THE EQUALIZER
Police Gazette

Love God Above All Things...

Special First Year Aniversary Issue



HON. ISMAEL A. MATHAY, JR.
Quezon City Mayor
MMA Chairman

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THE EQUALIZER
Police Gazette

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MALACAÑAN PALACE
MANILA



MESSAGE

Law enforcement is a basic requisite in governance because it holds society together, and allows its citizenry to lead their lives in an atmosphere of peace and order.

For this reason I welcome the continued publication of the EQUALIZER Police Gazette, a bi-monthly newsmagazine on law enforcement in the Philippines. I am particularly pleased to extend my warm greetings to its management and staff on the occasion of its first founding anniversary. I am also happy to know that the publication is a privately-run affair. The participation of the private sector in law enforcement, especially in the area of information, is most laudable and welcome. I am confident that as a newsmagazine, the EQUALIZER Police Gazette will help raise the level of public consciousness on the need for effective law enforcement, as well as help our people appreciate the fine work being done by our country's law enforcers.

Congratulations and more power.

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REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF THE INTERIOR AND LOCAL GOVERNMENT
EDSA Corner Reliance Street, Mandaluyong
Metro Manila



MESSAGE

Anniversaries are celebrations of remembrance and renewal. We look back to the year past --- hurdling growing pains, trials, as well as triumphs --- drawing lessons of experience, strength, and fortitude to craft a bright future.

It is a truism that the first year is always the most difficult, yet, it serves as proof of the determination and commitment of your paper to effectively reach out to our people, raising their level of awareness on relevant national issues.

I am confident that your publication will go a long way in serving the interest of the public. May you continue your crusade for a clean and good government, for a more efficient and clean honest corps of law enforcers and a vigilant citizenry.

Congratulations and more power!

PROPERTY OF
QUEZON CITY PUBLIC LIBRARY

RAFAEL M. ALUNAN III
Secretary

Republic of the Philippines
Department of the Interior and Local Government
GENERAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE
DIRECTORATE FOR POLICE-COMMUNITY RELATIONS
Camp Crame, Quezon City



MESSAGE

I wish to extend my sincere felicitations to the Publisher and the Editorial Staff of the EQUALIZER Police Gazette of the occasion of its first anniversary.

The EQUALIZER Police Gazette has motivated the Command in pursuing its vision of gaining the support of the various sectors of the society through responsible journalism. It presents the facts concerning the police image in a proper perspective.

I am truly confident that the EQUALIZER Police Gazette will continue to serve as the PNP's vital link to the vision of a peaceful society.

Happy anniversary and more power!

REYNALDO G. WYCOCO
Police Senior Superintendent
Director for Police-Community Relations

Republic of the Philippines
Department of the Interior and Local Government
National Police Commission
Philippine National Police General Headquarters
POLICE RELATIONS SERVICE
Camp Crame, Quezon City



Message

On the occasion of your 1st foundation anniversary, I would like to congratulate you and wish you more anniversaries to come.

The Equalizer, as the name implies, pays a very vital role in improving the seemingly tainted image of our men in uniform. By concentrating on the positive side of the police - the good deeds they do, to the extent of risking their lives for our people - balance what most commercial newspapers simply ignore.

Again, my sincerest congratulations and carry on the good work!

P/SR SUPT ARTURO A. AÑAS
Director

Republic of the Philippines
Department of the Interior and Local Government
GENERAL HEADQUARTERS, PHILIPPINE NATIONAL POLICE
PUBLIC INFORMATION OFFICE
Camp Crame, Quezon City



Message

Congratulations and best wishes to the management and editorial staff of The Equalizer Police Gazette as it marks its first anniversary celebration.

Media is very important as it is a vital link to the people specially at this time the public has become cynical towards the law enforcers. For barely one year of publication, the Equalizer has consistently adhered to the principle of truth and responsible journalism. Your magazine has shown its effort in helping out the PNP in its campaign to build its image and to bring back the peopl's trust.

Rest assured that we will remain supportive in your objective as journalists in effecting changes for a more proffessional and highly motivated police organization.

More power to your magazine.

GEORGE LAUS ALIÑO
P/SUPT (GSC) PNP
Chief, PIO



HEADQUARTERS
PHILIPPINE NATIONAL POLICE CAPITAL COMMAND
Camp P/Maj Gen Tomas B. Karingal
Sikatuna Village, Quezon City

Message

It is with distinct pleasure that I extend my heartfelt felicitations to the publisher and editors of The Equalizer on the occasion of its first anniversary.

Despite its infancy, The Equalizer has indeed carried out successfully its self-imposed task of disseminating accurate, responsible and objective news reports to our people. This publication which is composed of highly professional and dedicated multi-media practitioners has indeed set an example which is worthy of emulation by other media groups. Through its efforts in news dissemination, it has greatly contributed not only to the improvement of peace and order in the country but to the promotion of national economy as well.

May this publication continue to succeed in its endeavors in the years ahead.

With my best wishes.

PEDRO G. SISTOZA
Police Director
Regional Director, NCRC



HEADQUARTERS
PHILIPPINE NATIONAL POLICE
REGIONAL COMMAND 3
Camp Olivas, Pampanga

Message

My warmest greetings to the publisher and the editorial staff of The Equalizer on the occasion of its 1st anniversary.

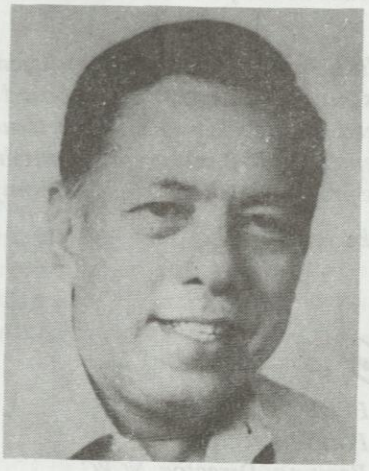
I am confident that after its initial year of circulation, this magazine, virtually dedicated to the men and women of the PNP in recognition of their sterling performance in our crusade for a peaceful and progressive Philippines, will find its way closer to the hearts and minds of our people.

Let this outstanding achievement in the field of print journalism that The Equalizer has attained be the guiding star for more far-reaching police stories and articles as it enters its second chapter.

Congratulations and more power, and happy birthday to Miss Espie Pallasigui.

(Sgd.) P/BRIG GEN. RODOLFO M. GARCIA
REGIONAL COMMANDER

Republika ng Pilipinas
Lungsod Quezon
Tanggapan ng Punong Lungsod
(OFFICE OF THE CITY MAYOR)



Message

I would like to greet the staff of The EQUALIZER POLICE GAZETTE on the occasion of your first anniversary celebration.

On this important milestone, let me extend my warmest congratulations to all the dedicated men and women behind the success of this publication for committing themselves to the greater improvement of our law enforcers.

The role played by law enforcers in the peace and order campaign can not be discounted.

Your publication can help our law enforcers rebuild their image by balancing the scale, so to speak --- that is --- giving ample space to the officers and men who live up to their sworn duty but whose deeds do not land in the front pages.

Again, congratulation!

ISMAEL A. MATHAY, JR.
Quezon City Mayor

Republika ng Pilipinas
Lungsod Quezon
Tanggapan ng Pangalawang Punong Lungsod
(OFFICE OF THE CITY MAYOR)



Message

On the significant occasion of the first year anniversary of The Equalizer Police Gazette and the natal day of its Publisher-Editor Espie R. Pallasigui, I wish to extend to them my warmest felicitations and best wishes

While there are commendable efforts to respond to and limit the high incidence of criminality in our society, much more remains to be done including such efforts as this Gazette which are aimed towards morale-boosting and strengthening relations between the public and the law-enforcers.

It is heartening to note that many sectors of our society in and out of government by their own initiatives have been joining the crusade against criminality. Conscious that The Equalizer is dedicated to the cause of law and order and in no small way had been addressing this sensitive problem of the country with intensity and zeal, there is ample reason to acknowledge its exemplary efforts in this direction.

And to Miss Pallasigui, goes as well, our special good thoughts for a joyous natal day and continued success as Publisher-Editor of this prestigious magazine, The Equalizer.

CHARITO L. PLANAS
Vice Mayor
Quezon City

Republica ng Pilipinas
Lungsod Quezon
SANGGUNIANG PANLUNGSOD
(City Council)



Message

It is with great pleasure that I greet The Equalizer Police Gazette on the occasion of its first anniversary which coincides with the birthday of its fighting publisher, Espie Pallasigui on August 5, 1993. May both celebrations augur well for the much needed effective and efficient communications bridge between the people and the police.

We cannot have a progressive society until there is peace and order in our midst. This is the most significant sine qua non ***for development.***

ANTONIO L. SIOSON
Councilor, First Dist.
Quezon City

Republica ng Pilipinas
Lungsod Quezon
SANGGUNIANG PANLUNGSOD
(City Council)

Pagbati

Taos puso kong binabati ang araw na ika-labing siyam ng buwan ng Agosto sapagkat iyan ang natatakdang araw ng ating siyudad.

Nawa'y lagi na lamang maging puspos ng kasiyahan para sa lahat pagsasapit ng nabangit na kaarawan.

At binabati ko rin ang publisher ng Equalizer Police Gazette sa kanilang unang anibersaryo nawa'y lalong tumagal pa ang serbisiyo niyo sa labat ng naglilingkod sa bayan.

Salamat po.

REYNALDO A. CALALAY
Councilor, Quezon City

Republica ng Pilipinas
Lungsod Quezon
SANGGUNIANG PANLUNGSOD
(City Council)



Message

GREETINGS AND CONGRATULATIONS ON THE FIRST ANNIVERSARY OF "THE EQUALIZER POLICE GAZETTE" !!!

As Committee Chairman on Peace and Order, Public Welfare and Safety, I can only but realize the enhancement it renders to the police service, particularly the dissemination of police policies and guidelines that enlighten the people in uniform. Likewise, it educates the public on the true score about the police officers which many have been negatively written about the scalawags. But The Equalizer tells more of the most worthy and dedicated police officers that make up the majority in the service.

I salute the men, women and staff of The Equalizer for doing a great job. May your gasette celebrate many more anniversaries.

Finally, may I take this opportunity to greet your able publisher - Ms. ESPIE R. PALLASIGUI - who will be celebrating her natal day on 5 August 1993 may warmest greetings

REYNALDO N. MEDINA
Councilor, Quezon City

Message

My warmest congratulations to The Equalizer Police Gazette on the celebration of it first anniversary and Happy natal day to its publisher.

Wishing all the staff more power and good luck.

