

# THE

Official Bulletin of the



The Rotary Club of Sta. Rosa Centro meets virtually: every 1st & 3rd Friday of the month at 7:00pm.

Club website: www.rcstarosacentro.org Club e-mail: rcstarosacentro@outlook.com

## Officers & Directors, Rotary Year 2020-2021

#### **Executive Officers**

Pres Belinda Clotilde "Bel" Barroga President PE Joseph Rey "Jay-R" Alcala President Elect PP Michelle "Mich" Baldemor Vice President PP Mary Ann "Maan" Gonzales Secretary PP Hazel "Hazel" Ramos Treasurer PP Carolina "Carol" Salvahan Auditor IPP Ma Cecilia "Cecile" Gabatan Ex-Officio PP Cheryl "Che" Lu **Protocol Officer** IPP Ma Cecilia "Cecile" Gabatan **Executive Secretary** 

#### **Club Committees**

PP Joel Liza "Liza" Pineda Club Administration

PP Priscila "Precy" dela Cruz Membership
Rtn Larry "Larry" Gonzales Service Projects

Rtn Roselle "RJ" Animo Basic Education & Literacy

PP Geralyn "Jay" Dee Water & Sanitation
PP Teodora "Doray" Lucero Maternal & Child Health
PP Evelyn "Evs" Laranga Peace & Conflict Resolution

Rtn Allan Olano Economic & Community Development
Rtn Gloria Bedienes Disease Prevention & Treatment

PP Joel Liza "Liza" Pineda Environment
Rtn Joseph Rey "Jay-R" Alcala Vocational
Rtn Heylie "Heylie" Lu Youth

Rtn Bituin "Star" Piccio International
PP Jacqueline "Jacqui" Victoria The Rotary Foundation

PP Cong. Arlene Arcillas

Public Image

PDG Consuelo "Chit" Lijauco

Club Trainer

PP Maya Padiernos

Special Events

# **Inside this Issue of**

# THE CENTRO

	Page #
Program	4
Invocation	5
Object of Rotary	5
The Four Way Test	6
Centro Hymn	6
President's Message	7
Editorial	8
RI News & Updates	9
Centro-in-Focus	12
Minutes of the Meeting	14
D3820 News & Updates	17
Rotary Corner	18
Reflections	19
Treasurer's Report	20
Next meeting's order of Business	21
Roster of Members	22
Attendance	23
Special Observances	23
Mission & Vision	24

#### The Rotary Club of Sta. Rosa Centro Regular Bi-Weekly Virtual Meeting

#### PROGRAM August 28, 2020

Call to Order TrP Belinda Barroga

Invocation PP Joel Liza Pineda

National Anthem AVP

4-way Test Rtn Roselle Animo

Object of Rotary Rtn Larry Gonzales

Acknowledgment PP Cheryl Lu

Recognition PP Precy dela Cruz

Secretary's Report PP Mary Ann Gonzales

Treasurer's Report PP Hazel Ramos

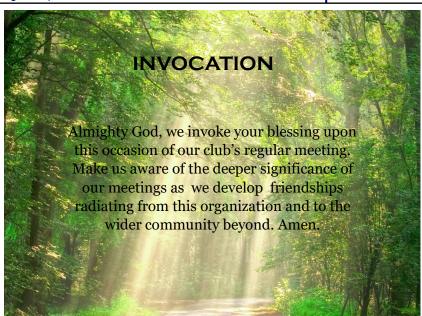
President's Time TrP Belinda Barroga

Adjournment TrP Belinda Barroga

Centro Hymn

Chairwoman of the Night PP Mary Ann Gonzales

If any person is unable to fulfill their positions as above please make arrangements with another Rotarian to take your place.



# **OBJECT OF ROTARY**

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- FIRST: The development of acquaintance as an opportunity for service;
- SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life;
- FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



# The 4-Way Test

# of things we do and say:

- Is it the TRUTH?
- 2. Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER. FRIENDSHIPS?
- 4. Will it be BENEFICIAL to all concerned?

## ♪♪□●\*Sweet Rotary♪♪□● (The Centro Hymn)

When it began I can't believe it happened But then I know it's going strong

That's when it came to being Who'd have believed we'll grow to be...

- \*Hands, touching hands
- \*Reaching out, touching me,
- \*touching you
- \*Sweet Rotary
- \*Sta. Rosa Centro's good
- \*I've been inclined
- \*To believe we're going strong
- \*And now, I..

