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THIRD EDITION, VOLUME 6, NUMBER 3

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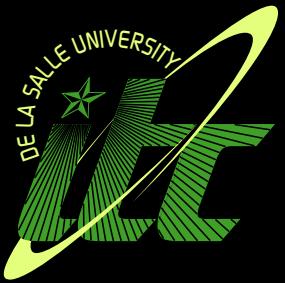
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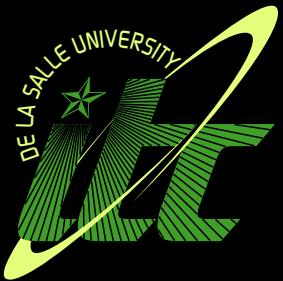


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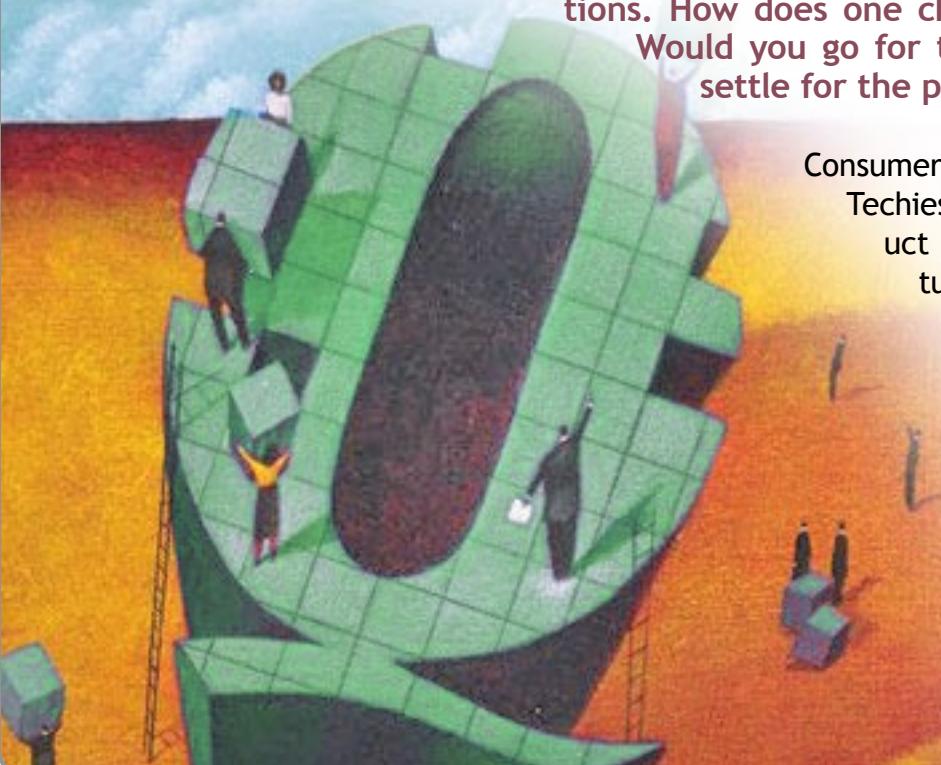


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QUALITY ASSURANCE: Being the customer's advocate

*By: Harold Paolo D. Bautista,
Agnes C. Bulay*

Buying a TV? Sony, Panasonic, JVC, Sharp, Samsung, LG, Next-base, Shinco, Pensonic. So many brands, so many options. How does one choose? Buying a DVD disc? Would you go for the original, or would you settle for the pirated copy?



Consumers have the power of choice. Techies may prefer to buy the product with the better set of features. Budget-conscious persons may opt to buy the cheaper product. Still, others prefer to buy their products based on their brand names. Why go for brand names? Because these names signify QUALITY.

In today's cutthroat competition, product quality is the vital ingredient and differentiator and has spelt the difference between success and failure for every business enterprise. One major business objective is to create and retain satisfied customers. Satisfied customers are created by providing products and services that meet and exceed their needs and expectations.

Role of Quality Assurance

Nowadays, fixing defects after a product is launched can be very expensive and damaging to the company: the product needs to be recalled, dissected to discover the flaw, compensate customers for the faulty product, and worse, deal with legal hassles.



The biggest loss in all these is the damage to consumer confidence in the product and the company. This is where quality assurance (QA) plays a vital role in identifying defects, faults,



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and shortcomings of the product even before it starts production or reach the market. This would ensure that defective products or services are not produced, and that the design meets performance requirements.

Failure testing is a process that one performs on a consumer product which is basically testing the operation of a product, often under due stress, until it fails. This exposes many unanticipated weaknesses in a product, and the data is used to drive improvements to the product. Often, quite simple changes can dramatically improve product service.

QA permeates all aspects of product development, from the design phase all the way to the finished product. That's why QA is an indispensable business function of this day and age.



The QA Engineer

The vanguards of quality in the company are the QA engineers. In the olden days, product developers outnumber QA engineers. Not anymore. We now stand witness to an industry where QA is given a larger piece of the pie, clearly implying the growing importance of QA engineers.

Ever wanted to be the villain? The spoiler? The party-pooper? Do you enjoy antagonizing developers and being vilified at the same time? Then being a QA engineer is the right job for you. QA engineers are placed in an adversarial role with development: every win for QA is a loss for development.

Developers accused QA of deliberately testing absurd scenarios and performing improper actions just to cause errors, while QA ac-

cused developers of denying what were clearly failure modes or omitted functionalities. The debates were endless: undocumented feature? missing requirement? user misbehavior?

Sudarsanam Ankipalli, an established QA practitioner in India has this to say about QA engineers:

"The engineer needs to assume the form of varied customers, so as to ensure that the product is stable in all conditions and usage...Being a quality assurance engineer is akin to being the customer's advocate. It is the quality engineer's charter to challenge and analyze every process, and every aspect of the product idea to locate possible defects, loopholes and loose ends. Since the product use environment is not known and the consumers are man-





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ifold, a quality assurance engineer needs to think of every possible scenario, and the issues that might arise in actual application situations...his is an immensely challenging proposition requiring out-of-the-box kind of thinking, in-depth research, considerable domain insight, and implementation skills."

Challenges

The job of a QA engineer calls for immense domain knowledge, understanding of critical quality assurance concepts, specific product knowledge, innovative test case designs and review processes, debugging contribution to specifications and design, bug analysis, etc.

Who's cut out to be a QA engineer? For such a critical and demanding function, one has to be a "wild and wide" kind of person with a technical bent of mind. Wild in the sense of being a supremely creative thinker with the ability to put



oneself in the shoes of potentially millions of end-users and think of the hundreds of different needs they might have. Wide in the sense of being able to think expansively in terms of utility and application of the product.

Quoting again from Sudarsam:

"It calls for someone with the analytical and logical mindset of an Aristotle, literally! An ability to whip, rip and strip the product to lay bare any flaws or shortcomings, and to ensure that it is as close to perfection as possible. Good communication skills are an asset. A quality assurance engineer has to be able to communicate his/her vision of the product/solution, the changes required, and the rationale/reasons for such changes."

QA offers a lucrative career with immense job opportunities as well as well-defined career paths,

apart from considerable career stability and sustainability.

SMO's take on QA

The Systems Management Office (SMO) recently formed its own QA team. The team is composed of Ms. Vivian Sy, Mr. Ryan Salvaneira, Mr. Harold Bautista, Ms. Lorna Acorda, and Ms. Rowena Santos. Heading the team is Ms. Agnes Bulay.

As part of its strategy, around four students from the College of Computer Studies will be added to the team for the duration of their practicum period. These students will help in performing QA on several existing systems of SMO. The results of the QA will be given to the Project Leaders of the respective systems, who will then assign the necessary revisions to their programming team.

Summary

Both in an individual's life and in that of an organization, quality plays a crucial role to make a difference and be noticed among the plethora of competitors. Good quality practice must be embraced at all levels and instilled strongly within an organization's culture. That is what quality assurance is all about.



Up-2-Date :

Office of the Director (OD)

Partners in Learning (PIL)

By: Samuel P. Mallare

Microsoft Philippines is now being led by a Filipino (TJ Javier). It has a few initiatives that help the Philippines improve its quality of education. Partners in Learning (<http://www.pil.ph/>) is one of them. Its motto: "No teachers left behind." By training as many DepEd teachers as possible, it will result to "no student left behind."

Taken from the PIL web site,

"The [Partners in Learning](#) program is part of Microsoft's long-term commitment to empowering teachers and students to achieve their fullest potential by providing greater access to the latest computer technologies and training in how to use them. Over the next five years, Microsoft's Partners in Learning program will provide an investment of software and over US\$250 million in cash grants worldwide to deliver technology skills training to students and teachers and



This partnership with the Department of Education (DepEd) gives DepEd new hope in its struggle to uplift its quality. This greatly supplements DepEd's Adopt-A-School Program (<http://www.deped.gov.ph/quicklinks/quicklinks2.asp?id=3>) where benefactors can enjoy tax incentives (http://www.deped.gov.ph/cpanel/uploads/issuanceImg/REV REG 10-2003_00001.PDF).

Partnership with Technology Institute of Tokyo

By: Samuel P. Mallare

DLSU-COE will or already has a partnership with the Technology Institute of Tokyo (Tokyo Tech). Tokyo Tech will set up a small office in campus. This could be the very first of its kind for DLSU. The two institutions are planning to set up a link using satellite and (wired or wireless) leased line facilities. There are also plans for distance learning, joint research for faculty members and students, and faculty/student exchange program. Some of our faculty members have studied and/or done research in Tokyo Tech already. This will certainly raise the level of education and research for DLSU, which directly in line with DLSU's short- and long-term strategies. And since this partnership will heavily rely on technology and infrastructure, ITC has another golden opportunity to contribute to the achievement of DLSU's vision.





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Technology in Education

By: Samuel P. Mallare

I'm sure you have heard of CREM's training modules. However, two academic units have not fully participated in all their modules. This is not because they are not interested in using technology in enhancing its knowledge delivery and learning initiatives. It's simply because they have taken advantage of what are already available and are focusing more on improving the learning and research aspects.



We all know that the Graduate School of Business (GSB) has been using Web Course Tools (WebCT) as its on-line learning management system. GSB is using books that come with WebCT modules. These modules are readily uploadable on our server for immediate use.

Chemistry Department is using books from McGraw-Hill. With their partnership with McGraw-Hill, the Chemistry Department and its students



benefit from updated transparency materials (for OHP-based teaching/discussions) and access to on-line multimedia materials (i.e., text, graphics, and videos). When there's a new version of the book, new materials are also made available by the publisher. Take note that the Chemistry Department teaches undergraduate students from all colleges since each student should take at least one Chemistry subject before he/she graduates. So we can just imagine how many students already benefit from such a learning environment.

With the available facilities, faculty members from GSB and Chemistry Department can focus their energies and resources on teaching/facilitating and research.

PDCA, anyone?

By: Samuel P. Mallare

With all performance measures that we have defined, we have not successfully measured all the metrics and used them in our day-to-day operations. Too tedious? Why have we defined them then? We've seen these metrics all these years. Are they just for the work plan documentation? Are they not important to us? Are we going to benefit from measuring our performance? What's in it for us if we know how far our uptime is from 99.999%? What's in it for us if we're able to achieve a milestone or complete a project on schedule? You might want to discuss your answers to these questions in your formal and informal meetings.

What have done so far as regards these metrics?





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The Department Heads have identified the most important and critical metrics. We will focus on those metrics to measure our performance. Then we will use those figures to improve our operations. Documentation Office has been monitoring our web search performance. Our web search design has improved much in 2004. Our web visitors spend less time in searching for information. This is manifested by the huge drop in search operations on certain keywords. We have also improved on promoting our web sites and updating our contents. This is also manifested by the increased variety of search operations (courtesy of AtomZ search engine reports) and increased visits to our web sites (courtesy of Alexa Web Search reports, <http://www.alexa.com/data/details>).

We've been putting the time spent per activity in our status reports. Have these details been used to improve our operations or are we simply doing this for the sake of compliance? What is the value of knowing those details? What does it mean when one has consistently reported less than 120 hours (or less than 75%) of his/her residency schedule? What does it mean when one has consistently reported over 140 hours (or more than 87%) of

his/her residency?

I'd like to take this opportunity to thank all those who have consistently submitted detailed status reports with over 140 hours of effective strategy execution and relevant achievements. You are shining examples of the values that we engender here in DLSU. You manifest the excellence that we want to nurture here in ITC.

