There are many times when we only have to look at Mayon Volcano to believe... to appreciate the magnificence of creation and the omnipotence of The Creator. Mayon is awesome in her period of repose, awful when restive. I have experienced both. I have been awed and humbled by the experience.

I came to AQ in 1999 and Mayon promptly greeted me with three phreatic explosions. In 2000, I witnessed both strombolian and vulcanian outbursts. This year, I saw what PHIVOLCS calls an effusive eruption. In my eight years here I have seen four different kinds of eruptions.

I may feel lucky having seen all these but every Mayon eruption makes me agonize over the loss and pain the people have to bear especially those who reside at the mountain’s base even as we, Aquinians, share whatever little that we have to help ease the loss, the pain, and the anxiety.

The latest Mayon eruption may have been “for tourists,” but still it displaced thousands of residents. Again, we, Aquinians... from individuals to offices, colleges, up to the Supreme Student Council... did what we must. Our efforts may have been confined to identified evacuation centers for that it is the best that we could do. For that, we are grateful for the chance to be of help in the AQ spirit of a life of truth and of love out of gratitude.

Leo Martin B. Ganace

Aquinas University of Legazpi extended help to victims of Mayon eruption by mobilizing its Nursing students to evacuation centers and conducting relief and medical missions to aid residents displaced by the calamity.

The College of Nursing redirected its third-year Related Learning Experience (RLE) students August 10 to conduct community service to evacuees displaced by the Mayon eruption. Prior to that, they had been assigned to communities in Legazpi City and neighboring towns where they had been practicing Community Health Nursing (CHN).

The CHN is a component of their two-part RLE. It is primarily designed to enhance the knowledge and skills of students on Community Health Nursing.

“We decided to redirect because it is the need of the locality. We are trying to find a place of expression for the students and I think the best expression is through the neediest segment of the population, especially those people affected by the disaster... who most need the attention” said College of Nursing Dean Leo G. Llana.

Seventeen groups composed of 12 RLE students each have been rendering service in various evacuation centers allocated by the City Health Office in barangays Gogon and Bogtong, Albay Central School and Bagumbayan Elementary School. Other groups were also assigned in evacuation camps in Barangay San Andres in Sto. Domingo, San Lorenzo in Bacacay, and in San Antonio, Tabaco City, and San Jose, Malilipot, Albay, said Llana.

AQ CHN Coordinator Elvisa B. Espares, RN said their programs ranged from small group discussions, feeding programs, entertainment-based orientation for children and fertility awareness orientation for adults, among others.

“These were done in all evacuation centers that we visited,” she added.

But with Mayon’s alert level now back to III and the evacuees returning to their homes, the College of Nursing will be redirecting its students to the communities in Legazpi City where they could continue to provide the needed services.
AQ promotes personnel fitness

Aquinas University of Legazpi has taken the step in promoting health and fitness among its employees with a fitness program for personnel and varsity players of the University.

In September, the Department of Physical Education, Sports and Fitness (DPESF) initiated the Fitness and Health Program (FHP). It is primarily aimed at improving the overall fitness of AQ employees, enhancing performance quality in the working environment, preventing occupational health hazards and injuries, and providing a healthy outlet for emotional and mental stress, among others.

DPESF Director Reynaldo Bobadilla said the University had allocated roughly P200,000 for the acquisition of gym equipment and other paraphernalia which will be used for the program.

Newly-hired sports physical therapist Aldin M. Soneja said the University program “will have a comparatively more scientific approach.”

“The program for employees will depend on their specific fitness needs which we’ll determine after they have been evaluated,” he added.

The FHP will be initially available to employees and varsity players of the University but will eventually take in students who wish to avail of the program, Bobadilla said.

The gym program is free for AQ employees and varsity players, but the department plans to charge a comparatively “lower fee” should it decide to accept students to the program.

As of the first week of September, some 65 employees have enrolled in the program which is expected to start full implementation by the third or fourth week of the month.

