



ECTOPIC MURMURS

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Opinions and articles published herein are those of the authors and do not necessarily reflect that of the FEUDNSM Alumni Foundation

Viva Las Vegas Reunion

DIVINA GRACIA AVERILLA OBENA MD⁸⁵

Whew! How fast time flies! I can still remember a few months ago we were just brainstorming and preparing for this reunion, but now it is all done.



DIVINA G AVERILLA OBENA MD

I can say that this was a successful one, in the sense that it was well attended, both by Golden Jubilarians (Class⁶¹)

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Message from the PRESIDENT

When you mention the month of July, most people picture vacations, beaches and picnics. However, work at



OSCAR C TUAZON MD

board trustees continues. We just completed our annual reunion and convention in Las Vegas and as usual, it was a great success.

The speakers gave informative presentations; and audience participation during the question and answer period was lively.

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Message from the BOARD CHAIRMAN

I just arrived back from the Las Vegas convention and many sounds reverberate in my head. The reunion was a great success and the attendance was



PEPITO C RIVERA MD

excellent. I want to take a moment to thank all the wonderful speakers for their presentations.

The presentations were informative and helped us to stretch our minds; diagnosing not by personal knowledge of the patient but because of clinical presentations. In the clinicopathologic conference, I especially enjoyed Dr Joy Tan's presentation. Dr Tan was lively, well prepared and energetic.

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Silver Jubilarian Class⁸⁶ with Dean Remedios Habacon and Professor Sonny Habacon (center)

2011 ALUMNUS OF THE YEAR

CESAR D CANDARI MD of Class⁶¹ is the 2011 Alumnus of the Year. The Golden Jubilee



CESAR CANDARI MD

was celebrated at the Monte Carlo Hotel Resort and Casino in Las Vegas, Nevada on June-15-18,

2011. The award was given during the 32nd annual convention and scientific seminar of the FEUDNRSM Alumni Foundation.

A second Presidential award from United Class⁶¹ was also bestowed upon his laudable services, exemplary achievements, and valuable contributions to his Alma Mater and the FEUDNRS Alumni Foundation.

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THE GOLDEN ANNIVERSARY REUNION OF THE UNITED CLASS⁶¹

CESAR D CANDARI MD
FCAP Emeritus

This is the Golden Jubilee anniversary for the United Class⁶¹! What a fabulous, funny, happy reunion and finally with a colorful presentation.

It was great seeing so many of you from the United Class⁶¹

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2011 ALUMNUS OF THE YEAR

EMIL SARMIENTO MD⁸⁶, a pediatrician and allergy/ immunology expert, was recognized as 2011 Alumnus of the Year



EMIL SARMIENTO MD

(Silver Jubilarian of the Year), during our 32nd annual reunion of the

FEUDNRSM Alumni Foundation at the Monte Carlo Resort & Casino in Las Vegas.

Dr Sarmiento is a diplomate in pediatrics and allergy/ immunology. He practices these specialities in Greenville, South Carolina.

He has served as the president of the South Carolina Society of Asthma Allergy & Immunology and the president of the International Association of Filipino Allergists and Immunologists.

As a 2011 Silver Jubilarian, he graduated *cum laude*, salutatorian of Class⁸⁶ and was honored as the most outstanding resident at Rush-Presbyterian St. Lukes Medical Center of Chicago in 1993, where he also received the 1992 Alan Feinberg Award for best research.

Dr Sarmiento has helped organized his Class for this year's reunion. He is a member of the 2011 Continuing Medical Education Committee, and also lectured on asthma update during the convention.

APPA Physician of the Year

EMILIE HIPOL ONGCAPIN MD⁶⁴ was honored with the much-coveted



EMILIE HIPOL ONGCAPIN MD

Physician of the Year Award during the last Association of Philippine Physicians in America Annual Convention held in

Charleston, Virginia.

Our belated congratulations!

FAITH CORNER

MELVIN ANTONIO MD⁶⁵

In the June issue of ECTOPIC MURMURS there was a lot said about medical



REV MELVIN ANTONIO MD

missions, pro and con. What unifies the two sides is that these missions serve people in

need and whether we realize it or not, those involved in the endeavor are following the footsteps of Jesus Christ and his disciples. In the Gospel according to St. Mathew, Jesus gives explicit instructions to his disciples as he sends them out on a mission (Matthew 10: 5-15; 40-42) He empowers them to *cure the sick, raise the dead, cleanse the lepers, drive out demons*. The disciples are to

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THE GOLDEN ANNIVERSARY REUNION

continued from page 2

who came to celebrate our Golden anniversary reunion June 15-18, 2011, held at the Monte Carlo Hotel Resort and Casino in Las Vegas NV during

July 27-30, 1986. These former stories were compiled and were published in the writer's book of his memoir as well as in the ECTOPIC MURMURS and the FEU alumni website.

Six months before this Golden shindig, our Class president Dr Philip S Chua planned the Class⁶¹ reunion and events meticulously. We were in

wildfire in cyberspace with no end in the air to all Golden Jubilarians. It came from Cebu, Philippines, Munster IN and Las Vegas NV where he laid his Golden eggs in this golden event.

Lilly was our director and designer, Abraham Sim our choreographer, Philip and Farida our producers, bought all



United Class⁶¹ presentation during its Golden Jubilee celebration

the 32nd annual convention and scientific seminar of the FEUDNRSM Alumni Foundation.

Old memories were relived, friendships were rekindled and new memories were made!

Thanks again for those coming back and to those first timer to our anniversary reunion. Forty-six Golden Jubilarians attended along with their spouses, coming from all over the Unites States of America and the Philippines, the largest ever in the annals of FEUDNRSMAF in its 32 years of annual reunions.

The question: Is this the last hurrah? The answer is a resounding NO! NO WAY!

The following is a continuation of the diary coverage of United Class⁶¹ written by this writer every five years since the Silver Jubilee in

Manila in January 2011 to celebrate our 50th Jubilarians in the *Balik-FEU* reunion. At our dinner at Papparazi restaurant in Crown Plaza Hotel at Manila Galleria, Philip assisted by Dr Lily Naguit-Sim summarized the planned presentation in the Las Vegas Golden Jubilee.

During this time, Philip enthused the number of Jubilarians present. He remained as an inspiration to so many of us for so long, as he has been a wonderful class president for fifty years. He has done much as president of our United Class⁶¹, and everybody respects and holds him in the highest regard. On a personal level, I find him a brilliant and kind man; it is been my honor calling him my friend and classmate.

From January to June 2011, emails from Philip flew like

trinkets and costume materials in Manila, designed by Lily for each Class⁶¹ participants and their spouses with the exception of my position in the show.

I bought my own costume as a Friar, the peacemaker, a brown robe from Amazon.com.

All these preparations were kept secret, a fabulous, funny and deep cultural presentation in the grand finale of the convention. If we had the United Class⁶¹ headlined during the Sapphire anniversary in 2005 at Houston TX with the Hawaiian dance skit which was considered as the Academy award-winning presentation, this time it will surpass the previous shows.

Today, the show are full of SS (doctors with Social Security) +

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EARLY REMINISCENCES ON DAD'S LOVE

ULYSSES M CARBAJAL MD

Warning on Sabbath-keeping
George and I played ball one
Saturday,
When Dad was preaching far
away;*
Mispitched, the ball—for
George, no harm—
Downstairs I rushed, and broke
my arm;
Mom came, with speed, so
horrified—
Oh, the pain, the shrieks of
alarm!
Dad rushed home, hired a *hilot*,
who tried
To straighten my distorted arm;
Kindly, Dad warned us ne'er to
play
On Sabbath—instead, sing and
pray.

An Unexpected Gift
All of a sudden, not long after,
To earn more, Dad was US-
bound—
Gone were the bursts of childish
laughter,
The smiles, the jokes, the music
sound—
His soon departure we didn't
like!
Thank God, he failed the test on
health—
But came back with a brand-
new bike,
Which soon became our
greatest wealth!
We rode the bike till late at
night,
With pride and heavenly
delight!

Dad Prays for His Sick Boys
When George and Ben were
sprawled on bed—
From cholera, scores around
were dead!
Dad doused cold water on his
head,

Paced aimlessly our yard and
said:
*Lord, listen, can't you hear my
voice?*
*Lord, won't you save my dying
boys?*
God answered with a saving
choice—
With grateful hearts, we did
rejoice!



ULYSSES M
CARBAJAL MD

Playing *Lipa***
Lipay game George and I did
play,
But handily he won each game
And placed me obviously in
shame;
And when he tried to run away,
I chased him, spanked his butt
so hard
Because he would not let me
win;
And when to cry he did begin,
I feared the perfect day was
marred,

Dad Chastens with Love
Not fighting back, he ran to
Dad—
Told him he'd been spanked
thrice by Brad;
Deservingly, Dad spanked me
thrice,
So I would learn and realize
A loser poor I had behaved;
Surprisingly, the day was saved:
At night, Dad rubbed on my
butt, oil---
My Father's love, none could
despoil!

