



balita

No. 3675, December 1, 2016

THE ROTARY CLUB OF MANILA
BOARD OF DIRECTORS and
Executive Officers 2016-2017

YULETIDE SEASON



ROTARY
SERVING
HUMANITY



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PRESIDENT'S CORNER



Last week, Dr. Dilip Deshmukh, Founder and Chairman of the Rotary Deaf School, enlightened us with how sign language and bilingualism works in educating the deaf. Something out of the ordinary we hear from our usual speakers really adds spice to our luncheon meetings.

As for updates within our club, last November 24, 2016, our Past Presidents Council met regarding plans for the Rotary Club of Manila Centennial right after our luncheon meeting last week. Likewise, on the same day, our World Famous Music Committee had a practice at the Infinity Tower Suites of our fellow Manila Rotarian Jack Rodriguez.

Updates from around the district include the participation of DCOS/ Dir. Albert Alday in the Governor's Visit of the Rotary Club of Manila Kalaw at Cafe Felisa of the Aloha Hotel in Manila last November 24, 2016. Thereafter, he also attended the District 3810 EXECOM Meeting at the same venue. The next two to three days, November 26-27, 2016, IPDG Obet Pagdanganan, DGN Rudy Bediones and CoS Cesar Ubaldo were present at the Preparatory Presidents-Elect Training Seminar at the Summit Ridge Hotel in Tagaytay City. The following day, November 28, 2016, CoS Cesar Ubaldo attended the Meeting of New Clubs at the Aloha Hotel in Manila while IPDG Obet Pagdanganan, DGN Rudy Bediones, SDG Frank Evaristo and IPP Ebot Tan attended the Past President's Council Christmas in November at the Golden Bay Seafood Restaurant in Pasay City where our very own SDG Frank Evaristo received the Award of Distinction "in appreciation of his dedication in the pursuit of excellence in Rotary Service and Fellowship and in recognition of his untiring and continued support to Rotary for the pride and honor given to Rotary on his appointment as the Philippine Ambassador to the Federal Republic of Germany" from PPC Chair PP Jerry Davis.

I look forward to your cooperation as we endeavor to make our stars shine this Rotary Year 2016-2017 through meaningful projects and fellowships that will strengthen the bonds of Asia's First Rotary Club.

PREVIEW OF FORTHCOMING GUEST SPEAKERS

December 8, 2016, 12N, Manila Polo Club McKinley Room



Rotary Club of Manila Christmas Fellowship
(Last Thursday Meeting of 2016)

January 5, 2017, 12N, Manila Polo Club McKinley Room



HON. AMANDO M. TETANGCO, JR.
 Governor, Bangko Sentral Ng Pilipinas

January 12, 2017, 12N, Manila Polo Club McKinley Room



BERNARDO M. VILLEGAS, PhD
 Senior Vice President of the University of Asia and the Pacific
 Educational Consultant for Parents for Education Foundation Inc.
 (PAREF)
 Columnist, Manila Bulletin

THE WEEK THAT WAS



Pres. "Teddy" Ocampo calls the 20th meeting of the Rotary Club of Manila to order.



PP "Cesar" Ubaldo as OIC/ Moderator, directs the program of activities.



PVP "Mike" Guerrero delivers an ecumenical prayer.



STAR Rtn. "Guille" Devoto introduces the guests, visiting Rotarians and personalities seated at the presidential table.

THE WEEK THAT WAS



Pres. "Teddy" Ocampo presents club bannerettes to first-time visiting Rotarians led by **Dr. Dilip Deshmukh, Past President, RC Ichalkranji (District 3170)**, and **Director Naila Becri, from India**; and **Past President Pete Delantar, Rotary Club of Cebu**, RCM's daughter club.



Rotary Club of Cebu **Past President Pete Delantar** delivers brief message.



Pres. "Teddy" Ocampo for some brief acknowledgements and announcements during his President's Time.



Rtn. "Johnny" Chotrani introduces **Dr. Dilip Deshmukh**, Founder & Chairman of Rotary Deaf School; Convenor of International RYLA - The Deaf Way, as guest speaker.



Dr. Dilip Deshmukh, Founder and Chairman of the Rotary Deaf School and Convenor of International RYLA – The Deaf Way, presented before Manila Rotarians, Visiting Rotarians and guests, his take on ***"Sign Language and Bilingualism in Deaf Education"***.



