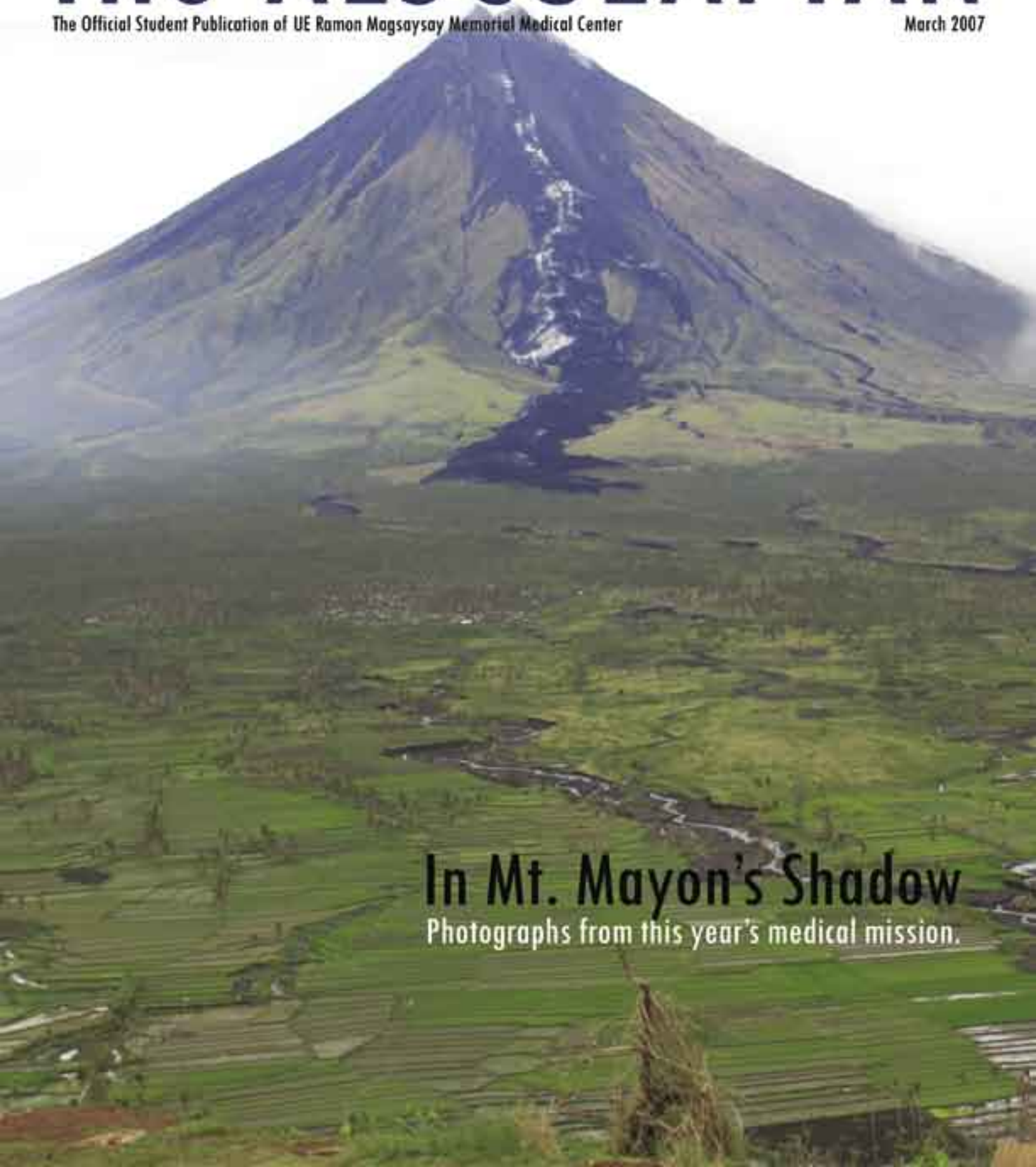


The AESCULAPIAN

The Official Student Publication of UE Ramon Magsaysay Memorial Medical Center

March 2007



In Mt. Mayon's Shadow
Photographs from this year's medical mission.



On the Cover

The majesty of Mt. Mayon is intact despite the onslaught brought by super-typhoon Reming to the people of Bicol. Relief aid, generous support from alumni and administration, and rooted activity from student volunteers, immediately fused in order to actualize ideals the medical center upholds. Read more on page 8... (Bicol Med Mission)

Photograph by Chinkin Coruña

The Aesculapian

Editor-In-Chief: **Angeli Marie C. Sta. Maria**
Associate Editor: **Finesse Angelica Evangelista**
Managing Editor & Business Manager: **Agnes P. Mariano**
News Editor: **Cecile A. Zuniega**
Features Editor: **Catherine Monsanto**
Literary Editor: **Paolo Villanueva**
Logistics & Circulation Officer: **Derrick Chansiongpen**

Staff: Martin Capucion, Christian S. Cuaresma, Uzziel de.Mesa, Charl Marlo A. Jimenez, Ma. Cristina G. Leviste, Patricia Isabel C. Manalastas, Gregggy A. Panga, Franklin D. Sapalo

Illustrator: April Anne G. Salonga

Photographers: Chinkin Coruña & Michael James Limin
Layout and Design: Ayz Ligot

Adviser: **Jennifer Nailes, M.D.**



For reactions, submissions, inquiries, email us at the.aesculapian@gmail.com with your name, affiliation, and direct contact details.

The AESCULAPIAN is the official student publication of the University of the East – Ramon Magsaysay Memorial Medical Center. The editorial office is located at the 2nd Floor, JMC Building, UERMMMC, Aurora Boulevard, QC. Member: College Editors Guild of the Philippines

IN THIS ISSUE MARCH 2007

Departments

- 1 News
- 24 Opinion
- 31 Katharsis
- 33 Shrink Rap
- 34 Book Review
- 35 Movie Review
- 40 Fun Page

Features

- 8 In Mt. Mayon's Shadow
- 11 Your NSC
- 12 Celebrate. Commemorate. Cherish.
- 14 Featured Org: Filiae Aesculapii
- 16 Reminiscing Intramuros
- 18 Balloons Up High
- 20 The Inner Child in Every Student
- 21 Is it a Deal or No Deal?
- 22 We're as Homo Sapien as You
- 26 Rising with Seniority
- 28 Making It Possible
- 30 Doctors to the Barrios
- 36 Inspiration on Screen
- 38 Physician Know Thyself

UERM Attends 40th Annual National APMC-SN Conference

Majourette Dy Varela, Secretary, MSC 2006-2007

Photos Courtesy of Eugenio Puzon III



January 25-27, 2007, Association of the Philippine Medical Colleges Foundation, Inc. (APMC) with APMC-SN Canlipawan Campus Tacloban, the 40th Annual National Conference took place.

Not many students know about APMC both the Foundation and the Student Network. From the name itself, it is the association of the medical schools around the Philippines- well of course that the simplest way I can put it. APMC Foundation usually has an annual convention during the 1st month of the year, with different medical schools participating from Luzon to Mindanao, tackling different issues that affect the field that we move in, the field of Medicine. This year's theme was "Addressing Health and Social Issues in Medical Education" with prominent speakers like Doctor Jaime Galvez-Tan and Dr. Jean Marc Olive from WHO to name a few. Forums were also held about the different issues regarding the theme as well as thematic presentations of different researches done by both students and faculty from the different schools. So for those people, who thought we had a 2 day vacation from school, think again... we were busy as bees. Although the student representatives were not able to join the forums, we had a little league of our own- by 'our' meaning the student representatives, mostly from the student councils of the different. We were able to attend some of the topics discussed in the forums of the APMC foundation but the Student Network also needed to discuss issues concerning the student body in each school. We were able to discuss the problems some of the schools encounter within

their campus and it was good to know that the UE administration—student relationship is good. Of course not wanting to be left behind we also had a forum of our own about shifting the paradigm of a disease oriented physician to a manlulusog (as Dr. Ryan Guinaran had termed it), the 5 star-physician who does not only focus on curing the disease but being a Administrator, Heath Care Provider, Researcher, Educator/Academician and as Mobilizers. Being a student of UERMMM this has been drilled to us since we started our lessons during our freshmen year. I have heard it so many times, being a 5 star physician, and it does not hurt I guess to have it repeated – hey repetition reinforces our knowledge right? It makes us remember, makes us store it and helps us learn.

The APMC SN also had the election of the new set of officers for the 2007-2008. They will be the ones organizing once again the activities that brings different schools together, from Luzon to Mindanao, ranging from forums to intermed sports activities, leadership training seminars or a student council get-togethers. The new set of officers are as diverse as the years before, no one school had monopolized the council starting from the Secretary-General:- Danilo A. Sanchez Jr. from San Beda College of Medicine, National Coordinating Secretary, Eugenio 'Ken' Puzon III, from UERMMM, Assistant National Officer: Jonathan Raymond Nespral (Emilio Aguinaldo College of Medicine), Regional Speakers- NCR: Mary Ruth Sanchez; Luzon: Jane Lara from, Visayas: Ryan Mambulaoand Mindanao: Paul Lim from In the 3 day event we had a 2 day reprieve of school works, I was really reluctant to go since the module we are in now has one of the highest mortality rates, but going there, meeting people, learning and getting to see a new perspective in this profession that we students are trying to hopefully become one day was worth it. It made me realize that learning is not a finite thing, not something you get out from the box but it is out there, in other people, in books, in situations, in our surrounding, it does not stop at us being students, but we keep on learning, to become a manlulusog, a healer/health care provider,... a five star physician, and that's who I want to be. As stated in a letter made by a doctor that I've read from an e-mail forwarded... Medicine is the only profession that forever strives to eliminate the reason for its existence... and then you realize that it is, but it is much more than that...

Medschools Compete in Palarong MED 2006

Marvin Jonne Mendoza



Pasig City- Medical students from eleven medical schools brought the heat to the Philippine Sports Complex (ULTRA) and Valle Verde Country Club in Pasig City last November 25-26, 2006 as they compete in the 2006 Palarong Med sponsored by the Association of the Philippine Medical Colleges Student Network (APMCSN). These medical students donned their school colors instead of the usual white uniform to contend in six different sports activities- basketball, volleyball, football, swimming, table tennis and badminton.

The eleven medical schools which participated in the said event were the University of the Philippines (UP), University of Santo Tomas (UST), De La Salle University (DLSU), Pamantasan ng Lungsod ng Maynila (PLM), St. Lukes College of Medicine (SLCM), Emilio Aguinaldo College (EAC), San Beda College (SBC), UPHR- Jonelta, Far Eastern University (FEU), Manila Central University (MCU) and the University of the East Ramon Magsaysay Memorial Medical Center (UERMMMMC), each competing for the different awards at stake. The following are among the said event's highlights on the major games of basketball and volleyball.

Basketball

The UERMMMMC's men's basketball team bagged the 3rd place as they battled neck to neck with the MCU, PLM and UP cagers on the first day. The UERM warriors pitted against the UST team on the final round in a very exciting game, but eventually the UERMMMMC basketeers surrendered to defeat. Big men like Sam Dona and Christian Alcala were among the best shooters while Sherwin Dona and Randy Esteban contributed their powerful rebounds to intensify the games.



The UERMMMMC women's cagers gave out their best but were not lucky enough to bring home the crown either, as they were down by a whopping thirty points during their first game. They weren't able to win any games, but their efforts were surely commended.

Volleyball

The UERMMMMC spikers placed third in this event, with UP in the first place followed by UST. After winning against the SLCM team on the first day, the UERMMMMC spikers' were dismantled by the UP and UST volleyball teams during the second day. The UERM team was short of players during the entire time but still gave out their best to bag the bronze. Francis Rapadas and the rest of the gang managed to endure the scorching heat the whole time.

The UERMMMMC women's spikers, on the other hand, were lucky enough to settle for the silver, after a marathon match against the UST team. They managed to push through the final round as they won matches against SLCM, FEU, UST and UP. Maisie Del Carmen had her share of her clever plays while Johannah Pine never failed to give her all powerful spikes. Though the UERM team got the second and

fourth set during the final game against UST, the volley belles surrendered on the fifth set with only a small margin.

The UERMMMC team did not finish strongly this year, and this was mainly attributed to the team's lack of practices because of time constraint plus the venue itself which has uncovered courts to play on. But all in all, the event was successful in attaining its objectives of camaraderie among medical students and of course, it was a fun way to detoxify amidst an exhausting as well as challenging medical school life.



College of Physical Therapy Champions of 21st APO Men's Basketball Tourney

Richard Manera IV and Kristine Palisoc

The 21st Alpha Phi Omega Men's Basketball Tournament kicked off last July 19, 2006. The tournament was sponsored by Burlington Anti-Microbial Sport Socks and the Philippine Amusement and Gaming Corporation (PAGCOR). It officially started with a dance number from Chickadees of Medicine 2009B. After the dance presentation, different teams from all the colleges were introduced. Included in the tournament were Medicine 2010, Medicine 2009, Medicine 2008, Junior Interns, Consultants, Residents, and Senior Interns (CRSI), College of Physical Therapy (CPT), College of

Nursing, and Employees. The teams battled for the top spot under a single round robin format.

After cruising through the elimination round, the College of Nursing, CPT, CRSI, and Medicine 2010 emerged as the four remaining teams. College of Nursing crusaded against Medicine 2010 and CPT faced CRSI for the right to enter the finals. Having a twice to beat advantage, the College of Nursing and CPT breezed through their opponents. During finals, individual awards were given.

The players who stood out were named in the mythical five, Genaro Angcao from Medicine class 2008, Dr. Ching from CRSI, Wytboy Cabawatan and Miggy Natividad from College of Nursing and Julius Nacario from CPT. The coach of the year was award was given to Rongie Magdangal of CPT. The Most Valuable Player of the season was awarded to Julius Nacario of CPT, who led his team through the season and the playoffs. In the finals that bannered a best of three format, it went to the stretch with College of Physical Therapy emerging as the Alpha Phi Omega International Collegiate Fraternity and Sorority 21st Alpha Phi Omega Basketball Tournament Champions. CPT was awarded last November, 2006.