For more information on the AQ fitness program, contact the DPESF at (052) 820-8722.
### DESIGNATIONS & PLACEMENTS

**Engr. Virgilio S. Perdigon, Jr.**
Chairperson, Labor Management Council (LMC), Management Panel, effective September 12, 2006

**Fr. Joseph R. Raquid, O.P.**
Member, LMC Management Panel, effective September 12, 2006

**Dr. Walter Randolph C. Jalgalado**
Member, LMC Management Panel, effective September 12, 2006

**Mrs. Rosalinda B. Barquez**
Member, LMC Management Panel, effective September 12, 2006

**Mrs. Salvacion A. Fernandez**
Member, LMC Management Panel, effective September 12, 2006

**PROBATIONARY STATUS**

Lorna B. Balean, College of Business Administration faculty, effective September 16, 2006

**NEW FACULTY MEMBER**

Charlie D. Señas, Science High School Computer Science teacher, effective September 6, 2006

**RELIEVER STAFF**

Sheryl M. Climacosa, Center for Culture and the Arts, effective September 4, 2006

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**UNWRAPPING THE NEW**

MIS-ITC technician Harvey Balutacan (left) unwraps one of the 50 brand new LCD computer monitors August 11. These will replace the old CRT monitors (background) at the SHS computer laboratory. Five host PC’s serve 50 Office Stations. This setup significantly reduces power consumption by 75%.

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**IT’S LIKE THIS...**

Mabel Dava of the HRMO (above) gesticulates her point before the OIC of the Office of the Vice-Rector for Administration, Engr. Virgilio S. Perdigon, Jr., during the review of accomplishments of the personnel in charge of records held at the St. Antoninus Hall September 16. Engr. Perdigon takes note of accomplishments, problems, and suggested solutions shared by every personnel present in the meeting.

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**ISSUANCES**

**OFFICE OF THE OIC, ACADEMIC AFFAIRS DIVISION**

**FOR:** All Deans, DPESF Director and Theology Coordinator

**FROM:** Pedro B. Bernaldez, D.P.S.

**OIC, Office of Academic Affairs**

**RE:** Preliminary Examination Top Scorers and Midterm Top Brains

**DATE:** September 12, 2006

The Pygmalion Effect provides that high expectations by teachers of their students’ performance serve as enhancers of learning. We want to motivate our students to do better in their school activities; thus, we recognize their performance. This is basic!

We are sending you the top scorers in the Preliminary Examinations. You may post the lists on your college bulletin.

Should you want to sustain this project, the Dean’s offices are expected to coordinate the computation of grades of the “Top Brains” (per subject) and send the lists of top students to us for collation.

Thank you for your cooperation.

---oOo---

**HUMAN RESOURCE MANAGEMENT OFFICE**

**HRMO No. 15, s. 2006**

**FOR:** All Employees

**THRU:** Deans/Directors/Heads of Offices

**RE:** Updating of Personnel Records

**FROM:** Miguel O. Navarro

**Director**

**OIC, Office of Academic Affairs**

**OIC- Office of the Vice-Rector for Administration**

**NOTED:** Dr. Pedro B. Bernaldez, D.P.S.

**Director**

**Chairperson, Labor Management Council (LMC), Management**

Panel, effective September 12, 2006

**Panel, effective September 12, 2006**

**Dr. Walter Randolph C. Jalgalado**

**Member, LMC Management Panel, effective September 12, 2006**

**Mrs. Rosalinda B. Barquez**

**Member, LMC Management Panel, effective September 12, 2006**

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**BIRTHDAY CELEBRATORS**

**August 16 - September 15**

**AUGUST**

16 Mrs. Cynthia B. Barajas BA
19 Atty. Imelda N. Orpiada Law
19 Miss Lilia C. Imperial, RN Nursing
21 Mr. Darlito A. Perez Eng’g
21 Mr. Leo M. Carmelo CCID
21 Mr. Domingo N. Novelo CCID
22 Miss Roselle J. Llandeler Educ
25 Mrs. Jean E. Cardito Nursing
26 Mr. Rodolfo G. Manlapas Eng’g
28 Mrs. Edna V. Samiento, RN Nursing
28 Mr. Efren A. Atun Educ
28 Engr. Amparo B. Brizuela Eng’g
28 Miss Agustina V. Lorejo, RN Nursing
29 Mrs. Arlene A. Aguilar OVRRA
29 Atty. Carlos L. Bona BA
29 Atty. Miriam B. Zurigga Law

**SEPTEMBER**

2 Mr. Efren A. Atun Educ
3 Atty. Anthony C. Nuyeda BA
5 Mr. Edgar E. Ballaran OPA-AVR
6 Miss Marivic M. Guillermo Educ
7 Judge Amulfo B. Cabredo Law
7 Mrs. Marilou B. Empig CCA
9 Fr. Arturo P. Bonto Theology
11 Atty. Imelda E. Olaticia, RN Nursing
11 Mrs. Marilou B. Empig CCA
13 Mr. Venerio L. Paguio, RN Nursing
15 Miss Claudette Daresene, RN Nursing
15 Mrs. Katherine T. Mendoza Acctg Office
15 Mrs. Marilou B. Empig CCA
AQ student band places 2nd in national competition

Aquinas University student band Footprint bagged the second place trophy at the Globe Kantabataan nationwide competition August 27 in a nationally-televisioned finals aired over ABS-CBN’s Sunday variety show ASAP.