Look all around So many help is needed C'mon, together I know we could And when we hurt, We can just smile and bear it 'Coz we were born to serve and be....

Warm, touching warm Reaching out, touching me, touching you \*Sweet Rotary

- \*Sta. Rosa Centro's good
- \*We're going strong
- \*We are here for all of you And now, I...

(Repeat \*)

# A LEADER IS ONE WHO

KNOWS THE WAY **GOES THE WAY.** 

SHOWS THE WAY.

JOHN C. MAXWELL

RC Centro's GREAT



# **President's Message**

Good day Centronians!

Truly a remarkable talk in this time of pandemic by our Guest Speaker, PNP Head Gen. Archie

Gamboa, Wherein, a more detailed information educated the participants in the police frontliners' strict implementation of rules. Despite safety measures, numerous frontliners were infected prompting them to temporarily stop police station operation.

Accommodated several questions and answered thoroughly. Moreover, he emphasized that there are no exemptions to the rule for it will complicate the situation. Participants opinion was noted for thorough study.

The seriousness of the pandemic brought about these basic rules: wearing face mask/face shield outside the house, stay at home and to other areas curfew. It gave us more reason to value the wearing of face masks not only for our safety but also for the safety of others.

The successful event was attended by other clubs namely: San Pablo City South, Metro San Pedro, Lipa, Cabuyao Circle, Santa Rosa West, Santa Rosa, Nasugbo, Los Banos Makiling, Sta. Rosa South, Rotaractors and Muntinlupa Filinvest.

Special thank you to our CP PDG Chit for inviting Gen. Gamboa. Also thank you to PP Maya Padiernos , our Special Events Chair and PN Roselle Animo for zoom hosting the event .

Yours in Rotary,

bembarryn

BELINDA CLOTILDE M. BARROGA Transforming President RY 2020-2021

# EDITORIAL

#### Time for compassion

There is really no specific time to be kind. The best time can never be defined. But if we should really need to define one, then the best time is now... at this time of pandemic.

"Rotarians in particular have a high need for being compassionate.

They are desperate to get that feel-good feeling again." — psychologist Mary Berge.

We need to be at our kindest at this time. The novel coronavirus pandemic has led to discrimination and prejudice and has created rifts in society. In one post in social media, corrugated iron sheets was installed by the local barangay officials to prevent people inside the house, one of whom tested positive, from getting out. This incident is so sad. How would the people get their supplies? True, they are not supposed to go out and I am almost sure they won't. But some people can bring their needs near the gate and leave.

Are COVID patients sinners that rocks have to be thrown at them? Is it something that they chose to have? How can they heal fast when they are traumatized? People don't realize the significant role they can play in changing how people think.

Leaders in our community must adapt a way of thinking — a level of intentional gratitude and intentional kindness — they need to set a good example to the community.

Hopefully, as this pandemic goes on, people will realize that helping does not only mean the physical help ("ayuda") but also help prevent the stigma from being a COVID patient.

By: IPP Cecile Gabatan



# ROTARY INTERNATIONAL News & Updates

#### Clubs made to order

These clubs keep things fresh with new ideas and new members



What is Rotary? It's a whole community of people who are members of Rotary and Rotaract clubs, of course, but it's also people who participate in programs such as Rotary Peace Fellowships and Rotary Youth Exchange. It's non-Rotarian members of Rotary Action Groups and Fellowships and of Rotary Community Corps. It's people who have volunteered on Rotary projects and people who are interested in Rotary's work and causes.

Rotary is the hub that brings all these people together, each with their own set of skills and expertise, to do good in the world. Today's Rotarians and Rotaractors continue to extend their reach beyond the boundaries of their clubs, their communities, and their countries. Their most ambitious endeavors invariably go beyond the organization to engage the participation of non-Rotarians. Each of those new affiliations has the potential to elevate Rotary's profile, improve its opportunities for success, and, when paired with new approaches to club structure, attract new members. The clubs, people, and projects profiled here can serve as inspiration to existing clubs — or to clubs yet to be.

Source: www.rotary.org



# ROTARY INTERNATIONAL News & Updates

# Chesley R. Perry: Rotary's first general secretary



Chesley Reynolds Perry, a Spanish-American War veteran and former Chicago Public Library employee, served as Rotary's first secretary and is known as "the builder of Rotary International."

