrooms, and bell peppers) layer in the center so that they finish cooking at the same time.

- Always start off with the shortest cooking time listed in the recipe; this way the vegetables will not be overcooked. You can always add more time if needed.



MAKE SWEET POTATO CANTON NOODLES

Ingredients:

wheat flour, sieved	1 cup
sweet potato flour	1 cup
fish sauce flour	1-1/4 tbsp
baking powder	2 tbsp
cooking oil	1 tbsp
water	1/4 cup
MSG (vetsin)	1/2 tbsp
cooking oil (for frying)	1 liter
egg	1 piece

Yield: 300 grams noodles;
sufficient for 5 persons

Utensils

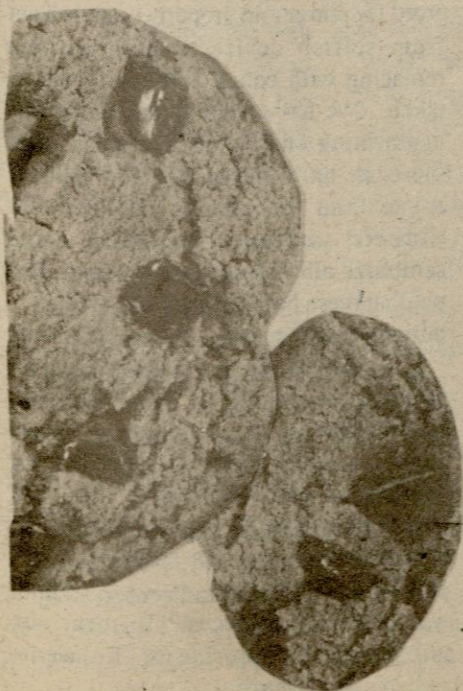
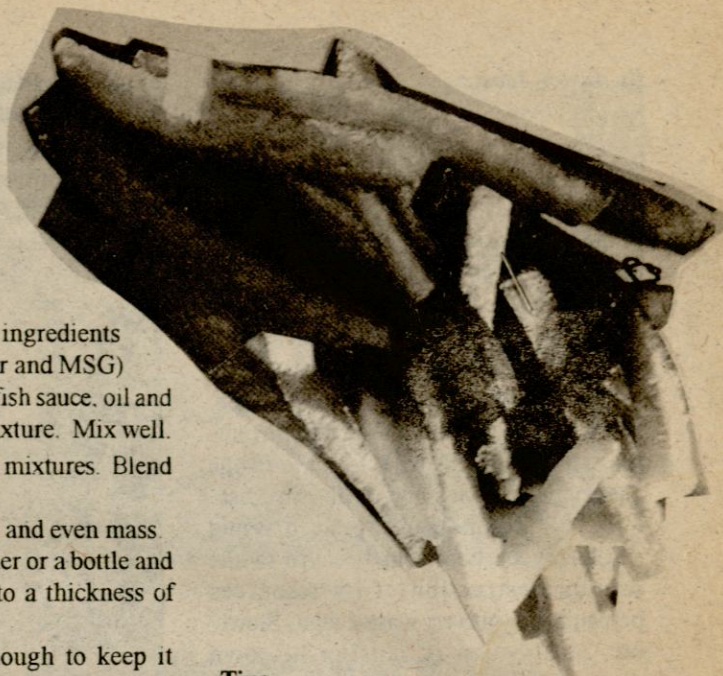
cheese cloth
measuring spoons
stove
silver
mixing bowl
plastic sealer (or candle)
strainer (metal)
measuring cups
frying pan
wooden ladle
plastic bags
kneader-cutter
(or knife and bottle)

Procedure

1. Mix together all dry ingredients (flour, baking powder and MSG)
2. Beat eggs. Mix with fish sauce, oil and water. Add to dry mixture. Mix well.
3. Combine dry and wet mixtures. Blend well.
4. Knead into a smooth and even mass.
5. Using a kneader-cutter or a bottle and a knife, roll dough to a thickness of 0.8 mm.
6. Sprinkle flour on dough to keep it from sticking to the kneader-cutter/bottle and knife.
7. Roll and cut into strips with a knife. Put strips in a strainer. Meanwhile, boil water in a pan.
8. Submerge strainer in the boiling water for a few seconds until the strips float, then remove from the pan. Wash strips with tap water. Drain.
9. Fill pan with oil. Heat oil to 160 C.
10. Fry canton strips until bubbling stops. Put noodles on a piece of cheesecloth.
11. Allow to cool.
12. Pack noodles in a plastic bag and seal.