We've done well in our planning for this school year. We've executed many of our work plans. We've done a short review of our performance. Remember the TOWS - threats, opportunities, weaknesses, and strengths? Guess what! Several of our threats and weaknesses have been reduced. Some of them have even been eliminated already. We need to continue with our projects in the remaining months of this school year. The completion of those projects will result to rewards. Our operations will improve. Our outputs will have better quality. And we will have deeper sense of fulfillment. I challenge everyone to help one another to raise the level of our collective performance. Our operations are meshed together. One's weakness is everyone's weakness.

One's strength is everyone's strength. It may sound like a cliché or perhaps it is. Well, what can we do about it? How much can we commit?

Up-2-Date
Systems Management Office (SMO)

Human Resource Information System (HRIS)

By: Harold Paolo D. Bautista

Steps are now being undertaken by the SMO Team for the purchase of a Human Resource Information System (HRIS).

The Human Resource Information System (HRIS) is being eyed as the replacement for





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both the Faculty Information System (FIS) and the Staff Information System (SIS).

Currently, a sealed bidding process is underway between the chosen vendors and the DLSU Central Purchasing Station.

Once the winner of the bidding process is determined, a thorough evaluation of the system will be done by the SMO Team, the Executive Vice-President Office, the Vice President for Academics and Research Office, and the Human Resource Development Office.

On-line Faculty Attendance Ledger

By: Agnes C. Bulay

The On-line Faculty Attendance Ledger has been deployed recently. It is a web-based access to the faculty attendance records. College Deans and Department Chairs can check the attendance records of faculty members under their respective colleges or departments. It displays data regularly uploaded from the Office of the University Registrar's Faculty Attendance Monitoring (FAM) system for the current term and school year.

Up-2-Date Documentation Office (DOCU)

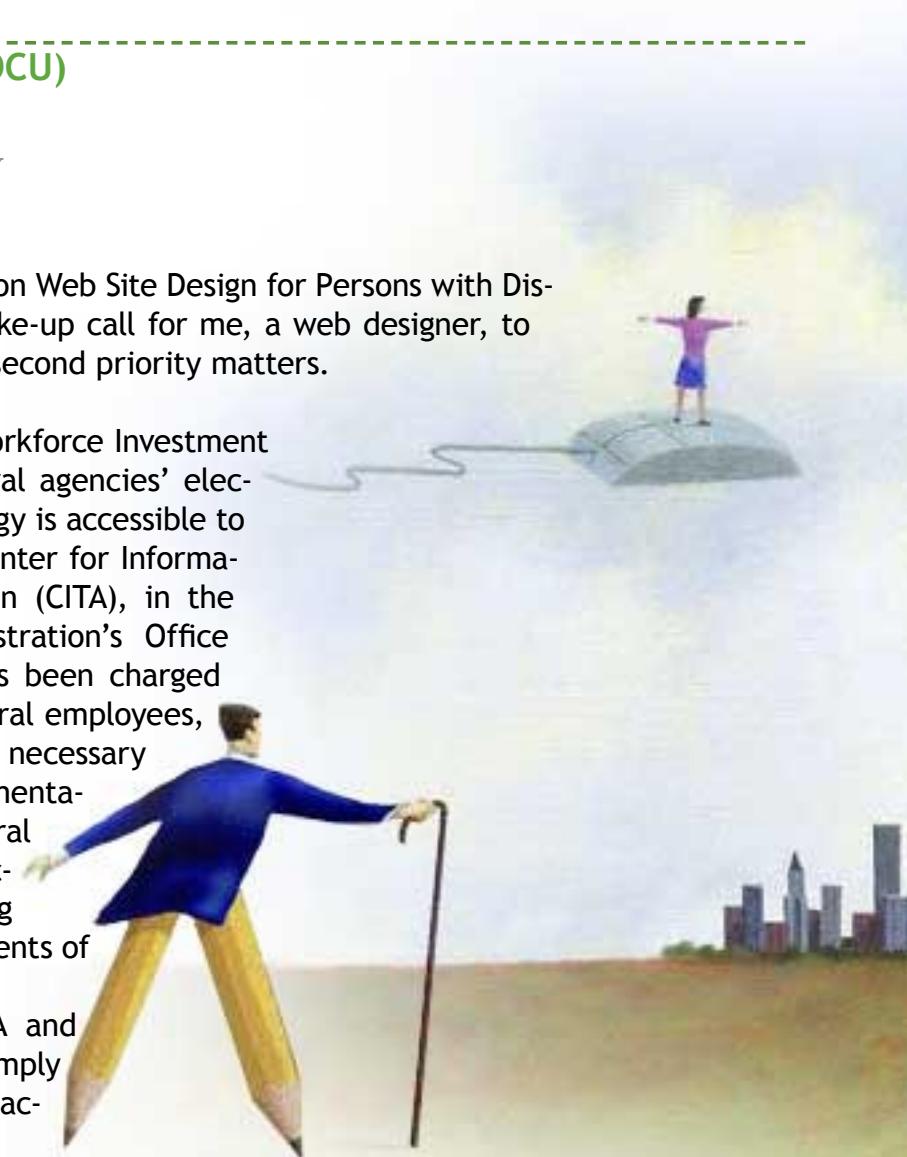
Website Accessibility

By: Reynaldo R. Mendoza

Attending the four-day seminar on Web Site Design for Persons with Disabilities (PWDs) served as a wake-up call for me, a web designer, to consider stuff that I treated as second priority matters.

Section 508 of the American Workforce Investment Act of 1998 requires that federal agencies' electronic and information technology is accessible to people with disabilities. The Center for Information Technology Accommodation (CITA), in the U.S. General Services Administration's Office of Government-wide Policy, has been charged with the task of educating federal employees, and building the infrastructure necessary to support Section 508 implementation. Using this web site, federal employees and the public can access resources for understanding and implementing the requirements of Section 508.

This law, observed in the USA and many European countries, simply states that web sites should be ac-





cessible to PWDs as they are also contributing members of the society. Not doing so is punishable by law.

Unlike here in the Philippines, there is no such law. But there is already a Manila Declaration Pact headed by Leo Valdes - our resource person, a La Salle alumnus - that government agencies should take steps in ensuring that government web sites are PWD-friendly. He suggested that everybody should try to use a screen reader at least once, to have an idea of the surfing experience PWDs go through when visiting inaccessible web sites.

The participants had a brainstorming on how to make web sites accessible. We came up with these resolutions:

1) To enable screen reader functionality:

- define ALT tags of graphic images
- use the ALT text in "fillable" forms
- use TITLE tags in text links

(In effect, for us who can see, this is the text

you see on images when you roll the mouse over them.)

2) Use the D-link beside a complex graphic image. The D-link is a new style in coding pages which links to a page describing the image.



3) Do NOT make links like CLICK ME, or MORE>>. These are really annoying for PWDs who use screen readers.

4) PDF files are usually inaccessible, though I make an exception for Acrobat Reader 7.0 which has a built-in screen reader. However, its features cover a very limited scope.

There are still a lot of factors to consider in accessibility. Always keep in mind that what benefits the so-called "minority" also benefits the "majority". A good example of this is the sidewalk ramps specifically-designed for PWDs in particular. Now, it is being used to move delivered items with

less effort, as well as by parents with babies in their strollers to conveniently get on the sidewalk ramp.

I hope you are able to visualize the concept and contribute in your own way to make our web site more accessible to the most number of "viewers".

Search by Google in DLSU Web Site

By: Precious Anne L. Taliwaga

The newest function of the DLSU-Manila web site is the Search by Google feature (<http://www.dlsu.edu.ph/help/utilities/search/google.asp>) found in the Help

page. This page gives you two (2) options: (1) to search the entire web or (2) to search the dlsu.edu.ph domain exclusively. If you tick the second option, you will

see a note which will indicate that the dlsu.edu.ph domain was searched exclusively. At the bottom of the same page, the options "Search within results" and the "Search Tips" are clickable.

Quick Links
:: Utilities Home
:: Advanced Search
:: Search by Google
:: Frequently Asked Qu

Related Links
Help Desk



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Atomz Search Upgrade

By: Precious Anne L. Taliwaga

One would think 6,000 web pages is already a respectable number for a university web site. Would you believe that the DLSU domain has already exceeded this limit?

As of October 2004, our Atomz search engine crawls 8,000 pages. The Atomz search function indexes web sites by crawling through the pages no matter how information is organized.



It can search through ASP, PHP, or other dynamic pages. It can create reports useful in learning visitors' web navigation behavior. Atomz account holders can even control search results based on relevance settings.

These information help the DOCU Team customize search results. The best example is the redirection to the My.LaSalle Log-in Page when one searches for MLS.



Redesigned AjCHE Web Site

By: Reynaldo R. Mendoza

Updates prompted the DOCU Team to redesign the [ASEAN Journal of Chemical Engineering](#) (AjCHE) web site. Cascading style sheet (CSS) positioned layout now gives the site a cleaner design and code. The navigation pattern, however, was unchanged.



DLSU-Manila IDs Updates

By Lemuel Cabia

The Registrar's Office has decided to switch to Unlimited Solutions' non-PVC smart Identification (ID) card without the magnetic stripe, instead of Digiland Solutions' PVC UltraCard. Both the new and replaced ID cards are "contactless" recognized primarily for its durability and longevity.

In line with this, ITC standardized the reverse-side design of the new digital ID card. The visual spotlight image of the Yuchengco Building façade replaced the previous magnetic stripe area at its back. The front visual designs of the IDs of DLSU-Manila and PSI faculty and students alike remain unmodified.

Some ID card signatories were also updated. The offices with new ID designs are Yuchengco Center, South Manila Consortium (formerly I-IC), Maritime Academic Ramp Project, Short-Term Courses, Cross-Enrollees, Contractual Workers, Summer Institute



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for Graduate Studies, BAMCREF, DLSCC, Alumni Office, Research Staff, PUSO, LASSO, and Brothers' Community.

The new ID contains a hidden smart chip and a bar code where data are stored and checked in corresponding locations for specific functions. The smart chip stores data to facilitate payment for transactions internal to DLSU including E-purse services. The bar code still records library transactions.

The Office of the University Registrar issues those ID cards for all types of students and prints the ID cards for other members of the academic community using the recently acquired printer - the Fargo Certified HDP Series (High-Definition Card) Printer/Encoder. The image quality output from this technology is fairly superior to our previous typical plastic card printers (e.g. the EPISuite, and the Edi-Guard Re-Transfer Printer Sub-system).

Since School Year 2002-2003, DLSU-Manila has been using a "contactless" Identification card (ID).

It lasts for an average of 5 years, with proper use.

CSB Classes

By: Precious Anne L. Taliwaga

The DOCU Team takes continuous improvement seriously and took courses at the College of St. Benilde (CSB) School of Design and Arts-Multimedia Arts program, individually. The thought was born during the Planning Workshop sessions held at the onset of the current school year. Most of us expressed sentiments that we were interested in taking sit-in classes. As a result, our trainings now include:

Reynaldo R. Mendoza, Jr.	:	Photography Fundamentals
Lemuel B. Cabia	:	3D Computer-Aided Solid Modeling
Francis Mark D. Santos	:	3D Computer-Aided Solid Modeling
Albert D. Gavino	:	Photography Fundamentals
Precious L. Taliwaga	:	Design Elements and Principles

The Team is currently looking for more programs that will further sharpen our skills and enhance our techniques in web development.

Up-2-Date Computer Facilities & Office (CFO)

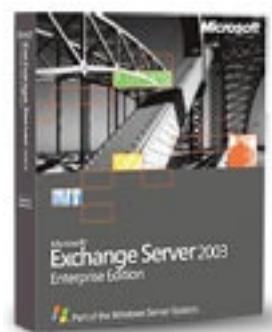
Migration to Exchange Server 2003

By: Irwin S. Jurilla

The Systems Group has recently facilitated the migration to Microsoft's Exchange Server 2003, its latest communication server. It has many new features and enhancements that improved its reliability, manageability and security. It helps deliver quality service capabilities demanded by end-users while helping organizations reduce their total cost of ownership (TCO) through server and site consolidation.

Its features include:

- 1) mobile, remote, and desktop e-mail access with state-of-the-art security and privacy;
- 2) lower cost of ownership through the services provided by Microsoft





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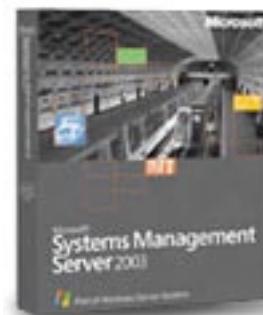
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Windows Server 2003;
3) high reliability and outstanding performance;
4) e-mail-based collaboration; and
5) easy upgrade, deployment, and administration.

Outlook Web Access now features a redesigned user interface very similar to Outlook 2003. It has a spelling checker, an easy-to-use server-side rules that can be created and modified by the user, and Web beacon blocking.