While Rotary's president changes every year, only 12 people have served as general secretary, a role that's equivalent to a chief

executive — and at 32 years, Perry served the longest.

In August 1910, the newly formed National Association of Rotary Clubs (now Rotary International) unanimously selected Perry for the role then known as secretary. He accepted the part-time position at \$100 per month, with an agreement that the amount of time he'd devote would remain unspecified. By 1912, the job had evolved into a full-time executive role, and Perry's pay was increased.

Perry's own office on LaSalle Street in Chicago, Illinois, USA, served as the first headquarters of the association. By 1911, Rotary had established an office in the First National Bank Building at the intersection of Dearborn and Monroe in Chicago.



# ROTARY INTERNATIONAL News & Updates

Perry concurrently served as editor and business manager of The Rotarian from 1911 to 1928, and he opened Rotary's first international office, in Zurich, Switzerland, in February 1925. He oversaw the expansion of Rotary as it grew during his tenure from 16 clubs in the United States to more than 5,000 worldwide. His title was officially changed to general secretary in 1941-42, his final year in office.

Perry had announced his plans to retire in 1940, but agreed to remain in his post while the organization trained his successor, Philip C. Lovejoy. A number of clubs sought to nominate Perry for RI president in 1942-43, but he declined, saying, "I am gratefully conscious of the high compliment thereby being paid to me."

After retiring, Perry remained a member of the Rotary Club of Chicago, which he'd joined in 1908. But he wasn't done being a leader, and served as club president in 1944-45. In 1954, Rotary offered

"If I can in truth be called the architect, Ches can with equal truth be called the builder of Rotary International."

— Rotary founder Paul P. Harris, "My Road to Rotary" (1948) him the title "secretary emeritus" to honor his years of service, but he again declined, preferring the role of ordinary Rotarian.

Perry died on 21 February 1960 at the age of 87.

Source: www.rotary.org



# The Challenges of Implementing the Quarantine (Ang Pasaway na Pinoy) Speaker: PNP Chief General Archie Gamboa

## August 7, 2020

Quarantine is a classic public health intervention to curb the spread of infectious diseases. Although it is an effective measure, it has always been controversial because it raises political, ethical, and socioeconomic issues and requires a careful balance between public interest and individual rights.

This project aims to define to the public the rules and clearly explain why such guidelines have been set. None could be more qualified to speak on the topic other than the PNP Chief himself, General Archie Gamboa.

The webinar was very informative and the participants were very active and have asked their well-meaning questions. At the end of the talk, a lot items/issues were well explained.

The following are the clubs who joined the webinar:

#### FROM DISTRICT 3820

RC Cabuyao Circle

RC Lipa

RC Los Banos Makiling

RC Metro San Pedro

RC Naga East

RC Nasugbu

RC Nuvali

RC San Pablo City South

RC Santa Rosa

RC Santa Rosa West

RC Sariaya

RC West Bay

RAC Sta Rosa Centro

RC Sta Rosa Centro

#### **RI DISTRICT 3830**

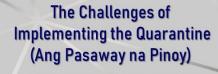
RC Muntinlupa Filinvest

## **Centro In-Focus**



Invites you to a LIVE WEBINAR on

With Speaker:
PNP Chief ARCHIE GAMBOA

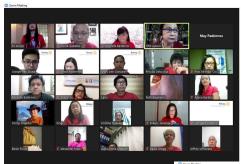


A brief overview of ECQ and GCQ quarantine rules and its enforcement.

August 7, 2020 | Friday | 6:00PM

Please register in advance as we will accept only 5 rotarians per club. Fo the registration link, please PM Rotary Club of Sta. Rosa Centro or PP Marian H. Gonzales via messenger.

# QUARANTINE QUARANTINE





WORK HOME







## **Minutes of the Meeting**

#### 4th VIRTUAL REGULAR MEETING

ROTARY CLUB OF STAROSA CENTRO

7 August 2020, Friday, 6:00PM

SPEAKER: PNP CHIEF GENERAL ARCHIE GAMBOA

TOPIC: Challenges in Implementing Quarantine

#### Present:

President Belinda Barroga PP/Sec Mary Ann Gonzales

PN Roselle Animo PP Maya Padiernos IPP Cecile Gabatan PP Priscila Dela Cruz PP Jackie Victoria PP/AG Evelyn Laranga

PE Joseph Alcala

CP/PDG Chit Lijauco PP Cheryl Lu

PP Liza Pineda

PP Michelle Cagandahan

PP Carol Salvahan PP Hazel Ramos Rtn.Star Piccio

Rtn. Larry Gonzales Rtn. Bing Arias

Rtn. Heylie Lu

Rtn. Cindy Aguilar Rtn. Paula Grego

The meeting was called to order by Transforming President Belinda Barroga at 6:15PM. The master of ceremony was CP/PDG Chit Lijauco.