A pro-active open forum immediately followed right after the speech of Dr. Dilip Deshmukh. Participants were: Dir. Chito Zaldarriaga, Rtn. Jess Santos, Dr. Andy Liuson(former member) and Sec. Ning Lopez.



Pres. "Teddy" Ocampo's response and presentation to Dr. Dilip Deshmukh, a religious icon of Mother and Child, as the club's token of appreciation, for being the guest speaker.

MUSIC COMMITTEE



RCM WF Music Rehearsal held last Thursday, Nov. 24, 2016 at Infinity Tower c/o Rtn. Jack Rodriguez. Present were: **DGN Rudy Bediones**, Rtn. Nicky Villaseñor, **SAA Lance Masters**, Star Rtn. Karl Leung, Rtn. Thad Liamzon, PD Eric Severino, Rtn. Jason Ong, PD Oscar del Rosario, Rtn. Jack Rodriguez, IPDG Obet Pagdanganan, Rtn. Nilo Aventura, Rtn. Tong Payumo(not shown) and Musical Director Emil Cruz.

RCM CENTENNIAL COMMITTEE



Meeting of the RCM Centennial Advisory Council held last Thursday Nov 24, 2016 230pm at the Saddle Room of Manila Polo Club was hosted by PP Boy Guevara. Photo shows (in clockwise) **IPDG Obet Pagdanganan (Chairman RCM Centennial Committee)**, **PP Ed Reyes**, **PP Cesar Ubaldo**, **PP Toting del Rosario**, **PP Boy Guevara (Host)**, **PP Frank Evaristo**, **PP Archit Bartolome**, Co-Chairmen **IPP Ebot Tan**, **DGN Rudy Bediones** and **Pres Teddy Ocampo**.

PAST PRESIDENTS-ELECT TRAINING SEMINAR



DGN Rudy Bediones lecturing at the **Preparatory Presidents-Elect Training Seminar** at the Summit Ridge Hotel in Tagaytay City last November 26-27, 2016.

RC MANILA KALAW GOVERNOR'S VISIT



SDG/DCoS/Dir. Albert Alday participated in the Governor's Visit of the Rotary Club of Manila Kalaw at the Cafe Felisa of the Aloha Hotel in Manila last November 24, 2016.

PAST PRESIDENTS COUNCIL CHRISTMAS IN NOVEMBER



Past President Council D3810 Christmas in November with **SDG Frank Evaristo**, **PDG Edmond Aguilar**, **PDG Sonny Ventura**, **PDG Paco Atayde**, **DGN Rudy Bediones**, **Incoming Chairman Past Presidents Council Johnson Tan** at Golden Bay Seafood Restaurant last Monday, November 28, 2016.

PAST PRESIDENTS COUNCIL CHRISTMAS IN NOVEMBER



SDG Frank Evaristo receiving the Award of Distinction in appreciation of his dedication in the pursuit of excellence in Rotary Service and Fellowship, in recognition of his untiring and continued support to Rotary and for the pride and honor given to Rotary on his appointment as the Philippine Ambassador to the Federal Republic of Germany, given last November 28, 2016 by PPC Chair PP Jerry Davis.



PAST PRESIDENTS COUNCIL CHRISTMAS IN NOVEMBER



IPDG Obet Pagdanganan, DGN Rudy Bediones, SDG Frank Evaristo and IPP Ebot Tan attended the Past President's Council Christmas in November at the Golden Bay Seafood Restaurant in Pasay City last November 28, 2016.

ALAY LAKAD FOUNDATION, INC.



SPECIAL CHILDREN COMMITTEE



November 28, 2016

Dear Fellow Rotarians,

Please join your Special Children Committee - yours truly, Co chair Ray Davis and Peter Gonzales, bring cheers to the Special Children at Hospicio de San Jose on THURSDAY DEC 15, 2016, 3:00 pm.

We will have snacks prepared for the children and elderly clients of Hospicio de San Jose. Your presence always brings joy to the Special Children. Please let me know if you are attending by return email..