Tips

- Sieve flour before using.
- Use active baking powder to check. put a small amount in a cup with water. Bubbles form when the baking powder is active.
- Measure and mix dry ingredients.
- Be sure water is boiling before putting strips into it.
- To keep noodles firm, do not submerge in boiling water longer than necessary.
- Maintain the oil temperature at 160 C when frying. (Source: PRCRTC & VISCA)



PINIPIG COOKIES

Ingredients:

1	cup	butter
1	cup	refined sugar
2	pcs.	whole eggs
1/2	cup	evaporated milk
2-1/4	cups	all-purpose flour
2	cups	toasted pinipig
1	tsp.	salt
1/4	cup	toasted and copped cashew nuts
1	cup	raisins
1	tsp.	lemon or orange flavor

Procedure:

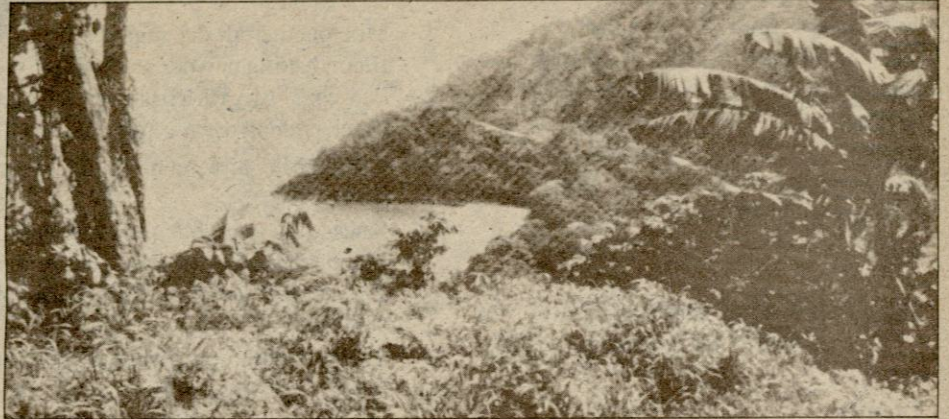
1. Cream butter and add sugar gradually.
2. Add egg one at time and blend well.
3. Add milk flour and salt and beat until well mixed
4. Add pinipig, nuts, raisins and flavoring and blend well.
5. Drop by spoonfuls onto well-greased cookie sheets
6. Flatten dough with a fork.
7. Bake in a 35F pre-heated oven for 15 minutes
8. Transfer to racks and cool before storing

On the seventh day, God created man and gave him dominion over the fish of the sea, fowl of the air and every living thing that moves upon the earth. For man, God also created the trees and the mountains to give him sustenance. Man was named master of the world and as such, to his care is entrusted its preservation. But what has man done? He circumvents the Biblical mandate and exploits the environment for his own selfish interest.

If nature could speak, it would surely cry its heart out because of the wanton destruction of its resources perpetrated by its very master, man. Slowly but surely man is causing his own destruction. He poisons the air by carbon monoxide spewing from his motor vehicles and factories. We lose an average

are surrounded by oceans and smaller bodies of water our country is richly endowed. It is excellent specimen of a paradise on earth where the humans, animals, plants, waters, soil, and climate coexists. However, forced by need and distorted by selfishness, we flatten our

environment. What it means to conserve our resources us not just to freeze them in order to hinder their availability, such as in a total log ban. Instead wise conservation calls for an efficient means of controlling our resources to fulfill each one's basic needs.



Protecting the beauty of nature is the best way of conserving it for the next generation

Conserving nature for a better life

of 105,000 hectares of virgin forests a year due to deforestation. In our seas, coral reefs are being destroyed by dynamite fishing and the so-called muro-ami type of fishing. Several indigenous species of wildlife are now endangered due to indiscriminate hunting. Environmental degradation is indeed the greatest hazard of society today.