Support for tasks, auto signature support, and address book enhancements simplify the task of managing information. Using a Web browser, Outlook Web Access extends the messaging capabilities of the Exchange Server to the World Wide Web.

The migration to Exchange Server 2003 from Exchange 2000 Server was successfully completed last December 2004. Today, the system includes approximately 20,000 mailboxes.

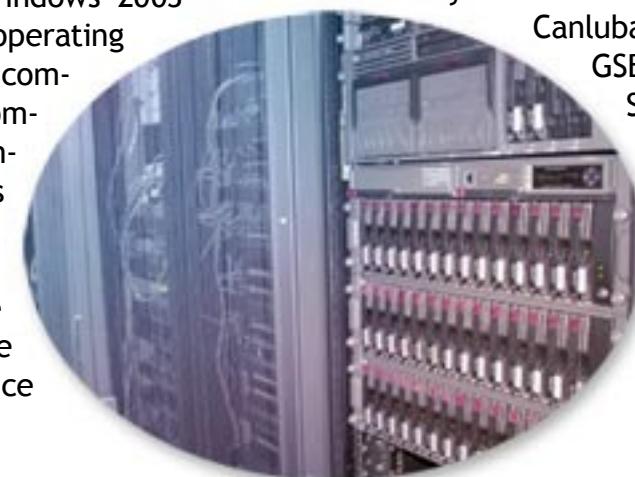


Inventory Software Implementation SMS Server 2003

By: Irwin S. Jurilla

The Systems Group led by Allan Tee has recently facilitated the implementation of the Systems Management Server (SMS) 2003. SMS 2003, the latest version of Microsoft's management software, provides powerful desktop administration tools for hardware and software inventory, software distribution and metering, and remote control tools. SMS 2003 runs on Pentium IV CPU with 512MB RAM. It can manage from Windows 2003 down to Windows 95 operating systems. Networked computer units can communicate among themselves as long as client agents are installed.

SMS Server 2003 will aid the SysAd Group in particular, to be more efficient in rendering service to the academic community.



Internet Infrastructure

By: Irwin S. Jurilla

ITC might increase its bandwidth requirement to 10 x E1 for the school year 2005-2006. (E1 is the bandwidth equivalent to 2.04Mbps.) At present, ITC has bid out its requirement of 8 x E1 internet bandwidth.

Our bandwidth distribution is divided between two (2) Internet Service Providers (ISPs). Meridian Telekoms and Pacific Internet. Meridian Telekoms provides 5 x E1 bandwidth while Pacific Internet provides 3 x E1 bandwidth.

The internet bandwidth is shared among the System schools Zobel, Araneta, Canlubang and RCBC-GSB (under PSI). Some DLS schools have their own direct internet link.



Maintenance for Server and Printers

By: Irwin S. Jurilla

ITC has enrolled its 2 units of Unix Servers, 6 units of Intel Servers and 4 units High-End Printers for maintenance. This is to ensure the availability and swift replacements of parts in case of unit breakdown. HP Philippines have been contracted to support the servers and the American Technologies Incorporated (ATI) for the printers.

Additional Equipment Purchased

By: Irwin S. Jurilla

1) New high-density rack servers have been deployed for firewall (2 engines), MS Portal (2 servers), Mail4/CCS1 and virtual servers. These may be deployed as a redundant server to existing setup, as replacements to old hardware or installed as new servers.

2) Three (3) standard Netshelter Racks have been purchased recently. These are additional rack servers that will accommodate additional

purchased servers.

- 3) Close Circuit TV (CCTV) cameras will be installed strategically in different buildings within the campus. A total of 32 cameras will be utilized 18 conventional units and 14 dome-type cameras. The type of camera that will be installed will depend on the site requirement. ITC will supervise in the installation of the cameras while the Security Office will manage its operations. The installation is scheduled towards the end of the school year to early summer.
- 4) A total of 250 units of desktop computer units will be purchase this term. These units will serve as replacement to older existing units in the laboratories. Some will be used as stock ITC units that will be deployed to different offices that will purchase desktop computer units. The hardware specifications of the units are 2.8GHz Pentium 4, 512MB memory, 40HDD, standard optical mouse and a 15" Color SVGA Monitor. For the V211 computer lab, a 17" monitor will be deployed. Below is the distribution of the desktop deployment.

Location	No. of Units
LS 335	- 47
V103	- 30
V211	- 46
G301	- 40
G304	- 67
ITC stock	- 20





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Computer Laboratory Operations

The Student Assistant

By: Maria Pilar Manzano (SA)

So who are the SAs? Students Assistants (SAs) are highly qualified students who are given the responsibility of watching over the laboratories along with the Laboratory Assistants. They are chosen from a pool of applicants based on a set of criteria, trained in customer service and minor computer troubleshooting, and given the task of managing the laboratory. From allocating computer resources to class students and freeslots, assisting the faculty-in-charge, and maintaining order inside the laboratory, SAs are an essential component of the service arm of the CLO.

The SAs are dynamic and fun-loving students who choose to be of service to their fellows. They are well-rounded Lasallian students capable of balancing work and play. This is clear



in the way they sang, acted and played bowling in last year's Christmas party. They all did well in hitting pins and high notes.

The next thing they are looking forward to now is the 2005 SA Awards Party. It will give credit to the outstanding members of the Central Committee and SAs.

The Laboratory Assistant

By: Maria Pilar Manzano (SA)

From serious faces to loving smiles, Laboratory Assistants (LAs) come in all kinds to serve the Lasallian community. LAs are contractual employees who manage the computer labs. They are given the task of keeping peace and order inside the computer labs, assisting the faculty-in-charge during their classes and providing support to the students, and general maintenance of PC units. They are the most in contact with the

students, faculty and administration who use the facilities of the laboratory. This is the reason they are carefully chosen from a pool of applicants based on a set of criteria.

From the morning shift that wakes at the break of dawn to open the computer labs, to the afternoon shift that stays until night to assist students, these LAs show dedication to their chosen line of work. They all took a breather after the afternoon shift and joined the SAs in the Christmas Party.

Up-2-Date
Process Review And Improvement Office (PRIO)

What PRIO's been up to...

By: Joel G. Kisteria

Two terms have passed. And here's what PRIO people have been up to lately:

The Plantilla Management System documentation, which we have coordinated with SMO and DAO, has already been endorsed to SMO for the development of the computerized system.

The Admission's Office Submission of Requirements for the Last 2 Days process documentation was also accomplished recently. This has already been endorsed for checking by the



stakeholders.

For these projects, we took the chance to implement our new Customer Satisfaction Measurement program. The ITC-PRIO Project Evaluation Form (PEF) was distributed by the project leaders at the end of both projects to get the customers' satisfaction rating for the services rendered by the group.

These ratings will be processed and analyzed by, who else, but the PRIO people. This is in the hope of delivering better service to the community.

Another major activity that the group pursued was the improvement of the CFO PC Inventory Process. Sir Sam was the primary proponent of this project. It started with the relocation of PC items received, stored and released from ITC. The improvement recommendations will be implemented first week of March.

Some TQM Trainings were conducted in December, 2004. We are looking forward to extending these trainings to the DLSU affiliates in Antipolo and Araneta summer time.

Up-2-Date

Data Administration Office (DAO)

School Master File

By: Julio Ceres R. Ibay

The Data Administration Office is currently working on updating the School Master File. The update includes checking and adding school addresses. Currently, we have around 10,000 schools in our database, about 6,000 of which are local schools.

We have roughly about 67% of the total local school with school addresses and we are targeting for a complete school address master file for the local schools by the start of the next school year.

DAO is using the school database of the Department of Education which we downloaded as a reference for schools and other details. The school database is composed of about 40,000 schools, listing all private and public elementary and high schools all over the Philippines.

Cost Estimation Model (CEM)

Update

By: Florinda D. Tamunan

The Cost Estimation Model (CEM) for School Year 2003-2004 is already finished. To give a better insight to the financial performance of the University, a three-year comparative CEM report was also made.



Technook

One Core Is Good. Two Cores Are Even Better!

Contributed By: Irwin S. Jurilla

The main event for the year 2005 in the processor market will be the announcement of the CPUs based on new dual-core architectures. One processor physically based around a single semiconductor die will feature two equally functional processor cores.

In other words, it will be a dual-processor system packed into a single processor casing. Right now the processor developers consider this way of increasing the processors performance and functionality to be very promising.

In fact, the idea to put two processor cores onto a single physical die is not that new in this industry. In the end of last century the high-end multi-processor server developers, such as HP or IBM already pointed out the potentially prospective possibility of designing a CPU including two computational dies.

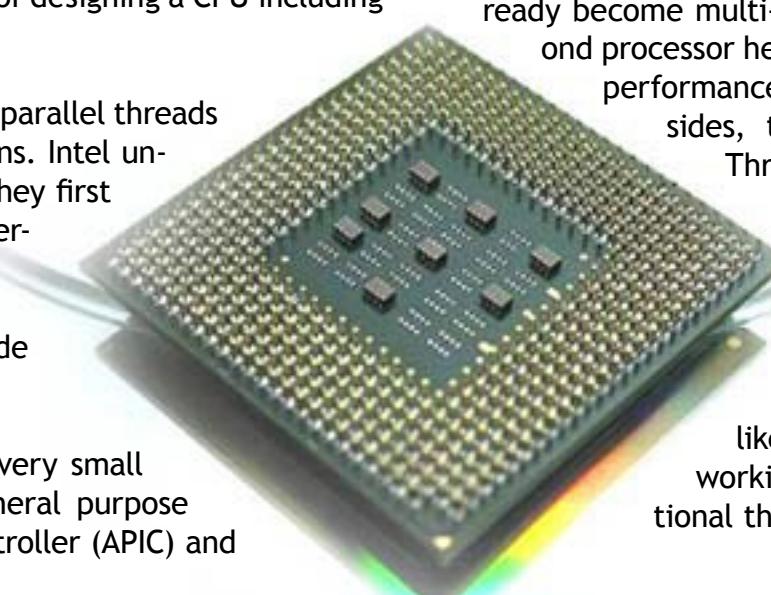
The mere idea of splitting the computational process into several parallel threads within a single CPU is not that new even for the desktop solutions. Intel undertook the first steps in this direction in the year 2002, when they first launched their Xeon and Pentium 4 processors supporting Hyper-Threading technology. The idea of Hyper-Threading technology implies that the processor based around one physical computational die emulates two independent CPUs working in SMP mode (symmetric multiprocessing).

In fact, the CPU supporting Hyper-Threading technology has a very small number of duplicated functional units: registers (including general purpose and managing registers), Advanced Programmable Interrupt Controller (APIC) and

some service registers such as Next Instruction Pointer, for instance. All other resources, including caches, execution units, branch prediction logic, bus controller, etc. are shared between the two logical CPUs. This trick allows single processor silicon to process two threads of calculations simultaneously, because the second virtual core uses processor resources undemanded by the first virtual processor. Contemporary CPUs equipped with a few parallel execution units turn out more efficient fur to Hyper-Threading technology, because it allows loading the execution units more evenly.

Today, when most operating systems have already become multi-taking, the use of second processor helps increase the system performance quite noticeably. Besides, the support of Hyper-Threading technology in

Intel processors stimulated the arrival of new quality software taking advantage of the progressive features like two simultaneously working parallel computational threads. This way we can





state that the market has already prepared pretty well for the next significant step towards multi-core processor architectures.

The introduction of dual-core technology is another efficient way to increase the processor performance. Since the actual CPU performance is the processor working frequency multiplied by the number of instructions the given CPU can process per

clock cycle, the introduction of dual-core architecture should double this parameter, because adding another core will automatically double the number of execution units in the CPU. I have to specifically stress here that if you want to achieve maximum performance you should make sure that all these execution units available in two processor cores are used to the full extent. However, this is the primary concern for the software developers, and not for the CPU designers. Therefore, it is evident that the dual-core processor architectures will ensure actual performance increase only if they receive proper support on the software side. Besides, the traditional way of increasing the CPU performance by raising its working clock frequency has now stumbled upon pretty serious obstacles, caused by technological problems in the first place.

Secondly, the use of dual-core architecture should also increase the overall processor functionality, which is also a very important factor, especially for the company marketing strategy. The thing is that the introduction of dual-processor architectures and launching of the next

generation Microsoft Longhorn operating system should stimulate the development of new virtualization technologies. Both AMD and Intel believe that they are going to become a major distinguishing feature of the next generation computer systems, and thus are very important. According to independent analysts, these technologies will be actively used in the upcoming PCs in 2006-2007 and will bring their features to a completely new level.



