

LM Confidential

APRIL 2014

**Fil-Am Teen
charged in
World Trade
Centre stunt**

**Prostitution in
Singapore**

**Cocaine
confiscated
in Davao**

**DND aks why
activists do
not protest
against China**

**Paris Hilton in
Pampanga**

**PAULEEN
LUNA**

*The Eat Bulaga
star in Full Bloom*

Aid Food Thrown or Spoiled

TACLOBAN CITY—Elation turned to horror for typhoon survivors in Barangay Gacao in Palo, Leyte, when maggots crawled out of the food packs that were distributed to them as relief.

Reports of the distribution of rotten food followed two other incidents in the province in which food aid that had gone bad was reported buried.

Barangay Chairman Panchito Cortez said he saw residents converging on the barangay hall waiting for food packs delivered by the Municipal Social Welfare and Development Office of Palo.

When they opened the boxes, however, worms as big as grains of rice crawled out of tetra packs and cup noodles. Biscuits were expired, and even the bottled mineral water looked murky, Cortez said.

Cortez said the goods were received by Councilwoman Maria Anna Docena, and included 50 boxes of instant coffee, five sacks of assorted biscuits, cup noodles, instant viand in tetra packs and five boxes of mineral water.

Cortez said he immediately went to the Palo town hall and confronted MSWD officer Rosalina Balderas, who admitted that the goods came from their office.

She said she didn't know the food was already spoiled and infested with worms, Cortez added.

Balderas admitted that truckloads of expired and spoiled food aid were dumped and buried in an open dumpsite in Barangay. San Jose on Feb. 5 and March 6.

Balderas said that biscuits, cupcakes, canned goods, and even rice were declared by their office as being unfit for human consumption.

Palo, Leyte Mayor Remedios Petilla, in an interview with a newspaper (not with

**AID GOODS
continued on page 7**



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Making Off loading smell good

MANILA - THE Bureau of Immigration clarified that Filipino travelers are not required to prove financial capacity to travel as tourists or overseas workers and their right to travel remains enshrined in the Constitution, but the bureau is also involved in a campaign against human trafficking.

"Offloading is not a policy, but a consequence of the implementation of the guidelines," said Immigration chief Siegfred Mison, referring to guidelines on departure formalities for outbound passengers.

"Those who have complete travel documents, particularly holding an authentic passport and other documents issued

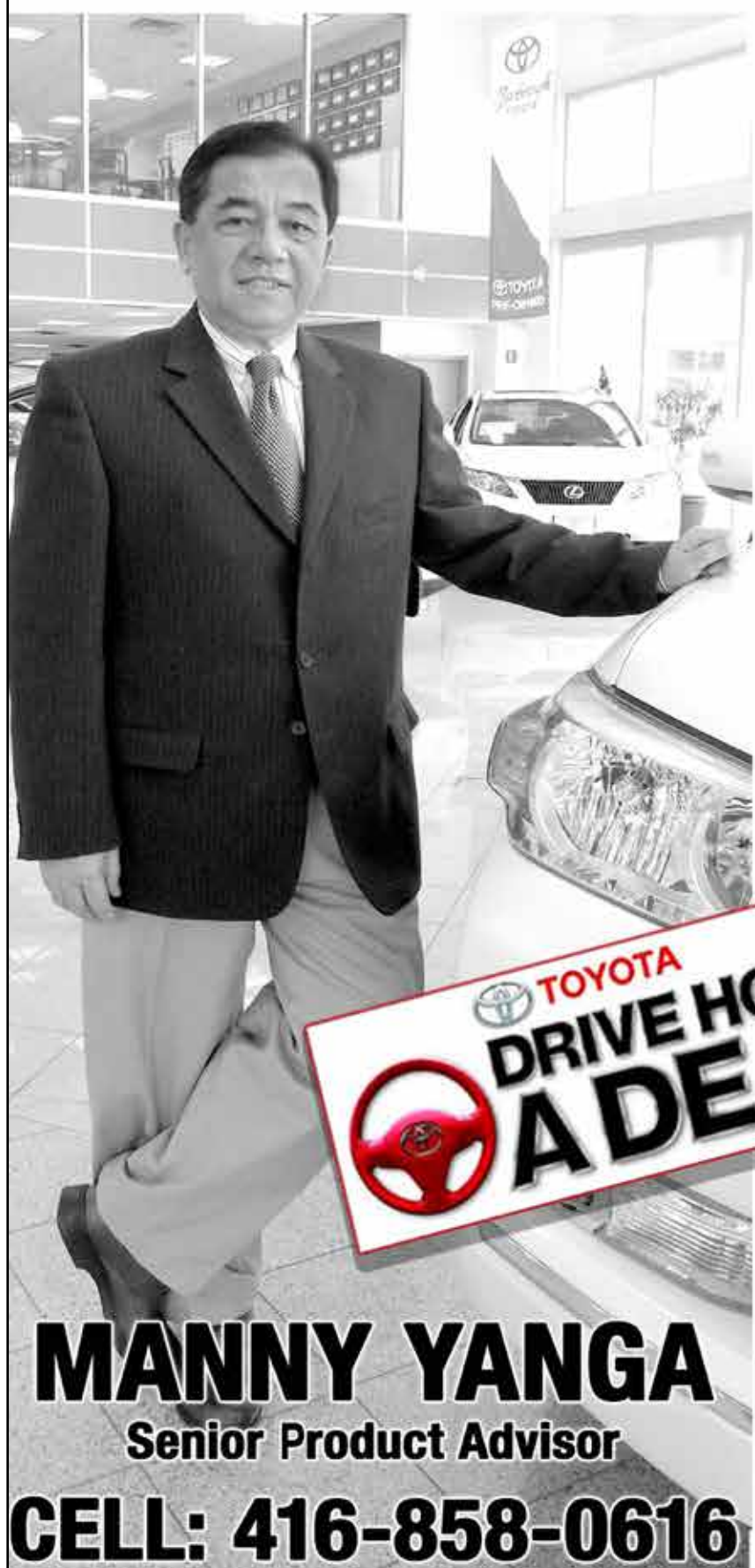
**OFFLOADING
continued on page 27**

Fundraising for Rafael Fabregas



Doris & Ted Dayno of Forex/UMAC, Liberal-nominee candidate Rafael Fabregas, Amy Ada, Rafael Nebres of Action Honda, and Buddy Ibe attend the Fabregas fundraising dinner.

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Duterte says no to 2016 presidential bid

DAVAO CITY, Philippines – Amid persistent calls on social network, Mayor Rodrigo Duterte reiterated on Sunday that no one could make him run for president in the 2016 elections.

"I will not run, you can't make me run, I'm not interested," Duterte said during the Sunday television program, "Gikan sa masa, para sa masa."

Running for president would entail some P15 billion to P20 billion to win and, Duterte said, he simply did not have that money and could not see himself owing somebody or some group P20 billion.

"What will I spend? I will rely on somebody to fund my campaign? That will mean P15 billion to P20 billion worth of utang na loob (debt of gratitude), so, what will I say if the one who funds my campaign will ask for a payback?" he asked.

"Besides, all presidents now go to jail after their presidency, so, please, have mercy on me," Duterte said.

Although he admitted being a close friend of both Interior Secretary Manuel "Mar" Roxas and Vice President Jejomar Binay, the mayor said he "is still keeping his cards close to his heart," and would reveal the candidate he would support at the appropriate time.

Gerald Anderson deny his mom hates Maja Salvador



Gerald Anderson denied that his mother, Evangeline Opsima, doesn't like his current girlfriend, Maja Salvador, for him.

Evangeline said she doesn't interfere into Gerald's lovelife, but she hopes he can be careful with relationships. "She's a very strong woman, napaka-strong niya, at ganun talaga siya magsalita."

Maja and his mother are okay, Gerald added. He's very happy and blessed that all the parts of his life are coming together. "At it's a journey... and kasama kayo sa journey na yun."

His mother and Maja have already met each other, Gerald said, although he was not there during the said meeting. Maja had a show in General Santos, where his mother is, and that's why she was able to meet her.

Gerald said he is ready for fight for Maja just in case his family doesn't like her for him. It's a part of being in a relationship, the actor added.

"Kung hindi, ibig sabihin, may mali

talaga. Ako, bilang lalaki, kailangang hanapin ko yung mali at gawing tama."

But Gerald admitted his mother is very fond of his former flame, Kim Chiu. "Kasi si Kim, napakabait na tao and sobrang naging close sila. Hindi magbabago yun, hindi magbabago yun."

It's wrong to compare Maja and Kim though, Gerald said. The two former best friends already had a falling out because of him. They no longer talk to each other, although Maja tried to reach out.

Gerald said Kim was a big part of his life.

Andi Eigenmann ok with Supporting role in Dyesebel

From playing the starring role in ABS-CBN's "Galema," Andi Eigenmann will now be playing a supporting role in the fantaserye "Dyesebel," which stars Anne Curtis. Andi said Anne more than deserves to play the titular role because she knows she will give justice to "Dyesebel."

Andi has no worries about playing a supporting role. She's doing it because she loves her job, she added. "The very reason why I accepted the role was because I knew that I will enjoy it. The adjustment wasn't a problem at all." She will not accept the role if she wasn't sure that the story will capture the audience's attention, and she will not be a part of a well-defined cast members.



Julia chooses Claudine Barretto

Aminado ang 17-year-old na si Julia Barretto na sobrang pressured siya sa kanyang launching serye na Mira Bella.

"I'm scared in the sense na magri-rate ba ito? Magugustuhan ba ng tao ang kuwento? Masa-satisfy ba sila? You don't know what's gonna happen when it airs so I'm scared," sey ni Julia.

Ayon naman sa direktor na si Erick Salud, napi-pressure raw si Julia dahil mataas ang expectations sa kanya simply because isa siyang Barretto.

"Julia can never be her Tita Claudine and Gretchen Barretto but she will be, in time, Julia Barretto," pahayag ng direktor.

Dahil nga magagaling na aktres ang kanyang dalawang Tita ay natanong si Julia kung alin ang gusto niyang gayahing career path between Claudine and Gretchen Barretto.

"I'm such a fan of my Tita Claudine's projects and ang ganda ng mga teleserye niya at movies niya. That's the kind of path I want to go through.

"My Tita Gretchen, we all know she's fabulous. And just the way she treats work, kahit pagod ka na, she still works hard. She's very generous and very mabait.

"My favorite thing about her is that she is very religious. Mahilig siyang magdasal and that is the greatest power," sabi ni Julia.



Naku HA! by Jose Baking
LMConfidential.com

English in Philippine Movies

Tagalog getting used less and less in Movies

If you notice, a lot of lines in Philippine movies are now in English. Most of the time, these characters are playing a rich person or an executive. These are positions that the masses aspire to. There might be another reason why a lot of lines are in English. These movies are shown abroad for the Filipinos to watch in regular theatres. Producers might be trying to attract the second generations of Filipinos. If most of the lines are in English, producers avoid the cost of either putting subtitles or dubbing them in English. If forced to do either one, producers will probably avoid using subtitles. Hindi relaxing manood kasi ng movie na may subtitles, hindi ba? What do you think?

Offloading should be Banned

Off-loading, whatever the excuse, whether to protect “possible” victims of human trafficking, or any other explanation, would smell just as bad. BIR clarified that if Filipinos have a tourist visa from another visa, they are allowed to leave. However, there have been instances where Filipinos with tourist visas were offloaded or barred from leaving just because they assume the person is a victim of human trafficking or plan to overstay and work abroad. So what? If Filipinos have a tourist visa to the destination, they have a “right” to leave. If they plan to overstay and work, that is not the problem of the Philippines. If the receiving country granted them a visa, what is the problem and why make it our problem?

Opinion favourite

It is election time again in Toronto. And once, Olivia Chow is favourite. Based on surveys, she is ahead of Rob Ford (PHOTO). This is what happened to



George Smitherman before. They say the race was close, that they are neck to neck. Rob Ford barely campaigned, or less visible that George Smitherman during the campaign. With two months to go, Rob Ford started becoming visible. They had a debate which

neither side won, I think. I can't remember the debate. On election day, George Smitherman conceded defeat after 12 minutes of closing time. Rob Ford won decisively.

Truth on Election Day

People rarely tell the truth during surveys. Most people tell the pollsters what everybody wants to hear. They have the feeling that if they tell them an

opinion that is not popular, they will be harassed, either by the person doing the survey or other people. They probably have the feeling that the person will argue with them longer if they say something unpopular. People do not trust surveys nor do they trust the people asking them. They also think that the pollster will probably trash your opinion also. So, to save everyone time and money, they just say what is popular.

Pampagulo lang

John Tory, Karen Stintz and David Soknacki joined the Mayoral race just to confuse people. They say that Olivia Chow has the race representing the left of politics so people will identify her easily. To the right of politics, is Rob Ford and Tory, Stintz and Soknacki. That's a load of crap. This will boil down to Rob Ford versus Olivia Chow. I put my 1 dollar on Rob Ford.

US to help in Talking

Russia has already taken Crimea and the US did nothing. Europe did nothing. Unless your country has vast oil reserves, do not expect the United States to come to your aid militarily in a heartbeat. Look what happened to Iraq when Saddam attacked Kuwait. We're not really sure whether US came to the aid of Kuwait or was worried about Saudi Arabia. Let's talk about the Philippines. Do we have oil? Nada. Ay naku patay na.

Filipinos in the Running

Rafael Fabregas is asking for your help in securing the federal Liberal nomination for Scarborough Centre. If nominated, he will be the Liberal's representative to run for the House of Commons. Ace Alvarez is running for Trustee in Scarborough. I know Ace personally and I wish him all the luck.

Spotlight

Gina Pareño

Versatility serves her well



Gina Pareño (born Gina Acthley on October 20, 1949) is a Filipina actress born to a German-American father and a Filipina mother.

