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# ECTOPIC MURMURS

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Opinions and articles published herein are those of the authors and do not necessarily reflect that of the FEUDNSM Alumni Foundation

## MINNESOTA CLASS<sup>63</sup> MINI REUNION

GERARDO GUZMAN MD<sup>63</sup>

Our recent Class<sup>63</sup> mini reunion in Chanhassen MN was started as an idea by Gene Siruno and wife, Babi Siruno, during the Spring annual Philippine Medical Association in Chicago inter-university musical extravaganza, dinner dance fundraising event and continuing medical education seminar.



GERRY C  
GUZMAN MD

During the planning stage, we were happy to note that around six to eight couples were interested in attending. The mini-reunion was attended by myself and my wife Gigi, Art and Rica Basa, Ernesto Eusebio and friend Charlie, Tony and Noni Garcia, Nestor and Celia Sagullo, Fred and Nida Villao, and Tony and Norma Zantua, and Gene and Babi Siruno; and Gumersindo and Becky Alvero graciously hosted the group.

Fernando and Nancy Angeles, Joel and Thelma Harder-Sim as well as Willie and Ching de Castro, originally wanted to

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### From your CHAIRMAN

Now, I will get into a little of politics. The Natinal Football League quarterback Colin Kaepernick raised some criticisms by not standing during the playing of the National Anthem. His reason is simply to show his disapproval of how blacks are treated in America. He is one of the highest, if not the



NOLI C  
GUINIGUNDO MD

highest paid, football players in America today. What a way to show dissatisfaction with America. And this attitude was followed by several players particularly that soccer player who is a gay, complaining of how gays are treated in America.

A solution, started by Australians and Russians. They said people who are not happy the way things are being handled can always go somewhere else where their demands can be met. The same is true with the immigrants. They are not invited but

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## PRESIDENT'S Message

As we are gearing up for our 38<sup>th</sup> annual reunion, here at last, I am very pleased to inform everyone that the venue will be held at the **Hyatt Regency Hotel Long Beach**, 200 South Pine Avenue, Long Beach CA, telephone 562-491-1234, on **July 19 to 22, 2017**.



LICERIO V  
CASTRO JR MD

Hotel confirms the following guest room rates, as

follows:

Single occupancy	\$ 179
Double occupancy	\$ 179
Triple occupancy	\$ 204
Quadruple occupancy	\$ 229
Regency club	+ \$ 60

and are quoted exclusive of applicable taxes (currently 15% and \$0.39) applicable service fees, and/ or hotel-specific fees in effect at the time of the event.

The *cut-off date* is June 28, 2017. After the *cut-off date*, all rooms within the groups' contracted guest room block, that have not been reserved, will be returned to hotel's general inventory. Reservation requests received after the contracted *cut-off date* will be based on availability at hotel's prevailing rates.

The original room rate are \$325 per room per night, but we are so fortunate to have negotiated the discounted rate. Kindly reserve early as the rooms will be filled up very fast. Please do not wait for the last minute to decide otherwise you

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## OBITUARY

RODOLFO B BACOLOR MD<sup>63</sup>,



an oncologist and a gentleman, of Benton Harbor, recently passed away surrounded by family under the exceptional care of Lakeland Medical Center Hospice.

Memorial contributions may be made to the Marie Yeager Cancer Center or Berrien County Cancer Service.

Dr Bacolor was originally from Alcala, Pangasinan. He went on to become board certified in internal medicine and oncology. On May 28, 1966, he married the love of his life, Raphaeline Rae Rogers, in East Chicago IN. He began to practice medicine in 1970, and co-founded the first cancer center in Southwest Michigan with Betty Koshy MD. He proudly became a US citizen in 1976. He was actively involved in the Berrien County, Muskegon County, and State of Michigan Medical Societies.

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## FAITH CORNER

REV MELVIN ANTONIO MD<sup>65</sup>

Rick Warren, the founding pastor of Saddleback Church in Lake Forest, California, published a book entitled “The Purpose Driven Life” in 2002. It was a best-seller and became the guide for a “40 Days of Purpose” seminar adopted by many congregations across the country. The book proposes

that each person was created with a purpose in life. It seeks to answer the question that often runs through our minds: What on earth am I here for? Rick Warren claims that “knowing God’s purpose for creating you will reduce your stress, focus your energy, simplify your decisions, give meaning to your life, and most importantly, prepare you for eternity.”

I attended and taught in one of those “40 Days of Purpose” seminars and the result has not been exactly what Rick Warren promises. Truthfully, there are times when I am not really sure of the singular purpose of my life. I continue to ask questions: What does God want out of me? What does God want me to be? And for those reading this article: What do you think your purpose in life is? If you think that you have it figured out, has that knowledge simplified your decisions, reduced stress, given meaning to you

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## JOHN I SUTTER MD<sup>78</sup>

*CHAMPION OF PHYSICIAN'S RIGHT*

KATY DEMONG

John I Sutter MD<sup>78</sup> is a pediatrician who took on the big insurance companies...and won!

When I first heard about Dr. John Sutter, I was excited to talk to a pediatrician that had been involved in a landmark legal battle. On paper, it looked like the New Jersey pediatrician went on a solo mission against the big insurance companies for fraud. And he spent the better part of 20 years in the legal fight, a fight he had no chance to win. And he won, and he won, and he won again.



John I Sutter MD is shown examining a patient during one of his annual medical missions in a small Bohol town.

These were class action lawsuits with multiple landmark decisions and huge settlements.

I researched the case, expecting to find extensive media coverage touting this David versus Goliath story, but was

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## HUMAN LIMITS AND BOUNDARIES, WHY?

ALADIN M MARIANO MD<sup>72</sup>

It has been an established precept that man has a choice between *good or evil; the way that leads to life or death*. And, the instruction was to *choose life, to do good*, as in:

Deuterotomy 30:15 *See, I have set before you today life and good, death and evil,*

Deuterotomy 30:19 *I call heaven and earth as*

*witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live.*

Blast from the Past. Throughout the history of Israel, direct communication with her leaders or indirectly through prophets or angelic beings, the admonition against evil and to follow the Decalogue (Ten Commandments) are etched in their minds from generation to generation. Yet, was anyone consistent with following the Law? Not even Abraham, Isaac, Jacob, David, all the way through the prophets, until the human Jesus came to the scene. The Ten Commandments were given to be followed consistently, yet humanity has failed. As Romans 3:10-18 (KJV) states: *As it is written, There is no one righteous, no, not one: There is none that understandeth, there is none that*

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## LAMENTATIONS

*PLEA OF THE PAST TO OUR GENERATION*

AMORFINA SEVILLA MD<sup>75</sup>

One of my classmates asked me to write a commentary on the book of Lamentations for her Bible Study. As I was working on the book, I felt the need to plead for prayers for our countries, USA and the Philippines. A post in social media stated that the Philippines is one of the most corrupt countries in the world. The USA is no better because our leaders have called right wrong and wrong right. Isaiah 5:20 condemns that (Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter - ESV). I wrote a plea to Class<sup>75</sup> to intercede for our nations. I would like to invite you to do the same. The following is my commentary.

Bible scholars believe that the prophet Jeremiah wrote the Book of Lamentations. The title was taken from the book’s first word, Eikah ( אֵיכָה, gninaem drow werbeH, *Alas! or How!* In Latin, it is *Threni* meaning Lamentations. How appropriate the title is! The writer witnessed the army of Babylon crushing the cities of Judah, killing the olds, the young, the women, and the men. The site was appalling, as