Scintilla Juris Holds Men's Volleyball Tourney

The Scintilla Juris Fraternity and Sorority held the annual Men's Volleyball Tournament opening last 19 February 2007. After one year off, Scintilla Juris was able to pull back its man power to organize the annual event. In the first game of the season, Nursing Team A won against Medicine 2009 after taking 2 consecutive sets. Medicine 2010 also won the second game against Medicine 2008 after taking 2 sets as well. In the next round of games, Medicine 2009 won again against the Junior and Senior interns after a close three-set game with 2009 winning the first and third sets. Nursing Team B won against Medicine 2010 after three sets, with nursing winning the final two sets of the game.

College of Medicine Seeks Level 3 PAASCU Accreditation

Kara de Jesus

The UERMMM College of Medicine has just had its Resurvey Visit from PAASCU. Last February 23-24, 2007. This comes in line with its voluntary request to seek a Level 3 accreditation from PAASCU. The College of Medicine is the first private medical school to get a Level 2 accreditation, the only other medical school to have this honor is the University of the Philippines College of Medicine.

The resurvey visit comprised of inspection of facilities and observation of classes. As the College of Medicine has two different curricula running in parallel with each other, the PBL system for the sophomore

through senior year (junior interns) and the integrated system which is more traditional in its operation for the freshmen, the resurvey team had to observe both types of classes (lecture-based versus tutorial sessions). Students were also asked to participate in an open forum with the resurvey team to see the views of the students about their school in the areas of research, academics, facilities and library.

Should a level 3 accreditation be granted, the UERM College of Medicine will be the first private medical school to be granted this privilege.



The Balayan Experience

April Anne Salonga

More than 3 hours of travel by bus ("school bus" na 60 daw ang capacity, pero I bet for little children!) and trying to fit 54 adults in it plus all the big boxes of medicine and dummies was sure one hell of a sacrifice! But upon waking up in the morning and getting ready for the med mission proper the feeling of exhaustion from yesterday's travel was replaced by a feeling of excitement as well as anticipation of a fruitful day.

I was assigned to surgery as the permanent "alalay" of the senior interns. At first, I was afraid I was petrified..... kanta pala yun..... seriously, I was scared of making a mistake and permanently rendering that patient incapable of walking or something. Fortunately, I was with the best (syempre

tagaUERM eh) that's why I was able to conquer my fear and face the patients with confidence. The room was filled with people waiting for their turn on the operating table AKA lamesa ng eskwela the day ended so fast that I lost track of time. It was already getting dark and we still have two patients waiting. Of course we did finish them all and it was such great feeling, a sense of fulfillment that cannot be compared to anything in this world! Actually, pagdating mo pa lang sa location yung mga taong nagaantay sayo ibana ang tingin, yung tipong wala ka pang ginagawa "thankful" na sila. You can really see their faces light up. The more it makes me realize how important it is for me to become a doctor.

So to us who had the opportunity to go through the Balayan experience.. and I quote my friend Aubrey- "For the Filipino people!" Mabuhay tayong lahat! See you again sa next medical mission □

MSC Holds Acoustic Night

Janet-Mae P. Soriano Photos by Myke Limin

The Medicine Student Council held its annual Acoustic Night last February 28 at the College Auditorium. Several bands performed, including Yanos of 2010, Take It Off (TIO) of 2008A, Pasaway na Itlog of 2008B and there was also a solo performance by Arthur Alcid of 2009A. A duet of trumpet and flute playing “Taumerii” by Schumann was also played by Chris Guarin and Leony Bermejo of 2008A. Mr. Guarin played “Somewhere Over the Rainbow” and “Someone to Watch Over Me” by Gershwin on solo trumpet. Ms. Bermejo performed a selection of classical tunes on flute. Pasaway na Itlog gave a lively rendition of “Irreplaceable” by Beyoncé Knowles as well as performing two original songs. TIO performed “Awakened Airplane” and “Barely Breathing”.

Several faculty members also made an appearance. Dr. Rey Christian Cabrerros of the Department of Pharmacology sang one track from a self-produced album entitled “Bliss” which he and several colleagues released in January. Dr. Geoffrey Battad of the Department of Surgery honored the gathering with his presence. There was a better turn out of students as compared to the Acoustic Nights of the previous year, with almost 50 people in attendance, and the audience was graced mostly by the freshmen. The event was spear-headed by MSC PRO April Anne Salonga, who also hosted the event.



Heart's Day at UERM

Kara de Jesus

Several organizations, fraternities and sororities held events to celebrate Valentine's Day. The Alpha Phi Omega Fraternity and Sorority held their annual Kissabols sale. Aside from having a booth to sell their flowers and sweets, they also personalized deliveries of their goods. Pi Sigma Fraternity held the “Pi-iibigin kita” message board, where students could post their messages for the day. Finally, the Red Cross Medical Volunteer Corps held their Dating game. A male and female representative from each medicine class were voted for and the winners were to become the searchers in the dating game. Proceeds from the polls will proceed to the Red Cross Medical Mission this summer break.

Medneuers (Medicine 2008A)

Win 16th Annual Dance n'Apo

Richard Manera IV and Kristine Palisoc

The prestigious 16th Annual Dance n'APO, with the support of generous sponsors, organized by the Alpha Phi Omega - Alpha Phi Chapter Sorority held last September 21, 2006 at the UERM Gym. Sister Katrina Gatbonton headed the project while brother Christian Perez and sister Lelek Fuentes served as the emcees of the night's festivities. The resident brothers and sisters of Alpha Phi Omega Alpha Phi Chapter performed a dance number, in tune of Run It, to formally begin the event. Brother James Teodosio led the singing of the National Anthem followed by an opening prayer by Sister Kristine Palisoc. Grand Lady Chancellor Ma. Grace Toledo gave an opening remark before the participants were introduced.

The competing groups from the different year levels from the College of Medicine (2010A-Golgi Bodies, 2010B-All Glam'd Up, 2009A- ARS Kinesia, 2009B-Chikadees, 2008A-Medneuers), College of Nursing (Insignia), and College of Physical Therapy (Crutches 'n Canes) danced the night away to express themselves on a fun-filled night of art and music. Take It Off band performed an intermission number before winners were announced.

The College of Physical Therapy's Crutches 'n Canes took the 2nd runner up place, Medicine 2009B's Chikadees took the 1st runner up place, and the Medicine 2008A's Medneuers was declared the 16th Dance n'APO contest champion.



Alphan Tree Brings Light to a Dark Christmas

Jonathan Clark G. Zantua Photo by Chinkin Coruña

The Alpha Sigma Phi Fraternity headed a fundraising activity for victims of typhoon Reming through the Alphan Tree. For every donation, a Christmas décor was hung with the name of the donor. Several classes, student organizations and individuals expressed their support for the fundraising. The ceremonial lighting of the 25-foot Christmas tree was held during the Lantern Queen pageant. The lighting ceremony was led by the Grand Aesculapian Clive Kevin Ortañez. Proceeds of the activity went to the purchase of relief goods distributed by the UERM Bicol Mission Team in Guinobatan, Albay.





Michelle Anne Nocom is 2006's Lantern Queen

Cecile A. Zuniega

This year's annual Lantern Queen Pageant 2006 sponsored by The Phi Alpha Sigma Sorority was held last December 14, 2006 at the grounds fronting the UERM Hospital charity ward. This year's event hosts were Anna Theresa G. Fernando of the Phi Alpha Sigma Sorority and Rey Emmanuel A. Barbesa of the Alpha Sigma Phi Fraternity.

Dr. Josefina Cadorna-Carlos, Head of the UERM Department of Pediatrics gave the opening remarks. The Lighting of the Alphan Tree and a video presentation showing the destruction caused by typhoon Reming was by Clive Kevin Ortanez, Grand Aesculapian of the Alpha Sigma Phi Fraternity.

This year's lantern queen pageant contestants representing their respective batches and colleges were: Janice Amon of Medicine Batch 2009A, Ma. Criselda M. Recober of Medicine Batch 2009B, Tisha R. Bermejo of Medicine Batch 2008A, Michelle Anne Nocom of the College of Nursing and Richmarie Grace Uy from the College of Physical Therapy.

This year's pageant's panel of judges was Dr. Paul Anthony Sunga of the UERM Department of Surgery (Alpha Sigma Phi Fraternity), Dr. Jennifer Maguigad-Nailes, Head, of the UERM Department of Preventive and Community Medicine (Phi Alpha Sigma Sorority) and Mr. Philip Chua, Director, Model of Asia Philippines.

Each contestant was formally introduced to the appreciative crowd in their evening gown. The presentation of the equally lovely ladies was followed by a dance intermission number from the Insignia Dance Organization. It was then followed shortly by the presentation of the respective lanterns by each contestant whereby she enlightened the audience of the lantern's interpretation or what it symbolizes and its significance. Then it was time for the Question and Answer Portion. Here, each contestant gamely answered the question posed to her by the particular judge assigned to question her.

The final walk and farewell address of outgoing Lantern Queen 2005, Ms. Yang Shu-wen, from the College of Medicine Batch 2008B followed shortly before the awarding ceremonies.

Aside from the major awards, special awards were handed out that night. The Model of the Night award went to Michelle Anne Nocom of the College of Nursing while the People's Choice Award with a total of 932 votes went to Ma. Criselda Rescober.

The highlight of the said event was the awarding of the major awards at stake that night which followed shortly after and these are: Lantern Queen 2006, first runner-up and second runner-up. Lantern Queen 2006 was Michelle Anne Nocom of the College of Nursing garnering an average of 95.3%. First runner-up was Ma. Criselda M. Recober, garnering an average of 92.6%. Richmarie Grace Uy was second runner-up with an average of 83.3%.

In Mt. Mayon's Shadow

Jonathan Clark G. Zantua Photos by Chinkin Coruña



Thirteen medical students led by Dr. Tesesa Ludovice-Yap journeyed through “rugged mountains and vast plains” to the center of the ravages of typhoon Reming in Guinobatan, Albay to conduct Critical Incident Stress Debriefing on the survivors of typhoon Reming last Demeber 16-21, 2006. The typhoon which struck the Bicol region last November 30 left 543 dead, 1,861 injured while 740 are still missing.

After consultation with authorities, the Department of Health, the Provincial Government of Albay and the Local Government of Guinobatan, the team was assigned to the Morera Evacuation Center. Residents of the two barangays, Morera and Basud, are being temporarily housed at the said evacuation center after their homes were washed away by the mudslide.

47 families were the beneficiaries of the psychosocial debriefing where most participants were children. Many of the children were traumatized after seeing their homes, relatives and friends being washed away by the flood. The debriefing sessions provided a venue

for the participants to express their feelings toward the tragedy and help them take control of their lives again through different exercises like group sharing, drawing, singing and dancing. Several participants expressed hope and resolutions to bring themselves out of their situation like studying hard in order to get a better job in the future.

The group also distributed canned goods, smoked fish, noodles, salt, cooking oil, sugar, mung beans, molasses, rice, soap as well as banig to 110 families in Morera Evacuation Center in Guinobatan and Barangay Cruzada in Legaspi, Albay thanks to generous donations of various student and alumni organizations as well as individuals.

The UERM Bicol Mission team is composed of Hannah Amores, Lenniel Arroyo, Saud Basman, Chinkin Coruña, Aliza de Leon, Christine Dorosan, Jose Fernando III, Greggy Panga, Kenny Tablizo, Nielson Tino, Leslie Vosoros, Lea Ypilan, Joke Zantua and Dr. Yap.



Medicine 2009 Victorious in Mu Lambda Carolfest 2006

Franklin D. Sapalo

Mu Lambda Fraternity together with Mu Lambda Sorority successfully presented the 32nd Annual Carolfest with the theme: "Pamaskong Anyaya sa Bawat Pamilyang Pilipino. Umawit at Magdiwang Para sa Pagsilang ng Natatanging Sanggol". It was held at the UERM Gymnasium last December 13, 2006. The event was co-presented by Brod Doctor Gaudencio Martinez. The Masters of Ceremonies were Hallmark Martinez (Grandmaster) and Ghalswendy Magallanes (Most Exalted Sister). The major sponsors for the event were Mayor Amador B. Diaz, Capt. and Mrs. Elmer Magallanes and CyberTec Corporation. Dr. Vicente V. Tanseco gave the opening remarks.

This traditional celebration of the UERMMMMC Community had never failed to bring out the spirit of Christmas for 32 years through choirs and carolers from the participating colleges honoring the birth of Jesus Christ. This year's event was participated by students from Colleges of Medicine (Medicine Batch 2008A and Medicine Batch 2009) and Physical Therapy (Hymns & Symphony, PT Chorale). They brought out the fun of their chosen pieces with their own interpretation and style. The group AGAPE gave messages of the Christmas season as intermission number.

The judges for this year's Carol fest 2006 contest were Dr. Raul Quillamor, Dr. Eric Valera, Mr. Rey Ramirez and Ms. Fria Santos. The contestants were judged according to voice quality, harmony, interpretation of the chosen piece, and audience impact. Medicine Batch 2009 emerged as the champion of this year's Carol fest 2006, it was followed by the PT Chorale and then by Medicine Batch 2008 A. The champion receives a cash price of P10, 000, the second place - P7, 000 and the third place - P5, 000. Near the end of the program, there was a moment for silence as a Prayer of peace was offered, led by Mr. Kristoffer Tanseco together with the crowd holding candles. The singing of the UERMMMMC Hymn officially ended the program.



College of Nursing Holds Songfest 2006

Franklin D. Sapalo

Last December 09, 2006, Songfest 2006 was held at the UERMMMMC Auditorium. The event was hosted by Mr. Miguel Natividad and Ms. Michelle Anne Nocom (Mr. And Ms. Nursing 2006).

Under Female Solo Category, the participants were Jasmine Junco (Aeolus 2010), Stephanie Lou Simon (Oasis 2009), Jemima Drilon (Xenoliths 2008) and Maybelle Cris Cacdac (Scyons 2007). Under Male Solo Category, the participants were Aldric de Mesa (Aeolus 2010), John Kenneth Baustista (Oasis 2009), Amiel dela Cruz (Xenoliths 2008) and Jan Erik Bernal (Scyons 2007). For the Duet category, the participants were Tracy Kate Calupig & Darel Imutan (Aeolus 2010), Stephanie Lou Simon & John Kenneth Baustista (Oasis 2009), Justine Santarromana & Hamidun de las Alas (Xenoliths 2008), and Dino Bangayan & Clarissa Talavera (Scyons 2007). Intermission numbers were done by Insignia Dance Troupe and Mr. Alex Bitanghol (1st ever to win the Songfest, Batch Phenomena).