She started her career in the 1960s as an extra in several films and then later on became one of the artists of Sampaguita Pictures. In 2006, she gained international recognition for her role in Kubrador (The Bet Collector) wherein she won the Best Actress award at the Oslan's Cinefan Festival of Asian and Arab Cinema and at the Brussels International Independent Film Festival. Pareño also won the Metro Manila Film Festival Award for Best Supporting Actress as an outspoken and brash mother in the movie Kasal, Kasali, Kasalo and then later on received accolades for the same film and category in the FAMAS Awards as well as the Film Academy of the Philippines Awards in that same year.

Gina has been one of the sexiest stars during her stardom and has been offered to play the role as the mother of other sexy stars like Rufa Mae Quinto in the movie Booba in 2001 and in 2004 for the movie Masikip sa Dibdib: The Boobita Rose Story. Gina Pareño offers a very flexible skill in acting that she fits perfectly in playing the role of a comedian and appeared in many comedy gigs together with other Filipino comedians.

Gina got involved in drugs that almost ruined her acting career but her loyal friends never gave up on her and prodded her to be rehabilitated. She took her second chance in her acting career after her rehabilitation at the DARE Drug Rehabilitation Clinic and her loyal fans embraced her again with support when she appeared in the television soap opera Darna in 2005 where she co-starred with Angel Locsin.

Pareño and co-actress Jaclyn Jose were cited in the 61st Cannes Film Festival in 2008 for their performance in Brillante Mendoza's *Serbis*. The film earned several recognitions including a Best Actress award for Pareño at the 6th Pacific Meridian International Film Festival and an Asian Film Award for Best Supporting Actress.

Submit ads & press releases by
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Scene in the City

Britney Waito, one of the guest artist performer ! Light of a Million mornings concert benefit concert for victim of typhoon Haiyan along with Cornelia Luna, Ken De Los Santos of Miss Saigon in Toronto, Tuptim in the King and I (Broadway and west End), sang a gospel song How Great The Art By Carrie Underwood. Everyone loved her performance which was so amazing. her parents are so very proud of her talent. It was held at Portico Community Church 1814 Barbertain Road Mississauga March 2, 2014 .



LAUGH RESORT

HONEST GRANDMA

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, 'Mrs. Jones, do you know me?'

She responded, 'Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.'

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, 'Mrs. Jones, do you know the defense attorney?'

She again replied, 'Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him.'

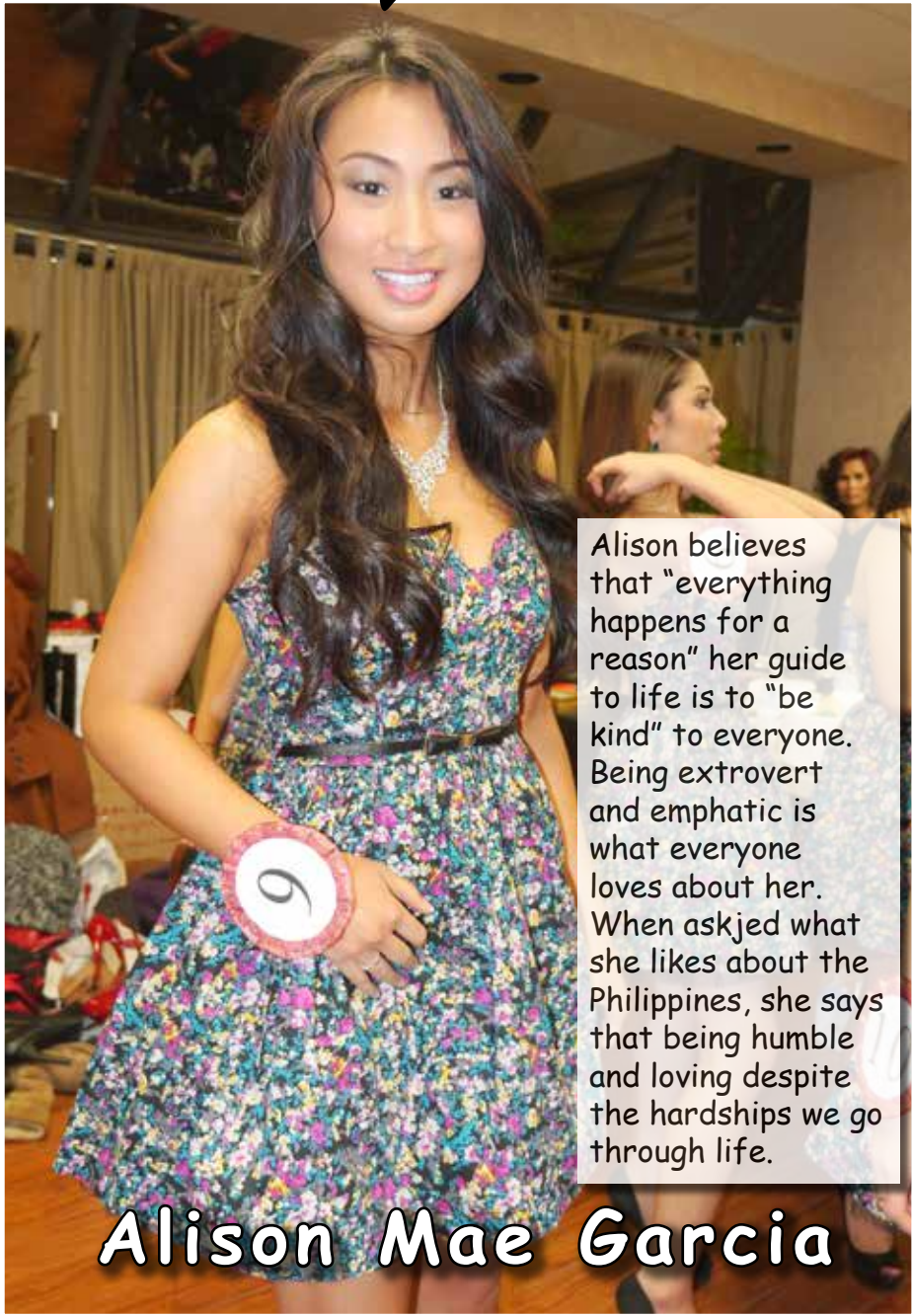
The defense attorney nearly died.

The judge asked both counselors to approach the bench and, in a very quiet voice, said,

'If either of you idiots asks her if she knows me, I'll send you both to the electric chair.'



Honey Shot



Alison believes that "everything happens for a reason" her guide to life is to "be kind" to everyone. Being extrovert and emphatic is what everyone loves about her. When askjed what she likes about the Philippines, she says that being humble and loving despite the hardships we go through life.

Alison Mae Garcia

Meg Imperial says she's not just a sexy star

MANILA – Meg Imperial does not feel too comfortable when men look at her in a different way.

In an interview, Imperial said she does not want the public to see her only as a sexy actress since she hopes they would also notice her talent.

"Hindi naman ako nag-start as sensual.

Nag-umpisa ako sa teenybopper na roles. Nung FHM lang siguro medyo nagkaroon ako ng confidence sa sarili ko na I can be sexy naman in a nice way. It doesn't

mean naman na sexy ka, kailangan mo maghubad in front of many people at ipakita mo sa kanila 'yung buong katawan mo. Hindi ganun," she said.

Asked if she is willing to go full nude when a role asks for it, Imperial said: "Ako siguro sa ngayon hindi ko masasabi. Parang for me, if may talent ka naman, hindi ka naman ipakita lahat."

"Hindi naman ni-launch para maghubad sa mga tao. Sexy lang and sensual. Parte lang siya ng packaging, ng image pero pag-arte talaga 'yung gusto kong i-showcase sa mga tao," she said.

Imperial is part of ABS-CBN's upcoming series "Moon of Desire." The series will co-star JC de Vera, Ellen Adarna, Dominic Roque and Miko Raval.

In a previous interview, Imperial also said the series is more than just a sexy-drama show.

"Ito po 'yung teleserye na may kwento po talaga. May medical [aspect], may love story. It's about hypertrichosis or abnormal hair growth sa katawan ng tao," she said.



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Fil-Am in World Trade Centre stunt



NEW YORK -- A teenage thrill-chaser slipped through a fence, eluded a security guard and climbed to the top of 1 World Trade Center, authorities said Thursday, as concerns swirled about the audacious breach at what is supposed to be one of the world's most secure sites.

Justin Casquejo, 16, of Weehawken, N.J., described by a friend as an adventure-seeker who loves to climb precarious places, spent about two hours early Sunday atop the symbolic and as-yet-unfinished 1,776-foot tower, authorities said. He apparently just wanted bragging rights and perhaps some photos. But the alleged escapade stirred what-ifs about the notion of someone with a more sinister agenda infiltrating the nation's tallest skyscraper. "Obviously, it was shocking and troubling," said Mayor Bill de Blasio, "and I don't know how possibly it could have happened."

Joe Dunne, security chief of the bi-state Port Authority that has jurisdiction over the building, said officials "take security and these types of infractions very seriously."

The youth was being held without bail after an arraignment Monday on criminal trespassing. His lawyer, Pamela Griffith, declined to comment.

The boy told police that he simply walked around the construction site and found a way through scaffolding about 4 a.m., according to a court complaint. He squeezed through a one-foot opening in a fence, said Port Authority of New York and New Jersey police spokesman Joe Pentangelo. The authority owns the site.

The court complaint quotes the teen saying he climbed to the sixth floor, rode an elevator to the 88th and then took stairs to the 104th. There, he slid past an inattentive security guard, a private contractor employee who has since been fired, Mr. Pentangelo said. The boy told police, "I went to the rooftop and climbed the ladder all the way to the

WELCOME

At the cocktail reception hosted by the Philippine Ambassador to the Russian Federation, His Excellency Alejandro Mosquera entertains travel agenst from the Philippines, with Felise Cruz, Rizza Sebastian, Fina Joven and Wilson Techico at Philippine Embassy, Moscow, Russia.



antenna," according to the complaint. WABC-TV reported that he took pictures from atop the building; authorities said they were still trying to determine his motive. He was arrested on site, and his camera and cell phone were seized after authorities obtained a search warrant, Mr. Pentangelo said.

Patrick Flores, 18, a neighbor who grew up with the arrested youth, described him as "a really good kid" who has always been highly interested in adventure. "He was always the one climbing the cliffs, doing something stupid," Mr. Flores said, referring to cliffs on which Weehawken sits, across the Hudson River from Manhattan, with clear views of the World Trade Center and the rest of Manhattan's skyline.

"But that was him; that was his life," Mr. Flores said. "I've seen him fall and hit his head and get up and walk away like it was nothing."

Mr. Flores said the boy had recently become interested in parkour, an extreme sport that combines elements of martial arts, gymnastics and rock climbing and has become popular through YouTube videos of acrobatic athletes vaulting around public outdoor obstacles such as park benches, guardrails and buildings.

If he was looking for bragging rights, Justin Casquejo couldn't have picked a more appropriate building. Throughout its reconstruction since the Sept. 11 attacks, the building once known as the Freedom Tower has been enmeshed in elaborate security proposals.

Ultimately, plans call for a \$40 million system of barriers and checkpoints around the 16-acre trade center, which includes several towers, the Sept. 11 memorial, a transit hub and other features.

Most of that security structure has yet to be built.

2 Filipino teachers get life for drug 'mule'

Nearly five years after their arrest, two Filipino teachers in China moonlighting as drug mules for an international drug syndicate who chose them because of their "noble profession" have been meted out life sentences for smuggling heroin into Manila.

In his decision dated March 11, Judge Petronillo Sulla Jr. of the Pasay City Regional Trial Court Branch 110 found Salvador Agunday Alberto and Jane Turalde Vargas guilty of transporting 887.88 grams of heroin in 2009.

"The prosecution having proven the guilt of both accused beyond reasonable doubt of the offense charged in the information, judgment is hereby rendered finding them guilty as charged and they are hereby sentenced to [each] suffer the penalty of life imprisonment," he said.

At the same time, the judge ordered both to pay a fine of P500,000 each for violating the antidrugs act.

"The conviction of the pair hopefully will serve as a warning to others drug mules or those contemplating to [become] drug carriers not to succumb to easy money," NBI Deputy Director Ruel Lasala of the task force for illegal drugs told the Inquirer.

According to the NBI, the two taught in Bicol region until they left for teaching jobs in China in 2004. Both were later granted residency visas.

According to Lasala, drug mules get as much as P1.2 million per delivery, especially to China where they face the death penalty should they get caught. The price of illegal drugs in China is 10 times higher compared to that in other Asian countries.



"DYESEBEL" IS MOST WATCHED PROGRAM IN PHL.

ABS-CBN's biggest teleserye offering for 2014 "Dyesebel" won the hearts of primetime TV viewers as its pilot episode clinched the number one spot on the list of the most watched TV programs in the country. According to the data from Kantar Media on Monday (March 17), the fantasy series topbilled by Anne Curtis, Gerald Anderson, and Sam Milby scored a national TV rating of 32.8%, or almost 15 points higher than its rival program on GMA "Kambal Sirena" (17.9%). Aside from TV ratings, the latest TV adaptation of the Mars Ravelo classic also conquered social networking sites such as Twitter, where the show's official hashtag #DyesebelAngSimula became one of the worldwide trending topics. Meanwhile, primetime TV viewers will fall even more in love with the new Kapamilya serye as Lucia (Dawn Zulueta) gives birth to her and Tino's (Albert Martinez) child, who they will name Dyesebel. How will Dyesebel face her fate as the only living half-human and half-mermaid? Will she successfully unite the two worlds that have been at war for a long time? Don't miss the adventures of "Dyesebel" weeknights after "TV Patrol" on ABS-CBN Primetime Bida. For more information about "Dyesebel" visit the show's official social media accounts at Facebook.com/DyesebelTV and Twitter.com/DyesebelTV.

JULIA AND ENRIQUE SHARE THE BEAUTY OF TRUE LOVE IN ABS-CBN'S "MIRA BELLA"

Kapamilya stars Julia Barretto and Enrique Gil are set to share the beauty of true love in ABS-CBN's official summer teleserye "Mira Bella."

"Mira Bella's" story will revolve around Mira (Julia), a young girl who inherited the curse of having a wood-like skin.