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AMORFINA SEVILLA MD



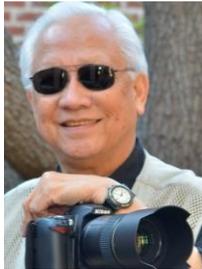
REV MELVIN ANTONIO MD



ALADIN MARIANO MD

# SEPTEMBER IMAGES

ROLANDO M SOLIS MD<sup>63</sup>



ROLANDO  
M SOLIS MD



Tall boating Boston harbor



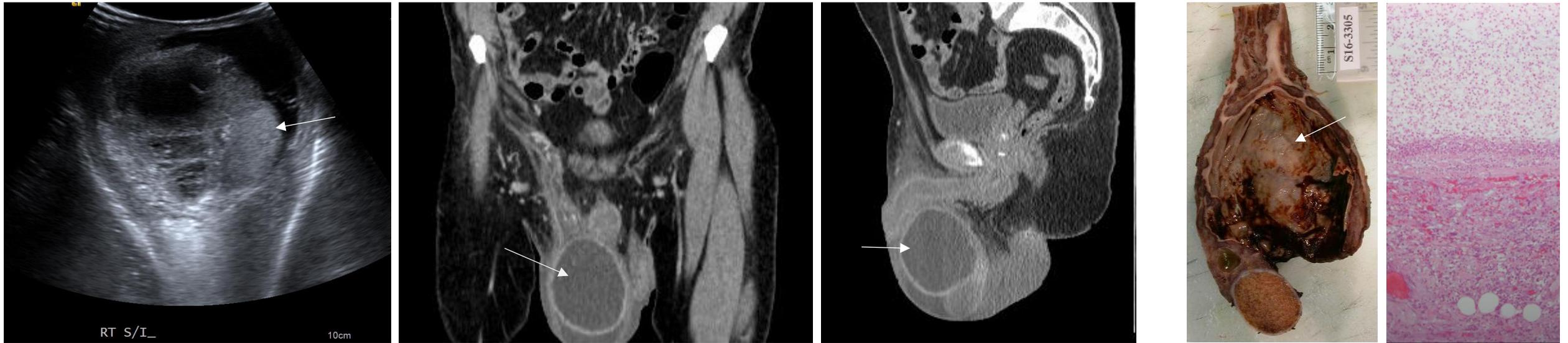
Class<sup>63</sup> golden egg



A plate of persimmons

# CLINICAL IMAGES

## DO-IT-YOURSELF-AT-HOME HYDROCOELE CENTESIS: A NOVEL CAUSE OF SCROTAL ABSCESS



From left, **Figure 1** - Ultrasound shows a complex cyst of in the right scrotal sac. The testicle pushed to one side is normal (arrow); **Figure 2** – CT scan highlights the right scrotal cyst (arrow); **Figure 3** – Transverse CT scan displays the scrotal sac cyst (arrow) as sharp; **Figure 4** – Cut section of the radical orchiectomy affirms a large, hemorrhagic and cystic scrotal abscess (arrow); and the testis small and pushed inferiorly; and **Figure 5** – The scrotal abscess wall of acute purulent, chronic and organizing inflammation.

These **IMAGES** are from a 48-year old male who was admitted to the hospital with four-day scrotal swelling and pain. The patient had an unusual history of self-treating a right-sided hydrocele with insulin needle aspirations at home, repeatedly for the last several months. He supposedly learned how to do this off of YouTube videos, and he developed severe pain starting 3 days before admission and on the second day he came to the emergency room where he was evaluated and found to likely have scrotal/ testicular infection and was admitted for further evaluation and management.

A testicular ultrasound performed showed multiple complex fluid collections in the right scrotal sac (**Figure 1**), suspicious for either hematoma or potentially abscess, and the left side was unremarkable.

A CT scan of the abdomen and pelvis showed a large thick-walled rim enhancing fluid collection of the right hemiscrotum (**Figures 2 and 3**), extending into the inguinal canal, 7-cm in greatest dimension, with edema and stranding of the scrotal soft tissues. The differential considerations included an abscess or hematoma versus a

neoplasm, with overlying cellulitis because of the skin thickening.

He had been on intravenous antibiotics for 24 hours and he felt much better than he did on the days prior to admission.

The physical findings were not remarkable, except for a very swollen, firm and tender right hemiscrotum. There was no evidence of drainage, erythema, fluctuance, warmth and crepitus.

Blood test demonstrated leukocytosis of predominantly neutrophils with thrombocytopenia. Repeated urine and blood cultures were negative for

organisms, probably because of the preoperative antibiotics administered.

An empiric vancomycin and piperacillin/ tazobactam were promptly administered and provided clinical improvement. He ultimately underwent a right scrotal exploration, incision and drainage of abscess, and right orchiectomy (**Figures 4 and 5**). Likewise, cyst purulent fluid and a blood culture were sterile.

The surgery was well tolerated.

The final diagnosis was large, cystic, hemorrhagic, acute, and organizing scrotal abscess, associated with epididymitis and spermatic chorditis.

He was discharged improved and followed up as an outpatient with oral antibiotics for another 10 days.

**COMMENTS and LITERATURE REVIEW.** Abscess or collection of pus inside the scrotal sac is termed as scrotal abscess which is not uncommon. Causes can be many and include various kinds of infections in and around the scrotum, namely:

- Folliculitis on the scrotal surface,
- Testicular infection,
- Epididymitis,

A rare and interesting etiology is a gravity drainage from ruptured appendix dissecting into the scrotal sac

Pulled hair over the scrotal skin may infect the hair follicle. Such infections may spread to surrounding area, if left untreated. Small scrotal abscess may also be formed. The coiled tube-like canal behind the testes that carry and store the sperms is called epididymis which is most commonly caused due to some bacterial infection or sexually transmitted diseases, like chlamydia or gonorrhea. The infection may be confined to the epididymis or may even extend up to the testes, leading to orchitis. Severe infections may lead to scrotal abscess.

Certain medications, like amiodarone, may inflame the epididymis to cause epididymitis. This organ may also secondarily get affected in infections like tuberculosis. It is essential to treat the condition urgently. If not treated, the following complications may occur. Infection from the epididymis may spread

to involve the testes, leading to orchitis, scrotal abscess and even infertility.

The infection may become chronic, leading to chronic epididymitis and pain in site; and this may only be on the affected side. It is aggravated while during defecation, associated with urgency and increased frequency of urination. Act of urinating may become painful, along with swelling and redness over the affected scrotum

Eventually enlarged lymph nodes in the inguinal area, mild to moderate fever, penile discharges, especially during urination. Sometimes, blood may be seen in semen.

Diagnosis is made on the basis of symptoms. An ultrasound may be done to rule out other conditions which present with similar symptoms. These include testicular torsion, tumors of testes etc. Sexually transmitted diseases screening may be done.

Appropriate antibiotics need to be given at the earliest. If pus is formed, it needs to be drained out surgically. In cases where surgical drainage is not possible, the whole or part of the epididymis is surgically removed. While being treated, bed rest is advised. The scrotum may be elevated by keeping a towel under it. Cold packs may be put to reduce inflammation over the affected scrotum. Sex must be avoided till the treatment is complete.

The literature shows seven previous cases of scrotal abscess originating from appendicitis and found that they all had

pus originating from the peritoneal cavity. Surprisingly, four of the cases had left scrotal abscess, not ipsilateral to the anatomic site of the appendix. All but one case had pus accumulation within both the peritoneal cavity and the tunica vaginalis. Of the other six, at least three cases showed evidence of coexisting patent *processus vaginalis*. In one exceptional case, the scrotal abscess was found in indirect hernia sac containing the purulent appendix.

From this clinical evidence, it may be inferred that a patent *processus vaginalis* may exist in a certain percentage of cases, allowing the gravitation of intraperitoneal pus into the scrotum through the inguinal canal. This route is similar to the process of a communicating hydrocele. In addition, due to the lack of distinct boundaries in the peritoneal cavity, a reliable distinction from the retroperitoneal space, the free extension of the peritoneal abscess into the scrotum depends largely on which side the patent *processus vaginalis* is located. This may explain why 4 of 7 cases had a left scrotal abscess originating from a right side appendicitis.

In **CONCLUSION**, a heretofore unreported etiology of scrotal abscess of do-it-yourself-at-home needling of hydrocele is described and added to the literature.

A list of **REFERENCES** is available upon request. **CESAR V REYES MD<sup>68</sup>**

## LAMENTATIONS

### PLEA OF THE PAST TO OUR GENERATION

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the city of God, like a princess, became a slave. The women were raped. The population had been decimated. The leaders of Judah (priests and military) were killed or exiled (2 Kings 25:18-21). The land was left with the very poor only to starve physically and spiritually: no food to eat; starving mothers ate their own children (Lamentations 2:20 and 4:10); the temple was burned and brought down (Jeremiah 52:13 and 2 Chronicles 36:19); the priests were taken. The walls of Jerusalem were broken down making it defenseless. The condition of the land was hopeless. The city of the Lord became a subject of ridicule (Lamentations 2:15-16).

How could it be that God allowed His chosen people to be devastated? Let us review the history of the Jewish people. God called Abraham, the first Hebrew (Genesis 14:13) to go to the Promised Land (Canaan, now Israel) to be a blessing to all nations (Genesis 12). This was the fulfillment of God's prophecy and promise that the seed of the woman would come (Genesis 3:15) to crush the serpent's head and save humanity from the curse of the fall (Fall of Adam and Eve). Abraham begat Isaac and Isaac begat Jacob who had 12 sons who became the 12 tribes of



AMORFINA SEVILLA MD

Israel. The Hebrew nation was enslaved in Egypt for 430 years. God called Moses to deliver His people from bondage. After wandering in the wilderness for 40 years, they crossed the Jordan on dry ground under the leadership of Joshua to claim the land that God promised unconditionally to give to Abraham and his descendants. They conquered Canaan and settled in the land. They prospered but the idolatry of Solomon, Israel's third king, angered the Lord. The Lord prophesied the split of the kingdom but it was not until the reign of his son, Rehoboam, when ten tribes split from Rehoboam forming the Northern Kingdom (also called Israel or Ephraim). The Southern kingdom was then called Judah. The kings of the Northern Kingdom were all idolatrous and wicked so God allowed them to be taken into exile to the North by Shalmaneser of Assyria in 722 BC. Most of Judah's kings were more righteous but the wickedness and idolatry of some of Judah's kings, notably King Manasseh, sealed the fate of Judah. Although King Josiah conducted series of religious reforms, the subsequent kings did not continue the spiritual revival and the people were irreversibly influenced by Manasseh.