Cheers—

PD Phillip Ong (Chair, Special Children Committee)

ACKNOWLEDGEMENT

November 28, 2016

Sagip Kabataan Foundation is thankful to the following generous benefactors for their contributions for the Christmas Gift Giving 2016 :

1)	Rtn Cris Acosta...	Php	5,000.00
2)	Rtn Celso Abastillas...		10,000.00
3)	Rtn Emyl Eugenio		2 boxes of books
4)	PD Ner Lonzaga		5,000.00
5)	Sec Ning Lopez		5,000.00
6)	Dir Susing Pineda		5,000.00
7)	PE Jimmie Policarpio		5,000.00
8)	PD Jess Santos		10 sacks of rice
9)	PT Lito Sibayan		3,000.00

We also thank the following for their pledges of support for Sagip Kabataan Foundation Christmas Gift Giving 2016:

- 1) PD Oscar del Rosario, Sr.
- 2) Rtn Jason Ong

COMMENCEMENT



Commencement Exercise at National University with Commencement Speaker IPDG Obet Pagdanganan with National University President / RCM President Teddy Ocampo.

Delivered by Roberto M. Pagdanganan
on November 28, 2016, at SMX MOA

President Teddy Ocampo, Chairman Hans Sy, Executive Vice-President RJ Ermita, members of the National University Board of Trustees, members of the Faculty, my dear parents and friends,
Class of 2016:

GOOD AFTERNOON!

It is my honor and distinct pleasure, to be with you on this auspicious occasion. Thank you very much, indeed! When President Teddy who is also our President at the Rotary Club of Manila, invited me to be your commencement speaker, I asked him what I should talk about. He simply said, "Pare, just inspire the graduates!". Since then, I've been thinking of how I'd be able to do that!

I googled National University and was amazed to learn that Colegio Filipino, later renamed National University, was founded by Don Mariano Fortunato Jhocson on August 1, 1900. That was more than one century, one decade and six years ago! Not so many institutions succeed and last that long.

At the Rotary Club of Manila, we pride ourselves as the first Rotary Club in Asia, founded on June 1, 1919. In fact, we eagerly look forward to celebrating our Club's centennial anniversary four years from now! But, amazingly enough, NU is 19 years older than The Rotary Club of Manila. Well, that makes my dear friend, President Teddy Ocampo, the incumbent President of two of the oldest and outstanding institutions in our country: the National University and Rotary Club of Manila. But that does not mean that President Teddy is that old! No, he has a long way to go before he becomes a centenarian!

National University has produced an amazing roster of outstanding graduates in different fields of endeavor. Allow me to cite a few of them, beginning with two of the best Presidents the Philippines has ever had. The first was President Carlos P Garcia, law alumnus and eighth placer in the bar examinations of 1923, when the Philippine Law School was still NU's college of law. He was the architect of the "Filipino First" policy. The second was President Fidel V. Ramos, civil engineering alumnus, who placed eleventh in the board exams, and who is still very much involved in the affairs of government.

And who will be third President from NU? Any volunteer, my dear friends? I sure hope, he or she will come from the NU Class of 2016! As FVR would ask, Kaya ba natin iyan? Kaya!!!

Other notable NU graduates include former Quezon Provincial Governor Raffy Nantes, Cotabato City Mayor Mus Sema, National Artist NVM Gonzalez, Engineer Emilio Ejercito, Sr., the first Sanitary Engineer of the City of Manila and father of former President now Mayor Joseph Estrada.

There is also the popular actor and Leading TV personality Joey de Leon, and Outstanding Sports Champions like PBA's "Demolition Man" Danny Ildefonso, and MVP Bobby Ray Parks. The list is very long, indeed!

Two years ago, the NU Bulldogs won the coveted UAAP Men's Basketball Championship! Then, just nine days ago, the National University Pep Squad won for the fourth straight year, the overall championship in Cheerleading Competition! That's an incredible 4-peat!

CONGRATULATIONS, NATIONAL UNIVERSITY,
HOME OF CHAMPIONS!!!

Inspired by NU's championship achievements, I have therefore decided to speak during the next 12 minutes, on how the National University Class of 2016, can help grow the NU Roster of Champions, and why we need you to do so!

But, what is a champion?

A CHAMPION IS ONE WHO WINS THE FIRST PLACE IN A COMPETITION. A CHAMPION IS ONE WHO FIGHTS FOR A WORTHY CAUSE!