How will Mira show everyone that one's inner beauty is more important than physical appearance? Will she finally get the love and acceptance she has been longing for when Jeremy (Enrique) comes into her life?

Also joining Julia, Enrique, Sweet, and Pokwang in "Mira Bella" are Sam Concepcion, Mylene Dizon, James Blanco, Liza Diño, DJ Durano, Mika dela Cruz, Arlene Muhlach, Alora Sasam, and Gloria Diaz, with the special participation of Dimples Romana.

MB is under the direction of Erick Salud, Jojo Saguin, and Jerome Pobocan. It is the newest masterpiece of Dreamscape Entertainment Television, the group that created the phenomenal drama series "Walang Hanggan," top-rating superhero teleserye "Juan dela Cruz," and the recently concluded timely series "Honesto."

Don't miss the beginning of a beautiful love story in "Mira Bella" on ABS-CBN Primetime Bida. For more information about "Mira Bella," visit the show's official social media accounts at Facebook.com/MiraBellaOnline and Twitter.com/MiraBellaOnline.



Scenes in the City



Finalists of the PNT Singing contest pose with judges, hosts and producers at Prestige last March.

“he would rally the eventual composition of Trustees in the Toronto Catholic District School Board (TCDSB) for observance of the tenets and values of the Catholic faith in its policies.”

Alvarez was the ethnic media representative from September 2007 to September 2009 to the Canadian National Exhibition Association (CNEA) — the organization which runs the annual Canadian National Exhibition (CNE), an 18-day fair taking place every August, concluding on Labour Day. The CNE is the largest annual fair in Canada and the fifth largest in North America, attracting



Alvarez served as Director & VP for General Public Relations of the premier business organization in Toronto, Philippine Chamber of Commerce-Toronto (PCCT) from 2005 to 2008. His services were again requested for the organization by the more influential members of the PCCT for the 2011-2012 term, this time as the 1st Vice President for Government Relations and Member of the Board. Currently, he serves his second term as the PCCT's VP for Government Relations. The PCCT attributed to his

Alvarez was awarded in 1999 by the Canadian Ethnic Journalists' and Writers'



TCDSB Ward 12 covers South of Highway 401 on the north; Morningside Avenue on the east up to the lake on the south; Brimley Road down to Eglinton Avenue E, then going west to Victoria Park Avenue, south to the lake (please see enclosed map). [Campaign for Ace Alvarez]

PAENG NEBRES IS RE-ELECTED PRESIDENT OF BICOL CANADA

While IPEN has always had a swimsuit competition wherein the contestants bring their own swimsuit,



all wear the same identical two piece swimsuits.

Angel-Luis to get married?

So, who is next showbiz couple to be engaged? Will it be Luis Manzano and Angel Locsin? It seems that everyone wishes for the reunited couple to settle down. Are they really ready for it at this point of their personal and career life? Just asking...

High power bills slows call centre growth



Call centers like the one in the photo operate 24x7 and consume a huge amount of electricity. Member companies of IT and Business Process Association of the Philippines (IT-BPAP) are concerned that the recent sharp increases in the cost of electricity would result in slower growth for the industry.

High power rates dim call center outlook

MANILA - Expensive power could hurt the Philippines' standing as one of the world's major hubs for business process outsourcing (BPO), industry officials say.

"While we understand the reasons for the high power costs in the Philippines, we also believe that something has to be done to bring it down to help the projected growth of the BPO industry," Stellar Philippines Human Resources Vice President Angelito Cruz said.

Cruz and some of his colleagues at the IT and Business Process Association of the Philippines (IT-BPAP) are concerned that the recent sharp increases in the cost of electricity would result in slower growth for the industry.

Cruz also said that the power hike may keep call center companies from providing better wages and incentives to their employees.

Even before the Manila Electric Co. (Meralco) sought to impose a P4.15 per kilowatt-hour increase last December – the steepest rate hike in history – Filipinos were already paying more for their power than most of their Asian counterparts.

In 2012, rates charged by the Manila Electric Co. were the ninth most expensive out of 44 distributors in Asia, a study by the International Energy Consultants revealed.

Data from the Japan External Trade Organization also showed that among 37 cities in Asia and Oceania in the same year, Manila had the third highest rates, with Filipinos paying three times more than power consumers in Beijing or Seoul.

While the Contact Center Association of the Philippines (CCAP) says the higher power rates will not affect employees' salaries, call center workers are worried nonetheless.

Gerald Louise Galfo, 25, said that he is worried that his salary as a call center agent would be affected by the power hike.

"Yes, it really worries me. My salary might

be affected," he said.

He also said the power rate hike would be an extra financial burden, considering the P22,000 he earns every month is just enough to pay the rent and cover his transportation, food, water and electricity bills.

Joy Zartiga, a single mom with five kids and a call center agent earning P27,000 a month, on the other hand, is more concerned with the higher cost of living the power rates will bring.

"I don't think the power hike will directly result in a pay downgrade for me, but it will have severe economic impact [on things] like [transport] fares, the cost of fuel, and the increased cost of goods and services," she said.

She also worried that higher costs mean lower profits for call centers, which could hurt prospects for salary increases.

But CCAP Research Manager Cesar Tolentino said Filipino call center agents need not worry as none of its more than 80 call center company members plan to cut back on salaries.

"No, it will not affect the employees' salaries. It will just affect the operating costs but it will always depend on the consumption level. I think the most significant implication will just be higher electricity costs," he told Manila Bulletin.

Tolentino also said they will not be severely affected by the power rate hike over the long term.

He added that they have already created programs to reduce power consumption and that promote better energy management and conservation.

CCAP members, for example, have invested in power-saving devices such as LED screens instead of overhead projectors and LED lights instead of fluorescent lights.

"[W]e also improved the layout of office spaces to minimize pockets of hot air that are difficult for air conditioning units to cover," he said.

The increasing power costs, Tolentino said, is a natural eventuality and thus unavoidable. This, however, he said, highlights the need for consumers to be more responsible.

"We make our employees aware of it so they can help in reducing power consumption. We encourage them to stop wasting and to conserve," he said.

He also said that they encourage everyone in their companies to minimize the use of elevators.

Most of the BPO companies, he also said, have enrolled in Meralco's Peak/Off-Peak (POP) program.

This Meralco program, formerly known as "Time of Use (TOU), gives discount rates during off peak hours (9 p.m. to 8 a.m. for Monday to Saturday and 8 p.m. to 6 p.m. on Sunday).

He also said that CCAP is drafting a project which seeks to include government intervention in reducing electricity costs.

Aside from programs such as Meralco's POP program, they recommended to the Energy Regulatory Commission (ERC) to ask Meralco to "improve its mix of sourcing power and purchase from Wholesale Electricity Spot Market (WESM) and National Power Corporation (NPC) during non-peak hours."

Government intervention, their study showed, can reduce electricity cost by at least \$0.07/kilowatt hour (kWh).

With energy saving programs and government intervention, BPO companies can save up to \$14.8 million (P592 million) a month, he said.



JDLSPA singing group Diamond prepare their number for the Charice Pempengco concert.



Things Kathryn would like to do now that she's 18

Kapamilya star Kathryn Bernardo turns 18 on March 26, and although at first she did not like to have a grand debut party, she changed her mind when she realized how big a milestone it is. "Gusto ko lang sana mag-travel to Europe, but I finally decided to celebrate my debut para na rin sa mga fans."

So now that she's officially becoming an adult, will Kathryn agree to kissing scenes with her leading men? Will she be allowed to have a boyfriend now?

She answers both with a resounding "no." Her mom, whom she described as a "cool mom" will still be with her anywhere she goes. Her mom will also remain as her financial manager because she feels she cannot handle her own finances yet.

So what does she want to do now that she's becoming an adult? "I want to travel to Europe, as I've always wanted to explore the world. And I'd like to drive my own car now."

Living on her own is far from Kathryn's mind. "Hindi pa ako puwede magsarili, I want to still be with my family. Becoming an adult comes with responsibility, alam mo na ang tama at mali."

Dubbed as the "Teen Queen," Kathryn started out on "Goin' Bulilit" when she was seven and went on to appear on "Mara Clara," "Princess And I" and "Got To Believe."

Scenes in the City



FIRST, Ontario Filipino Women's Club with Sheila Coronel (a veteran Filipino journalist and expert in Int'l Affairs Investigative reports); named as Academia Dean of Columbia Journalism School. From L-R: Angeli Hopper, Rebecca Reyes, Annabelle Migalbin (OFWC President), Sheila Coronel, Anne Yamoto, Mary Grace Enciso (OFWC Queen 2013), Hunny Chona Irechris, Melissa Rasie (OFWC Princess 2013), Marilyn Rasie, Cerena Masu and Perla Villan. This PPCO event was held at the University of Toronto on March 28, 2014. Photo by Ariel Ramos. SECOND, Carlo Figueroa, Eileen Mangubat (the 2014 awardee of Marshall McLuhan Award for journalism, PPCO vp Rose Tijam and Consul-general Junever Mahilum-West pose at the luncheon. THIRD, Megaworld's Marissa Corpuz, Canadian Embassy's Carlo Figueroa and congen Junever Mahilum-West enjoy the uncheon for Eileen Mangubat at Casa Manila. FOURTH, Sheila Coronel was a guest of the PPCO.

Gazmin to activists: Why don't you protest China incursions?

MANILA, Philippines—Defense Secretary Voltaire Gazmin on Saturday twitted activists for their silence on the country's territorial dispute with China, while they loudly protest the Philippines' new defense cooperation agreement with the United States.

"Our problem is we keep on complaining [about] the Enhanced Defense Cooperation (with the US). Why don't we complain when the Chinese [used] water [cannons] on us? Why? Nasaan ang pagka-Pilipino natin (Where is our Filipino spirit)? We demonstrate against those who are helping us but we don't demonstrate against those who are bullying us," Gazmin said in Filipino.

"This fight [for territory], it's not only the leaders who are involved. It's all the Filipinos. It's the problem of the Filipinos. This is not just a problem of President Aquino. It is a problem of Juan, a problem of Pedro," Gazmin told reporters on the sidelines of the 117th anniversary of the Philippine Army at Fort Bonifacio.

Gazmin said the Department of Foreign Affairs was the government agency tasked with answering questions about the country's moves to address the dispute with China over the Ayungin Shoal in the Spratlys.

But he could not help but wonder out loud why some Filipino activists were protesting the Philippines' Enhanced Defense Cooperation with the US but were quiet when it came to the maritime row with China.

The Philippines will file a memorial, or a written pleading, on the West Philippine Sea territorial dispute with China before the United Nations Arbitral Tribunal on March 30.

China has refused to participate in the arbitration proceeding, insisting the dispute should be resolved bilaterally with the

Philippines.

Last month, Chinese coast guard ships blocked a Filipino vessel on its way to Ayungin Shoal to deliver food supplies to the Marines stationed there.

The Marines are on a rusty naval hospital ship that was grounded on the shoal in 1999 to mark the Philippines' territory.

The Agreement on Enhanced Defense Cooperation (formerly known as the Framework Agreement for Increased Rotational Presence) being hammered out by the Philippines and the US is widely seen as a deterrent to China's increasing aggression in connection with its territorial claims in the South China Sea.

The working draft of the new security deal would allow for an increased US military presence in the country and access to the Philippines' military bases. Philippine authorities, on the other hand, would have access to US facilities set up inside the local military bases.

Gazmin said the Philippines and the US were working on the final details of the agreement.

US President Barack Obama is scheduled to visit the Philippines in April.

More babies being born in health centers – survey

MANILA, Philippines - Six in 10 childbirths took place in a health facility in 2013, an improvement from previous years, the Philippine Statistics Authority (PSA) reported recently.

The preliminary results of the 2013 National Demographic and Health Survey (NDHS) of the PSA showed there has been some improvement in delivery care with an increase in



facility-based deliveries and in births delivered by health professionals.

"Among all births in the five years preceding the 2013 NDHS, 60 percent were delivered in a health facility. This is higher than the figure reported in the 2008 NDHS, which is 44 percent," the PSA said.

It added that the percentage of births delivered by a health professional increased to 73 percent in 2013 from 62 percent in 2008.

The percentage of births delivered in a health facility varied across regions in the country as it was recorded at 76 percent in Metro Manila and 12 percent in the Autonomous Region in Muslim Mindanao.

Of the country's 17 regions, eight posted remarkable increase in the percentage of facility-based deliveries.

These are Eastern Visayas, SOCCSKSARGEN (South Cotabato - Cotabato - Sultan Kudarat - Sarangani - General Santos City), Central Visayas, Ilocos, Caraga, Cordillera Administrative Region

(CAR), Cagayan Valley, and Bicol.

Meanwhile, only three regions showed a significant increase in the percentage of childbirths with skilled attendants such as Eastern Visayas (67 percent in 2013 from 43 percent in 2008), SOCCSKSARGEN (56 percent in 2013 from 36 percent in 2008) and CAR (85 percent in 2013 from 67 percent in 2008).

The results also

show that antenatal care has improved over the past two decades.

The percentage of those with antenatal care from a health professional climbed to 95 percent in 2013 from 88 percent in 2003 and 83 percent in 1993.

Moreover, the percentage of women with four or more antenatal care visits for the most recent live birth rose to 84 percent in 2013 from 70 percent in 2003 and 52 percent in 1993.

While improvements have been noted, the PSA said more still has to be done.

"There is still a need to further improve and strengthen the implementation of the National Safe Motherhood Program by the Department of Health in order to achieve the Millennium Development Goal (MDG) target by 2015 at 100 percent," the agency said.

Adopted by countries in 2000, the MDGs need to be achieved by 2015 to respond to the world's main development challenges.



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Manny Yanga is Candidate for TCDSB Trustee of Ward 7-Toronto

by : Tony A. San Juan



To the Chinese, 2014 is the year of the wooden horse. To us Pinoys in the Greater Toronto Area, it's the year of a great season for big hopes and bouyant expectations. Recent reports reveal that 4 candidates of Filipino descent are vying for Catholic trusteeship within the Toronto Wards and another two, for Federal MP and municipal councillorship .