San Peru Game***
One eve when moonbeams fell
around,
When Ma and Dad were
sleeping sound,
The shouts outside won't let us
sleep;
The window down we dared to
creep
To join friends playing on the
street;
The gravel couldn't hurt our
bare feet—
San Peru games we much
enjoyed,
Made us of worries quite
devoid.

Dad Spares the Rod.
When we returned home, there
was Dad,
Awake, and spanking we would
have had
For doing something extremely
bad!
But Dad seemed thinking when
a lad
He, too, had failed and done the
same,
And had exposed his Dad to
shame;
So, in deep love he spared the
rod
To teach us there's a loving
God.

*My Dad was a Seventh-day
Adventist Pastor assigned in
Eastern Pangasinan.

**In this game, a dozen of large
“lipay” seeds are aligned some 20
feet away from the players. The
first to strike down all of the seeds
is declared the winner.

****San Peru*. Here, one has to
guard well his delineated territory
or space. The first invader to
break through is declared the
winner.

WATER IMAGES

ROLANDO SOLIS MD⁶³



ROLANDO
SOLIS MD

LIFE TREASURES

CELSO DEL MUNDO MD⁶²



CELSO DEL
MUNDO MD



Water in motion



Floating strawberry



Faux rain on oranges



Water in motion

In the autumn years of my life, I
looked back to my youthful
path,
And discovered all the
treasures, God has given me
to fulfill my life.
It is not the gold or silver or
material things that lie
abound,
But it's the virtues and love that
make my life profound.

The life lessons and wisdom
handed down by my parents,
With the virtues and moral
values, I have learned along
the way,
Embracing the Christian values
and Lord's teaching to love
and share,
Are all intangible treasures
unequal to gold or silver.

I am blessed with all these
treasures, I've gathered all
the years,
Endless caring of my family,
friends, most especially my
kins,
The soft touches of thankful
patients, for easing their
suffering,
Are unequal to precious metal
that can get lost and fade
away.

JULY QUOTE

At the end of our lives, it doesn't matter how
much money we did or did not have—we will all
answer to a Holy God and be held to the same
standard.

Proverbs 22:2

TENDERLY YOURS

NOLI C GUINGUNDO MD⁶²

I took over as executive director this year. First on the list of my job was to attend to the registration of alumni for



**NOLI C
GUINGUNDO MD**

the annual reunion in Las Vegas, which was held as everybody knows last June 15 to

the 18. I am not criticizing our alumni but these are some of my observation as a fellow alumnus.

We have emphasized from the start several months back to register early to avoid penalty and an increase on the fees after the deadline of May 30th.

Only a few took advantage of the early registration. Most people registered on site which made things very difficult for the alumni and for the registrars. Some people had complained also about the membership fee which is mandatory for all registrants, except the life time members.

During registration registrants also want immediate service and got upset when they have to wait to claim their tickets and their receipts. People were not aware that our presence is more of a voluntary job. We are not being paid to do the job unlike other medical schools like UST that employs private firm to do the registration, etc. They are more professionals than we are and could not compete with them.

My advice to everyone planning to attend future

reunions, would be to register early and try to beat the deadline. Make sure those non-life members pay the annual membership fee. Some registrants send checks which do not mention the function they would like to attend and the number of people attending each function. Those practicing outside the US did not have to pay the membership fee, particularly those from the Philippines and Canada.

The spreadsheets had to be filled out, and after this, to make the tag/ ID and the individual envelopes containing their tickets and official receipts. Those that had some balance, we have to bill them right after the reunion. We have to re-arrange registrants per year in order to figure out the table assignments. Jubilarians, both silver and golden were nice enough to register early, but still some had to register on site. Jubilarians also had to be timed on their presentation during the Saturday grand ball.

All in all, inspite of slight glitch, the reunion turned out to be a good and memorable one.

Thanks to all who attended.

CLASS⁶² IN LAS VEGAS

SID ALMEDA MD⁶²

Attendees were Noli and Ding Guinigundo, Nori and Rosvida Nicodemus, Zorina and her husband Lavares Santos, Monet Caliston, Orly Cabula and wife Rosista, Lydia Barot, Celso and Tita del Mundo, Rey Sarmiento and his new girl friend Letty, Daisy Ramos and her husband Renato, Hermes Monato and wife, and Letty Gonzales. (I might have missed more because we left Las Vegas one day early)

We had an informal meeting on Thursday noon time but only eight members attended because the others had personal businesses they have to attend that day.

Celso presided the meeting. I would let him inform you what we talked about, especially the year book and what our class will present next year reunion. The latter topic is not clear yet because those who did not attend the meeting have other ideas that we would let Monet and Noli decide which and what we should perform.

After the meeting, Celso's dream (*pangarap*) was fulfilled to kiss a virgin classmate by doing so Lydia in her cheeks. We all laughed when Lydia said *yon lang pala ang gusto niya sige na nga*.

Ok lang a kiss is just a kiss *hindi ba?* We had many more jokes and laughters that three days I stayed with our classmates.

Orly Cabula was the joker of the group. We were happy as happiness consists of something

**FEUMAANI
GOLF OUTING**
Sunday, August 28, 2011
Arboretum Golf Course
Buffalo Grove IL

Reserve with
Angelito Fernandez MD
litoeagle18@hotmail.com
or **Roy Espino**
espino5734@comcast.net

intangible and fleeting that moment.

We did attend the scheduled functions of the reunion.

Letty G showed up Saturday morning and I do not know if she attended the gala night of the reunion. I was not there anymore.

The affairs I would comment is disorganized and I hope we will learn from other's mistakes for our next year affair.

By the way, the July 4th date for next year reunion might still be changed to another date because many members are vocal against the schedule, especially Letty G, July 4 being very expensive days to travel.

I hope other attendees will write their opposition to this July 4, 2012 reunion. My know how on this is incomplete because we have to leave for the Father's day---my children were expecting us back in Michigan.

Tsismis: Letty V daw got married? Manny Nierva remarried again after Caring died, I am happy to see them.

Be happy with your lifetime companionship.

Till then we will see you all next year, stay cool this summer.

PO/ mT:

EUGENE AS SIRUNO MD⁶³

Ectopic Murmurs June 2011 issue is most interesting. I want to share my personal



**EUGENE S
SIRUNO MD**

observations and my thoughts. These are my own thoughts and, therefore, do not reflect the editorial

board nor that of the FEUDNRSM Alumni Foundation.

I am sure the 32nd annual reunion and CME seminar will be very successful and that I do not doubt but would the gratitude be extended weeks ahead of the event for a job well done!?!

The images are of a lovely family and beautiful flowers , befitting and beautiful!

The Health Tip forwarded by Gerry Barranda MD⁶⁵ is nice for what they are and what they are used for. I want us to remind ourselves and to our patients

and relatives of the risks that they can also bring. For example, that Gingko (sold as capsule or tea) aside from being used to improve memory, prevent dementia but also to treat asthma, ringing of the ears, sexual dysfunction and leg pain caused by poor circulation. The side effect is it increases the risks of bleeding associated with aspirin and warfarin. There are so many herbal remedies that can possibly boost immune system, or prevent colds or flu, or to lose weights or treat depression or lower cholesterol, or even possibly treat various stomach ailments. My thoughts are we should always be very careful when we take those herbal remedies, especially so that we are taking some prescribed meds as they truly have significant risks and interfere with some of the medications we are taking. We should advise our patients and relatives to always tell their doctors of these various herbals that they are taking. It can be trouble to your heart and can be dangerous if you are going to

have surgery. Some of the herbals are: garlic, ginkgo, St John's wort, green tea, ginseng, aloe vera, ginger, yohimbe, alfalfa, licorice roots, etc.. I believe they are better avoided than taken.

Kudos to a man of substance from *Antique to America, a Dream, a Journey*, a success story. Congratulations



From left are Sid Almeda, Celso del Mundo, Noili Guinigundo, and Ulysses Baje. Standing are, from left, Aida Minado, Tita del Mundo, Daisy Pelayo Ramos, Nory Nicodemus, Rosevida Sanga - Nicodemus,, Hermes Monato Moneta Caliston, Fe Baje, Ding Guinigundo, Lydia Barot, Letty Tuazon, and Rey Sarmiento.

are *apropos* to the Dr. Cesar Candari.

