

balita



No. 3641, Apr 7, 2016

GUEST OF HONOR AND SPEAKER



HON. MANUEL M. LAZARO

Chairman & CEO

Philippine Constitution Association (PHILCONSA)



KABALITA

No one can question the wisdom of one of the foremost magistrates of the land whose expertise on constitutional law has made him one of the most sought after legal minds regarding the forthcoming 2016 elections as he throws caution to the wind at Asia's First Rotary Club.



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THE ROTARY CLUB OF MANILA

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RCM's 35th for RY 2015-16

April 7, 2016, Thursday, 12N,
Manila Polo Club McKinley Room

OIC/Moderator: Rtn. Citos Manalaysay

P R O G R A M T I M E T A B L E

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Rtn. Citos Manalaysay OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem	Pres. Ebot Tan RCM WF Music Chorale
	Invocation	Rtn. Jeric Jucaban
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians led by Rtn. Art Lopez
12:35 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	STAR Rtn. Jovee Ong RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) : Apr. 7.....IPS Albert Alday; Apr. 9.....Rtn. Noy Benedicto, Rtn. Willie Peliño; Apr.11.....STAR Rtn. Mike Ozaeta Happy Birthday Song	 RCM WF Music Chorale
12:45 PM	Induction of new members to RCM Manila 1) Brief introduction of inductees by their proposers 2) Formal Induction Ceremonies	 Pres. Ebot Tan
	1. Hon. Hiroyuki Uchida (Japanese) Consul General, Embassy of Japan Classification: Diplomatic Service-Japan Proposer: Pres. Ebot Tan; PDG Vince Carlos	
	2. Mr. Lutz H. Kunack (German) President & Managing Director Fritz & Macziol Asia, Inc. Classification: Business Service-Information Systems Proposer: DE Art Lopez	

	Welcome Baby Rotarian Song	RCM WF Music Chorale
12:50 PM	Presentation of the flag of Latvia to RCM thru Pres. Ebot Tan	DE/Dir. Bobby Joseph, Jr. Honorary Consul, Latvia
	Presentation of RC Osaka East donation to RCM thru Pres. Ebot Tan	DE/Dir. Susing Pineda; PDG Vince Carlos
12:55 PM	President's Time	Pres. Ebot Tan
1:00 PM	Introduction of Guest Speaker	Rtn. Ani Desierto
	Address: Hon. Manuel M. "Lolong" Lazaro Founding Partner, Manuel M. Lazaro & Associates Retired Government Corporate Counsel Former RCM member, 1976 - 1986	
	Public Forum	
	Raffle of cash prizes	RCM Dir. Bobby Joseph
	Response and presentation of token of appreciation to Hon. Manuel M. "Lolong" Lazaro	Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, we had as our Guest of Honor and Speaker, female neurologist Dr. Corina Maria Socorro Azores-Macalintal, at our joint meeting with the Rotary Club of Manuel Roxas Manila. Dr. Macalintal gave us an enlightening talk on how our brain works and how to heal and protect it without drugs. The open forum conducted after the talk was very interesting to our members present, and our Guest Speaker was flooded with loads of questions, many of which involved illnesses of the elderly, like alzheimer's disease. The important lesson learned was that, when one retires, one should not completely stop mental and physical activity. Doing so, would start a quick deterioration of one's mental and physical health. It is important to always keep one's self active mentally and physically, especially when one becomes old.