Reasonably, the Filipino Canadian community is proudly honoured and feverishly agog over the entry and candidacy of a number of community and religious lay personalities for leadership positions in Toronto, especially in the Toronto Catholic District School Board. This, certainly, is good news and elicits bright boding for the Catholic community of the many faithfuls and devoted adherents in the life of Christ.

A competent and charismatic leader, Emmanuel “ Manny”Yanga, is seeking to win as a Trustee of Ward 7 of the Toronto Catholic District School Board (TCDSB). Ward 7 -Scarborough-North York ,Toronto is sited in East Yonge St./ Bayview Ave.,south of Steeles Ave. east, North of 401, East of Victoria Park, West of Brimley Rd. & Kennedy Road, and North of Eglinton Ave. east .There are 17 Catholic elementary schools in Ward 7 and among the secondary schools are : Brebeuf College, St.Joseph's Morrow Park, Mary Ward, and Jean Vanier

Affectionately called “Manny” by relatives and friends, E.Yanga is a proven and capable leader in the religious lay and

socio-civic communities in Toronto. He served as founding president of Toronto Kapuso Lions Club, past president of Golden Vision Lions Club and in 2011, joined & became the chapter commander of Scarborough Knights of Rizal (KOR).

In 1994, Manny was instrumental in organizing the Couples for Christ Catholic Charismatic Community and also was a member of the Council of Elders and the evangelization director for Canada. Currently, he is Deputy Grand Knight of the Knights of Columbus-Our Lady of Assumption Council #12582 . A 4th degree member, he was elected Faithful Captain of Assembly of Jesus # 2692 at Blessd John XXIII Parish.

Happily married to the former Elizabeth Quiazon of Santa Cruz, Manila, Manny was born and grew up in Malabon, Rizal. A graduate of Mapua Institute of Technology with a B.Sc. in Business Administration and Master's in Marketing, he migrated to Canada in 1994 with his wife and family of 2 boys and two girls, all adults now and with 7 grand kids.

During his early years in Canada, he worked as new car salesman of Roadsport Honda, then became a sales consultant in 1999, and was senior account manager and financial services manager of Parkway Honda until he moved to Scarborough Toyota Lexus in 2011 as its senior product advisor. Manny is proud of having received lots of recognition and business excellence awards from varoius civic, social & religious organizations.

Active in the community, Manny is a generous supporter of worthy causes, donating time and money towards undertaking calamity/disaster relief assistance and charitable contributions both in the Philippines and in Canada.

A strong Catholic believer and family man, Manny plans to offer transformative solutions and initiatives to issues and concerns of residents-- parents and students alike in Ward 7, especially for secondary and elementary students to achieve academic success and performance. He can be reached at Tel.416-858-0616 or email: mannyanga@gmail.com. Good luck Manny. May our dear Lord bless and be with you, always! (TSJ)

Tony A.San Juan,OCT
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Season of the Long Drive

Chuchay's is worth dropping by if you go to Ohio



TOP LEFT, That's me buying the Cerveza Negra with owner Mars Ordonez. RIGHT, My friend Ed Tubale checking out the sisig. BELOW, Some of the Filipino items for sale at the store.



It's that time of the year when Filipinos take the seasonal long south of the border to the uS to visit family, friends and outlet malls, not necessarily in that order.

In my case, it is the yearly long drive to Ohio with my firend's family to visit their family in Westerville, Ohio.

Their family in Ohio also serves as my ship-to-address when I order something from B&H Photo-video store in New York. It saves me money on shipping and also duties. If you buy something from this store and they ship it to an address outside the New York state, they do not charge New York tax. The duty is the bigger factor. It can literally save you hundreds of dollars, which can be used instead to buy more items.

The last time we went there, we managed

to go to a Filipino store in Ohio. Well, serves as a de-facto Filipino store in Ohio.

Called Chuchay's the store is actually a convenience store. Mars Ordonez, the proprietor decided to carry Filipino goods and serve the growing Filipino community. I found some goods that we never find in Filipino stores here in Toronto.

The store stock lots of Goldilock's ensaymada, Magnolia ice cream flavours like ube with red bean, Thai tea, and cashew langka, Magnolia margarine, Cheezee spread, tocino, tapa, quezo de bola, Goldilock's black forest cakes and more. They also have Turo-Turo sisig. The above items were all ready to cook or ready to eat frozen or refrigerated items.

However, the biggest thrill is being able

to buy beer at the Chuchay's. It's real beer, not the non-alcoholic kind that you seen in groceries here in Toronto. I was able to buy San Miguel Cerveza Negra. I bought a few cases for my brother in law Hermie.

Of course, what Filipino store will not have hot, freshly-made meals in the store.

There have been other Filipino establishments in Ohio I found on the web but when you get there, they are closed already. With Chuchay's on facebook, you will see what he makes for the day so you will know that he is still open for business.

You can say that Chuchay's serves the roughly more than 2 million plus Filipinos in the cities of Columbus and Cleveland combined alone.

If you happen to be in Ohio, check out Chuchay's for some not-yet-in-Toronto items that you might be interested in.

Paul Soriano Plans Proposal, Says Wedding With Toni Gonzaga Coming 'Very Soon'

Paul Soriano is intent on marrying long-time girlfriend Toni Gonzaga.

The director has revealed that he sees his wedding with the actress as his next big project and says he just needs to propose.

Soriano and Gonzaga have been together for nearly eight years.

"Definitely, the next step in my life is the wedding," the successful director said.

He noted, however, that he still has to propose adding that "Then we do the wedding."

He said the wedding will likely be "very soon."

The director did say, nonetheless, that it is hard to propose to Gonzaga.

"It's very hard to surprise a woman, so I can't really say so much about it. It's got to be special," he said.

When does Soriano plan to propose?

"When she least expects it," he said.

Wouldn't telling the whole world that you plan to propose make your girlfriend always suspicious and on the lookout for when you actually do it?

Nevertheless, Gonzaga has been quoted in the recent past that she has plans to settle down.

If Soriano will propose to Gonzaga very soon, they will follow Bianca Gonzalez, a good friend of Gonzaga, who just said yes to boyfriend and basketball star JC Intal who proposed at NAIA.

Epy Quizon Supports Zsa Zsa Padilla On Dating A New Guy

Epy Quizon is not aware that his stepmother, Zsa Zsa Padilla, is dating a non-showbiz guy. But he said he will support and is happy for Zsa Zsa because he knows how much she loves his late father, the King of Comedy, Dolphy.

Rumors persist that Zsa Zsa is now dating a non-showbiz guy more than a year after Dolphy passed away because of his failing health. Epy said he was away for a couple of months, so he was surprised when he heard the issue just as soon as he came back to the Philippines.

It's okay to him that Zsa Zsa is dating again. He knows how much she loved Dolphy and that is not questionable.



Scenes in the City



FIRST, The Philippine Press Club Ontario (PPCO) hosted the lunch with Eileen Mangubat (the 2014 awardee of Marshall McLuhan Award for journalism - standing 5th from left); the event was held at Casa Manila on Feb. 28, 2014. SECOND, Honourable Mr. Justice Steve Corozza inducted the new set of officers AFCA (Association of Filipino Canadian Accountants) for 2014-2016 at Versailles Convention Centre on March 1, 2014. PHOTOS BY ARIEL RAMOS

Group charged with traffic of Pinays for sex

CEBU - Two Filipinos and a Singaporean national organized a syndicate that recruited Filipinas to work as prostitutes in bars in Singapore, government officials alleged.

Singaporean Richard Low allegedly stayed in Cebu City from May to June 2012 and recruited Filipinas to work as “performing artists” or “entertainers” in the Ramesses Pub in Singapore.

Maribel Villanueva, acting immigration officer and chief collecting officer at the Mactan airport, and Elmer Mata Ottara, identified as a resident of Barangay Looc, Mandaue City, allegedly assisted Low.

The Department of Justice (DOJ) on Friday filed a string of criminal cases in court against Low, Villanueva and Ottara for allegedly recruiting 10 Filipinas to work as prostitutes in Singapore.

Prosecutor General Claro Arellano approved the indictment of the trio for violating Republic Act 10364, as amended by RA 10364, or the Expanded Trafficking in Persons Act of 2012.

“After evaluating the evidence, we find probable cause against Low, Ottara and Villanueva, individually and collectively, for trafficking in persons,” read the 27-page resolution penned by Assistant State Prosecutors Juan Pedro Navera and Irwin Maraya.

The Inter-Agency Council Against Trafficking (Iacat) had acted on the letter-request from the International Justice Mission (IJM), which detailed the “sorry plight” of Filipinas who worked as “entertainers” in the Ramesses Bar in Changi Village.

Another 15 Pinays also worked as entertainers, allegedly in the Joudin Bar, also in Singapore.

An assessment by the IJM showed that the women are victims of human trafficking.

Janet Arceo, Iacat international and tourism section officer, and National Bureau of Investigation (NBI) agents Czar Eric Nuqui and David Golla went to Singapore and coordinated with the Singapore police, the Philippine Consulate and the Philippine Overseas Office to rescue the trafficked persons.

Before they arrived in Singapore, the Iacat officials received information that Low, who owned Ramesses Pub, was arrested by the Singaporean police for the murder of a customer inside his bar.

When the Iacat team arrived in



. WELL-PLACED WARNING. Girls and women who were brought into the Cebu City Prosecutor's Office in connection with human trafficking cases last year had to walk past a poster warning against the crime. (Sun.Star File)

Singapore on January 18, 2013, they team concluded that the Filipinas were indeed victims of a human trafficking ring operating in the Philippines and Singapore.

The team then advised the women to leave their dormitory and proceed to the Philippine Consulate, where their sworn statements were taken.

Skipped

On January 19, 2013, the Singaporean police assisted them in transferring from their dormitory to the Philippine Embassy.

The women told the Iacat team that they had all departed from Mactan airport from May to December 2012. They said Ottara recruited and assisted them in securing travel documents. Low, the bar owner, and the women skipped rigid immigration procedures and easily boarded their flight for Singapore despite the absence of work permits. Villanueva, the Mactan airport immigration officer, allegedly assisted them. She allegedly received P20,000 for each passenger that she assisted.

In Singapore, the women were required to work in Ramesses.

They were also required to have sex with customers upon payment of a bar fine of \$20 (Singaporean) to pay off what they owed Low for their transportation and other papers, amounting to P100,000 each.

Instructions

Leah (real name withheld), in her affidavit, said that a friend had convinced her that Ottara could bring her to Singapore as an entertainer in a pub.

They met Ottara in Cebu City and the latter told Leah to wait for a video call from Low. When Low called up, he told Leah that he liked her and wanted her to work for him. Low then allegedly told Leah that he would send a plane ticket and instructed her to wait for further instructions. She was also asked to bring documents showing her marriage to a Japanese national, so she could easily pass through immigration in Singapore.

Ottara later informed Leah that Low sent her a plane ticket and that she could leave for Singapore on November 30, 2012. She was asked to pay P2,170 for travel taxes and terminal fees.

Job description

Ottara briefed Leah that she would sing, dance and serve customers as an entertainer.

She was told that she would earn \$700 (Singaporean) a month.

She was never made to sign any employment contract, Leah later told the authorities, and did not receive any salary. She said she met 13 other Filipinas who also worked in the same club.

Ottara also reminded Leah that she

owed Low P11,500 for the plane ticket; P7,500 as show money; P2,170 for travel and terminal fees, and P3,000 for her travel documents.

When she arrived in Singapore, Low and his companion fetched her at the airport and they proceeded to Ramesses Pub.

She was told to change her clothes and immediately start working.

As a performer, Leah said, she did serve drinks to customers. But she also went out with them to have sex for \$300.

Another complainant, Janet (not her real name), said that Ottara convinced her to work in Singapore as an entertainer for P60,000 monthly.

'Assistance'

Janet made several attempts to go to Singapore, but was kept from flying out after she failed to provide immigration officers with valid documents of her business there.

Janet and two other recruits were finally able to board for Singapore after Villanueva, an immigration officer at the Mactan airport, allegedly assisted them on October 8, 2012.

In the Ramesses Pub, Janet said, Low instructed her to convince customers to buy ladies' drinks.

She was also told to perform “lascivious acts” to entice customers to buy more drinks. She went out and had sex with customers for a bar fine ranging from \$200 to \$400.

Half of the bar fine paid by the customers went to Low. Leah said she had sex with customers six times since she started working in the pub.

Eight other complainants also executed their affidavits corroborating the statements of Leah and Janet.

No bail

Villanueva, in her counter-affidavit, denied the charges, saying she complied with the airport rules and regulations of the Bureau of Immigration.

Of the 10 complainants, Villanueva said, six mentioned her name in their affidavits without detailing exactly what she did to allow them to skip rigid immigration procedures.

While she could no longer remember

PINAY SEX
continued on page 25



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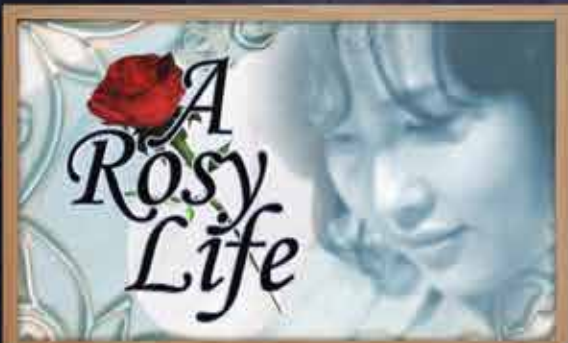
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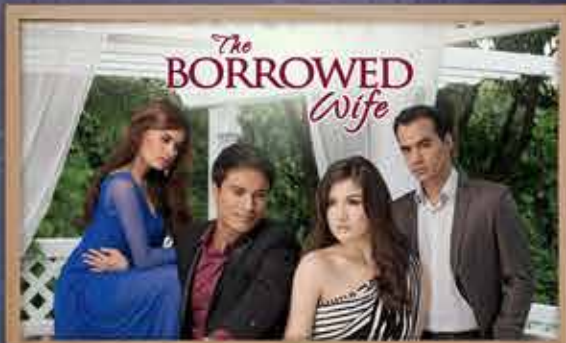
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Singapore frowns at Filipino Labor



Singapore construction workers

SINGAPORE - Another Singaporean chose to vent his frustration online over the plan of Singapore's People's Action Party (PAP) government to recruit some 200 Filipino construction workers a month.