Medical Missions – Yes, that is very dear to my heart. I have been quite fortunate to be a member of the very first FEU medical school mission to Kapangan Mt Province in 1962 headed by the late Dr Felino Barnes with the late Dr Chit Villafria, Dr Mapue and Dr Rolly Recio. Drs Renato Ramos, Rey Sarmiento, Fred Ganood, Ben Pecache, Ted de la Cruz, Fred Villao, Roger Baldoza and some others I can no longer remember now. A *kwashiorkor* boy was treated, saved and grew up there and became the helper and runner for Father Flemming and Brother Hugo Delbaire sp.

CHEERS to Dr Daniel Fabito for all the works he has done especially in his capacity as a leader of the different organizations he belongs to and trying hard to lobby and make it easier for us to go and do medical mission to the Philippines. JEERS to Dr Carlos G. Naval for his very selfish attitude towards his very poor countrymen. For him to want the medical mission to fade away and become irrelevant (mission goes --- ha ha – you are funny doc – are you kidding?). Is not a solution. For him to allude to the Myth of Sisyphus, I am not quite sure if he thinks the endeavor of the medical missionaries/ missionaries is an empty thing, an endless unavailing task. Or if he is alluding to the Philippine government, the myth of Sisyphus, personifying the absurdity of human life, or is he alluding to the Philippine Association of Ophthalmology which seems to be so crafty and

maybe not too deceitful towards the poor yet are also cunning fellows.

The good doctor underestimates and does not understand the relationship between the meaning and the motivation of the MEDICAL MISSIONS. He does not understand that the medical missionaries work harder because our work seems more meaningful. I would like to say this quotation from Albert Schweitzer, *Seek always to some good, somewhere. Everyman has to seek in his own way to realize his worth. You must give some time to your fellow man. Even if it's a little thing, do something for those who need help, something for which you get no pay but the privilege of doing it. For remember you don't lie in a world all your own. Your brothers are here too.*

What I have noticed too is there is some degree of paraphrasing which is so close to plagiarism. The editorial board has no way to authenticate or identify the original author. I believe, they rely on our own integrity. Yes we like to make our work look good; however, if we use the *others' words* we should try to find the source and reference it. We might be doing it unintentionally, or we might just be so simply ignorant of the proper citation of the sources. We might just be trying to emphasize a point but still proper attribution to the author is necessary. We need some *writers integrity*.

PRIVATE SWIMMING HOLES AT UST PIO SIAN MD⁶⁵

The University of Santo Tomas is now celebrating its 400th year of its illustrious



PIO SIAN MD

existence a pinnacle of higher learning. Established in 1611, it is the oldest in Asia, and a few years a head of

Harvard U. Her alumni include heads of states and many heroes. Originally built inside the walled city of the old Manila to cater the growing number of *Insulares* who Spaniards born in the Islands. Later, the natives were also admitted, including Dr Jose Rizal. As the 19th Century closed, the total enrollment zoomed exponentially. A larger campus was built on a 22-hectare land, a near perfect square in Sampaloc District. There a complete set of buildings, including the hallmark cross that can be seen from everywhere. The whole site was bound by 8-foot walls on three sides, except the South side (España) which is fenced by ornate concrete columns and iron grills. The North side is Dapitan, the West side is P Noval, Both streets are two lanes and paved. The East side is a wide, rutted muddy dirt road named Governor Forbes. It was fixed and paved in the 60's and renamed Lacson Boulevard. That completes the quadrangle.

The University was closed only twice in its long history. First was in 1899-1900 at the height of the Philippine Revolution against Spain and the arrival of the Americans. The second time it was closed was in 1942-45, during World War II.

The Japanese Imperial forces occupied the institution. They needed a secure place to house the civilian enemy and families of the defeated defenders. They converted the university into a concentration camp. There were too many internees. A partial solution was to set the Filipinos free as a *Humane Gesture*.

People knew it was a propaganda scheme, but historians later agree that it was in reality massively logistical on the part of the conquerors.

Civilian internees were mostly American military dependents, employees, teachers and business people. British, Canadians, Australians were thrown in as well. Oddly, some Spanish and non-Nazi Germans were held captives simply because they were white. No exact numbers were recorded but estimates were between 4,500 and 5,000.

Living conditions were miserable at best and mortality was high, higher in children. Starvation, abuse, beatings and disease were the usual cause of death in approximately 15-20% of the detainees.

The American liberating forces came towards the end of January 1945. Sherman tanks knocked the walls in several different places. Freed people were eventually repatriated.

A year later Manila was still in shambles, thanks to Filipino

politicians who insisted on getting Philippine Independence as America promised.

This was granted on July 4th, 1946, amidst the wreck of a nation. America was no longer responsible for her.

Growing up in the neighborhood, sometimes my pals and I would skip school and ramble around. Soon we discovered that behind the rusty galvanized iron sheets on the wall was a large hole.

Eventually we were inside the university campus. Roaming around aimlessly, we stumbled onto our own *private swimming pools*. Those were excavations on the ground about 10 feet wide and 20 feet long, and how deep we never knew. Four pools neatly arranged about 20 feet apart with clear greenish water. There were enough to have one each but we decided to use them one by one. We would just move to the next hole when the mud was stirred. With mud so easily stirred I thought they may not have been deep. We planned to go there everyday when school closes for vacation, but it was fruitless as the hole was patched up before summer.

Many years later, I learned that our *private swimming pools* were in reality mass graves of the prisoners of war.

I still get the shivers and goose bumps up to these days when I think of those foolish misadventures

I still wonder why the U.S. Government abandoned those pits after the bodies were exhumed, much like Bataan and the whole Pacific early in the war.

ASK THE EXPERT

Does Obstructive Sleep Apnea (OSA) improve with low-energy diet?

Thank you,

ANTONIO ONG MD
Retired Neurosurgeon
Honolulu HI

REPLY. There is no question that weight loss is helpful to all. However, it is a known fact that there are so many cases of patients with normal weights or even below average weight, who have significant OSA.

It is very common with Orientals and specially those with Malampati 4 configuration of the oro-pharyngeal passage. Good example is yours truly.

I realized it after Dr A Q Chan pointed it out three years ago when I had my initial comprehensive sleep studies and cardiovascular workup.

I recently went for my second studies at Dr Chan's sleep clinic.

I am now using the newest state of the arts *ResMed BiPap*. It is so compact and quite. It is very hard to tell if it is on or off. No noise what so ever!

I now go into deep sleep for several hours, am not awoken at night because of apnea-like prior to using the *BiPap*, and now awake up very refreshed each morning.

I would encourage all our classmates to go have the very comprehensive studies at Dr Chan's clinic in San Jose or in Milpitas CA.

You have nothing to lose. You will be glad you did it! Best wishes to all! **ES**

REPLY. Had you attended the UST continuing medical education seminar early this month at Lincolnshire IL and my recent lecture your questions on *low-energy diet* as a treatment for OSA, you would have been clarified and



ANATONIO
Q CHAN MD

answered.

Since you are my good friend, I will of course provide you with my opinion on the paper highlighted by [Medscape](#), as follows:

The study was poorly designed since it uses portable home sleep monitor (4 channels recordings) instead of full polysomnography (12 channels); so it missed *brain arousals that trigger adrenaline release* due to sleep fragmentations from sleep apnea hypopnea.

There was no difference in BP between patients that lose weight with 10-15% reductions in apnea hypopnea index (AHI) versus those that did not.

This tells me that even those patients that lose weight and had 10-15% reductions in AHI still had ongoing nocturnal brain arousals and heightened sympathetic tone 24 x 7.

Hence, even those that followed low-energy diet and did not use the CPAP but had 10-15% improvement in AHI are still at risk for heart disease, stroke, aneurysms (rupture) and sudden cardiac death.

There was no baseline echocardiogram done in the published study.

If ECHOs show cardiac remodeling and CPAP was discontinued with the mistaken notion that losing weight was sufficient and AHI improved anyway; then this a very dangerous thing to do because these patients are still at very high cardiac and metabolic risk.

The study does not apply to Asians because:

OSA among Asians is not predicated on weight or overweight but on hereditary craniofacial features of Mallampati 3 or 4, micrognathia and retrognathia either alone or in combinations.

Severe OSA among Asians often occurs with BMI 22-25 (example shown on the subsequent email).

I am proud of ES because he got the message of my lecture in 2008 (Las Vegas) and he saw the difference in how he feels before CPAP and during CPAP therapy the past 3 years.

Same situation applies to NT. They are both healthier now compared to 2008; albeit three years older.

Yes, weight reduction would improve severity of OSA by 10-15% but does not preclude the necessity of CPAP therapy; more so if there are already comorbidities: cardiac reemodelling, coronary artery disease, diabetes, hypertension, kidney disease, etc.

In other words, diet never replaces CPAP. CPAP (with correct pressure) is the gold standard of OSA therapy.

If one has the following symptoms of snoring, nocturnal awakenings, nocturia, hypertension, daytime sleepiness plus Mallampati 3 or 4: the probability of OSA is almost 95%.