MR. EDMUND TY
Businessman, Quezon City

Message

Napakahalaga ng buwan ng Agosto. Ang dahilan nito ay isinilang ang isang pahayagan at ngayo'y isang taon na ang EQUALIZER. Ngunit ano nga ba kung isinilang ang isang pahayagan. Ano ang ibig sabihin nito? Ngayon na ang ating bansa ay nasa panahon ng mga pagsubok sa napakaraming bagay na tuwirang halos lahat ay nasasakop, ang papel ng isang pahayagan ay napakalaki bilang kabalikat ng pamahalaan at maging ng mga mamamayan. Ngunit huwag maipagkamaling ito ay pumapanig sa sinoman, o alinman. Ibig sabihin nito ay laging nasa gitna ang EQUALIZER, tulad ng pinatunayan na nito sa mga nakalipas na mga limbag.

Masaktan ang masasaktan, tamaan ang tatamaan, ngunit ang EQUALIZER sa aming pananaw ay nakasakay sa isang layunin at adhikain. na ang EQUALIZER AY MAgiging kabalikat, sandalan, yupyupan ng mga hinaing, at pag-asa ng mga taong nasa magkabilang panig tungo sa kaunlaran.

Mapalad ang ating bansa sapagkat dito ay nakapananatili pa rin ang kalayaan, kalayaan ng pamamahayag na nakasaad sa ating Saligang Batas. Mapalad rin ang ating bansa sapagkat kabilang dito ang isang malinis, matatag at pinagpipitaganang pahayagan: ang EQUALIZER, na baga man nasa murang gulang pa lamang ay kinakikitaan na ng isang pag-asang sa kinabukasan ay maaring tanghalin na ring isa sa mangungunang pahayagan ng ating bansa. Tulad marahil ng isang bituin sa langit, nagpapakita ng isang liwanag.

At sapagkat ito na rin ang araw ng pagsilang ng tagapamahala nito, si Bb. Espie Pallasigui, nais kong samantalahin ang pagkakataong ito na bumati ng Maligayang Kaarawan sa dalawang luningning ng ating bansa si Espie at ang EQUALIZER, na sana ay magtagumpay. At kay Espie na sana ay abutin pa nang marami pang araw, na tulad nito.

Hindi ka nag-iisa sa iyong paninindigan at matuwid na layunin.

EDDIE "DAGUNDONG" MAGTANGGOL
Producer/Commentator



Message

Looking back to the year that was is more than lingering to the smell of the days when a dream was yet to become a reality.

It is actually taking note of, and sticking to, the lessons learned from the pains of setting out to reach the goal where The Equalizer Police Gazette must stay as the expediter of police ideals. It is, ironically, moving forward, towards this end.

I am very well aware of, if not sold to, the fact that the stretch is indeed a long one. Considering that The Equalizer Police Gazette is a mere yearling publication, steps for the win, not to mention the stumbling blocks that go between these, will be far too many. In spite of this, the journey shall continue as it is Board policy to prove at all costs that the vision of serving without compromise, at that side of the road, is tangible.

Yet, all this cannot be done without you, cherished patrons, sponsors, and readers whose invaluable support during the first twelve months made this endeavor so far a successful one.

See us through again.

God bless!

MS. ESPIE R. PALLASIGUI
Publisher

The Augustness of this Issue

The more obvious explanation which makes this July-August edition a special one is that it celebrates three important occasions.

Amid the driving rain, one finds sunshine as he joins the crowd of well-wishers who pray for 1) the success of this magazine on its second year as a headstrong campaigner of police ideals; 2) the longevity of the woman-power behind the publication; and 3) the indispensability of the principles with which the late President Manuel Luis Quezon, whose birth anniversary the Filipino nation commemorates, steered the country to progress early in this century.

There is the lesser-felt reason still, as it is believed that if events and the corresponding supplications alone are enough to bask in, this particular volume becomes not just shallow but bogus. To avoid this, then, the magnificence was made to lie in the series of undertones, the messages implied in every word, photo, or graphic pasted before the audience's eyes.

For instance, *Equalizer's* step of highlighting police accomplishments for reader benefit has well gained ground, a solid one at that. Yet, while this can be partly attributed to the staff's persistence, it should rather be seen that the police institution's continuously improving service is mainly behind it. For how could any well-meaning magazine spread the fire if the cops cannot so much as provide the tinder of deeds with which to even build it?

For instance, too, this triple-header was shaped into a melting pot in which meld different human experiences, thoughts, and emotions all deemed to best serve the purpose of creating a fine alloy, one to be used as the policeman's ladder towards greater heights.

Since it is never an effective approach to tell-all, what is left of the hidden imprints is for the reader's subconscious to find.

The only other "little secret" that can be revealed is the reminder for everyone that he carry on with the super-fine work and that, as a result of this, he shall have become a better doer by same time next year.



HARK BACK



THE QUEZON STRATEGY THAT FORERAN THE PNP CONCEPT

by Anna Katrina Gonzales

Today, 115 years ago, a boy destined for greatness was born. He served in the Philippine national revolution as a young military officer, continued the fight for independence in the halls of the American Congress, and died when our country was on the way to self-government.

A lot of things have happened since his death, but the ideals which made Quezon a byword not only in the City but all over the country continue to serve as a beacon light for the Filipino leadership.

We can only hope and pray that Quezon will continue to inspire present and future Filipino leaders as they make their own print in the unfolding of Philippine history.

Honorable Antonio L. Sioson
Councilor, 1st District of Quezon City

Even as a mere day-old President of the Commonwealth of the Philippines, Manuel Luis Quezon y Molina set out charging against elements that threatened the Filipino's preservation and security.

During his inaugural address before the First National Assembly on November 15, 1935, he asserted that "(s)elf- defense is the supreme right of mankind, no more sacred to the individual than to the nation, (and that) the interests of which are of greater significance and extent." His scope was limited not to "the life of one individual, but of millions..."; his principle was that "depending upon the exercise of the right of national defense, is freedom itself, the most precious reward from heaven to the worthy."

His first realized vision as a man who pursued national liberation was the enactment of the National Defense Act (otherwise known as Commonwealth Act No. 1). Only a little more than a month in office, President Quezon created the Philippine Army and ended the three-and-a-half-decade-old service of the Philippine Constabulary as an insular police force.

Considering the strain in international diplomacy at that time, the move was timely as national defense build-up was in tall order. Meanwhile, the insular police duties of the former Constabulary were passed on to the State Police created by virtue of Commonwealth Act No. 88 which was approved some ten months later.

Up to this point in Commonwealth History more or less designed by the great man from Baler, Tayabas, parallelisms to present-day policies can be seen.

The creation of the Philippine National Police (PNP) via Republic Act 6975 which was signed into law on December 30, 1990 very well tells of this.

As President Quezon had orchestrated, the proper preservation of law and order, and the vigilant prevention

of the commission and perpetuation of public offenses were duties given to the "de-militarized" police force. It was the Department of Interior that controlled and supervised all municipal and city police forces, and provincial guard organizations.

Even as President Quezon reconstituted the Constabulary to address the problem of a worsened peace and order situation in the country, as an effect of the growing tension in world politics, the Commonwealth Act No. 88 Concept yet applies.

For one, a stable government has already been established and that no factors as debilitating as those suffered early in the century so far exist.

For another, but corollarily, the Constabulary's revitalization, as prescribed in Commonwealth Act No. 343, is, anyway, as beneficial as the PNP activation. Both being placed under the Department of Interior (now re-christened Department of the Interior and Local Government) are empowered to prevent and/or suppress banditry, chaos and insurrections, and to execute lawful arrests as ordered by the Judiciary.

The only difference between then and now is status as either being a military or a civilian body.

Under the Quezon Administration, the Constabulary as the national police force enjoyed public respect.

President Quezon who was himself a military man, always stressed in his defense policies the requisite of discipline. It was practically his life to shape the Constabulary into a well-trusted organization on which the Filipino nation could definitely lean.

Having given his best in this area, President Quezon, into the outbreak of World War II, saw that his efforts paid off. Because of the seeds of confidence he planted among the soldiers, heroism and glory were reaped during the war years. He exhausted his physical and mental resources in pursuit of State ideals.

Only when his lungs were able to catch the whiff of self-liberation from the dominating aliens did these succumb, perhaps peacefully, to tuberculosis.

President Manuel Luis Quezon passed away in 1944, a mere two years before the freedom of the Filipino people was guaranteed, but his teachings through actions are always remembered as the source of national inspiration, not to mention as the PNP's guiding light on its own quest for national peace.

Happy Birthday and Congratulations to
Ms. Espie Pallasigui



Greetings from Col. Anselmo Avenido - Chief Plans, PNP
(Awardee Most Outstanding PNP Senior Police Officer, 1993)

CODE OF CITIZENSHIP

By MANUEL L. QUEZON
President of the Philippines, 1935-1944

1. *HAVE FAITH in Divine Providence that guides the destinies of men and nations.*
2. *Love your country for it is the home of your people, the seat of your affections, and the source of your happiness and well-being. Its defense is your primary duty. Be ready at all times to sacrifice and die for it if necessary.*
3. *Respect the Constitution which is the expression of your sovereign will. The government is your government. It has been established for your safety and welfare. Obey the laws and see that they are observed by all and that public officials comply with their duties.*
4. *Pay your taxes willingly and promptly. Citizenship implies not only rights but also obligations.*
5. *Safeguard the purity of suffrage and abide by the decisions of the majority.*
6. *Love and respect your parents. It is your duty to serve them gratefully and well.*
7. *Value your honor as you value your life. Poverty with honor is preferable to wealth with dishonor.*
8. *Be truthful and be honest in thought and in action. Be just and charitable, courteous but dignified in your dealings with your fellowmen.*
9. *Lead a clean and frugal life. Do not indulge in frivolty or pretense. Be simple in your dress and modest in your behavior.*
10. *Live up to the noble traditions of our people. Venerate the memory of our heroes. Their lives point the way to duty and honor.*
11. *Be industrious. Be not afraid or ashamed to do manual labor. Productive toil is conducive to economic security and adds to the wealth of the nation.*
12. *Rely on your own efforts for your progress and happiness. Be not easily discouraged. Persevere in the pursuit of your legitimate ambitions.*
13. *Do your work cheerfully, thoroughly, and well. Work badly done is worse than work undone. Do not leave for tomorrow what you can do today.*
14. *Contribute to the welfare of your community and promote social justice. You do not live for yourselves and your families alone. You are a part of society to which you owe definite responsibilities.*
15. *Cultivate the habit of using goods made in the Philippines. Patronize the products and trades of your countrymen.*
16. *Use and develop our natural resources and conserve them for posterity. They are the inalienable heritage of the people. Do not traffic with your citizenship.*

ILANG ANEKDOTA TUNGKOL KAY PANGULONG MANUEL L. QUEZON

ni ***G. Modesto D. Bantula,***
Punong Potograpo, Malacañan Public Information Office
(Sa pagkakasalaysay kay G. Amante F. Paredes)

Ang Pangulong Manuel L. Quezon, kasama si Major Rafael Jalandoni, ay minsang nagtungo sa isang baryo sa Casiguran, Tayabas (ngayon ay Quezon).