Calling Filipino construction workers as the "latest cheap labor fad", the anonymous poster over at therealsingapore.com said while Filipino workers are better educated, speak English better than workers from China, Bangladesh and India, they are also "widely known to demand a lot more than others."

Singapore's construction and services sectors are highly dependent on foreign workers due to local labor shortage. Photo: Roslan Rahman/AFP

"It will only be a matter of time (when) more of them will start demanding for Permanent Residency in Singapore and make Tagalog an official language of Singapore," the anonymous poster said.

Branding Filipino workers as "hardworking, hungry and cheap", the Singaporean who used the alias "Cheated Singaporean" blamed the PAP for setting up training centers in the Philippines without making the same effort to open training centers in Singapore "then choose to complain blindly that no Singaporeans want to be a construction worker."

Cheated Singaporean believes the PAP turned its eyes on "docile" Filipinos after the recent Chinese drivers' strikes and a riot in Little India. But he or she warned Filipinos of Singapore's exploitative employment culture. Cheated Singaporean wrote that an unskilled Filipino construction worker will earn P23,000 in exchange for a hard, modest life.

"They may or may not get to earn more in Singapore, but their life is definitely going to be very much tougher than they already are in Philippines," Cheated Singaporean said.

The anonymous poster also noted that the fact that Filipinos are getting S-pass and E-pass will make other nationalities jealous and the long-term envy will create an imbalance in mindsets and lead to an increase in crime rate and cause trouble in the long

run. S-pass and E-pass are both work permits in Singapore. Usually, mid-level skilled foreigners are given S-pass while professionals with experience and skills get the E-pass.

Still, Cheated Singaporean said Filipino construction workers are going to sense the seriousness of income inequality and the lack of disrespect as felt by Indian workers.

The open letter turned personal when Cheated Singaporean asserted that with the influx of more Filipino workers in the island-state, their enclaves "will go beyond Lucky Plaza and Orchard Road."

"Singaporeans has (sic) already become estranged from the influx of foreigners and the further intake of these Filipino workers would make good reasons why more Singaporeans are getting bitter."

Cheated Singaporean claimed that having Filipino construction workers in their country benefits only those in the construction industry and the PAP which stands to gain \$750 a month per worker hired.

"Singaporeans will not only not gain a single cent from their presence, their public transport will be more crowded than ever," the anonymous Singaporean added.

Atty. Marc Titus Cebreros, Chief of the Human Rights Information and Communication Division, belied that Singapore and other countries do not gain anything from OFWs.

"Our OFWs contribute to the economic growth of Singapore and other receiving countries, as they are highly skilled and valued by their employers," Cebreros told Manila Bulletin Online.

Cebreros also defended OFWs from being branded as demanding.

"That's a bizarre, irrational and racist statement," Cebreros said, adding that the opinions of Cheated Singaporean do not reflect Singapore's reputation as a fair and educated society.

However, some comments online agreed with Cheated Singaporean with one saying how they will "pressure the PAP government not to accept Filipinos who are not Malays

and will upset the racial quota.

"Time to kick out more foreigners."

Some even labeled overseas laborers as "foreign trash" and noted how Orchard Road, the famous shopping district in Singapore, will be named Pinoy Road in the future and that PAP would mean Pinoy Action Party.

Earlier, another Singaporean complained about noisy Filipino maids in Singapore's buses and proposed for a private bus for them.

Fil-Can invents body heat flashlight

A Filipino-Canadian teenager, Ann Makosinski, describes herself as an average student who likes science and fiction writer F. Sionil José. She is also working on making the world a better place.

The 16-year-old is the inventor of a flashlight powered solely by body heat—absolutely no batteries are needed to make it work.

She says her project was inspired by a friend from Mindanao whose family could not afford to pay for electricity.

Without light at night, her friend could not study properly. She failed an entire school year because she could not read her lessons.

"I have not told her about my flashlight because it is not ready for use yet. It needs to be brighter and much cheaper to make," the Canada-based Makosinski says in an e-mail interview with the Inquirer. "I want to give her and many other kids something that is useful and lasting. If it's only half good, nobody will use it."

The flashlight, however, was good enough for her to win the 2013 Google Science Fair in the 15-16 years old category.

Makosinski's story has been shared several times in the social media and has caught the interest of several people, including American TV host Jimmy Fallon.

He was so impressed by her that when she guested in his "Tonight Show" recently, he said, "I'm going to work for her one day."

Makosinski uses a thermoelectric device called "Peltier tiles" to power her flashlight. Peltier tiles produce electricity when one side is heated and the other side is cooled.

Her flashlight can be heated with the palm of the hand and is cooled by the surrounding air through the hollow tunnel of the device.

"You need 3 to 5 degrees Celsius temperature difference for the flashlight to work," she says. "It is ideal for cold temperatures because the larger the temperature differential, the greater the light produced."

She says several companies have voiced interest in her flashlight. But she is adamant that until her flashlight achieves higher brightness at a lower cost, she will not agree to produce it for the public.



Carla Abellana Airs Side On Acting Award And Geoff Eigenmann-Kylie Padilla Rumors

Carla Abellana was named as the Best Drama Actress by the 5th Golden Screen TV Awards by Entertainment Press Society. She was awarded for her role in "My Husband's Lover" with Dennis Trillo and Tom Rodriguez.

Dennis won as Best Actor. He also shared his award to Tom.

Will Carla be choosy in her next projects? Carla said her manager will be the one to choose for her. Her full trust is on Arnold Vegafria.

Carla said that what's more important for her is the honor to be named the Best Drama Actress, and not the trophy. The honor is what's giving her the confidence to do better in her craft. This is her instrument to be better in the future.

During her acceptance speech, many were wondering why she didn't mention her boyfriend's, Geoff Eigenmann, name. Carla just laughed this off. She said that Geoff knows he's a part of her career ever since the beginning.

Geoff is the first leading man of Carla when she started in showbiz.

There were rumors in recent weeks that their relationship is on the rocks. Carla even admitted having problems. They ironed these problems out already, she said, adding that it's normal for couples to have problems.

She denied that she forgot to mention Geoff in her speech deliberately. Geoff is a part of her family. She didn't mention each of her family member's names. He knows already that she is thanking him when she mentioned her family. Besides, they are always talking and texting.

In fact, Geoff will celebrate his birthday on Sunday, so they will be together for a dinner with his family and friends.

"Okey naman kami. Siyempre, may mga kailangan pang ayusin at plantsahin... ganyan. Pero nakakaraos every day."

Maria Panaligan at Kornerstones



Birthday girl Maria Panaligan gets a hug from sister Ampee while friend Meghan Garvida looks on, Maria poses with family and friends, Maria blows the the candles on her cake. The celebration took place at Kornerstones Bar & Grill in Scarborough courtesy of man-about-town Ara Zona.

Donated Aid Food Spoiled

AID GOODS
continued from page 1

Manila Standard Today) admitted that four sacks of rice, four sacks of assorted biscuits, one-fourth sack of canned goods, three sacks and two boxes of used clothing, three sacks of used shoes and 10 pieces of instant noodles were indeed buried in the dump but not truckloads as was reported. She branded the report as “baseless, unfair and malicious”.



Revolting. Government social workers and residents inspect the food aid that turned out to be crawling with maggots at the village hall of Barangay Gacao in Palo, Leyte.

Mayor Petilla, a former Leyte provincial governor and former representative of the first district of Leyte, is the mother of Energy Secretary Jericho Petilla and incumbent Leyte governor Dominic Petilla. In the House, calls for an onsite investigation of the dumping of food aid gathered steam.

New Tacloban in the pipeline —Romualdez

TACLOBAN Mayor Alfred Romualdez (PHOTO) presented to the public the city government’s vision for a new city that was “resilient, vibrant and liveable.”



Speaking to about 2,000 stakeholders from the business sector, the academe, people’s organizations and other national and international relief groups, Romualdez said the city is focused on “bringing people to a safer area, with planned urban expansion.”

“We’re working on a plan for a new Tacloban in the northern part,” the mayor said, giving a ballpark estimate of P3 billion for the project.

“What is important is we have presented it to the public and we have given direction to the donors on where they are going to come in,” Romauldez told reporters in an

interview.

He said he hoped the new community in the north would be built by 2016, the end of his term.

Romualdez said the plan will also be presented to the various government agencies.

“At the end of the day, what will be followed is the Comprehensive Land Use Plan,” the mayor said, adding that the project would be incorporated into the national government’s rehabilitation plan.

“Even in the beginning, this is what the donors were asking. This is just a mechanism, but what we have now are areas being approved,” the mayor said.

He emphasized the important role that the national government had to play to get Tacloban back on its feet. “The built-in responsibility of the national government is to build the airport, highways, the port, national offices and others,” he said.

Ma. Adelaida Cea of the United Nations Human Settlements Program, who helped present the strategic framework of the plan, said the city could bounce back given its potential and opportunities.

The short-term plan focuses on construction, trading and diversification of agriculture. The medium-term plan calls for industrial development, tourism, business process outsourcing, and economic infrastructure development.

The construction of at least 7,000 houses in the north would serve as a catalyst, Cea said, generating about P300 million to P500 million in wages, and would spur ancillary industries/

With Tacloban as the center of the region with a population that swelled from 217,000 to 1.2 million in the daytime, the city had many opportunities, Cea said.

“The opportunities are still here, we just have to harness them,” she said.

But Romualdez reminded everyone that the city was still in “emergency mode” as long as not everyone was back in their homes.

The government has secured a 86 hectares lot ready for shelter needs and plans to acquire 30 to 50 hectares more, he said.

For its shelter projects, the city is targeting about 10,000 permanent housing units (now with total donor housing commitments of 6,661).

For the more immediate needs, the plan calls for 2,248 temporary shelters for survivors who were still living in tents and evacuation centers, 39,798 units for on-site repair and reconstruction, and 4,800 temporary shelters living in makeshift houses in Anibong and Sagkahan.

The mayor also highlighted areas in health care where donors come in to help, including the upgrading of the Suhi Health Center to an infirmary (P1.2 million); construction of New District Health and Birthing Center at Abucay (P 7 million); and V&G District Health Center (P700,000).

UN sets rehab review

The head of the United Nations Development Program will meet with President Benigno Aquino III next week to discuss recovery efforts in areas battered by super typhoon Yolanda. The forthcoming visit of UNDP administrator Helen Clark was announced days after the Commission on Audit acknowledged the “chaos” in the government’s initial handling of foreign and local aid for the calamity victims.

The UNDP said Clark will travel to Tacloban City to see first-hand the ongoing recovery activities in the areas devastated by typhoon Yolanda. Clark will also meet with Asian Development Bank president Takehiko Nakao during her three-day visit to the Philippines.

She is expected to sign an agreement with Japan on “increased support to Yolanda recovery work.”

On Feb. 16, marking the 100th day after the super typhoon struck, the UNDP issued a report saying the needs in the typhoon-hit areas remained “enormous.”

The UNDP has a three-year support program for the Visayas region, which revolves around three major pillars: governance; livelihood; and disaster risk reduction and sustainable environment.

Amid criticism of the government’s handling of cash and non-cash donations for Yolanda survivors, presidential spokesman Edwin Lacierda said the Foreign Aid Transparency Hub Version 2.0 will be launched on April 25.

He said the new website will signal a shift from transparency to accountability and will include where the donations actually went.



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Movie with John Lloyd or Piolo? Marian speaks up



MANILA – Marian Rivera is keeping her options open amid reports that there is brewing project that would pair the GMA-7 talent with either John Lloyd Cruz or Piolo Pascual of ABS-CBN.

But as much as she wants to work with a lot of actors, Rivera told ABS-CBN News that she does not want to preempt anything.

“Mahirap kasi magsabi na ‘Ah oo gagawa ako ng movie with John Lloyd’ or with ganito hangga’t hindi pa nagsisimula ‘yung isang project.

Parang minsan mahirap magsalita kasi madaming nagbabago,” she said, citing the movie which she was supposed to do with Coco Martin which did not push through.

In March 2012, Regal Entertainment Inc. even announced the still-untitled project with the two stars from competing networks, which would have been directed by Maryo J. de los Reyes.

“Like with Coco Martin before, dapat may gagawin kaming pelikula tapos hindi natuloy. So siguro kapag nandiyan na or may script na at nagro-rolling na kami, siguro doon masasabi ko na matutuloy na kami,” she explained.

Rivera added: “Kahit sinong makatrabaho ko na bago para sa akin, excited ako makatrabaho.”

Meanwhile, Rivera said she is flattered that Kapamilya stars Anne Curtis and Kathryn Bernardo complimented her March 2014 cover of men’s magazine FHM.

“Kaibigan ko naman talaga si Anne, nagkikita kami sa shoot. Hindi man kami nagtetestan or lumalabas na magkasama, alam namin na magkaibigan kaming dalawa. Si Kathryn kasi naging bata sa ‘Endless Love’ and naging malapit din sa akin ang bata na iyan so nakakatuwa,” she said.

In the cover photo unveiled last Thursday on FHM’s official website, the 29-year-old actress is seen posing wearing only earrings and a necklace at what appears to be a beach.

In Rivera’s personal Instagram account, Curtis commented on the cover photo and told the actress how gorgeous she looked.

“Nakakaloka ung body mo @therealmarian GANDROOOOUZI!” Curtis said.

To which Rivera replied, “@annecurtissmith yaaaay :) Hahahha take care :)”

Bernardo, on the other hand, commented on a behind-the-scenes picture which was posted by lensman Mark Nicdao. Referring to Rivera, the “Got To Believe” actress said: “She’s so perfect!”

Speaking to ABS-CBN News, Rivera said she is elated to receive kind words from actresses not from her home network.