The judges were Ms. Maria Lejani Pineda, Mr. Alex Bitanghol and Mr. Rey Ramirez. The contestants were judged according to vocal quality, tonality and diction, showmanship, audience impact, originality and time management (For Female and Male Solo category). The winners were Jemima Drilon (Xenoliths 2008) for Female Solo Category, Jan Erik Bernal (Scyons 2007) for Male Solo Category and Dino Bangayan & Clarissa Talavera (Scyons 2007) for the Duet Category.



Your Nursing Student Council

Edgar Christian Cuaresma

The Nursing Student Council, a group of promising and talented young individuals who took oaths of office in service of the college of nursing.

Servant leaders, this is how I can describe the council. They take time out of themselves and opting to stay longer hours in school in making activities, projects and programs all for the benefit of the students.

The annual freshmen orientation was the first endeavor the NSC hurdled this year. With around 500 new faces in the campus, the task at hand is to make them feel at home and eventually find their second home here in the medical center. And then there were other projects that were pushed through, like the book raffle where in several of the most important books in nursing were raffled. This was then followed by the launching of the online community forum of the NSC, which is www.enesi.co.nr. The most awaited events of the year soon followed, the annual nursing sports fest held in Marikina Sports Center, which was ended with a bang with the Nursing Night featuring top

bands of the country as a culminating activity. Then the prestigious Mr. and Ms. Nursing pageant, which was held in SM Sta. Mesa Cinema 1, the first time the pageant was brought outside of the campus. The pageant featured the college's finest young men and women as they showcased their beauty, talent and wits. The council also takes pride with the different sub-organizations that help mold students holistically, like the Nursing Ensemble, the Insignia Dance Group, the Christian Org and others.

There are still many projects lined-up for the remaining school year, and it includes the annual Youth Encounter and of course the much awaited 50th golden anniversary celebration of the medical center.

The council believes that through the implementation of such projects, the aim of the College to Nursing to develop and mold students holistically will continue to go on from generations to generations. After all, it's worth all the sweat and hard work.



Celebrate. Commemorate. Cherish.

Martin Capucion



A marriage has turned its golden stage if it turned 50 years. A relationship of two people bounded by love, sincerity, patience, respect and faith are some of the most essential needs to maintain a bond for that long time. Couples who enter this stage, usually feel like they have had achieved something, and that is keeping the promise that they be together forever despite momentary conflict.

Last February 5-9, 2007, the College of Nursing held a special tribute to the Medical Center. It rendered special events to celebrate the 50th Golden Anniversary of UERMMMCM. As a member of the Nursing Student Council, the pressure, excitement, and victory experienced while working hand in hand with others for needed preparations provided a holistic event for the Medical Center. A week-long celebration that embodied commemoration to cherish relationships, bonds, and victory in UERM was the goal.

It had been stressful, hectic and nerve-wrecking to arrange, but student smiles and laughter laughs, with dedication to work inspired us to strive; making it seem like everything was childhood play.

Recounting what transpired, Monday initiated the event. All wore jogging pants and batch shirts

for the Fun Run at 8:00 AM; from school grounds passing behind along Araneta Avenue, circling to SM Centerpoint, and arriving at the hospital with balloons tied to wrists. The sweat was refreshing while the run proved exhausting and fun. Arrival at the hospital quadrangle was celebrated with mass and numerous floating balloons were released into the air to lift prayers and thanksgiving for the Medical Center.

Tuesday and Wednesday followed with OPLAN BP Day. Batch Oasis 2009 in cooperation with Scyons 2007, shared skills by taking blood pressures of people passing the busy streets of Marikina Market, LRT Stations (Santolan, Recto and Cubao), Cogeo Marketplace, Antipolo Church, and other public establishments. It became successful because of thousands of people participated to share time for those who are concerned with their health.

A convocation was held on Thursday morning together with a most astonishing and glamorous Photo Exhibit by Xenoliths 2008. Alumni from the College of Nursing attended the convocation, majority of which came from Pioneers '62. That day was moving, seeing old graduates present themselves and offer donations to support their Alma Mater. The photo exhibit showed the decades of transition within the college. Pictures, Articles and Things served as the proof to show that

the College of Nursing continues to evolve for the betterment of the Medical Center.

Friday night established itself to be the most extravagant. A Cultural Show performed by Aeolus 2010 was presented for the whole Medical Center. This was the culminating event of the College of Nursing. It showcased the talents of dear first year students. They performed a variety of dance and song numbers. The atmosphere was highly enjoyable, that faculty and Dean Carmelita Divinagracia joined in the performance. The event was truly successful, the cinema was packed; the sounds, lights, and ambiance were perfect. And systematic planning with frequent rehearsals made it possible. .

There is one significant realization: That a golden jubilee happens only once, and it deserves to be celebrated, commemorated, and cherished, so that future medical professionals may be inspired to serve for the community and nation. It is a blessing, and a gift, to experience the magnificence of UERM as it turns golden.



Colorful Attention

Reading & Seeing: Chinkin Coruña

The binding force that gels an institution would be the interaction between its educators and the students they nurture. In this bond, there is hardship and sacrifice, humor and friendship, as well as training and learning. All these are expressed in modalities of song, dance, and eloquent speech. The drama of all these factors harmoniously put together enumerates the success by which a sector can truly operate and prosper.

In their Golden Jubilee for the medical center, the College of Nursing managed a powerful show articulating the goals of a closely-knit institution caring for their teachers and pupils.

Filiae Aesculapii

Finesse Angelica Evangelista

Year 2007 marks 20 years of Filiae Aesculapii's existence as a vehicle for young ladies with beautiful personalities to dedicate their special abilities to the noble calling that is medicine. It is a venue where members learn invaluable skills necessary in their future career as doctors. Filiae Aesculapii owes this enduring tradition of leadership, service and charity to batch after batch of members who harmoniously work towards their common aspirations. Filiae Aesculapii inducts its members on an invitational basis, an exclusivity that merely seeks to preserve a tight-knit community of friends bearing the same ideals.

It all started in 1985 when 2nd year students Nathalie Quion, Malou Crespon, Sharon Feliciano, Susan Mateo, Maristela Nabog, Fema Pimentel and Hannah Villanueva decided to establish an affiliation having its own definition of sisterhood. They called it Filiae Aesculapii, Latin for daughters of Aesculapius a fitting name for a society intended to serve as a niche where future lady doctors could reach their greatest potential and develop all facets of their personhood. They immediately sought for legitimacy and in 1987, Filiae Aesculapii was formally recognized by the UERM College of Medicine. Since then, it has been producing exemplary and esteemed physicians. Filiae saw many of its members make it to graduation with flying colors; among them, Sonia Rodriguez (Psychiatry), Pierette Yee-Kaw (Anatomy) and Gyneth Bibera (Pediatrics).

Believing that charity begins at home, Filiae prioritizes projects that benefit the UERMMMCC community. Filiae Aesculapii, in collaboration with the Ex Orbe Medicvs are tasked to organize the annual the Freshman Night, a free concert featuring the country's top acts to graciously welcome first year students of Colleges of Medicine, Nursing and Physical Therapy.

Fund-raising campaigns are tirelessly arranged throughout the year to fuel Filiae's intent to reach out and heal. It is through these pooled resources that medical missions and outreach projects that are made possible.

As the years passed, an increasing demand for free medical care was seen. In its own little way, Filiae aimed to expand its service arm through the medical missions that are organized outside Metro Manila. To pave way for this ambitious objective, the officers of school year 2003-04 thought of a system to generate greater funding, thus the conceptualization of HEATSTROKE. In 2004, Filiae Aesculapii created a new tradition in the name of charity through year-end party/fashion show featuring students from the College of Medicine, aptly called "HEATSTROKE."

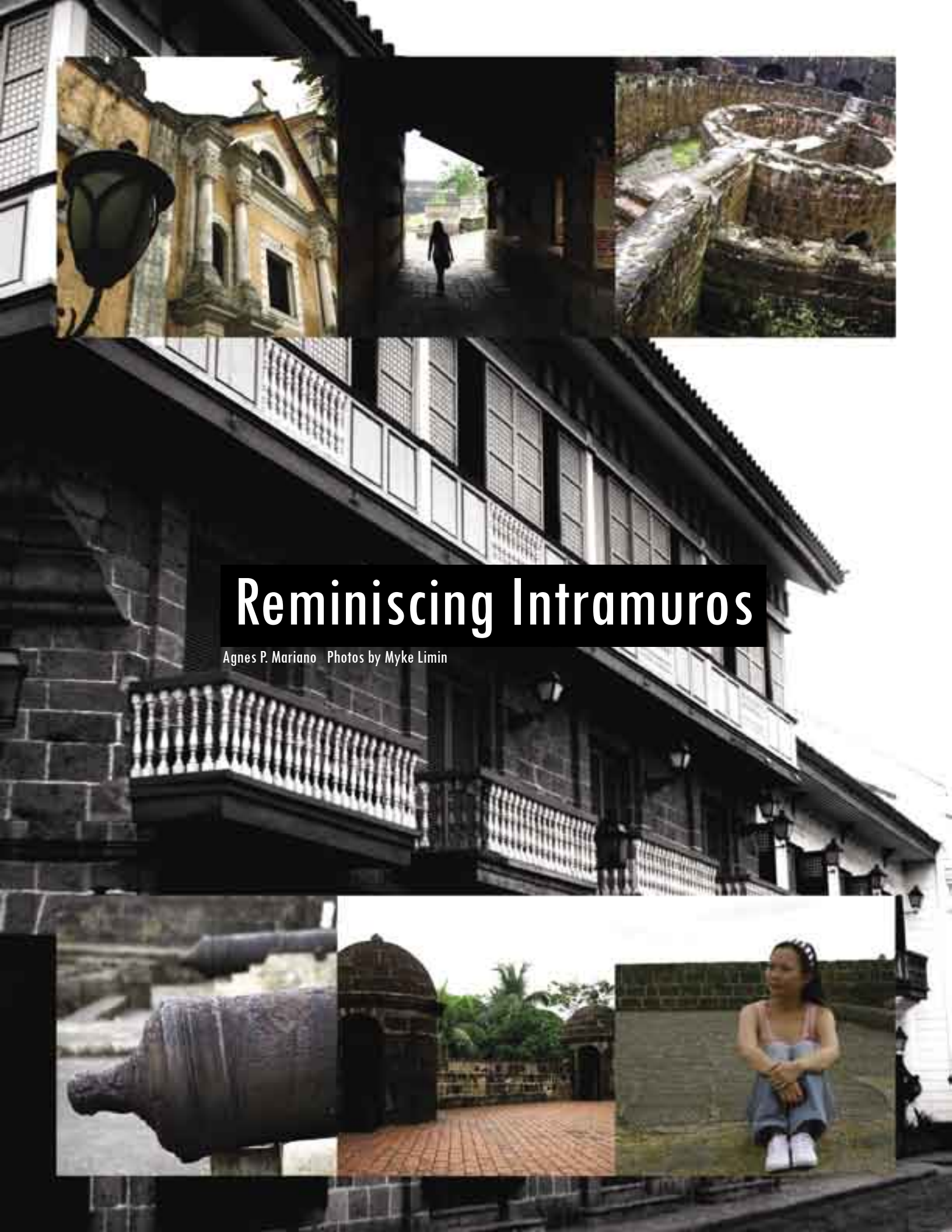
Filiae Aesculapii stares into its bright future of more years of molding young women into true daughters of Aesculapius with brilliant minds, compassionate hearts and beautiful souls.



Filiae Aesculapii Holds Medical Mission

Ma. Cristina G. Leviste

Last December 2, 2006, Filiae Aesculapii held its medical mission at Target 1, Parañaque, with the help of Barangay Captain Florencia Amurao. Over 200 pediatric cases, 100 medical consults, and 50 dental procedures were administered. The Filiae members led by Empress Raissa Espera, together with Dr. Karl de Dios (Pediatrics), Dr. Raul Quillamor (OB-Gyne), and Dr. Pia Velasco (Dermatology) spent the day performing physical exams and giving out free medicines and supplements sponsored by general Malvar Hospital, United Laboratories, Pharma Dynamic, The Cathay Group Co., and Medicamenta Drug Co. Such endeavor would not be possible without the help of the generous patrons, volunteers, and the barangay. No minor surgeries we done, but the mission remains successful owing to students and doctors of the UERMMM who made a significant difference.



Reminiscing Intramuros

Agnes P. Mariano Photos by Myke Limin

Intramuros-

Mataas ang sikat ng araw, ang init ng pakiramdam na pinalala pa ng maitim na usok na nagmumula sa tambutso ng mga sasakyang bumabagtas sa kahabaan ng Taft Avenue. Bumaba ako sa city hall ng Maynila tulad ng iyong bilin. “Sundan ko lang daw ang mga tao, karamihan daw sa mga iyon ay papunta ng Intramuros” ang sabi ko sa aking sarili. Tama ka nga natagpuan ko din ang underpass na kinukwento mo. Unang beses ko noon sa Intramuros, at hindi ako sanay sa galaw ng mga tao. Kinakabahan ko pero ayaw ko magpakita ng takot, matapang ako yan ang pagkakakilala mo sa akin. Naalala ko pa nung pinagtawanan mo ako dahil di ko pa nararating ang mga lugar na iyong napuntahan na. Masyado akong seryoso sa buhay yan ang laging mong sinasabi sa akin nasa probinsiya pa lang tayo. Sa aking paglalakad ay madami akong nakitang mga dati nating kaklase nung highschool. Ang laki na ng pinagbago nila, binata na sila kung kumilos. Ganun ka na rin kaya? Matagal na rin kasi tayong di nagkikita.

Binagtas ko ang daang Muralla at mula doon ay natanaw ko na ang lugar na ating tagpuan. Bumilis ang tibok ng aking puso na tila ba nanggaling ako sa isang labanan. Parang gusto ko nang umatras at bumalik sa dormitoryo, hindi ko ata kayang humarap sayo. Huminga ako ng malalim at nagpatuloy sa aking paglakad.