Source: <http://www.xbitlabs.com/articles/cpu/>

Intel Pentium D to Succeed Intel Pentium 4

Contributed By: Irwin S. Jurilla

Intel Drops “4” from the Name of Future Chips

Intel Corp. announced at the Intel Developer Forum Spring 2005 that the company's forthcoming dual-core desktop processors will not be branded as Intel Pentium 4, as previously suggested by media and analysts, but will be dubbed either as Intel Pentium D or Intel Pentium Extreme Edition chips depending on their positioning.

Withdrawing from the famous “Pentium 4” brand-name should emphasize the Pentium D is somewhat different from Intel's well-known desktop central processing units (CPUs). Having two processing engines instead of one Intel Pen-





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tium D processors will be capable of running many applications at the same time more efficiently than the Pentium 4, but the latter is likely to have advantage over the former in single-threaded apps because of higher clock-speeds, as the first dual-core microprocessors from Intel Corp. will work at 2.80 - 3.20GHz speeds, much lower compared to 3.80GHz of single-core processors.

Intel's mainstream dual-core chips for desktops originally code-named Smithfield were projected to be branded as Intel Pentium 4 processors 800-series, but now the chips will be called as Pentium D 800-series. Initial Intel Pentium 800-series central processing units are likely to use 800MHz Quad Pumped Bus, integrate 2MB (1MB per core) L2 cache and utilize LGA775 form-factor. The dual-core desktop processor internally called Smithfield will be made using 90nm process technology, each processing engine will use the same architecture with the current Pentium 4 "Prescott" chip, however, the new central processing unit will feature "arbitration logic that will balance bus transactions between the two CPUs". Smithfield's die size is about 206 square millimeters. Intel is expected to disable the Hyper-Threading technology on its

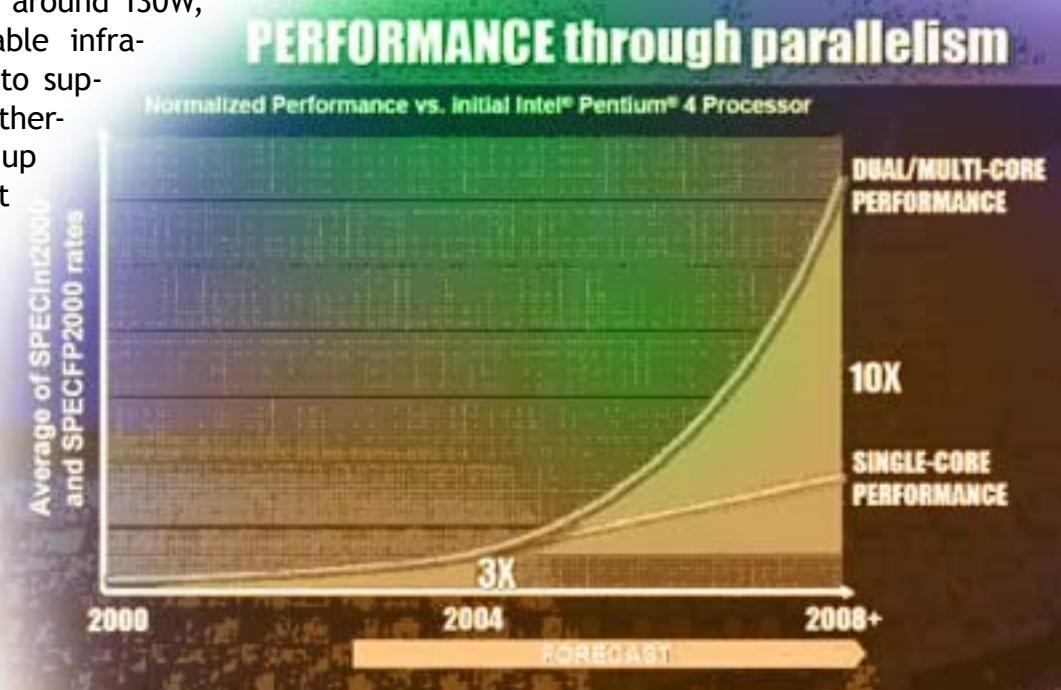
mainstream dual-core desktop chips, leaving the capability to process up to four threads simultaneously for its Pentium Extreme Edition chips that will feature two cores and will also use 1066MHz Quad Pumped Bus to enhance speed of multimedia applications.

All desktop dual-core chips are likely to sport EM64T, Virtualization, XD bit as well as Enhanced Intel SpeedStep technologies.

Intel's dual-core desktop products are projected to have TDP of around 130W, while currently available infrastructure is designed to support processors with thermal design power of up to 115W, which will not allow the dual-core Intel Pentium D chips to operate with the vast majority of today's mainboards, according to some makers. While some very advanced mainboards may support the Pentium D proces-

sors, such support is unlikely to be official.

Intel's i945- and i955X-series core-logic products are expected to bring certain performance enhancements for the forthcoming platforms based on single-core or dual-core microprocessors, such as support for DDR2 667MHz memory. It is expected that Intel's dual-core desktop products will be launched along with i945- and i955X-series chipsets.



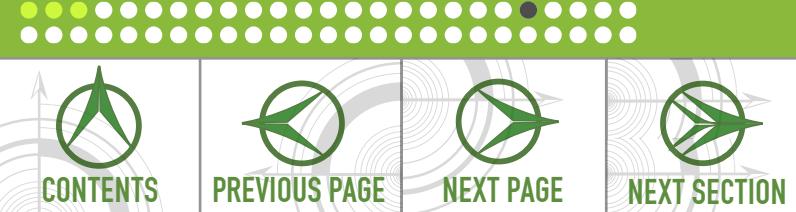


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By bringing its dual-core desktop chips to the market a quarter earlier than expected the chip giant Intel Corp. receives a competitive advantage over the arch-rival Advanced Micro Devices, who is expected to bring out its dual-core desktop products only in the second half of 2005.

Source:

<http://www.xbitlabs.com/news/cpu/display>

Latest Technologies...

Contributed By: Samuel P. Mallare

You think you're with the latest technologies in IT? May be people in this line are much ahead in case if you are still with the heavy desktops. It's not joke but a real future of computer. In the revolution of miniature of computers, the scientists are ahead with bluetooth technology. See the forthcoming computers within



your pockets.

This pen sort of instrument produces both the monitor as well as the keyboard on flat surfaces from where you can just carry out the normal operations you do on your desktop.

This virtual keyboard can be projected and touched on any surface.

The keyboard watches your fingers move and translates that action into keystrokes in the device. Most systems can also function as a virtual mouse.

Market Size : In addition to replacing the two million foldout keyboards sold for Palm and other handhelds to date manufacturers hope to take a significant share of the \$1.6 billion dollar PDA market, the \$50 billion dollar desk workstation market and the \$23 billion dollar (by 2004) smart cellular phone market.

Applications : In addition to small devices projection keyboards could be used to cre-



ate a control-panel projection that offers virtual knobs and switches for use in hazardous environments, as well as in medical markets where sterile data entry is a concern.

Competition : Fold-up Keyboards (wireless), Fabric Keyboards, Thumb Keyboards, Screen Keyboards, Speech, Pen Input

Source: <http://www.alpern.org/weblog/stories/2003/01/09/projection-keyboards.html>





Create Video Tutorials, Software Demos and Presentations

Contributed By: Albert D. Gavino

Camtasia Studio is a complete solution for quickly creating professional-looking videos of your PC desktop activity. Anyone can Record and create a full-motion video tutorial or presentation, in real-time, and publish it in the format of their choice. No multimedia or programming experience necessary!

With over 800 custom CD menus to choose from, you can share your videos, PowerPoint files, Word documents, PDF files, and more. Using third-party software, you can even take videos you've made and turn them into DVDs.

Camtasia Studio can add a Table of Contents to your Web presentation for easy navigation. You can even accommodate multiple videos in one Flash-based table of contents with our free Theater component.

Camtasia Studio supports all popular multimedia formats:

- * Macromedia Flash (.flv and .swf)
- * Windows Media (.wmv)
- * Apple QuickTime (.mov)
- * RealNetworks RealMedia (.rm)
- * And More!

Source:

<http://www.techsmith.com/products/studio/default.asp>



ITP Assembly Corner

ITP Officers Update

By: Catalina M. Quiogue

This year, being our adjustment period for the transition to DLSU-Manila management from PSI, the ITP Assembly Officers have tough tasks at hand.

The first job was to make amendments regarding the attendance policies in the ITC Implementing Guidelines. The objective is to quantify the "good attendance" as a criterion for promotion in the ITP-PSI Manual. The DLSU-Manila administration has been questioning the promotion of some ITPs with regards to "poor attendance" record. The argument is that, since the provision is general, the interpretation is in the hands of the administration.

The second job is the negotiation for Faculty Manual 2005-2008. The effectivity of the PSI Manual ends this school year. The DLSU-Manila administration has given the ITP Assembly the option to negotiate with them or to implement the existing manual in status quo for the next three (3) years. After a comparative study of the existing benefits between DLSU-Manila ASF, in particular, and ITP Manual, the ITP body opt-



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ed for the status quo.

However, the attendance policy needs to be revised to clarify attendance as a criterion for promotion. A meeting with Dr. Quebengco was held to present the proposed revisions. Dr. Quebengco offered some counterproposals, which needs to be discussed by the ITP Assembly. Dr. Quebengco cited some vague statements and redundancies in the Implementing Guidelines and asked that these be rewritten. ITC is now waiting for the EVP Office to schedule a meeting for the presentation of the revised Implementing Guidelines. If, at the deadline, the parties fail to agree on the revisions to the Implementing Guidelines, it will be implemented at status quo for another three (3) years.

The present dilemma of some ITPs is the proposed realignment of ITP ranking to the ASF salary rank. Each ITP rank will be aligned to a corresponding ASF rank. This will determine the “base salary” and “differential salary”. The annual across-the-board salary would be based on the “base salary”. The “differential salary” would be part of the 13th month pay. ITP and CCS faculty salary will be on moratorium for eight (8) years. By this time, the

administration projects that ITPs’ salary would be aligned to that of the ASFs’.

The question is should we contest the realignment of the salary? If yes, what would be our resolution in case our motion would be denied? BE CONCERNED. Express your viewpoint. Your opinion counts.

View Point

Are we watching too much television?

By: Brian O. Co

I don't know about you but I personally watch on average about three to four hours of television a day. Most of us have our favorite shows and this sometimes means rushing home to catch the whole episode. Whether it be soap operas, classic sitcoms, or even the so-called “reality” shows, we can't seem to get enough of television.

Regrettably, I am not even counting the hours I spend watching movies on disc. I just can't seem to stop watching TV. Even when I know that it's time to sleep or that there are other more important chores to do, it's hard for me to turn off the TV.

I have tried to minimize the hours I spend watching TV in the past but I almost always revert back to the same pattern. This means turning the TV on right after dinner until when I am just about to sleep. There simply are shows which are too irresistible to miss- Amazing Race, American Idol, CSI, Charmed (to name a few) but I must confess that I also watch the Cartoon Network and the Nickelodeon channel. :)





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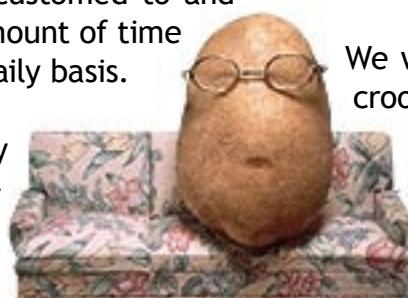
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But please don't get me wrong, I am not saying that watching TV in and by itself is wrong. In my humble opinion, it only becomes "wrong" when it takes up too much of your time which could have been better spent doing something more productive like helping around the house or spending quality time with your family.

Now a lot of you may say that watching TV is your way of relaxing after a hard day's work. Again, I don't think that this is bad per se but when it affects your "quality of life" then it becomes a problem.

Although I am certainly in no position to give a lecture on how to solve this problem, I would like to share my personal plan on how I can at least improve the situation. First, I plan to devote more time to other recreational activities such as sports or exercise. Second, I will simply turn the TV off when there is really nothing good to watch. Third, I will try to change the habit I have been accustomed to and gradually decrease the amount of time spent watching TV on a daily basis.

Well, what more can I say exceptBrian here signing off.



SpiriTuality

The Crooked Smile (By James C. Brown, M.D.)

Contributed By: Patricia B. Antonio

As we rolled five-year-old Mary into the MRI room, I tried to imagine what she must be feeling. She had suffered a stroke that left half of her body paralyzed, had been hospitalized for treatment of a brain tumor, and had recently lost her father, her mother and her home. We all wondered how Mary would react.