Pagsapit sa dalampasigang papasok sa baryo, halos lahat ng Dumagat na nakakita sa kanya ay nagtakbuhan papalayo, patungo sa iba't-ibang direksyon. Ipinatinawag ng Pangulo ang Tenyente del Barrio at ang mga guro ng paaralan upang likumin ang mga tao sa iskuwelahan para pakinggan siya.

Sa kanyang mataas na Pananagalog, sinabi ni Pangulong Quezon, "Paano ko matatantiya ang inyong pangangailangan kung tinatakbuhan ninyo akona para bang isang halimaw? Naparito ako para kayo ay tulungan at hindi upang kayo ay takutin. Pare-pareho tayong Pilipino at magka-lalawigan pa."

***

Isang araw, isinama ng Kalihim ng Katarungan na si G. Jose Abad Santos si Pangulong Quezon sa San Fernando, Pampanga sa paanyaya ni G. Pedro Abad Santos, isang punong-magsasaka at kapatid ng Kalihim, upang makipagtalastasan sa mga magsasakang humihiling ng reporma sa lupa.

Hindi na kinailangang pahabain pa ang pag-uusap sapagkat ipinaabot ng Pangulo sa mga mamamayan ang programa ng kanyang pamahalaana nauukol sa katarungang panlipunan, ang
na binansagang Social Justice Program.

***

Sa kanyang pangangampanya sa pagka Punong-Ehekutibo, dinalaw ni Manuel Luis Quezon ang isang bayan sa Mindoro, ang probinsyang kilala na sumusuporta kay Heneral Emilio E. Aguinaldo o kay Monsignor Gregorio Aglipay.

Bagamat tangan ng mga tao sa plasa ang mga plakard na nagsasaad ng kanilang pag-suporta sa kanya at sa Malasariling

Happy Anniversary to
The Equalizer Police Gazette
from:

Golden Stiches

24 F. Manalo Cubao, Quezon City • Cellular (0912) 304-2873

Daniel Lim
Proprietor

Pamahalaan (Commonwealth Government), ipinababa ni G. Quezon ang mga banderang ito at sinabi, ''Kahit hindi ninyo ako ihalal bilang inyong pangulo, matutuwa rin ako dahil iuukol ko ang aking panahon sa pagtatrabaho kasama ang mga magbubukid at mga pangkaraniwang tao. Ibig kong makibahagi sa inyong paghihirap. Ako ay laki sa lupa at nakahanda akong linangin ang malawak na sukat ng Mindoro. Kaya kung ayaw ninyong okupahin ko ang pampanguluhang posisyon, ngayon di'y bigyan ninyo ako ng pala o kaya'y asarol at ako'y maninirahan dito sa piling ninyo bilang isang pangkaraniwang magsasaka.''

Taos-pusong pinaniwalaan ito ng mga tao.

***

Naantig si Pangulong Quezon nang minsa'y dalawin niya ang Pambansang Piitan.

Nakita niya ang kahusayan ng labing-pitong (17) preso sa paggawa ng mesa kaya nama'y pinagkalooban niya ang mga ito ng ''Presidential Pardon''. Sinabi niya, ''Ang mga taong ito ay hindi dapat mamalagi sa loob ng kulungan. May mga talino sila para paunlarin ang katutubong galing o husay sa kani-kanilang bayan.''

Sa kasalukuyan, ang mesang nakita ni Pangulong Quezon na pinagsisikapan ng mga bilanggo ay nasa Reception Hall ng Malacañan.

***

Noong 1938, isang pustoryosong ''night club'' na para lamang sa mga puti ang binuksan sa Downtown, Manila. Kinainisan ito ng mga Pilipino, lalung-lalo na ni Pangulong Quezon.

Dahil nais niyang ipahiwatig na ang paggalang sa tao'y wala sa kulay ng balat, isinama niya minsan ang ilang kat. walang mula sa Malacañan patungo sa kainang ito. Sila ay umupo sa bandang gitna at ito ay ikinamangha ng pangasiwaan ng klab, gayun din ang mga taong naroon.

Ikinainis man ito ng mga dayuhan, wala namang nakapagpaalis sa Pangulo ng bansang kinatatayuan ng kainang ito.

***

(Hango sa magasing *Manuel L. Quezon: A Sol Gwekoh Special Number* 22.)

Happy Anniversary to
The Equalizer Police Gazette from:

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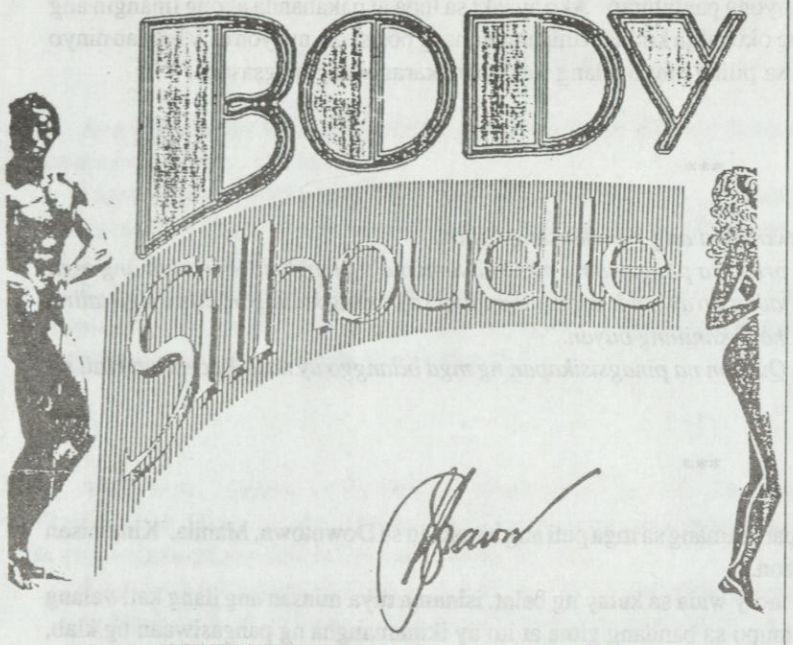

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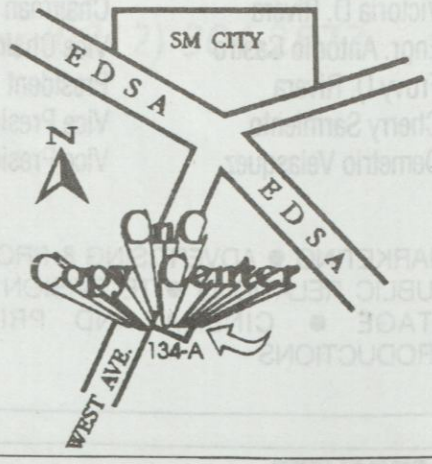

THE MANCAO STORY

by Rowena C. Gaitana

(Reprinted by permission from the March-April 1993 issue of the PNP Journal.)

His simplicity is innate, as well as his humility. The bearing of a true policeman who takes his profession at heart, exudes with ease. Quite striking for the man who confronted head-on the country's most dreaded and most wanted enemy.

As slick as a panther, and as sly as a fox. ALFREDO DE LEON. Public Enemy No. 1, head of the ferocious Red Scorpion Group (RSG), kept sliding from the lawmakers' hands, for sometime. The hunt was massive. Joint efforts of the Presidential Anti-Crime Commission (PACC), the PNP Intelligence Command (IC), and the 303rd PNP Criminal Investigation Service (CIS) Field Office, and the Bulacan Police took time. To the lawmakers, the notorious dean of kidnappers was an enigma; to the rich, he was a man to be feared.

De Leon, 42, was said to have broken away from the Alex Boncayao Brigade (ABB) and led the RSG tagged for the abduction of American executive Michael Lyn Barnes in January last year, and Manila Steam Laundry Vice President Zenaida Asis Mendoza January this year. De Leon was also implicated in the abduction and murder of De La Salle's Cristopher Pio Lopez. The string of sensational crimes bore a P2.5 million worth for his head. Indeed, he was the man to be watched. For the peacemaker, hard core criminals like De Leon has a captivating effect that could be irresistible, no less for the Chief of 303rd CISFO, Malolos, Bulacan SR INSP CEZAR O MANCAO II, in whose hands the offender finally fell.

It all began as a personal crusade for him. He has never asked for glory nor is he grabbing it on his own. He says it comes with a sense of duty. He quickly admits that it was an ideal collective effort, the man hunt and eventually the fall, for which the PNP especially the participating teams deserve credit. "I did some homework on my own although I wasn't into a particular Task Force on manhunt for De Leon. I was keenly struck by the graveness of his offenses. The first time I met him was when his henchman Ronnie Osea @ Remo was apprehended by my team for driving a suspicious-looking vehicle in Malolos, Bulacan. De Leon came over to rescue the latter with their lawyer who presented the necessary documents for said vehicle and then they were released. It was too late when I realized that the move was a mistake. It felt like a slap in my face when I knew later that he was the suspected leader of the notorious kidnapping syndicate. But he can slip like a snake. Only then did I realize that his crimes were dangerously grave. As his notoriety became larger in my consciousness, he also became my obsession. I would monitor and trace his moves and whenever I can, I would check his safehouses. He had numerous safehouses because he operated not only in Metro Manila but in Central Luzon too. When I first stumbled into him, he was in the brink of severing his ties with the ABB to create his group, finding kidnapping somewhat lucrative, and that was in October 1991."

The spate of kidnapping incidents rose to an alarming degree during the next few months. Wealthy ethnic Chineses in Metro Manila were chillingly picked and had to fly out of the country. The government came under fire, until the Commander-in-Chief himself, President FIDEL V RAMOS directed all law enforcement agencies to continue the fights against lawlessness without let-up. The loss of confidence among the citizenship was high, but the fight was relentless. The leadership of the PACC and the PNP was equally uncompromising until one fateful day, the 17th of February in 1993.

SR INSP CEZAR MANCAO was unconditionally supportive of the teams tasked to nail the enemy. Like he said, it was an ideally collective effort.

When information was received by 303rd CISFO that De Leon was sighted somewhere in the municipalities of San Miguel and San Ildefonso, Bulacan, SR INSP MANCAO sensed it was high time the enmey walked into the net. De Leon however perceived that he was being trailed so he disappeared but went back to Bulacan on February 16, 1993. Painstaking surveillance by joint teams of the PACC, PNP IC, 303rd CISFO, and Bulacan PNP Command yielded results. P/SUPT PANFILO LACSON, PACC's Task Force Habagat Commander

huddled with the team members on February 16, 1993, brainstormed the operation to pinpoint De Leon's presence in Sitio Danga, Bgy Calumpit, Bulacan.