Pumasok ako sa cafeteria kung saan sinabi mong pupuntahan mo ako. Konti pa lang nun ang tao, di pa kasi oras ng labasan ninyo. Tahimik akong naupo at pinilit basahin ang librong hiniram ko sa library bago nagtungo sa ating usapan. Matagal nang panahon ang nakalipas, malamang nakalimutan na namin mga nangyari. Nakalimutan ko na nga ba talaga lahat?

Bumalik sa aking alaala ang mga panahon na magkasama tayo. Tanda mo pa ba ng minsan tanungin ako ng guro natin kung sino ang pinakagusto ko sa lahat ng kakalse natin. Hindi ako nag-isip at itinuro kita. Natawa lahat pero alam kong pareho tayong nagulat sa nangyari. Ikaw ang numero unong kritiko, wala akong ginawa na pinalampas mo. Bakit nga

ba tayo nagkakasundo, sabi mo nga matindi pa ako sa nanay mo kung pagsabihan ka na huwag ubusin ang oras sa video games at barkada. Napapangiti na lamang ako nun kapag nag-aaway tayo.

Sabi ng ibang kaibigan ko, mahal daw kita. Mahirap kang pakisamahan pero pinagtiyatiyagaan kita. Martir daw ako, kahit ano ginagawa ko para sa iyo. Mahal, tama ba ang narinig ko. Di ko nun alam ang ibig sabihin ng salitang yun. Sinimulan nila tayong tanungin kung ano nga ba talagang meron sa atin. Ano nga bang meron?

Minsan sa ating pag-uusap ay tinanong kita kung totoong may nililigawan kang kaklase natin. Tiningnan mo ako at sinabing totoo iyon. Parang gumuho ang mundo ko, gusto kong mawala sa harap mo at pumunta sa Timbuktu. Napangiti na lamang ako sayo at hindi magawang magsalita. huwag kang iiyak! ang sabi ko sa aking sarili bagamat di ko na napigilan nung huli. Masama ang loob ko sa iyo at di kita kinausap ng ilang lingo. Graduation na natin, lumapit ako sayo at inabot ang regalo at sulat na ginawa ko. “Ballpen yan para di ka lagi nanghihiram!” ang sabi ko sayo. Binasa mo ang sulat ko at natawa ka sa mga nabasa mo. “Man, tutupadin ko yan, kapag sinaktan ka niya, san mang sulok ng Maynila nandun ang Assumption, lagot siya sa akin!”

Iyon ang huling beses na nakita kita. Napangiti ako ng maalala ko yung mga sinabi ko sayo. Nasa iyo pa kaya yun? Sa lalim ng aking iniisip ay di ko namalayang dumadami na ang tao sa cafeteria. Nasan ka na kaya. Tiningnan ko ang aking paligid, papasok ka na sa pintuan dala ang bag at ilang libro. Medyo humaba na ang buhok mo at nagkalaman ang mukha mo. Ilang saglit pa ay nasa aking harapan ka na at puno ng sigla. Hinawakan mo aking kamay at sinabing, “... best friend, namiss kita...”, tumango ako at tiningnan kita. Wala pa rin nagbago Man... nandito ka pa rin pala...

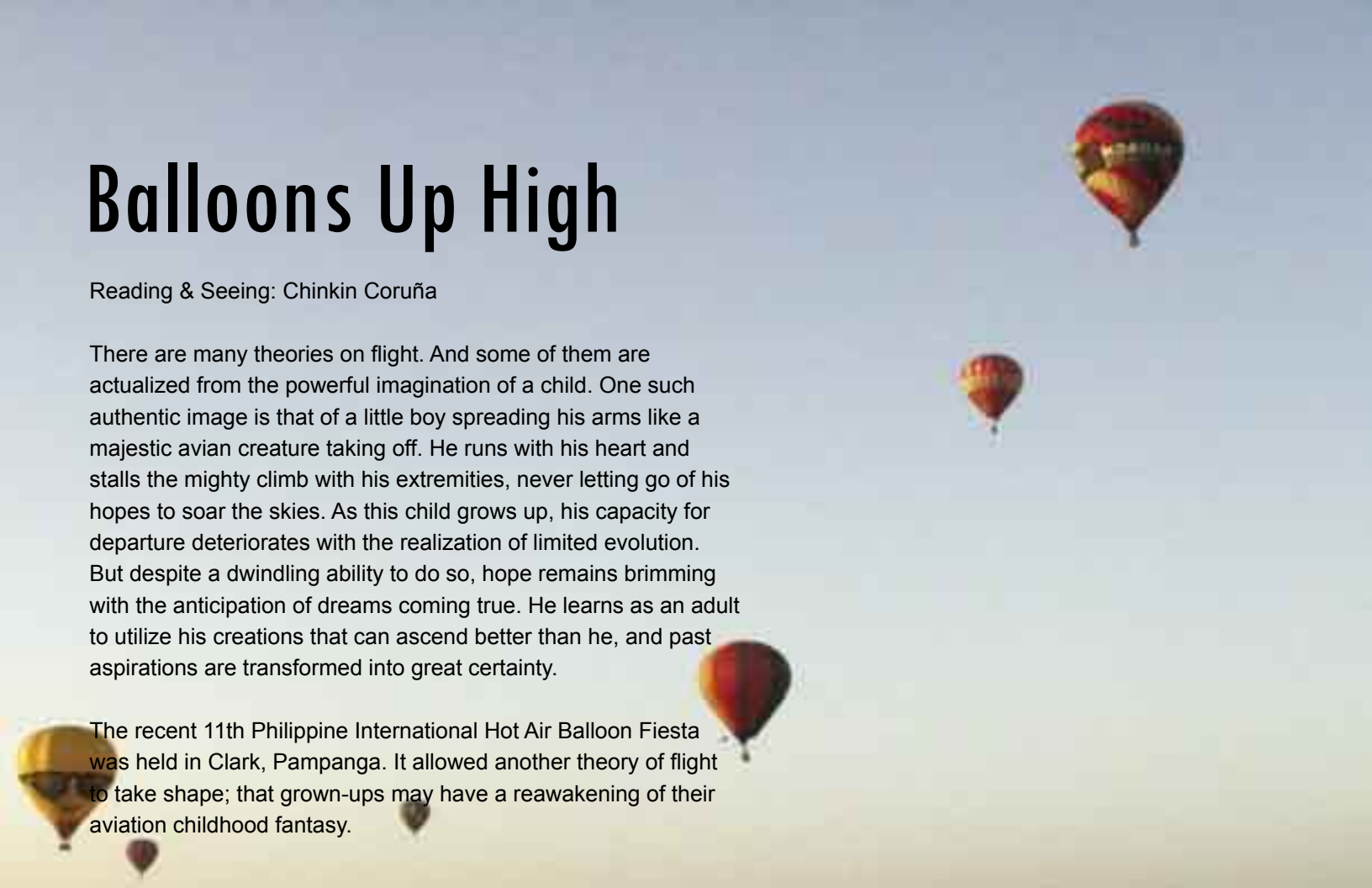
Hanggang sa ngayon ay nangangarap ang may akda na muling makabalik sa makasaysayang lugar ng Intramuros.

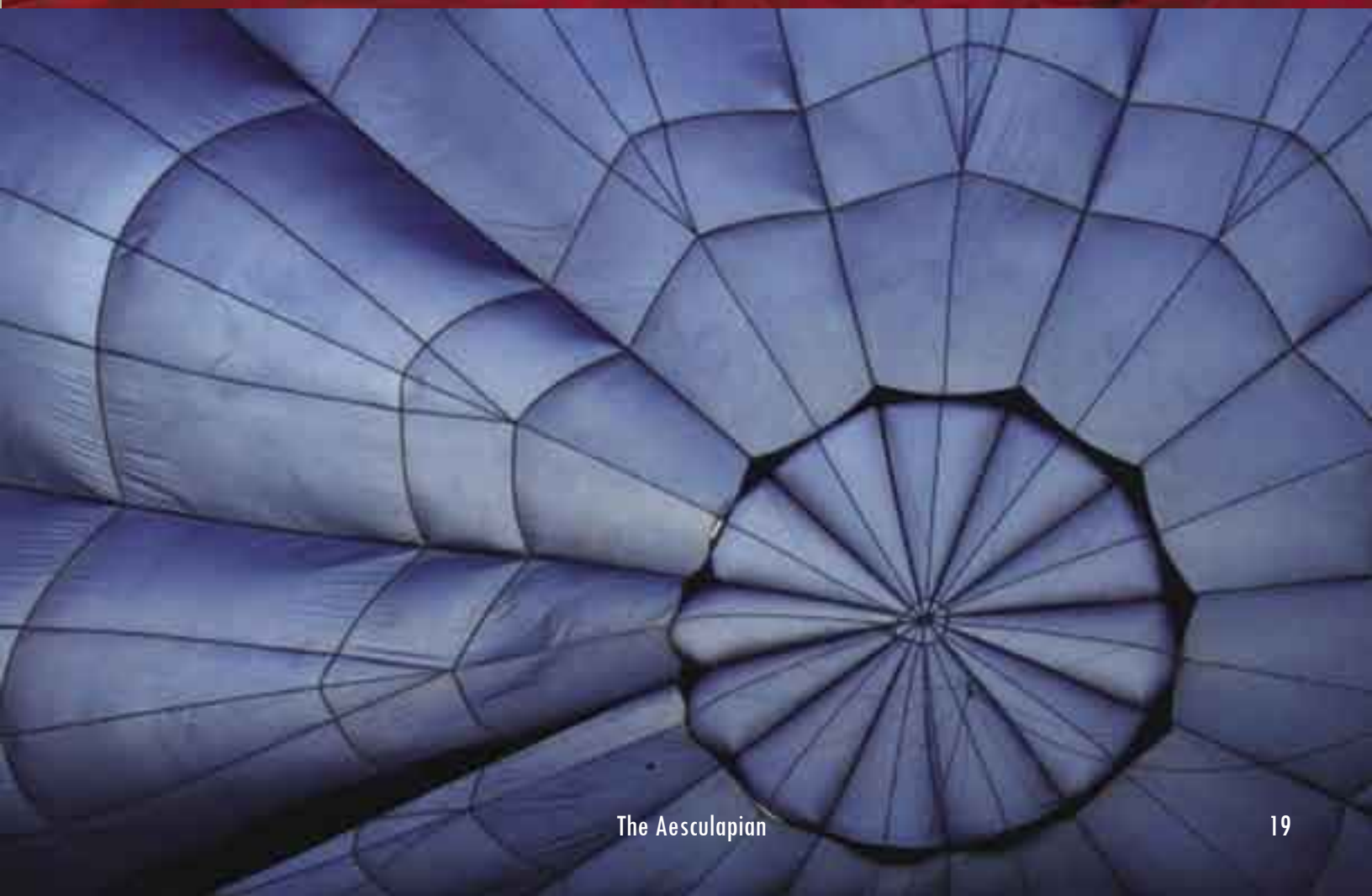
Balloons Up High

Reading & Seeing: Chinkin Coruña

There are many theories on flight. And some of them are actualized from the powerful imagination of a child. One such authentic image is that of a little boy spreading his arms like a majestic avian creature taking off. He runs with his heart and stalls the mighty climb with his extremities, never letting go of his hopes to soar the skies. As this child grows up, his capacity for departure deteriorates with the realization of limited evolution. But despite a dwindling ability to do so, hope remains brimming with the anticipation of dreams coming true. He learns as an adult to utilize his creations that can ascend better than he, and past aspirations are transformed into great certainty.

The recent 11th Philippine International Hot Air Balloon Fiesta was held in Clark, Pampanga. It allowed another theory of flight to take shape; that grown-ups may have a reawakening of their aviation childhood fantasy.







The Inner Child in Every Student

Catherine Monsanto

Each one of us still has the spirit of a child hidden within the depths of our hearts—a heart in which through simple things can become overly excited, a child who doesn't give a damn about the complexities of life. How I wished that I had the ability to turn back the hands of time, back to when we were still a child. Whose only problem was the game that we would play next. I would really want to return to the time when our life were so simple, that the only thing that we know are addition tables, the alphabet, few colors and simple nursery rhymes and yet it didn't bug us at all. A child whose only hardships was eating vegetables prepared by our mothers; a child whose only heartaches was not being able to have the toy that other children has.

A child that thinks that honey coin is more important than money because we could eat them... a child who believes in fairy tales, super heroes, and (of course, who would forget) Santa Claus. A child that believes anything is possible when you wish with all your heart and that if you've been nice and not naughty, Santa would come to your house and would bring you a Christmas present; a child who constantly depends on their parents to provide for everything that they need.

But I could still remember that when I, or better yet when we were still children, we oftentimes wished that we could make the ticking of the clock go faster for us to become adults sooner. For we envy those adults that has freedom in everything that they do. So that when we become adults we could go to places without our parents behind our tails, so that we could do what we want and have what we want without even asking for permission. Not even putting into consideration that being an adult is a tough job to keep. That when become adults we must learn to be competitive in any way we can for us to survive the fast paced world that we live in.

And now we finally got what we wanted for, becoming an adult. We now start to realized that being an adult was never easy. That we must learn to stand on our own two legs (unless you have four feet, which, hopefully you've evolved out of by now). We still have our parents beside us, but do you still expect them to fight your battle for you? Do you still expect them to be there for you 24/7? I don't know about you but for me hell NO... I would rather fight my own battle for me to learn new tricks, that might become handy in the future. Our parents are not the front liners anymore, they are still here only to guide and support us in every decision that we make, whether if it is wrong or right.

"With great things comes with great responsibility." (Sounds familiar? It's from our friendly neighborhood spider man.) Being an adult is great. We have the freedom that a six year old could never have. We get to experience things that only adults have the "license" to do, like having a driver's license for instance, or hanging out with friends without worrying what time it is, or drinking our hearts out until we "drop dead". But being an adult is not always like that. As we grow old, we start to forget the things that we once believed in as a child. Our lives have become complicated with things around us.

Now our day would usually consist of mountains of paperwork, reports that we have to complete before deadlines, and the never ending bills... problems in school or work and problems in our families and love life add to the already building pile. The hardships that we now experience are far greater than when we were still a child. Now that we are experiencing the life of an adult I cannot help but wonder which is better: being a child or being an adult. I can't help but wish that I could become a child once more, to have the simple and uncomplicated life of a child.

