

LOT FOR SALE

Nurses leaving for abroad
 2000 Sq.Meters. Bantayan, Dgte.
 Subdivided to 4 lots. Concrete fence.
 With concrete stock house within.
 Convertible to 3-unit apartment.
 At corner of two cemented roads.

DIRECT BUYERS:
 Call 0918 929 6047

FOR SALE

(Residential Lot)

380 sq. meters with clean title and right of way.
 Near Garden of Saints, Lower Camanajac.
 Call 225-2247; 422-0063
 0919-412-7088; 0920-257-4326

Rural Bank of Sta. Catalina 225 4808
 225 4640
 422 6193

Business Capital
 Placement Fees
 Medical Bills
 Tuition Fees

We have loans that work for YOU!

TIRED OF RENTING A HOUSE?

STARDECO offers House & Lot package to all Pag-ibig & non Pag-ibig members for only P20,000 processing fee & registration, a Brand New House & Lot will be yours with no hassle & no equity. For information Call Tel. #226-1164 / 225-2951 / 422-3579

Natasha Homes

Banilad, Dumaguete City
 Tel. No. 225-2951 / 226-1164



Effective February 19, 2005
DAILY SCHEDULE

VESSEL	ROUTE	DEPARTURE
DELTA I	DGTE.-SIQUIJOR	6:00AM
		9:00AM
		1:30PM
		4:30PM
		7:00AM
SIQUIJOR-DGTE.		10:00AM
		3:00PM
		5:30PM
DELTA CAR FERRY DUMAGUETE-SIQUIJOR		6:00 AM
		10:30AM
		2:30PM
SIQUIJOR-DUMAGUETE		8:00AM
		12:30PM
		5:00PM

Ticket Sales and Offices

DUMAGUETE CITY: Pier 3, Delta Fast Ferries Passenger Terminal, PortArea, Tel. (035) 420-0888/ 420-1111

SIQUIJOR, SIQUIJOR: Pier Area, Siquijor, Siquijor

Bringing the islands closer to you.
 DELTA Marine International Pty. Ltd.
 Please check-in (1) one Hour before departure time.
 SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

The late ...

From page 8

treats in Brisbane, Australia. Giving himself a break on July 12, 1999, he went swimming across the river mouth of that place. To the consternation of everyone, he drowned. After several hours of search operations, his body was found on the rocks of the Gold Coast.

Being a good friend of the late Fr. Pierce, this writer was once told that the trick of the water diver is one that can be learned. He guessed and it was later confirmed that the deep well at Emmaus Center, a diocesan facility in Bagacay, Dumaguete, has a crystalline and pure water source at one hundred and ten feet, which can extract up to three hundred gallons per minute.

Bank ROPOA ...

From page 8

developing our province not only because less government is always good. It is a simple rule of economics, that business enterprises are best carried out by private individuals whose sound management of their stakes in the venture will ultimately determine their return on investment or even survival. Not so with government burdened by its multi-role to different publics.

So we enjoin the banks to publicize to the general public all these existing ROPOAs as to site, size and assigned values so more people can study the matter for their business consideration. Entrepreneurs here and abroad are likewise being asked to keep an open mind that a Golden Box of Opportunity may just have been opened for them.

This is one intelligent, doable strategic direction that the public and private sectors can do to launch ourselves into economic superstardom.

Dilemma at the Dining Table

What is happening to the good old parties we used to have before? Good conversation, appreciation of the cuisines before us, partaking of such fine cooking . . . Of course, we still enjoy those lively interactions with our genial hosts. But . . .

Recently I attended a party with close friends many of whom were the stunning campus beauties of our college days. I was amazed on how these ladies are able to maintain their good looks and radiance considering the onslaught of the years. As I drew nearer them I was expecting lively conversations on such lively subjects while partaking of the sumptuous food which were aplenty at the dining table. I got the shock of my life!

Of course, they were talking about food. But it was very scary. For they were talking, too, about their state of health! "Not that. I can't afford to have more sugar in my system than a sugar central." "Uric? When I can't control myself as what I am trying to do now, later my joints just get stuck as if I have rigor mortis!" "My blood pressure! My doctor warned me unless I religiously take my maintenance, I might get hit while driving my car." "Cholesterol! Good cholesterol, bad cholesterol. I don't care which is which. I'm just scared of this." Etcetera, etcetera, and so on and so forth. I withdrew from the wavelength.

