

## In Memoriam

**Dr. Doris Magsaysay**  
**December 6, 1922- April 20, 2009**



## Pagpupugay sa Punong Aspen

*Sa taluktok ng bundok sa dakong kahilagaan  
 Mga punong Aspen doon matutuklasan  
 Nakahanay sa tabi ng daan  
 Gayon din sa kabundukan  
 Mga kulay dilaw, masayang pagmasdan  
 Maraming tao dala'y kamera at sila'y kinukunan*

*Dahil malapit nang magtakip-silim  
 Kaunting sinag ng araw ang ibinibigay  
 Sa mga dahong gumagalaw  
 Hanging malakas sila'y tinamaan  
 Mga dahon ay nagpagaspasan*

*Sa aking pananaw, sila'y  
 Mga batang sumasayaw  
 Sa saliw ng tugtugan  
 Ano ba't pati ako'y napaindak  
 Mga kamay ko'y umimbay  
 Dahil sa labis na kagalakan*

*Subali't ako'y nagtaka kung bakit  
 Sila'y nagdiriwang  
 Sapagka't may kasabihan  
 Sa labis na saya, kasunod ay kalungkutan  
 Kinabukasan, sila'y muli naming binalikan  
 Sapagka't sila ang laman ng aking isipan*

*Malayo pa ay aming natanawan  
 Panay busilak ang kapaligiran.  
 Mga punong Aspen naroon pa rin  
 Sa kapal ng yelo sila'y natabunan  
 Gayon pa man, nag-anyo silang mga kawal  
 Nakatayo nang matuwid at nagpupugay  
 Sa mga taong dumarating nagmamahal  
 sa kalikasan*

*Kaya pala noong gabi, sila ay nagdiwang  
 Sapagka't kinabukasan, sandaling  
 panahon silang hihimlay  
 Sa pagdating nang Tag-sibol  
 Muli silang magkakamalay  
 Luntian naman ang kanilang kulay  
 Magsasabog ng aliw sa sangkatauhan*

*Paano kung sa buhay ko ay sumapit  
 Ang dilim at katahimikan  
 Hindi ko na masisilayan  
 ang kanilang kagandahan  
 Hindi ko na maririnig  
 ang kanilang pagaspasan  
 Tanging kanilang ala-ala  
 sa puso ko'y maiiwan*

DORIS MAGSAYSAY  
 Long Beach, California  
 October, 2007



SEAFOOD CITY EARTH DAY EVENT. Seafood City donated gift certificates to the Earth Day event at Dolphin Park April 22. Filipina winner and child proudly show certificate. (photo by Rebecca)

## Tough brushing...

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motion. Instead, start at the gumline, angle the brush at a 45-degree angle. Brush both the teeth and the gums at the same time. Push hard enough to get the bristles under the gumline but not so hard that the bristles flare out. It's also a wise move to limit the amount of toothpaste because it is abrasive.

In the future, new products will be available to warn when too much pressure is being applied to teeth during brushing. One product is the Alert toothbrush created by dentist Eric Spieler.

The Alert toothbrush has a transparent molded handle with a miniature built-in light that monitors every stroke and instantly signals when excessive pressure is being applied. The warning signal encourages the patients to reduce the pressure and lessen the amount of wear on teeth and gums. With no advertising, the toothbrush, which retails for \$11.99, is moving off the shelf and the pharmacies are reordering. "The irony is that dentists want people

to brush longer, not harder," says Dr. Spieler. "Children and adults tend to spend less than one minutes at a time brushing their teeth, even though removing plaque from the mouth requires at least two to five minutes of brushing at least twice a day. The solution is not to brush harder. That only creates more problems in the long run." His message for over-zealous brushers: Exchange the death grip for a few more seconds of thorough brushing.

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The following information is provided as a general guideline. It is NOT intended in place of professional care. Since every pregnancy may vary, consult your physician or dentist for advice on your particular situation.

(Advertising Supplement)

# Binalonan Association of Southern California 2009 Induction of Officers and Grand Ball



Consul General Aragon inducts the 2009 BASC Executive Officers



From left to right: Roland Fernandez, Loretta O. Perlas, Amelia Arichea, Consul General Mary Jo Bernardo-Aragon, Nazario Perlas Jr.



Amelia Arichea - BASC President

# ATTENTION HOMEOWNERS

You can Bring Down Your Loan Amount  
 to Your Home's Current Value

**IF you are upside down by \$100,000 or more**  
**IF you purchased in the last 4 years or**  
**refinanced in the last 3 years**

**IF you have a "problematic loan":**

- 1 yr/2 yr ARM or Option ARM loan • Interest Only loan
- Non-Amortizing/Negative Amortization loan
- No Doc or Low Doc Loan • Stated Income Loan

**You may be a victim of abusive lending  
 by the mortgage industry**  
**You have legal rights to a WRITE DOWN of your  
 mortgage to your home's current value**

**SAVE YOUR HOME!**  
**SAVE YOUR MONEY!**  
**SAVE YOUR CREDIT!**

Not "Attorney-assisted".  
 Not "Attorney-backed".  
**Licensed ATTORNEYS fight  
 for your rights against  
 predatory lending.**

Total Legal Services for Foreclosure Prevention



**In Foreclosure? Not Behind?  
 Severely Delinquent? Job Loss  
 or Pay Cut? Investment Property?  
 Residential Property? Struggling  
 to Pay Monthly House Payment?  
 CALL NOW!**

**THIS IS NOT A LOAN MODIFICATION**

**You must be upside down by 100,000  
 to qualify. And you do not need to be  
 behind in your payments!**

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