The Philippines, whose coastline is twice as big as that of the United States, has probably the most intricate exterior and interior environment in the world. First, considering its physical embodiment, our country is said to be in a very strategic position. Being easternmost in the Asian world, it serves as a bridge linking the East and the West. Likewise, it is nestled in the Pacific region's most important crossroads to world trade. From the rebirth of the centuries, this, too, has been a melting pot of various cultures, languages and backgrounds, foremost is Malayan.

With these and other innumerable factors contributing to its geographical background, the complexity thereof coincided with our country's abundance in terms of its natural resources. Being agricultural in nature, the greener portions comprise about 40 percent of our land's total area. Being a group of islands, we

forests, kill our rivers, and pollute the environment.

Perhaps, our leaders and elders are too busy with the voluminous work on nation building foremost of which are the maintenance of political stability, and the solution of our economic woes. Thus, the task of conserving our environment falls on the hands of the youth of today.

Our youths really have a lot of work to do just before our environmental resources totally collapsed into final deterioration. They must do something before our archipelago would discard of their fish and marine resources, before the verdant-covered mountains would obliterate and eventually cause more destruction of the metropolis and the countryside and before our mineral and energy resources severely diminish.

Today, the greatest brutality is man's destruction with biodiversity. Biodiversity is the variety of the world's living species, including their genetic diversity and the ecosystems they form. And if particular species would disappear from the face of the earth, man is responsible for its extinction. Before we experience these scarcities in nature, the youth must join hands and assume a genuine role of linking the next generation with a more effective way of managing our

As it seems, our motherland is afflicted with countless social problems that categorize the predicament of solving our environmental and economic crises. Aside from the irregular distribution of our natural wealth, there are still considerable factors in our physical surroundings that affect our social dilemmas. People tend to control all resources within reach, therefore it is a staggering fact that the greed for power and property branched out from selfish desire to gain without replacing with equal well-being what is taken. We have been experiencing and aggravating energy crisis, and oil price increase, daily occurrences of heinous crimes and incongruous allotment for workers' salaries. But if we would scrutinize all these details, we shall find out that these have actually been rooted in our mismanagement of our environment.

But as the youths are entering a national awakening of conserving our environment for nature requisites, we can expect a new dawn of harmonious relationship with our environs. They will lead today's campaign for the restoration of our environment and lead tomorrow's prolific management and conservation of our national resources. In turn, our surroundings will provide us fresher air and greener pastures.

Congratulations to the newly promoted principals

ELEMENTARY

Agbayani, Alejandria	E.S.P.-I Bagong Silangan ES
Bandong, Escarlita	E.S.P.-II Cruz na Ligas ES
Catan, Rosalinda	E.S.P.-I Batino ES
Garcia, Lilia	H.T. -III Maligaya ES
Garvida, Efren	E.S.P.-II San Gabriel ES
Huera, Gloria E.	H.T.-III P. Tuazon ES
Jorda, Luzviminda	E.S.P.-I San Diego ES
Navarra, Juliet	E.S.P.-III Lagro ES
Paggao, Anselma	E.S.P.-I Camarilla ES
Ramos, Emma	E.S.P.-I Malaya ES
Salvador, Avelina P.	E.S.P.-II GSIS Village ES
Tullas, Susana B.	E.S.P.-I Dalupan ES
Valena, Corazon E.	E.S.P.-III San Jose ES

HIGH SCHOOL

Esquillo, Natividad R.	SSP-II M. Roxas HS
Gabriel, Josefina P.	SSP-II Ernesto Rondon HS
Gemoto, Paz S.	SSP-III Juan Sumulong HS
Mapanao, Norma M.	SSP-IV Novaliches HS
Moncada, Noemi M.	SSP-II J.P. Laurel HS
Navarro, Jose A.	SSP-II Dona Josefa Jara Matinez
San Juan, Milagros A.	SSP-II San Jose HS
Viloria, La Paz F.	SSP-II Camp Aguinaldo HS

To the Graduates

By Emelyn del Mundo

TAKE CHARGE

Marching through the portals of your Alma Mater means that you are not racing towards an end, rather you shall venture on to new beginnings.

Realize the world holds treasures as well as tears as you embark on unfamiliar territories in quest of your beautiful dreams.

