

FAMILY PLANNING CORNER

Contraception - Freedom
from Fear

By: IRENEO V. GUERRERO, M.D.



"I have my hands full running after my 8 kids and if I have another, I'd die," a 38-year old mother recited to the FP advisor.

Esperanza is only 28 years old with 3 children. For the second time she almost lost her life in the so-called eclampsia of pregnancy. Characterized by high blood pressure, swelling and convulsion. Now she is in constant fear of a possible pregnancy.

Tibia is a frail woman of 30 with 2 children. She is anemic, weak with frequent cold symptoms due to "weak lungs." Knowing that another pregnancy will further drain her health and their finances, she tried to avoid the advances of her weak but sexually hungry husband.

Canceria is a healthy mother of 4 children. Her mother died of cancer of the cervix. Her elder sister died of similar pathology. Frequent deliveries will predispose her to cancer of the cervix-hereditary predisposition. Thus, she lives in constant fear of another pregnancy.

Estudia a bright girl of 22, a 2nd year student of Education and married to an engineering

student. Aware of the situation both could not enjoy fully and freely the sexual play as should be expected for fear of pregnancy.

Especia, only 22 but is already a mother of 4 because of early marriage and a yearly pregnancy. In spite of her youth her health is already declining. Will she be allowed a yearly pregnancy?

Eslumpia, a habitat of the slum where she share a small dingy room with her tuberculous husband and 7 children. She does not want another pregnancy but she is the only source of entertainment of her romantic husband.

Hochia is a pretty bachelorette of a prominent family. She was a recent rape victim of a playboy jeepney driver. Will she be allowed to become pregnant?

The above women have a common problem, fear of pregnancy. What is the solution? With the advent of FP they need no longer fear of pregnancy. Contraception is the answer to their common problem. Contraception to them means freedom from fear. Contraception is avoidance of pregnancy by the use of contraceptives. Contraceptives are methods or procedures to prevent conception or pregnancy.

IN RE: PETITION FOR THE APPROVAL OF THE WILL OF DECEASED SIMEONA C. ARROYO

REGINA ARROYO-NOCEDA,
Petitioner

SPECIAL PROCEEDINGS
NO. 1120

Notice of Hearing

A petition having been filed with this Court under the above-captioned case by Regina Arroyo-Noceda of Buhi, Camarines Sur represented by Atty. Quirino Fabul praying for the approval of a document purporting to be the Last Will and Testament of the decedent Simeona Arroyo, who as alleged in the petition died on September 30, 1961 at Buhi, Camarines Sur, which was her residence at the time of her death, leaving real and personal properties with a probable value of P2,500.

WHEREFORE, notice is hereby given that said petition will be heard on JULY 6, 1970 at 8:30 A.M. in the session hall of the 2nd Branch of this Court at Naga City, on which date, time and place all persons having opposition thereto may appear to show cause, if any they have, why said petition should not be granted.

Let this notice be published at petitioner's expense once a week for three consecutive weeks in the BICOL STAR, a weekly newspaper edited in the city of Naga and of general circulation in this province for the information of all concerned.

Naga City, Philippines, June 11, 1970.

JUSTIANO R. EZEQUIEL
Branch Clerk of Court

Pub. June 13, 20, 27, 1970.

NOTICE

Pursuant to Section 1, Rule 74 of the Rules of Court, notice is hereby given to all whom it may concern that the heirs of the late CORNELIA FELISMENIO, who died intestate on May 21, 1959 in Milao, Camarines Sur, namely, Leopoldo Euste, widower of the decedent; Alfredo, Juano, Francisco, Vicente, Fortunato, Aproniano, Felipe, Roberto, all surnamed Euste children of decedent and Purificacion Euste Villaranda, granddaughter of the decedent, all of legal ages, residents of San Antonio, Milao, Cam. Sur, executed an Extra Judicial Settlement of the Estate left by the deceased consisting of ten (10) parcels of land covered by Tax Nos. R-1294, R-872, R-2016, R-1027, R-835, situated in

The Citizen and the
Constitutional Convention

By ATTY. JOSE FERIA
(Continued from last week's issue)

It is also imperative that the election of delegates to the Constitutional Convention be made as inexpensive as possible in order that poor but capable men may have a chance to be elected. And all candidates should be given as much as possible equal media time and space.