I'm very sure that every Filipino is familiar with this phrase well actually that is not the only game show tagline that they know of. There's "Game ka na ba?" where everyone even a 3 year-old child who hears someone saying it would instantly shout back "Game na!". There's "Pera o Bayong?", "Laban o bawi?" or even the old-fashioned "Kwarta o Kahon" for the fickle-minded ones. These shows had been a part of our lunches since nineteen kopong-kopong and yes, it has been a part of our lives. So why do Filipinos like to watch these shows?

One afternoon after school I began to talk to our household help where she was telling me a story about a person who won a very big amount of money from her favorite noon time game show. She was telling me how funny the contestants were and how nice the

speaking country? This trait has been our passport for international opportunity. On the other hand, if you think about it there is an enormous growth of the call center business in the country. Could we possibly say that Filipinos still have English proficiency? Looking through the files of my mother's applicants for managerial position their essays could really trigger a major migraine because they really make a lot of grammatically incorrect statements such as my soul purpose in life is to be service to other, I have had become the breadwinner of all time for my family's stake or I'm hard working and wiling to work hard, ok fine work as hard as you can! Seriously though, is this the way to impress a boss or a potential employer? Even in the internet there are messages being forwarded with funny boo-boos on pinoy-english. I do hope it will end soon.

Is it a Deal or No Deal?

April Anne Salonga

program was. As the conversation went on I thought we were done with the game show and already talking about another topic and some other person whose name is Willie Fortune (I really thought it was the "lawyer") but to my surprise it was still about the same show and the guy was actually Willie Revillame. She just thought his surname was Fortune because of the game segment "Willie of Fortune". I couldn't help but laugh. Just thinking about it makes me laugh and it still makes me laugh a little up to now. So in my quest to find an answer to why do Filipinos like watching those shows I ended up sitting comfortably on our sofa during weekends watching. Hahaha!

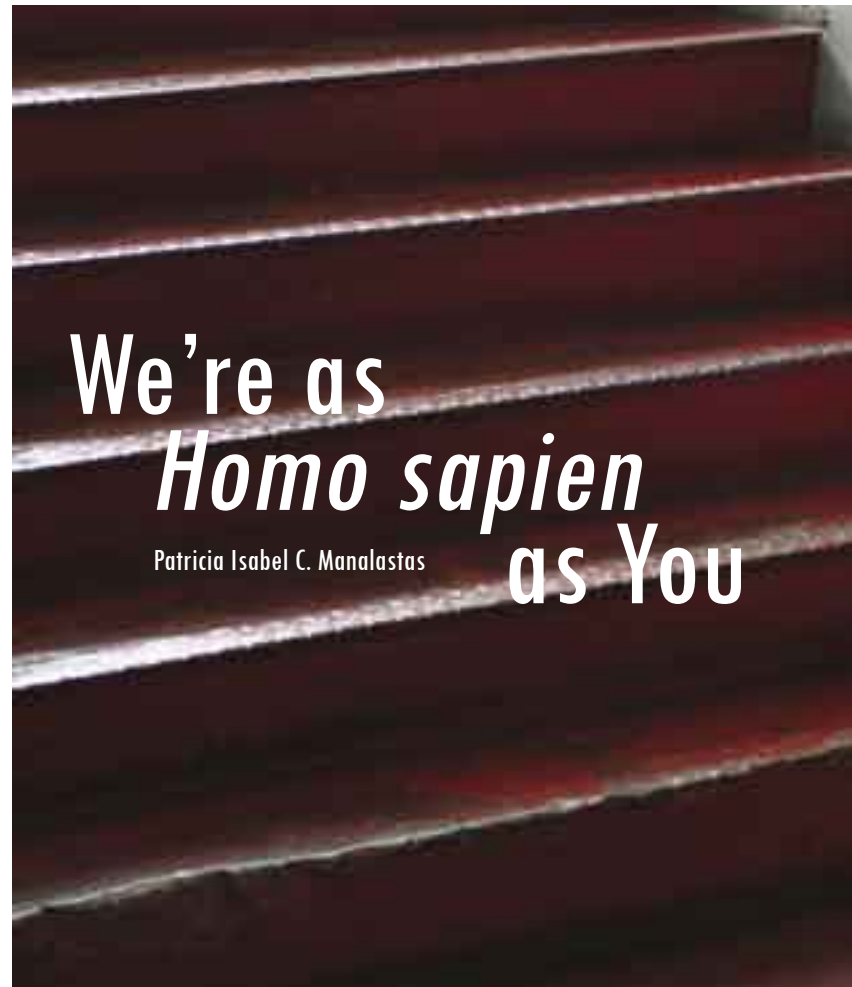
It was funny at first then, after sometime you'll find yourself being frustrated on why the contestants weren't able to answer such simple questions. Like translating simple Filipino phrases in English or solving basic mathematical problems. Hello RP education? Are we still alive or is it RIP for education? What happened to the 3rd world's largest English

Moving on, what's with the game show? And why do people join? Well, winning one million isn't that bad don't you think? If you do get the jackpot you'll be then dubbed as the instant millionaire. Your face will be on the newspapers and television you'll get instant money, instant popularity and probably an instant target for kidnapping. Just like instant noodles, instant coffee, instant everything and let's not forget instant kidney problem due to salt overload. I remember when my grandma used to cook pancit canton the traditional way for my birthday. It would take her an hour or so just to prepare all the ingredients and another hour for cooking. But I must say it is the best pancit in the entire universe (as if I had eaten pancit in Pluto or Neptune ☐). It is healthy and definitely worth waiting for.

Today, due to the emergence of a fast-paced life everything needs to be done in a blink of an eye. You have to be smart, you have to think fast and make decisions in a flash. And for some who finds

it difficult to cope with the changing times, they just depend on their luck. Maybe one of the reasons why they join game shows. Believing in good luck makes some believe in feng shui, numerology, palm reading, card reading, face reading and all sorts of fortune telling. Some also believe that wearing Joy Lim's™ charms and crystals would make them win the 4 million jackpot in Kapamilya, Deal or No Deal. Some celebrate Chinese New Year even if they're not Chinese. Some buy whatever the feng shui experts say that will bring good luck. Just like my mom who recently bought 6 golden pigs now displayed in our receiving area. I'm sure others that too because they also want to prosper in business like the Chinese. (But wait... we're not Chinese!) But I don't think they just depend on luck. From my exposure to my mother's line of work, businesses prosper because of hard work and commitment from people who work together to achieve one goal. It is more of thinking outside the box, searching for new products to sell and improving what they already have; knowing where to go and how to get there and also doing their best everyday. If people stop on complaining and start moving, I believe nothing is impossible. Probably you'll say I'm still young and idealistic but I think the solution to all our problems are just very simple- a positive attitude and willingness to work hard. It will make us all instant millionaires in our own right. It will make us self sufficient for life. Maybe then, we'll not depend much on just winning in the game shows. Like an old quote I read from a book back in 2002 "No goal worth achieving is ever achieved by merely being smart. Every goal requires working hard- long hours, extra effort, more study and greater intensity of preparation". Good luck or bad luck it will still depend on us.

We must realize that success will never come in an instant. Failures or disappointments may come our way but it will not last as long as we don't give up. So discover your highest potential and see what you can do for yourself, your loved ones and the country. You can make a difference!



We're as *Homo sapien* as You

Patricia Isabel C. Manalastas

On any normal school day, most of us mill around the school aimlessly, hugging 45 kilograms of books pressed against our chests, eyes spiraling hypnotically while our oversaturated brain tries to recall what [insert discombobulating medical term here] is, and curse that horribly cruel doctor who just gave us another nightmare to look forward to --- a longer school term because we just can't get enough of Physiology! However, during our break time, it's all a different story.

How do the daily lives of medical students differ during school days, and during breaks or weekends? This was the gist of my query into the private lives of fellow med students during and after school.

We all know it varies from person to person, but the truth is, a lot of people don't know what activities we engage in during these times. Almost every single person I asked almost have the same routine during



weekdays, but then again, they had variable answers when it came to time offs. So what am I writing this for? Simple. It's just so that others can understand our lives not only inside, but most especially outside of the campus premises.

We have to admit that we, as medical students, have this certain label as people who do not have enough time for anything else but our books and transcriptions. Kumbaga para tayong mga robot o kaya naman mga henyo sa paningin nila. Maybe it's because of the fact that during school days, a lot of us have the habit of just waking up a few hours before classes start, do our morning rituals whose timeframe very much varies with the way they're done, eat breakfast (optional, some people prefer not to have the so-called "most important meal of the day"), travel to school be it by an agonizing long commute or a short walk, socialize with our friends, and then sit in class and listen to our teachers'

lessons for God knows how many hours of boredom we have to put up with. Come lunch hour, most of us would be having problems with where we will have to have our meals, especially UERMMM students because we have limited eateries and tambayan(s) in this area. We then go back to our classrooms after lunch, and then go home to rest or to study (more applicable to the more studious of students).

Not to sound dorky now, but sometimes going to school is good. Sure, it has its own downcast instances and yet it still has its perks and advantages such as getting to meet new people and hanging out with our friends. But let's face it... people can forget that most of us have different penchants for activities or places where we can rest our already drained and overworked brains, relax our sore bottoms, and just chill out. We have this need for any activity that can give us a semblance of what it was like before we started taking up medicine... and some place where we can be anyone or anything, but med students.

Some of us choose to engage in any form of physical activity just so as not to be sedentary. Our preferences include sports such as basketball, badminton, swimming and boxing, and also hitting the gym for weights, aerobics, or tae-bo. Shopping, watching movies, and even hanging out in coffee shops, are a few of the many past times that we have. Keeping ourselves updated with current events, the latest trend, motion picture, or flavor of a new concoction, give us an opportunity to unwind, and also give us topics to talk about. It also gives us the chance to spend time with our friends (old and new), significant others, and our family. Traveling is also an option, along with hours and hours of sleep (which we lack, by the way), and either overindulging or denying ourselves food.

Truth be told, we're just like any other student. What separates us from other learners though is that we sometimes take part in drinking sessions that start as early as 12 noon! Seriously. But it only goes to show just how much stress we can go through on one day. Basically we, like other students, also use our free time for leisure pursuit or for well deserved rest and relaxation. We're just as Homo sapien as you are.

SADAKO!!!

Ikaw ba 'to?

April Anne Salonga



Datirati akala ko si Sadako na ang pinaka nakakagimbal na nilalang na lumalabas sa TV. Pero ngayon sa dinamidaming political advertisements na minsan hindi ko talaga maintindihan ang concept natalo na si Sadako (nakakatakot hindi ba?). Nagtanongtanong ako sa mga tao sa UERM isang araw kung kaninong political campaign commercial ang napupusuan nila. Ayon sa resulta, ito ang top 5 best and worst political television advertisements ng taong 2007.

BEST

Kiko Pangilinan

Chiz Escudero

Joker Arroyo

Ed Angara

Peter Cayetano

WORST

Mike Defensor

Miguel Zubiri

Manny Villar

Prospero Pichay

Tessie Oreta

Ayon sa mga respondents, nakakaaliw naman panoorin ang mga political ads kaya lang minsan masyado na daw corny para pagaksayahan pa ng panahon. Pero ito ang pinakapektibo at napapanahong paraan upang maabot ang halos lahat ng botante sa buong kapuluan. Simulan natin dun sa mga nagustuhan ng mga estudyante:

Kiko Pangilinan- kung hindi n'yong pa ito napapnood, simple lang ang konsepto at mabilis nitong naiparating ang kanyang mga adhikaing pangpulitiko. Pinagtuunan niya ng pansin ang mga mahahalagang adhikain

na nagsisimula sa unang letra ng kanyang pangalan tulad ng kapatiran, kaunlaran, kabataan at katarungan dahil siya nga naman ay isang abugado. Kaya ito nagustuhan ng kabataan dahil sa rock music background habang ipinapakita ang iba't ibang scenes kung saan isinasalarawan ang mga adhikaing nabanggit kanina.

Chiz Escudero- wala masyadong pinagkaiba ang TV ad niya kayKiko. Pareho halos ang konsepto na pinagtuunan ng pansin ang kabataan. Hindi siya nagsayaw o nagpabuhay sa mga tao sa commercial. Tulad ni Kiko, simple at mabilis din niya naiparating ang mga adhikain niya. Pero sa kabilang banda, lamang pa rin si Kiko ng kaunti dahil mas may recall at appeal ang commercial niya.

Joker Arroyo- matagal na ring nagsisilbi sa lipunan si Joker Arroyo, kaya hindi masyadong mahirap magisip ng konsepto para sa TV ad. Dito, nagpakita sila ng mga bagay na matagumpay niyang naisagawa noon at ipagpapatuloy na gawin. Sa bandang huli ng commercial, nakasulat doon "pag bad ka, lagot ka!" nakaktuwa dahil parang panakot sa bata. Maraming nagsabing ang cute daw ng dating bagay sa kanya yung buong concept ng commercial. Palagay ko yun ang naging dahilan kung bakit isa din sya sa mga paboritong political ad ng kabataan.

Angara- Sa commercial parang tulad din ng kay Joker Arroyo ang konsepto. Dahil hindi naman talaga sila baguhan sa politika maraming mga bagay ang pwede nilang gawing halimbawa ng mga batas na nagawa na nila noon na katunayang nakatulong sa bawat Pilipino lalong lalo na sa mga mahihirap.

Cayetano- sa totoo lang hindi ko na maalala ang commercial at sa kasamaang palad hindi na ako nagkaroon ng pagkakataong makita ito muli. (Finals kasi naming sa pedia.) Pero ayon sa aking pagtatanong may mga gusto ang commercial niya dahil simple lang din daw at wala na masyadong pambobola.

Matapos ang mga natatanging political advertisements, mapunta naman tayo dun sa natatanging "kakaibang" political campaign commercials. May iba sa kanila na talagang pinaghandaan ang commercial nila at mukhang nagkaroon pa ng dance rehearsals at acting workshops sa ABS-CBN or GMA para sa mga kapuso (pasensya na walang ibang channel kasi ang TV ko kundi channel 2).