Champions are those who strive to be the best that they can be, in their chosen field of endeavor! Champions compete with themselves, and win!

Now, Who can become a champion? Only the honor graduates? The scholars? I don't think so.

The best debaters? The plodders? The working students?

I'd say all of the above, depending on their passion and determination to become champions!

Scholastic excellence helps, but it's not a guarantee for success! Having taught in four universities, namely, MLQU, Pamantasan Ng Maynila, Dela Salle Graduate School of Business, and PUP Open University Graduate Program, for more than thirty years now, I can attest to the fact that many of the highly successful entrepreneurs, professionals, businessmen and government leaders, were average students?

So, what are some common traits of champions? Let me briefly cite eight of them.

FIRST OF ALL: Champions have a clear and definite VISION for their future. They know their mission in life, which they pursue relentlessly. Champions never waver; they are determined to attain their dreams. They adapt to changing situations without losing sight of their ultimate goal.

SECOND of all: Champions BELIEVE in themselves and in their God. They do not allow themselves to be distracted by naysayers who tell them all the reasons why they won't succeed in life. Their strong faith gives them strength to carry on.

Peping Francia was one of the average students I had, in my earlier years of teaching at MLQUniversity. We were neighbors, so I know that he came from a poor family. But he believed in what he could accomplish with God's help. Despite all odds, he worked very hard and pursued his dream to become a chemical engineer and businessman. Peping is now one of the most successful citizens of Calumpit, Bulacan, our hometown, and together with his wife Letty, an acknowledged leader of the Couples for Christ Movement!

Third of all: Champions KEEP ON LEARNING AND IMPROVING THEMSELVES! They read and read, train and train, practice and practice pa more! They know that to learn is to grow. Instead of running away from challenges, champions face them squarely. Like a kite which soars high, lifted by opposing winds, Champions see opportunities when faced with challenges, and exploit them.

FOURTH: Champions are KIND to themselves and others. They have very POSITIVE ATTITUDE AND OUTLOOK IN LIFE. Remember this, my dear graduates. "THE YOU YOU SEE, IS THE YOU YOU WILL BE!" Dream, and dream big dreams. Enjoy life. Always be enthusiastic in everything you do. Champions know that nothing worthwhile was ever accomplished by people who lacked enthusiasm and who did not enjoy what he or she was doing. Life is sometimes unfair! But attitude makes the difference between winning and losing.

FIFTH: Champions WILLINGLY SACRIFICE AND PAY THE PRICE to achieve their goals. They know that success does not depend on one's PRESENT STATION in life. I recall our family's vicissitudes when my father fell seriously ill before my high school graduation. Three of my siblings had to temporarily stop schooling. Our family sacrificed, struggled, suffered, and endured together.

When on one occasion, I overspent my limited allowance on a movie date, I had to walk all the way from Tondo where I lived, to MLQU in Quiapo, and back. That was on a Friday and I only had enough money left to pay the bus fare to Calumpit to get my next week's allowance. My girlfriend who became my wife, had a big sympathetic laugh when I later told her what I did for love! The following week, I looked for a job and ended up working at Union Chemicals Aji-no-moto in day or night shifts, while studying in the afternoon and evening. The sacrifices eventually paid off.

SIXTH: CHAMPIONS UPHOLD HIGH ETHICAL STANDARDS IN THEIR PERSONAL, BUSINESS, AND PROFESSIONAL LIVES. They know that what matters most in the end is not how much money you have in the bank, the kind of house you live in, nor the cars you drive, but whether or not you have lived with real integrity.

In Rotary, we call it the FOUR WAY TEST IN THE THINGS WE THINK, SAY OR DO:

- 1.) Is it the truth?
- 2.) Is it fair to all concerned?
- 3.) Will it build goodwill and better friendships?
- 4.) Will it be beneficial to all concerned?

Never allow corruption to erode your values, and destroy your reputation.

SEVENTH: Champions ARE NOT AFRAID TO FAIL! They take calculated risks. They never, never give up. They learn from their mistakes, innovate and make adjustments along the way.

Let me share with you the inspiring story of a twelve year old boy who left his land of birth to escape poverty. Joining his father in Manila, they started a sari sari store which gradually flourished until World War II erupted. Their store was burned and everything they owned was destroyed. Disheartened, the father went back to China, but his son was not to be deterred. He enrolled himself in school, learned English, changed his legal name, opened a shoe store, and worked day and night.