Delay in diagnosis and treatment increases the risk of stroke, and sudden cardiac death by 300% - 400%; hence time is of the essence, especially in our age group.

I hope this answers your questions.

**ANTONIO Q CHAN MD
MBA FAHA FACC RPSGT**
Chairman, Chanwell Clinic

Institute for Heart & Sleep
Disorders
Adjunct Clinical Professor of
Medicine
Stanford University School of
Medicine

JULY donation

A perpetual
MANUEL RIVERO MD⁶⁹
Student Achievement Award
in Endocrinology
is established this month.

LETTER TO THE EDITOR

As guests of Dr PC Rivera MD at the Las Vegas Convention, we would like to express our thanks for the wonderful time we enjoyed.

The surroundings were beautiful, the atmosphere very festive and congenial.

The membership there made us feel welcome throughout the weekend. It was like we had known some of the members for years.

We appreciated the chance to share in the many events and to partake of the delicious food.

One of our favorite times was the Friday night *Filipiniana* with all the *Barongs* and *Sayas*. While we enjoyed the dancing ourselves, we enjoyed watching the others dancing almost as much.

We had such a good time that we are hoping for an invite again next year.

After all, now we know how to tango and salsa.

Pershing staff
(Guests of Drs PC Rivera and Minerva Concepcion Rivera)

LETTER TO THE EDITOR

Congratulations for your excellent job in keeping us informed of the FEU happenings thru your newsletters via email. I am able to open the pdf-attachment in my laptop but not in my main computer which is connected to my printer. (I must have pressed something before that caused the problem).

Please send me the articles on pros and cons of the medical mission in WORD^R because we have same discussion with our group. I want to print those and show to our officers.

Sorry we missed our FEU reunion this year because our daughters who are out of state had scheduled long before, a 3-week vacation in Ohio. So they will be here from June 6 till June 27. Oh, the joy of grandparenthood!

**MENCHIE CALIWARA
DAMIAN MD⁶⁷**

Chairman
APPO Scholarship Committee

APPO SCHOLARS

Association of Philippine Physicians of Ohio (APPO) sponsors medical school students by providing them with scholarship grants to help



Dr Armando Damian, Dean Remedios Habacon, an APPO scholar, and Dr Menchie C Damian.

with their medical studies renewable every year until graduation from their respective medical school as long as they meet certain criteria both academic and extracurricular stipulated by the APPO scholarship grants committee. Once the scholar from the certain medical school has finished and received medical degree, a new set of scholars are submitted by the respective schools for a new student scholarship grant.

At present we have 4 students who had their medical degree (FEU, UST, SWU, UE) These students have always sent us an update and their grades (verified by the Dean or chair of scholarship committee) every semester. They also send us an update after they have graduated.

As chairman of the APPO scholarship committee I am very proud to report to you the fruits of APPO's efforts to support the needy medical students in the different Universities in the Philippines and the gratitude for APPO's help.

RHEU CHRISTINE CANDAVA MD²⁰¹⁰

I am thankful enough that APPO have supported me financially during my 4 years in medicine but now I'm asking for encouragement and moral support. I'm looking forward to see you so I can personally say how grateful I am that you believed in me and made my dream come true. Everything that I have right now and will accomplish in the future is a reflection of your good heart and generosity.

After passing my local board exam last August 2010, I'm keeping myself busy by doing "moonlighting" in 3 tertiary hospitals within the metro. I spend the rest of my time reviewing for my USMLE exam. I scheduled the Step 1 this coming July 2010 then Step

II CK on early December 2010 and finally my Step II CS on January 2011. I am planning to train as a resident in Internal Medicine in the US if given a chance.

Thank you so much for everything. I know that it is not enough but rest assured that you made the right decision in choosing me. I will do everything in my power to give it back to the people who needs my help and to the people like me who also want to be doctors. I read in the book *The Alchemist* that when you desire something, all the universe may conspire for you to achieve it. I believe that that universe had really conspired in favor of me, and you have been instrumental so that can achieve my greatest desire, to be a doctor.
Rheu

RIGIL MARIQUETA FE P SIAZON (4th medical student)

Second semester of third year thankfully ended well last mid-February. Our clerkship will then start on April 1. I'm quite anxious on the idea of engaging to hospital tasks. All the more worried on the possible hassle and bustle I surely will encounter. But I look forward on coming across cases that will add up my knowledge and sharpen my skills.

The possibility of arriving at this level was realized due to your trust and generosity. Thank you for the trust that whatever you apportioned to me is not futile, for I put forth my urge, my best in schooling. Thank you for your kind heart and generosity as you willingly gave out your blessings. My mom, who works in the



From left, Drs Gina Imperial, Nela Porciuncula (who recently fully recovered from clipping of an anterior cerebral aneurysm) and Vic Porciuncula



*Glad we are still alive at this time and hope you are all well too. We just celebrated our 40th wedding anniversary. Click on the picture to enlarge and count our wrinkle lines. We keep our BMI below 25. Wish all of you and your family well.
Yours truly, Antonio Ong MD, retired neurosurgeon, Honolulu HI.*

government, resort on taking loans as her net income is insufficient to pay for my school fees. And I blissfully express my gratitude for your kindness since she need not worry on where to get resources for my books and daily needs. Indeed, there's an assurance that I will be able to finish this course because you are the personified blessings to me. May the Lord even more bless you immeasurably! **Rigil**

Other APPO Scholars:
REYMARK CALMA MD graduated April 24, 2008, *cum laude* UST Faculty of Medicine and Surgery;

JENNILYN TANG O'YEK MD graduated April 17, 2011, UERMMMC;

EDGAR GERODIAS MD graduated April 28, 2011 SW Matias H Aznar Memorial College of Medicine;
DAVID DICIANO, 2nd year medical student, UP College of Medicine

In addition to above scholarship grants, the APPO have helped in the past the following:

Pinoy MD medical scholarship program of the Department of Health in collaboration with the Philippine Charity Sweepstakes,

Office and Government and Private Medical Colleges Universities. The program was conceived to address the lack of doctors due to the medical exodus and rapid proliferation of nurse-medical with the end goal of seeing employment in other countries.

FEUDNRM Alumni Foundation medical scholarship program thru Dr Arsenio Martin, chairman of the scholarship committee.

Good Luck and God Bless to all our APPO Scholars.

AN OPEN APPEAL FOR HELP

I am writing you through ECTOPIC MURMURS on



CESAR CANDARI MD

behalf of Pandan Antique Foundation (PAF), a nonprofit, public benefit corporation registered in

California .

I am the founder and chairman emeritus of the Foundation. PAF is a 501-C3 tax exempt Foundation Tax ID #33-091669 with missions to undertake various support programs, projects and activities geared towards helping the people of Pandan, Antique, from the ravages of poverty.

PAF is sending medical equipments and supplies under my leadership to the hospital-Justice Calixto O Zaldivar Memorial Hospital of Pandan, Antique.

We need help in facilitating this process. The Foundation is short of Funds and these

expenses are problematic; the shipment cost is \$6,300 for a container of 40x40 feet loaded with supplies worth an estimated half a million dollars. The sale of my book has raised \$2,500. Thanks to those who helped.

The donor is the Medical Ministries International based in Clovis, California and the inventory of the equipments and medical supplies are now with me.

To all FEU Alumni, we need financial help for our humanitarian endeavors. Please help us by supporting this worthy cause. Your tax deductible donation, no matter how small, is badly needed and will be greatly appreciated.

Send to:

Pandan Antique Foundation Inc
275 Plaza Napoli Court
Henderson NV 89074

If you have any question, please get in touch with me at: drcdcm@cox.net or 702-269-6490.

Since I am the consignee and the Pandan Hospital, I might be in Pandan, Antique to receive these equipments and supplies.

CESAR D CANDARI MD
Founder Chairman Emeritus
Pandan Antique Foundation Inc

LETTER TO THE EDITOR

Thanks for the FEUMAANI newsletter. I hope you get enough thanks and appreciation for the excellent work you do.

It was so nice to see you at our reunion in Vegas.

It is amazing that almost everyone I see in our yearly reunion, looks healthy and



GEM TENAZAS MD

almost the same, like they have not aged at all. On top of that, they are all mentally

sharp And that includes you.

By the way, I retired last December 31, 2010, after 35 years of Federal Service (of Veterans Affairs, Primary Care Department).

It was hard for me to wake up at 5:30 every morning 5 days a week, and look and read the computer 7-8 hours a day.

Now, I wake up at 9:00 am, and I feel good. However, I found out that the hours of the day became short that I cannot do all the things I want to do. Besides my daily exercises, I do gardening, sewing, a lot of reading, ballroom dancing, singing, reviewing my piano lessons I took 50 years ago and traveling.