Jeremiah ministered during this gloomy period of Israel's history. He faithfully delivered God's message: warning and appeal for repentance. When Josiah died, he lamented. The latter kings, the leaders of Judah, and the false prophets persecuted him because he advised the people that the

only way to be saved was to submit to the Babylonians.

Why did Judah not listen to Jeremiah?

1 - The Messiah would come from the tribe of Judah (Genesis 49:10) and the house of David (1 Chronicles 17:10-14).

2 - The temple in Jerusalem was the place where God dwelt and manifested His presence (2 Chronicles 7:1-3);

3 - The Messiah would be born in Bethlehem of Judah (Micah 5:2); and

4 - The Abrahamic covenant gave the Hebrews (sons of Abraham, Isaac, and Jacob) the title deed to the land of Canaan (Psalm 105:11; Genesis 17:19 & 21; Genesis 26:3 & 4; Exodus 6:3 & 4).

In summary, God allowed His chosen people to face devastation because of the following: 1 - Idolatry (2 Chronicles 34:25; Jeremiah 3:6; Jeremiah 11:10-13; Jeremiah 5:18; 2 Kings 21:10-15).

2 - Failure to give justice to the poor, the widows, and the orphans (Isaiah 1:23);

3 - Failure to listen to God's appointed prophets: Isaiah, Jeremiah, Micah, and Habakkuk (Jeremiah 7:25; 2 Chronicles 36:16);

4 - Lying prophets who were not sent by God (Jeremiah 14:15-16);

5 - Leaders working for dishonest gains and shedding of blood (Jeremiah 22:17); and

6 - Shifting trust and allegiance from God to godless foreign nations (2 Chronicles 28:23).

What lessons can we learn from this?

1 - Seek God while He can be found (Proverbs 8:17). The Lord is righteous. He

does not inflict undeserved punishment. When He issues warnings, we must repent and not harden our hearts.

2 - Sin has consequences. God cannot dwell among idolaters and wicked people.

3 - Our treasures will be useless in times of famine.

We live in perilous times. An article in social media said that the Philippines has the second most corrupt leaders in the world. As we see, The United States is not any better. Our leaders have called right wrong and wrong right. That was condemned by the prophet Isaiah (Isaiah 5:20).

The prophet Ezekiel described like no other the pain in God's heart when people become callused and complacent. He said, *"And I searched for a man among them who should build up the wall and stand in the gap before Me for the land, that I should not destroy it; but I found no one. Thus, I have poured out My indignation on them; I consumed them with the fire of My wrath; their way I have brought upon their heads," declares the Lord God.*

Our countries, the Philippines and USA, are facing a new era. We're about to elect the most important leaders for the next four years. The leaders of a nation set the spiritual tone of a nation. I plead everyone to intercede and pray. Let not heaven declare that no one can be seen standing in the gap. 2 Chronicles 7:14 says, *"If My people who are called by My name will humble themselves and pray*

*and seek My face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and heal their land."*

As the writer of Lamentations saw the devastations of Judah in the hands of "the rod of God's wrath," he remembered the steadfast love of God never ceases; His mercies never come to an end (Lamentations 3:22-23). Hope arose in his heart and he began to pray and called for God to remember his afflictions and disgrace, confessed their sins, and called for God to restore Judah. After 70 years, Cyrus allowed Judah to go back to their land and rebuild their temple. A lot of time was wasted but was necessary for a nation to come to its knees.

The story of our generation does not need to end in tragedy. God will use His hand to break us if necessary. May this letter bring us to our knees to prevent a tragedy.

## HUMAN LIMITS

*continued from to page 4*

*seeketh* after God. They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one. Their throat is an open sepulchre; with their tongues they have used deceit; the poison of asps is under their lips: Whose mouth is full of



ALADIN  
MARIANO MD

cursing and bitterness: Their feet are swift to shed blood: Destruction and misery are in their ways: And the way of peace have they not known: There is no fear of God before their eyes.

Roman 3:23 *For all have sinned, and come short of the glory of God.*

And, looking through the lens of history, humanity has done a lot of choosing, summarized as a coalescence of good and evil. Even before the murder of Abel by Cain, the Great Flood at Noah's time as in: Genesis 6:5

*And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually* and Nimrod's Tower of Babel, wickedness, death and destruction were perennial, intermixed with good deeds, protracted and continuing through antiquities.

Afterwards, what comes to mind are the successive empires of Babylon, Medo-Persia, Greco-Macedonia and Rome, with their glory marked in cruelty and rapaciousness, now gone. Then, came the modern experience on dictatorship, monarchy, autocracy, socialism, communism, Greek democracies and Constitutional democracy establishing a Republic. The USA and Europe exemplify the latest political system, immersed and challenged since WW II, through the Cold War and currently Radical Jihad.

Extent of Human Experience and Why. Along this *wrinkle of time*, were progress and retrogress, up and down and sideways, either subsequently or simultaneously in

every corner of the world. Elation and jubilation soon replaced by depression and sorrow, then interspersed with a lull of peace. Even good health and recovery from disease do not guarantee against eventual sickness or death. Truly, everyone gets experience in success and failure, exposure to positive-negative, *ying-and-yang*, victory and defeat.

And the pendulum continues to swing back and forth, ever so slowly, yet always within its boundary. The circle of life begins and ends where it started. Indeed, while each epoch is uniquely different in details, there is nothing new under the sun. As written in Ecclesiastes 1:9 (NLT):

*History merely repeats itself. It has all been done before. Nothing under the sun is truly new.*

But why all this human experience of stretching its reach, pushing the envelop, doing our very best only to find out that we can only go so far? Somehow, no matter what we do or don't do, it comes to no avail? We are still found wanting. It appears that what is palpably clear is to inculcate in us the reality of our limits and boundaries.

As celestial bodies cannot go beyond their orbits, terrestrials also have capabilities that are limited. Everything created by God and even by humans, have limits. Our brain has capacity and our brawn has finite ATP that needs regenerating. Car, airplanes and satellites can only go so far. Even *gizmos* need update in operating systems and type of phones eg, iPhone 5 to iPhone 6, to 6s,

otherwise functionality suffers. Consider the Apostle Paul, well-educated under teacher Gamaliel and supposed to be at the peak of his apostleship, exposed human inadequacy when he writes, in: Romans 7: 15

*What is wrong with me? How come? The very good that I want to do, I do not do. That which I don't want to do, is precisely what I do.*

Not that Paul did not follow the Law, because he did, although not perfectly. Rather he found himself inadequate in many respect. With the limits and boundaries already set in all creation, it is obvious that we are not *empowered* to go farther than our physical limits. Somehow, we are made to realize by the vast human experience, that humans are lacking in capabilities. Undoubtedly, everything can only be done by someone or something within endowed abilities. Mechanical power is needed to drive engines for transport, as electrical power is needed to bring light to the world or energize machines. But, all *physical power* can only affect the physical milieu.

Atheists, Agnostics and Job? Arguably, some atheists and agnostics have not committed adultery, murder and the like, ie, follow the Law to some extent although not perfectly as in Romans 2:14, *Even Gentiles, who do not have God's written law, show that they know his law when they instinctively obey it, even without having heard it* (NLT).

Still, their acts were a confluence of *good and evil*, and were not up to the level

of execution God has planned. How about Job, isn't he perfect? Notice, Job 2:3

And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that *feareth* God, and eschews evil? (KJ)

The LORD said to Satan, *Have you considered My servant Job? For there is no one like him on the earth, a blameless and upright man fearing God and turning away from evil. And he still holds fast his integrity, although you incited Me against him to ruin him without cause.*

God defined the acts of Job as *perfect and blameless* and He ruined him *without cause*. Yet, Mark 10:18 states that no man is good, but God:

*Why do you call me good? Jesus answered. No one is good--except God alone* (NIV).

How can one reconcile what appears to be a discrepancy in these verses? This can only mean that while the action of Job was *blameless*, his good work did not come from God but from Job himself, much like good action to some extent comes from *atheists* themselves. It was not good enough to a level that fulfills his requirement. Undoubtedly, progressive revelation then teaches us that, more than consistency of *good work*, is how it comes about as determined by the *decision-maker*, God. He wanted good actions of humans to be coming from Him as planned. Those actions have to originate from Him so that no human can *boast* as in Ephesians 2:8-9, *For it is by grace you*

*have been saved through faith, and this not from yourselves; it is the gift of God, not by (your own) works, so that no one can boast.*

Humans are created *from the ground*, earthy and flesh-composed. A *new creation* is being made that comes *from above*, heavenly. And the Father has started it through Jesus, as in,

*The kingdom of God is at hand* (Mark 1:15).