Mike Defensor's "tol" commercial- nung una putol putol ang commercial niya parang yung katulad ng konsepto ni "Lumen" ng Surf™ commercial yung tipong abangan ang susunod na kabanata. Akala ko pagpinakita na lahat maiintindihan ko na. Pero hindi pa rin pala. Sa commercial na ito, makikita mo na madaming extra ang kinuha at nagshooting sila sa studio kaya ang pakiramdam ng ad talagang scripted. Tapos kumuha pa siya ng impersonator ni Pacquiao para sabihing iboboto siya. Tanong ng karamihan bakit hindi na lang niya kinuha nag tunay na Pacquiao? (Oo nga naman!) tuloy bukod sa mukhang scripted nagmukha ring tinipid ng husto ang commercial. Pero ngayon binago na niya ang commercial sa pamamagitan ng paglapat ng boses ni Boy Abunda. Dito naipahatid niya ang mga plano niya para sa bayan hindi tulad ng unang version na walang nabanggit ukol dito. (Eh di mas maayos na, palagay ko madaming nagsabi sa kanya na pangit yung unang commercial niya kaya binago niya ito.)

Miguel Zubiri- sabi nila, ok naman si Zubiri, commercial lang talaga ang may problema. Masyado niyang pinilit abutin ang masa sa paggamit ng usong kanta na "boom-tarat-tarat" na hindi na bumagay sa kanyang personalidad. At bukod sa kanta, sinabayan pa niya ito ng sayaw (nakakatawa talaga) kung makikita mo ito baka matawa ka rin. Hindi ko alam kung bakit niya naisip gawin yun pero malamang hindi lang siya magisa ang bumuo ng konsepto para dun.

Manny Villar- isa rin sa mga commercials na sa tingin ng karamihan ay scripted na scripted. Ang konsepto ng commercial ay ipakita ang natural na pagkatao at pagkamakamasa ni Villar. Nandun yung kumain ata siya ng nakakamay, humuli ng isda, nagpala ng semento etc. Nakakatuwa din naman dahil yun naman ang totoo, siya ay mahirap na yumaman dahil sa Sipag at Tiyaga. Pero may mga bagay na sana 'di na lang niya ginawa tulad ni Zubiri -ang pagsayaw sa commercial. Bakit ba kasi kailangan magsayaw pa? Sa bagay... sa dinamidaming artista na nakikigulo sa politika siguro naisip ng mga politiko na dapat nilang pantayan ang mga ito sa pagpapakita ng sarili nilang talent. Pero hindi ito ang kailangan ng bayan! Kailangan namin ng seryosong tao na tunay na maaasahan at higit sa lahat may kaalaman sa politika at kung papaano magpatakbo ng gobyerno.

Pichay- siguro ito na ang pinakakakaibang political campaign commercial na nakita ko. Nakakatuwa talaga, kung tutuusin maganda naman ang mensahe ng kanyang commercial at talaga nga namang nakakapukaw ng atensyon. Magsisimula ang commercial sa isang bata sasabihin niya na pangarap niyang makapagaral tapos biglang papasok sa eksena si pichay at sasabihing "pangarap kong tuparin ang pangarap mo" at sabay harap sa camera "ako po si prospero pichay pro pinoy!". Kung ako ang tatanungin maganda naman ang commercial pero sabi nila ang corny daw (siguro tumatanda na ko kaya ayos lang sa akin.) At bago ko malimutan, sa dulo ng commercial may pahabol pa nakasulat PICHAY, itanim sa senado (hahahaha!!!!) ang creative diba?!

Aquino-Oreta- para sa karaihan ito daw ang nag-acting workshop, paano naman kasi "no make-up" kunyari, hindi ayos na ayos ang suot simpleng mukhang "daster" lang. Hindi namin alam kung akala ba niya sa pagiiba ng itsura niya malilimutan na natin kung ano ang nanggawa niya noong impeachment ni Erap? Kahit pagbalibaliktarin niya ang mundo nakatatak na sa isip ng publiko yun. Tulad ni Honasan, pagmay nagbabantang kudeta siya agad ang pinagbibintangan. Minsan o madalas mahirap talagang baguhin ang nakaraan....

Bago ako magtapos, tinanong ko rin sa mga estudyante kung interesado ba silang bumoto para sa 2007 National Elections. Halos pareho lang ang dami ng mga estudyanteng boboto at hindi boboto. Karamihan sa mga hindi boboto ay hindi pa rehistrato upang bumoto at walang balak magparihistro. Marami rin sa kanila ang nagsasabing wala na silang pakialam. Sa mga boboto mabuhay kayo! Dun naman sa mga hindi, sana hindi tayo tuluyang mawalan ng pagasa para sa ating bayan. Subukan nating simulan muli ngayon ang pagbabago para sa atin din naman ito.

*PAALALA: Ang mga nakasaad sa artikulong ito ay batay lamang sa mga komentong nakalap ko mula sa mga estudyante ng UERM. Hindi ko ito sariling opinion lamang o opinion ng kung sino man sa aesculapian. Nagkataon lang na ako lang ang may lakas ng loob para magsulat para sa kamulatan ng mga estudyante sa mga isyung politikal at napapanahon sa ating bayan. Hindi ko hinahangad na maging kasiraan ito sa mga taong nabanggit bagamat isa lamang feedback sa kanilang political campaign commercials.



Rising With Seniority

Reading & Seeing: Chinkin Coruña

Dr. Patch Adams only gained everything when he lost everything. That I believe is the painful but meaningful truth in life. And realizing such by facing and living a great but terrible consequence is what ought to be. It is indeed paradoxical to lose and gain all there is, but it is this inconsistency and absurdness that gives depth to essence and existence, be it on the realms of love or vocation. Most importantly, it does not require an individual to be a physician in order to celebrate life; all it takes is for any ordinary man to consistently perform genuine actions extraordinarily well.

It is through introspection that I wonder why people are afraid of losing. Sometimes, I even catch myself fearing the loss of loved ones, losing an opportunity to better humanity perhaps, including the failure of what could have been an exemplary performance in an examination. Partly, my answer to this inquiry would be the regret that most humans neglect to take into

consideration. It is only when hardships are met that regret may well be utilized in thought, or may be during the daily routine of life that they hesitate and falter. It is in man's second thoughts that he sabotages his own success and later on prostrates himself into denial and weeping.

I also wonder why most of my peers, family, and everyone in general, find fear in gaining new things. Trite as the expression may be shared, but "with great power, comes great responsibility." It must be knowledge gained or authority that scares them. They dread the inevitability of change in daily progress, and interpret terror in the most beautiful of things – namely learning and sharing, in the process of living. In passing, others are scared of new insights to their passed-down-dear-old tradition of wisdom. With their sulking addressed to innovation, they have impeded human spirit to suffering and stasis. To whoever got smarter, there is loss to his past stupidity; those who dreaded progress, allowed those around them to gain from their knowledge not to follow them. In losing,

there is gain. The gains are for everyone else, but the demented to weigh and absorb.

With all these, there too is a happy side. People also bask in the joy of losing. Loss teaches humility. In a friendly sporting competition, loss teaches the child to seek for more and expand his abilities. A petty loss of a mobile phone instills care and security for one. And another example could be the loss of tears for someone who has gone, though there is spiritual growth. People too, find happiness in gaining. It is in seeking truth, that they are rewarded with intellectual wants. Parents are proud with the addition of a new child in the family, artists are fulfilled with new creative input yet to be materialized, and friends are made to smile at the given joke in a conversation. If we try to see, those who sought truth lost precious time to watch a movie for studies, a mother who bore a child lost her former figure, the colleague who shared the joke lost himself into frenzied humor. In gaining, there is loss. The losses are reasonable sacrifices.

So there we have it, we ourselves experience paradoxical moments. We fear losing, and we fear gaining. And most interesting, a paradoxical reflection is in itself, a paradox as well. One may ask why, and I can divulge the certainty that in moments we fear loss and gain, we too embrace both.

Such realization tears the individual between two poles, or multiple ones in a faceted diamond, just to force in him the decision in choosing where he stands. Where will you stand? As for me, I stand on the platform of celebrating life. This is where I know I can live with my dreams – what I continue to love and pursue, and vocation – what I have to chosen to BE. Dr. Adams stands at both poles simultaneously, a mystery as to why, but answered simply by celebrating life, as all human beings should.

Moderation is required for this balance. We have to accept that we are bound to win, and lose in a variety of situations; or either of the two in the luckiest of circumstances. This applies not just to physicians, but to all of mankind.



Making it Possible

Jo Anne D.P. Villarosa Photo by Chinkin Coruña

In *The Painted Veil*, Somerset Maugham wrote, "Sometimes the greatest journey is the distance between two people." This is true; and sometimes, the greatest geographical distance between two people does not matter at all.

If asked a few months ago what I thought about long-distance relationships (LDRs), I would have given the are-you-out-of-your-mind look and would have succinctly said that it sucks. LDRs are shared by many couples now, and it is mainstream as it gets passed around as an acronym. Ask me now what I think about it and my smile will give it all away. As I share my beaming look, let me share three Cs how to make it work.

Communication

In our increasingly globalizing world, being in two different country codes or zip codes is no excuse for being unable to talk things out. With the internet and cheap calling cards, communicating with your significant other is not exactly rocket science. Talk, smile on air with webcams, crack corny jokes and laugh an entire evening over Y!M, tell secrets with your eyes and, just as important, share comfortable silence once in a while. Communicate with your special someone. Share your days as much as you can, no matter how seemingly uneventful and mundane.

You have to reach out and bridge the geographical distance, and once you successfully accomplish this, you will feel a closeness with your significant other, that sadly, not many people (even those who live under the same roof and share the same bed) get to experience in their lifetimes.

Communication is key, whether LDR or not. The difference is that in LDRs, you pay much more attention to the subtleties of conversation. The inflection in her voice that lets you know she needs more of you, or allows you to read her face, leads to dealing with the fact that words are all you have at the moment. You learn about the other person more deeply and somewhat more comprehensively, whether you like it or not. I must say though that in truly magical times, two people in an LDR transcend words and communicate in a language only the two of them can understand.

Commitment

An LDR is tricky enough not to have both parties commit themselves to engage in it completely and thoroughly. This is easier said than done: To commit to each other and make what you two have function. It takes a lot more than agreeing to be together. A commitment and partnership should be made to be honest, patient, and understanding; to function in multiple time zones (specific for couples in different countries), to go over and beyond the call of duty, to extend yourself in ways you never thought possible. There will undoubtedly be tough times, where and when it would be so easy to hang up the phone or sign off from the chat client. But you have to remind yourself of the commitment you made for the relationship, which is ultimately borne out of your love for the other person. With physical absence in the midst of an argument, it is often hard to remember that you are engaged with someone you love. It should really be you and him together and not plainly against each other. While it is difficult to realize this when you are blind to see the eyes of the one you love or when you cannot hold his hand, it is not impossible to take this to heart and mind, especially with conscious loyalty. Take a step back, breathe, close your eyes and tackle the issue hand in hand with your special someone when conflict arrives. Think and feel through your commitment and you will find it easier to get through the rough and tough times along the way.

Creativity

Write love letters online and send snail mail by befriending the people at the post office. Watch movies together in real time or share moving music. Cook for your significant other and send it to him. If this is not possible, lean to bake and tease him with photographs and announce that it will be soon when he will get to have a taste. Work with the imagination your partner has and yours as well. Send a virtual flower and melt her heart right then and there.

It is easier to fall into a lifeless routine when thousands of kilometers apart from that special someone, so take a proactive stance not to do so. Guard against complacent self-preservation and really do extend yourself to reach out to your significant other in more ways than one. Creativity is not just about sweet and

warm surprises; it is also about just putting yourself out there, breaking down communication barriers via unconventional ways, being able to make him palpably feel your presence. And much like making art, it is also about taking risks and being vulnerable. A masterpiece, although well-thought out and contemplated upon, definitely has those courageously spontaneous brush strokes that give it depth and make it come alive. Make art together, literally and metaphorically.

On another note, it is important to keep happy and alive, inside and outside. Because the danger of consciously pursuing strength is that you might unknowingly kill a part of yourself that borders on weakness; it is okay to be sad, to pine for the one you love, to ache every now and then. So do not deny yourself and your loved one these feelings; for if you do, that will be the start of the end. Be there for each other, get through the long lonely nights together, knowing that one day you will wake up with your special someone right next to you. One day.

...

I actually have a fourth C, but he is mine to keep. What more I can share is that LDRs become a lot easier and very much worthwhile with the right person, with that special someone who engages you in all levels. With someone you truly and deeply love.

Reading through the three Cs, you ought to have realized by now that every relationship, whether long-distance or not, needs these basic concepts not only to survive but to flourish and grow. LDRs just require more effort and sacrifice, but in the end, it is good to remember that you get as much as you put in, that it is worth when it applies to you and your partner well.

The truth is, the greatest journey between two people does not require a plane ride over the Pacific or a six-hour drive through freeways. The greatest journey between two people only entails maturity, trust, and the most essential element of all – Love. With open communication lines, sincere commitment, surprising creativity and the right person, nurturing a relationship long-distance is possible. It is that simple

Jo Anne D.P. Villarosa is a 23-year-old Filipina non-profitier in California.



ATTENTION:

Doctor to the Barrios Anyone?

Agnes P. Mariano

I have been asking my friends what possible I could write for this issue of *The Aesculapian*. I have been thinking of a lot of things to write about but I did not know how to start with it. I even mad a deal to a friend from the *Aesculapian* to give me a topic to write about and I will submit an article to him in return. Well that was one of those desperate ideas I thought of. How I wish I got another research article like NGINIG SA UERM to write about, though it took me a year before I completely finish that assignment. Mind you those stories were real and based on the stories of the employees and students.

I am beginning to loose hope when I remembered about the topic of the 17th Florencio N. Quintos Memorial Lecture given by Dr. Jaime Galvez-Tan last February 2, 2007 at the College Auditorium. Guests from the Philippine Pediatrics Society, the Family of the late Dr. Quintos, the founder of the Department of Pediatrics of UERMMM and to which the program was named to his honor; consultants and residents of the Department of Obstetrics and Gynecology were also present. The Department of Pediatrics spearheaded the event. The presence of Dr. Fe Del

Mundo, author of the *Textbook of Pediatrics and Child Health*, make all of us who attended the event feel blessed and proud enough to see her in person. Many took the chance to seat beside her and have their picture taken. Unfortunately I was not able to have a souvenir with her; I will just keep a picture of her in my head.