On news within our Club and around the District, it is with great pride that I wish to inform all of you that DISCON 2016, which was held last 1 and 2 April 2016 at the Manila Hotel and which was hosted by our Club, was an overwhelming success! The event was an extravaganza to remember, as Rotarians from around the District and also from other countries, including Thai and Japanese Rotarians (including those from our sister club, the Rotary Club of Osaka East, as well as the District Governor of District 2820) obviously thoroughly enjoyed the proceedings, especially the dance numbers presented by District Governor/PP Roberto "Obet" Pagdanganan and the District Executive Committee, as well as the dance numbers presented by the World Class Presidents from our District. The event began with a bang, as our World Famous Chorale brought the house down with their rendition of our National Anthem and the singing of the brand new District 3810 Hymn, which was a brainchild of DG/PP Obet Pagdanganan and composed by PE/VP Teddy Ocampo. In his State of the District Address, DG/PP Obet Pagdanganan was emphatic in noting the membership increase in District 3810, which he mentioned was the highest in Zone 7 of Rotary International. RID Guiller Tumangan was quick to point out that our District had the highest membership in both Zones 7 and 8. The Governor's Ball which followed had very colorful theme presentations and was participated in by all the World Class Presidents. The atmosphere turned romantic when Mr. Crooner, Arthur Manuntag, serenaded the Rotarians during dinner, after which a trio composed of our very own DGND/PP Rudy Bediones, PDG Raffy Garcia, and Mr. Manuntag rendered a great song number to the delight of the crowd. RIPR and RID Sawaolak Rattanavich, who was very passionate during her speech earlier in the afternoon, gamely danced to the tune of the music being played. Then the current and past District Governors and District Officers were joined by all the WCP's in a cotillion de honor to cap the evening. The next day, DG/PP Obet Pagdanganan and RIPR RID Sawaolak Rattanavich shuttled from the Champagne Room to the Roma Salon for the Breakfast for the World Class Presidents and the Breakfast for the All Star Presidents, where they shared words of wisdom with the World Class Presidents and the All Star Presidents. The business meeting conducted later on in the morning was ably chaired by PP Benny Laguesma, and resulted in very important resolutions passed by the electors. In the afternoon of the second day, a touching presentation of the projects of each of the clubs in the different areas of District 3810 was given in the form of a song that best depicted their respective projects. Subsequently, there was a pitch for attendance and participation at the RI Convention in Seoul, Korea, called "On to Korea". Then, ICoS Cesar Ubaldo introduced DGE Ernesto Yuyek and, after his brief address, the All Star Presidents (which included our very own PE/VP Teddy Ocampo) sang the song, "Rotary Serving Humanity" to the tune of "Heal The World", which served as a fitting finale to DISCON 2016. DG/PP Obet Pagdanganan thanked everyone who contributed to the success of DISCON 2016. In the evening of 2 April 2016, PDG Vince Carlos and Dir. Susing Pineda hosted dinner for the visiting Rotarians from the Rotary Club of Osaka East and, the next morning, the visiting Rotarians were hosted to a round of golf by PD Nick Locsin at the Sta. Elena Golf and Country Club.

Today, we welcome as our Guest of Honor and Speaker, Hon. Manuel "Lolong" Lazaro, PHILCONSA Chairman, who will give us his fearless views on the coming elections and the legal and other burning issues of the day.

Please continue to actively participate in and support all of our Club's plans, programs, and activities during the remainder of this Rotary Year. Most importantly, please recommend at least one good recruit to beef up our Club's membership.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



HON. MANUEL M. LAZARO

Chairman and CEO, Philippine Constitution Association

Founding Partner, Manuel M. Lazaro and Associates

Retired Government Corporate Counsel

Former RCM Member, RY 1976-77 to RY 1985-86

EDUCATIONAL BACKGROUND:

College

Associate in Arts

- ATENEO DE MANILA

Honor Student

Bachelor of Laws

- ATENEO DE MANILA

Graduated SECOND HONOR

HONORS AND DISTINCTIONS:

1. Outstanding Ateneo Law Alumnus – 2010
2. Plaque of Honor and Recognition from Philippine Judges Association for the Drafting and Enactment of Presidential Decree No. 1949, The Judiciary Development Fund that benefited justices/judges and personnel of Judiciary – 1985
3. Plaque of Appreciation from the Motion Picture Industry of the Philippines for the Drafting and Enactment of Presidential Decree No. 1986, Creating the Movie and Television Review and Classification Board (MTRCB)
4. 2015 Ulirang Ama Awardee for Law and Judiciary

EXPERIENCE:

1. **Government Corporate Counsel, with the rank, emoluments and privileges of a Presiding Justice, Court of Appeals** – February 14, 1976 to February 25, 1986 - General Counsel of at least 70 government Corporations.
 2. **Bar Examiner** on Labor and Social Legislation - 1974
- Legal Consultant, Land Bank of the Philippines, Development Bank of the Philippines and Philippine National Bank – 1984-1986**

MEMBERSHIP IN CLUBS:

1. Manila Golf & Country Club (Director)
2. Manila Polo Club
3. Manila Overseas Press Club (Director)

PRESENT DIRECTORSHIP

1. **Director**, Philippine Airlines, Inc. (PAL)
2. **Director**, The Manila Hotel Corporation
3. **Director**, Manila Golf & Country Club
4. **Chairman and CEO**, Philippine Constitution Association (PHILCONSA) – 2011 up to present date
5. **President and Governor**, PHILCONSA
(Four Terms – 1991-1992; 2004-2005; 2006-2007; 2010-2011)

CURRENT MEMBERSHIP:

Member of the Supreme Court Sub Committee on the Revision of Rules on Civil Procedure

The first career official to become a government corporate counsel.