Speaking of traveling, I was in Charleston, West Virginia (*almost heaven*) in June 2010.

I attended the *Bisaya* Medical Association Convention and I was crowned as Mrs *Bisaya* Medical Association of California.

My dear friend, Dr Rano Bofill who was the president at that time, wanted and insisted that I should attend I could not say No to him so I attended.

Again, thank you. And I will see you next year here in our City of the Angels.

My warmest regards to you and your wife.

GEM TENAZAS MD⁶⁴

LETTER TO THE EDITOR

I am not an FEU-NRMF alumna but I taught plastic and reconstructive surgery (PRS) and burn medicine from 1984-1993, in my capacity as assistant professor.

Since I had been exposed to the UP-PGH surgical forum, I was requested by then Surgery Department chairman, Dr Teodoro Nuguid, a fellow UPCM graduate, to have one starting 1985 and every year thereafter.

We have had award-winning surgical research papers within the department, inter-departmental, inter-hospital, and even during the Philippine College of Surgeons' annual congress.

Your immediate past president of the Philippine Medical Association in Chicago, Emma Yee Salazar MD, was a fellow intern at PGH. We worked together in some emergency and elective cases when she started anesthesia residency while

I became the guinea pig in the first-ever two-year plastic and reconstructive surgery and burns residency in the country under Drs Ponciano Manalo, and the late Marcelino Reysio-Cruz and Clermente Sta Romana.

The requirement at that time was two years of general surgery but I had almost two and a half years.

Further post-graduate training was done in a Philippine Government-sponsored fellowship considered part of my residency in Showa University's

Department of PRS, Tokyo and Sapporo Japan, for a year but I got accepted at the University of Texas Health Science Center-Dallas/ Parkland Memorial Hospital, and later requested by Professor Charles Baxter to work with his former general surgeon-acute burn fellow to start the University of Texas Medical School at Houston/ Hermann Hospital's Thermal Burn Unit with me doing the burn reconstructive surgery, including the early excisional surgery with immediate coverage or biologic dressings (homograft/ heterograft/ synthetic) for massive cases.

Since I was a red passport holder from the Philippine Government thru the UP System, I went home and fulfilled the three-year practice in the country for every year I was out doing further specialization, 1983-1993.

I landed in Indianapolis IN when I was petitioned as the lone woman PRS in a group practice with four males/ PRS for two years then decided to have solo practice for family reason.

By the way, I also saw a Dr Celso del Mundo in your online newsletter. Where is he from in the Philippines?

Thank you for including me in the online FEUMAANI News which I have enjoyed reading!

AMY G DEL MUNDO MD

LETTER TO THE EDITOR

In Memory **BONIFACIO RIVERA MD**, my wife and I would like to express our condolences on the passing of

my classmate. Sadly, Dr B Rivera passed away on June 8, 2011. Dr B Rivera and I were in medical school together and often sat side by side. I have many fond memories of our time together and remember Bonifacio as fun, friendly and smart. In fact, if the professors called out for *Rivera!* to answer questions and did not specify which one, which ever one of us knew the answer bailed the other one out. After school, we drifted apart but our paths crossed again in later years. I remember sitting with him and his lovely wife Angelita Pagulayan during the 25th reunion Silver Jubilarian. We had fun reminiscing and catching up on news.

Please join me in prayers for the family during their time of grief.

PC RIVERA MD⁶⁷
MINERVA CONCEPCION-RIVERA MD⁷⁰

LETTER TO THE EDITOR

Thank you. It is good to hear about and see the photos in the e-newsletter that of our former FEU Institute of Arts and Sciences Dean Josephine Cojuangco-Reyes who is an aunt of President Noyonoy Aquino and the older sister of the late Philippine president, Corazon Cojuangco Aquino, and current FEU-NRMF IM Dean Habacon. I was fortunate that both taught me in the past.

I vividly recall that in the school year 1960-61 Dean Reyes was our adviser of the FEU Tetragonai Sorority of university Scholars. I was then a sophomore, a green horn in

campus politics, but most of the sorority sisters encouraged me and was voted their *MIP* or most illustrious *prytanis*, or President. Whenever I smelled intrigues, or any form of envy or conflict, within the group, I would confer with her to be so guided. For one thing coming from an economically-challenged family, being the youngest among five siblings, who were attending private colleges and my brother, Robinson, attending a state university, as self-supporting students with respective jobs here and there, I could not afford to lose tuition *scholarship*. I just needed to maintain my being in the FEU- IAS honor roll so my parents would not have to worry for my tuition. I definitely did not want to lose my focus and undivided attention on my studies, knowing that I had bigger future goals to achieve, which were: 1) to be admitted eventually in equally prestigious American graduate universities and to complete graduate degrees in counselling and clinical psychology as well as in public health, 2) to be an assistant professor and a US national teaching fellow for seven years after receiving the best orthopedic treatment for my factory-defect condition, namely orthoarthritic right hip joint, two times so I could be relieved of physical pain and walk without any crutches, 3) to attain a US National Institutes of Health National Institute of General Medical Sciences MARC Faculty Fellowship, to do research and publish at Syracuse University and Harvard University; and by God's grace, 4) at a very

advanced age be a self-supporting medical student on my two feet to finally fulfill a childhood dream, obtaining a medical degree and rigorous training.



ERLINDA G
BARRANDA MD

Back at FEU-IAS every time I consulted with Dean Reyes and asked for her suggestion on how to be a leader, she would say: *STARTEGIZE, Linda!* and she made me make my own decisions, knowing that I was in the helm of leadership, enjoying the laurels and feathers in my small cap among the academic *elite* of FEU from the seven institutes (of Law, Education, Medicine, Technology, Accounts, Business and Finance, Nursing and Arts and Sciences). I never hesitated to consult with her and she gave me quality time listening to my shared pains and joys I was then sweet sixteen. I am glad she is still alive today, leading a premier educational institution in our country of origin. With her academic and emotional support, I survived the hurdle in college, unscathed with more gold medals earned in debates, speech contests and accolades received upon graduation. I was simply lucky that our oldest late sister, Natty G Barranda LLB MA PHD PhD, also a former Portia Sorority sister of President Cory Aquino at FEU Institute of Law was able to attend my graduation in 1964 during her semestral break from her

academic life in the US. I was able to treat FEU schoolmates to a sumptuous special dinner in a much-favored place, Aroma Cafe Restaurant, located at the corner of Avenida Rizal and Azcarraga, which was across the Odeon Theatre immediately after the April 1964 commencement exercises held at the FEU Quadrangle.

In 1983, Dean Habacon was our pharmacology lecturer at Bicol Christian College of Medicine (BCCM) and her husband, Dr Sonny Habacon who also belongs to the United Methodist Church and was my freshman schoolmate of at FEU-IM while I was experiencing cultural shock and adjustment in the traffic jams, and hustle and bustle of Manila immediately after my stint at Harvard. I needed to enjoy the scenic Mayon volcano in Legazpi, Albay, thus upon the invitation of and inspiration of the late Dr Damaceno F Ago, a UP medical alumnus, I enrolled and continued my rigorous medical training at BCCM where I met and was taught by current FEU-NRMF Dean Habacon. She, like our other illustrious professors, patiently taught us.

Dr Ulysses Carvajal is one of my Christian medical doctor friends in the APPA. I am glad he is able to share the wisdom of his experiences through the e-newsletter. I know he is a MCU alumnus, but I am happy he continues to share his insights and musings more meaningfully. I am impressed with the poems and photographs of accomplished medical alumni of FEU, as well as the continued enthusiasm to do medical missions by the

medical Tamaraws/
Sarimanoks.

Our BCCM motto is: GOD HEALS, WE SERVE! Let us keep doing the best we know how and grow together as we reach out and make a difference. Why? Because truly, much has been given and received by us in manifold ways and much is expected of us and we can deliver. More power to you and everyone, fellow FEU alumni as you do your best in all endeavors.

My state job keeps me alert and occupied; but I am glad I have a job, whereas so many do not have. One day I shall join you in your frolics and funfule acitivities there in Illinois.

Hello to common friends including Dr Noemi Borillo-Fogata and to Dr Brenda Narcelles [Banez], a sister of mine in the FEU Tetragonai Adelphai Sorority. We both received the initiation that year when we were recommended to join the Tetragonai, along with former Dean Emilie Hipol-Ongcapin that same year as *neophytes*. The married name of Brenda is in the tip of my tongue right now. Help me recall it. She was awarded an outstanding alumna recently by FEUIMANI I recall.

Dr Lilia Pagtakhan-Luna, a former FEU-NRMF Hospital Director, was the Tetragonai Adelphai MIP whom I succeeded. I met her several times while she was leading the Philippine Obstetrics Gynecology Society when I attended BCCM.