She went into the MRI machine without the slightest protest, and we began the exam. At that time, each imaging sequence required the patient to remain perfectly still for about five minutes. This would have been difficult for anyone - and certainly for a five-year-old who had suffered so much. We were taking an image of her head, so any movement of her face, including talking, would result in image distortion.

About two minutes into the first sequence, we noticed on the video monitor that Mary's mouth was moving. We heard a muted voice over the intercom. We halted the exam and gently reminded Mary not to talk. She was smiling and promised not to talk.

We reset the machine and started over. Once again we saw her facial movement and heard her voice faintly. What she was saying wasn't clear. Everyone was becoming a little impatient, with a busy schedule that had been put on hold to perform an emergency MRI on Mary.

We went back in and slid Mary out of the machine. Once again, she looked at us with her crooked smile and wasn't upset in the least. The technologist, perhaps a bit gruffly, said, "Mary, you were talking again, and that causes blurry pictures."

Mary's smile remained as she replied, "I wasn't talking. I was singing. You said no talking." We looked at each other, feeling a little silly.



"What were you singing?" someone asked.

"Jesus Loves Me," came the barely perceptible reply. "I always sing 'Jesus Loves Me' when I'm happy."

Everyone in the room was speechless. Happy? How could this little girl be happy? The technologist and I had to leave the room for a moment to regain our composure as tears began to fall.

Many times since that day, when feeling stressed, unhappy or dissatisfied with some part of my life, I have thought of Mary and felt both humbled and inspired. Her example made me see that happiness is a marvelous gift - free to anyone willing to accept it.



An Interview With Dylan Wilks (By Bo Sanchez)

Contributed By: Reynaldo R. Mendoza

Dylan Wilks was born to a poor family. But at the young age of 20, he started a computer games company that made him a millionaire. Soon, Dylan operated in nine countries and ran his own TV channel. Then at the age of

25, Dylan sold his company for multi-million British pounds. He became the ninth richest person in the Great Britain under the age of 30.

But one night, while lying in bed, he was distressed by a nagging question that wouldn't let him sleep.

"God, why am I rich?"

He asked if there was a reason for his immense wealth. Ironically, he also felt terribly empty inside. This, despite his ability to have any kind of pleasure he wanted.

He had just bought himself a brand-new Ferrari and took one holiday after another. But he was discovering that pleasure was like fire... it constantly needed more fuel to keep it going. And he realized he would never be happy in the path he was taking.

One day, a Filipina friend visited him. She said she felt guilty going there because her plane fare could have built two homes for the poor. That made Dylan pause. How can you build two houses for that measly amount? He decided to investigate.

In January 2003, he visited the Philippines. And for three hours, Gawad Kalinga (GK) Director Tony Meloto brought Dylan to different GK villages for the poor. With his own eyes, he saw something that would change his life forever...

Bo: What did you see on that day?

Reprinted by permission of James C. Brown, M.D. (c) 1997 from A 5th Portion of Chicken Soup for the Soul by Jack Canfield and Mark Victor Hansen.



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Dylan: I saw hope. More than newly built houses, I saw transformed lives. We were entering rather dangerous slums, breeding ground for thieves and kidnappers... yet in the middle of that was an oasis... the Gawad Kalinga village. I saw people smiling, men working, children laughing... I've seen many other projects in South East Asia and across the world. And I've never seen anything like GK. This was different. This really worked!



Bo: So what did you do after your trip?

Dylan: I went back to England. I saw my BMW parked in the garage and realized I could build 80 homes with it... and affect the lives of 600 people. I saw the faces of the children I could help. I called up Tony Meloto and told him I was thinking of donating \$100,000 to Gawad Kalinga and asked him if that was okay...

Bo: What did Tony say?

Dylan: He said, "No, I don't want your money."

Bo: Only Tony can say something like that. (Laughs.)

Dylan: He said if I was really serious in working for the poor, I should go back to the Philippines. So two months later, I sold my BMW and flew back to Manila. And in June of that year, I made a decision to stay in the Philippines and work for GK for seven more years.

Bo: Wow.

Dylan: I've decided to invest in the poor of the Philippines. Not in stocks or bonds. If I can help in uplifting the poor of this country, I can say that I spent my life well.

Bo: I presume your family wasn't too crazy about that decision.

Dylan: No! They thought I was brainwashed by a religious cult! (Laughs.) So my mother came and spied on me. But she was soon convinced of the beautiful work we were doing and went back home and told my sister about it. And my sister said,



"Oh no, they brainwashed you too!" (Laughs.) But today, all of them support what I do.

Bo: You've made a decision to give up your wealth for the Filipino poor.

Dylan: I don't see it as a sacrifice. When you give charity out of pity, you feel pain parting with your money. But when you give charity because you love, you don't feel that pain. You only feel the joy of giving to someone you love. That's what I feel.

Bo: I hear you built an entire village for GK in Bulacan.

Dylan: I don't see it as my village. I just provided the materials. Architects, engineers, volunteers gave their labor. Together, we built 63 houses for the poor.

Bo: Amazing. What else do you do?

Dylan: I go around the world telling everyone that Filipinos are heroic. Because I work with them every day... the volunteers of GK.



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Bo: What do you see in the Filipino that we take for granted?

Dylan: You're hardworking. You're always laughing, always eating, always singing. Even in your problems. You're loyal. And honest. Sure, there are exceptions, but generally, that's been my experience. And you have the bayanihan spirit. The pyramids of Egypt are beautiful but they were built by slavery. GK villages are more beautiful because they're made through the bayanihan spirit of the Filipino. It's especially this bayanihan and love of family and community that makes the Filipino more valuable than gold.

If you take a golden nugget and kick it on the floor for 400 years, afterwards you won't be able to see much gold, just mud. This was what happened to the Filipino... for 400 years you were slaves and then you suffered under dictatorship and corruption. This is where the crab mentality came from; I don't think it's a natural Filipino quality because every day I see the gold under the surface of ordinary



Filipinos. If we wipe away the mud by bringing hope and being brothers to one another in bayanihan, the gold will shine through and the world will see it.

Bo: Let me get personal here. I hear that you don't only love the Filipinos, but you've fallen for a particular Filipina.

Dylan: (Smiles.) Two months ago, I married Anna Meloto, the eldest daughter of Tony Meloto. She grew up with the GK work, so we're totally one in our mission. And yes, I'll be having Filipino children. The best way I can secure a future

for my kids is to continue to help raise this country from poverty. Instead of building high walls in an exclusive subdivision to protect us from thieves and kidnappers, I will go to the breeding ground of thieves and kidnappers and help transform their lives.

Bo: Thank you for this interview. You don't know how much you inspired me.

Dylan: Thank you for being our partner in GK. I read KERYGMA every month and I'm happy to

see GK stories in every issue.

Bo: It's our immense privilege to tell the world about it and ask others to join the miracle.

Dylan: To me, GK isn't just Gawad Kalinga. It is a part of "God's Kingdom" in this world... Thank you.

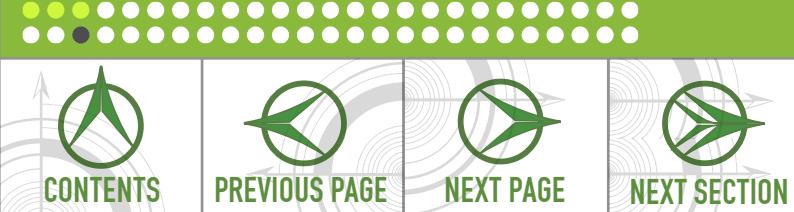
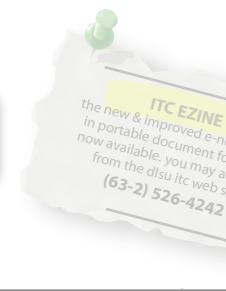
Source: <http://www.shepherdsvoice.com.ph/default.asp>

Health & Sports

Top 10: Most Unhealthy Snacks

Contributed By: Irwin S. Jurilla

It's 4 p.m., and it seems like your lunch hour was ages ago. You're hungry and you need to eat something right now. But before you grab whatever is most readily available, read the following 10 most unhealthy snacks, and make sure that you choose to scarf down something else instead. Your six-pack will thank you.



Number 10

Krispy Kreme doughnut

Just one original glazed doughnut weighs in at:

200 calories

12 g fat

22 g carbs

2 g protein

There is absolutely nothing redeeming about this snack. It is, after all, little more than deep-fried, bleached starch, coated in pure sugar. Perfect for spiking your insulin levels...

Number 9

Nachos with cheese

A seemingly small, 100-gram portion of this favorite weekend food packs in:

306 calories

16 g fat (9 g saturated)

32 g carbs

8 g protein

Don't even try to rationalize this one as a serving of the recommended daily intake of dairy products... the cheese ain't really cheese, after all. Furthermore, this



dish is loaded with salt; probably more than your body needs in an entire day.

Number 8

Starbucks Chocolate Malt Frappuccino with whipped cream

A 16 fl. oz serving of this popular beverage contains:

610 calories

22 g fat

90 g carbs

15 g protein

This is just one of those things that you can really do without. There are enough calories in one of these babies to make it qualify as a meal. But the calories are completely empty, comprised almost purely of sugar. Stick to regular coffee with milk instead.

Number 7

1 thigh piece of Original Recipe KFC Chicken

Think that one piece of this American favorite is harmless? Think again:

360 calories

25 g fat (7 g saturated)



12 g carbs

22 g protein

While this is a good source of protein, a grilled piece of chicken is a much better choice, and would eliminate most of the unwanted calories from fat and almost all of the carbs.

Number 6

French Fries

No, these do not count as a serving of vegetables.

Just 100 g of fries contains:

342 calories

18 g fat

40 g carbs

4 g protein

It's best to stop thinking of this greasy staple as a side dish or a snack and start thinking of it as what it is: a complete misexpenditure of calories. Although they may be great, they are equivalent to deep-fried, heavily salted starch. The next time you feel like having fries, cut some potatoes into thick wedges -- leaving the skins on (they are a source of fiber) -- and sprinkle them with a small amount of olive oil and coarse sea salt before baking them in the oven.



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Number 5 Pork Skins

100 g of this salty snack contains a whopping:

538 calories

32 g fat (12 g saturated)

2 g carbs

58 g protein

I don't care how much protein these contain; they are way too high in fat and salt to be considered a good snack choice. If you must eat processed, heavily salted meat, beef jerky is at least low in fat.



Number 4 Big Mac

The next time you are driving by the "Golden Arches" when that mid-afternoon hunger strikes, keep in mind that one Big Mac contains:

600 calories

33 g fat (11 saturated)

50 g carbs

25 g protein

This is just way too many calories and fat grams for any one sandwich. Opt for a simple hamburger without sauce if you must, or, bet-

ter yet, a grilled chicken sandwich without sauce.

Number 3 Ben and Jerry's Peanut Butter Cup Ice Cream

I must admit that this ranks high on my own "personal weakness" list, but just $\frac{1}{2}$ a cup of it has:

380 calories

26 g fat

29 g carbs

6 g protein

Why does sugar and fat have to taste so freaking good anyway? I know it's girlie, but frozen yogurt is a much healthier choice.



Number 2 Chips

The next time you're watching the game with the guys, mindlessly shoving chips down your throat, remember that 100 g contains:

536 calories

35 g fat (11 g saturated)



53 g carbs

7 g protein

If you're sensing a recurring theme, you're right: deep-fried, salted or sugared starch is the worst possible thing you could possibly eat. Try a small bowl of low-fat pretzels instead.

Number 1 Deep-fried Mars bar

I had to put this one as number one for the sheer madness of it:

688 calories

13 g fat

127 g carbs

17 g protein



Source:
Health and Sports:
By Evan Campbell
<http://www.askmen.com>



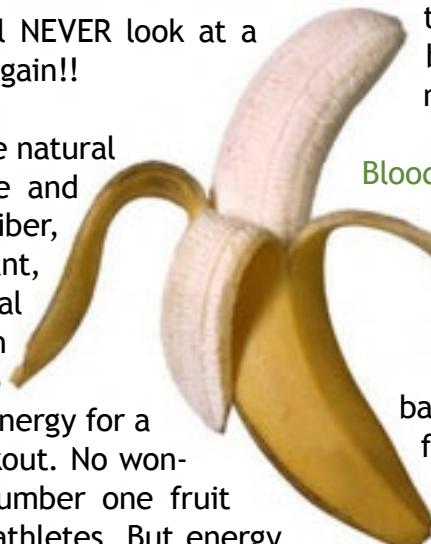
"Going Bananas!"

Contributed By: Samuel P. Mallare

After Reading THIS, you'll NEVER look at a banana in the same way again!!

Bananas. Containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally



make you feel happier.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert..



Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.



Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.



Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.



Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for

example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance.