PREVIEW OF GUEST SPEAKERS

April 14, 2016, 12N, Manila Polo Club



Hon. Emmanuel Caparas
Secretary, Department of Justice
Rtn.-Officer-in-Charge **PD Ner Lonzaga**

April 21, 2016, 12N, Manila Polo Club



Ms. Mylene Lising
Archeologist
Rtn.-Officer-in-Charge **PE/VP Teddy Ocampo**

THE WEEK THAT WAS...



RCM Pres. Ebot Tan and RCMRM Pres. Joel Jalandoni alternatingly call the joint meeting to order.



RCM PP Dr. Cesar Ubaldo, M.D., as OIC-Moderator directs the program of activities for the joint meeting of **Rotary Club of Manila (RCM)** and **Rotary Club of Manuel Roxas Manila (RCMRM)**.



RCM Rtn. Jack Bautista, M.D., delivers an ecumenical prayer.



RCMRM Pres. Joel Jalandoni leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) way test.



RCM Rtn. Jun Aventura, Jr., M.D., introduces the guests, visiting Rotarians and personalities seated at the presidential table.



RCMRM Pres. Joel Jalandoni does the pleasure of introducing **Dr. Corina Maria Socorro Azores-Macalintal, M.D., F.P.N.A.**, Neurologist, Asian Hospital & Medical Center; Medical Center Muntinlupa; UHBI-Parañaque Doctor's Hospital, as guest speaker.



Dr. Corazon Maria Socorro Azores-Macalintal, a neurologist, presented before Manila Rotarians, Manuel Roxas Boulevard Manila Rotarians, Visiting Rotarians and guests, her thoughts on healing and protecting the brain without drugs.



An interactive public forum followed suit post the speech of **Dr. Corina Maria Socorro Azores-Macalintal, M.D., F.P.N.A.**



Raffle winners drawn by **Dr. Corina Maria Socorro Azores-Macalintal**, as requested by **Rafflemaster AG/IPP Frank Evaristo**: 1st prize winner of P1,200 **Mr. Dong Benedicto**, not present, donation to RCM; 2nd prize winner of P800 **PVP Fausto Preysler**, not present, donation to RCM; and 3rd prize of P400 is **Rtn. Nicky Villaseñor**, present-claimed.



Pres. Ebot Tan presents to **Dr. Corina Maria Socorro Azores-Macalintal, M.D., F.P.N.A.**, a religious icon of Jesus Christ and Mother and Child as the club's token of appreciation for being the guest speaker.

RCM WEEKLY BIRTHDAY CELEBRANT/S



Pres. Ebot Tan presents the lone birthday celebrant **STAR Rtn. Vee David** for the traditional blowing of candle on the birthday cake amidst the singing by the **RCM World-Famous Chorale** of the happy birthday song.



A posterity photo during the RCM Luncheon Meeting. Seen in photo from L-R: Spouse Nellie and Dir. Amading Valdez, Rtn. Ani Desierto, Rtn. Manny Blanco, PVP Roy Golez(standing), Rtn. Henning Karcher.

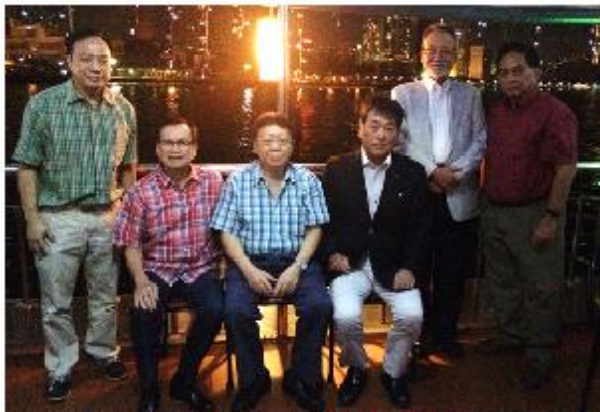
GOLF FELLOWSHIP



Rotary Club of Manila Sister Rotary Club of Osaka East delegation led by President Kiyotaka Nakagawa (2nd from right) and Rtn. Tatsuro Fujimura, International Service Chairman (2nd from left) were warmly welcomed by RCM Assistant Secretary Alvin Lacambacal (at left) assisted by secretariat Ching Salazar, upon their arrival at the Ninoy Aquino International Airport Terminal 2 last April 1, 2016, to attend the R.I. District 3810 Conference, on April 1 and 2, at the Manila Hotel.