He suffered a series of failures but he stood back every single time, stronger and more determined. He persevered until ultimately, he became the most outstanding Filipino entrepreneur of his time, and one of the richest in the world according to Forbes Magazine. His family owns the biggest bank in the Philippines, more than forty huge malls, real estate development and numerous other ventures, and majority shares in one of the best and oldest educational institutions in the Philippines, National University.

By now, I'm sure you already know who I'm referring to. It's none other than the business magnate, and philanthropist, Mr. Henry Sy, Sr., father of Chairman Hans Sy, and also a Manila Rotarian.

I believe that through the National University, the Sy family, together with the Jhocson-Ocampos would like to develop many more Filipino champions from among our youth!

FINALLY, NUMBER EIGHT : Champions are a grateful lot. They say "thank you very much" to those who help them. They don't forget their roots. They pay back.

Champions know that success is sweet and meaningful only if it is shared with others, especially the less fortunate.

Ladies and gentlemen, it is significant that your commencement exercise is being held during the thanksgiving month of November. If you haven't done so, embrace your parents, after the program and thank them with all your heart, for all the sacrifices they made for you. Serve them well because if I may paraphrase a passage from the Bible, those who love and serve their parents well will be doubly blessed and will have a long, happy life.

Class of 2017, let us give a big round of thank you applause to your parents! (Pause).

And how about another round of applause for your teachers and for your beloved Alma Mater?

Thank you very much.

THE NEXT QUESTION THAT BEGS TO BE ASKED IS: WHY DO WE NEED CHAMPIONS?

My friends, Let me tell you why!

Some fifty years ago, our beloved Philippines was the second most progressive nation in Asia! Today other countries who used to look up to us, have left us behind! Like Korea, Thailand, Malaysia, Indonesia, and now even Vietnam. Farm technologists from these countries studied at Los Banos, Laguna. Nowadays, we have to import millions of tons of rice from Vietnam and Thailand, for our people to have enough to eat!

About half of our people in a recent survey rated themselves poor. Change is starting to happen, but no one leader can do it alone!

That, my dear friends, is why we need champions!

We need champions who genuinely care for our people and love our country. Champions who will create more jobs, produce enough food for our people, provide access to quality and affordable healthcare.

Champions who can help solve our traffic problems, stop illegal drugs, promote peace and countryside development. Our country badly needs more champions who will help ensure equitable national progress and build a country we truly deserve!!!

This is the challenge we face as a people; that is the goal we must all pursue as a Team of Champions!

SO, LET ME ASK YOU, NU CLASS OF 2016:
ARE YOU READY TO BECOME CHAMPIONS?

ARE YOU READY AND WILLING TO HELP BUILD A PHILIPPINES THAT WE CAN BE TRULY PROUD OF?

ARE YOUR READY TO BE IN THE TEAM OF CHAMPIONS THAT WILL BUILD A FILIPINO NATION THAT ALL OTHER NATIONS WILL RESPECT?

THANK YOU VERY MUCH AND CONGRATULATIONS

MABUHAY ANG NU CLASS OF 2016!!!

MABUHAY ANG NATIONAL UNIVERSITY, HOME OF CHAMPIONS!!!

MABUHAY ANG PILIPINAS!!!

MARAMING SALAMAT PO!!!

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Idiot Sighting

We had to have the garage door repaired. The Sears repairman told us that one of our problems was that we did not have a 'large' enough motor on the opener. I thought for a minute, and said that we had the largest one Sears made at that time, a 1/2 horsepower. He shook his head and said, 'Lady, you need a 1/4 horsepower.'

I responded that 1/2 was larger than 1/4. He said, 'NO, it's not.' Four is larger than two..

We haven't used Sears repair since.

* * * * *

My daughter and I went through the McDonald's take-out window and I gave the clerk a \$5 bill. Our total was \$4.25, so I also handed her a quarter. She said, 'you gave me too much money.' I said, 'Yes I know, but this way you can just give me a dollar bill back.' She sighed and went to get the manager who asked me to repeat my request. I did so, and he handed me back the quarter, and said 'We're sorry but they could not do that kind of thing.' The clerk then proceeded to give me back \$1 and 75 cents in change..