When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine,"eating bananas as part of a regular diet can cut the risk of having a stroke as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana

skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

Rest and Relaxation

Contributed By: Albert D. Gavino

Spas and Organic Cafes and Yoga Exercises are making new waves at the Relaxation Industry. Its a healthy and good way of relaxing, it not only strengthen muscles but gives you a revitalized and even inner spiritual beauty.

I have come across one good Spa, Salon and Organic Cafe just right along Remedios Circle, Malate, just 5 minutes drive from the busy De La Salle University.

Source: <http://www.sanctuario.com.ph>



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SEPTEMBER							
2277 - Implementing, Managing and Maintaining a Microsoft Windows Server 2003 Network Infrastructure: Network Services	September 27, 2004	October 1, 2004	9:00 am - 5:00 pm	dB Wizards, 28/F 88 Corporate Center 141 Valero cor Sedeño St. Salcedo Village, Makati City	0.00	Database Wizard	Leo D. Magsisi
2nd SMC Networks Technical Certification Training for Corporate End User	September 23, 2004	September 24, 2004	8:30 am -5:00 pm	MSI-Digiland (Phils.) Inc., Topy II Building, No. 3 Economia Street, Libis, Quezon City	0.00	MSI-Digiland (Phils.) Inc.	Dominador B. Diokno Jr., Lloyd Michel A. Vargas
Fundamentals of Information Technology Auditing	September 23, 2004	September 24, 2004	8:00 am -5:00 pm	Dusit Hotel Nikko, Makati City		ISACA Manila Chapter	Arfeli B. Balanza, Brian O. Co, Catalina M. Quiogue, Rowena A. Santos
IBM ThinkCentre S50 Launch	September 23, 2004	September 23, 2004	10:30 am - 1:00 pm	Makati Shangri-La Hotel, Makati City	0.00	IBM Philippines, Inc.	Arnel Roland T. Garing, Anthony Dexter A. Carandang
Building Workforce through Human Capital Management: Infostructure HCM Summit 2004	September 23, 2004	September 23, 2004	8:00 am -12:00 nn	Rizal Ballroom A, Makati Shangri-La Hotel	0.00		Harold Paulo D. Bautista
Red Hat Linux World Tour 2004: Manila	September 20, 2004	September 20, 2004	9:00 am - 1:00 pm	Edsa Shangri-La, 1 Garden Way, Ortigas Center, Mandaluyong City	0.00	Linux	Francis R. Salvador
John Maxwell Leadership Summit: Learning and Living the 21 Irrefutable Laws of Leadership	September 16, 2004	September 16, 2004	8:30 am - 5:00 pm	Philippine International Convention Center, Pasay City		Salt and Light TPLR Foundation	Samuel P. Mallare, Irwin S. Jurilla, Vivian C. Sy, Brian O. Co, Joel G. Kisteria, Reynaldo D. Mendoza

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Secure Architecture for Network Data Infrastructure	September 14, 2004	September 17, 2004	9:00 am - 5:00 pm	dB Wizards, 88 Corporate Center 141 Valero cor Sedeño St. Salcedo Village, Makati City		Database Wizard	Allan U. Tee
BASICAD	September 13, 2004	December 18, 2004		DLSU-CSB	0.00	DLSU-CSB	Francis Mark D. Santos, Lemuel B. Cabia
Advertising Design	September 13, 2004	December 18, 2004	2:45 - 5:45 pm	DLSU-CSB	0.00	DLSU-CSB	Precious Anne L. Taliwaga
Basic Photography Class (CSB Class)	September 13, 2004	December 18, 2004	11:30 am - 2:30 pm	DLSU-CSB Duerr 505	0.00	DLSU-CSB	Reynaldo R. Mendoza Jr., Albert D. Gavino
3rd Annual IT Security Conference Manilacon@911: Business@Risk	September 9, 2004	September 11, 2004	8:00 am - 6:00 pm	Grand Ballroom, Hotel InterContinental, Makati City		Information Systems Security Society of the Philippines	Samuel P. Mallare, Irwin S. Jurilla, Ronald Warner, Noel C. Castillo, Dominador B. Diokno, Francis R. Salvador
SonicWall RISK Seminar	September 7, 2004	September 7, 2004		B2, New World Renaissance Hotel, Malati City	0.00	Sonicwall	Lloyd Michel A. Vargas
Technical Training on Virus, Worms, Firewall and RAID Technology	September 7, 2004	September 7, 2004	1:30 - 5:00 pm	G304A, DLSU	0.00	ITC-CFO	Precious T. Magimot, Jeffrey B. Montano, Daisy T. Binuya, Irwin S. Jurilla, Ma Lourdes M. Ibay, Anthony Dexter A. Carandan, Mary Jean B. Soria, Jayson D. Valenzuela, Christopher V. Madrona, Arnel Roland T. Garing, Harold N. Inamarga, Delford S. Gamayo, Dominador B. Diokno Jr.

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OCTOBER							
Success Essentials for Managers and Supervisors	October 29, 2004	October 29, 2004	8:00 am - 5:00 pm	Westin Philippine Plaza Hotel, Pasay City		Harry Pound Company	Irwin S. Jurilla, Joel G. Kisteria, Reynaldo R. Mendoza
The Intelligent Chip Conference 2004 GSM, Smart Cards, Appliances and Objects	October 26, 2004	October 26, 2004	7:30 am - 5:00 pm	Dusit Hotel Nikko Ballroom at Ayala Center, Makati		PFPA	Irwin S. Jurilla, Ronald Warner, Noel C. Castillo, Ryan Q. Salvanera
Harnessing the Power of Microsoft Office Jerry Liao's Power Tips Extending the Limits of Knowledge	October 25, 2004	October 25, 2004	7:30 am - 12:00 nn	Isla Ballroom, Edsa Shangri-La Hotel	0.00	Infochat, Inquirer and GMA	Anthony Dexter A. Carandang, Jayson D. Valenzuela, Daisy T. Binuya, Precious T. Magimot, Precious Anne L. Taliwaga, Malaya Gemma A. Punzalan, Elena M. Nono, Daisy DV. Villanueva, Ma. Pilar Manzano, Jeffrey Montano
Workshop on Accessible ICT for Persons with Disabilities	October 25, 2004	October 28, 2004	8:00 am - 5:00 pm	Days Hotel, Tagaytay City	0.00	DSWD and NC-WDP	Reynaldo R. Mendoza Jr.
HP ProLiant G4 Servers Jump-start Seminar	October 22, 2004	October 22, 2004	1:00-3:00 pm	TR 1, HP Philippines, Corp., 34/F Robinsons Summit Center, 6783 Ayala Ave., Makati City	0.00	Hewlett-Packard Phils. Corp.	Nicasio N. Bonao
HP ProLiant G4 Servers Jump-start Seminar	October 22, 2004	October 22, 2004	3:00-5:00 pm	Training Room 1, Hewlett-Packard Philippines, Corp., 34/F Robinsons Summit Center, 6783 Ayala Ave., Makati City	0.00	Hewlett-Packard Phils. Corp.	Irwin S. Jurilla, Christopher V. Madrona

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Implementing, Managing and Maintaining a Microsoft windows Server 2003 (Echo Training)	October 21, 2004	October 21, 2004	1:30 - 3:30 pm	ITC Conference Rm., DLSU	0.00	ITC-CFO	Allan U. Tee, Nicasio M. Bonao, Francis R. Salvador, Ronald Warner, Dennis N. Sario, Irwin S. Jurilla, Amor Calvin B. Camba
IBM ThinkWorld 2004: Innovation for Business Advantage	October 21, 2004	October 21, 2004	8:30 am - 12:30 pm	Rigodon Ballroom, Manila Peninsula Hotel, Ayala cor. Makati Avenues, Makati City	0.00	IBM Philippines	Delford S. Gamayo, Jason D. Valenzuela
THE MODERN PROJECT MANAGEMENT: A Structured Approach To Managing Projects	October 18, 2004	October 19, 2004	8:00 am - 5:00 pm	Heritage Hotel, EDSA cor. Roxas Blvd., Pasay City		Professional Systems Synergy, Inc.	Ma. Lourdes M. Ibay, Ronald Warner
EMC Changing What's Possible: New High-End Storage Capabilities	October 15, 2004	October 15, 2004	1:30 - 5:00 pm	Mahogany Room, 4th Floor Mandarin Oriental Manila, Makati Ave, Makati City	0.00	EMC Philippines	Nicasio M. Bonao
IP Communications Seminar	October 14, 2004	October 14, 2004	9:00 am - 12:30 pm	Mandarin Oriental Hotel, Makati City	0.00	Alcatel	Amor Calvin B. Camba, Anthony Dexter A. Carandang
Reporting Tool for School...An Open Seminar for Education Sector	October 14, 2004	October 14, 2004	1:00 - 5:00 pm	WSI Conference Center, 7/F SEDCCO I Building, Legaspi Cor. Rada Sts., Legaspi Village, Makati City	0.00	WSI (Wordtext Systems, Incorporated)	Lorna P. Acorda, Florinda D. Tamunan
Intelligent Network Connectivity	October 13, 2004	October 13, 2004	8:00 am - 5:00 pm	Grand Ballroom, New World Renaissance Hotel, Makati City	0.00	Microbase	Ronald Warner, Noel C. Castillo, Christopher V. Madrona

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Proliant Servers for Increased Business Agility	October 12, 2004	October 12, 2004	1:00 - 5:30 pm	Mandaluyong Function Rm., Makati Shangri-La Hotel, Makati City	0.00	First Data Corp and HP Philippines	Nicasio M. Bonao
Juniper Networks "Beyond the Internet"	October 8, 2004	October 8, 2004	9:00 am - 12:30 pm	The Peninsula Manila, Makati City	0.00	Juniper Networks	Vincent R. Begonia, Harold N. Inamarga
NOVEMBER							
CIO E-Governance Conference: From Austerity to Prosperity	November 24, 2004	November 24, 2004	8:00 am - 5:45 pm	Rigodon Ballroom, Manila Peninsula Hotel, Ayala cor. Makati Avenues, Makati City	500.00	CIO, HP and Oracle	Samuel P. Mallare
SMC Networks END-USER Technical Training (LAYER 3 SWITCH)	November 19, 2004	November 19, 2004	1:00 - 4:00 pm	MSI-Digiland (Phils.) Inc., Topy II Building, No.3 Economia Street, Libis, Quezon City	0.00	MSI-Digiland (Phils.) Inc.	Dominador B. Diokno Jr., Lloyd Michel A. Vargas
DECEMBER							
Implementing, Managing, and Maintaining MS Windows Server 2003	December 13, 2004	December 17, 2004	9:00 am - 5:00 pm	Database Wizards, Inc, 28/F 88 Corporate Center, Sedeno cor. Valero Streets, Salcedo Village, Makati City	0.00	e-PLDT	Dennis N. Sario
Secure Architecture for Network and Data Infrastructure Accelerated Bootcamp (Echo Training)	December 13, 2004	December 13, 2004	1:00 - 7:45 pm	ITC Conference Rm., DLSU	0.00	ITC-CFO	Leo D. Magsisi, Amor Calvin B. Camba, Francis R. Salvador, Nicasio M. Bonao, Ronald Warner, Irwin S. Jurilla

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National Conference on Research in Higher Education	December 3, 2004	December 4, 2004	8:30 am - 5:30 pm	Bulwagang Amado V. Hernandez, Ninoy Aquino Learning Center, Polytechnic University of the Philippines, Sta. Mesa, Manila		Polytechnic University of the Philippines	Christine R. Tapican
How to Use Visual Source Safe	December 1, 2004	December 1, 2004	1:30 - 2:30 pm	V301, DLSU	0.00	ITC-SMO	Mark Caesar S. Rufino, Ryan Q. Salvanera, Robert T. De Jesus, Rhaniel C. Bingcang, Catalina M. Quiogue, Brian O. Co, Rowena A. Santos, Lorna P. Acorda, Vivian C. Sy, Ma. Agnes C. Bulay, Loveleah M. Mallari, Harold Paulo D. Bautista, Arfeli B. Balanza
Doing Software QA with Exploratory Testing	December 1, 2004	December 1, 2004	2:30 - 4:30 pm	V301, DLSU	0.00	ITC-SMO	Mark Caesar S. Rufino, Rhaniel C. Bingcang, Catalina M. Quiogue, Brian O. Co, Vivian C. Sy, Ma. Agnes C. Bulay, Loveleah M. Mallari, Arfeli B. Balanza, Joel Santiago
JANUARY							
Microsoft TechFest 2005	January 26, 2005	January 27, 2005	8:00 am - 5:00 pm	Edsa Shangri-La Hotel	0.00	Microsoft	Samuel P. Mallare, Ryan Q. Salvanera, Mary Jean B. Soria - January 26