I just found myself seating on fifth row seating at the back of the consultants. I was supposed to do my PD paper, and leave the room as soon as I signed the attendance. But here I was, trying to read Harrisson's with Dr. Galvez – Tan in the background. He started with the presentation of the current status of neonatal care and the alarming state of child health care in the country. As I look into the figures he presented it was evident that there was really a problem in the health status in the country. He also mentioned that despite the campaign of the government for supplementing food products with essential nutrients, there was still a problem with vitamin deficiencies and other diseases.

The doctors gave a sound of protest when Dr. Galvez –Tan said that there was not a single policy in the Department of Health that speaks about Neonatal care. Well I agree with him, after visiting the Department of Health website (it is where we download policies to be used in Community Medicine) there was no policy or any Administrative Order pass for neonatal care.

He also discussed about the importance of education of women and its effect in the improvement of child care as well as the supposed to be role of the local government officials in the improvement of health care in their provinces and municipalities. He also gave an overview of the current statistics of health care professionals who leave the country trying to seek for greener pastures. That was really alarming, with the less number of students entering medical school and the increasing number of doctors shifting to nursing for an easy way to go abroad. This does not include the number of nurses who leave the country and the number midwives getting into nursing and leave the country as well.

Of all the factors in the improvement of neonatal care in the country, the decreasing number of health care providers caught my attention. Just looking into the mushrooming of schools offering caregiver and nursing courses, there was a noted decrease in the number of nurses in the country. I remembered an interview in TV with a medical licensure exam topnotcher. He was number one in the board exams but he will leave the country earlier that year to work as a nurse in the US. His reason for leaving, he wanted seek better opportunities abroad in order to help his family. All of them who leave and find their luck abroad have their own reasons leaving a country scarce of health care providers. All of us are struggling to finish school and have the opportunity to work abroad. My brother and I used to talk about leaving the country as soon as we finish school. He was a nursing student in another university.

People around me used to say, "Ay med student ka, e di punta ka ng America?", I just give out a smile and never answer their question. I do have plans of leaving, but I do not like talking about it. But there was one instance when someone in our barangay told me this "Ay kapag nakagraduate ka may doctor na dito sa atin." Again I smiled and never said a yes or a no. Probably because I still could not decide, I always tell my Nanay, "I'll cross the bridge when I get there". Safe enough so that no one will feel bad if I decided to stay or go.

As I looked around and look at the faces of my classmates I try to think if the lecture had an impact on them. But when I looked into the faces of the consultants in front of me, I told myself, they looked fulfilled yet they are here. Some might have left the country in the past but still they go back and serve the people of their own race and color. As the lecture ended, I looked into the chapter that I was reading and I smiled. I may have not finished my PD paper but the things I learned after an hour and a half sitting was worth sacrificing. My ambitions and idealism collide in such a way I still do not know until now. It was still a long road to finish line, there was still time to think about the offer that was made, Doctor to the Barrios, anyone?

Katharsis

Practically there was no reaction
(an active or passive uptake)
that she did not see
and give meaning to
when truth was it was nothing
but uncontrolled reflex.

Would the physiology of his smile
reveal the secret of this woman's fantasy

This did not cause a burning sensation
just below the sternum.
This did not cause

Serendipity

Franklin Sapalo

The first time I saw you
I admired everything about you
You're everything that I'm not
Your something that's ideal

Every each day that passed
I wonder if you're the one
To put colors in my life
To fade away the memories of the past

The second time I saw you
I never expect it to happen
Maybe, things not sought for
Are made for a reason

Heaven knows
What lies in the future
Where this serendipitous moment
Will lead us

But whatever happens
I will calmly wait for the day
That my feet steps forward
And make the first move to meet you

What If... A Love Story in Medical School (2nd Part of 3)

Greggy Panga

Upon receiving the letter from **Donna Pedroso**, the daughter of Gretchen Panganiban, Glenn Madrigal anxiously opened the envelope and took out the letter. This is the first time in over **20** years that he received a letter from his estranged love. He unfolded the letter and slowly read the contents.

Dear Glenn,

Do you remember the words you uttered to me while waiting for the elevator on our first day in first year medical school? I remembered being taken aback and **developed** this allergic reaction whenever I see you in class or even outside school. I thought of you as a very annoying, egoistic and simply unbearable persona. And worse how fate may have got us together, we were assigned to the same study group – at first, I wished that you just develop this malignant condition just to get rid of you but fate must really have favored your existence in my life. Through the entire first year in medical school, my energy was drained in constantly driving you away or putting you down. Overwhelmingly, the summer before our second year, I just couldn't help but feel a sense of emptiness without you. Shameful it may sound, but I missed your constant teasing.

On the start of our second year, what originally annoyed me happened again. Right there in the elevator, you uttered the same words and instead of feeling of hatred, a part of me wished that it were true and not just a welcoming remark for the school year. We were assigned again to the same study group. At first, you found it weird that I was actually attempting to make peace with you everyday but the assuming the type of person that you are, you realized that there was something else going on between us. We finally jived and later on, you asked me out on our first date. By the end of the second semester, we were officially a couple.

The summer before third year was one of the excruciating experience for us. We were just a new

couple and yet we have no choice but to temporarily part and go home to our families in the province. Being away for two months just intensified my desire for your embrace and for your comfort <> whenever I feel stressed with our toxic professors or depressed with family problems. I really missed those times when you make a fool of yourself just to make me smile. You are the one that gives me strength and inspires me to always do my best. Third year came; we were like just any couple constantly being intrigued with issues concerning loyalty, friendships and even priorities. But, amazingly we were able to surpass them all.

The internship was bearable despite the physical hardships in the different departments because I knew that whatever happens, you were there to constantly boost my morale. And with a rather good luck and hard work, we also passed the medical boards even if we lack the appropriate time to review. Yet, it seemed everything has a price worth to pay, your parents decided to send you to the US for your residency. I knew that it was also what you wanted even back then in first year and because I love you so much, I selflessly agreed to your decision and decided to patiently anticipate for your return.

Now, you may have wondered why I just vanished from your life for the past **20** years without even saying goodbye or explaining the reason for such action. 6 months after you went to the US, I had an accident while participating in a volunteer work in Southern Mindanao. For a time, I lost my memory and worse, my parents had no idea about my whereabouts and that probably explain the reason why your family could not locate me. I was taken cared by a kind old couple. And due to the memory loss brought about by the accident, the couple's son, who was a well-known Neurosurgeon was summoned from the US. With the way he took care of me, I cannot help but to fall for him. After **1+**year, we got married and decided to migrate to the US. From time to time, some strange visions flash in my dreams as if reminding me of my past life. I decided to dismiss all of this because I knew that I love my husband and he really meant everything to me. We lived peacefully and happily, until one day, my husband decided to bring me along to a Medical Conference in Los Angeles, California and coincidentally, you were the guest speaker. I saw you from afar and just like the gushing waterfalls,

every memory of you, my family, our medical school years and my medical profession just return to me. For a while, I was obtunded but later decided to keep everything for myself for fear of ruining my marriage. After a few months, my husband was diagnosed with pancreatic head carcinoma. I was really torn with that truth but my husband told me to continue living and to search for my past and you. He shared that for the past 5 years we were married, he would be awoken in the night hearing me calling for your name. I was shocked to hear it but I couldn't help but to realize that probably even with the memory loss, my heart still knows you.

My husband died within a year and I was left bewildered with my daughter. I decided to go back to the Philippines and to reunite with my family. I inquired about you and was told that you searched for me but you eventually surrendered and got married. I could not blame you for marrying. Probably, if I did not go to Mindanao or if I have at least inform my parents regarding my whereabouts, this would not have happened to us. We could have been together. Yet, I also could not say that I never loved my husband for I really did love him through the time we were together and I really appreciated the kindness and love he showered my daughter.

While reading this letter, you probably have met my daughter and before you go back to the US, let us meet in our favorite place tomorrow at 9:11 PM. There is something you should know...

With love,
Gretchen

P.S. my answer to your uttered words back there in the elevator during our medical school years will always be "YES, I am yours."

Glenn folded the letter and placed it back in the envelope. Donna approached him and offered him a handkerchief. It was only then that Glenn realized that tears were relentlessly flowing down his cheeks the whole time he was reading the letter. He took the handkerchief and wiped the tears. She reached for his hands and he slowly held and squeezed it. Then, they walked away from the lobby and out into the busy Makati Central District.

Shrink Rap

Finesse Angelica Evangelista

Is there an easy way for me to keep my dignity in despicable circumstances?

Did you notice how those Park Avenue chicks dress up in that iconic little black Givenchy and tri-strand pearls like Holly Golightly when they want to look extra fancy? But did you know that their revered icon for grace and class is actually a 50-Dollar hooker? She is the quintessential example of grace in disgrace. Attitude spells all the difference, honey. Act as if. Clean up well. There's no excuse for anyone to look like a miserable bag lady just because the going gets tough. Force yourself into a smile; hopefully it would soak into your soul and soon you would be beaming for real.

What do men really want?

Hah, your guess is just as good as mine. But really now, is it what they want that matters? Believe me, I spent my best nubile years in vain trying to be one guy's dream girl. If you're not big on masochism, take the easier and more efficient way by discovering who you are and nurturing your essence. I guarantee that soon you would attract the one(s) suited for you and you wouldn't have to do the tedious task of being somebody else.

*I seem to be a magnet for conniving b*tches. Help!*

Pick one that's more like you:

1. Ang magnanakaw galit sa kapwa magnanakaw.
2. You attract more flies with honey.

It's either you were too naughty or you were too nice. If you've ruled out the fact that you've wronged anyone, then I think you need to sharpen those claws. I'm not suggesting that you have to turn into a b*tch to quell one. It's just that you sometimes have to toughen up when your basic rights are challenged. Get armed. Be prepared with fierce quips to counter vicious insults. Learn a thing or two about outsmarting your nemesis. Most importantly, be wary of the one

who's too interested in your agenda- reeks a bit much Sun Tzu in her cheat sheet, doesn't it?

I envy the guys who can charm their way into anything. I think I could use some help in this department.

If you are dedicated to learning the delicate art of pushing your luck, I suggest that you practice flashing the most amazing smile that you can manage. A gorgeous smile simply works wonders. Do you remember how the pre-cuckoo's-nest Tom Cruise had every girl at hello? The cuckoo's nest part, apparently is what not to do. House M.D. quirky can be cute, but cruise crazy, never!

To be a charmer means that you have to respect the charmee's wishes, preferences and most importantly, personal space. That French skunk has gotten it all wrong hasn't he? For all it's worth, make an effort to smell guapo. I notice I'm less mean to guys when they spritz that trusty Armani. To max out your mojo though, if you can get away with it, exude an enigmatic can't-have-me aura. Use the lyrics to Zhong Navarro's Don Romantico as reference.

I get mixed signals from this guy I really like. He already said that I'm not his type because something of me is a dealbreaker for him. What's confusing is that he still goes out of his way to be thoughtful, romantic even. Do we have good prognosis here?

It's safe to say that deep inside he really likes you, but I sense that he's convincing himself to run the opposite direction presumably due to the "dealbreaker" that you mentioned. I think he wants to be with you and yet tries to fight this compulsion. If it turns out that he likes you enough to overlook the fact that you are not his cookie-cutter dream girl, I think you guys have a chance. Meanwhile, as you give him some (some!) time to figure this out for himself, look into plan B, C, D...A pretty woman (I know who you are□) such as you must never run out of worthy stand-ins, particularly those who are on an as-is-where-is basis. I pray that the end result makes you very happy in the long run.

Bookmark

Angeli Marie Sta. Maria



Eragon

by Christopher Paolini

This one is probably for virgins. The world is now bedecked with hundreds of volumes chronicling worlds beyond ordinary eyes that fantasy has now settled comfortably within the cradle of pop culture. Movies flood the box office, some are a work of fiction but based on history (did you notice that the Chronicles of Narnia have biblical allusions? Or did you know that some scholars say that Tolkein's work is a different way of telling the story of the world wars?), others are a world of pure imagination. It's strange that at the age of high tech toys, we succumb to the lure of old world charm, the simplicity of past... and we twist it to make it even more beautiful.

Author Christopher Paolini was only 11 when he began to write the trilogy, and with that age comes the claim that he was not influenced by other great works of the genre such as those of Tolkein and Lewis. Paolini was home-schooled to boot. But lo and behold, some elements of his book still mimic that of the classics. His description of elves as the fairest creatures stand with similar descriptions from other authors, so he may have read a handful of fantasy novels, but it is clear that he did not plagiarize any of the masters. His story stems from his own mind, and the characters are as complex as they come. But why is Eragon for virgins?

If you're no stranger to reading fantasy fiction, you may find Eragon a little too slow or even meager on the details. Paolini certainly will try to keep you engrossed, but I for one realized that the wording was far too simple for me to be captivated and lose one night's sleep over his work. Unlike so many other books I would so far dare to compare Paolini's work

to—Rowling and Colfer (Eoin Colfer is an Irishman who writes the Artemis Fowl series)—I was able to put Eragon down and get a good night’s sleep without thinking about missing out on the story until daybreak. His story certainly does not lack a mystique required of fantasy fiction, but I didn’t find anything new that I would never forget his work. If I ever learned anything from my mentors in writing in college, it would be that most stories nowadays are so much alike, that the challenge for writers is to tell the story in a unique and fresh way. Unlike Colfer’s twist of our perception of the world of faeries, elves, centaurs and dwarves in the Artemis Fowl series, Paolini stuck to the classic view of them, which I believe took away from the excitement of “other possibilities”. If you haven’t read any fantasy novels before, I’d suggest you start with Eragon (like I suggest you start with listening to Andrea Bocelli before listening to other operatic voices).

What I did treasure about his work was his beautiful elucidation of the relationship of Eragon with Saphira, his dragon. From egg to hatchling to young dragon to Saphira’s reaching the age where she could breathe fire, Paolini made sure you could see Eragon’s dedication to her that even their conflicts were poetry hidden in his simple prose. It is what every book should have: not a mere adventure for the blood to pump through your vessels, but also a relationship to relieve the soul. (Too bad the movie almost entirely denied us of it.)

In the end, though I may have not been truly satisfied with the book, I wouldn’t deny others the pleasure of reading it.

Popped Corn

Angeli Marie Sta. Maria

Night at the Museum

The movie starring Ben Stiller is a great movie to watch in between days where you think you can’t take another day of class anymore. It’s a light movie with no excess brain power required to enjoy it. Although its plot and special effects were probably aimed at

entertaining a younger age group, anyone can still enjoy its witty humor.