SR INSP MANCAO, a bemedalled sharpshooter with eight trophies to his credit led the assault team.

By 4:00 o'clock, dawn of February 17, 1993, the operating teams jumped off and were at the designated areas thirty minute later. Sensing that there were still five safehouses to contend with, SR INSP MANCAO called for an augmentation team. At 6:00 o'clock, the assaulting teams hit their respective target houses. When one of the informants gave the signal by dropping a jute sack in front of one of the target houses, the assaulting troops rushed inside. ALFREDO DE LEON was quick. He jumped into the nearby canal to elude arrest, and fired against his pursuers. An encounter ensued between SR INSP MANCAO's team and De Leon.

De Leon suffered five gunshot wounds and lay dead a few yards away from the safehouse he escaped from. Found from his possession were one Colt cal. 45, one cellular phone, a motorcycle, cash money amounting to P66,615.00 and a note in his wallet with the name of CEZAR O MANCAO II as his target.

When headlines shrieked of the death of the RSG head, the whole nation heaved a sigh of relief and SR INSP MANCAO's life was never the same again.

"I am a son of a policeman. I believe there are lots of good cops among us who care for our country. We only need to work hard and give the best of what we have." This comes from one good cop who also bagged the country's second notorious drug lord, Davao's number one enemy, U.S. Colonel Rowe's triggerman, robbery and carnapping group leaders in Bulacan.

To SR INSP CEZAR O MANCAO II, police work is his life.

"We can't wait for the next best man to do it for us. Whatever good that must come from the organization must begin within us," he said.

"He who is firm in will molds the world to himself."
- Goethe

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LAKAY:

An example of true heroism

by Tina Cassandra de Guia Panganiban

Senior Police Officer III Rosita Lakay of the Southern Police District Command (SPDC) was the only female member of the Makati Police Special Weapons and Tactics (SWAT) Team. She was indeed a woman of great courage. *Was*, as a mortal, because she died in the line of duty as she tried to put an end to a tense hostage drama in Parañaque, Metro Manila.

The incident took place on July 6, 1993 when Enrique Severino, a painter, took hostage Jennifer Fernandez, the woman whom he was courting, and her three-year-old nephew, Gerard Michael Robinson.

The suspect wanted to be with Fernandez all the time, an idea of which she disapproved.

Around 2:30 in the afternoon that day, the spurned suitor held his captives inside the famous laundry shop in Teoville Subdivision where Fernandez worked as a clerk. In response to this, Parañaque Mayor Pablo Olivares rushed himself in, together with police personnel, to negotiate the hostage's release. After several hours of discussion, the mayor agreed to provide the suspect with a getaway car in exchange for the boy's release which the former deemed to be the foremost priority.

Next came talks on the release of Fernandez. Severino arranged otherwise as he planned to take the woman-victim to his hometown in Bicol where he was going to marry her. A grey Kia Pride bearing plate number TBA 245 and P2,000 in cash were given to the suspect to temporarily relieve the grown tension.

The unfolding began when Severino, who admitted that he did not know how to drive, had asked that a female member of the media do the chore. Initially, Miss Charry Villa of ABS-CBN volunteered but when Severino released the boy, she retreated knowing that he would not harm Fernandez, anyway.

As Severino insisted, Lakay who posed as a media photographer pitted herself against possible risks. The getaway car, then, was slowly driven out the Alabang Tollgate as Lakay was in cahoots with her peers. Unknown to Severino and even to the members of the media who were present, a convoy of police cars and mobile patrols of various radio and television stations tailed them.

The mission was to extract Fernandez from the clutches of Severino.



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to escape with Fernandez who was slightly injured.

Taking advantage of the situation, trailing police personnel aimed at the suspect and fired several shots. Severino sustained three gunshot wounds--one each in the head, chest, and lower back--and died on the spot.

It was unfortunate that not even an operation could save the life of SPO III Lakay. She expired while being treated for internal hemorrhage at the Hillside General Hospital in Alabang.

In a ceremony at Camp Crame, Lakay was given a post-humous promotion for her heroism. The *Medalya ng Kagitingan*, the third highest honor of the Philippine National Police, was likewise awarded to her.

Indeed, Lakay will always be remembered as a woman of courage, a police officer who stood up for the ideal. She was, besides playing a critical role in the Parañaque hostage-taking incident, an important heroine during the 1989 coup attempt.

Lakay's selflessness will always serve as a reminder that the PNP is true to its mission of seeing to the Filipino people's safety and well-being. Like the many unsung heroes and heroines in the police organization, she deserves more than the post-humous medals. Like them, she deserves a place in the hearts of the Filipinos, those whom these guardians of the peace fearlessly defended against all kinds of danger.

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- From the Pillar erected in
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MATHAY'S FIRST YEAR IN OFFICE:

BUILDING UP THE VISIONS FOR QUEZON CITY

By Espie Pallasigui

A model city. A congenial community to live in, to work in. A beautiful city, in many respects. A city of opportunities for the hardworking, for the talented, for the enterprising and creative, for the young with ambitions, and for a committed citizenry eager to define a future of peace and progress for a city they can love and work for.

This is what Mayor Ismael A. Mathay, Jr. envisions for Quezon City--a vision he shares with the City's founding father and the great man after whom the City was named, the late President Manuel Luis Quezon.

From this vision, Mathay--on day one of his administration--drew up the missions and objectives that the city government shall therefore endeavor to achieve, given the city's promise of a quality leadership that embraces its people and resources.

During his first 100 days in office, Mathay set out to win back the people's confidence by restoring the basic services that a local government unit is expected to provide its constituents. This he began doing by first laying down the groundwork in conformance with the masterplan of progress that will propel the city's socio-economic growth.

The mandate of the people has been won. But it will only be fully realized with the participation of the people themselves.

After a full year as Quezon City's chief executive, it can be said that Mathay has built the foundation on which shall rise the community that he and the city's founding father have envisioned. He has set the "fine stones for the foundation of a grand edifice" that everybody dreams for Quezon City to become.

To raise enough funds for this noble project, the Quezon City government collected in revenues P574.3M during the first five months of this year, an increase of P187.8M over the amount chalked up in the same period last year.

Tax collection for May 1993 alone was up by P2,436,166.20 against the P1,423,910.30 registered in the same month last year. In real property taxes alone, P4,848,301.56 was collected during the first five months to reflect a significant increase from that of the same period last year which amounted to P2,024,072.64.

This remarkable rise in collected duties, according to City Treasurer Alfredo Mercado, is attributed to the improved and modified tax collection system and the continuing tax drive by the city government "the benefit of which will redound to the residents by way of improved delivery of basic services".

Because of the the relentless drive to augment existing resources, the following projects have been undertaken:

Public Infrastructures

The administration's massive infrastructure program saw to the construction, repair, and maintenance of public facilities such as roads, canals and creeks, public markets, pedestrian waiting stations, health center, and school buildings among other.

In road and drainage construction alone, a total of 115 projects were undertaken. Of this number, 22 have been completed, while 93 are yet to meet the target dates more or less set by the end of the year.

On the maintenance and repair of the city's road network, meanwhile, some 600 kilometers of canals and creeks, esteros and other water outlets have been cleared by the city engineering teams to avert massive flooding specially on national roads.

The government continuously coordinates with the Department of Public Works and Highways and other national bureaus to accelerate various road work, to include the Tandang Sora-Commonwealth fly-over.



Education

To date, there are 86 public elementary schools and 30 secondary-level schools located in Quezon City.

Because the government foresees the increase in enrolment in the next few years, construction of additional schoolbuildings is being undertaken.

Since Mayor Mathay and Vice Mayor Charito Planas assumed their respective posts in July 1992, a total of 16 schoolbuildings, to include two tertiary-level buildings, have been completed.

The government likewise committed itself to the projects of the Division of City Schools: the "Balik-Paaralan" and the "Zero Drop-out" Campaigns. Such pursuits resulted in a considerable number of school leavers returning to the formal education classrooms, and in the prevention of potential drop-outs from quitting school.

On non-formal education meanwhile, the government conducted skills training programs in more than twenty barangays.

Apart from these services on education, the city also launchd its scholarship program which benefits more than 1,000 indigent but deserving students with a P1,000-stipend for each in addition to their regular financial grants.

Also inaugurated was a performing arts studio which provides free training to youths aged 6-12, and juveniles from other ages brackets who come from depressed areas in the city. This undertaking partly contributes to the drug-free campaign which pushed for the completion of the city's first Drug Rehabilitation and Treatment Center.

Government Employee Benefits

Under Mayor Mathay's Human Enhancement Program, the city's teachers and non-teaching employees such as the uiformed police personnel are being given an additional monthly allowance of P600 while their longevity pay was increased

to P50 for every five years of service.

"Clean and Green" Campaign

As an indication of its environmental concerns, the very first O-Plan formulated by the Mathay Administration is **O-Plan Clean and Green Quezon City**--an immediate response to the debilitating garbage problem and unhealthy surroundings resulting from uncollected city waste.

The administration also organized Task Force Clean and Green to undertake programs on environmental sanitation, pollution control, and the greening of Quezon City.

Students of Quezon City schools were mobilized to participate in this program, particularly in the Zero-Waste Management solution to the garbage problem.

Further on garbage collection and disposal, a total volume of 1,245,753 cubic meters of garbage was taken care of during the period under review (July 1992-May 1993). This was a result of the transfer of function from the Metro Manila Authority (MMA) to the local government.

Oplan Quarterstorm

This is a continuing project that covers extensive cleaning operations and improvement of sanitation in depressed communities beginning January of this year. With the conduct of Oplan First Quarter Storm and Oplan Second Quarter Storm, 26 barangays have been served with 99,108 households and 490,556 persons in beneficiaries.

Pollution Control

In furtherance of the City's commitment to the environment, a memorandum of agreement between the local government and the Department of Environment and Natural Resources was issued, prompting the launching of the anti-smoke belching campaign was launched last January. As prescribed, Presidential Decree No. 1181 (otherwise known as the Anti-Smoke Belching Law) shall be enforced.

To date, a total of 6,502 vehicles have been apprehended, and of this figure, 80 percent failed to pass the emission standard set by PD 1181. Fines amounting to P847,630.00 were thus collected.

Meanwhile, pollution cases of non-mobile sources (e.g. piggeries, motor shops, and the like) which are handled by the Task Force Pollution Control Unit have totalled to forty-nine (49) where 27 are considered closed. The rest are awaiting decision.

Livelihood and Employment

Upon his assumptio of office, Mayor Mathay created the Social Mobilization for the Improvement of Life and Environment Program (SMILE) to enhance the delivery of basic services

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among the city's depressed communities.