“At least naa-appreciate nila ‘yung mga ganyan kahit hindi ako taga-kabila. Dito nawawala ‘yung wall ng bawat network na hindi naman masamang pumuri at magmahal ng iba kahit hindi mo ka-network,” she said.



MVP Reportedly Gives Up On Buying GMA-7

Many insiders have been swearing that the possible acquisition of GMA Network by PLDT-led group of Manny V. Panglinan (MVP) is already a done deal. But more observers are questioning why until now there is still no announcement about the transaction. It turns out that the possibility of a buyout of the Kapuso network by MVP would never materialize.

According to well-placed sources, MVP’s camp has finally decided to give up on buying GMA-7. That is because the popular businessman has already gotten fed up with the long and tedious negotiations. It also did not help that GMA-7 president Atty. Felipe Gozon remains elusive as to the prospects of him giving up his majority stake in the Kapuso network.

MVP’s Interest On GMA-7

It can be recalled that talks about the possible buyout of the network by MVP started in 2012, when the latter’s camp or people from TV5 started shouting out the news about the big possibility of TV5 taking over GMA-7. Initial speculations emerged that before the end of 2012, the deal would be completed.

In 2013, talks about that possibility did not wane. Some sources even swore that before the end of 2013, the deal would finally take place. But again, that did not happen. All that GMA-7 has been admitting is that some of its executives are really sitting down in negotiations with MVP’s camp.

But they don’t confirm or deny speculations that GMA-7 would be sold. Atty. Gozon was once even quoted as saying that the network is not for sale, but if a buyer would come to acquire it for Php 500 billion, he would really sign up immediately.

San Miguel Corp Comes In

However, there is a new angle to this story. Some sources claim that GMA-7 does not have the intention to give in to MVP’s offer because it is currently negotiating with two other possible buyers, which reportedly are offering much higher bids compared to MVP’s bid.

There are even reports that a buyout by tycoon Ramon Ang is already a done deal. Mr. Ang is the president and CEO of San Miguel Corporation and Philippine Airlines. Sources said that the acquisition is still in process but the two camps have already reached an agreement. They even advised observers to watch out in the coming days because GMA-7 is set to make an official statement about this deal.

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Scenes in The City



The Association of Filipino Canadian Accountants celebrated its 36th Anniversary and held its Gala Night Induction of Executive Officers and Directors and New Members on March 1, 2014 at The Versailles Convention Centre, Mississauga. Over 250 guests attended the event. PHOTO BY ARIEL RAMOS



Barkadahan Grand Reunion was held at 3270 Bathurst Street on Feb. 16, 2014.

From one ex to another
After declining his reunion project with
Dawn, Richard confirmed that he's off to

According to the group's members, Manalo is considered the last prophet of God.

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Paris Hilton in Pampanga real estate project +
Bela Padilla in Singaporean TV Series + *other stories*



Paris Hilton in Pampanga for
real estate project

Looks like she'll be back here again.
"Century Properties Group Inc. chief executive and president Jose Antonio announced Mar 13, that his company will launch another project in collaboration with Paris Hilton within the year," reports ABS-CBNnews.com.
Antonio explained that "the project will be located in an 8-hectare property in San Fernando, Pampanga." Hilton will again help in the design.
Antonio added that the residential and commercial project in Pampanga will be similar to the six-hectare Azure Urban Resort Residences in Bicutan, Paranaque but it will also feature retail shops. The construction is set to begin in the middle of the year.

Bela Padilla in Singaporean
TV Series

Not a lot of people know that Bela Padilla is part of a television series that is currently airing in Singapore.
Wha's more, her role as Analyn Ocampo is no small role in the hit TV series "Point of Entry" which is now in its fourth season aired by our Asian neighbor's MediaCorp Channel 5.
Padilla shared how she got the role and what it's like to work for a foreign television network in a recent interview with GMA News.
According to Padilla, there were many

Filipina actresses who auditioned to play the role of Ocampo, a Filipina who wants to help her family. Because of this, the character "flies to Singapore to get a better education," she said. She meets the lead character Glenn Chua played by Jack Yang while in the country.
Padilla said that she took a video of herself saying a few lines the makers of the show sent her.
After sending the video, however, she thought she did not get the role until she got a

call two weeks after from the producers. The makers of the show asked her to meet the director who flew to the Philippines to meet those who auditioned. After this, Padilla was informed she got the role.
Padilla's work can be seen in 14 episodes, enough for a whole season of the show, she said. They filmed for two weeks in the Philippines and a whole month in Singapore, she revealed.
As for her experience in dealing with the making of show outside of the country, she said there were less people who made "Point of Entry" than the typical crew here in the Philippines.
Sharing that there are at least 80 people on sets here in the country, she revealed that there were far fewer people on set when they made the show in Singapore.
"In Singapore, there are only eight of us on the set. It's just the director, the camera man, one lighting director and one assistant director. The assistant director also serves as their PA there," she said.
This meant that for the making of the show that revolves around ICA special agents who fight to keep Singapore's borders safe, she had to take care of herself. That's unlike here where there are a lot of staff to take care of the actors.
Nonetheless, she did get to learn something new from this different experience.
"We're mas maalaga here, but I appreciate that I became more independent there because I had to take care of myself," she said.

Meanwhile, Padilla appreciates the support from viewers in Singapore who watch the show.
"A lot of our Kapusos at Singapore have been tweeting me and kahit sa Instagram, they send me messages that they get to watch the show. Thank you so much to everyone who's been watching and also even the Singaporeans tweet, so nakakatuwa," she said.
Matteo Guidicelli Says Sarah Geronimo "Looks Hot" In Short Hair

Many were shocked when Sarah Geronimo chopped off her usually long hair. But her rumored boyfriend, Matteo Guidicelli, said the singer-actress "looks hot" with her new hair.
Rumors said that Sarah cut her hair because she was rebelling against her strict parents. There are other rumors saying Divine Geronimo, Sarah's mother, cut her hair while sleeping because she doesn't want to break it off with Matteo.
But asked about the issue with Divine, Matteo remained mum and said "everybody's happy" and he always tries to be positive.
He doesn't want to talk about the issues with Sarah's parents because that part of their "relationship" is "okay."
Meanwhile, he shared that everybody has been saying that Sarah looks hot with her hair. "Sarah never looked as beautiful as today. She's very beautiful with a short hair."
"She looks good and I'm proud of her."

Actor Arron Villaflor Falls
Victim To Vandalism, Car-jacking

Actor Arron Villaflor has had a string of crimes committed in the past few days in relation to cars he owns.
According to a report from GMA News, the actor's SUV's windshield was smashed to pieces.
Villaflor said that he was driving along the Quezon Avenue underpass when the incident happened which left the car badly damaged.
Nonetheless, the actor is thankful that the rock did not completely penetrate the windshield as it would have hit his house help who was sitting in the front passenger seat when the incident happened.
The actor said that children playing above the underpass are to blame for the damage.
Meanwhile, the incident comes after Villaflor had another vehicle he owns carjacked also in Quezon City.
According to GMA News, the van was

parked along Quezon Avenue with the driver still inside the vehicle, waiting for Villaflor's sibling who went inside a bookstore for a purchase.
While the vehicle was parked, an armed man reportedly approached the vehicle and threatened the driver. The van was taken to the NLEX-Mindanao Avenue interchange where the driver was told to alight.
Also taken in the carjacking were Villaflor's guitar and the driver's wallet and driver's license.
The authorities are said to be looking at CCTV footage from the bookstore and from NLEX.

Madlang people Warmly
Welcome Vhong back on
"IT'S SHOWTIME"

Vhong Navarro made an emotional return to ABS-CBN's "It's Showtime" last March 8, thanking the noontime program's loyal 'madlang people' for their prayers and support, over a month after his brutal mauling incident in January.
Many viewers nationwide tuned in to his return that "It's Showtime" recorded a national TV rating of 20.3%, compared to rival program "Eat Bulaga" (12.6%), according to data from Kantar Media.
Netizens also warmly welcomed Vhong back as they posted their thoughts on social networking sites. On Twitter, the hashtag #WelcomeBackVhongNavarro landed on the list of worldwide trending topics.
"I want to personally thank all of you for defending me, believing in me, and praying for me," a tearful Vhong said.
"You are the reason why I remain strong, why I'm here in front of you now, and why I love working. I love making people happy," he added.
Stay tuned to "It's Showtime," 12:30 PM on weekdays and on Saturdays at 12NN on ABS-CBN. For updates on the program, follow @ItsShowtimena on Twitter, @ItsShowtimeOfficial_IG on Instagram, or like www.facebook.com/itsShowtimena.
**KC Concepcion dedicates
award to mom Sharon Cuneta**

KC Concepcion dedicated her first best actress award to her mother, Megastar Sharon Cuneta. KC won in the recently held 30th Star Awards for Movies of the Philippine Movies Press Club (PMPC) for her movie, "Boy Golden," with Governor ER Ejercito.
KC was not in Manila to accept the award. She is currently in New York to take short

Elesie & Walter's 30th Anniversary



LEFT, Elesie & Walter Yerro open their gifts. SECOND, Elesie & Walter Yerro (SECOND & THIRD FROM THE RIGHT) celebrate their 30th Anniversary with dinner with family and their son Eric's girlfriend family at Spring Villa restaurant. THIRD, Family members attend the 3rd Anniversary dinner organized by Eric and his girlfriend Sheryl.

courses in acting.

Before this acting award from PMPC, she also won as best supporting actress during the 27th PMPC Star Awards for Television in November last year for her role in “Huwag Ka Lang Mawawala.”

Through her Instagram account, KC thanked the PMPC and dedicated her award to Sharon. She posted a photo of the trophy. “This Best Actress award is dedicated to my mother & to ALL my fans who never left my side, who truly believe in me & continue to inspire me. Can't wait to hold you, baby... #ToGodBeTheGlory #PMPCStarAwards #MarlaDee #BoyGolden #BestActress”

Another post showed the text message of her mother. “Congrats, Tina! You really deserve it. Am proud of your achievements, especially this one! I love and miss you.”

On the caption, KC said it means a lot to her that her mother appreciates her achievements. Every success, she said, feels more complete when Sharon appreciates it. She called her mother a “passionate, talent[ed] and legacy” she admires “greatly.”

“Thank you, Ma. Best actress na din ako, hehe, thank you for exposing me to the world of movie making. This is for you. Work hard, dream big!!!”

On her Twitter account, KC thanked her fans who congratulated her for the award. She also exchanged texts with Vice Ganda, who won as Movie Actor of the Year. Vice also wasn't in the country to accept the award.

KC said she received the information that she won from Toni Gonzaga, who texted her while she just finished attending mass.

On Twitter, Vice congratulated KC for winning. It's ironic, he said, that they won when they are both not in the country.

KC said they should have celebrated in the States. Vice is also in the US for a series of shows.

Maui Taylor and Katya Santos duped by organizer, stuck in Dubai

LOL! What is up with celebs getting stuck abroad? First it was Charlene Gonzales-Muhlach staying three months in the US

for a fractured arm, now it's the former Viva Hot Babes.

Maui Taylor and Katya Santos are complaining because Engr. Mardilito Daya Go, who used to own Golden Lion Exhibition and Organizing, hasn't paid them for the four shows they did in Dubai.

They also had a hard time flying back to the Philippines; they were supposed to fly back last March 15 but only got to do so on March 18.

According to Maui, since Mardilito went into hiding, “pinapulis naming asawa niya.” They also found out that they didn't have a visa and other necessary documents there. Even his passport's expired already.

This promoter has also duped other celebs in the past such as singer Gerald Santos and Kapuso actress Glaiza de Castro.

Fil-Ams making it in Hollywood

Two Filipino-American actresses are making a name for themselves in Hollywood.

For the past two years, Ellen D. Williams has been popping out on the hit CBS show “How I Met Your Mother”.

In a previous interview, the actress talked about playing Patrice, her ever cheerful character has become a fan favorite.

In this week's episode, it was revealed that she has become a radio show host who's somehow connected to one of the show's lead character, Robin Scherbatsky.

Another Fil-Am actress, Ashley Argota, was excited to announce to her fans on Twitter that come June, she will be a part of the cast of the second season of ABC Family's “The Fosters”.

The TV drama's family theme is something close to Argota's heart. The hardworking Fil-Am young star always credited her mom for supporting her dream.

“My mom is amazing. I have to get up early to come and work. She also gets up with me every single time I have something and she comes with me. My mom is just the best person in the entire world,” she said.

Later this year Argota will also appear in the Disney movie “How to Build A Better Boy”.



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Andi envies Anne for Dyesebel role + other stories

Andi envies Anne for getting ‘Dyesebel’ role

Andi Eigenmann has played the title roles in such fantaseries as “Agua Bendita” and “Galema.” Did she find it hard to adjust to do a kontrabida role after playing lead roles?

“I really want to be part of a big project like ‘Dyesebel’ and there’s no need for me to adjust as long as I enjoy what I’m doing,” she says.

“Hindi ko naman tatanggapin ‘yung role kung alam kong hindi ako mapapabilang sa isang kuwentong napakaganda at talagang susubaybayan ng mga manonood.”



Didn’t she dream of playing Dyesebel herself?

“Lahat naman yata ng babaeng artista, hinahangad na maging Dyesebel. Anne Curtis is so lucky and blessed na sa kanya ito napunta and she more than deserves it. She is very beautiful and I know kayang-kaya niyang bigyang katarungan ang role ni Dyesebel. Sobrang blessings na yun for me na tuloy-tuloy akong mapapanood ng viewers and from an afternoon show, this time, sa Primetime Bida naman.”

Absolutely Fabulous Women Awardee Miss Josie de Leon

Miss Josie De Leon was one of the awardees for the First Annual “Absolutely Beautiful Women Over Forty” that happened on March 9, 2014 at the Mississauga Grand Banquet Hall .Forty women ,who were Forty and over with achievements in Community Service , Arts & Culture , Leadership , Health and Wellness and Literacy were honored that day.