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HP Integrity Roadshow	January 28, 2005	January 28, 2005	8:30 am - 1:30 pm	The Peninsula Manila, Makati City	0.00	HP Philippines	Samuel P. Mallare, Irwin S. Jurilla
5S: The Practice of Good Housekeeping	January 13, 2005	January 13, 2005	1:30-3:30 pm	V301, DLSU	0.00	ITC-CFO	Valenzuela, Jayson D., Garing, Arnel Roland T., Gamayo, Delford S., Santiago, Joel M., Domingo, Marvin O., Montano, Jeffrey
2400- Implementing and Managing Exchange 2003	January 10, 2005	January 14, 2005	9:00 am - 5:00 pm	Database Wizards, 28/F 88 Corporate Center 141 Valero cor Sedeño St., Salcedo Village, Makati City		Database Wizard	Allan U. Tee
FEBRUARY							
Education Day IT Solutions for Schools	February 4, 2005	February 4, 2005	8:00 am - 5:00 pm	Ballroom B & C, Dusit Hotel, Makati City	0.00	WSI	Lemuel B. Cabia
Windows Rights Management Services	February 3, 2005	February 3, 2005	5:00 - 7:00 pm	Exchange Training Room, Microsoft Philippines, 22F Tower II, The Enterprise Center, 6766 Ayala Ave. cor Paseo de Roxas, Makati City	0.00	Microsoft	Jayson D. Valenzuela, Delford S. Gamayo, Arnel Roland T. Garing

Prepared By: Daisy T. Binuya



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		START DATE	END DATE					
SEPTEMBER								
Dennis N. Sario	Technical Training on Virus, Worms, Firewall and RAID Technology	September 7, 2004	September 7, 2004	1:30 - 5:00 pm	G304A, DLSU	ITC-CFO	CFO	15
OCTOBER								
Leo D. Magsisi	Implementing, Managing and Maintaining a Microsoft windows Server 2003 (Echo Training)	October 21, 2004	October 21, 2004	1:30 - 3:30 pm	ITC Conference Rm., DLSU	ITC-CFO	SYSADS	7
Ma. Agnes C. Bulay	Faculty Scholarly Output Module	October 6, 2004	October 6, 2004	1:30 - 2:30 pm	G404, DLSU	CCS and ITC-SMO	CCS Faculty	16
November								
Ma. Lourdes M. Ibay	Basic PC Troubleshooting	November 24, 2004	November 24, 2004	1:00 - 3:00 pm	V311, DLSU	ITC-CFO	Faculty and CAP	4
Precious T. Magimot	MS Powerpoint Tips and Tools	November 24, 2004	November 24, 2004	3:00 - 5:00 pm	V311, DLSU	ITC-CFO	Faculty,CAP & CLO-LAs	16
Precious T. Magimot	Fundamentals of MS Windows	November 17, 2004	November 17, 2004	3:00 - 5:00 pm	V311, DLSU	ITC-CFO	Faculty	2
Ma. Lourdes M. Ibay	Surfing the Net	November 17, 2004	November 17, 2004	1:00 - 3:00 pm	V311, DLSU	ITC-CFO	Faculty	2

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December								
Allan U. Tee	Secure Architecture for Network and Data Infrastructure Accelerated Bootcamp (Echo Training)	December 13, 2004	December 13, 2004	1:00 - 7:45 pm	ITC Conference Rm., DLSU	ITC-CFO	SYSADS	6
Ma. Lourdes M. Ilbay	MS Excel Tips and Tools	December 1, 2004	December 1, 2004	3:00 - 5:00 pm	V311, DLSU	ITC-CFO	CLO-Las	14
Daisy T. Binuya	MS Word Tips and Tools	December 1, 2004	December 1, 2004	1:00 - 3:00 pm	V311, DLSU	ITC-CFO	CLO-Las	14
Joel M. Santiago	How to Use Visual Source Safe	December 1, 2004	December 1, 2004	1:30 - 2:30 pm	V301, DLSU	ITC-SMO	SMO	13
Harold Paulo D. Bautista, Ryan Q. Salvanera and Lorna P. Acorda	Doing Software QA with Exploratory Testing	December 1, 2004	December 1, 2004	2:30 - 4:30 pm	V301, DLSU	ITC-SMO	SMO	12
January								
Ms. Janet O. Chua	5S: The Practice of Good Housekeeping	January 13, 2005	January 13, 2005	1:30-3:30 pm	V301, DLSU	0.00	ITC-CFO	6
February								
Daisy T. Binuya	My.LaSalle\Outlook Web Access Seminar	February 2, 2005	February 2, 2005	1:00 - 2:30 pm	V311, DLSU	ITC-CFO	CCS CAP	4

Prepared By: Daisy T. Binuya



Etcetera : Teambuilding Corner

In Giving... (The Outreach Activity)

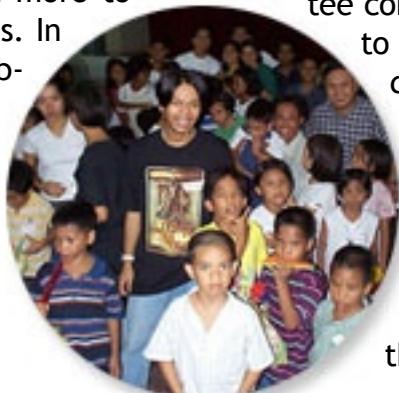
by Joel G. Kisteria

Give until it hurts. Or was it Love until it hurts. Whatever the case, I believe it is still a grand virtue.

The typhoon that ravaged Quezon Province took the lives of many Filipinos and destroyed their livelihood. The survivors lived to see their loved ones buried, lost and dead.

One would think, "How could God allow this to happen?" This article does not intend to answer that question. For it will require much spiritual faith and knowledge, logic, perhaps a little economics, and so much more to formulate a legitimate hypothesis. In the end, the result will still be subject to arguments.

As an outreach activity, the ITC Teambuilding Committee decided to join the nation in extending helping hands to these people. Here's what transpired:



At the start of 2005, the Teambuilding Committee met and discussed possible outreach activities. The talks were about what had been done, and what could still be done how these can be done. We took into consideration the fact that not all can be physically available during outreach activities. In the past, a good number were able to join our activities with the elderly and kids.

The TEAM understands that simple yet sincere acts of giving encourage hope in the hearts of our fellow Filipinos. We agreed to accept donations, of any kind, for them. The Committee conveniently placed a Donation Box to gather the anticipated influx of donations.

Goods and intentions came from January to February. The TEAM coordinated with the Center for Social Concern and Action (COSCA). I personally believe that while the storm was hitting



Quezon Province, most of us, if not all, were already giving their gifts - the gift of prayer.

And then the day came. It ain't Valentine's Day, but Cupid's arrows hit people straight to the heart not to kill, rather, to feel love. It didn't fall exactly on Valentine's Day, but the spirit of sharing love and giving hope was alive.

The TEAM talked about making an inventory of what we accumulated and what we gave. Eventually, we decided otherwise. Reason? Well...we believe that Christmas was the time to see Santa, and that Cupid is too small to carry all those bags, but Anonymous is always around, so Anonymous got the job.

Told y'all... this piece wasn't written to discuss the catastrophe. But to tell what we're capable of - giving.

Btw, outreach is everyday, 24/7 in and out.



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ITC Christmas Party 2004 at Emerald Garden

*By: The Pet (Loveleah M. Mallari) and the
Master (Harold Paulo D. Bautista)*

The stars were out during the ITC Christmas Party! It wasn't the Oscars, but the stars in attendance gave it just the right touch of glamour: Binoe, Ate Shawie, Dennis P., Neo, Trinity, Morpheus, Mr. Suave himself (although he seemed to have put on a lot of weight lately), Satine, and Christian to name a few. Of course, who could forget the illustrious Tandang, este, Tanging Ina, also in attendance with her brood.

Play Pause Resume



The Christmas Party Committee chose the theme "Movies/Pelikula" for the group presentations. The entries were: Mr. Suave, Maging Sino Ka Man, Matrix, Moulin Rouge and Tanging Ina.

The Moulin Rouge group bagged the grand prize. All of the presentations were great, but the stars of Moulin Rouge, Satine and Christian, played by Allan Tee and Bong Camba respectively, gave the group the EDGE. Other members of the group were Nick Bonao, Ryan Salvanera, Rey Mendoza, Rhaniel Bingcang, Lorna Acorda, Patricia Antonio, and Loveleah Mallari.

Play Pause Resume



By the end of the party, almost everyone was envious of Sally Nicolas. She was the lucky winner in the grand raffle draw taking home a USB Flash Drive with MP3.

The food was great, ang dami eh! =)

Thanks to the efforts of the Christmas Party Committee and all of the volunteers. We had a party full of laughter arising from the hilarious and creative presentations of all groups and the brilliant theme of the committee.

Play Pause Resume





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Only one thing was missing though: the presentation of the committee. The good thing about being an ITP is, we forgive (we let this one slide for now) but we don't forget (the aforementioned presentation will continuously haunt you during your stay at ITC), so I suggest that the committee members get it over with as soon as possible. If you think I'm exaggerating, just ask Mr. Gavino.

If there's one thing that really stuck to our minds after the Christmas Party was that Allan Tee can make the opposite sex insecure when he impersonates a woman.

We can't wait for the next Christmas party for more holiday cheers!

Reaching New Heights

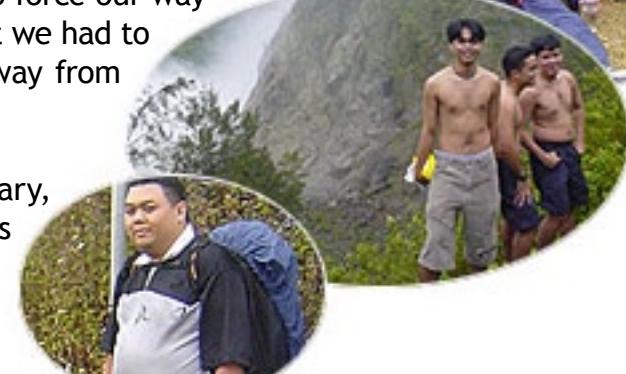
By: Harold Paolo D. Bautista

A few years ago, I was bitten by the climbing bug. Joining a mountaineering club was the first step. Once I got to experience some of the joys of being "at the top of the world", I felt the urge to encourage others to let them experience the same joys (and I should say hardships ☺) that I felt while traversing God's majestic creations.

Mt. Pulag in Benguet is my favorite mountain. It's the highest point in Luzon and the 3rd highest peak in the Philippines. When I'm up there I feel like I'm in a different world. There's an easy trail going up Mt. Pulag, so easy in fact, that even first-time climbers can use this route to get to the summit. That's why I had no qualms in accompanying some of our ITC mates up this magnificent mountain.

Our first attempt to scale Mt. Pulag in August of 2002 was welcomed by a typhoon. We still managed to force our way up to the Ranger Station on the first day, but we had to cancel on the second day, about 5 hours away from the summit.

The revenge climb was successful in January, 2003. Even the most implausible characters in our group (Bry - Mr. "Never Again!", Cata - Ms. "Rayuma be damned!", Ampel - Ms. "It's





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so hot naman here!") were able to reach the summit. Unfortunately, some were not able to go with us on the revenge climb because of scheduling conflicts.

I did promise to bring them to Mt. Pulag. This set the stage for this year's Mt. Pulag odyssey. This time, the group was a lot smaller than the previous two climbs. Accompanying me from ITC were Lorna Acorda, Rhaniel Bingcang, Loveleah Malaria, and Dieudieu Soliva. - each one with his/her own personal agenda for joining.

Lorna was a member of the first attempt. She desperately wanted to replace her wallpaper of two years showing her together with some of the members of the first climb at the Mt. Pulag

Ranger Station (a good 4 to 5 hours away from the summit). This time, it's the summit or bust!



Rhaniel has his own reasons for joining the climb. Let's leave it at that.

Loveleah wasn't able to join the first climb because she was a new Mom back then. During our second attempt, she was heavy with her second child. The third time around, she readily grabbed the opportunity with no puppies, er...babies on the way.

As for Dieudieu, he said he wanted to exorcise some personal ghosts. Makes you wonder what he used for "exorcism" though.

On the night of February 24, the team left for Baguio. Upon reaching Baguio, a rented jeep took us to Chowking to eat breakfast and buy food for lunch. Then, off we went to Ambuklao Dam for a photo shoot. The Department of Environment and Natural Resources (DENR) Office was our next stop over for a mandatory orientation about Mt. Pulag and its

environs. We had lunch and proceeded to the Ranger Station.