Above all, accept that as from a bitter fruit you are ripened to manhood which requires the challenge of urgency on the face of many careers laid open to your post graduation life.

As Pope John Paul

II told you during the 10th World Youth Congregation "The future depends on your maturity." How did you fare with this challenge since that five enthusiastic and tear filled day encounter with him in Manila? Have you seriously considered dropping your complacency to take charge now-not tomorrow?

Integrate and take responsibility in adult affairs. Set your goals to a college course or work your way to a gainful job, but don't wait until you get older or obtain your diploma before reconsidering or making good this



Sample modules in all subject areas.

Module Preparation, Implementation in JSHS

Much has been said about the dearth of enrichment materials in the different subject areas. Most often, teachers do not go beyond the textbooks either because they cannot find the time to prepare supplementary materials or they are incapable of developing such.

It is in this light that Juan Sumulong High School embarked on the development and implementation of modules for enrichment in different subject areas. Mrs. Josefina P. Gabriel, principal, who has had special training and experience in module preparation and implementation, gave the department heads and school curriculum writers a crash training on this area and

commitment.

Going out of your way to touch others' lives by manifesting God's love in your every endeavor becomes for a higher form of life-physical, spiritual and material.

worked closely with them as they produced modules for enrichment in all year levels in English, Filipino, Social Studies, Science, Math, Values Education and Technology and Home Economics. The modules carry a wide variety of topics which are relevant to the times and appealing to young people. They compliment and supplement the lessons in the SEDP textbooks.

The modules serve as alternative learning materials and self-learning kits which the students use as assignment. These are also very useful when teachers are absent and no one can pinch hit for them. Thus, learning takes place even without the teacher.

Lastly, don't tremble; you might think changing this world and the false values of many young and adults in our society is an impossible feat. If you only so much as try and believe, that divine hand will do the rest.

Home Arts and Crafts

SUMMER CAMPING TIPS

Summer is a time for adventure like hiking and going on camping trips. For camping enthusiasts, the enjoyment and success of an outdoor trip depends on the preparation of equipment needed.

In buying or renting camping gear, always remember to buy once and buy well. More expensive camping gears, although a bigger burden on the budget, are much more durable and long-lasting. Besides, there is no use investing on cheap materials that will most likely spoil your nature trip.

In choosing your packing equipment, choose a knapsack that is comfortable, usable, and durable. The ideal packing gear is a waterproof, nylon knapsack with an aluminum frame and waist and shoulder straps. A padded hip belt adds comfort. If the tag isn't waterproof, purchase some sort of rain cover. Remember to pack all your supplies in plastic, even if the pack is waterproof, with the heaviest items at the top, resting on your back.

In choosing a sleeping bag, choose one that is warm and light. Unless you're camping in an extremely warm climate, buy a goose down-filled bag (semi-mummy: narrow at the feet, wider at the shoulders) with a drawstring around the head. A rip-stop nylon shell is the best container and the easiest fabric to wash. For insulation and comfort, you'll need a foam rubber sleeping pad and a kind of plastic sheet (an old curtain shower will do). At the store, try the bag on for size. Your feet and head should not touch the ends of the bag.