Need of What and What it takes to get it? What is it then that is needed? Why is man incapable of fulfilling His requirement regarding following the Law? Romans 7:14 may help us understand why. It states, King James Bible *For we know that the law is spiritual: but I am carnal, (Greek sarkikos or flesh)*, Holman Christian Standard Bible *For we know that the law is spiritual, but I am made out of flesh.*

The preceding verse is critical to our understanding of our deficiency. It maintains that since the Law is spiritual, it can only be discerned and followed spiritually. And, man (of flesh) cannot use physical or *flesh* power to follow what is spiritual. Being material, not spirit-composed, man can only use physical sense to appreciate material things. Even the only spirit-component of man, the *spirit of man*, can only *will* but cannot actually perform all what it wants. This teaching among religions that, with our own material and *earthy* power, we can fulfill the expectation about following the Law, maybe misguided.

Paul continues in Romans 7:18 *For I know that in me (that is, in my flesh) dwelleth no good thing; for to will is present with me; but how to perform that which is good, I find not.* Ephesians 8:8 states, *Those who are in the flesh cannot please God* (ESV).

Notice that Paul acknowledged the *weakness* or deficiency of his *flesh-body* and *to will* (to do good) is present in him. For Paul to say, like Job, that he can follow the Law by himself or by his own power, will not be congruent with what is required as planned by the Father. More than Paul, it was Jesus who originally emphasized this, as in,

Matthew 26:41 *The spirit is willing but the flesh is weak* (NIV).

After Christ realized this, he made a final decision to accept the will of the Father to go through the most horrible death by crucifixion, so we can have this power to do God's will.

Matthew 36:42 *A second time He went away and prayed, My Father, if this cup cannot pass unless I drink it, may Your will be done.* Jesus knew about the *weakness of the flesh* and the need for *spirit-power* that can only be given *from above*. That was why Jesus decided to *take the cup* in the garden of Gethsemane, be crucified and was resurrected to obtain from the Father the gift of the Holy Spirit to be given subsequently to humans. No wonder then that Paul in Romans 7:25 writes:

*Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I*

*myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin* (NIV).

Why Thank God the Father for Jesus Christ? It is because there is no other *name given* (Jesus) as in Acts 4:12: *Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved*(NIV).

Were it not for Jesus' death as a Passover to reconcile us to the Father and after 3 days and 3 nights his resurrection, the Holy Spirit would not have been given to Jesus to be sent to us. If he was not resurrected and did not go back to the Father, he would not have been given the Holy Spirit for us, as in:

John 6:7 *But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you.*

This promised spirit-power from the Father was first sent by him at Pentecost, 50 days from Jesus' resurrection (Acts 2:1-4). The disciples have to wait to receive this power as in Luke 24:49

*And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven* (NLT).

***What is the Holy Spirit for?*** At the outset, we have seen that human experience teaches man of his own limits and boundaries. Whatever *good* he does that comes from himself, is not good enough for God. As Isaiah 64:6 states ...

*and all our righteous acts are like filthy rags...*

The *good* that man does, has to come from God, not from the man himself. Indeed, a *tall order* for humans. Goodness has to be the *fruits of the Holy Spirit* which is given by the Father as a gift. The Law being spiritual has to be followed *in spirit and in truth*. The flesh-composition is *weak* and from the beginning was created deficient to follow what is spiritual. The spirit of man can only *will* but *how to perform what is good*, as expected of God, humans cannot. As it is written I Romans 3:10-17(NIV).

*There is no one righteous, not even one; there is no one who understand, there is no one who seeks God. All have turned away, they have together become worthless, there is no one who does good, not even one. Their throats are open graves; their tongues practice deceit. The poison of vipers is on their lips. Their mouths are full of cursing and bitterness. Their feet are swift to shed blood; ruin and misery mark their ways, and the way of peace they do not know.*

Humans are in need of the Holy Spirit from the Father. And even the human-Jesus (Acts 17:31; I Timothy 2:5; Romans 5:15) needed it and was given for the first time to him (being the first of the first fruits) after water-baptism at the river Jordan (Matthew 3:16). It became available to others, as *first fruits*, on that particular Pentecost (Acts 2:1-4).

What then is the Holy Spirit for?

The following Bible quotes give us the function of the Holy Spirit:

In John 14:26, it states  
*But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.* Romans 8:6-9 (ESV) *For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God. You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.*

2 Corinthians 1:22 New Living Translation *and he has identified us as his own by placing the Holy Spirit in our hearts as the first installment that guarantees everything he has promised us.*

Galatians 5:21-22, *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

1 Corinthians 7:7, *I wish that all of you were as I am. But each of you has your own gift from God; one has this gift, another has that* (NIV).

1 Corinthians 12:7-11, *But the manifestation of the Spirit is given to every man to profit withal. For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit;*

*To another faith by the same Spirit; to another the gifts of healing by the same Spirit; To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues: But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.*

Romans 8:15-17 *The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, Abba, Father. The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.*

Summary. Humans were created from the beginning with limits and boundaries. We are composed of flesh from the *dust of the ground* and made alive only by the *breath of life* given by the Creator (see Genesis Chapters 1 and 2). As such, we have the *spirit of man + flesh* to become a *living soul*.

As flesh, we cannot fathom nor discern unadulterated spiritual things unless revealed to us from Him. Other spirit-beings like the Devil and his demons can plant spiritual things that are false or partly true to deceive us. Even Peter, on his own, did not recognize Jesus as the Messiah

without this truth revealed to him by the Father (Matthew 16:13-17).

On our own, we can do good things and appreciate what is spiritual to a certain extent, but God wants to have all of these to be pure, truthful and to come from him as a gift, so that *no one can boast*. We are blind and deaf to what is spiritual as in, Romans 11:8 - (According as it is written, God hath given them the spirit of slumber, eyes that they should not see, and ears that they should not hear;) unto this day.

But the Holy Spirit was promised to be given to us as in, Isaiah 43:8 - Bring forth the blind people that have eyes, and the deaf that have ears. This Holy Spirit will guide our *spirit of man* to *hear and see* at our appointed time, as in John 9:39. And Jesus said, *For judgment I am come into this world, that they which see not might see; and that they which see might be made blind.*

Matthew 13:16 - But blessed [are] your eyes, for they see: and your ears, for they hear.

We need the Holy Spirit of the Father to empower us with this capacity to understand spiritual things. If we think we can by ourselves, without His Holy Spirit, we are misled. This Holy Spirit can interact with the *spirit of man* for guidance and learning the wisdom of God and to be *one* with Him.

The ability for goodness that God requires for man to do has to come from Him as a gift. That is why, *by grace we are saved*. Jesus had to die as a

consequence of humanity's sin, to reconcile us to the Father, be resurrected by the Father, go back to heaven to receive this gift of the Holy Spirit and subsequently be given to us. As the Law was originally written in *tables of stone*, ie, our stony heart, but with the Holy Spirit in us, the Law will be written in our heart and mind to fulfill the prophecy in:

Ezekiel 36:26, *I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh* (NIV).

This *spirit-infusion* fulfills the prophecy in: Jeremiah 31:33 *I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people.* Hebrew 8:10 *I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people.*

The Holy Spirit in us is the key that opens the door to our capacity to follow the Law. The presence of this Holy Spirit in us will secure our adoption as children and heirs of the Father to *bear fruits*. This is the strategic plan of God, with impeccable execution to create a *new creation* as in 2 Corinthians 5:17, *Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!* Understanding our limits and boundaries leads us to the gospel and destiny of humanity, to be members of the God-Kingdom, all spirit-composed beings, one with Jesus and one with the Father.  
<https://fact-s.net/2016/08/29/human-limits-and-boundaries-why/>

## FAITH CORNER

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existence? Do you feel prepared for eternity?

Using my life as an example, my parents planted the seed that I was to be a doctor and a pastor as far back as I can remember. I don't ever recall them asking me what I wanted to be. Truthfully, there was many a time when I thought

I should be a lawyer and go into politics. You see, I happen to come from a long line of lawyers and politicians – judges, mayors, members of congress, even a former president of the Philippines. In deference to my parents, I went to medical school. I was not even sure of what field of medicine I would be practicing. In my 1965 North General Hospital yearbook, I said that I would like to be in General Practice. I came to the United States and went through a General Surgery residency followed by a residency in Aerospace Medicine. To make a long story short, I served as a surgeon in the US Navy during the Vietnam War, engaged in private practice for a few years, completed a Master's degree in Public Health and Tropical Medicine, served in the U.S. Air Force for 22 years as an Aerospace Medicine specialist, participating in low intensity conflicts along the way:

Operation Just Cause, Desert Storm I, Kosovo, many others I am not allowed to mention. After retirement, I went to seminary for four years, was ordained as a Lutheran Pastor, and served in two churches. Yes, I fulfilled my parents' wish for me to become a doctor and a pastor. Is this what I was placed on this earth for? Is that all there is for me?

