

# DEF MESSENGER

Fall 2012

## A DAO EDUCATIONAL FOUNDATION PUBLICATION

The Foundation achieved another milestone this year when the total number of college students it supports reached double digits (11) for the first time. All 4 of our recent high school graduates excelled academically and received many awards. The college freshman batch for 2012-2013 are: May Fair Necesito, Blessie Marie Catolico, Anjanette Fajardo and Mary Grace Tamano.



May Fair graduated class Salutatorian. A Model Student awardee, she

placed 1st or was in the top 3 in many academic, extra-curricular and sporting contests she competed in. Enrolled at Capiz State University Burias, she is pursuing a Bachelor's degree in Elementary Education. She is the eldest of 4 children of a farmer and housewife. She is the first to go to college.



Blessie Marie was first honorable mention in her class and received

awards in Mathematics and Academic Excellence. She is an Accounting major at Filamer Christian University. Her father works as a market vendor and her mother is a homemaker. She is the older of 2 children. She is the first member of her family to go to college.



Anjanette made class honors and was given an Academic

Excellence award. She won several singing contests and cultural events throughout high school. Orphaned at a very young age, a kindhearted relative adopted her and all 4 of her siblings to keep them together. She is a freshman at West Visayas University in Iloilo (Physical Education).



Mary Grace got class honors, received an Academic

Excellence award and won an intramural chess tournament. She is taking up Hotel and Restaurant Management at Capiz State University Sigma. The 4th of 5 children, she is the first in her family to get a college education. Her father drives a jeepney and her mother is a homemaker.



For the school year 2012-2013, the Foundation funded 16 high school scholars and welcomed its 4 new freshmen. They are John Charlie Escalada, Tranquilino Gavino III, Jhona Mae Raymundo and Eric Morguia Jr. John Charlie excelled in primary school

and had many 1st place finishes in academic contests. The son of a farmer and vendor, he has 4 siblings. Tranquilino III graduated valedictorian and topped several quiz bees. His father is a mechanic and his mother is in retail sales. He has 2 siblings. Jhona Mae garnered

1st honorable mention in elementary school. Her dad works in a farm and her mom is a housekeeper. She has 4 brothers and sisters. Eric Jr. graduated primary school earning class honors. His father operates a tricycle and his mother is in housekeeping. He has 1 sibling.

Monthly household income of our freshmen batch ranged from \$37.50 to \$100 (Php1500 - Php4000 @ \$1 = Php40 exchange rate).

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## LIFE IS A JOURNEY



*"Life is all about journeys - the personal voyages that we must take to meet our goals, realize our dreams and fulfill our individual destinies. Successful and victorious journeys may be symbolized by straight and soaring skyways. The challenging and laborious twists and turns of life may be represented by a narrow trails through the dense highways of life."*

by May Fair Necesito

*They say that high school is a time when we experience one of the most unforgettable stages of our lives as students. It is the time when we experience everything for the first time. It is also the time, when we start to feel the changes in our life not only physically but also emotionally. We are more curious with what is happening to us. We often say, "Why did this happen... Why do I have this... Why... Why....and Why?" But thanks to our parents, they helped enlighten these doubts and questions that played in our minds. When I was in first year, I was really excited but also anxious because it was*

*the start of my journey in high school. Although I had my old friends, I was no longer in the same environment. It took a lot of effort and hard work before I started to feel comfortable. I then started to make new acquaintances and learn more about their personalities.*

*My high school life was really plain. Books and friends always accompanied me. My last year in high school was very hectic and was quite tiring because of the numerous school activities that I had gone through from early June 2011 up to the middle of March of this year. They are all over now, but the memo-*

*ries of our camaraderie and togetherness will always linger in our hearts.*

*Most of all, high school nurtures our personality and prepares us to be strong and brave in facing the challenges of life. It teaches us how to be independent and it enhances our perception of life to have a better future. Although high school life can be considered enjoyable, because of barkadas and of us cracking jokes, it can also be considered a preparation in facing future struggles that life brings.*