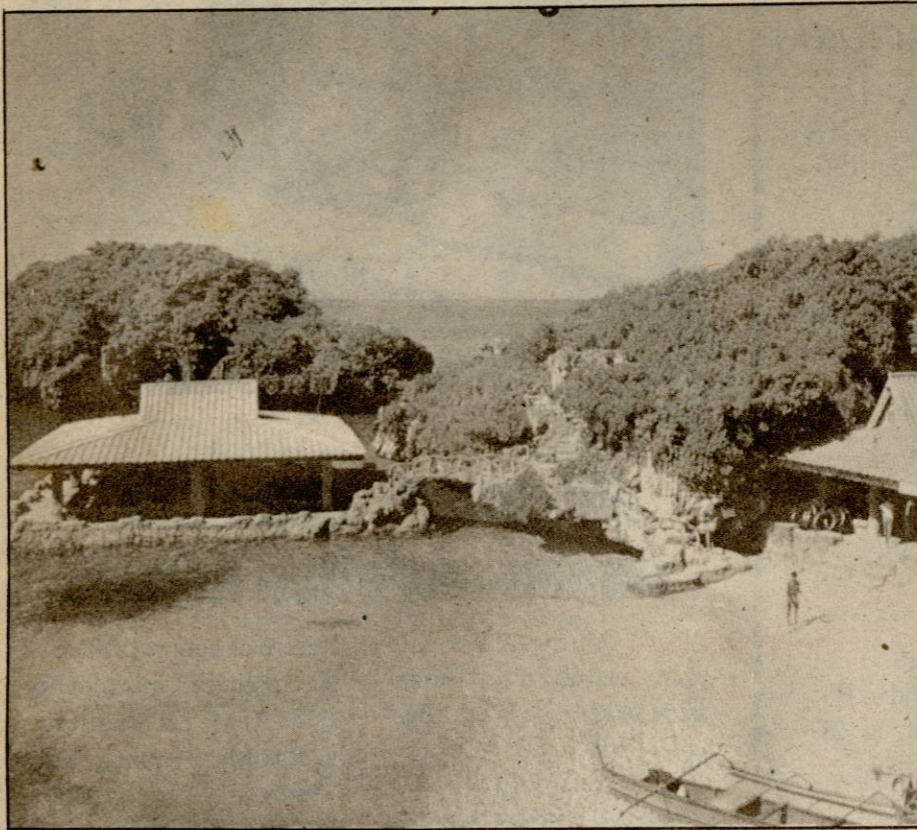
In choosing a tent, choose a nylon tent-fly type, a tent over a tent, since it will keep you warm and dry. Check that the outside tent fabric is waterproof and the inside water-repellent. It should also have a waterproof floor and mosquito netting to protect you from insect bites.

Tailor your equipment buys to the season, climate and terrain in which you expect to do most of your trail blazing.

In order to enjoy your outdoor trip, remember these pointers.

- Pack all essentials in one bag. Make a list of things that you have to bring such as medicated skin cream, lotions, medicines and a first aid kit, plus your beauty kit and cooking utensils.

- If a bee stings, remove the



stinger with sterilized tweezers and apply a cold compress to soothe.

- Protect sun-sensitive areas with medicated skin cream and use it also in relieving burning pains as well as preventing skin peeling.

- Keep legs covered in wooded places with a skin softener underneath.

- Be prepared with first aid know-how to cope with any kind of emergency such as a snakebite, small burns or drowning incidents.

- Keep nails at reasonable length since they're likely to break in strenuous outdoor activities.

- Bring along a radio or walkie-talkie so you can immediately call for help in case of accidents.

TAKING CARE OF YOUR RECORDS AND STEREO

Your LP's will sound better with proper care. Here are some points to consider:

- Remove the plastic skin wrap. It holds the jacket tightly and it also attracts dust.

- Store records vertically in a cool, dry place. Don't expose them to direct sunlight. Also don't stack records on the turntable while playing.

- To prevent scratches, handle LP's by the edges only. After playing, always slip the record back into its paper sleeve, then the jacket.

- Dust LP's with a record-cleaning cloth or brush before you play them.

- Wash your LP's if they're extra dusty. Add a cupful of mild detergent to a plastic tub of lukewarm water. Submerge record, swirl in the sudsy water. Rinse well under a gentle flow of tepid tap water. Dry on a soft towel.

- For a well-tuned stereo, take it for a check-up every few years for cleaning and lubrication.

- Consult your instruction manual when faced with minor difficulties. What looks like a technical defect may be an operating error.

- Your stylus needs an annual check-up too. A dull one can ruin your records. Be sure to buy the right stylus.

- * Dust the stylus with an artist's brush. Never run your fingers over the stylus because it's very sensitive and easily damaged.

- Never blast your stereo or drop

the stylus onto a record when the volume is wide open. The sudden shock can blow your system.

REPOTTING PLANTS

Summer is a good time to check and see if your plants need repotting. Before you begin, however, there are certain signs to look out for such as the following:

- Roots have grown so dense they're unable to breathe or take nutrients.

- Roots began to push out visibly through the top of the soil or the drainage soil.

- A mass of snarled roots with very little soil.

- Wilting, loss of lower leaves, top-heaviness or stunted leaf growth.