Golf Fellowship with RC Osaka East at Sta. Elena. Sponsored by Nick Locsin and Lucille. With Francis Juico.



Dinner Fellowship with RC Osaka East delegation hosted by PDG Vince Carlos and Dir. Susing Pineda with PP Francis Juico and AS Alvin Lacambacal at Harbor View Restaurant.



More photos from the golf fellowship yesterday with RC Osaka East at Sta. Elena sponsored by PD Nick Locsin. With RCM members Jun Bella, PD Alvin Lacambacal and PP Francis Juico. RCOE members: Pres. Kiyotaka Nakagawa and International Service Committee Chairman Tatsuo Fujimura.



The Rotary club of Osaka East donated yen 30,000 to RCM after **PDG Vince Carlos & Dir. Susing Pineda** hosted a dinner with **AS Alvin & PP Francis Juico**. From L-R: **Int'l Service Committee Chairman Tatsuo Fujimura & Pres. Kiyotaka Nakagawa** of RC Osaka East, **Dir. Susing Pineda** and **PDG Vince Carlos**.

DISCON 2016



District Governor Obet Pagdanganan and spouse Susan with Rotary International Director Saowalak Rattanaich during the ribbon cutting at the DISCON 2016.



DGN/COS Rudy Bediones showing to RI Director Saowalak Rattanaich the exhibit booth of RCM, a preview to the centennial celebration while District Governor Obet Pagdanganan looks on. (tarp design courtesy of District Rotaract Chair/PP Mark Eugene Tan.

Plenary Session 1- Opening Ceremonies
April 1, Grand Ballroom, Manila Hotel



President Ebot Tan, Rotary Club of Manila, 1st in Asia, leads the entrance of World-Class Presidents in the R.I. District 3810 comprising Manila, Pasay, Cavite and Occidental Mindoro Districts, at the Grand Ballroom, Manila Hotel.



Entrance of **DISCON 2016 Host Rotary Club of Manila** with **Secretary George Salazar**.



Rotary Club of Manila delegation led by President Ebot Tan during the roll call of Rotary Clubs.



R.I. District 3810 Governor Obet Pagdanganan calls the **DISCON 2016 Plenary Session 1 – Opening Ceremonies** to order.

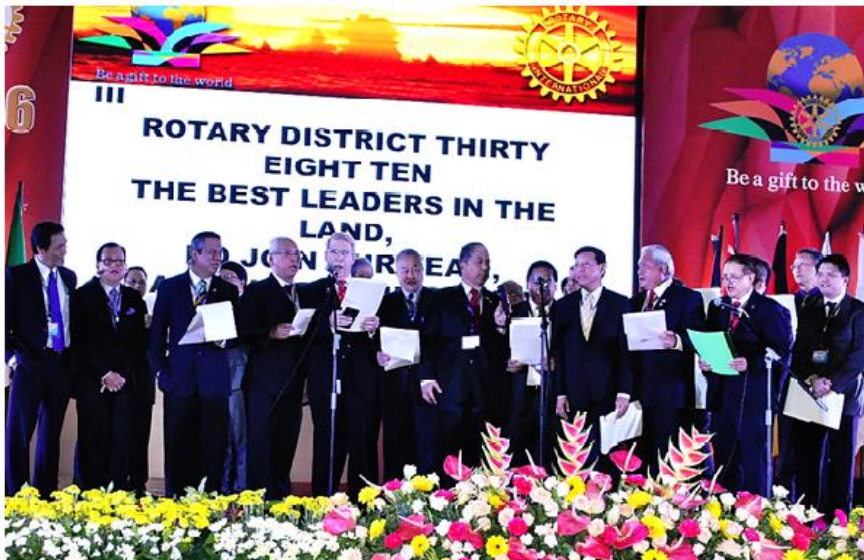


The **Central Colleges of the Philippines Cadets** through the generosity of RCM PP / CCP President Crispino P. “Babes” Reyes, during the entry of colors for the **DISCON 2016 Plenary Session 1 – Opening Ceremonies**, at the Manila Hotel Grand Ballroom.