## REMINISCING MY HIGH SCHOOL LIFE

*My four years in Dao National High School was not that easy as I have thought. I experienced happy and sad moments, and faced different challenges.*



*It all started in my freshman year, as I opened the door to a new journey in my life, when my*

*skills and talents were discovered by my new mentors. I joined a cultural contest, in the singing category of vocal solo pop and classical, at Dumarao, Capiz, where I won. In academics, I was 2<sup>nd</sup> honor in my class. I ran and I was elected as the 1<sup>st</sup> year representative in the Supreme Student Government (SSG).*

*In my sophomore year, my self-confidence grew especially when competing in singing contests. I won several local events and reached the regional competition held at Kalibo, Aklan. Unfortunately, I didn't win. In the classroom, I made 3<sup>rd</sup> honors and I was elected as vice-president in the SSG.*

*In my junior year, there were a lot of disappointments that came my way. The biggest of all happened when I competed again in a cultural contest in the singing category. I was expecting to win but only received 2<sup>nd</sup> place. At that time, I felt cheated. I ran and lost out on an election to serve as the SSG president. My class ranking also slipped down to 4<sup>th</sup> honors. I felt like I was losing interest in my studies.*

by Anjanette Fajardo

*But in all the ups and downs that I encountered, I learned not to give up and just face the challenges that lay ahead. In my senior year, I regained my confidence and joined a regional competition in Bacolod City representing the province of Capiz. My performance was one of my best ever but the judges didn't see it that way. Even though I didn't win, I was still proud that I represented my province and shared my talent as a Capiznon.*

*After four long years, the moment that I have waited for finally came: Graduation Day! I graduated with flying colors. I was so happy and my family was so proud of me. I received a lot of awards including 3<sup>rd</sup> honorable mention and the Most Promising Singer of the Year. I received a plaque of*

*appreciation from our town mayor.*

*I am so thankful and blessed that Dao Educational Foundation had been part of my journey in high school. They supported my education, not only in financial matters but also in giving us students inspiration. The lessons learned from hardship and perseverance have been my guide in the four years of my high school life.*

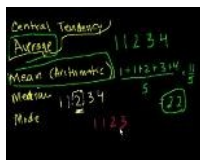


## SPECIAL REPORT ON EDUCATION INNOVATION

## ANYBODY KHAN LEARN

## KHAN ACADEMY: How a call for help revolutionized the way math (and other subjects) can be taught effectively

Like many high school students,



Nadia was struggling to understand math. Fate intervened when she learned that her cousin Sal was good with numbers. There was a small problem. She lived in New Orleans while he was residing in Boston, 1520 miles (2450 kms) away, at that time. Technology bridged this geographic gap with Sal remotely tutoring Nadia using Yahoo! Doodle images interactively. To be more time efficient due to his other commitments, he began taping his math lessons. Other relatives caught on, prompting him to post these tutorials on YouTube. These instructional videos became so popular that it quickly amassed millions of views in a short period of time. What started out as a call for help changed the course of Sal's life and career to the delight of the math challenged world.

Lucky Nadia not only chanced upon a personal tutor, she also discovered a natural and effective teacher. Sal is blessed with a gift not all teachers possess, the ability to break down complex math and science concepts into bite-size information pieces small enough

for the brain to absorb, process and retain. In these sessions, he engages his viewers in deconstructing a problem using an electronic blackboard to write and draw. His face is never seen. Sal's microlectures are short and concise to keep students from inevitably drifting into boredom, inattention and sleep.



Born and raised by Bengali and Indian parents, Salman Khan was clearly an overachieving 'numbers' genius. Not content with one college diploma from a reputable institution, he collected 3 degrees at the elite Massachusetts Institute of Technology (BS in mathematics; BS & MS in electrical engineering & computer science) and a MBA degree at the prestigious Harvard Business School.