By the way were you able to attend Arellano High School 1959 Golden Anniversary homecoming in 2009? I could not then, but let us hope I could

inspire everyone to have another general post golden jubilee and donate scholarship money to AHS and FEU.

In the past I did have scholarship for the physically-challenged high school students at AMEC-BCCM. Angelita F Ago MD⁷⁰, is the BCCM Dean and also an FEU IM alumna.

I pray that in a short while I can continue it also for AHS, FEU IAS and IM.

**LINDA G BARRANDA MD
MA MSc LPC
Columbus OH**

LETTER TO THE EDITOR

It is with great honor to express my sincere congratulations to my very close friend and classmate, Cesar D Candari MD⁶¹, as the recipient of the alumnus of the year award of 2011 of the FEUDNRSM Foundation. My wife Amelia and I, both members of class '61 were present at this Golden jubilee held at Monte Carlo Hotel in Las Vegas Nevada, June 15-18, 2011.

Not only is he an accomplished physician and author of various publications including his book of memoirs, but also Cesar has also remained loyal and active to our Alma Mater, and to our school's alumni Foundation in America-very much involved to this day.

In representing our school organization honorably for the past fifty years, Dr. Candari has an impressive resume of accomplishments. Among these achievements, he has organized free clinic, was active in APPA, maintained leadership positions at various meetings and practices, and has been involved in multiple projects that help our fellow Kababayans.

Cesar's countless achievement, altruistic, and devoted services to

our class, to the foundation, to our country to his community, to charity, to medical society, and to positions in the city of San Diego and State of California are most laudable.

I have known and respected Cesar since we were in medical school, and am always in awe of his ongoing contributions to the Foundation, to medicine, and to his family and friends. In view of his successful and distinguished career, it is appropriate that Dr. Candari has been awarded the alumnus of the years. He is undoubtedly the most worthy physician for the award.

MANUEL CATALAN MD⁶¹
Carmona, Cavite

OBITUARY MARCELO SANTIAGO MD

12/3/1937 - 6/6/2011

Dr Santiago, age 73, of Claxton GA, died peacefully at his Newnan residence surrounded by family on June 6, 2011. He was born in Zamboanga, Philippines.

He belonged FEU Class⁶². He had internship at St Vincent Charity Hospital in Cleveland, Ohio and completed his residency in surgery at Charleston General Hospital in Charleston WV.

In 1975, he moved to Claxton where he raised his family, opened his practice in general medicine and surgery and was affiliated with Evans Memorial Hospital until his retirement in 2001.

In lieu of flowers, the family respectfully requests memorial contributions to Evans County Cares, PO Box 667, Claxton, GA 30417 or Coweta County Cancer Support Group, 35 Woodridge Place, Newnan, GA 30265.

Condolences may be expressed online at www.mckoon.com

He is survived by wife of 50 years, Joselyn Mangune Santiago, a son, Marc Santiago and daughters, Dr Diana Santiago-NeSmith, Marielle Lam, Leanne Carriedo and Melissa Bauer, and eight grandchildren.

CLASS⁶¹ GOLDEN ANNIVERSARY

continued from page 3

spectacular, superfluous, superior, shining splendor, superlative show, semblance of dold, mesmerizing sight of shindig *marapat samantalahin* .

On June 15th, Wednesday 3:00 pm, we had a meeting. Hand shakes, embraces, kisses, back patting, high –five, jabs and laughter was like a bomb of exchanges of life that transpired in the last 50 years. I will list those that were present. Drs Ephraim B Barzaga, Minerva Bruno-Racela, Amado G Chanco Jr, Elsa Cura, Remy Diasen–Sonson, Graciano Dichoso, Godofredo Lim, Ernesto Madarang, Rodolfo de Ocera, Zaida Padua-de Ocera, Leona Raymundo-Calderon, Emma Reyes-Carbonel Herminia Salvador, Nardo T San Diego, and Isabel Uy-Chiu.

However, to highlight a few not listed above, the board topnotch of our class Vic Virzosa displayed a grandfatherly physique, illustrious man, which surprised everyone and I.

Virgilio Dumadag was all smile, Pat Avila, vociferous full of anecdotal wisdom, Prospero

Jim Sendaydiego, (I call him Senday) the tallest and loudest of all can never be forgotten.

Lydia Aquino and hubby Rene came from Bicol, Manuel Catalan and his lovely wife Amelia (Pally) Levarado Catalan from Carmona Cavite. Manolo was a former Vice Mayor, then Mayor of Carmona and finally a provincial board member in the province of Cavite. He could have been a governor and who knows, President of the Philippines.

Bernardo T Mora Jr, from Surigao City, former member of the board of directors of the Philippine Medical Association, a senior government health official, consultant on agriculture sector, president of the Family Planning Organization of the Philippines was present.

Lilia Pagtakhan Luna, from Manila, our former Medical director of the FEU-NRMF Hospital was always present in the past reunions and still looks beautiful.

Ruby Cureg, (pardon me) I did not recognize you since you attended the Ruby Jubilarian. It was likely due to my *dementiating* memory cells.

Zeny Espino-Ostman was one classmate I could never forget. When we were in our internship at FEU hospital, she unremittingly wore a *contodoplantsado* white uniform. No, I cannot recognize her now. She is as attractive as before.

Bimbo Ceniza is still a heavyset man.

The troika (3 horses pulling a cart), Ming Bozon, Vic Azansa and *Buddy Foz* were the same old horses, and in the cart

ridden by Rose, Lucy and Inday Nora. *Ot de Leon*, my client in my barbershop at Edgewater Hospital, Chicago IL and spouse Rosemarie are tightly inseparable ever since we were in Medical school.

Abraham Baccara and his attractive wife Zeny came for the second time.

Letty Subido-Dacanay gave me a hug.

Uley Baje, you are an avid photographer.

Ted Teodoro remained young-looking as ever.

Bert Baretto, Manuel Ramos, Emil Quilala, *kilala ko pa rin*.

We missed those that were unable to attend.

Here comes the welcome night. What was significant to all of us was our Las Vegas style of attire in the ambiance of Viva Las Vegas. The grippingly nostalgic moments from the old days continued. Prospero (Senday) Sendaydiego did a beautiful invocation, a master of prayers in all native lingo.

I was all in black suit with my hat on, played the keyboard blues to entertain the alumni who love music and inspired them to dance. After playing few dance music in the rhythm of *cha cha, bolero, rumba* and big band, I was approached by the hotel manager. He asked me for my business card and wishes to invite me as a one-man band in special occasions at the hotel. He was surprised when I told him I am a doctor and I said I would do it for free (only kidding). Seriously, I can play this electrical musical instrument ensuring a talent no one can imagine. *Braggadocio?* May Angal?

Thursday, June 16, three Class⁶¹ members were participants on the first day of the CME program. At 8:00 am, P Chua was the moderator, Cesar D Candari lectured, followed by L Naguit-Sim.

The first schedule of practice of our dance troupe presentation was planned on this day after our joint-lunch at one Filipino *Kapit Bahay* restaurant in the Strip. We walked our way under the hot sunrays of Las Vegas in the high 90s. We were a happy group of human beings spontaneously transformed into young vibrant students of Morayta. One can imagine we were at the FEU campus, the boys and girls in the far distant past. At 1:30 pm, the practice began. The producer and choreographer presented a complicated variety of marching, dancing, positioning, the hip and hand movements from tribal style to the current modern free-style dancing. Every five minutes, the choreograph changes. Philip runs around dictating tempos, timing, and the firing of cannons between two tribal war. He became a combination of a director, (King Philip, the dictator- kidding *lamang*) a choreographer/producer and all. Everyone was obedient, serious (afraid to be beheaded if you do not head) and stunningly excited. Can you imagine a professor, director of, and hospital department chiefs, corporate president, fellow emeritus, diplomates, etc. spontaneously acted like medical students of yore? Pally and Lilia were exceedingly interested in perfecting the precise movement of body and soul. First, the musical

background was dull. I missed my meeting in the board trustees due to the engrossing practice session. We were seemingly ridiculous, crazy and yet serious, obedient and calm follower, expressing our intensity of being to be acclaimed as the best in Academy Award fame, a Hit presentation.

Friday June 17, we repeated our practice. Everyone was present.

The *Filipiniana* Night followed that Friday. Yours truly was the master of ceremonies with Ben Reyes MD⁷⁰ as my co-moderator. For the Class⁶¹ it was an evening of pretty/ *Filipina* doctors and their friends, spouses, and very good looking Filipino doctors in their seventies, balding heads, potbelly and few knee weaknesses. The *Kundiman*, bolero, *cha-cha* music in the synthesizer by this writer, welcomed the alumni in their entrance to the ballroom. This was followed by the Bohol Song Bird Band. It was indeed Philippines. *Barong Tagalog*, Philippine *Terno*, *Kimona* with modern long gown were the attires of the night. Cameras all over resembled pyrotechnic. Somehow, a strange feeling of the questionable last hurrah in our lives, our friendship, the fond memories, our camaraderie from all these cracks of lights bring us to the horizon of the moonlight. But no, all of us will live and enjoy forevermore.