It is up to each one of us to find out the reason/s for our existence, what we were created by God for. Those who work the hardest to define the purpose of their existence may not really be fulfilling their true destiny. One's true work in the world is not necessarily what you are doing at the time. If we look back at our journey on this earth, we might find that our purpose-driven path has not been smooth or straight. We have all been sidetracked in one way or another in trying to fulfill our true destiny – changed our specialty, took further education and training, raised a family, moved to another place, lost a loved one, etc.

I believe everything that I have been through, both good and bad, have been placed along my path to prepare me for my real vocation. I like to think that I became a doctor to save lives and that I became a pastor to save souls. I know in my heart that if I got involved in the inherently violent world of Philippine politics, I would probably be dead by now. *Every experience God gives us, every person He places in our lives, is the*

*perfect preparation for the future that only He can see.*

That is the point: *only God can determine our purpose in life.* He bestows upon us certain gifts to enable and empower us to do His will. In return, He provides us with clues as to what we can do for Him in subtle ways. We are created in God's image and each of us is a direct reflection of the nature of God, a "Lord who is full of compassion and mercy, slow to anger and abounding in steadfast love." (Psalm 103:8) Our faith guides us towards doing *good works* that reflect the glory of God. These are works done out of charity and love, not out of guilt, fear or obedience to the law. For those of us who take time out from our vocations to serve others for free, I submit that such service can be the most rewarding of all that you do. Volunteerism is a large part of demonstrating our love for God and our neighbor. Whenever you participate in medical missions caring for the indigent, whenever you give freely of your time, talents and treasures to a worthy cause, and feel some sense of fulfillment, you are living a purpose-driven life.

Is this all there is? I have news for you. You have stumbled on just one of the many things that God has meant for you to do for Him and for your neighbor. What other ways are there? It's for you to find out. Trust your faith, listen to your heart, and in prayer, let the Holy Spirit guide you to do what is acceptable and pleasing to

God. What you are is God's gift to you. What you do with yourself is your gift to God.

## JOHN I SUTTER MD<sup>78</sup>

*Champion of Physician's Rights*

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shocked when the internet turned up very little. There were just a few short articles in either local papers or obscure legal journals.



The questions came quickly: why would a busy pediatrician take on that legal battle?

What had he hoped to accomplish?

Why was the media not more interested? I couldn't wait to find out more.

How it All Started. I called Dr Sutter at his home in Clifton NJ. Given the size and scope of the legal materials, I was worried I hadn't wrapped my head around it all. After introductions, I asked him to walk me through the story from the beginning and summarize the events. He sighed and paused. Not because he was reluctant to talk, but how could he be expected to



REV MELVIN ANTONIO MD

summarize 20, or 40, or 60 years of his life?

He thought for a few moments and launched into the story, his tone changing from exasperation to enjoyment, perhaps a bit of pride as he began to reminisce.

Dr Sutter attended medical school at Far Eastern University-NRMF and interned at a New Jersey medical school finishing in 1982.

Nearly two decades into practice, he was working at an inner-city New Jersey hospital job with at-risk youth. He also ran a solo private practice on the side. He was responsible for billing at both jobs and found it overly complex and frustrating.

Dr Sutter was busy and successful, but not completely satisfied. He had always been interested in understanding the process of providing healthcare. He paid attention to business practices, medical results, and ethics. He noticed small things and contemplated their significance in the bigger picture. He learned from mistakes and sought improvement. He wanted to be better, he wanted his systems to be better, and he wanted the whole industry to be better.

Do Physicians Have Rights, Too? At the suggestion of his employer, Dr Sutter took a course in hospital finance from New York Medical College. He found the master's studies fulfilling. He enjoyed learning about business practices and contemplating medical ethics. He soon noticed that while patients' rights were a focus and discussed at length, physicians' rights were rarely addressed, if at all. His

interest in physicians' rights grew. One course at a time and more than ten years later, he earned his master's degree in health policy and management in 2002.

The late 1990s, when Dr Sutter decided to go back to school, also marked the beginning of Medicaid managed care in New Jersey. According to Dr Sutter, *Billing for hospital services posed unique challenges that outpatient providers did not encounter.* He was armed with unique knowledge from his years in both outpatient and hospital settings along with his progressing master's studies. He was also armed with technology. *I consider technology a critical part of practice and have always tried to stay current and informed on the topic.*

Dr Sutter was an early adopter of electronic billing, having installed his first system in the early 1980s. He configured it to generate template letters and automatic appeals to questionable insurance reimbursements or denials—progressive technology at the time.

From One Doctor's Claims to the Big Picture. Soon, Dr Sutter had years' worth of billing records, payments and appeals electronically catalogued and stored. He analyzed the data and discovered some disturbing patterns. One insurer, Oxford Health, only responded to one out of ten appeals. The other nine elicited no response: no denial, no acceptance, nothing.

In addition, the tiny percentage of appeals that were reviewed took an extremely long time to process, sometimes

more than a year. Payments took even longer. The money in question was not a huge amount on an individual basis.

Dr Sutter calculated that the claims added up to about 10% of his total billing. Not huge, but enough to matter to a guy like him who worked two jobs and took night classes.

After considering what he was being short-changed, he started thinking about the bigger picture and ran some numbers. He considered the hundreds of other New Jersey pediatricians as well as other primary care doctors in the Oxford network—about 20,000 at the time.

He realized that these billing *problems* could add up to tens of millions, maybe even hundreds of millions of dollars if this were occurring with other specialists and in other states. To Dr Sutter, this looked like systematic fraud, perpetrated by some of the world's most powerful corporations.

For him, these underpayments were quickly becoming much more than personal. This was about physicians' rights, and it was exactly what he'd been preparing for.

Radio Silence. He started by writing repeated letters to New Jersey's then-governor, Christie Whitman. Repeated letters were met with repeated silence. He spread the word, informing his employer, colleagues, and friends. Dr Sutter said their reactions were typically of two types, *Why bother? You're going to get yourself in trouble, or, Go get 'em, but leave my name out of it.*

He searched for legal counsel and found it impossible. *The New Jersey law firms I contacted invariably cited conflict of interest, he said. They represented physicians generally, but they were covered medically by the very HMO I wanted to sue. They sided with Oxford.*

He appealed to the New Jersey State Medical society. After a year of back-and-forth, they informed him that they, just like the attorneys, had no interest in kicking the hornets' nest.

Dr. Sutter's voice was not going unnoticed, however. *Many physician leaders in New Jersey told me in no uncertain terms that I should back off, he said.*

Most pediatricians in Sutter's situation would likely have let the fight go at this point. All the powerful forces were against him: the insurers of course, the legal community, and, most surprisingly, the medical community. It wasn't a large amount of money to him personally and the time costs were massive. Plus, the chances of winning were minute. The insurers had huge legal teams and big budgets on their side while Dr Sutter couldn't find a single attorney to represent him. Despite the odds, he wasn't willing to let it go.

A Comrade Joins the Battle. A few things encouraged him along the way. While he made his discoveries in New Jersey, a similar case was working through the courts in Florida, successfully becoming a certified class action. He was also motivated by passage of the Patient

Protection Act in 2001. The act was sponsored by Senator John McCain and co-sponsored by John Edwards, Patty Murray, and Ed Kennedy.

Dr. Sutter says, *It is one of the most significant bi-partisan bills ever to pass through Congress. It created many healthcare safeguards helping to ensure patients couldn't be squeezed financially or medically by the increasingly powerful HMOs. It was good for patients' rights, but notably lacked the same protections for physicians.*

Finally, after a decade of record keeping and several years of grass roots efforts that garnered plenty of interest but no support, Dr Sutter found an ally willing to join his fight: a young attorney out of Roseland NJ by the name of Eric Katz. He had an interest in healthcare law and class action and was looking to make a name for himself. Katz was intrigued and after reviewing Dr Sutter's meticulous and extensive documentation, he knew there was something there. Something big. They spent a year together lining up their ducks, and in 2002 they filed their case: Sutter versus Oxford.

Oxford denied the claims and cited language in their contract with Dr Sutter they believed would deny him the ability to sue, especially in terms of class action. They cited an arbitration clause in their contract, and succeeded in forcing an arbitration.