Now, all these safeguards are contained more or less in the bills filed by Senator Pelaez in the Senate and Congressmen Imperial and Montano in the Lower House. So what should we do? We should urge the speedy passage and approval of this law in order to ensure that the Constitutional Convention will be truly representative of all sectors of our community. All segments of our people should be represented.

Moreover, in order that the amended or new Constitution may truly express the sovereign will, the goals and aspirations of all our people, it is necessary for us to conduct a nation-wide informational and educational campaign regarding the proposed Constitutional reforms. As Chief Justice Roberto Concepcion recently said in a Constitutional Day speech and I quote him: "It is . . . vitally important for the electorate to know, before the election of delegates, what, in particular, are the specific mea-

asures such candidate proposes to champion in the Convention . . . The people should not be contented with generalities . . . Nor is it enough that a candidate be honest, patriotic, and learned . . . Each candidate should therefore, raise issues based upon concrete reforms he intends to espouse . . ."

All of us, therefore, have the duty to study proposed Constitutional reforms discussed them with our neighbors, with co-workers in our office, in the farms, in the factories, with all our people in the barrios and rural areas, so that come November 10, 1970, our people will be able to vote intelligently in their choice of their delegates to the Constitutional Convention.

Now, the next point is: Just what are some of these basic defects in our present Constitution, and what are the proposed reforms? Time will not permit us to discuss these in detail but here are a few highlights.

First, we all complain of the excessive concentration of powers in the Chief Executive in our present Constitution. This was originally so because we wanted a strong President, but now we see that this is not good for our country. So what are the proposed reforms?

First, we shall study measures for the adoption of a parliamentary form of government or a semi-parliamentary form similar to that in our former Malolos Constitution.

Second, a return to the unicameral legislature; there is no need for a bicameral legislature. Third, deconcentration of presidential powers and give more power to local governments. Fourth, if we decide to retain the presidential system, then there is a growing consensus that there should be a fixed term of six years without re-election.

Second: Expensive elections. We all know this; we are all complaining about this - that our elections have grown progressively more and more expensive and, consequently, less and less democratic. It is estimated now, and these are conservative figures, that a presidential candidate need at least P100 million, a senatorial candidate at least P1 million, and a Congressional candidate needs at least P500,000. As a matter of fact, Mr. Max Soliven quoted one senatorial candidate as having said after the last elections that, exclusive of government funds and expenditures, no less than P200 million were spent. Can we, a developing country, afford such expensive elections? Let us give a thought to that. It has even been published in our

NOTICE
NOTICE is hereby given that the Legal Heirs of the late CIPRIANO LEONOR who died in Naga City, Philippines, on September 10, 1962, have executed an extrajudicial settlement of estate and sale of a portion thereof as evidenced by said instrument executed before Notary Public, Mr. Rosendo Barrameda in his notarial Docket No. 882 Page 15 Book No. XLI Series 1970, and for the province of Camarines Sur.
Pub. June 20, 27, July 4, 1970

San Antonio, Milao, C.S.; R-1293, located in Capucanasan, Milao, C.S., R-1292, R-893 R-206 and R-2067, located in Dalipay, Milao, C.S. adjudicating and dividing them among themselves as indicated in the document which was acknowledged by them before Notary Public Vicente P. Camacho on Sept. 1, 1967 in Milao, Cam. Sur per Doc. 110; Page 24; Book VI; S. 1967 of his notarial records.
Alfredo Euste, et al.,
Pub. June 20, 27, July 4, 1970. B. Star

(Continued on page 4)

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511	Manila 6:05 a.m.	Camalig	7:35 p.m.
515	Manila 6:30 p.m.	Camalig	8:36 a.m.
503	Manila 7:20 p.m.	Naga	3:14 p.m.
517 (T-Ma-1) (Mayon Ltd)	" 5:45 p.m.	Camalig	6:20 a.m.
505	Manila 9:10 a.m.	Naga	7:56 p.m.
535	Manila 4:00 p.m.	Legazpi	10:27 p.m.

NORTHBOUND TRAINS:

512	Legazpi 7:00 a.m.	Manila	9:04 p.m.
516	Legazpi 6:00 p.m.	Manila	8:50 a.m.
504	Naga 10:50 a.m.	Manila	6:28 a.m.
518 T-Lg-2 (Mayon Ltd.)	Leg. 5:00 p.m.	Manila	6:43 a.m.
506	Naga 4:00 a.m.	Manila	3:38 p.m.
536	Legazpi 4:00 a.m.	Naga	8:33 a.m.