Globe Kantabataan is a national song-writing and band competition by Globe Telecom for college-level bands.

The quintet of Jan Mark Garay, Paul Lluz, Vincent Tolosa, and Stephen Belen beat over 100 bands across the country to qualify in the final five.

Aquinas University Rector and President Ramonclaro G. Mendez expressed joy and pride over the group’s success in the competition.

The group received a total cash prize of 100,000 pesos and Sony-Ericsson phone for each member. Fifty percent of their winnings will be given to the University as stipulated in contest rules.

A Globe-funded congratulatory concert for the band was held in Plaza Quezon in Naga City September 10.

“I hope another band from AQ makes it next year if Globe comes up with another Kantabataan,” said lead vocalist Jan Mark Garay.

The group’s original composition can be heard at the website www.kantabataan.com.ph.

AQ Kuntaw wins in reg’l tournament

Members of the Aquinas University Kuntaw team scored a major victory after winning the over-all championship as part of the Legazpi City Team at the fifth Regional Kuntaw Karate Tournament and Martial Arts Showdown Competition in Iriga City September 2.

The Legazpi City team bested other teams in the region in the Martial Arts Showdown category of the competition to take home the championship trophy. The delegation was composed of eight players from the Aquinas University Kantaw and 14 from the Legazpi Port Chapter.

The AQ Team also placed second runner-up in the Team junior category of the Martial Arts Showdown competition.

The AQ team was headed by Kyud Michael Tuscano of the Controller’s Office.

AQUI students prepared for earthquakes- OCD V

Aquinas University Integrated High School (AQUI) students are generally prepared in the event of an earthquake.

This was revealed in the evaluation results by four observers from the Office of Civil Defense (OCD) Region V and non-governmental organization Lan International who witnessed a seven-minute earthquake drill at the High School grounds September 15.

Some 757 students and 36 personnel of AQUI participated in the event conducted by the School Disaster Management Committee (SDMC).

“The aim of this drill is to prepare the students in case of emergency,” said Principal Rosalinda Barquez.

“The students’ response has been generally appropriate, but some would not take it seriously and were a bit hesitant which could be bad in actual situations,” said evaluators’ team leader Engr. Alvin Magdaraong of the OCD V.

In an assessment after the drill, Magdaraong pointed out the importance of first aid kits in every classroom which the High School lacks. He also recommended the installation of a University-wide electronic earthquake alarm system which could be helpful in the event of an earthquake.

The earthquake drill was conducted in compliance with the “Safe Ka Ba?” program of the National Disaster Coordinating Council in coordination with the Department of Education, Commission on Higher Education, and other line agencies in charge of disaster management, said SDMC action officer Tony F. Reyes, Jr.

Tech tips

Speed Up Your Office Computers

Clean your desktop

Desk top icons can slow down your system. You can safety delete icons (or shortcuts) on the desktop by selecting them and pressing the Delete key. You can run programs from the Start Program menu instead.

Trim down your fonts

Fonts are space hoggers. When you start Windows, every single font in the Fonts folder is loaded. You may remove unwanted fonts to speed up the booting process by going to the Fonts folder under c:\windows. Fonts with a red letter “A” as icon are system fonts which must not be deleted.

Clean up unneeded files

Unneeded backup, log files and temporary files slow down your system— why not clean them out to create some disk space? The Disk Cleanup Wizard will do all these and will empty the Recycle Bin as well. Just select Start Menu>Programs>Accessories<System Tools>Disk Cleanup.

Uninstall unwanted programs

Clear out the rubbish. Uninstall seldom-used programs but never delete folders directly. Use the Add/Remove programs utility in the Control Panel.

Defragment your hard disk

After freeing up disk spaces, the next step is to defragment your hard disk. As you write to your hard disk, it becomes more difficult to keep files stored together. A file may split or fragment over several parts of the disk. This slows access to the file, causing the system to run sluggishly. To defragment, select Start Menu>Programs>Accessories<System Tools>Disk Defragmenter. Remember to disable any screensaver before defragmenting or it will never finish.

Intramurals 2006 Official Results

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