The Rotary Club of Manila World-Famous Chorale led by Co-Chairman PP Benny Laguesma sings the Philippine National Anthem right after the playing of the National Anthem of Thailand.

PE/VP **Teddy Ocampo** introduce the **RCM World-Famous Chorale** to sing the **Rotary District 3810 Hymn**.



The **Rotary Club of Manila World-Famous Chorale** led by Co-Chairman **PP Benny Laguesma** sings the **Rotary District 3810 Hymn**.



PE/VP **Teddy Ocampo** turns over to **District Governor Obet Pagdanganan** the music sheet of the **Rotary District 3810 Hymn**



District 3810 Chief of Staff / RCM PP Rudy Bediones introduces the R.I. District 3810 Governor / RCM PP Obet Pagdanganan.



R.I. District 3810 Governor / RCM PP Obet Pagdanganan presents the current State of the District 3810.



RIPR AIDE DGN Emmanuel "Loy" Cosico does the honor and pleasure of introducing Rotary International President's Representative and Rotary International Director Saowalak Rattanavich.



Rotary International President's Representative and Rotary International Director Saowalak Rattanaich, Rotary Club of Taiwan, delivers opening plenary address.

III. District Governor's Ball
Grand Ballroom, Manila Hotel



Manila Area Clubs during the District 3810 Area Presentation on the Philippine Culture.



Arthur “Mr. Crooner” Manuntag performing with DGN Rudy Bediones and PDG Raffy Garcia during the dinner/entertainment.



Special Presentation by District Executive Committee, District Officers and World Class Presidents led by **RCM President Ebot Tan**.

IV. Breakfast for World-Class Presidents

April 2, Champagne Room, Manila Hotel



RCM President Ebot Tan together with fellow World-Class Presidents during the breakfast with **Rotary International President's Representative** and **Rotary International Director Saowalak Rattanavich**.

V. Breakfast for Presidents-Elect, Rotary Year 2016-17



RCM President-Elect /Vice President Teddy Ocampo with fellow Presidents-Elects for the incoming Rotary Year 2016-17, with **Rotary International President's Representative and Rotary International Director Saowalak Rattanavich**. Also present were: IPP Frank Evaristo, PP Cesar Ubaldo and DE Albert Alday.

VI. DISCON BUSINESS MEETING Centennial Hall A



RCM PP Benny Laguesma, Rules & Procedures Committee Chairman, calls the DISCON Business Meeting to order.



PVP Lance Masters and Pres. Ebot Tan together with WCP's during the Business Meeting at the Centennial Hall of Manila Hotel.



IPP Frank Evaristo, Dir. Oscar del Rosario and PE/VP Teddy Ocampo at the Business Meeting, Centennial Hall, Manila Hotel.



Standing: CS Willie Chua, Rtn. Koichi Morita, IPP Ayet Garcia, CP Eugene Saludai, PP Nck Tan, PP Tony Hing, PP Edgar Louie Eusebio and Rtn. Yuri Yoshida. Seating. Rtn. PJ Sanchez, PP Mary Yenng, DAD Maya CIRIACO, PP Philip Lee, PP Gen Masahud and PP Nat Flores.



Presentation of Special Award and Recognition to the family of the late **Dr. Emilio T. Yap, Jr.**, as the 1st member of the Arch Klump Society from RIPR/RID Saowalak Rattanaich by **District 3810 Governor / RCM PP Obet Pagdanganan**. Witnessing the presentation are **PDG Paco Atayde** and **DGND Rudy Bediones**.



Rtn Ricky Yap delivers the message of appreciation in behalf of the family.