The Event was attended by the one and only Hurricane Mayor of Mississauga Hon. Hazel McCallion , Councilor of Ward 5 Mississauga, Councillor Bonnie Crombie and was hosted by CTV journalist Ms Christine Bentley.

Miss Josie de Leon is a familiar name in the Filipino Community . Her undeniable love for the Arts has been proved not only with her flawless performances in shows and concerts but her acting skills as well, specially now remembered in the recent theatre play “ Bayan Bayanan “ directed by world renowned Dr. Anton Juan that had her as the Main Actress .

Her love and dedication to the Arts ,inspired her to put up her own JDL Performing Arts in 2011.

“Seeing my JDL kids develop in singing , acting and dancing makes me so proud ! I love what we do at the school , these are kids you will see in the future on stage ! May they all carry on what they have learned from us “ she says with her usual beautiful smile .

Miss de Leon’s talent , charm and down to earth personality , makes her the top most performing artist in the Fil -Canadian Community . She is absolutely making waves and we are very proud to say she is Filipino !

Absolutely amazing , absolutely fabulous , that’s our very own Miss Josie de Leon !

Congratulations !

Aljur impresses Ai-Ai

Aljur is very happy for the positive feedback for his new telefantasya, “Kambal Sirena,” where he plays Kevin, owner of an ocean theme park where he trains dolphins. He’s often seen shirtless and he says this is not really new to him. “Kasi sa ‘Machete’ at ‘Amaya’, wala rin akong suot na pang-itaas.”

He’s a good friend of Ai Ai de las Alas, who said she’s so impressed when she saw Aljur’s shirtless photos for “Kambal Sirena.” Ai Ai is in their rival show, “Dyesebel.”

What can he say if and when their two shows are pitted against each other? “E, wala naman kaming magagawa kung pagtatapatin ang aming shows. Basta kami sa ‘Kambal Sirena’, we’ll do our best para hindi bumitaw sa panonood sa amin ang viewers.”

It’s very noticeable that Aljur now has a deeper spirituality and this is evident when you talk to him. His new found spirituality was influenced by his Starstruck batchmate Jan Manual when they did “Prinsesa ng Buhay Ko” together and they did Bible readings. At 24, he says he’s looking for his purpose in life. “With the Lord’s guidance, I am seeking kung ano ba talaga ang purpose sa buhay na ito. Lahat naman tayo, ‘yun ang question, di ba? Ano ba ang purpose natin sa buhay?”

JC De Vera Learns To Be Patient About His Career

JC de Vera knows that in the showbiz industry, you have to be patient in order to get what you want. Although it took a while before he received the offer for his project, “The Legal Wife,” the actor said he doesn’t mind this because he knows that it will be worth it.

Aside from “The Legal Wife,” he is also going to do the afternoon soap “Moon of Desire” with Ellen Adarna. “Well, ever since very patient naman ako sa pagpasok ng mga project. Kapag wala, e, di wala. Ganun mo dapat siya tanggapin.”

He is not expecting that he will receive many projects nor will is he expecting to have only good projects from the network. “Naghihintay ako kung ano ang ibibigay sa akin. Kung meron, e, di thank you.”

But right now, JC is very blessed and thankful for all that’s happening in his career. He feels overwhelmed with the projects being given to him. He learned the patience of virtue in the showbiz industry. “Hindi ka puwede talaga na nagmamadali. Kapag dumating yung time mo, darating talaga.”

He never complained about waiting because he’s very patient. Whatever is given to him, he accepts and doesn’t complain.

JC said he is quite tired these days because he has been taping for two teleseryes. But it’s not every day that he gets to have this kind of opportunity. JC is thankful to ABS-CBN for giving him these projects. “Mahirap ang ipinapagawa nila sa akin pero kayang-kaya.”

Since he started doing two shows, his dreams and goals got bigger. He is sure he won’t get burned out because he will be able to save a lot.

JC sees no problem in competing with other Kapamilya stars. “Ang kalaban ko talaga all the time is sarili ko.”

He’s just doing his job. Every day, all he thinks about is working and he doesn’t think about trampling upon others.

The truth is, JC is happy with even just one show. Having two shows is already too much of a blessing for him.



Ellen Adarna’s dad felt entering showbiz was ‘foolish’

MANILA, Philippines - Ellen Adarna admitted that her father disowned her for at least two years when she decided to enter showbiz.

“For a time, mga two year,” Ellen replied when asked how long she was disowned by her dad in an interview Thursday night. “Nang nag-artista ako no’n hindi siya sang-ayon. Sabi niya foolish lang daw.”

But now, her father is no longer against her decision to become a celebrity.

“At least he sees that I’m earning,” she said.

Ellen added that she attributes her independence on how she was brought up by her dad.

“When I was 18, kicked out na kami ng bahay,” she recalled. “When were 18, may mga offices kami sa Cebu. So ang ginawa ng dad ko, pinaalis niya kami ng bahay tapos pinalagyan niya ng parang bahay yung taas ng office.”

That experience, according to Ellen, taught her how to stand on her own and work to survive.

Almost left showbiz

It could be recalled that Ellen had announced that she was leaving showbiz and that she was planning to return to Cebu and just focus on their family business.

“Yon po nasa GMA pa ko and wala naman nangyayari sa career ko that time,” she explained.

“So I planned na umuwi na lang ako. I told ‘yong bagong manager ko na why not try modeling na lang and enjoy my last six months here. Gusto ko ma-enjoy kasi pag-uwi ko balik-trabaho na naman. Sabi niya, ‘girl, try muna natin sa ABS,’ sabi ko, o siges. Ito ang nangyari, I’m here na.”

Ellen is now part of the upcoming afternoon sexy-drama series “Moon of Desire,” where she stars with Meg Imperial and JC de Vera.

The show will start on March 31, after “It’s Showtime.”

MegaWorld Launched in Toronto



Megaworld vice-president Marissa Corpuz (LEFT) is joined by Consul General Junever Mahilum-West and Ambassador Leslie Gatan during the ribbon-cutting ceremony to officially open Megaworld International offices at 597 Parliament St . on the second floor. Father Ben Ebcas then blesses the office with country manager Larry Bercasio standing beside him. Marissa Corpuz shows the ambassador and consul-general the Mckinley Hill development in Taguig.

The building, owned by The Filipino Centre Toronto, is strategically located in downtown Toronto. The Toronto office is the in charge of sales of it’s properties in the Philippines to customers in Chicago, Indiana, all the way to Massachusetts, all the way south to Florida, and the whole east coast of Canada. The office has 7 country managers. The other are in Chicago, New York, Florida and Washington DC. She also showed the McKinley Hill township development in Taguig where there is a 14-hectare cyberpark business area, a 50 hectare village and commercial area. It already has the corporate headquarters of Wells-Fargo and Accenture call centre. It has 3 international schools. It has embassies of British, Qatar, Korean and UAE. They have townships in Tagaytay, Davao, Cagayan, Baguio, Iloilo, Cebu, among others. They own Resorts World and a 31-heactare development near Entertainment city.

Pauleen Luna, in full Bloom

What she like about Vic Sotto

Having been a candidate for Eat Bulaga’s Little Miss Philippines in 1995, there was not even a single doubt that Pauleen Luna would soon venture into show business. The then 7-year-old girl clearly had the looks and talent for the industry. Several projects here and there have come Pauleen’s way--from television shows and films to product advertisements so we’ve pretty much seen her versatility in different characters, both protagonist and antagonist roles (and even as a host!). Here are some to name a few:

Odessa in Encantadia
Vesta Sentana in IgloT
Fairy in My Daddy Dearest
Honey Toledo-Ferrer in Trudis Liit
Gwendina in Dwarfina

But how has she evolved into all that she is at present?

Just recently, the 25-year-old Kapuso actress, who started as a teen star at the age of 13, has been very active posting photos on Instagram.

They say growing in the showbiz industry is tough but in those photos, it looks like Pauleen did enjoy every bit of her childhood and youth in the business.

But of course, just like any lady who’s bound to be in full-bloom--Pauleen maintains her elegant and posh physique at 25.

What Pauleen Luna likes about Vic Sotto

Pauleen Luna on Vic Sotto: “If you really know him, makikita mo kung gaano kasimple yung buhay niya. Hindi extravagant, hindi siya maluho. Ang nakakapagpaligaya sa kanya, the littlest things.”

MANILA, Philippines – Pauleen Luna shares one thing is she likes about boyfriend Vic Sotto is his simplicity.



The Kapuso star said the smallest things could make the “Eat Bulaga” main host happy.

“If you really know him, makikita mo kung gaano kasimple yung buhay niya. Hindi extravagant, hindi siya maluho. Ang nakakapagpaligaya sa kanya, the littlest things,” she said.

Pauleen added: “Yun ang pinakagusto ko sa kanya. Wala sa ulo niya, wala sa lifestyle niya kung nasaan man siya ngayon.”

Because of this, she shared they’re not “materialistic” when it comes to their relationship. Pauleen said they did not even give each other gifts last Christmas.

“Mas importante sa amin ang time,” she said.

The 25-year-old actress said Vic isn’t easily affected by success.

“Di ba nga, nag-number one yung may ‘My Little Bossings.’ Naguusap kami. Sabi ko, ‘Uy, baka kalimutan mo na ako ha, kasi sobrang simple lang ako,’” Pauleen

narrated. “Sabi niya, ‘No, whatever it is, I will always be the simple Vic.’”

Would she do everything for the sake of love?

“Pag dumating na sa point na meron na akong masamang gawin or meron ng masamang epekto yung ginagawa, ayoko na,” Pauleen said. “Ipaglalaban ko, basta tama.”

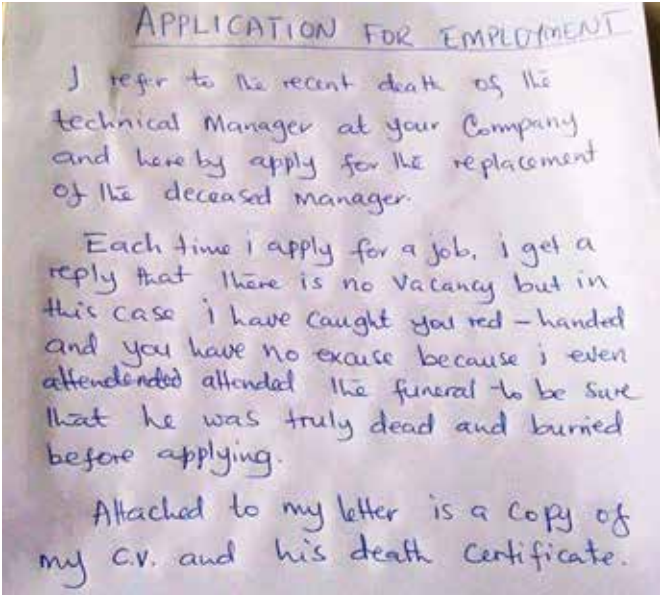
Haunted by frequent questions about marrying Vic Sotto, Pauleen Luna now says that she is not in a hurry to tie the knot. “I just let things happen: if it’s going to happen, it

will. Hindi naman kailangan madaliin yung processs,” Luna said in a recent interview.

Needless to say, Luna said that she does hope, like everybody else, to settle down someday. It’s just that she is not fretting if it will not happen sooner rather than later. “I’m not waiting for it, eager for that day. I am just taking it, a day at a time,” she explained. Meanwhile, the actress and Eat Bulaga host also talked about how her relationship with Sotto, who is over three decades her senior, began. She said that their romance really started out as a friendship. Saying that it was not love at first sight, Luna said that their friendship “blossomed into something.” “Our relationship happened after seven years of being in [Eat Bulaga]. It was not like love at first sight,” she explained. She said that she just “felt” later on that she loved Sotto. As for how Sotto is as a boyfriend, Luna said that the actor is very sweet despite sometimes being stiff to other people. “Vic is a very sweet person. Medyo stiff lang siya around people but he is a very sweet guy, very vocal,” she said.

How to look for Vacancies in the Job Market

This applicant kept his eyes and ears open.



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Entertainment

‘Kimerald’ reunion for jewel ad

+ other news



MANILA - Maja Salvador said she is unaffected by a recent project of her boyfriend Gerald Anderson, which had the actor paired with his former girlfriend, Kim Chiu.

“Ah, siyempre pag work, work. Wala naman ho tayong ano doon... Wala pong isyu sa akin, okay ako sa lahat,” Salvador said.

Last February 26, photos of Anderson and Chiu at a pictorial surfaced online, getting thrilled reactions from fans of the tandem dubbed “Kimerald.” It was later revealed that the shoot was for an upcoming ad campaign of a jewelry brand they both endorse.

Fellow housemates in “Pinoy Big Brother” in 2006, Anderson and Chiu became a popular love team in the following years, and eventually became a couple in real life.

The two, however, broke up in 2010. This also marked the end of their onscreen team-up, much to the dismay of their loyal followers.

Anderson and Chiu eventually reunited onscreen via the romance anthology “24/7 In Love” in late 2012, two months before the actor and Salvador were romantically linked in January the following year. The confirmation of their status as a couple reportedly estranged Chiu from both Anderson and Salvador, who was known to be her close friend and confidant. Asked if she is still affected by criticisms directed at her and Anderson, Salvador said, “Hinahayaan nalang namin, e. Mas okay na ‘yung mas tahimik.”

The “Thelma” star also addressed speculation as to whether she and Anderson remain a couple, which was supposedly triggered by her lack of posts on social media about the actor and their relationship.

“Siguro mas tahimik, mas maganda nalang. Hayaan mo nalang silang mag-isip kung ano ‘yung nangyayari talaga,” she said. At magkasama lang daw ang Kimerald dahil sa isang endorsement. Sa katunayan daw, todo-suporta si Gerald sa kanyang singing career.

Maja Salvador fulfills dream,

works on debut CD

MANILA -- Maja Salvador, who marked her 10th year in showbiz last year, considers it a dream-come-true to finally record her debut CD, which will be released this month.