Under this program, mobile clinics and mobile educational learning centers were set up. Two (2) medicine clinics which provide medical extension services to low-income families have benefitted over a thousand patients per week, 25 percent of whom are adults.

Project SMILE has also integrated its livelihood program with cooperativism in a bid to uplift the living condition of the city's less privileged residents. It has tied up with the Benguet Cooperative to enable QC residents to avail of low-priced fresh vegetables.

The SMILE mini-mart fronting the City Hall and aimed at protecting consumers from unscrupulous traders was likewise inaugurated.

Meanwhile, the City's Industrial Relations Office and the Manpower Placement Unit have intensified its close coordination with various local and international manpower placement agencies in an effort to help solve the unemployment problem.

Housing

Under the Housing Program, the Mathay Administration has awarded 2,512 houses and lots to low-income and squatting families.

Three sub-programs support the mainstream: 1) Community Mortgage Program (CMP); 2) Unified Lending Program; and 3) Squatters Census Surveys.

All these are only a small fraction of the dreams which have been realized not just by the mayor himself, but by Vice Mayor Charito Planas (who is posted as the Acting Mayor) and the rest of the brains that run the government.

The top man still takes his share of the credit as it is his responsibility to serve the people, with him being at the helm.



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Quezon City Coop Task Force created

By Espie Pallasigui

Quezon City Vice Mayor Charito L. Planas, representing the Quezon City government, signed a Memorandum of Agreement with the Department of Education, Culture, and Sports (DECS), the Cooperative Development Authority, and the WISMEC Federation of Cooperatives creating the Quezon City Coop Task Force.

This is an attempt to expedite the formation of cooperatives in the city especially among its public school teachers, parents, and students.

The Task Force shall conduct seminars, organize cooperatives, and provide management consultancy services. It shall also work for the inclusion of cooperative subjects in the educational system.

Vice Mayor Planas who is concurrently the Acting Mayor said that formation of this Task Force on cooperative is the first decisive step to promote the organization and growth of ccoperatives as instruments of economic development on a citywide scale.

The Vice Mayor also emphasized that the government ensures the provision of technical guidance, financial assistance, and other services to enable these cooperatives to develop into viable and responsive economic enterprises.

Even the Local Government Code (Republic Act 7160), Vice Mayor planas said, provides that the government may enter into "cooperative arrangement with non-government organizations (NGOs) and POs on livelihood projects to improve their income for the economic well-being of the people."



Photo shows members of the Quezon City Cooperative Task Force signing Memorandum of Agreement defining duties and responsibilities of the Task Force. From left, seated: Dr. Bienvenido Icasiano, DECS; Quezon City Vice Mayor Charito L. Planas; Director Ernesto Boada, Cooperative Development Authority and Prof. Jorge Sibal of WISMEC Federation of Cooperatives. (Butch Alle)

1 st Anniversary Pictorial Highlights



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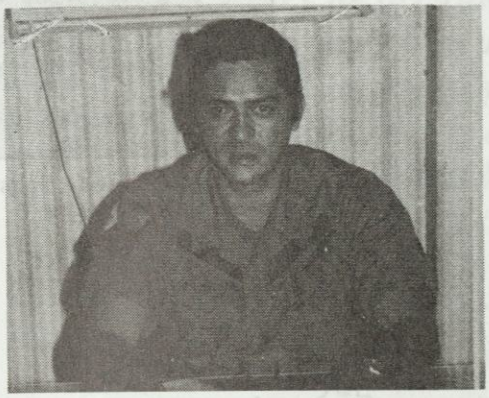
Ongoing Free Medical and Dental Clinic Program, recently concluded at Barngay Baesa, Quezon City, last July 11, 1993 where some 350 residents were serviced.

Next stop is Barangay Apolonio Samson, Quezon City, on September 26, 1993, from 8:00 a.m. to 5:00 p.m.

"We enact many laws that manufacture criminals and then a few that punish them"
Tucker, Instead of a Book

Police Inspector Anthony M Rodolfo

In Mere Pursuit of the Protection of Lives and Property



The present year is no different from the previous ones, those of living a hectic law enforcment life, except that he now heads the Theft and Robbery Section of the PNP Central Police District Command Criminal Investigation Division (CPDC CID), a position assigned to him since Junne 1992.

Record shows that as from January until March of this year, cases of robbery, carnapping, rape, drug trafficking, and others were solved by his section.

His specialty even includes white-collar crimes. For instance, he led his team in the arrest of one Margie de los Reyes of Bulacan, an accountant of Jollibee SM North Edsa, who had embezzled some P100,000.00.

It was on Valentine's Day when he and his operatives collared Romeo Daban y Cajeda alias Romy Praning, who later admitted his participation in the crime, one of the suspects in the robbery-killing of Atty. Danilo Pago of the National Bureau of Investigation Anti-Fraud Unit.

His contribution to the campaign against organized crime groups are as well outlined.

Also in February, Police Inspector Rodolfo and his men

apprehended two members of the notorious Budol-Budol Gang, believed to be engaged in racketeering, in Baclaran, Parañaque.

In just thirteen months of being posted CID chief, Police Inspector Rodolfo has seen to the solution of countless robbery/hold-up cases.

All these, and many more, are enough to regard him as a true achiever, and as a truly dedicated serviceman.

To himself, he may just be abiding by the rules of his profession, but to the lives and property he fully secures, everything he has done is a different and a more meaningful story.

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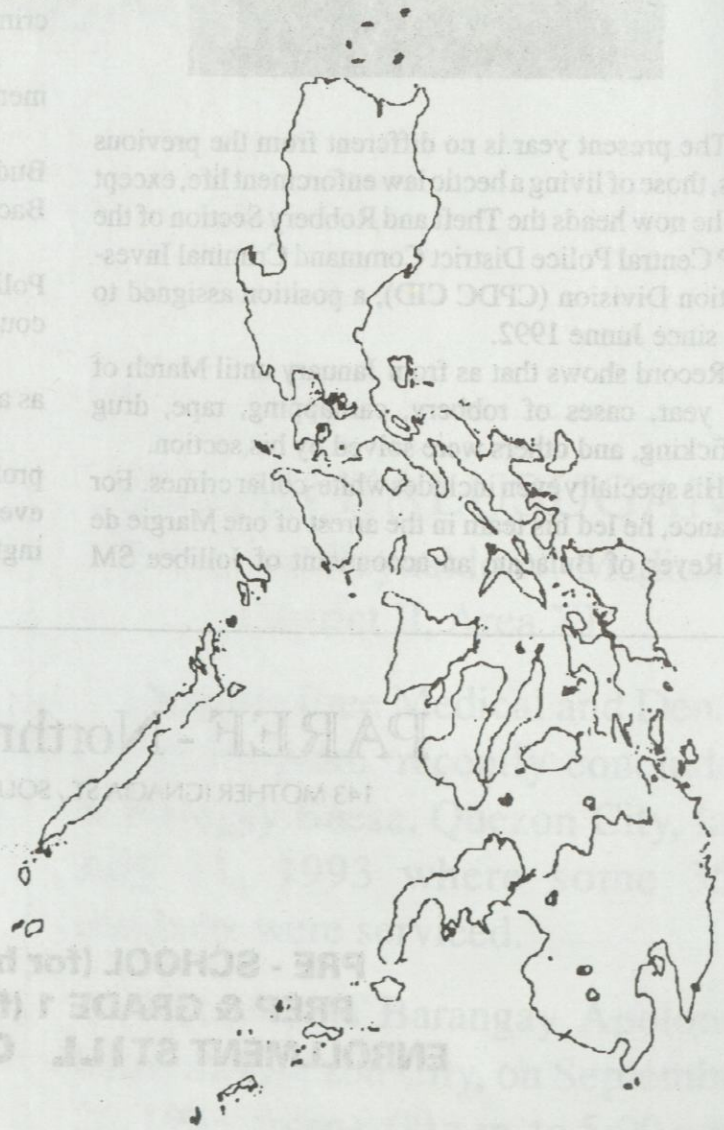

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TRUE HAPPINESS

Come, let us sing joyfully to the LORD;
let us acclaim the Rock of our salvation.
Let us greet him with thanksgiving;
let us joyfully sing psalms to him.
For the LORD is a great God,
and a great king above all gods;
In his hands are the depths of the earth
and the tops of the mountains are his.
His is the sea, for he has made it,
and the dry land, which his hands have formed.

Come, let us bow down and worship;
let us kneel before the LORD who made us,
For he is our God,
and we are the people he shepherds, the
flock he guides.

- Psalms 95:1-7

LORD, make me an instrument
of your peace
where there is hatred, let me sow love;
where there is doubt, faith;
where there is injury, pardon;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O Divine Master, grant that I may
not so much seek
to be consoled as to console,
to be understood as to understand,
and to be loved as to love

For it is in giving that we receive,
it is in forgiving that we are pardoned,
and it is in dying that we are born
to eternal life. Amen.

- Francis of Assisi

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NARCOM nabs Bulacan drug ring members



Standing behind NARCOM Director, POL SUPT RAMSEY L. OCAMPO are the fake Narcom agents arrested by operatives of the SOD, NARCOM May 23. The group headed by Ernesto Laurente was cornered by elements of the SOD, ending the more than a year's illegal activities of the group known as NADAL ISG. Displayed before the NARCOM Director are the fake ID's and various short and long firearms confiscated from the fake agents.



Photo shows the marked bills and cash, shabu and drug paraphernalia confiscated from Danilo Reyes, a bigtime shabu pusher in West Crame who was nabbed by SOD, NARCOM

The PNP Narcotics Command (NARCOM) arrested two ranking members of a Bulacan-based drug syndicate, led by previously-arrested Bamboo Gang leader Armando Pulongbarit in a buy-bust operation staged by Special Operations Division (SOD) agents last June 12 in Pandi, Bulacan.

Arrested were Bonifacio Reyes y Cruz alias Boni, believed to be ranking next to Pulongbarit, and Everlinda Nolasco y Garcia, wife of Digo Nolasco alias Putol who ranks third.

In a press conference, Narcom Director Police Senior Superintendent Ramsey L Ocampo announced that the SOD led by Police Chief Inspectors Manuel C Vidaña and Jerry Valeroso, and Police Senior Inspector Emmanuel Bautista also seized from the two some fifty (50) grams of metamphetamine hydrochloride, commonly known as shabu.

Meanwhile, two notorious drug pushers in Bacolod City who are listed among the top seven syndicates in Western Visayas, were recently nabbed by the 6th Narcotics Regional Field Unit (6NRFU) in a house raid.

Police Chief Inspector Pedro Talosig, 6NRFU chief, identified the suspects as Esteban Uy and his wife Marife, both residents of 22 Block 9 Plaza PHHC, Bacolod City.