Oxford may have expected to lose the arbitration to Sutter and Katz on an individual basis. This would be no big deal

to them, maybe a few hundred or few thousand dollars. But, to everyone's surprise, in 2003 Sutter and Katz won their first big decision.

Arbitrator William Barrett decided the contract language did not prohibit class action and he certified it as such. Their case was going to court.

The State Medical Society Wants In. Now that the case had traction Dr Sutter decided to approach the New Jersey Medical Society once the case had grown, and millions of dollars now at stake. Katz and Sutter needed resources. *At the time, I was getting by on four to five hours a sleep, seven days a week*, said Dr Sutter. This was quickly becoming a big case with millions of dollars now at stake. *At the time, I was getting by on four to five hours a sleep, seven days a week.*

*I was getting up early to run a clinic program at 7 a.m., then I'd go back to the office, then back to the hospital to check on the clinic, back to office again, and finally home to study and work on the case. I was also driving to Westchester to class twice a week.* Just listening to the schedule felt exhausting. *I don't know how I did it*, he said laughing. *Lots of coffee.*

As he expected, the state medical society sang a different tune this time. They wanted to get involved, but with one important stipulation: they wanted to take over the case and they didn't want Eric Katz. Katz had been working the case on a contingency basis for a couple years at that point and hadn't made a dime.

Dr Sutter's loyalty to his first ally prevailed and he declined the offer from the medical society. Sutter and Katz would continue the fight on their own.

The next four years were filled with thousands of more hours of discovery work. Oxford became part of United Healthcare and obtaining documentation from them proved extremely difficult. The frustration of acquiring documents was compounded by the insurer's repeated appeals. They argued that the Arbitrator, William Barrett, had overstepped his authority by certifying the case as class action, even though United had been the ones to force the issue.

Katz and Sutter remained determined and focused: the annoying itch on the back of the HMO. Looking back, Dr Sutter said he was surprised by how much time and energy was spent on the arbitration process. In many ways, it was more painful than the courts. They fought through it and won every appeal.

A Landmark Decision. Finally, in 2007, the Superior Court in Essex County was prepared to decide their fate. Would the years of dogged determination and personal sacrifice pay off for the underdogs, or would the court bow to big money, big insurance and their big legal team, as is so often the case? Dr Sutter and Katz held their breath, and in a landmark decision, Judge Stephen Bernstein approved a massive settlement in their favor.

A forty-million-dollar decision that would benefit 60,000 New Jersey doctors.

Perhaps more importantly, the decision went far beyond money. United Healthcare would be required to make fee schedules available to doctors. They would be required to provide doctors detailed information about payment code adjustments. They would have to provide 90-day notice to doctors about any policy or contract changes, and they would not be allowed to reduce fees to doctors more than once a year.

The monumental decision for Dr Sutter, Katz, and physicians across the state of New Jersey would ripple across the nation as other HMOs feared of being similarly exposed. Insurers would be forced to amend their systematic bullying tactics toward physicians.

A Very Short Celebration. *On our side it was, Eric Katz, one other attorney, and me. The rest of the courtroom was filled to the brim with teams of attorneys representing the HMO.*

Dr Sutter and Katz were overjoyed with their victory. Celebration was, however, short-lived. United Healthcare had deep pockets and no intention of giving up. They appealed and appealed, and the decision continued to be upheld as Sutter versus Oxford progressed through the system. Ultimately, the case worked its way to the very top: Dr Sutter, Katz, and their initially hopeless cause was going to be heard by the United States Supreme Court.

In March 2013, they appeared to argue their case before the court. Sutter described the scene: *On our side it was*

*Katz, one other attorney, and me. The rest of the courtroom was filled to the brim with teams of attorneys representing the HMO. They presented their evidence and once again awaited their fate.*

On June 10, 2013 Justice Kagan delivered the opinion. Justice Alito concurred. The decision was unanimous.

Dr Sutter and Katz had beaten the odds once again. The fight was finally over. Payment terms were specified and payouts were made. Eric Katz finally got paid (although with 14 years of legal work and hundreds of thousands of pages of documents, Dr Sutter says Katz is lucky if he broke even). More importantly, he had cemented his name in the world of class action.

I asked Sutter how much he personally was reimbursed. *A few hundred dollars. Same as everyone else*, he said chuckling to himself. *It was never about the money. It was about physicians' rights.*

The physicians that he fought for were quick to congratulate him after the battle was won. Those who wanted to be left out now said, *We knew you could do it!* and *We always had your back.*

Dr Sutter's 20-year battle didn't make him rich. It also hasn't done much for him professionally, he said. In fact, it may have hurt his career in some ways as many saw him as a dissenter. He was also nearing retirement when the Supreme Court finally ruled on the case.

Satisfaction is Its Own Reward. I wondered if he had regrets. *Not about the legal case*, he said. *I accomplished what I*

*set out to do. The satisfaction is something I can't describe. I learned a great deal about the legal system and the healthcare system. I realized that you don't have to just take what is given to you. Be aware of what is in your contract. Physicians have legal rights just like patients. Patients have been using the legal system for their advantage for years, and as physicians we can do the same.*

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Dr Sutter has always been focused on the big picture, and it's what got him through the decades-long legal battle with Oxford and a number of other smaller legal battles he won over the years. *I hope this case has enlightened the medical community to the possibilities*, he said. *There are a lot of things you can do without incurring legal fees, including small claims and special claims courts.* He also advises pediatricians to keep good documentation. Indeed, extensive documentation was the holy grail of his legal victories.

Dr Sutter also sees a need for improvement in education. *In medical school and even during residency, there is nothing taught about healthcare law*, he said. *There's not enough emphasis on medical ethics and not enough emphasis*

*on practice management. I've attempted to implement elective courses in practice management for pediatric residents and it's gained no traction. Everyone is worried about malpractice and they're not paying enough attention to practice economics.*

After hearing Dr. Sutter's incredible story and considering his wide perspective and array of knowledge, I started to think of him as a doctor superhero. *I'm guessing you get lots of requests to do interviews and presentations*, I said. *Thank you for taking the time to share your insights with me."*

*That's not the case at all*, he said.

*You're one of only a few. In fact, I have faculty positions at two local medical schools and I've never been asked to speak.*

I could hear the disappointment in his voice. The frustrations he endured with the legal system were difficult, but not unexpected. The lack of support from the medical community was. The disinterest and unwillingness of his colleagues to organize and work together was perhaps the hardest thing of all for Dr Sutter. And, now that the legal battles are won, organizing physicians to work together has become a focus for him.

*I don't believe most pediatricians understand the benefits of working together as a group. They see each other as competitors. I think we are all on the same team*, he said. *Organization and communication make us more capable of competing in the marketplace for better*

*payment terms. It helps us all when we share information. It reduces costs, avoids redundancy, and improves quality.*

Before hanging up the phone and beginning to process such an incredible story, I was compelled to ask one last question: *If Hollywood decides to make a movie about your life, who would play your character?*

He found it a bit absurd and initially laughed it off, but I pressed and he settled on Sean Connery. He's a big fan. After a little more thought, he decided a better option might be Tom Hanks, and I agree. He seems to be more fit to play the life of John Ivan Sutter: pediatrician, activist, and champion of physician's rights.

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## OBITUARY

*continued from to page 2*

After serving his community for over 38 years, Dr Bacolor retired in 2008. He was an avid University of Michigan fan. He enjoyed gardening, reading, going to local concerts, and cheering on his grandchildren at their sporting and music events.

He was survived by his wife of 50 years, Rae; four children, nine grandchildren.

Fifteen months earlier, Dr Bacolor wrote the following essay titled *My Journey To Become A Physician* which



RODOLFO B  
BACOLOR MD

was a pep talk given to the St Joseph High School calculus class through his granddaughter Sarah Corbe, the vice-president of her graduating class 2015.

I am Sara Corbe's grandfather; and John Bacolor' father. John teaches social science at the Upton Middle School. I had practiced in St Joseph/ Benton Harbor MI area for many years, specializing in internal medicine/ oncology. Dr Koshy and I started the first oncology clinic in the former Mercy Memorial Hospital now called as Lakeland Medical Center.

When Sarah first asked me to give this talk I was reluctant because I was not sure what subject is appropriate to talk about to a group of smart students taking calculus class. I think I took a semester of calculus during my pre-medicine days in college, and I am ashamed to admit that I cannot remember a trace of the subject.

As they say, use it or lose it. Like in any sport, like tennis or playing any musical instrument like violin or piano, the key to be successful is practice, practice and practice.

Then I realized that during Sarah's first or second year of high school she has written a short essay as part of class project entitled, *My grandfather, My Hero*, which is now framed and hanging in our computer room, I guess she was inspired by the fact that in spite modest upbringing and many thorny challenges that seemed unsurmountable I able to

overcome all adversities and became a doctor of medicine.