Night at the Museum gives as much punch into its story as it does to its comedy. In the movie, we see a struggling father (Stiller) trying to make ends meet to keep his son’s respect for him. He therefore has to put his entrepreneurship and mundane creations to the side and get a steady job, which, after a tedious job-hunt turns out to involve being the night watchman at the Museum of History and Natural Sciences. Unfortunately, the museum houses a mummy with a cursed tablet which turns the museum artifacts to life at night. He therefore has to keep his eyes peeled, letting nothing or no one in... or out. This also entails getting the displayed figures to get along with him and each other. Unfortunately, he isn’t the only one who knows about the tablet, and people are trying to get a hold of it for other reasons.

The creators of Night at the Museum left no detail out. The motion of all the artifacts which aren’t human are believable enough. One in particular is the Easter Island Head, which, if you watch the movie will be one of your favorites, I am willing to bet, despite the fact that all it says is “Dum dum, Me want gum gum...” and little else. Actually, that’s what makes it adorable... Other than the talking sculpture, other characters are memorable as well, such as former US President Teddy Roosevelt (played by Robin Williams) and even a zealous cowboy played by Owen Wilson. There’s also Dick Van Dyke; and who wouldn’t love Van Dyke? Although many will remember his performance as Bert in Disney’s Mary Poppins, he takes on a new type of character in this movie and proves that he has perfected his craft. And wait for the part where you finally meet the Pharaoh... it’s hilarious!

Apart from the all-star cast and great humor, you can’t fault the creators of this movie for their outstanding effort at special effects and CGI. The movie is action-packed enough to keep squirming children in their seats in the theater, so for anyone who can’t stand squirming children in the theater, they should try watching this movie. Adults can also still relate to it, especially if they can find themselves either lost like Stiller’s character or motivated like Van Dyke’s.



Inspiration on Screen

Angeli Marie Sta. Maria

The trend is back. Series focusing on the health sciences are popping back up, and its only competition for air time are shows on reality TV and forensics shows. Even since the advent of the first projector, however, medicine has been a good source of entertainment and inspiration. Let's take a look at some of the best movies and series that are inspired by the world of medicine from the 1980's to the present.

When asked to name a movie about medicine that inspires you, *Patch Adams* would have probably be the first movie to have popped into your head; yet *Patch Adams* isn't the first movie of its kind. Movies like *Gross Anatomy*, *Vital Signs*, and *Lorenzo's Oil* preceded *Patch Adams*. *Patch Adams*, based on true events, shows the struggle of one person to revive the art of medicine.

There are, of course, differences in what these movies inspire in lay persons or future medical, PT or

nursing students. *Gross Anatomy* was released in the 1990's. It deals more with the struggle of a freshman medical student, beginning from the motivation to go into medical school to the struggle to stay afloat. *Gross Anatomy* shows that students need not be geniuses to go into medical school, just that they are motivated enough, whatever the source of the inspiration may be. In this movie, a group of freshman medical students struggle to stay afloat by sticking together, but their individuality is kept. It also portrays that the environment in medical school creates fierce loyalty in those who become friends.

Lorenzo's Oil starring Nick Nolte and Susan Sarandon tells of the struggle of parents, neither of whom is a physician, with their child's demyelinating disease of ALS. *Lorenzo's Oil* is based on a true story, and it should remind us that as physicians, we should not give up to cure or stamp out any disease until there is absolutely nothing else we can do. *Lorenzo's Oil* also reminds us that medicine is a dynamic profession

and that we should not ignore research and update ourselves to the latest recommendations regarding treatment. Primum non nocere. As allied health professionals, we should know by heart our goal: to cure often and palliate always.

There was also *Outbreak*, starring Dustin Hoffman and Reneé Russo. You could classify this one under action and suspense more than medical drama. In this movie, a deadly virus jumps species after a host animal, a monkey, is captured from Africa and brought to the United States and causes an epidemic. You also get a hint of how biological weapons are developed and how the CDC controls such outbreaks (although in this movie, they are aided by the army). But the high point of the movie is more of the political agenda woven into the plot and not the medical drama related to it. However, you might get a glimpse of someone familiar in it. *ahem*McDreamy*ahem*

One of the latest and most striking movie created that inspires people to trust their physician actually stems from the past and not the present or future. The HBO original movie “Something the Lord Made” starring Alan Rickman and Mos Def released in 2004 chronicles the story of the creators of the Blalock-Taussig Shunt, a turning point in the treatment of congenital heart disease (Tetralogy of Fallot). Dr. Alfred Blalock’s struggle to make his colleague’s efforts recognized shows that doctors are also human. In this story, Dr. Blalock’s laboratory assistant, Viven Thomas, a frustrated physician himself, was the inspiration to create the complicated procedure to try to correct the malformations in congenital heart diseases. Since Thomas was black, he was always shunted to the side of mainstream medicine but with the insistence of Dr. Blalock, he is now known as a great force in the development of the procedure.

But enough with the silver screen, let’s now focus on the box. Maybe not everyone in campus would remember wonderful genius Doogie Howser portrayed by Neil Patrick Harris, so probably our younger PT and Nursing students wouldn’t have watched it. Doogie Howser, M.D. began airing in 1989 and ran for five seasons. Doogie was the son of a physician and was a prodigy, finishing medical school at the age of 16.

Although the series focused more on the struggle of a 16 year-old genius instead of his struggle as a physician, his story is a witty one. With his good friend Vinnie Del Pino by his side, they often have adventures... And since this was the era of ALF and Perfect Strangers, you can imagine the silly trouble they get themselves into. One thing we can always remember about this series is how each episode ends: Doogie typing in his electronic diary... pretty high tech at the time. Although not every one in medicine, nursing or PT could have the mind of a genius, we get by alright.

Then there was *E.R.* and *Chicago Hope*, both being more dramatic as they dealt with life inside the hospital and how physicians take everything they experience inside the hospital home. The series *E.R.* in particular, which starred George Clooney and Noah Wyle was a big influence to me at the time, as both my sisters were already on their way to becoming doctors while watching it. Who could have thought that spotting errors in the treatment procedures and protocols were fun? And although there were obvious errors, you’d come to realize that at least they portrayed the human interaction inside the hospital accurately enough.

After *E.R.* and *Chicago Hope*, television started to focus on reality TV, crime and forensics, telenovelas and (to my chagrin) chinovelas. Unless you count the soap opera *General Hospital* (which, to my knowledge stopped being about a hospital around 1990, as my own mother stopped watching it) and the comedy *Frasier* and the reality show *Rescue 911*, medicine-based TV died out for a while. It wasn’t until *Grey’s Anatomy* and *House, M.D.* that med-based TV wound its way back into mainstream TV, and it’s doing well. For those who want to be in a better mood after watching a med-based series, there’s *Scrubs* which takes a peek into the life of a resident in medicine and surgery. Poor John Dorian, or JD. He’s always the target of Janitor.

A lot of people now tune in to watch these series, health professionals and laymen alike. Hopefully, they will inspire a new generation of doctors and allied health practitioners.

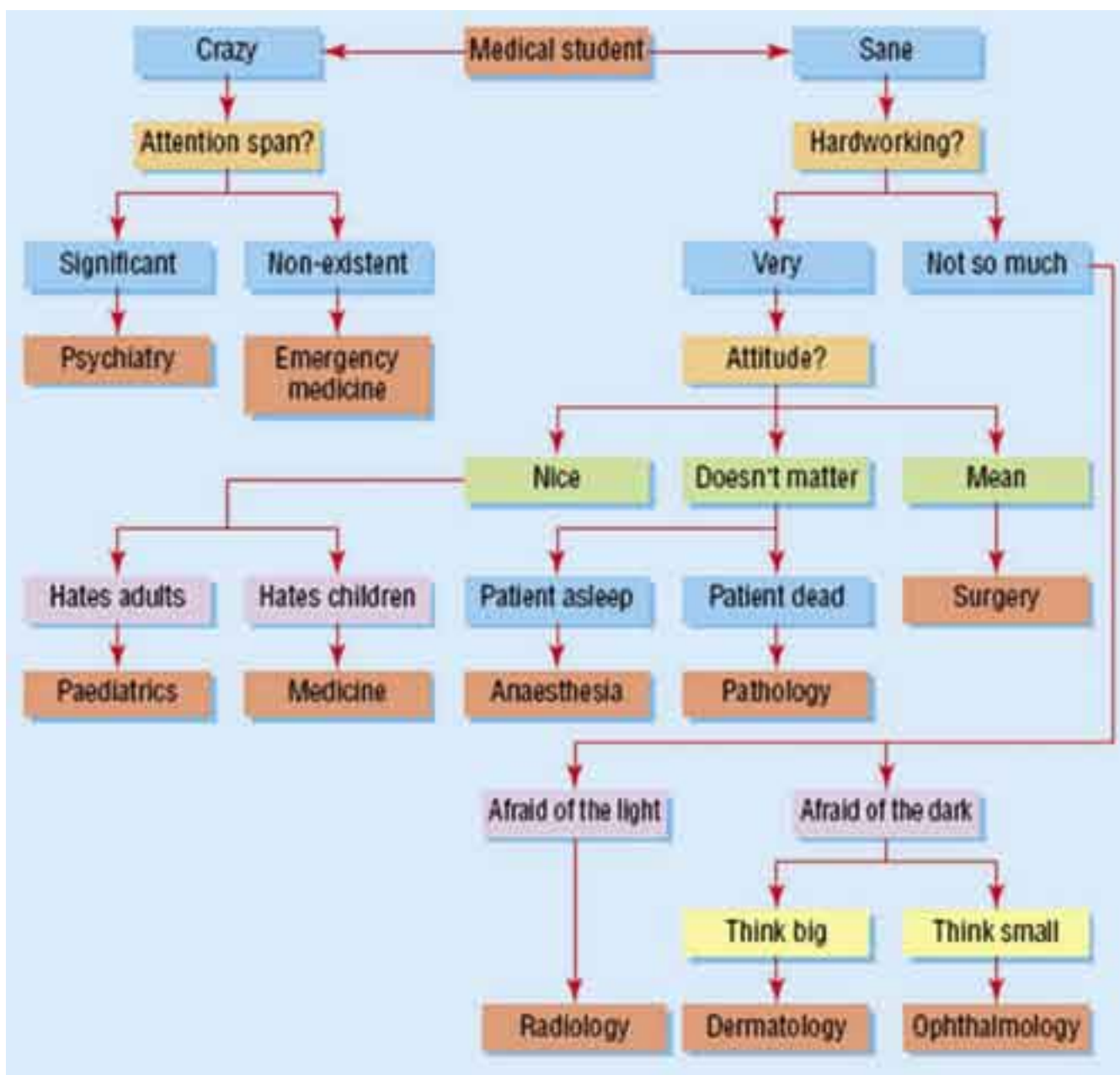
Physician Know Thyself

Kara de Jesus

In an article published in BMJ, Dr. Boris Veysman, a resident physician in Yale School of Medicine in New York University published a simple algorithm for medical students to realize their potential in future specializations. The idea to create such an algorithm came from dealing with numerous students who feel apprehensive about choosing their specializations. "Students complain that they need balanced career guidance extending beyond

'my specialty is best' expressed by many doctors. Inspired by my interactions with residents training in all major specialties, I have created an algorithm to guide students' choice of specialty on the basis of their personality characteristics," says Dr. Veysman.

His algorithm has been well received in his institution, and many students and residents even exclaim, "That is so true."



JOIN THE AESCULAPIAN'0708

Editor-In-Chief: Juan Agustin Coruña IV

Associate Editor: Gwenalyn Gail Garcia

Managing Editor: Jasmine Corinna Balbutin

Finance Officer: Eugenio Puzon III

Logistics Officer: Patricia Manalastas

Graphic Design Editor: Jason Triton Ligt

Arts Editor: Michael James Limin

Literary Editor: Anna Francesca Bayrante

News Editor: Martin Capucion

Features Editor: Franklin Sapalo

Graduation Game

A. Sta. Maria, C. Monsanto & G. Agga

This game was made to be answered by UERM students to keep both the mind and body fit for graduation. This game burns off calories and keeps the mind a little more active.

This game is for 3-5 players, with either of the following or higher level: Physical therapy students, 3rd year or higher; Nursing students, 3rd year or higher; Medicine students, freshman or higher. However, all students are still welcome to try. Average game time: 20-45 minutes

The object of the game is to get to the graduation square before other players do. All players start at the UERM freshman level and answer all the questions posed while multitasking by doing a physical consequence either simultaneously or after answering the question.

Start by putting all the tokens on the yellow start box. Oldest players get to start first and continue clockwise in the order the players are seated. Move your tokens indicated by a roll of the die.

If you land on a square with an arrow, your next move will proceed in the direction indicated. If you land on a square without an arrow, you continue in the direction you were previously moving. If you come to a corner box, move in the direction indicated by the arrow.

If you're asked to a few spaces forward or backward, you need not answer the question nor perform the physical consequence.

This game gets a little harder as you progress forward on the board (actually, it gets both harder and the physical consequences get sillier). Before anyone can proceed to the graduation square and win, the player must stay in the Finals (purple or revenge) box and answer the question posed by his opponents.

Colors:

Red – Red boxes indicate bad luck (sorry, the creators of the game aren't Chinese).

Blue – Blue boxes are bonus squares. These may give you a boost or require you to perform a simple task and not answer a question. If you cannot perform the task,

however, there are consequences.

Green – Easy-peasy questions are in the green boxes. Answer them and prove you aren't a dunderhead or else keep performing the physical consequence until your next turn.

White – Pure recall questions are in the white boxes.

They are a little harder than the easy-peasy questions, but manageable for the students of UERM. Shame on you if you can't answer them. Move 2 spaces back if you cannot answer them or answer incorrectly.

Purple – Revenge! There are only three spaces which can lead to your downfall by the hands of your opponents. When you land on these spaces, the players indicated can ask of be asked a question.





From Duty — Spending Four Years of Education

Junior Intern Pius Okoro-Orji awaits responsibility during his rotation with Surgery. Along with many other clerks in the ending school year, he anticipates the conclusion of his medical education with graduation in a few weeks. Read more on page 26 (Student Life)