Special Plaque of Recognition

Awarded to

DR. EMILIO T. YAP

Honorary Member of the Rotary Club of Manila
and one of the first Filipino members of the

ARCH C. KLUMPH SOCIETY

With deep gratitude and heartfelt appreciation for:

His generosity as one of the biggest Filipino contributors to
The Rotary Foundation, to advance the Object of Rotary;

His humble and quiet ways to promote social responsibility
by providing humanitarian assistance to calamity victims
throughout the country, promoting Peace, and supporting
Scholarship programs for poor but deserving students;

His consistent and conscious efforts to exemplify Rotary's motto:
Service Above Self, and inspire others to do good in the world;

Thereby greatly enhancing the honor and prestige
of Rotary International District 3810, for which we shall be forever thankful.

Given this 2nd day of April, 2016, on the occasion
of the District Conference 2016, at the historic Manila Hotel, City of Manila.

Sgd: Roberto "Obet" M. Pagdanganan
District Governor, 2015-2016

Sgd: PDG Francisco "Paco" Alayde
District Rotary Foundation Chairman

Sgd: DGND Rodolfo "Rudy" Bediones
Overall Chair, DisCon 2016 Committee

Plenary Session II
Grand Ballroom, Manila Hotel



DG Obet Pagdanganan, RI Director Saowalak Rattanavich of Rotary Club of Bangrak - Thailand (R.I. President's Representative) and PDG Ernie Choa (standing on extreme left), presented to Rotarians of Clubs in RID 3810 the Rotary Membership Milestone Award for Rotary Year 2015-2016 during the District Conference 2016 held last April 1-2, 2016. Pres. Ebot Tan (standing 3rd from Left), witnessed the presentation to RCM members present to receive the award as shown in photo (LtoR) : PD Phillip Ong (20 years), DG Obet Pagdanganan (25 years); PD Ralf Gonzales (30 years); PVP Mike Guerrero (50 years); PD Rob Sears (35 years); PT Jim Chua (40 years); Rtn Ani Desierto (20 years); PP Boy Guevara (40 years); DGND/COS Rudy Bediones (15 years); and PP Cesar Ubaldo (25 years, not in photo). Not present to receive their Rotary Membership Milestone Award are as follows :

1. Rtn Pabling Carpo (45 years)
2. Rtn Albert Siy (45 years)
3. Rtn Raul Boncan (40 years)
4. Rtn Monching Garcia (40 years)
5. Rtn Ave Cruz (35 years)
6. PD Rod Valencia (35 years)
7. PT Roger Cabunag (30 years)
8. Rtn Jack Branellec (25 years)
9. PS Butch Marking (25 years)
10. PD Beda Fajardo (20 years)
11. Rtn Butch Tamayo (20 years)
12. PDSAA Val Aboy (15 years)
13. PAT Muhammad Aslam (15 years)
14. PAT Wily Lim (15 years)
15. PVP Fausto Preysler (15 years)
16. Treas. Chito Zaldarriaga (15 years)



R.I. District 3810 by District 3810 Governor / RCM PP Obet Pagdanganan and Chief of Staff / RCM PP Rudy Bediones present to Rotary Club of Manila thru President Ebot Tan as the highest DISCON registration of delegates.



PDG / RCM PP Vince Carlos does the honor and pleasure of introducing RCM Honorary Member, former President of the Republic of the Philippines, Rotarian Fidel Valdez "Eddie" Ramos, as guest of honor and speaker.



RCM Honorary Member, former President of the Republic of the Philippines, Rotarian Fidel Valdez "Eddie" Ramos, delivers his speech.



DG Obet Pagdanganan gave a plaque of appreciation to former President, Rotarian Fidel V. Ramos.



RI District 3810 Incoming Chief of Staff / RCM PP Dr. Cesar Ubaldo, MD, introduces District Governor-Elect Ernesto "Ernest" Yuyek, Rotary Year 2016-17.



RCM PP Benny Laguesma, Rules & Procedures Committee Chairman and **PP Ma. Fenora “Fe” Pigon**, Resolutions Committee Chair, present the DISCON Conference Resolutions.



R.I. District 3810 Governor / RCM PP Obet Pagdanganan presents to **Rotary International President’s Representative and Rotary International Director Saowalak Rattanavich**, the District’s Plaque of Appreciation.



R.I. District 3810 Governor / RCM PP Obet Pagdanganan delivers the plenary closing speech.