So I will talk about my own personal journey to become what my deceased father had wanted me to be. I will also share some teaching moments that I learned from my life's experiences that helped me become what I am today a retired physician, but what I am most proud of are our four children of what they have become and nine grandchildren --- the source of our pride and joy. We feel so blessed for which we are heavenly grateful for.

In about a month you will be celebrating your high school graduation. I am congratulating you, your parents and teachers for a job well done. Soon you will be embarking on a new challenge in your young lives.

Choose the school that will best prepare you in your chase of the rainbow of your dream and the school that can provide the best quality and value of your parent's hard earned money and sacrifices.

With a strong solid foundation that you have developed and acquired during your four years of high school you are well equipped to meet the challenge that may come your way.

You have been so lucky that you have lived all your lives in a city that is rich in natural beauty with bountiful natural resources that support the economic engine of the community and a city rich in history and cultural heritage. A

city whose residents have progressive vision and civic pride of what a vibrant community should be.

You are exceptionally lucky that you are in school system with dedicated and enthusiastic teachers who are among the best in the State. Your teachers, parents, and grandparents have high expectations of you.

You have a very good head start. You are very much better prepared in every way than I was at your age. I grew up at the wrong time and place.

It was World War II era when the Philippines was invaded and occupied by the Japanese. My family were in constant movement to escape from the Japanese.

We settled in a remote village where my maternal grandfather had a homestead along a small river and near the jungle for easier escape whenever the Japanese soldiers were expected in the area.

We lived on corn, small amount of rice, sweet potato and other root crops and vegetables. Instead of being in school I helped tend to pasture the family's work animals (water buffaloes), scare the parrots and wild boars from eating the green kernels of corn with a clapper made of bamboo.

I did not start formal schooling until I was 12 years old at the end of the War when our family moved from Masbate where I was born to Pangasinan my father's province was.

Masbate is an island province in the central Visayan Islands. It is in the same latitude but west of Leyte where General

McArthur first landed on the beach and waded ashore during the liberation of the Philippines, keeping his promise to the Pilipino people with his famous phrase *I shall return*.

In a more recent event, Leyte was hit and devastated by typhoon, Haiyan killing more than 4000 Pilipinos in the island and thousands made homeless.

I was born to a family of very modest means according to Pilipino standard, but very poor in American standard way of life. My parents were teachers with salaries equivalent to \$100/month. I am the eldest of seven siblings.

We originally lived in my maternal grandmother's stilted house to protect from flood water during the rainy season when the nearby river overflow its banks. It was made of wood, bamboo and woven palm tree leaves. We had no running water. We had a drilled water well that you manually pump water from.

We had no electricity. We studied under a Coleman kerosene lamp. We slept on the floor over a mat. When I was in high school I took passenger bus, *jeepney* or two-wheeled horse drawn carriage (*kalesa*) to school with a lunch of cold rice, and hard boil egg, or fried dried meat or fish wrapped with welted banana leaves.

After school we walked home 10 km (six miles?) on a gravel covered dusty road.

During my fourth year of high school, my parents were able to buy me a Columbia bike single speed with big tires,

horn and battery-run head light, which I shared ride with my younger brother. I loved that bike and had many fun and happy memories with that bike.

We never had the opportunity for any competitive sports or other extracurricular activities. We did play soccer or basketball as part of physical education class, or worked on our agronomy class vegetable garden.

After graduation from high school my father called for a sit-down family talk. He said addressing me, *Rodolfo, being the oldest child and that we are getting older I want you go into medicine so you can take care of us when we get sick.*

Actually, I was thinking going into mechanical engineering as I liked mathematics and science, and like knowing how things work. In Pilipino culture, parent's words are the laws and rule in the family.

Ironically, during my first year in medicine my father was diagnosed with advanced malignant lymphoma which at that time had no curative treatment. I was devastated. Seeing him in his sick bed in the hospital in Manila after class each day was the hardest part for me to bear. I lost my concentration and focus, my grades started to fail and I was thinking of quitting school. I was demoralized and confused.

Less than six months from diagnosis my father died. After the funeral, my mother reminded of my father's dream that his eldest son becoming a doctor. With heavy heart I tried to master new

strength and resolve to fulfill my father's dream. By this time it was becoming my dream too.

Finally in 1963. I graduated with degree in medicine. I fulfilled my father's vision and dream. After passing the Philippines national medical board examination and required exchange visitors program for foreign medical graduate examination, I applied for internships at Mt Sinai Hospital in Milwaukee WI.

In 1964, I flew for the first time alone with plane ticket and \$100 pocket money given by my uncle (my father's brother who went Hawaii when he was 17 years old to work in the pineapple fields). This is my own journey. So as you see your own journey may not be always easy. Along the way there will be many distractions and temptations (excessive partying, easy access to alcohol and drugs.)

It is easy to lose focus and determination. At your young age, your endocrine glands and sympathetic system are very sensitive to swings of emotion, do not be swept away by the surge of your hormones away from your goals.

Before you take big a decision take deep breaths and close your eyes to calm your mind and body. But if you do stumble and fall down, you get back up and try even harder and the reward will be sweeter and most satisfying.

As someone has said *if I can do it so can you.*

Remember there is no substitute for hard work. I do not mean that you should

not have fun. Go join your fellow students on Saturday afternoons and cheer your favorite school teams and catch your school spirit. Good luck!

## PRESIDENT'S *Message*

*continued from to page 2*

will find yourself dusting the wind.



LICERIO V  
CASTRO JR MD

The passkey code for hotel reservations will be issued next week per hotel management.

We anticipate a joyous reunion as all alumni are preparing for this significant event.

Class<sup>67</sup> alumni are the Golden Jubilarians and

Class<sup>92</sup> the Silver Jublarians respectively. This celebration will also feature the honorees from the different Classes, thus we are inviting everyone to join us on a summer to remember.

So much is to share as you commence your well-choreographed dance, your cultured voices, your well defined acts as you showcase them for everybody to enjoy next summer.

The FEUDNRSM Alumni Foundation Southern California Chapter is very much aware of the challenges but that is overshadowed by the very essence and excitement of having all of you in their humble backyard.

Medical missions anyone? Yes, a good number of us are pretty much focused on these yearly endeavor. Several Chapters in our organization are so involved in this eternal pledge to help our brothers and sisters in need may it be in our own communities or half the globe, our beloved country, the Philippines.

I am a very strong advocate of medical and surgical missions, so should you. It is the epitome of a noble sacrifice that begets a great satisfaction knowing what you have done to benefit another human being. That is priceless.

Volunteer and be counted. You can join any of our ever active Chapters namely; The Northern Illinois Group, Nevada Group, Texas Group, Ohio Group, Northern California Group and Southern California Group.

My apologies to the other groups whom I failed to mention. This is a testament that our organization is very much involved in every aspect of humanitarian services. Our obligation and care for our alma mater is not to be ignored.

The *Balik*-FEU is fast approaching. In January 2017, we will find ourselves in the Philippines; and the FEU-NRMF Medical Alumni Society is ready to receive us with their program of activities, scientific convention and the grand alumni night at Novotel Hotel in Araneta Center on Friday, January 20, 2017.

Let us support our alma mater through our organization's projects as well as the FEU-NRMF Medical Alumni Society

We will be waiting for everyone in Southern California next July.

## From your **CHAIRMAN**

*continued from to page 1*

they came anyway. Those who are not happy in America should seek refuge somewhere else. There you are.

The Presidential election. I have mentioned previously that I would vote for the lesser of two evils. Both candidates have their bad aspects. This is the first we had this type of situation. If Trump loses then we are facing a third term of Obama. Just think about it. The polls show a neck to neck situation and many things can happen between now and November 8, 2017. God is not sleeping and will help us go through this problem.

Up to now, we have not received final schedule for the Balik FEU. We assume it's about the same as in previous years, but no one can tell what the schedule might show. Have written secretariat Cely Ocampo and Dean Linda Tamesis MD. Still waiting for their reply. Celebrants from the US are waiting for the final schedule so they can coordinate their plane

ticket and itinerary to the *Balik*-FEU schedule.

One Zetan (Zeta Kappa Omega FEU medical fraternity), Rudy Bacolor MD, just recently joined our Creator. Information from our brother Gene Siruno. Our deepest sympathy to his wife, Rae. We will pray for his soul, eternal rest, perpetual light shine upon him through the mercy of God.

We have recently passed our Basic Life Support and Advanced Cardiac Life Support through the courtesy of the American Heart Association (ACLS) and our local hospital. Two instructors were sent to our hospital to teach all the doctors and physician's assistants and nurse practitioners. Since we still do our rotation in the emergency room we are required to pass the ACLS which we all passed with flying colors. Back to it in 2 years for recertification.