After he found his true calling, Sal quit his job as a hedge fund analyst. In 2006,



he started the Khan Academy, a non-profit

educational organization with an expressed mission of "providing a high quality education to anyone, anywhere." It has branched out beyond mathematics to cover other subjects such as biology, chemistry, physics, medicine, history, economics, astronomy, finance and, lately, computer science. Its website maintains a free online catalog of more than 3500 video tutorials accessed via YouTube. To date, the Khan Academy has delivered more than 200 million lessons to a worldwide audience. A growing number of teachers and schools have integrated Khan's videos in their classroom instruction and curricula. In addition to the video library, the website provides an online exercise program that generates problems offered at different skill and performance levels.



No other than Bill Gates, the billionaire founder of Microsoft and philanthropist *extraordinaire*, took notice and became a big fan after using Sal's tutorials to help his kids with their math homework. His Bill & Melinda Gates Foundation is a major

donor. Google, another big supporter, provided funding for the creation of more course material and for the translation of the entire collection into the world's most spoken languages to reach non-English speakers.

While Khan Academy primarily targets K-12 learners, several high-tech startups offer top quality college-level courses online for free. Coursera, with ties to 33 colleges including Ivy Leaguers, has the largest number of courses available (198) and has the most students (1.4 million). Udacity, co-founded by a Stanford professor, has 400,000 followers and 14 courses while edX, a non-profit aligned with Harvard, MIT & UC Berkeley, counts 350,000 students limited to 7 courses. With the cost of higher education moving up and becoming less affordable, many have turned to this opportunity of learning for free from top-tier professors. However, none offer college degrees and transfer credits are not widely recognized.

**coursera**

**UDACITY**

**edX**



## BORACAY: ISLAND PARADISE



Picture yourself walking on a white sand beach as gentle waves of warm crystal clear seawater softly caress your feet. As you gaze out into the horizon, the ocean's turquoise hue meets the sweeping azure skyline lit by the tropical sun creating a postcard perfect vista. There is no better place to be.

Ranked by the widely read magazine *Travel + Leisure* as one of the best in the world, Boracay is the premiere beach destination in the Philippines.

Internationally renowned for the fine powder sand that stretches over 4 kilometers, White Beach, is the island's centerpiece attraction. Its pristine waters are calm from November to April, ideal for swimming and snorkeling.

Situated in the northern tip of Panay island in the Western Visayas, it is less than an hour's flight south from Manila to Caticlan airport and a 20-minute boat ride to Boracay. All sorts of lodging are available. For the budget traveler, rooms for 2 can be booked for less than \$50 per night. For those accustomed to luxury, the 5-star Shangri-La Resort offers a secluded 2-level Tree House villa with a breathtaking ocean view for about \$950 a night.

Whether lounging by the beach all day and soaking up sunshine for that coveted tan-bronze look to show off back home (as most American and European Caucasian tourists do) to indulging in the many beach and seaborne activities, Boracay has something to offer to every visitor. Island-hopping boat tours, beach ball sports, swimming, snorkeling, fly fishing, parasailing, jet skiing and scuba diving are popular. Competitive kiteboarding, and windsurfing tournaments are held annually. For the water timid, alternative recreation include horseback riding, mountain biking or hiking the interior to explore the island's flora and fauna. Golf *aficionados* can tee off at the scenic world-

class 18-hole (par 72) course in the north side of the island.

For foodies, there is an abundance of restaurants, bars and eateries serving a wide variety of cuisine, ranging from local favorites to international fare. Sampling the fresh seafood is a must! A mall, retail shops and convenience stores stock beachwear, tourist basics, native crafts and souvenirs. Vibrant evenings await restless night owls among the young ones and the young once.

After a vacation to this island paradise, all will agree that very few beaches in the world can match Boracay's natural beauty. Come visit and see for yourself!