District Raffle Draw Results:

1. Grand prize of Toyota Vios – Rotary Club of Manila Metro, ticket number 37720
2. Php 200,000 Cash prize – Rotary Club of Silang, Cavite, ticket number 18035
3. Php 100,000 Cash prize – Rotary Club of Samarica San Jose, ticket number 20170
4. Php 10,000 Cash prize – Rotary Club of Chinatown Manila, ticket number 27798
5. Php 10,000 Cash prize – Rotary Club of Pasay Illustrado, ticket number 2423
6. Php 10,000 Cash prize – Rotary Club of Pasay Southeast, ticket number 02226
7. Php 10,000 Cash prize – Rotary Club of Cavite East, ticket number 7341
8. Php 10,000 Cash prize – Rotary Club of Manila Maharlika, ticket number 06515

CLUB NEWS RELEASE



SATURDAY, APRIL 2, 2016



FORMER DOT, DILG SECRETARY ALUNAN AT RCM: Former DOT and DILG Secretary Rafael Alunan III (3rd from left) spoke before the Rotary Club of Manila, first in Asia, recently at the Manila Polo Club, on his legislative advocacies as well as his take on the different issues concerning the country in his bid for a Senate seat in the 2016 elections. Photo shows (from left) Rotarians Jack Rodriguez, president Ebot Tan, District 3810 governor and past club president Obet Pagdanganan, District 3810 assistant governor and immediate club past president Frank Evaristo and Rotarian Rosel Daival Santos.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Wedding Night

Maria just got married, and being a traditional Italian, she was still a virgin.

So, on her wedding night, staying at her mother's house, she was nervous. But her mother reassured her. "Don't worry, Maria. Tony's a good man.

Go upstairs, and he'll take care of you." So up she went. When she got upstairs, Tony took off his shirt and exposed his hairy chest. Maria ran downstairs to her mother and says, "Mama, Mama, Tony's got a big hairy chest." "Don't worry, Maria", says the mother, "All good men have hairy chests. Go upstairs. He'll take good care of you."

So, up she went again. When she got up in the bedroom, Tony took off his pants exposing his hairy legs. Again Maria ran downstairs to her mother.

"Mama, Mama, Tony took off his pants, and he's got hairy legs!" "Don't worry. All good men have hairy legs. Tony's a good man. Go upstairs, and he'll take good care of you." So, up she went again. When she got up there, Tony took off his socks, and on his left foot he was missing three toes. When Maria saw this, she ran downstairs. "Mama, Mama, Tony's got a foot and a half!"

"Stay here and stir the pasta", says the mother. "This is a job for Mama!"

* * * * *

The Confessional Box

I went into the confessional box after years of being away from the Church. Inside I found a fully equipped bar with Guinness on tap. On one wall was a row of decanters with fine Irish whiskey and Waterford crystal glasses. On the other wall, a dazzling array of the finest cigars and chocolates.

Then the priest came in. I said to him, "Father, forgive me, for it's been a very long time since I've been to confession, but I must first admit that the confessional box is much more inviting than it used to be."

He replied: "You moron, you're on my side."

* * * * *

Old Friends At The Bar

I pointed to two old drunks across the bar from us and told my friend Bob, "That'll be us in ten years."

He turned to me and said, "That's a mirror, you dumb shit."

* * * * *

The Hillbilly Vasectomy

After their 11th child, an Alabama couple decided that was enough, as they could not afford a larger bed. So the husband went to his veterinarian and told him that he and his cousin didn't want to have any more children.

The doctor told him that there was a procedure called a vasectomy that could fix the problem but that it was expensive. "A less costly alternative," said the doctor, "is to go home, get a cherry bomb, (fireworks are legal in Alabama) light it, put it in a beer can, then hold the can up to your ear and count to 10." The Alabamian said to the doctor, "I may not be the smartest tool in the shed, but I don't see how putting a cherry bomb in a beer can next to my ear is going to help me." "Trust me," said the doctor.

So the man went home, lit a cherry bomb and put it in a beer can. He held the can up to his ear and began to count! "1" "2" "3" "4" "5"

(you'll love this...)

At which point he paused, placed the beer can between his legs and continued counting on his other hand. This procedure also works in Tennessee, Kentucky, Louisiana, Arkansas, Mississippi, Parts of Georgia, Missouri, Oklahoma, South Carolina, parts of North Carolina, Florida, Texas, and West Virginia.

* * * * *

Graduation in Detroit

Darqueeze played high school football in Detroit. He was a great running back, but a really poor student.