- Use a pot only one to two inches longer. If reusing an old one, scrub it thoroughly. Prepare appropriate potting mixture.

When repotting plants, follow these simple steps:

- Place a small piece of an old broken pot or pebbles over the hole in the bottom of the new pot. If there is no hole, create a drainage system with pieces of broken pot or pebbles.

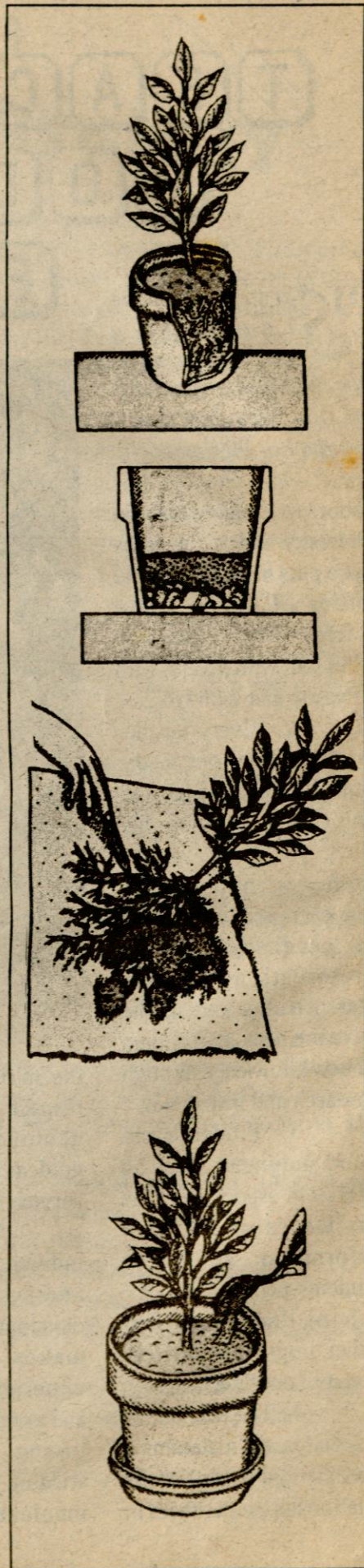
- Pour in a layer of charcoal about half an inch deep. This keeps the soil sweet and plants healthy, also aids drainage. Use about an inch and a half in pots without holes. Next, fill halfway with potting mixture.

- To remove the plant from its old pot, turn it upside down and gently tap the bottom and sides, holding the plant so it won't come crashing out. Carefully brush off any excess soil. Take care not to damage the roots.

- If the roots are very closely bound, you will need to separate them gently with a pencil to create space for the plant to accommodate more soil.

- Press down lightly the first layer of soil in the new pot, then place the plant on top, right in the center. Fill in the side and around firmly but not too tightly. Stop adding soil when the pot is already filled within an inch of the rim.

- Place the plant under gently running lukewarm water and soak plant until bubbling stops. Let all excess water drain out, then let plant dry out for a few days before rewatering. Don't water the plant too often for a few weeks. Do not feed for six months.



TEACHERS' CODE OF ETHICS

"Service in the teaching profession calls for the highest standards of integrity and moral conduct at all times."

1. The teacher labors to promote unity in diversity and at the same time puts meaning into the order of things. She strives to be in harmony with self, with others, with creation and with God.

2. Every teacher is at the forefront in the pursuit of knowledge and truth. It is therefore her duty to grow in the profession and uphold the highest possible standards of excellence in the preservation of time-tested truths and in the advancement of frontiers of new knowledge through research and instruction.

3. Prudence and good judgment must be exercised especially in the disclosure of sensitive information regarding students' personal records, school documents and other important matters given in confidence.

4. The teacher, as a social being maintains a cordial and harmonious relationship with others in



the spirit of mutual trust, respect, cooperation, and genuine participation guided by the principle of service.

5. In guiding every individual towards total and integrated development, the teacher makes the learning experience wholesome and meaningful through her loving kindness and wisdom, especially in the inculcation of positive

values and self-discipline among the children. For her to educate the children, she must love them.