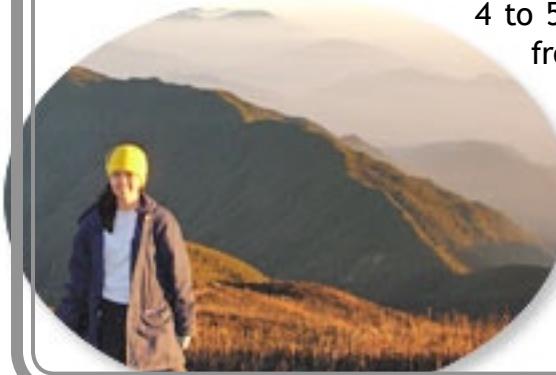
As fate would have it (or was it mainly due to Lorna's presence?), a portion of the road leading to Mt. Pulag was being cemented. Hence, our jeep could not go further. Now, this area is still about 3 hours away by foot to the Ranger Station. Good thing we were able to rent a jeep on the other side of the construction site. It took us all the way to the Ranger Station.

It was the start of the 3-hour trek to the campsite which we reached at around 6 pm. We set up our tents, cooked and ate dinner, then slumped to our tents partly because of exhaustion, mostly because of the very cold air outside.

Wake-up call was around 3 am. After a few hot drinks, we were off to a 2-hour trek to the summit.



When we reached the summit, even though it's still dark, cameras started clicking away. The action stepped up a notch higher when daylight slowly sneaked in on the fog-covered horizon.





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After all the picture taking of every conceivable angle of the view at the summit, after all the different individual and group combinations with different poses, after all the films and memory cards were filled up, and after most of the camera batteries got drained, we descended from the summit back to the campsite. We cooked for breakfast and lunch, and proceeded to the Ranger Station.

Our next stop was at the DENR Office to let them know all of us made it back safe and sound. We had our late lunch then proceeded to Baguio. I had to go back to Manila that night. The rest of the group decided to stay to watch the Baguio Flower Festival Parade of Floats the next day.

As for me, it was "Mission accomplished!" I have already fulfilled my word to some of our colleagues to bring them to Mt. Pulag and back.

So what's next? There are still many mountains to climb. If you're willing, so am I. Let's gear up for more climbing intoxication!

Etcetera : Smart Directives

A LEADER'S WAY

Think Big, Start Small (John C. Maxwell)

Contributed By: Samuel P. Mallare

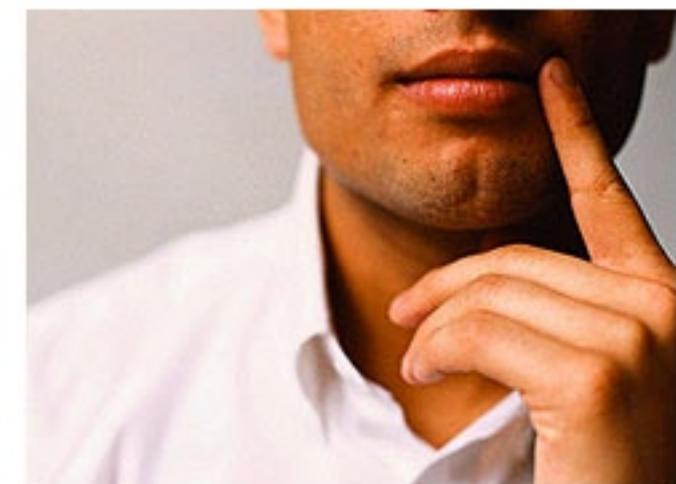
THE FIRST leadership conference I ever did was quite memorable-not because it was such a resounding success, but because it was so pitiful.

I spent a week in Kansas City teaching leadership to a crowd of 17 people. Yes, you read that right. Seventeen people! Those poor folks didn't know what they were getting into-they sat there and listened to me from 8 a.m. to 9 p.m. for five straight days.

By the last day, I'm sure they hadn't learned a thing; they were just silently begging for me to stop so they could go home!

That was more than 20 years ago. At the time, I had no way of knowing that I would eventually start my own leadership company and write numerous books about the subject. In fact, the only thing I knew for sure before the conference started was that I was going to lose \$3,000 if I didn't cancel it for lack of participation.

But I wanted to teach leadership, and I knew I had to start somewhere. So I went for it. When contemplating the pursuit of a dream or the start of a new venture, too many people





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are hesitant to begin because they can't comprehend the entire journey. If that's where you find yourself right now, don't expect to understand what it takes to get to the top. Just take the next step. There's no shame in starting small; in fact, if you don't start small, you'll probably never start at all. Why else should you start small? Here are three reasons:

1. It encourages you to get started.

Accomplishing a small step helps provide the motivation you need to achieve the next step. Have you ever put off starting a project-revising your company's employee handbook, developing a new marketing plan, reworking your resume, learning a new computer program, or cleaning out your garage - because it was just too overwhelming? You know it needs to be done, but you keep thinking, "It's too big and it's never going to happen!" With that mindset, you're right -- it won't happen. But if you break the project down into small pieces and tackle one at a time, the whole thing suddenly becomes much less daunting and much more doable.

2. It allows you to prioritize and concentrate.

Mother Teresa once said, "If you can't feed a thousand, then feed one." That is profound advice for aspiring leaders. There are many capable people who could lead one but never do because they're too busy wishing they could lead a thousand. Starting small helps you concentrate on what you can do now--which often paves the way for bigger things later.

3. It provides the necessary step to take the next step.

You only can expand your life if you're moving. As my friend Tim Elmore has noted, "You can't steer a parked car."

When I talk about the importance of starting small, I'm not trying to dampen your enthusiasm or stifle your dreams. I'm simply giving you a practical way to address your current reality. Think big, but start small.

Don't despise those single small steps. Just take them. As my first leadership conference proves, you never know where they're going to lead.

Technook: (Extension)

Powertips

Contributed By: Loveleah M. Mallari

Useful tips in using MS Word, MS Excel & MS Powerpoint to improve productivity & time. [Check out the slides >>](#)



Health & Sports: (Extension)

Stretch-ercises

Contributed By: Loveleah M. Mallari

Cross Train Your Brain!

The brain is one of the finest computers ever designed. A true super computer. Its speed, ability to sort information and the size of its hard-disk are beyond our understanding.



Here are the things to do excite, stimulate and exercise our brain. [\(Click the image\)](#)



Etcetera : Flavor of the Term

Allan U. Tee

Di ko akalain na magaling palang sumayaw, at mag-impersonate na babae...may kakulitan din pala...forever na sigurong mababansagang Satine...standout ang boses kapag nagsasalita.

- *harold b*

aka Satine of Moulin Rouge

- *anonymous*



Allan Tee aka Satine

- best actor/actress during xmas party :)
- *albert*

Allan Tee aka Satine - Satine???

hmmm... Game yan. :) Nakita kaagad namin ang powers



nya sa akting. hayun, at di naman kme nagkamali ng pagpili... pag sinearch ang memory ko for Allan Tee eh yung kumakain sya ng sandwich sa labas ng cfo at nagpeperform as Satine ang makikita. :)

- *loveleah*

Satine, sa pandinig ay awitin
Bango at ganda mo
Nais nilang maangkin.

Kutis mo'y kay puti at malasutla.
Nabighani sa iyo ang madla
Ngunit ano ang iyong ginawa!

Dinurog mo kanilang puso!
Nang pinili mong kilingan,
Si Adan na yong kabaro!

- *synonymouse*

What can I say about Allan? You don't have to say anything... just look at him.(he, he,he..)
- *anonymous*

Ang ganda-ganda mo pala!!! Walang kasing ganda mo dito sa ITC a ...

- *anonymous*



Harold N. Inamarga

Masipag...magalang...mabait...madaling pakisamahan...mapanganib...still wa-ters run deep nga naman... biruin mo, nali-link sa pinakamailap na di-
lag ng ITC...

okay lang, you have my vote! :)... mag-ingat ka lang at baka madagan-
nan ka ng isang karibal.

- *harold b*

quiet and reserved :)

- *albert*

nalilink kay ???

- *anonymous*

loverboy ni Kim, KRYS-TALA!

- *anonymous*

Well, who can beat Harold? Ma-
bilis magsalita... mabilis sa gawa... magaling magtra-
baho..

- *harold b*





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mabilis magsalita

- anonymous

Magaling mag-organize ng Christmas Party at outing!!! Magaling ring magtrabaho sa mga kailangang ayusin na computers.

- anonymous

Joel Santiago

Mr. Oracle...buddy ni Markus Hepe... kasama sa mga climbs ng ITC nung wala pa sa ITC...di man lang nakaclimb nung nasa ITC na...addict sa fantasy basketball...pinapaalis lahat sa mga katabi nyang cubicles... mami-miss ni Miss Kay...tuloy pa rin ang fantasy labanan!...yung Yellow Cab ha!

- harold b

kewl, galing oracle :)

- albert

Si Santi? Santi-santito. :) mabait yan. smile lang ng smile. our oracle reports developer guru. God bless sa iyong bagong work. :) I hope that you'll enjoy your stay there.

- loveleah



yung medyo kalbuhi na nag-resign na
- anonymous

Ito lover boy guaranteed..Me mapang-akit na ngiti at kindat ng kilay. Biruin mo ang daming pumila for valentine date sa accounting...say-ang iniwanan tayo ng maaga..

- anonymous

oracle expert, pang-industry ang talent!

- anonymous

Ma-mi-miss ka ng Accounting Office!!! Wala nang kasing-galing magtrabaho sa Oracle Reports!!!

- anonymous

maraming salamat sa iyong papuri at marami ring salamat sa mga tumangkilik iyong maaasahan, yang iyong liham aming ilalathala, sa 'ting pahayagan (itc corkboard) nawa'y magsilbing inspirasyon sa'ming ituturing "flavor of the term" sa susunod na lathala.

*Ang Patnugot
ITCorkboard*

Etcetera : On-line Time Killers

I Wish...

Contributed By: Dominador B. Diokno, Jr.

Alam nyo bang spin-off lang pala ung Coke Commercial (Pilipino version) na may kumakantang babae at namimigay ng Coke? The original version of the commercial features a black girl singing the (English UK) song with the same tune. Check these out:



click to play (UK)



click to play (PH)

Videos On Demand

Contributed By: FMDS, PALT & RTdeJ



mazda commercial



lemme sleeppp...



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"i-shoot mo... i-shoot mo... i-shoot mo na ang ball..."



basket-girl



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HomeRun (Albanifest 2004)

By: Precious Anne L. Taliwaga

Try this and see how far you can keep this drunk man up.

Hysterical... You just move your mouse left to right (no clicking) to keep him walking in a straight line. The object of the game is to keep him walking, without falling over, by using your mouse from left to right or right to left - you can't see your mouse which makes it more difficult.

Apparently the record is 82 meters! It's in German... Click on the link below to play - ITS ADDICTIVE!

<http://www.wagenschenke.ch>



Etcetera : ITChik-A News

Dear Chief Bubwit,

Merong nasagap na balita ang aking mga whiskers at buntot. Iscup baga. Tungkol ito sa isang binata na itago na lang natin sa pangalang Atlas (as in At Last!!!).

Tipong tinalikuran na ni Atlas ang kanyang makasaysayang nakaraan, at nagdesisyon nang isulat ang susunod na kabanata sa kanyang buhay. Ang kanyang inspirasyon ngayon ay isang dilag na tawagin na lang nating Shanna (as in Siya Na???)

Base sa aking nasagap na impormasyon, si Shanna ay isang kaaya-ayang morena na masusundan ang kanyang mga ugat sa bayan ng Tuguegarao. Mabait daw si Shanna. Mabait din daw ang kanyang pamilya, lalo na ang kanyang tatay. Kaya lang may babala ring binitawan

para kay Atlas: huwag daw nyang lolokihin si Shanna, kundi babalatan sya ng buhay ni itay.

Ayan po, hanggang dito na lang muna. Sana kahit paano eh tumulo ang inyong laway at na-exercise ang inyong utak sa



paghakahaka sa tunay na katauhan ni Atlas.

Para sa iyo Atlas:
magpakatino ka, alagaan mong mabuti
yan at good luck!!!

- isang concerned
bubwit

A Scene In
A Garden
by Synonymouse

A flower in the peak of its bloom

Attracts this young bee to its bosom
Why this one blossom?
Is it not easy to fathom?

To flowers in a garden abloom
To the winds sway with aplomb
One missed bee is not thy doom
For others need to fill their honeycomb.



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The ITCorkboard wishes to thank its loyal subscribers and violent fans for their unwavering support, ditto for its contributors. We are glad to report that no animals or any biological entities were harmed in any way or became extinct during the process. Ü