Goodness! Such beautiful people, such beautiful party, such array of tasty food on the dining table! But, what a conversation! And what paranoia! But how true, how real the apprehensions!

In our country where fiestas and parties are ways of life and second nature in our psycho-social milieu, food in great abundance are prepared, offered and served to a happy people which Filipinos are. Nothing overwhelms a household more than to be able to of-

fer food to so many people. Never mind the cost.

In the midst of so much food and so much eating there are perceptions - well-founded or not - that most of the health problems confronting us are food-induced. Ironic, isn't it? For food are supposed to nourish us. Of course, this is very true and will continue to be so. Right food, right quantity, moderation, - these are the parameters. But food killing us? Come on!

A wag - wanting to be funny - said that while most of us eat to live there are a good number of Filipinos who only live to eat. Looking at the hungry and malnourished people of some African countries, the wag said that this scenario will never take place in the Philippines. He said that the Filipino will never die of hunger. He will die - yes - but he will die of overeating. True or false?

Every now and then we are invited to parties and partake of delicious preparations especially made for us. Here we come face to face with a dilemma - what food to take, what not to take - without offending our caring host who has gone to great lengths for us. Note that many of us have self-imposed pre-emptive food discipline. Still a good number are restricted by rigid caveats for health and medical reasons. Self-imposed pre-emptive food discipline are canalized by a regimen of self-denial and good eating habits. And a lot of courtesy and politeness in given situations.

On a personal note. And this is closer to home. When I attend parties with my wife (Bless her!) I am kept from Harm's way. She look at me ev-



by: Art Umbac

ery now and then and in a body language both of us understand, she would warn me which food is rich in this and that. Indeed, I am very lucky because like many of you, I have a caring wife who - like a space satellite - hovers over me sending me warning signals - a guardian angel who watches over me.

Unfortunately she could not be with me in most of my commitments in the towns and barangays. When you are in public office you have to honor no less than five invitations during fiestas. Many of your friends out there will be waiting for you in their homes. And if you don't visit them and partake of their food they will be very disappointed. And you know what this means. So you can see that the dilemma of the politician is the mother of all dilemmas at the dining table.

This is probably one of life's greatest ironies. When we were young and could eat almost anything, we did not have the

Turn to page 11

AGENCIA CIUDAD PAWN SHOP

Main Branch

JAT Building San Juan St., Dgte. City
 Branch 1, San Jose St., Dgte. City, Beside UCPB
 Tel. # 225-8543 / 225-7651

HEIDI'S PAWNSHOP

"The Pawnshop with a Heart"

Along Sta. Rosa St., Dumaguete City
 Tel. No. 225-9841
 & their Newest Branch at
 Silliman Ave., Dgte. City Tel. #422-9002

Coastal INN
 At the WATERFRONT • Tel. 225-9501
 Transient's favorite • Clean • Low Rates

Meryll
 Shoe STORE
 THE CITY SHOE FASHION AVENUE
 San Jose St. Dgte. City Tel. 225-8298 / 422-9571

Be Part of A CONSUMER EMPOWERMENT PROGRAM...

- Turn your expenses into savings
- Have the opportunity to learn and earn plus much more!

Contact

Boots @ Cel # 09187208082

GODLINESS • EXCELLENCE • TEAMWORK • FAIRNESS • COMMITMENT • INTEGRITY

ARIBEN HERBAL CAPSULES

ature's Capsulated Food Supplement
 "Sigurado na, epikitob pa"
 Distributor: VICTOR TUIG - DYWC Prod. Center, Dgte. City
 Tel. No. 225-4852

Hinumdomi higala ang kapiskay sa atong lawas bugtong bahandi nga dili katopngan, salig sa ARIBEN.

ORIENT
 MONEY & MESSAGE
 COURIER SERVICE
 Isang Iglap lang, abot nal!

C&L Central Office, Dumaguete City
 Tel. # 225-9819 or 422-8371

RMJ SURPLUS
 Dealer of all kinds of Japanese surplus appliances and more...
 HOTLINE 225-9748
 Dr. V. Locsin Street,
 Beside DCDB Dumaguete City