At graduation, he didn't have enough credits. But he was a great football star and the students held a rally and demanded the principal give him a diploma anyway. They were so insistent that the principal agreed that if Darqueeze could answer one question, he would give him a diploma. The one question test was held in the auditorium and all the students packed the place. It was standing room only.

The principal was on the stage and told him to come up. Diploma in hand, the principal said: "Darqueeze, if you can answer this one question correctly, I'll give you your diploma. Darqueeze, how much is three times seven?" Darqueeze looked up at the ceiling and then down at his shoes, pondering the question. The other students began chanting, "Graduate him anyway! Graduate him anyway!" Then Darqueeze held up his hand and the auditorium became silent. He said, "I think I know the answer. Three times seven is twenty-one." A hush fell over the auditorium and then all the other students began chanting: "Give him another chance! Give him another chance!"

* * * * *

Alligator Attack

This is a story of self-control and marksmanship by a brave, cool-headed woman with a small pistol against a fierce predator. A Beretta .25 Jetfire testimonial:

Here is the story in her own words: "While out walking along the edge of a pond just outside of the Village with my soon-to-be-ex-husband discussing property settlement and other divorce issues, we were surprised by a huge 12-ft. alligator which suddenly emerged from the murky water and began charging us with its large jaws wide open. The alligator must have been protecting her nest because she was extremely aggressive! If I had not had my little Beretta Jetfire .25 caliber pistol with me, I would not be here today! Just one quick shot to my husband's knee cap was all it took. The 'gator got him easily and I was able to just walk away at a brisk pace. It's one of the best pistols in my collection! Also, the amount I saved in lawyer's fees was huge."

* * * * *

Talkative Parrot

A woman went to a pet shop and immediately spotted a large, beautiful parrot. There was a sign on the cage that said \$50.00. "Why so little?" she asked the pet store owner.

PUBLIC HEALTH NUTRITION AND CHILD CARE



SWALLOWING DIFFICULTY

Elias D. Adamos, M.D.

Difficulty with swallowing is the feeling that food or liquid is stuck in the throat or at any point before the food enters the stomach. This problem is also called *dysphagia* (Goldman's Cecil Medicine, 24th edition, 2011). Dysphagia is usually a sign of a problem with your throat or your esophagus. Your esophagus is that muscular tube that moves food and liquids from the back of your mouth to your stomach.

The process of swallowing

Swallowing involves several steps. You take in food inside your mouth and if it's solid, the chewing process starts. The food or liquid is then moved into the back of the mouth. It passes through the esophagus and the esophagus moves the food to the stomach. The muscles of the mouth, throat, and esophagus that are innervated by many nerves work together in the swallowing process. Sometimes, swallowing, like the swallowing of saliva, becomes automatic, without you being aware of the process.

Is difficulty with swallowing always considered a sickness?

Swallowing difficulty can be benign. In other words, if you have dysphagia on a single episode or twice probably you do not have a medical problem. Thus swallowing difficulty can be non-problematic or just a minor problem.

When does swallowing difficulty considered a medical problem?

If you have trouble swallowing on a regular basis, you may have a serious problem that needs treatment.

Swallowing difficulty can be caused by nerve disorder whereby alteration in the fine balance in the muscles of the mouth and throat is affected. Persons who had stroke and spinal cord injury may suffer from dysphagia. Other problems in the nervous system that can cause swallowing difficulty are: Parkinson's Disease, Multiple Sclerosis, and post-polio syndrome, to name a few. Gastroesophageal Reflux Disease (GERD) wherein stomach acid backs up regularly into your esophagus can cause swallowing difficulty. Esophagitis or inflammation of the esophagus is another. Tumors or masses that press on your esophagus may be cancerous or not cancerous. Sometimes they are just lymph nodes outside the esophagus or bone spurs on the neck vertebra that result from arthritis or degenerative changes.

Symptoms and Tests

Swallowing difficulty may be felt as chest pain, chest heaviness, feeling of pressure in the neck, cough or high pitch breathing that is similar to asthma, nausea, sour taste in the mouth, or heartburn. You may have problems in eating or drinking, or only with certain types of foods or liquids. Difficulty in eating very hot or cold foods, dry crackers or bread, meat, or chicken may be an early sign of swallowing problems. Barium swallow and other swallowing x-rays may be necessary. CAT scan can be requested. Biopsy of a mass or tumor is paramount for a definitive diagnosis.

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