6. A teacher is a trustee of the cultural heritage of the nation. It is therefore her responsibility to promote family values, a sense of nationhood, love of country, respect for constituted authority, and obedience to the law of the land.

7. The teacher must exercise fairness at all times in dealing with students, peers, superiors, parents and other members of the community. Her sense of justice must be beyond reproach for only when there is justice can there be peace.

8. The leader believes that the function of art is to transmit and clarify inner experience and/or needs. Thus, she promotes aesthetic expression and appreciation with zeal because art puts one in touch with oneself and the world around.

9. The teacher as a "liberator" must strive to free the children from the shackles of ignorance, poverty, disease, inequity and apathy through her knowledge, wisdom, love and care.

10. A great teacher is an enlightened one. She gets this enlightenment only from her Source, whom we call God. Unless the teacher is in close communion with God, all her teachings will be full of follies. Thus, a teacher must gain her wisdom from the Divine through prayer. (Reprinted from *CEAP Bulletin*, a monthly publication of the *Catholic Educational Association of the Philippines*, Volume XIII, July 1994.)

Philippines 2000

Our Development Strategy

"Philippines 2000" is all of these things: (1) it is our vision of development as a nation for the Year 2000, (2) it is the strategy to attain our goal of development, and (3) it is a movement, a battlecry to rally all Filipinos behind the President's vision and strategy of development and to collectively work toward the goal of an improved quality of life for all Filipinos by the year 2000.

As a Vision

Philippines 2000 is a vision towards which our development efforts will be directed over the next six years. As with any vision, it transcends all political or administrative time frames. It is a vision of a nation yearning for progress and to attain the status of a newly industrializing country (NIC) at the turn of century. This vision was given flesh by the President when he launched the Philippine Development Plan last February 25, 1993.

As a Strategy

Philippine's 2000 is also a strategy to attain the government's goal under the Philippine Development Plan, giving emphasis to the following conditions that must be established to ensure the development objectives and priorities as contained in the Plan will be successfully realized.

1. Political stability and national unity, which includes people empowerment to address the root causes of subversion and secession.

2. A positive work ethic, which necessitates (a) redirecting carcels and monopolies to create and widen opportunities for new enterprises and (b) strengthening linkages for workers rewards and recognition, thus enhancing productivity.

3. A commitment of the economic and political elite to the common good, by sharing their talents and resources by joining in the campaign against evasion and smuggling; by demonstrating greater concern for the environment; and by helping in the elimination of graft and corruption which often sustain the present ills of society.

It is hoped that, in the process of addressing these conditions, a strategic alliance among government, the private sector, labor and NGO's/PO's would be fostered to enable the nation to pursue the twin objectives of international competitiveness and people empowerment as contained in the Plan.

As a Movement

When the President launched the Philippine Development Plan last February 25 during the 7th EDSA anniversary celebration, he called on the Filipino nation -- all people from all walks of life--to rally behind our vision of a better Philippines, of a newly industrializing country (NIC) at the turn of the century.

The President then said: To achieve this vision of sufficiency, modernization and global excellence, we have prepared the path to its realization. The Medium-Term Philippine Development Plan will be our development road map for the next six years. Henceforth, our battlecry shall be "Philippines 2000."

Philippines 2000 is therefore the President's inspirational call to unity, "a call for a strategic alliance among the key development sectors. It calls for a movement, a campaign, a tidal flow" to attain our vision and goal of development.

The Moral Dimension Behind Philippines 2000

The strategy which is Philippines 2000 is different from many previous development strategies in at least two years.

1. It boldly addresses basic flaws and obstacles in our social system -- whether moral, political or cultural -- which hitherto have not been addressed explicitly from the level of the President.

Indeed, these flaws, if not removed or reduced, may prevent the full realization of the objectives of the Medium-Term Philippine Development Plan. The fact that past administrations did not properly address these flaws may be related to the failure of the economy to take off decisively in the past decades.

Many of these flaws basically stem from wrong values and are therefore moral in character, such as:

- cartels and monopolies
- unequal access to development resources;
- overprotected industries
- graft and corruption that exacerbates or perpetuates

the foregoing;

● failure to get our acts together due to mistrust, desire for personal glory and self or family put above the common good.

2. Philippines 2000 emphasizes what is right about the Filipino.