Amelia (Pally) Levardo-Catalan sung *Saan Ka Man* accompanied in the keyboard by her husband Manuel Catalan. I introduced her as the Doris Day of United Class⁶¹, enthralled the audience. Conrado Doce (Ado)

the professor, sung his hearts out for a number of *Kundiman* songs. I belted one Ruben Tagalog song. Dance, dance, dance till midnight and finally we were back to our rooms.

Saturday, June 18. The Grand Finale. The Grand Dinner and Ball with the Golden Jubilarians Class⁶¹ and the Silver Jubilarians Class⁶⁸ were the honorees. The 46 classmates were in their formal attire, the men in tuxedo with shining gold colored bowties and cummerbunds; the ladies in black long gowns with a gold sash. They were very extremely elegant bunch of United Class⁶¹. The medallions were given in alphabetical order along with their spouses by Dr Josephine Reyes, board chairman of the FEU-NRMF with the assistance of Dean Remedios Habacon, chairman of FEUDNRSMF Dr Pepito Rivera and president Oscar Tuazon. Photos were taken in an elevated platform.

The Golden Jubilee Tribal presentation begun.

In Philip's historical, non-legendary and instead a truthful revelation stated:

On April 7, 1521, Portuguese explorer Ferdinand Magellan landed in Cebu. He was welcomed by Rajah Humabon, the king of Cebu, who together with his wife and about 700 native islanders, were converted into Catholicism on April 14, 1521. Magellan, however, was killed by King Lapulapu in the Battle of Mactan, barely 20 days after he set foot on Mactan.

The presentation of the United Clas⁶¹ actually started about 50 years before, where two warring tribes dominated Southern Philippines. After

several encounters, causing dozens of casualties on both sides, a Spanish priest was able to convince the two chiefs of the tribes to stop their fighting and unite. From these unified tribes was born a King, later to be known as Lapu Lapu.

The logistical tempo of changes of costumes from the formal attire to a black tight close neck with g-string (*bahag*) for men and Tapis for the ladies in their black tights, curly wigs for all, bracelets, necklaces, earrings, leg trinkets, etc. All these done in 10 minutes in one small co-ed room – some became naked but no one seemed to care. I was a priest in my Friar's brown robe. Bernie Mora led the entry to the ballroom holding a *Santo Nino*. I followed him with my right and left hand signals of priestly blessings and *Signum Crucis*. Philip the tribal chief of one side and Abe on the opposite side lead the tribal dance war. With my sermon at the top of my voice in Latin, *Visaya*, *Tagalog*, *Ilocano* and Spanish lingo in 30 seconds (no one understood it including myself) the dancing steps entrance of the participants begun in a dark ballroom with banging music in the background, and suddenly the bright light was put on – stunningly astonished the more than four hundred audience in this reunion. The staccato music and dances finally resulted in peace between two tribes, the laying down of Hawaiian torches, spears and daggers at the center of the ballroom. The priest blasted with a *Tagalog* sermon in front of these rival arms – *Mabuhay! Puriin natin*

and *Class*⁶¹. The presentation lasted for ten minutes.

A deluge of Paparazzi took the pictures, another hit presentation of the Golden Jubilarians of *Class*⁶¹.

Before the night ended, the award presentation was started. two outstanding alumni was announced. United *Class*⁶¹ 2011 outstanding Alumnus of the year is Dr Candari, this writer, given by the FEUDNRSM Alumni Foundation.

The second awardee is Dr Emmanuel Sarmiento of *Class*⁸⁶, a Silver Jubilarian.

Additionally, Dr Chua's presidential plaque award was bestowed to Dr Lilia Pagtakhan-Luna from the Philippines and from the US, Dr Candari.

Dr Chua received an endearment award from United *Class*⁶¹ handed to him by Rosemarie de Leon, our class secretary. A pleasant surprise for me, it is an amazing honor and to all three of us members of *Class*⁶¹, a most memorable milestone in our lives.

I shared my award with my dear wife. My last seven words, I stated in receiving this awards, was, I love my wife Cely very much. There was an applause, kiss! kiss!

It was a big show, an epic...

God has a purpose for us, our friendship and love for one another will remain forever.

FAITH CORNER

continued from page 2

act as envoys of Jesus, extending his ministry, proclaiming the same good news and performing the same good works of healing that he has been doing. It is noteworthy

that during His entire ministry, Jesus does not just set up shop in a house or a tent and make the people come to him. *Jesus went about all the cities and villages, teaching in their synagogues, proclaiming the good news and curing every disease and every sickness. When he saw the crowds, he had compassion for them because they were harassed and helpless...then he said to his disciples, the harvest is plentiful, but the laborers are few. So much need, so much to do, so few willing to do the work.*

As we reflect on these passages, we might understand our own sense of call more clearly and embrace it more willingly. To the followers of Christ, service is not an option. Our baptism makes us accepted as children of God. With this acceptance, we are also sent. Most of us are not meant to be itinerant missionaries, yet we are all blessed with certain skills and abilities that focus on healing, not only of the body, but also of mind and spirit. When we use these skills to help those in need of our services, we are doing what is pleasing and acceptable to God. We are, in effect, also spreading the Gospel by what we do and how we conduct ourselves. Saint Francis of Assisi said it best when he took an oath of poverty and devoted his life to serving humanity: *Always preach the Gospel. Use words if necessary. This is spreading the good news of the kingdom of God in word and deed.* We participate in the fulfillment of God's kingdom by offering gifts of compassion.

Like Jesus and the disciples after him, we will not be welcomed everywhere. In fact, we can expect to experience some of the hostility that Jesus often faced. His words of assurance have to be our source of encouragement: *Whoever welcomes you welcomes me, and whoever welcomes me welcomes the One who sent me.* (Matthew 10:40)

2011 ALUMNUS OF THE YEAR

continued from page 2

Dr Candari stated it was an amazing honor and awards, most memorable milestones in his life and in his journey. In medical school during the years 1956-61, he was a serious student, no extracurricular activities, in the shadows and unknown at that time and somehow his accomplishments started in America, blessed by an American Dream. It is hard to match his countless achievements and altruistic deeds to the community in the Philippines and United States. According to the man himself, his greatest accomplishment, well, besides his wife and family, was co-founding Operation *Samahan* Community Health Clinic in San Diego County where he volunteered his services mostly as chairman of the board for seventeen years. Operation *Samahan* Clinic is a giant leap to inspire all Filipinos everywhere; it is a shining example for other minorities in America to emulate.

Dr Candari graduated valedictorian in high school,

was a well-recognized orator. He moved to the United States after graduation in 1961. In January 1962 his postgraduate training started as an intern at Elyria Memorial hospital in Elyria OH. He took his residency in Pathology at Edgewater Hospital, transferred to Illinois Masonic Hospital and Medical Center in Chicago, Illinois. Immediately after his training in 1967, he became assistant pathologist and head of the Blood Bank. He was licensed in the State of Indiana and California. In 1969, he relocated to San Diego California, joined the San Diego Pathologist Medical Group Inc. In his thirty years as partner he served as secretary and later as vice president of the corporation.

He is board certified and diplomate in anatomic and clinical pathology in 1970. In 1972 he became a fellow of the College of American Pathologists and the American Society of Clinical Pathologists and later, Fellow Emeritus. He was re-certified as diplomate of the American Board of Pathology in 1999. In 1973, he was the first Filipino American certified specialist in immunohematology and blood banking, a sub-specialty introduced by the College of American Pathologists in that year. After his retirement in 1998, he worked part time and later became director of pathology department of El Centro Regional Medical Center in El Centro CA.

Dr Candari wrote his memoir, *Success Is a Journey*, which traces his journey from a distinguished but poor family in

Pandan, Antique. Through his struggles, he achieved medical education and eventually become one of the pioneering Filipino American doctors in America breaking barriers, gaining respect and achieving acceptance from mainstream America. He wrote his life story for his children and grandchildren for posterity, and for his friends. He shares his life history (career, profession, charities), achievements, noble deeds, contributions to society, his heroism, lessons in life, dreams, joys, woes, etc. He links up to the future, touches tomorrow today with an effusive vision and leaves a legacy. His successes and achievements are listed in four pages of his book. His memoirs of a Filipino American doctor creating a life from Antique to America, is a public record which details his trials and tribulations, his various roles and leadership positions in a lot of medical and social, humanitarian associations. His great successes and accomplishments are most impressive. He became one of the pioneering Filipino American doctors in America.