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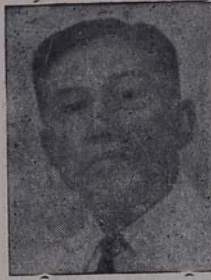
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ACCURATE SERVICE IS OUR BUSINESS

Partial Review

By ANDRES G. DIEZ



A Tribute of High Appreciation

The BICOL STAR highly comments the efficiency and devotion to duty of the Naga City Police Department for the apprehension of one of the maniac-murderers of the late Jesus Diez of Camaligan, Camarines Sur, and Hermenegildo Odiamar of Pacol, City of Naga.

Long wanted by the police departments of Manila, Quezon City, Pasay City, Makati, and Caloocan City for a series of murders and other high crimes, they have succeeded to evade apprehension by the said forces of the law. It took the Naga City Police to prove that no criminal is so evasive and slippery enough if the law-enforcers who are after them are consistent and determined to get them at all costs. Even if only one of the group consisting of several maniacs has fallen into the claws of the law, a great amount of satisfaction has been rendered to the aggrieved parties by the superior sleuthing of the Naga detectives assigned to solve the murder cases.

This satisfactory result is totally in contrast with the two pending murder cases in the same town of Camaligan entrusted to the local Philippine Constabulary and NBI since more than 6 years ago. Despite the fact that both murders were committed early in the evening under separate dates, until now, the PC has miserably failed to find a satisfactory solution of these two pending cases. It is feared that they will have to remain in that status until the end of the world.

The Citizen . . .

papers that there are at least 50 millionaires and multi-millionaires now in Congress. This only goes to show how expensive it is to be elected. Now, what are the proposed reforms?

First again, adoption of a parliamentary or semi-parliamentary system where the President or the Prime Minister or the Chancellor, call him what you may, is elected directly by the legislature. This is to be done by secret ballot and with other safeguards so that there would be no buying of votes. As you very well know, a presidential election, being a nationwide popular election, is necessarily expensive. The presidential candidate has to campaign all over the country once or twice or even three times and he has to distribute as much patronage as he can. On the other hand, in the parliamentary system, or semi-parliamentary system, if you think the parliamentary system is too unstable for us, we have the President or the Prime Minister or the Chancellor elected by the members of Congress from among themselves.

Now, another point: There should be no immediate re-election for all elective officials, from Congressmen and Senators down to barrio council officials. Why is this so? Don't we want professionalism in politics? Yes, but at the same time we know the evils that re-election entails. The moment there is the so-called "equity" of the incumbent, the moment an incum-

bent wants to run for re-election, very often he uses all means at his command in order to be re-elected, and certainly this is one evil we are trying to avoid.

We complain also of the excessive powers, privileges and prerogatives of members of Congress. Well, there should be constitutional limitations on these powers. For example, prohibition against the practice of one's profession in order to avoid undue advantages for a legislator's clients or business; prohibition against intervention in business so that there will be no or less self-aggrandizement in Congress; also prohibition against well-known political dynasties.

Third: Lack of representation. This is one of the complaints as the root of the current unrest. Why? It is because some people believe, and perhaps rightly so, that they are not truly represented in Congress and so they have to resort to what is known as the "Parliament of the Streets". It is said that our two major parties do not adequately represent the people; that there is no real alternative to the party in power. What after all is the two party system? The two-party system means that to the party in power there should always be an alternative. And if there is no alternative, then the people may be driven to the so-called extra-parliamentary opposition.

Now, what is this due to?

Vice-Pres. for Quezon, Atty. Florentino A. Natividad; Vice-Pres. for Masbate, Atty. Rafael S. Almoradie; Secretary-Treasurer, Capt. Joaquin B. Bocalbos; Auditor, Atty. Eustaquio S. Garcia; P.R.O., Mr. Ildefonso J. Salazar.