## MY EXPERIENCE IN BORACAY

by Johnel Esportuno

Last summer, I went to Boracay. It is a popular beach resort in the province of Aklan in the municipality of Malay, more or less 60 kms away from Kalibo, the capital. Boracay is frequented by vacationers who come from far away provinces in the Philippines and many places abroad, like Japan, Korea, China and the United States of America. Many people consider it a one of the ten most beautiful beaches in the whole world today.

Together with our parish priest, Rev. Clemente Distura, we went to Boracay for a short vacation. We had a long 3-hour drive on a pickup truck from Dao to Caticlan, Malay. We then took a boat to Boracay Island and stayed in a hotel. We had a short rest and later we went swimming in the beach nearby. The water was very clear and the sand powdery white. There were many tourists sunbathing and swimming too. In the

afternoon, we took a boat ride around the island teeming with many picnic grounds and diving sites, which we enjoyed very much. We had the chance to visit the different stations the following day. Back in the hotel, I had my first experience to take a hot and cold shower.

For our food and other supplies, we bought fresh fish and drinks in the nearby *talipapa* or wet market that was cheaper. We avoided

eating in the restaurants due to the high prices, hence, we were able to save a lot. On the third day, we went back home to Dao.

I made a promise to return to the most wonderful place someday with my family and friends if time permits.

—oo0oo—

*Johnel is a high school senior and a DEF scholar since 2009.*

## HEALTH SECTION

## TIME TO LOVE YOUR HEART

by Sandra Dee, M.D., F.A.C.C.

Every year, more than 500,000 Americans die of heart disease. It is disheartening to know that precious lives are taken because of the lack of awareness and education that heart disease affects both men and women. The early detection and recognition of the presence of CAD is important to enable one to adopt life style changes and be offered appropriate therapeutic interventions.

Heart Disease is caused by atherosclerosis, which is hardening of the arteries due to deposition of fatty plaques. Coronary artery disease (CAD) presents differently between men and women. The most common symptom of CAD is chest pain or angina, described as pain or pressure across the anterior chest wall, precipitated by exertion and relieved with rest. Symptoms vary among women and could present as vague chest tightness, neck, and arm or jaw pain, shortness of breath, fatigue, dizziness or indigestion. Most women don't present with the classic crushing "Hollywood heart attack" and are more likely to be misdiagnosed.

Modifiable risk factors for coronary artery disease are:

**Hypertension.** Hypertension is defined as systolic blood pressure of 140 mm Hg or greater and/or diastolic blood pressure of 90 mm Hg or greater. High blood pressure could cause heart en-

largement and build up of fatty plaques making it difficult for blood to flow through easily. It could also lead to debilitating conditions like stroke and kidney failure.

**Diabetes Mellitus.** Diabetes is a condition when the body has difficulty in regulating insulin. If you have diabetes, you are at higher risk for coronary artery disease and other vascular disorders.

**Elevated cholesterol or lipids.** Total cholesterol is made up of LDL or "bad cholesterol", HDL or "good cholesterol" and triglycerides.

**Smoking.** The risk for heart disease doubles when you smoke as few as 1-4 cigarettes a day. Smoking not only increases the risk for heart disease, but for other conditions like oral and lung cancers.

**Obesity.** A body mass index (BMI) of 25-29.9 is considered overweight and BMI of 30 or higher is obese. Obesity is caused by poor dietary habits and sedentary life style. It increases risk for heart disease, breast, colon cancer, and arthritis and breathing problems.

#### HOW TO PREVENT HEART DISEASE

As the saying goes, "an ounce of prevention is better than a pound of cure". The importance of knowing your risk for developing heart disease could not be overemphasized.

#### Be aware of your risk for developing heart disease.

If you have high blood pressure, diabetes, kidney disease, and stroke or have a family member who had a heart attack in their early 50s or 60s, you are at risk of having heart disease. Plan a visit to your doctor who will assess your cardiovascular risk after reviewing your medical history.