Recovered during the search were five (5) grams of shabu, sniffing and weighing paraphernalia, several sheets of rolling paper, plastic wrappers, a bank check worth P500.00, and cash in varioustpeso and dollar denominations. A notebook where the schedule of

deliveries were recorded, two (2) unlicensed handheld radios, and used aluminum foil containing residues of shabu were also seized.

The house raid was conducted by virtue of the search warrant issued by Judge Demosthenes Magallanes of RTC Bacolod.

NARCOM, BUCUS arrest businessman

A Filipino businessman from Hongkong who attempted to smuggle in some 160 grams of metamphetamine hydrochloride was collared last June 4 at the Customs Arrival Area of the Ninoy Aquino International Airport (NAIA) through the combined efforts of the Bureau of Customs Police and the PNP Narcotics Command Special Operations Division (NARCOM-SOD).



The businessman, identified by SOD-NAIA chief Police Chief Inspector Charles Calma as Randy Lopez y Ollena of Block 2 Lot 3 Sapphire St., Nelsonville Subd., Quezon City, concealed the drug in carbon paper sealed in three (3) transparent bags which were found inside a pair of men's socks.

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BRIGADIER GENERAL RENE S DADO: In the service of maintaining civil relations



by Ms. Espie R. Pallasigui

The man who was, according to the stars, born neither an Aquarian or a Piscean is anyway stellar in his own right which is why he proudly dons the corresponding insignia on his shoulderboards.

To the Academy Scribe of the Philippine Military Academy, he is a bull of 1966; to his doting wife (the former Remedios Alfonso Labarda), he is a loving husband and father of her four beatiful children; and to all who know him, he is a simple man by the name of ***Brigadier General Rene S Dado***--of a cheerful disposition and a commanding attitude.

His resume narrates far too much action in his years as a soldier of the army, being staked out at the frontlines, and it is not uncommon to ask why he was detailed among the press and the public. It is not uncommon to be curious about his being sent to some urban battle which in no way involves guns but diplomacy and a whole lot of winsome-smiling.

Hence, snooping around his premises to really get to know him is inevitable. Why he has a passion for human preservation instead of its knock-out, and why he is deemed fit for his rank, are questions that demand to be answered.

The fair-skinned general began his career as a platoon leader of the 20th BCT where he received his first Gold Cross Medal for gallantry and bravery. In 1971, he was recognized as the Most Outstanding Company Commander for which he earned his promotion to Captain, the first among his mistahs.

As Commander of the 24th Infantry Battalion from 1978 to 1981, then Lt. Col. Dado personally led his men in combat operations in Basilan and Jolo, and was responsible for the surrender of one-time dreaded Moro National Liberation Front (MNLF) leader Hakim Salik alias Commander Snake. For this daring act, his team garnered the prestigious Fightingest Battalion Award on top of another meritorious promotion awarded to him as the skipper.

When he sat on the Army's directorial chair as operations chief, and as concurrent commander of the Persuasive Action (PACT) Brigade (a Manila-based anti-terrorist unit), he adopted the Special Operations Team (SOT) Concept which proved to be effective as one of the measures that recaptured Camp Aguinaldo from the Reform the Armed Forces Movement (RAM) rebel group during its August 28, 1987 coup attempt.

In 1989, he assumed command of the 702nd SOT Brigade immediately following his feats in helping thwart the ultra-rightist groups' umpteenth attempt. This assignment of his made him responsible for the neutrallization of six guerilla fronts. He fully maximized the use of the SOT not only by relying on the massive strength of arms, but by the extensive utilization of civic military operations (to win back the people's confidence) which altogether resulted in the breakup of both the enemy's armed forces and its mass base.

It is gleaned from this experience that General Dado's war dictum is basically composed of peace and all conditions that go with it. He led his men to tame the ferocious instead of killing these outright, and he led his Academy Class to the right path towards the door of being general.

While it is sufficient to rate this man as a Grade-A soldier (what with his four Gold Cross Medals for bravery and gallantry in action, two Distinguished Service Stars for outstanding administration, the prestigious PMA Alumni Assosiation Cavalier Award for Combat, and thirteen Military Merit Medals for both combat and excellent administration), it is far better to evaluate him for the way he handled situations.

He firmly believed in education so he immersed himself in both military and civilian courses as a way to study human nature, and the basic human instincts of engaging in battles for certain causes--with or without the use of weapons. He graduated from several career courses in the Philippine Army School Center; from the Advanced Officers' Armor Course at Fort Knox, Kentucky; and from the General Staff Course in Fort Leavenworth. He likewise completed his Masters in Business Administration at the Ateneo de Manila University, and his Masters in Public Administration at the Manuel L. Quezon University.

It was a productive "nosing around" on the truth about this gentleman, Brigadier General Rene S Dado, who can prove that there is glory in human preservation even amidst conflict and unrest.

For this noble perception, there is enough evidence of his having reached for the stars.

Killing fields draw sharp criticism from AFP

Communist "killing fields" discovered in Davao del Norte drew sharp criticism and raised indignation of a ranking military official who assailed the brutality and barbarity of some leftist elements believed to have summarily executed their comerades on mere suspicion that they were government collaborators.

Said graveyards were discovered by elements of the 602nd Infantry Brigade under BGEN DANILO POLAY along with victims' relatives.

The decomposing skeletal remains are said to be firm evidence against the communists, who have criticized the military for its supposed human rights violations, are the "real culprits" when it comes to committing abuses.



Close-up of the skeletal remains unearthed at San Vicente, Davao Norte last 28 July 1993.

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CAFGU - attributed human rights violations on the decline

The number of violations by members of the Citizen Armed Forces Geographical Units (CAFGUs) has been steadily decreasing, based on statistics recorded since their activation in late 1987.

The downtrend further indicated that figures did not exceed 0.6 percent of the total CAFGU strength.

BGEN RENE S DADO, Commanding General of the Armed Forces Civil Relations Service (CRSAFP), revealed that the number of violations of CAFGU members averaged only 0.2 percent of their total strength.

"This shows that 99.8 percent of the CAFGU



Last rites for the NPA salvage victims being rendered by Navy Chaplain Capt Arnold Magana Chas. The victim's relatives watch from the sidelines

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members all over the country are well-disciplined and effective soldiers,'' Dado said, adding that this track record was even better than that of the regular Armed Forces.

Dado further disclosed that most of the violations occurred in 1988 with 251 cases (representing 0.6 percent of the total strength profile) when systems were yet being tested and refined.

As to the adverse perceptions against the CAFGU, Dado explained that intensive communist-rebel propaganda designed to weaken public support for this vital component of the counter-insurgency campaign was to be blamed.

Additionally, Dado lamented that the CAFGUs have become easy targets of the leftist rebels and that most of the time cases of human rights violations have been blamed on the government side even without evidence as a result of some ''automatic indictment'' which has largely contributed to the unfair judgement against CAFGU elements.

(Released by LTC Alan D Cabalquinto PA)

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Pictorial Highlights:



FICTION

REASONS FOR OUR UNREST

by
Percival Runcie

More than anything else, I was hungry for war. My blood curdled with the acid feeling of pain and hatred, of angst and anxiety and with all the gripes I had of the world that surrounded me, I knew I was going to win it, whatever it was I wanted to wage.

"Antonio Bachiller," the voice behind me boomed, "are you going to or what?" I was lost in my thoughts, alright.

Yes, yes, I tried to convince myself before taking my time in rolling my eyes to study each of the four heads that were all turned to me, waiting for my approval. I heaved a dismayed sigh but finally managed to answer positively with the muffled sound that spelled hesitation. My comrades, afterwards, broke into wide grins as if they were congratulating themselves for the persuasion pay-off. "Wait, brods, I just might, but I'm no damn sure if I can," I qualified my answer.

"Too bad," Besandro Sandico, the Chief Inspector who masterminded our operations remarked deviously. He chuckled and faced me. "C'mon, Batch, you are pretty hard-up with strait-laced situations. You only talk, fine. Say more, let it all out. That's all you can do, anyway, because you are nothing but a foolish action clerk." Because of the sudden on-rush of sentiment, that did it. I stared at the come-on chap and furrowed my brows.

He glared at me though not as weakening. I spoke up. "Look, boys, I am angry. You know, mad and outraged and infuriated." I took the liberty of stalling for my very own purpose, not caring if I seemed so much like a devil's advocate to them. Emotions written all over their faces were no different from mine; the sun-browned convergences of lines from the disillusionment they have experienced were the same as mine.

"Exactly," Carpo Saranan, an expert investigation enlisted personnel, struck. "All the more reason." I fidgeted in my seat and perspired even with conditioned air coming from the safehouse vents.

Ghastly, I turned to each of them anew. "Let's talk about this," I said. They reluctantly lent their ears on the upcoming protracted conversation. "If we do this, the police image only gets spoiled way, way further." Groaning ensued as I paused to catch my breath. "Alright, I'm aware that there's nothing worse it could get and a little more dirt won't be noticed." My friends streaked sarcastic smiles as I delivered a message. "But, *pare*, if it's gone that far at rock-bottom, you all know that there is no other way to go but up."

"Oh, damn it, get real!" Arnaldo Buenconsejo, who secured alien passageways, snapped. I guffawed.

Of course, I forced my way to being heard. "Frankly, boys, I would like to believe that my family prays hard for my fairness in judgement, and for safety as I gamble on my well-being in the line of duty." All I fished from the group were raised eyebrows. "I wince at the thought of being called either a misfit or a scalawag--or both--by my wife and children."

"Darn," Tamesis Pantrillo, who was with intelligence security, cut me out. "Look here, Tonichi, we can be called nothing else but 'misguided elements'. Don't you read the releases?" He was joking and we began taking things lightly, with myself able to release some steam.

As we moved on, I noticed myself feeling less and less of the furor. My four future accomplices had begun discussing details, leaving me out in peace. That was when I weighed my reasons.

"Lost again," Sandico hailed my train of thought. He gave me a quick pat on the shoulder as if to reassure me that everything was going to be alright. "*Pare*, it's been six months since you last received incentives from the office--and that was during your Christmas party when Colonel Rafols personally gave 'em to you."

Restlessly, I began pacing the floor. "Boys, I feel like crying." They all smiled wryly. "I'm caught between the devil and the deep blue sea."

"Each one of us knows that," Pantrillo agreed. "Think of it this way, boy: the lady captain who should act as your unit deputy deputizes for wives of philandering senior officers. This way, she neglects her duties."

All of us laughed at the pun. Sandico spoke, "This way, she overlooks the point that even your non-uniformed budget officer and her bootlicking sidekick each earns, in allowances, double of what the senior inspector is supposed to, supposed to in the sense that she does nothing about what she really receives which is half of the audited and authorized amount."