Do not confuse the clerks at McD's.

* * * * *

I live in a semi rural area. We recently had a new neighbor call the local township administrative office to request the removal of the DEER CROSSING sign on our road. The reason: 'Too many deer are being hit by cars out here! I don't think this is a good place for them to be crossing anymore.'

From Kingman , KS .

* * * * *

My daughter went to a local Taco Bell and ordered a taco. She asked the person behind the counter for 'minimal lettuce.' He said he was sorry, but they only had ice burg lettuce.

From Kansas City

* * * * *

I was at the airport, checking in at the gate when an airport employee asked, 'Has anyone put anything in your baggage without your knowledge?'

To which I replied, 'If it was without my knowledge, how would I know?'

He smiled knowingly and nodded, 'That's why we ask.'

Happened in Birmingham , Ala.

* * * * *

The stoplight on the corner buzzes when it's safe to cross the street. I was crossing with an intellectually challenged co-worker of mine. She asked if I knew what the buzzer was for. I explained that it signals blind people when the light is red. Appalled, she responded, 'What on earth are blind people doing driving?!'

She was a probation officer in Wichita, KS

* * * * *

At a good-bye luncheon for an old and dear co-worker. She was leaving the company due to 'downsizing.' Our manager commented cheerfully, 'This is fun. We should do this more often.' Not another word was spoken. We all just looked at each other with that deer-in-the-headlights stare.

This was a lunch at Texas Instruments.

* * * * *

I work with an individual who plugged her power strip back into itself and, for the sake of her life, couldn't understand why her system would not turn on.

A deputy with the Dallas County Sheriff's office, no less.

* * * * *

When my husband and I arrived at an automobile dealership to pick up our car, we were told the keys had been locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver side door. As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked. 'Hey,' I announced to the technician, 'its open!' His reply, 'I know. I already got that side.'

This was at the Ford dealership in Canton, MS

* * * * *

Stay Alert!

They walk among us... And the scary part is that they VOTE and they REPRODUCE

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



WE ARE LIVING IN DANGEROUS TIMES, Part 7 (Understanding and Overcoming Anxiety)

Elias D. Adamos, M.D.

By now you are almost an expert in understanding why some people suffer from anxiety and anxiety disorder. Always remember that from time to time, all of us suffer from some form of fear and anxiety in response to circumstantial occurrences. It is thus important to recognize anxiety at the very onset in order to address and control it.

Signs and symptoms related to anxiety and anxiety disorder

1. **Fixation upon the outcome of events.** People who worry excessively about the outcome of events are suffering from anxiety disorder. They worry about “what might happen”. What is troubling is that they worry about the most usual, everyday or routine things, such as waking up in the morning, traveling to the office, and so on.
2. **Restlessness and difficulty in concentrating.** They lose focus in what they do or in what they are doing. They sit and move around with half-done work and mull or think about useless and inconsequential possibilities. They are rigid and glued at “what ifs”.
3. **Problem with decision-making.** People who suffer from anxiety disorder cannot even make daily decisions. They are indecisive even on daily tasks. They exhibit nervousness when confronted with choices and they find it very difficult to arrive at satisfying decision.
4. **Worrying about anxiety.** They are usually aware of their anxious nature and they worry about their mental state in the future. The idea about stress makes them anxious.
5. **Physical manifestations mental stress.** They feel tired, irritable, and fatigued because of the mental stress.
6. **Sweating.** Individuals who are suffering from anxiety and anxiety disorder complain about profuse sweating. They suffer from profuse sweating even without any activity.
7. **Shortness of breath.** People with anxiety disorder have symptoms related to breathing difficulty, palpitations, light-headedness, and sometimes, even passing out.
8. **Insomnia.** A person with anxiety disorder suffers from difficulty in falling asleep because of an emotional turmoil. This may go on for days and even if he gains sleep, the quality of sleep is not good. He does not feel rested at all.
9. **Irrational fears.** Individuals who are suffering from disorders related to anxiety have fears that go out of proportion. Their phobias and fears are thus considered unreasonable.
10. **Chronic indigestion.** In some severe cases of anxiety disorder, the gut is affected. Irritable bowel syndrome sets in form of unexplained abdominal pains and bloating, and alternating bouts of diarrhea and constipation. *(To be continued)*

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