#### Make life style changes

**Smoking.** Once you stop smoking, your risk for heart disease drops to 50% in one year and after 5 years; your risk for heart disease approaches that of a non-smoker.

**Weight Loss and Exercise.** Maintain your ideal body weight and engage in moderate intensity activity at least 30 minutes a day, preferably all days of the week.

**Healthy eating habits.** Be aware of the calories you consume daily. Watch your salt and fat intake and read the labels in food products. Diet rich in fruits and vegetables and low in salt and cholesterol help prevent heart disease.

**Lower your cholesterol.** The treatment for lowering cholesterol levels start with life style changes, but in some people with other conditions like diabetes may need to be started on medications as well.

**Maintain optimal blood pressure.** High blood pressure is a silent killer, since it usually does not have any signs and

symptoms. The only way to find out if you have hypertension is to have your blood pressure measured.

**Good control of blood sugar.** Check your sugar level regularly and keep your HgbA1C level at less < 7%. HgbA1C is a blood test that gives information how well your sugar has been controlled in the last 2-3 months.

**Have a regular check up.** Schedule regular visits to your family physician to discuss your risks, perform screening evaluations and assess the need for further cardiovascular work-up.

— oo0oo —



*Dr. Sandra V. Dee specializes in women's heart health, clinical and interventional cardiology with the Jackson Clinic in Tennessee. She received her medical degree at the University of Santo Tomas, Manila, Philippines. She completed her Cardiology fellowship at the University of Tennessee in Memphis and her Interventional Fellowship at the University of Virginia.*



## ZUMBA THE NEW FITNESS CRAZE!

by Sandra Dee, M.D.



When you think of exercise, what comes to mind is a group of sweaty people in the gym doing repetitious movements or lifting weights. *Zumba* is a Latin inspired exercise program that blends international music with its roots in Colombia. It was created in the mid-1990s by celebrity fitness instructor, Alberto Perez or Beto, when he accidentally left his traditional

aerobics music and improvised using the *salsa* and *merengue* music he had in his car.

*Zumba* has helped people lose weight, regain strength, improve posture and mobility and build self confidence. The routines incorporate interval training, alternating slow-fast-and-slow rhythms, such as *salsa*, *merengue*, *cumbia* and *reggaeton*. Other rhythms also include belly dance, *flamenco*, *tango* and *samba*. An hour of *Zumba* burns about 500 to 1000 calories, depending on the intensity of the class. It is a way of life, where shaking for an hour is an addictive way to exercise, improve cardiovascular health, meet new friends and have fun.

There are different types of *Zumba* programs available

for everyone, in any fitness level. *Zumba*, *Zumba Gold* (for the older population), *Zumbatomic* (for children), *Zumba Toning* (using toning sticks), *Aqua Zumba* (in the pool), *Zumba Sentao* (using the chair) and *Zumba in the Circuit* (combined with circuit training).

The *Zumba* fitness program has gained so much popularity not only in the United States, but also in different parts of the world. From music CDs and DVDs to brightly colored clothing and accessories and even video games, *Zumba* has conquered the world and touched people's lives in so many ways. It has teamed up with charitable organizations like the Susan Komen for the Cure, Party in Pink breast cancer fundraiser. *Zumba* is a revolutionary

fitness program with a party atmosphere that has given the boring exercise routines a much needed face lift!

— oo0oo —

*Dr. Sandra Dee, an interventional cardiologist, is also a licensed Zumba instructor and a member of the ZIN (Zumba Instructor Network). She has been involved in Zumbathon fundraisers for the American Heart Association Go Red for Women and Susan Komen for the Cure Party in Pink.*



Grab a Chair and Get Into the Zone





## TOWN FIESTA : PASALAMAT 2012

by Christine Onilan



*Daonhons* commemorate another year of bliss through our annual celebration of *Pasalamat*, the municipal and religious *fiesta* in honor of St. Thomas of Villanova, our patron saint, from September 21-22.