Invocation was lead by PP Liza Pineda, followed by the National Anthem, The 4 Way-Test by Rtn. Star Piccio, and Object of Rotary by Rtn. Larry Gonzales. The House Rules were read by PP Ma-Ann Gonzales and Acknowledgement of Guests by IPP Cecile Gabatan President Belinda Barroga welcomed the club members and all participants. She said that this event, entitled "Challenges in Implementing Quarantine," is one of the Areas of Focus of Rotary International - Peace and Conflict Prevention/Resolution - and that this will give the club members and participants the guidelines on how to follow the law during quarantine and live through the challenges of the new normal.

The master of ceremony CP/PDG Chit Lijauco welcomed the speaker and read the Introduction of the Speaker of PP/Mayor Arlene Arcillas who happened to be unable to attend due to her various meetings.

#### Guests:

PDG Paeng Tantuco Spouse JoJo Ramos

RC Cabuyao Circle 2 members RC Cabuyao Circle 2 members RC Sta.Rosa 3 members RC Metro Sta.Rosa 3 members

RC Nuvali 2 members RC Cabuyao Circle

RC Sta.Rosa West 3 members

RC Uptown Sta.Rosa 3 members

PP Sonny Ongkiko

# **Minutes of the Meeting**

#### TALK OF PNP CHIEF GENERAL ARCHIE GAMBOA

PNP Chief General Archie Gamboa, coming from his sister's induction as the Transforming President, greeted the club and other guests a pleasant evening. He said that peace has always been one of Rotary's goals since it was founded and that peace in communities can have a global effect and can even unite different religions and cultures. He said that the search for national peace has been a lifelong goal for Filipinos - that the country's struggle for freedom and democracy costs lives and property, but on the positive side has given strength and clarity of vision.

He affirmed that the PNP, being the primary agency of enforcing the law, prevent and control crimes, maintain peace and order, and ensure public safety, with the active help of the community, have done great in maintaining that goal by making a stance against illegal activities, crimes, and terrorism. He continued on saying, "our community based policing has continuously harboured results against crime through citizens' vanguard of their respective communities." They do it so that mothers can sleep sound at night knowing that their kids can play freely without fearing for their lives.

He talked about the terrorism going on in the country for almost 40 years. He said that the PNP and AFP, through the President's whole nation approach, have diagnosed the center of their resources. Furthermore, communist parties have been resilient throughout the years because of their wide area operations wherein they get supported and financed, thinking that organizing the oppressed class is the key to moving the communist revolution forward. Hence, he warned people in the business sector to be be vigilant with the scheming of these groups and strongly suggested Rotarians to continuously harness and strengthen their community-based projects especially on the youth and offer more livelihood projects for less fortunate citizens. He believes that it is not only the responsibility of the national leaders to establish peace and that every individual's contribution is a vital factor in maintaining and achieving peace. He gave a quote from Thomas Jefferson, "Educate and inform the whole mass of the people. Enable them to see that it is their interest to preserve peace and order and they will preserve them."

He ended his speech informing about the PNP's role in quarantine protocols and that despite getting bashed by some people with the course of implementation, he told his policemen to exercise maximum tolerance because at the end of the day the PNP is at the frontline in implementing the quarantine rules. Lastly, he shared how hard it was since the Taal volcano eruption continuing to the lockdown but is hopeful that country will be able to overcome this pandemic as one.

# **Minutes of the Meeting**

#### QUESTION AND ANSWER

CP/PDG Chit Lijauco guided the participants in the question and answer. The following were some of the questions:

- Q1. How did you become a Rotarian?
- A1. My wife was invited in Rotary and she encourage me to also join Rotary. It is a privilege to be a member of Rotary. I have been an officer in the PNP for more than 36 years now. What I love most in Rotary and am proud of, which I always share to PNP, in Rotary, three years before you assume as president of the club, you can prepare because they have a President Nominee, President Elect and we have current officers. Every year they develop a theme and a strategic action plan. But in government you cannot do that because if the tenure of office we occupy has a different thrust in leadership, the strategic plan changes also. But what interested me most is when you give into Paul Harris it will get back to you a hundred fold.
- Q2. Is wearing a mask mandatory even if you're alone inside the car?
- A2. Definitely it's a must even you are alone and inside the car. It is automatic to wear a mask the moment you go out of your house. It is our responsibility to take precautions for our safety and the community.
- Q3. What are your preparations to protect your people?
- A3. For the protection of our people, we make sure that they have the complete necessary protection like face mask, PPE, face shield, and the regular swab test. We do isolation facilities exclusively for the PNP.

