



Reading gives us  
someplace to go  
when we have to  
stay where we are.  
-Mason Cooley

It is not true that we have only  
one life to live; if we can read,  
we can live as many more lives  
and as many kinds of lives as  
we wish. -S.I. Hayakawa



The ideal of happiness has always taken material form in the house, whether cottage or castle. it stands for permanence and separation from the world.

-Simone de Beauvoir



It is not enough if you are busy. the question is, what are you busy about?

-Henry David Thoreau



If you would be wealthy, think of saving as well as getting.

-Benjamin Franklin



He who has health, has hope; and he who has hope, has everything.

-An Arabian Proverb

Reading is to the mind what  
exercise is to thea body.  
-Joseph Addison

# Break TIME

BY MABI DAVID BALANGUE

## 7 ways to a real summer vacation

Here's a surprise: most teachers don't know the meaning of the word *vacation!* Because teachers are often the take-charge type, you may find it hard to sit back and just enjoy breaks. In fact, don't you often catch yourself organizing a vacation for everybody else? Here, we offer you a budget-friendly list of easy, enjoyable things to do this summer. Have fun!

**1. PAMPER YOURSELF.** A lot of salons and parlors offer spa treatments and massages at different price ranges. Do you think it's frivolous? Not at all. Treat yourself to a full-body mas-

sage twice this summer—it's not as expensive as you think—and feel your tension and the knots in your muscles melt away. Get a foot scrub, pedicure and manicure and you've just pampered your entire body.

**2. KICK UP THOSE HEELS.** Not out of sheer exhaustion, but because you'll be dancing! Learn to boogie, foxtrot and cha-cha by enrolling in a class or organizing one in your school. If you can get enough teachers to chip in and permission from your principal to use one of your classrooms, you can hire a Dance Instructor and dance the summer away.



**3. DO NOTHING.** Tell your family the day before that you'll spend the next day at rest. Get their cooperation so they don't disturb you. Borrow VCDs or DVDs of *Mano Po*, *Tanging Yaman*, and have your very own Filipino Film Festival. Finish a book or magazine in one sitting. Dare to sleep till noon.

**4. GARDEN.** There's nothing as relaxing as cultivating a garden, no matter how small, in your own backyard. Even a few small pots where the sun shines will do. Buy seed packets at the grocery and plant flowers or herbs. The gentle, patient care that you devote to plants can alter your mood and make the summer more enjoyable. Even better, the benefits of being near plants or having fresh flowers in your house will last way past summer.

**5. READ TUESDAYS WITH MORRIE BY MITCH ALBOM.** It's a touching story about a student and his teacher that will remind you what it means to be in your profession. Other inspiring reads: *A Purpose-Driven Life* by Rick Warren, *Simplify and Create Abundance* by Bo Sanchez, or *The 100 Simple Secrets of Happy People* by

David Niven. All these titles are available at local bookstores.

**6. GO TO A THEME PARK** or a carnival with family or friends. When was the last time you visited Enchanted Kingdom or a *perya* and rode the Ferris wheel? This is yet another great way to loosen up, laugh, and stay young. But go in the afternoon because the summer heat can be unforgiving.

**7. GO TO THE SUNKEN GARDEN** in UP Diliman or another open-air field and have a cozy picnic with someone you love. Cook just enough food for the two of you, bring a *banig*, and just sit there watching kids flying kites, students playing soccer and throwing Frisbees. ★

### SUMMER DESTINATIONS

What's summer without an out-of-town trip? Here are a few suggestions for affordable day trips and overnight trips.

#### DAY TRIP FROM MANILA

**Destination:** Corregidor. This beautiful island-fortress has significant place in Philippine history. A trip is here is easy, fun and informative.

**How to get there:** SEA Sun Cruises at CCP Complex. They have packaged daily and overnight rates that which include a fun tour of the island on a *tranvia*.

**What To See:** Pacific War Memorial, Filipino Heroes Memorial, Malinta Tunnel, Middleside (ruins of barracks with several disabled artillery pieces), Lighthouse, Bottomside (the gateway to Corregidor, >> *continued on page 20*

#### ABOUT THE WRITER:

MABI DAVID BALANGUE is the Deputy Director for Marketing of the University of the Philippines Press and was former Marketing Head of Adarna House. She co-wrote the book *Brave Little Baby Dan*, published by Adarna House, and translated the Adarna House-Unicef Batang Katutubo series.