There is no other event here that is as anticipated. A unique Filipino legacy, nothing is indeed more colorful and fun than the municipal and religious *fiesta*, which showcases the best of the town's culture, people and products. The concept of the festival goes beyond the merriment and revelry from its various activities. More significantly, the occasion emphasizes and revives the tradition of *Pasalamat* (Thanksgiving) among its people. A tradition marked by the spirit of sharing, oneness and unity. This event revitalizes the community and energizes *Daonhons* to contribute to the

progress and development of our beloved municipality.

Different activities abound during the *fiesta*. The Local Government Unit (LGU) night is held at Lolet's Eco Park on September 20. The highlight of the program on September 21 is the coronation of Miss Dao. September 22, the feast day, starts off with an early morning Eucharistic celebration followed by a parade and exhibition of the Drum and Lyre Corps of the different schools such as Dao Elementary School, Dao National High School, Malonoy NHS, Our Lady of Fatima Academy (OLFA), etc.

I am hoping that my fellow *Daonhons* will find deeper meaning in this annual event and reflect upon the fact that it also means we reach out to each other in friendship and unite in the spirit of *bayanihan* and *pasalamat* as we fight poverty and strive for the development and progress of our community.

— oo0oo —

*Christine is a licensed midwife. She completed her midwifery training at Lucena Polytechnic College in Iloilo. The first in her family to go to college, she was one of the Foundation's first scholarship recipients.*





## SUMMER TUTORIAL PROGRAM

Jean Palomo, a veteran educator and member of DEF's advisory board, together with the staff at Dao Elementary School conducted summer tutorial classes at the primary level for children who fall behind in their academic requirements. The Foundation's college and high school scholarship recipients assisted in this undertaking by serving as tutors to their younger wards as part of their effort to give back to the community. Mrs. Palomo and the DEF scholars wore the newly designed T-shirt showing the organization logo in the front and its motto in the back. The logo portrays an outline of the brain enclosing the foundation's acronym.





## COMPUTER LITERACY PROGRAM



Elme Salazar, a B.S. Computer Science major at Filamer Christian University and DEF's assistant coordinator, taught several computer introductory classes to familiarize the younger scholars with hardware, software and digital technology. Hands-on training was made possible by the availability of several donated laptop computers.



## HIGH SCHOOL SCHOLARS 2012 - 2013





## DAO NATIONAL HIGH SCHOOL GRADUATION DAY: Congratulations Blessie, Anjanette & Mary Grace!



### IN MEMORIAM

### Susana Contreras - Johnston

APRIL 21, 1945 - SEPTEMBER 28, 2012



Susana (Victoria) Contreras-Johnston, a former

elementary schoolteacher and member of DEF's advisory board, passed away at the age of 67 from complications of late-stage colorectal cancer. Compassionate but resolute, she consistently provided guidance and support since the Foundation's early years.

Born in Dao, Capiz, Susan completed her primary and secondary schooling

locally before enrolling at Colegio de la Purisima Concepcion in Roxas City where she earned her Bachelor of Education degree. She taught at Dao Elementary School for several years before migrating to the United States in the 80s. She settled in Freeburg, Illinois in the 1990s and was employed at Wells Fargo

Advisors, a financial services firm in St. Louis, Missouri for many years until shortly before her death.

Susan is survived by her beloved spouse Harold (Hal) Johnston, her daughter Nancy Torres, two grandchildren, her mother and several siblings.



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*Enriching minds - - - improving lives*

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Dao Educational Foundation (DEF) is a California-based nonprofit charitable organization committed to providing learning opportunities beyond primary school, via scholarships and other programs, to the intellectually gifted but underprivileged children in the municipality of Dao, Capiz in the Philippines. DEF continues to explore and develop low-cost, high-impact projects for the community with an education and health focus. Other goals include upgrading the quality of classroom instruction through the provision of teaching materials, encouraging participation in physical and sporting activities and helping improve the overall health care of the municipality's residents.