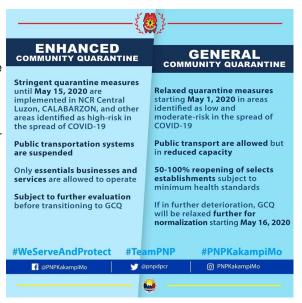
#### **VOTE OF THANKS**

PP Hazel Ramos proposed a vote of thanks to Chief PNP General Archie Gamboa in behalf of the club and expressed how the club looks forward to another speaking engagement.

#### **CLOSING REMARKS**

PE Joseph thanked the special guest and all the participants.

The meeting adjourned at 7:15PM.





# **RI District 3820 News & Updates**

### **End-Polio**



Centronians continue to contribute to the End-Polio fund every year. And this year is no different as they

choose from several items offered by the district.



Rotary (XX)





# **Common Acronyms and Abbreviations in Rotary**

Acronym / Abbreviation	Meaning
AG	Assistant Governor
APF	Annual Program Fund
COG	Council of Governors
DDF	District Designated Fund
DG	District Governor
DGE	District Governor Elect
DGN	District Governor Nominee
EREY	Every Rotarian Every Year
IPDG	Immediate Past District Governor
IPP	Immediate Past President
MOP	Manual of Procedure
MUNA	Model United Nations Assembly
PDG	Past District Governor
PE	President Elect
PETS	Presidents Elect Training Seminar
PHF	Paul Harris Fellow
PHF+	Paul Harris Fellow Multiple Recognition
PHS	Paul Harris Society
PN	President Nominee
PP	Past President
RC	Rotary Club
RCC	Rotary Community Corps
RFE	Rotary Friendship Exchange
RI	Rotary International
ROTEX	Rotary Exchange returned students
RYLA	Rotary Youth Leadership Award
TRF	The Rotary Foundation
VTT	Vocational Training Team
YEP	Youth Exchange Program

Source: www.rotary.org



## Reflections

"Rotary must not content itself with being anything less than a movement affecting the lives of

all men and women; its requirements are so simple, its doctrines so universally acceptable that its sponsors are not visionary in thinking of Rotary as an all pervading influence." Paul P Harris, The Founder of Rotary" 1928



"Untold blessings have come...with the conquering of disease and the lengthening of life, but have we stopped to consider the wonderful growth of understanding... the expanding kindliness and goodness in our social relationships? These have come with a very natural desire to enjoy a higher and higher plane of civilization." — Address to 1929 Rotary Convention, Dallas, Texas, USA