It's time also to renew our Concealed Carry Firearm as mandated by the Louisiana Department of Safety and Correction. It is half-a-day lecture, followed by written test and then practical at the firing range. We have to fire at 6 feet, 10 feet, and 15 feet. Each round of 12. We won't forget of course our ear muffs and safety goggles and of course our pistol/ revolvers and bullets, and fee for the whole thing.

It sounds like a busy September. We are starting to get busy at the office, and the flu season had not started yet. And we

## **MINNESOTA MINI CLASS<sup>63</sup> REUNION**

*continued from to page 1*

Class<sup>63</sup> has been known to support the annual FEUDNRSM Alumni Foundation reunions and scientific events wholeheartedly, especially if one of our members happens to be an honoree; however, we realized that we could not wait another five years for a grand alumni homecoming. or a celebration of a classmate's golden wedding jubilee to gather together.

As we reach *Medicare age*, we realized that we should be having more activities of this type, especially as our classmates depart this life for the next, one after another.

This event really made us even closer to each other.

We attended a dinner and a show *Beauty and the Beast* at the Chanhassen Theater during our first night.

On second day, two foursomes composed of Gene Siruno, Art Basa, Fred Villao, and Tony Zantua; and Nestor and Celia Sagullo, Ernie Eusebio, and myself played golf at the Crow River golf course in Hutchinson MN, where the Sirunos have their residence. We capped that day's event with a dinner expertly prepared by chef Babi.

Dinner was an intimate opportunity to share personal stories of pains and failures, and of successes and accomplishments

have not started giving also flu shots and pneumonia shots. Nobody wants to come in because of the hot and humid weather we have been getting since July. It seldom go down below 88 and as high as 100 all these months. This might foretell what kind of winter we are going to have especially those in the North, Northeast, and Northwest. The recent Louisiana flood devastated our southern cities and towns, particularly Baton Rouge, our Capital, some rain in New Orleans, but not reminiscent of Katrina. We hope through the mercy of God, we would not have any more flood and bad weather and, of course, tornado to say the least and to have a good harvest of soybeans. Cotton which is the usual plant in Louisiana had not been popular among the farmers because its price went down, and so hard to take care of including plane spraying of chemicals to kill the bugs. Sweet potato survived the bad weather and had been harvested in most areas. We have an influx of Mexicans who will take the measly job of digging the sweet potatoes after the machines had loosen the soil. Real soon, fall will be here and will describe as it comes in Louisiana...

God bless you all.



NOLI C  
GUINIGUNDO MD



In the front row, from left, are Nonie Garcia, Gigi Guzman, Norma Zantua, and Rica Basa; second row, Art Basa, Ernie Eusebio, Celia Sagullo, Babi Eugenio, Fred Villao, and Tony Zantua; and third row, Tony Garcia, Nestor Sagullo, Gene Siruno, and Gerry Guzman.

among very close friends. It is comforting to know that we all share similar experiences and challenges in our life's journey. This sharing of personal stories among brothers and sisters in Christ is the highlight, I believe, of our mini-reunion. After dinner, we broke into small groups to do whatever interested us -- whether singing karaoke, playing kundiman on the piano, discussion about politics and religion, talks about serious agenda such as what to do with our class fund, share

jokes, or simply engage in ordinary *tsismis* and *kwentuhan*.

On the third of our mini-reunion, we had a group breakfast of Chicago Empanadas at the Chanhassen Inn followed by a tour of the Hazeltine National Golf Course at 10 AM, courtesy of our driver, host and tour guide Gumersindo and Becky Alvero. This course, incidentally, will be the venue for the 2016 Rider Cup which is scheduled this month. We then proceeded to Mystic Lake Casino Resort where some gambled,

others just continued telling stories, and still, others like me just walked around watching the people in the casino. We went bowling and had pizza that evening at Grand Prairie Pub and Bowling Center, courtesy of Gene and Babi Siruno. We formed four teams and played non-competitively. The first team was composed of myself, Art, Nonie and Gumersindo; the second team was composed of Nestor, Becky, Fred, and Tony; team three was composed of Charlie, Babi, Gigi, and BCG; and team four was composed of Ernie, Celia, Gene, and Tony.

Every reunion requires detailed preparation and passion, and this mini-reunion is no different. Everybody helped in making this one a success. We plan on

doing this on a regular basis until none of us is left, especially now that have reached "Medicare-Age" and many of us are sickly. I experienced my friends' love and sincere desire to help during this reunion. We bonded as family members and expressed our willingness to help one another during difficult times especially now at the twilight of our lives. This has been a blessing for all of us and we encourage every class to do the same. A person may not be materially rich, but the blessing of having such caring and loving friends is in itself a great treasure.

Reminded me of a poem, *Everywhere I hear God's song.....Everywhere I feel His touch. How thankful I am to share His love with special friends.*



Photo shows, from left, Becky and Gomer Alvero, Tony Garcia, Ernie Eusebio, Nilda Villao, Nestor Sagullo, Fred Villao, Rica Basa, Celia Sagullo, Art Basa, Gene Siruno, Gigi Guzman, Noni Garcia, and Norma and Tony Zantua (by Gerry Guzman).

## COMMENTS

Editorials, news releases, letters to the editor, column proposal and manuscripts are invited. Email submission, including figures or pictures, is preferred.

## ECTOPIC MURMURS

Deadline for October 2016 issue

October 19, 2016

Please address submission to

[acvrear@gmail.com](mailto:acvrear@gmail.com)

## COMMENTS

Editorials, news releases, letters to the editor, column proposal and manuscripts are invited. Email submission, including figures or pictures, is preferred.

## PMAC News

Deadline for October 2016 issue

October 5, 2016

Please address submission to

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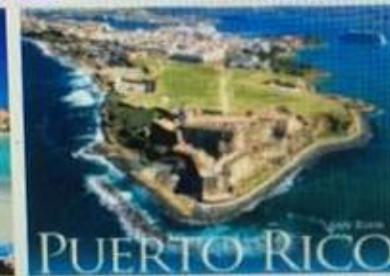
## CRUISE ITINERARY

21 APR FORT LAUDERDALE	4:30 PM	
22 APR CRUISING		
23 APR CRUISING		
24 APR PHILIPSBURG, ST. MAARTEN	8:00 AM	5:00 PM
25 APR SAN JUAN, PUERTO RICO	7:00 AM	3:00 PM
26 APR LABADEE, HAITI	9:30 AM	6:00 PM
27 APR CRUISING		
28 APR FORT LAUDERDALE	6:15 AM	

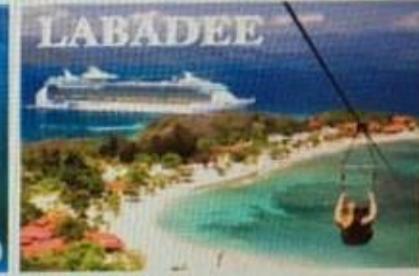
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**42<sup>nd</sup> ANNUAL ALUMNI HOMECOMING  
SCIENTIFIC CONVENTION**

**GOLDEN & SILVER JUBILEE CELEBRATION**

January 18 -20, 2017

Dr. Ricardo L. Alfonso Hall

5<sup>th</sup> floor, FEU-NRMF Medical Center  
Regalado Ave., West Fairview, Quezon City

and

**GRAND ALUMNI, GOLDEN & SILVER  
JUBILARIAN'S NIGHT**

January 20, 2017 (Friday) at 5:30 pm

NOVOTEL MANILA, Araneta Center  
Cubao, Quezon City

Honorees

Class '61 (Emerald Jubilee)	Class '91 (Silver Jubilee)
Class '67 (Golden Jubilee)	Class '96 (20 <sup>th</sup> Anniversary)
Class '71 (Sapphire Jubilee)	Class '2001 (15 <sup>th</sup> Anniversary)
Class '76 (Ruby Jubilee)	Class '2006 (10 <sup>th</sup> Anniversary)
Class '81 (Coral Jubilee)	Class '2011 (5 <sup>th</sup> Anniversary)
Class '86 (Pearl Jubilee)	

*(This serves as an invitation)*

## PROGRAMME HIGHLIGHTS

JANUARY 18 - Golf Tournament

JANUARY 19 - Registration

Thanksgiving mass

Opening of exhibits

Breakfast

39<sup>th</sup> Dr. Lauro H. Panganiban Memorial Lecture

Luncheon Symposium

5<sup>th</sup> flr. Dr. Ricardo L. Alfonso Hall

FEU-NRMF Medical Center

WELCOME RECEPTION "Barrio Fiesta"

JANUARY 19-20

State of the Arts Lectures

Luncheon Symposium

Student Achievement Award

5<sup>th</sup> flr. Dr. Ricardo L. Alfonso Hall

FEU-NRMF Medical Center

JANUARY 20 - GRAND ALUMNI, GOLDEN &

SILVER JUBILARIANS NIGHT

NOVOTEL MANILA, Araneta Center

Cubao, Quezon City

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