"Damn it, wait a minute," Buenconsejo protested, "slow down for I can only take so much."

Yawning to feign nonchalance, Sandico reiterated his account in a simplified version. "*Kapitana* is supposed to be receiving five thousand pesos a month. She knows about it, signs for it, but actually receives nothing but half of it. Their budget officer is said to be receiving ten thousand. Anyway, this non-uniformed for reasons only known to angels above, always has an

excuse to sneak away from the balance due the captain who has no time to take up matters with Rafols because she is always in bed."

"Please!" Buenconsejo exclaimed. "Is it that bad, Bachiller?"

Roaring behind me were the rest of the gang who knew the real score. "It's worse, actually," I said, "a lot, lot worse." I paused. "What do you think am I standing as the hitman for?" Buenconsejo, who was promotable to Inspector the year before but whose name, like mine, had mysteriously been extracted from the orders, nodded at me.

"Er, unfortunately," Sandico went on matter-of-factly. "Rafols knows nothing about all this. All he knows is that upon assumption, subject NUP has been so agitated since the need for internal auditing was realized."

I slumped myself on the easy chair. "Punchline--the first of a series, actually--is that Mrs. Budget at that time of her test approached Kapitana the Deputy, and said, 'Ma'am, if he asks you about your allowance--'" Vulgarities flooded from Buenconsejo's mouth as he cut Sandico remarked. "Were you going to say that Mrs. Medica asked your deputy to lie that she receives the authorized amount instead of just the mere half of it?" He was sweating beads, obviously awed at the gross conduct that existed.

"A hundred points for your intelligence," Sadico said, and then faced me, "I'm still luckier that my unit only has minor problems such as NUP's each being designated as Information Officer III when they altogether cannot even spell out the word, 'Condolence'." We laughed for another time.

I added in, "Saranan's unit is way better in that his only employs personnel who pit themselves against one another in all things. I remember this warthog-looking clerk of theirs who brags about having five pretty daughters. *Pare*, when I saw every one of her girls, I was like visiting a zoo!" We all guffawed longer at this, somehow forgetting about the angst. Silence then ensued.

"Look here now, Batch," Sandico broke the ice as he turned to me again, "It's only two hundred and fifty bucks a month, fine. I know it is not enough to bail you out in case, but some principle behind it should be enough to push you." I blinked my eyes as I felt the truth in what he said. "Don't you think it's about time you found your place?"

Pictures of the past again flashed in my mind. I remembered how pathetic I was, practically begging for, and eventually being refused of, some two years ago, the cash advance I needed to get my little girl to the orthopedic. I cringed as I recalled Ate Tilda's, *"Sorry, but we're out of funds"* and her sidekick's, *"Okay, I'll lend you my personal fund if you will only convince our supply officer to vouch for the ghost invoices,"* but felt relieved as I was reminded by an inner voice that I, in spite of my plight, did not go down on my knees to suck their heels clean. Sandico nudged my rib. I looked into his eyes and tearfully said, "My little girl, your *inaanak*, Sandico, now limps, thank you. Anyway, I am having second thoughts about all this mess-in-progress because I would like to think that Colonel Rafols had been good to me since he assumed office in time for Christmas of last year."

"And?" Sandico fished from me.

Reddened with my blood steadily rising up to my cheeks, I explained a little more thoroughly, "And that whenever I needed money from that time on, I was assured that I'm capable of reaching him." Sandico raised an eyebrow. I went on, "Sandy, *pare*, you know well how selfless the man is. Imagine, he works outrageously hard if only to get the money his team needs. He thinks no more of his balding head and the small amount to get himself a hairweave than of his men who stick by him during tours of duty." I was thankful to have aired my reasons. "If I do not make it good, the principle of command responsibility shall be upheld, with the erring NUP's ignored and the innocent commanding officer forced to plead liable for his men's gross misbehavior."

"Ergo, you are pulling out?" Sandico tried to clarify once and for all. I merely squared my shoulders. He was not angry because I was certain that he found my reasoning to be as intelligent as we police officers are, at all times, expected to be. He then spoke in general, "Tomorrow, we shall meet at the steakhouse to discuss the details. For a bird's eye view, Master Buenconsejo will frontline until the tourist has taken the bait. After our hooker-asset has secured subject inside the motel room, Batch kicks door open and team comes in to implicate him as a white flesh syndicate. Stories on how we gelled as a team shall be formed later; that is, tomorrow as I had said, at 6 p.m."

II

First thing I did the following morning was to wash my face of the grime that seemed to reek out of my scheming head. I gargled afterwards, wanting to cleanse my mouth of the stench formed by stale saliva and the fits of cursing I had as I tossed and turned myself to slumber.

Ominous images formed on the looking glass while I tried to avoid my very own reflection. I threw quite a sincere prayer, quietly as I had not intended to disturb my peers who noisily snored in their bunks. "I ask for your guidance, Almighty God," I whispered.

Relieved, I set back in to the sleeping quarters where I tiptoed towards the closet for my uniform.

Going to the office, however, was a difficult task. I aimlessly walked towards the building under the eight-o'clock sunshine as I coped with the temperature rising from within. By the time I reached my desk, my blood had curdled again.

"Orders from the Colonel, Bachiller," the striker greeted me with a cheerful attitude, "that you sit in for the Chief

Clerk who just called in dying...hah! I meant, sick--a little joke there."
Dullness wrapped my speech. "Oh," I almost muttered, "for the routine closed-door meeting with him?"
A twinkle in his eye set in, "And your self-proclaimed supervisor-cum-budget-engineer." He motioned that I gave him a meaningful high-five. "Brod, some piece of advice," he intimated me. "It's all in your hands. I hope that your remember the third- and fourth-class citizens of this dilapidated office when you're inside."
His eyes suddenly displayed sorrow.
No word immediately came from my mouth. I studied his expression and then managed to say, "Bingo! This is the war that I've forever been hungry for." I gave him a reassuring pat on the shoulder.
Delirious with excitement, I must admit, I have become for the next few minutes. I slumped on the swivel chair without the three missing casters that gave away that relaxing seating balance. Sentiments rushed in and threatened to asphyxiate me. Nonetheless, I was hyper knowing that I shall be granted the floor to speak and to unleash what emotions I have long collared close to my throat--that is, for the Colonel's consumption and, bravely, at the homely, the putrid face of Tilda, archenemy of the meek and genteel poor.
Fortunately, my two co-conferees arrived sooner than my normal thawing speed. Indeed, I was hot for--or even scalding with the thought of--war against the fly on the mighty carabao. "Good morning, Sir," I greeted Colonel Rafols as I shut the door behind me. He warmly smiled at me. "I understand that I shall be speaking in lieu of the Chief Clerk."
"Of course," he heaved a dismayed sigh as he glanced at the blob seated to my opposite, that pathetic excuse for a human being. "You, Bachiller, are too smart for your position. You are far more articulate than most of the junior officers I know."
Rudely, I threw an uncouth eyeing at Ate Tilda who dumbly smiled as the Colonel and I spoke fluent and intelligent English. Then I looked straight into the Colonel's eyes and matter-of-factly narrated to him brief history. "Not that it's of your avid support, Sir, but may I just as well inform you that I was educated by the Jesuits from my formative years through high school but chose to divest myself of what money could conveniently afford afterwards. Hence, this lowly profession." Ate Tilda pretended to understand so she nodded and smiled. "My promotion, incidentally, was an ever-elusive commodity which I had chosen not to pursue because some people who think they own Camp Crame step in and convince a handful of others into correction-fluid-*ing* my name off the orders..." I was panting as my voice trailed off. I glared at Ate Tilda meaningfully that Colonel Rafols caught the semi-secret gesture and carelessly muttered something.
"Excellent," Rafols exclaimed with overpowering respect. "You are some person this office can very well use."
Valiantly, I seized the opportunity. "I am well aware of that, Sir, which is why I was very enthusiastic about conferring with you, even as an often-disregarded action clerk."
"Excellent," Tilda echoed as she obviously wanted it so bad to be a formidable part of the conversation. "That is what I want you to know, Colonel. Bachiller should be given a nicer position in this office."
Rabidly, I fired at her. "More approriate is the word, and not nicer." Colonel Rafols snickered and pushed himself into the routine check.
"Yes, yes, but let's get on with the facts. Tilda, I want to hear about goings-on while I was away with the Chief," he ordered her. "Then I will have to consult with our deputy."

Bossily, Tilda perused the computer print-outs and began in her terrible English, both grammar and pronunciation, "Allawanzes was--er--given to all employees--"
"Oh, surely!" I cut her in rather crassly. "Allowances? Christ Jesus, forgive me if I shall be jabbing this horrible liar's jaw later at the corridor!"
Desperately, Colonel Rafols shouted to pacify me. "Batch, if you have something justifiable to do, no matter how evil, do it here while the door is locked." He suspiciously turned to the frozen-dead Tilda and said, "What is going on?"
"You, y--," Tilda stuttered, her face more ashen than burnt tobacco flecks. Colonel Rafols looked at me inquiringly.
Asthmathic rasping formed from Tilda's throat and threatened to explode to something fatal. I ignored her all the more and gave a straight-forward account to the waiting Colonel, "Sir, a lot of things have been kept from you." Detail by detail, I explained to him how the situation has become blown out of proportions, such as why our lady deputy overlooks the blatant corruption sown by one who seems to have bribed her way through civil service eligibilities. I also explained to him that allowances, since time immemorial, have been so slashed if at all disbursed. "Not that I'm through, Sir," I grinned as I paused to welcome the expressions of anger and awe oozing from the Colonel's face.
"Not true," Tilda protested, "I'll sue you for...for--"
Deliciously, I savored the wishful-thinking-come-tru by cutting her short, "For grave oral defamation? Drop dead, Mrs. Medica." I stared apologetically at my superior who gestured for me to go on. So on I went with the deluge of bitter truths. "Remember when I had to practically beg that I be granted a three-month internal loan to fish my daughter out of accident trauma?" I cringed in pain, bad enough that the Colonel noticed. "What did I get? Remember how Tonyang your sidekick sugared her words to get me to sign the ghost invoices as a supply officer in exchange for the loan that I was badly in need of?"
"Relax, Batch," Colonel Rafols said as he cast a furious glance at the heavily-breathing Tilda. He prepared

himself for what sounded like a verdict. "Calm down, both of you, and it's an order." He leaned back on his plushly-upholstered swivel chair and rubbed fingerpads against fingerpads. Tilda and I waited on. "Beyond your knowledge," he said as he opened his drawer for us to see, "I tape minutes of conferences." I smiled to myself in ecstasy. He lingered in silence and took the cue to speak up.