The seminar participants plan to hold a reunion-conference during the last week of July this year to deliberate on their future activities. — IJS

Notice

Pursuant to Section 1, Rule 74 of the Rules of Court, notice is hereby given to all whom it may concern that the legal heirs of the late EULOGIA MONTALBAN AGUILA who died intestate on June 18 1970 at Canaman, Cam. Sur: namely, Ruben, married; Jaudines, Jr., married; Marietta, widow, all surnamed Aguila, of legal age, children of the decedent; and Jaudines R. Aguila, widower of the decedent, executed an Extra-judicial Settlement of Estate with Sale on June 26, 1970 at Canaman Cam, Sur over 3 parcels of land known as Lot 1, 2, and 6 of Psu-177392 covered by OCT No. 16366 and adjudicating them among themselves share and share alike, pro-indiviso and subsequently sold Lot No. 6 to Crisanta Medrano, single, and Patricia Medrano, married, of legal age, residents of Lerma St., Naga City, for a consideration of P4,800. The document was acknowledged before Notary Public Leoncio M. Clemente of Naga City on June 27, 1970 as Doc. No. 378; Page 77; Book VIII; S. 1970 of his notarial records.

Pub. June 27, July 4, 11, 1970.

NOTICE

Notice is hereby given that DIONISIO AREVALO, Filipino, of legal age, married to Adela Deyto with resident and postal address at Sorsogon, Sorsogon, is a co-owner of the undivided parcel of land covered by TCT No. T-690 having an area of 106,133 square meters, Lot No. 2694 of Sorsogon Cad. in the name of Romualdo, Eusebio and Dionisio, all surnamed Arevalo.

The portion hereof corresponding to Dionisio Arevalo, with an area of 25,000 sq. m. declared under Tax No. 425 and assessed at P1,390 was sold to Jaime F. Arevalo of legal age, Filipino, married to Zenaida Bartameda of Sorsogon, Sorsogon by Dionisio Arevalo for a consideration of P500.

The instrument was executed before Notary Public Dominador S. Reyes of Sorsogon, Sorsogon on May 8, 1970 per Doc. No. 879; Page 179, Book VII; S. 1970 in his notarial records.

DIONISIO AREVALO

Pub. June 27, July 4, 11, 1970. The Bicol Star.

Well, this is due not only to the partisan composition of the Board of Inspectors and the Board of Canvassers in our present electoral laws which is sought to be eliminated in the pending Pelaez and Imperial-Montano Bills, but also to the system of single-member districts in our Constitution; that is to say, for every district there is only one representative. Then, what is the proposed reform?
(To be continued)

An budget can ciudad nin Naga para sa fiscal annual Julio 1970 - Junio 1971 aprobado can junta municipal can ominag-ing semana. Segun sa record an total na presupuesto nagabot sa P2,692,399.05.

Tagnaning aboton an sinahinang fondo nagaprobar nin apat na ordinanza an junta municipal na mapalaog nin cuarta sa caja can ciudad. Ini iyo; an buhis sa arac, buhis sa gasolina, buhis sa comerciantes na minaabot an venta sa cada tolong bulan nin P450,000 a P500,000 asin an bayad sa permit na itinao can alcalde.

An tolong pinacahalangcao na gastos can ciudad iyo in: para sa supermarket P967,976.40, departamento can polis P421,602.98; para sa junta municipal P201,744.20.

An ibang oficinas: tesoreria P150,252.30; alcalde P133,543.60; fire dept. P114,788.76; ayuda can gobierno P11,403.60; general services P107,531.92; city health P97,091.70; auditor P63,294.80; city engineer P58,859; fiscalia P54,264.70; assessor's office P48,721.80; city court P46,567.80; social development P43,000; agriculturist P34,861.40; library P21,487.20; welfare home P11,292; sheriff P4,294.80.

(To be continued)

Manila Karate experts to hold Exhibition Show Here

Karate experts (blackbelts) who are touring the Bicol region are scheduled to show their different karate techniques at the 7th floor of the Holiday Hotel in this city on July 1, next Wednesday, from 5 to 8 o'clock in the evening. A big crowd of karate enthusiasts are expected to attend the exhibition of basic form, free style sparring, advance kata, karate techniques, karate self-defense (against 1 opponent, 3 vs. 1 opponent, 2 vs. 1)

Breaking of hollow blocks (flying side, back kick, solid punch,

elbow strike, and others. The show is under the sponsorship of the Systsip Club of the Philippines, Naga City Chapter, whose training director is Armando H. Remo. Participants from Greater Manila, are Romeo Conde, 3rd Dan blackbelt, Buddy Grijalvo 2nd Dan blackbelt; Romeo Urgelio, 2nd Dan blackbelt; Roberto Pamilar, 1st Dan blackbelt; Isidro Rubis, blackbelt; Eddie Hermosa, blackbelt; Eutegio Menesis, blackbelt; Felicisio Gatmitan, blackbelt.

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