# **Birthdays for the month of August**

## Monday, August 24

Happy Birthday!! Precy dela Cruz





# **Treasurer's Report**

# Treasurer's Report for the month of August 2020

PP Jacqui

Cash In	17-Aug	Victoria	2,978.00
	21-Aug	PP Mary Ann Gonzales	2,250.00

25-Aug PP Che Lu/ Rtn Heylie Lu 2,500.00

Total 7,728.00

Cash Out SAR 56,996.80

## Volume 20 Issue 4 August 28, 2020

## **Next Meeting: Order of Business**

The Rotary Club of Sta. Rosa Centro Regular Meeting PROGRAM September 4, 2020

Call to Order TrP Belinda Barroga

Invocation PP Jacqui Victoria

National Anthem AVP

4-way Test Rtn Heylie Lu

Object of Rotary Rtn Allan Olano

Acknowledgment Rtn Bing Arias

Secretary's Report PP Mary Ann Gonzales

Treasurer's Report PP Hazel Ramos

Committee Reports Committee Chairs

President's Time TrP Belinda Barroga

Adjournment TrP Belinda Barroga

Centro Hymn

Master of Ceremonies
PE Joseph Alcala



# **Roster of Members**

	Name	RotaryID	Classification	Birthdate
1	Joseph Rey Alcala	10080295	Events Management	Jun 7
2	Roselle Animo	9418286	IT Professional/Web Developer	Jun 11
3	Arlene Arcillas	8275828	City Mayor	Jul 31
4	Michelle Baldemor	8879856	Retail	May 01
5	Belinda Barroga	10422881	Retail	Jun 3
6	Gloria Bedienes	8612318	Trading	Apr 13
7	Danilo Bendong	6526107	Businessman	Apr 27
8	Priscila De la Cruz	5333454	Leasing	Aug 24
9	Ma. Geralyn Dee	8574451	Interior Design	Dec 09
10	Zenaida Dictado	6416676	Pallet Manufacturing	Sep 14
11	Danilo Fernandez	9757207	City Representative	Jan 14
12	Ma. Cecilia Gabatan	8612321	Real Estate Broker	Oct 27
13	Larry Gonzales	10651089	Education—Maritime	Oct 30
14	Lauro Gonzales	10651090	Seafarer	Jan 11
15	Mary Ann Gonzales	5333525	Cooperative	Mar 20
16	Paula Maria Gregg	9641847	Education	Sep 12
17	Evelyn Laranga	8465660	Education	Jul 25
18	Consuelo Lijauco	5333445	Magazine Editing	May 15
19	Cheryl Lu	5333496	Pest Control Services	Apr 17
20	Heylie Lu	9202750	Nurse	Mar 31
21	Teodora Lucero	8045358	Midwife	Sep 18
22	Elenita Ma	6261683	Dentist	Jan 10
23	Allan Raymund Olano	10776168	Maritime	Feb 9
24	May Grace Padiernos	5984127	Furniture Retail	May 06
25	Bituin Piccio	10601407	Businesswoman	Jan 21
26	Joel Liza Pineda	7019336	Human Resource Provider	Mar 30
27	Hazel Ramos	6165816	Money Lending	Jul 01
28	Enrico Robles	10226768	Banker	Nov 20
29	Aurelyn Salandanan	8773229	Obstetrics-Gynecologist	Mar 18
30	Carolina Salvahan	5333457	Window Fashion Contractor	Jul 04
31	Jacqueline Victoria	6556182	Watch Services	Nov 07



# **Attendance Report**

	7 August 2020
No. of Active Members	22
No. of Members Present	21
No. of Members under rule 85	1
Make-up Attendance Credit	
On leave	8
Attendance % (Percentage of attendance per meeting / total no. of meetings)	95.45

Meeting: FRIDAY

No. of Meetings per Bylaws: 2

No. of Members as of July 1, 2020: (31 members)

No. of Members under rule 85: 0

\*Rule of 85: If your age and membership of at least 20 years = 85, you

can be excused from attendance policy.



# **Special Observances**

July 2020	Start of Rotary Year 2020-2021
August 2020	Membership and New Club Development Month
September 2020	Basic Education and Literacy Month
October 2020	<b>Economic and Community Development Month</b>
November 2020	The Rotary Foundation Month
December 2020	Disease Prevention and Treatment Month
January 2021	Vocational Service Month
February 2021	Peace and Conflict Prevention/Resolution
March 2021	Area of Focus: Water and Sanitation
April 2021	Area of Focus: Maternal and Child Health
May 2021	Youth Services Month
June 2021	Rotary Fellowships Month



#### **VISION**

The Rotary Club of Sta. Rosa Centro is the place to be for professionals to nourish a culture of service while fostering lasting friendships and causing their own development, growth, and empowerment.

#### MISSION

The Rotary Club of Sta. Rosa Centro is committed to:

The care of **WOMEN** and **CHILDREN**, pioneering in programs that address their needs

The care and preservation of the **ENVIRONMENT**, providing clean and healthy surroundings for children to grow up in.



The spread of LITERACY, specifically for women and children.

Providing LIVELIHOOD training, specifically for the women members of the community.

# **Rotary Opens Opportunities**

The CENTRO is published weekly as the official weekly program bulletin of the Rotary Club of Santa Rosa Centro, Rotary International District 3820, Club ID No. 55177. We are accepting contributions to the weekly club bulletin. Please submit your articles from Saturday to Wednesday at Email: <a href="mailto:ana\_clariz06@yahoo.com">ana\_clariz06@yahoo.com</a>. All contributions submitted later than the deadline will be included in the next week's issue. Only those articles submitted on or before the deadline will be included in the week's issue.