Extricating myself from the tension, I said peacefully, "With your permission, Sir, I should like to present you files I have photocopied and have had certified by the Legal Service, paperwork which comprises part of my evidence versus the true misfits and scalawags that continue to gnaw at our being."

"Never in my life has someone as brave as you crossed my path," Colonel Rafols flattered me. He then turned to Tilda, saying, "You should have known better than to tangle with the meek."

Soberly, I shook my head, re-confirming my humble stand for justice. "With your permission, Sir, I should like to speak some more as I wish to note Ate Tilda's reactions before you. You see, Sir, I had rather told this within closed doors than without." Colonel Rafols motioned for me to continue. "Sir, unfortunately, and contrary to the information being fed to you, our contractuals are yet being denied of their monthly claims."

I faced Tilda and impishly told her, "Fortunately for me, on another hand, because somebody leaked out information that you forced your hands on my promotion orders to get back at my having missed out on the ghost invoice scam." I winked at her. She began to cry, obviously fishing for sympathy. I scratched on, "Hystrionics are only effective with the dictator's pretty and solicitous wife."

"Know your words, boy, easy," Colonel Rafols stood on his neutral ground. "After this, I want the records on my desk immediately. Batch, gather everybody from deputy down to the utilitymen and we shall have a bull session. Lunch is on me; find out which delivers fast. Close this office and while we're all at it, we'll borrow Colonel Barrenechea's secretary to receive the calls. Now."

I almost jumped through the roach-infested ceiling with all the joy there is of the world that laughed with me.

III

The late afternoon colors freely waltzed in the sky. I was doubly euphoric as the twilight was, so I kicked stones on my way out of the camp.

Ordinarily, I hailed rickety jeepneys to get me places; this time, I flagged down an air-con cab as I celebrated. Early, in the afternoon I had stirred enough agitation that took us all to the camp-based Government Auditor's which delved deeper into the case. *This is a won battle against them!* I shouted to myself, and all there was to do was to wait for the summonses from the Sandiganbayan. Perfect!

My "ex-future-accomplices" were happy to have seen me disembark from the yellow-and-green taxi. They appeared to be thinking that I was sold to what we initially saw as the only means of tumbling upon justice. "Howdy, boys!" I cheerfully greeted them. They welcomed me.

Easing my way inside the flat, I chewed a fresh strip of gum then lit a stick of contraband cigarette. "Boys," I began, "I came here to bid our plan farewell." I was surprised to have seen Sandico's nod that agreed to my logic. "It's been a good day, not only for me, but for a lot who have been as P.O.'d as I was--as we all were."

All four of them broke into noises. Sandico spoke audibly, "The whole camp knows about what you did, you rat!" He feigned ire then beamed as if to say, "I'm proud of you, of what you have done. Way to go!"

Nobody else pitched in, as all seemed to have been taken aback, so I continued, "I guess it was the unseen forces' way of putting us off." I looked at each of them, studying their faces as I tried to overkill the sale of my suggestion.

Dramatically, Sandico extended his right arm and gestured a sincere handshake. "We've talked about it before you came. Normally, I would call such a character as you a turncoat or a double-crosser or a white-livered animal deemed fit to be butchered."

We all groaned. Buenconsejo aired his opinion, "Batch is right. Somehow I feel that circumstances saved us from being criminals." I grinned boyishly at the old man as he went on, "Well, you still stood up for your role as the hitman, only, in a more legal way."

Buenconsejo continuously smiled to himself, seemingly relieved of the inner fears that he mustered. I narrated to them every detail of the confrontation for their information and entertainment, then concluded by saying, "I remember this quote by Juvenal in *Satires*, 'Many commit the same crimes with a different result. One bears a cross for his crime; another a crown.'" I paused. "Them unscrupulous used to wear the crown even for their graver misconduct, fine. But now that we're here and ready to speak, they're made to bear what they deserve."

Now I realized that for myself. Sandico contributed to my discussion, "You're right. At least I now see who really gets the last laugh. What poetic justice have you sought so far, Batch, way to go!" They cheered me on and suggested that we sipped some malt and hops to relish this victorious moment. We congratulated ourselves for fanning out the spark that could have turned into a fire set to scald us for being 'misguided elements' if not criminals.

So under the fancily-corniced ceiling of what was once the venue of malice and atrocious intentions, we drank to the promise of staying healthy in body, mind, and soul as true-to-form cops. We swore to pin down each and every devious creation that threatened to cross our paths. ✿

The Difference

I got up early one morning
and rushed right into the day;
I had so much to accomplish
that I didn't have time to pray.
Problems just tumbled about me,
and heavier came each task,
"Why doesn't God help me?" I wondered.
He answered, "You didn't ask."

I wanted to see joy and beauty,
but the day toiled on gray and bleak;
I wondered why God didn't show me.
He said, "But you didn't seek."

I tried to come into God's presence;
I used all my keys at the lock,
God gently and lovingly chided,
"My child, you didn't knock."

I woke up early this morning,
and paused before entering the day;
I had so much to accomplish
that I had to take time to pray.

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Happy Birthday to Ms. Espie Pallasigui.
Greetings from:



Atty. Liwayway Chato
BIR Commissioner

Ms. Cherry Sarmiento
and Ugnayan Members

LET'S GET PHYSICAL!

by
Kaff I. Hahn

You look at yourself in the mirror and you see:
a) Richard Gomez (the oomph in the right places)
b) a toothpick
c) a hippopotamus

Well, I do hope you like what you see. You do? Good. But if you're quite content as Andy Anorexic or Olga Obese, you'd better think again. An orator and reformer named Wendell Philips once said that "Health lies in labor, and there is no royal road to it but through toil." Being healthy and staying healthy takes time and effort. Whether we like it or not, we cannot enjoy most of life's pleasures if we're devoid of any signs of pink.

The narrowest definition Encyclopaedia Britanica can give on health is the absence of disease. On a broader scale, it is the capacity of all body organs and systems for high level functions. To be in tiptop condition involves several factors, and two of these are diet and exercise.

Let's talk about diet and exercise.

DIET isn't usually music to the ears of carnivores and omnivores inhabiting Mother Earth. Dieting basically is viewing food with discrimination before it undergoes mastication and digestion. It is censorship at its best or worst, depending on how you look at it. Food is "screened" on its effects in the body, its pluses and minuses, (not to forget its calorie content), before you shove it in your mouth.

In an environment gone berzerk, *Homo sapiens* often succumb to health-risk diets by insisting on excess meat, sweets and junkfood. And chewing a pencil. Or if they stick by the rules, they more or less experience what Wilfred Beaver had once said in the Chicago Tribune: "They toughest part of dieting isn't watching what you eat--it's watching what your friends eat." Somehow, we would not know just where to place ourselves. Oh, to bad...

EXERCISE, on the other hand, is the physical training of the body in order to improve its function but to slothful mortals, its pure TORTURE! After about age 30, the number of our muscle cells drop, and exercise helps reverse the loss of strength which occurs as we grow older. For those who engage in weight training, exercise helps boost bone mass.

And get this: Six thousand men surveyed by Stanford University revealed that exercising for 20 minutes, three times a week, significantly cuts the risk of developing diabetes. The risk drops 6% for every 500 calories burned off per week; people with risk factors such as obesity, hypertension, or a family history of diabetes benefit most. Researchers even think exercises help prevent diabetes by controlling weight and keeping blood sugar levels steady.

Staying healthy is a way of coping with the stress-ridden nineties. If you're healthy and you get marooned in a work-crazed milieu, you will most likely exude grace under pressure contrary to your atrophic counterpart who will probably burst in hysterics and turn catatonic as he tackles workload after workload.

And so you look back in the mirror and finally admit to the world and swear to high heavens that you're not too sexy for your shirt nor too sexy for any song. Neither sexy for this article and definitely not Mister Brown Adonis. Hey, don't despair. So long as you're healthy and you stay healthy, who cares?

Even if you look like a horse.

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SEE EVERYTHING AND SHOW ME THE WAY
TO REACH MY IDEAL;
YOU WHO GIVE THE DIVINE
GIFT TO FORGIVE
AND FORGET THE WRONG THAT IS DONE TO
ME
AND WHO ARE IN ALL INSTANCES OF
MY LIFE
ARE WITH ME
I, IN THIS SHORT DIALOG, WANT TO THANK
YOU
FOR EVERYTHING AND CONFIRM
ONCE MORE
THAT I NEVER WANT TO BE SEPARATED FROM
YOU
NO MATTER HOW GREAT THE MATERIAL DE-
SIRES MAY BE.
I WANT TO BE WITH YOU AND MY
LOVED ONES
IN YOUR PERPETUAL GLORY. AMEN
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Pictorial Highlights: NCRC PRESS CORPS Induction of Officers

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Inducting Officer: MR. MARCELO LAGMAY NPC PRES.



POLICE DIRECTOR PEDRO SISTOZA CAPCOM CHIEF, ATTENDED THE BLESSING CEREMONY OF CAPCOM PRESS CORPS OFFICE LAST JUNE 18, 1993 WITH FR. FELIPE NEPUMOCENO AND CAPT. PEDROSO. ALSO IN PHOTO ARE GUESTS COL. EFREN SANTOS, PUBLISHER ESPIE PALLASIGUI, INSP. ANTHONY RODOLFO AND OTHERS.



FR. FELIPE NEPUMOCENO, CAPCOM CHAPLAIN, PERFORMED MAGIC WHILE PUBLISHER ESPIE PALLASIGUI & RIC BELLO OF RADYO NG BAYAN JOINED LAUGHTER.

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Police Gazette and Happy Birthday
to Miss Espie Pallasigui from:

Edmund Ty

My warmest thanks to the following:

The Lord Jesus Christ

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PNP Officers and men, GHQ Camp Crame
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Maj. Luther Arboleda
Miss Precy Orbe
Pinagpala Printing Press
Sister Annie
Col. Renato Aguda and family
Lt. Col. Leo Garra and family
CnC Copy Center
The Equalizer staff
and to all our **Advertisers**

- Ms. Espie Pallasigui and family

THE WEEPING OF THE GUARDS

All there is that we keep's
Nothing more than the rants we reap;
If you had only seen the seeds we sowed
Might you have taken the cynics' road;
Are you plain playing blind
To ignore truths and proofs you would find,
Ever do you notice that it is only you
whom we call to mind?

Like lambs from out of the blue,
Owe we our sacrifice to none but you;
Very well kept in the line for tours,
Each one of us humbly ensures:
Safety is yours--regardless of ours---
when anything unpleasant occurs.

Round the clock we so anticipate adversities
Even as we seek God's small mercies;
Never a day we let go by that prayers,
Supplications as these are not cast to the sky,
Knowing full well that all we receive
Is the sigh of antipathy that you
whom we serve heave.

- Angelo Miguel Z. Ros



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