Message from the PRESIDENT

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There were several speakers from various disciplines so there was no time to become distracted.

The parties each night were a time to relax and visit.

I circulated the room several times each night and met many friends and new acquaintances.

Dr PC Rivera at one point told me I should sit down for a while, but I was busy talking to people throughout the room.

I was glad to see the level of participation at the dinners.

The food and entertainment were excellent.

The next annual reunion and scientific convention is tentatively scheduled for the last week of June into July of 2012.

There will be announcements forthcoming of specific dates and venue. I would like to extend my sincere thanks to each individual who helped to make this convention a success and to each participant who came to enjoy it.

I especially recognize the FEUDNRSM Alumni Foundation Southern California Group.

The Alumni Foundation is an ever active entity. There is always something going on somewhere in the United States.

In July, there is a fundraising event in Chicago to benefit the Vigan Ilocos Sur medical surgical missions for January 2012 in the Philippines. This is a good way to reinvest in the Philippine community, helping those less privileged. I would encourage any who have the means to support such causes.

I look forward to talking with other alumni as I complete the business of president.

Have a wonderful summer and a blessed vacation time.

OSCAR C TUAZON MD

Message from the BOARD CHAIRMAN

continued from page 1

During the convention, I had time to visit with Dr Josephine Cojuangco Reyes and greatly enjoyed my conversation with her. I am very pleased that she was able to make the trip. She was accompanied by family members and Dean Remedios Habacon and Dr Sonny Habacon.

The outstanding alumni of the year were Dr Cesar Candari and Dr Emil Sarmento and I extend my congratulations to them.

I also thank all the board trustees and various committee members for their hard work and Drs Danny and Linda Fabito and the FEUDNRSM Alumni Foundation Las Vegas Chapter for all their work in making the convention a success.

I especially recognize Dr. Oscar Tuazon, president and the FEUDNRSM Southern California Group; Dr Noli Guinigundo, executive vice president; Dr Hernani Tansuchi; Drs Jane and Amante Legaspi; Drs Renato and Daisy Ramos; and Dr. Grace Rabadam, treasurer.

I could continue my list, but I hope that each person listed or not, knows how much I appreciated all your hard work and support.

Also, thanks to Drs Cesar V Reyes and Celso Del Mundo for their continuing work on ECTOPIC MURMURS, and for keeping us educated, informed, and enlightened.

Thanks to all who participated The Board Trustees

meeting held during the convention, it was lively and positive.

Class⁶⁷ donated an initial \$10,000 to begin the research program of the medical school. This endeavor will be a great bonus for the school and I am sure further contributions will be forthcoming.

There was also a personal donation of \$5,000 made for the Laying-In Clinic that is sponsored by Dr Amante Legaspi and family. This clinic will service a need in an underprivileged area of the Philippines. Many of the women in that area have died during childbirth because of lack of medical care.

Any donations will be greatly appreciated and anyone wishing to donate may contact Drs Jane and Amante Legaspi.

The convention covered many aspects. There were business meetings, educational offerings and social gatherings.

This year, Dr Concepcion Rivera and I are pleased to have staff from our hospital who participated in the festivities. Bruce and Angie Murrell and Cory and Lachelle Hatcher accompanied us during the convention and were well received at all venues. We and they had a marvelous time.

PC RIVERA MD

JULY donation

ECTOPIC MURMURS

Professorial Chair Fund

**is completed, established
this month.**

VIVA LAS VEGAS REUNION

continued from page 1

and Silver Jubilarians (Class86)

Now let us reminisce the past. The Viva Las Vegas started with a blast since the two sexy, tall and feather-covered showgirls showed up! That brought wide eyes to our male doctors, especially the ones in the front. The games were great especially because Dr Vic Bonuel included *cialis* as part of the prize. Needless to say, a lot of doctors had an exciting night. The continuing medical education presenters were also great giving us a glimpse of each one's expertise. The topics about the Philippines touched our hearts. It made us think of how much more can we contribute to make a difference in the life of our *kababayans*.

The Las Vegas *Filipiniana* dance troupe presented their dance well and it made me wonder how they can carry those *bangas* in their heads without falling.

The *kundimans* brought back memories of the past. I stood there in awe, amazed with the parade of colorful Filipino gowns.

The Saturday Night grand reunion dinner dance event was highlighted by the elegant and modern *ati-atihan* dance by the Golden Jubilarians.

The song and drama presentation by the Silver Jubilarians were excellent as well.

For those who did not attend the event, I positively say you missed a lot.

For those who contributed to make the event possible, I say kudos for a job well done!

May we have more exciting reunions to come!

See you in Los Angeles, California next year!

Elvis Presley also showed up and defied the truth and showed that he is really alive. The women enjoyed the touch and kisses he gave.

The band was great and everyone was delighted by the presentation of the talented kids both in singing and dancing.

I saw the twinkles in the eyes of the proud parents and grandparents while watching them perform.

Balik-FEU 2012

January 26-28, 2012

Crowne Plaza Galleria
at Ortigas & EDSA

CELEBRANTS

Class⁶² Golden Jubilee

Class⁸⁶ Silver Jubilee

Class⁶⁶ Sapphire Jubilee

Class⁷¹ Ruby Jubilee

Class⁷⁶ Coral Jubilee

Class⁸¹ Pearl Jubilee

Class⁹¹ 20th Anniversary

Class⁹⁶ 15th Anniversary

Class⁰¹ 10th Anniversary

STUDENT ACHIEVEMENT AWARD

Do you want to know a little bit more about the Student Achievement Awards? The cost for each Student Achievement Award is \$50. If you want your award in perpetuity, it is \$1050. You can label your award in your name, or in the name of the person you wish to honor. So let me challenge you to channel the extra dollars of your donation/ charity budget to recognize an honor-roll needy student or two at the medical school. Your donation(s) are tax-deductible. Please make your check payable to

FEUDNRSM Alumni Foundation.

Your donation this year will be awarded during the Student Recognition of the 2012 Balik-FEU in mid-January 2012 at the FEU-NRMF Institute of Medicine, in West Fairview, Quezon City. If you want you can also distribute your award(s) in person during the ceremonies! Let me hear from you about your award(s).

CESAR V REYES MD⁶⁸
6530 Dunham Road,
Downers Grove, IL 60516
Phone 815-942-2932 x7565
or acvrear@aol.com

FEUMAANI

Philippine Medical Association in Chicago Medical-Surgical Mission

is scheduled for
January 18-21, 2012, in
Vigan City, Ilocos Sur
and neighboring towns.

Interested volunteers
are requested to submit
curriculum vitae and a
copy of their US and
Philippine medical
licenses.

Inquire with

NIDA BLANKAS HERNAEZ MD
nidablankashernaezmd@yahoo.com

EDWARD HERNAEZ MD
ednida@sbcglobal.net

Editorials COMMENTS

news releases
letters to the editor
column proposal and
manuscripts are invited.
Email submission, including
figures or pictures, is
preferred.

ECTOPIC MURMURS

Deadline for the August 2011
issue: August 20, 2011

Please address submissions to
acvrear@aol.com

JULY donation

A perpetual
CIRIACO MADAMBA MD⁶⁸
Student Achievement Award
in Obstetrics Gynecology

is established this month.

FEUMAANI

TURKEY GREECE TRAVEL

Scientific Seminar
Updates in Clinical Practice
CME credit 14 hours
with the PMAC

October 12 – October 21, 2011

Apollo Tours

1701 Lake Avenue Suite 105,
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(847-293-3411)

csalameh@apollotours.com
Reservations: 1-800-228-4367

Total cost per person
In double occupancy
\$ 2999
Single supplement 510
Triple occupancy 2939
Final/ full payment due by
July 15, 2011

For further details, inquire with:
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FEUMAANI

20.5th Biennial
Anniversary
Speakers, Product
Promotional & CME
Seminar

Saturday, July 30, 2011
8:00 am - 12:00 noon

What is New in the
Treatment of Lipids?
ERNESTO RIVERA MD
Medical Director
Amarillo Heart Research
Institute TX

Cardiology Update Topics
BENJ LUMICAO MD
Assistant Professor of Medicine
Northwestern University

Endocrinology Update
NUNILO G RUBIO MD
Clinical Assoc Professor of
Medicine
Loyola University of Chicago

Resistant Hypertension
MANUEL MALICAY MD
Assistant Professor of Medicine
Rush University College of
Medicine

Radiation Oncology Update
GREG TOLENTINO MD
Radiation Oncologist, Chicago

6:30 pm - 12:00 midnight
Recognition & Appreciation
of the

2011 Laoag City Medical
Surgical Missionaries,
FEUMAANI Choral Group
and 2009-2011 Officers
Lexington House
Hickory Hills