The 25-year-old actress started work on the music video for the album’s carrier single, “Dahan-Dahan.” Noting the album won’t feature “birit” or songs with soaring notes, Salvador happily shared that the tracks

were tailor-made for her voice. “Kung ano ‘yung kayang ibigay ng boses ko, swinak nila. Kung ano ‘yung babagay sa boses ko, iyon ‘yung mga kantang binigay nila sa akin,” she said.

Becoming a recording artist was a curious unfolding of fate, Salvador recalled.

Having earned acclaim for her dramatic portrayals on TV and the big screen -- she won her first Gawad Urian award in 2012 -- Salvador isn’t resting on her laurels, saying venturing into music is a way of giving back to her supporters.

“Ako kasi, parang sa akin, bilang artista, dapat ikaw mismo alam mo kung ano ang i-e-explore -- kung ano pa ‘yung talent mo, kung ano pa ‘yung gusto mo ibigay at ipakita sa mga fans at supporters mo,” she said.

While excited with the prospect of adding an album to her list of achievements, Salvador said she recognizes she has much to learn about being a singer, noting it is a different playing field altogether from acting.

Asked how she would compare to singer Sarah Geronimo, who is dubbed local showbiz’s “Pop Star Royalty,” Salvador said, “Kasi si Sarah, sobrang total performer naman talaga. Dream ko rin naman maging total performer.”

“Pero ang dami ko pang kakaining bigas, ang dami ko pang kailangan pag-aralan para makarating kung nasaan man si Sarah ngayon,” she said.

But for now, Salvador is only happy to be able to impart her love for singing, citing the thought of everyday Filipinos hearing her voice on the radio as particularly thrilling.

“Masaya ako na nabigyan ako ng chance na ‘yung talent ko sa pagkanta ay mai-se-share ko naman sa kanila... Masaya ako na kunwari, nag-ko-commute sila o may ginagawa sila, naririnig nila ‘yung boses ko. ‘Yung hindi nalang nila ako napapanood. This time, sa radyo maririnig naman nila,” she said.

Kayod Kapuso: GMA artists sumasabak din sa pagnenegosyo

Madalas natin silang makitang nagpapatawa o nagpapaiyak sa harap ng camera. Hindi naman dito natatapos ang pagtatrabaho ng ilan sa mga Kapuso stars dahil sumasabak na rin ang marami sa kanila sa pagnenegosyo. Sinu-sino kaya sila?

Bettinna Carlos

Last year ay nakilala niyo siya bilang si Vicky, ang bestfriend ni Lally (Carla Abellana) sa patok na patok na My Husband’s Lover. Ngayon naman ay napapanood niyo si Bettinna bilang si Janice sa Villa Quintana. Kahit abala sa taping ang aktres ay hindi naman ito nawawalan ng oras para sa isa pa niyang passion -- ang kanyang baking business.

Ang ilan sa mga ito’y original recipe n’ya pa! Natatakam na ba kayo sa kanyang delicacies?

Carla Abellana

Ang naging on-screen best friend naman ni Bettinna at current host ng Del Monte Kitchenomics na si Carla Abellana ay active na rin sa pagpo-promote ng kanilang family business.

Kaya naman kung feel ninyong mag-relax at mag-bonding kasama ang inyong best girl friends, alam niyo na kung saan pwedeng pumunta.

Rochelle Pangilinan

Usong-uso ngayon ang pagiging fit and healthy at kaakibat ng exercise ang proper diet. Isa sa mga diet fads ngayon ay ang pagde-detox o ang pag-inom ng fresh juices mula sa fruits at vegetable. Ang pagnenegosyo ng mga ganitong inumin ang s’yang naisipan ng Carmela star at Sunday All Stars mainstay na si Rochelle Pangilinan.

Ang pagde-detox din kaya ang sikreto ni Rochelle sa kanyang bikini-ready body?

Rocco Nacino

Ang kasama ni Rochelle sa Sunday All Stars na si Rocco Nacino ay mukhang kasama rin niya sa paniniwalang importante ang kalusugan. Ang pamilya naman ng Kapuso hunk ay meron ng ilang branches ng gym.

Nasubukan niyo na bang mag-work out sa gym ni Rocco?

Jennica Garcia

Kung sakaling naging busy naman kayo sa pagwo-work out at napapabayaan niyo na ang inyong pets ay maaari kayong bumawi sa kanila. Dalhan lamang sila ng pasalubong na yummy pet treats mula sa Carmela star na si Jennica.

Siguradong magiging happy din ang inyong pets kapag laging ganito ang dala ninyo para sa kanila.

Nakatutok ang Kapuso stars na ito sa kanilang careers at mga negosyo. Kagaya niyo rin ba sila na nagsisikap para may maipundar para sa kanilang mga pamilya?

24 cocaine bars found in Davao

DAVAO CITY, Philippines—Mayor Rodrigo Duterte said the discovery of cocaine bars in a container van at a container yard in Tibungco District here indicated that the country must



be the new transshipment point of drugs in neighboring countries in Asia.

“From all indications, it seems

that the Philippines has become a transshipment point for drugs,” Duterte said, as members of the Philippine Drug Enforcement Agency (PDEA) in the region were investigating the origin and destination of the shipment.

Duterte said authorities had recovered only 24 of the 65 bars of cocaine at the container yard. He called on the container yard workers to return the items.

“Just surrender them to the authorities, and we will take them with no questions asked, you will not be held liable,” Duterte said.

Joel Pernito, chief of the Criminal Investigation and Detection Group, said authorities had been tipped off about the cocaine shipment in a container van at the banana firm Sumifru container yard, and that authorities would conduct follow-up operations in the coming days.

The cocaine bars were taped onto the ceiling of the 12-meter container van, which had been at the container yard for some time. The contraband was discovered by Sumifru workers who inspected the van just as they were about to load it with bananas.

But some 40 cocaine bars were already removed from its taped slots on the ceiling of the container van when the authorities arrived at the Sumifru container yard.

A cocaine bar would sell as much as P6 million in the drug market, according to Tulfo.

Later on, Duterte said another 23 cocaine bars were turned over by the Sumifru workers. The container van was refrigerated and customized for loading with perishables, like bananas.

Duterte said his administration would cooperate with authorities in other countries in the campaign against illegal drugs.

In 2009, 16 kilograms of cocaine worth about P16 million was discovered in a refrigerated van at the Maersk container yard here. The discovery led to the filing of charges against six employees of Maersk.

SceneS in the City



FIRST, Miguel Bumanlag Briones celebrated his 6th birthday with sister Sophia, parents Mitz and Precious; grandparents Mr. and Dra. Bumanlag; and with his playmates; at their house in Scarborough on March 15, 2014. SECOND, Sarah (heiress of Eva’s Salon and Spa) celebrated her 17th birthday at Eva Agpaoa’s house on March 6, 2014 with her classmates. THIRD, FV Foods is a proud sponsor of Original Pilipino Music (OPM); like that of True Faith. Mhel Galeon and his crew with the True Faith lead singer, Medwin Marfil. FOURTH, Robinsons’ Land representatives, Mike Luz and Bengene Placido, and Quiapo Quia - Mississauga hosted a dinner for the cast and crew of Bayan Bayanan on March 9, 2014.

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PINAY SEX
continued from page 13

the complainants, Villanueva said, she requires every traveler to accomplish BI's Board Control Questionnaires. She denied knowing Ottara or Low, and said she has been careful about her work at the immigration office.

Ottara failed to submit a counter-affidavit. But in the resolution, government prosecutors gave weight to the affidavits of the complainants.

"All the complainants categorically identified Richard Low, the owner of Ramesses Pub in Singapore, where they were subjected to inhuman conditions of prostitution, sexual exploitation and debt bondage," the prosecutors said.

The prosecutors recommended no bail.

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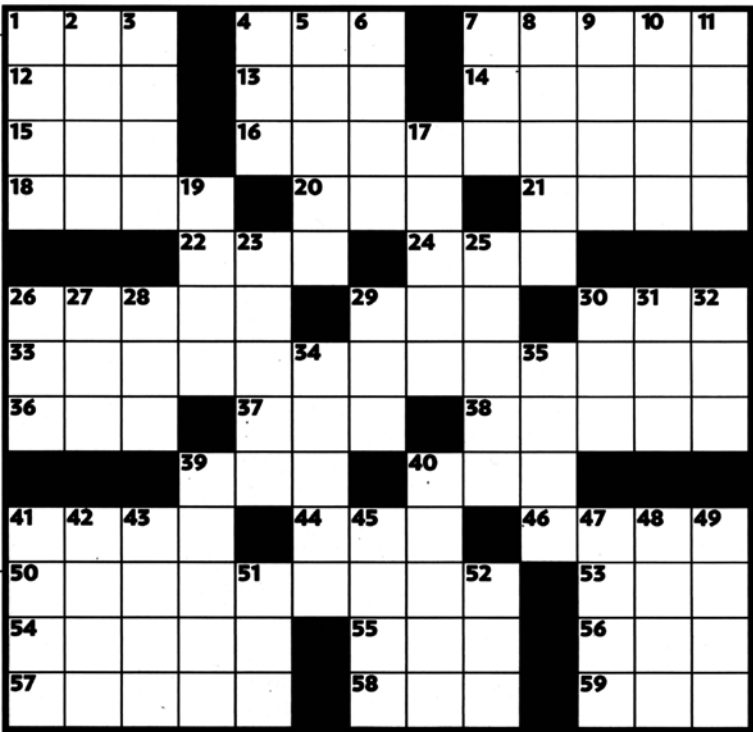


Escolta, Manila Pre-War

Crossword Puzzle



Photo shows Emmanuel Yanga, chapter commander of The Order of the Knights of Rizal Scarborough Chapter, and the founding president of the Toronto's Kapuso Lions Club, strongly is strongly supporting the mission and objective of the Philippine Canadian Charitable Foundation headed by President Romeo Rafael, a a Filipino civic leader in Ontario. (Dindo Orbeso, St. Jamestown News Service)



ACROSS

- 1 Monster-in- ____
4 ____ Men starring Jon Hamm
7 "Melt My ____ to Stone" by 54 Across
12 Grand ____ Opry
13 One Day ____ Time (2 wds.)
14 Rocker Lennox
15 Actor Kilmer
16 "Chasing ____" (Grammy-winning song by 54 Across)
18 "When the World ____" by 6 Down
20 Live and ____ Die
21 "Bat Out of Hell" by ____ Loaf
22 Tarzan, the ____ Man
24 "No ____ Igual" by Nelly Furtado
26 ____ and Punishment
29 The Joy Luck Club author Amy ____
30 ____ with Dick and Jane

- 33 Hit single by 54 Across (2 wds.)
36 Devil ____ Blue Dress (2 wds.)
37 U2 music producer Brian ____
38 Weird; strange and frightening
39 "Let Me Ride" Grammy winner Dr. ____
40 TV alien from the planet Melmac
41 "____ me the money!"
44 "____ Baby" by Sade
46 Small fruit-filled pie
50 "Rehab" by Amy ____
53 Da Gangsta way to say "no"
54 "Daydreamer" singer-songwriter
55 Actor Cruise
56 Live Free or ____ Hard
57 Singers Diamond and Sedaka
58 Yoko ____
59 Holiday ____ (Bing Crosby musical)

DOWN

- 1 "First ____" by 54 Across
2 Actor Rickman
3 Actress Tuesday ____
4 GPS read-out
5 ____ of Two Cities (2 wds.)
6 The ____ Matthews Band
7 Green Eggs and ____
8 "Your Own Worst ____" by Bruce Springsteen
9 Actress Hathaway
10 Singer Coolidge
11 "Friendship ____" by Tenacious D
17 Actor Hawke
19 "My ____" by 54 Across
23 Rocker Frampton
25 "____ of the Morning"
26 Actor McBride of Pushing Daisies
27 Frost/Nixon director Howard
28 "Baby ____ Star" by Prince (2 wds.)

- 29 ____ and a Half Men
30 "Best ____ Last" by 54 Across
31 Spoon-bending illusionist Geller
32 Bill ____, the Science Guy
34 "It takes ____ know one" (2 wds.)
35 The Last House on the ____
39 "Don't ____" by Tracy Chapman
40 Criminal fire-setting
41 The Trumpet of the ____ (animated film)
42 ____ and Seek
43 "Dedicated to the ____ Love" (2 wds.)
45 Grand Theft ____
47 The King ____ (2 wds.)
48 "Right as ____" by 54 Across
49 "Now and ____" by 54 Across
51 ____ Just Not That Into You starring Jennifer Aniston
52 Musical genre of Rites of Spring

Answers on
Page 26

Phytos Ramirez, to follow the footsteps of Tom Rodriguez?

One has to give Phytos Ramirez a second look to realize that he's not Tom Rodriguez, just a splitting image of the latter. In a short interview with the young actor, he shared what his reaction was to the said comparison. "Sobrang nakakatuwa. Sobrang nakaka-flatter!," exclaimed Phytos.

It was such an honor for Phytos that fans believe he can follow the footsteps of Tom. In fact, even before he officially became a Kapuso star, he is a fan of the My Husband's Lover actor himself. Tom and Phytos already had a show before in another network where they played father and son roles. "Sobrang na-enjoy ko 'yon kasi while doing the show, binibigyan-bigyan niya ako ng advice pagdating sa acting," he added.

Phytos is very much looking forward to once again work with Tom. If given a new project together, he would want his role to be more like a rival of Tom. "Hindi ko na kasi siya pwede maging Tatay eh," quipped Phytos. Aside from this dream role, the young actor also mentioned what trait of Tom Rodriguez he looks up to the most. "Sobrang bait niya sa lahat ng tao. Hindi siya 'yung artistang hindi kailangang may special treatment. Kung paano ang ordinaryong tao, ganon din siya."

Like Tom, Phytos is more than willing to take some unconventional roles, something challenging perhaps. But as of now, he wants to pay full attention first on being the best on-screen partner of any female Kapuso artist.

What can you say about Phytos' acting as Brix on Paraiso Ko'y Ikaw? Keep tuning in weeknights before 24 Oras. For more updates, like and follow Paraiso Ko'y Ikaw's official Facebook and Twitter pages.



Too much protein could lead to early death



Could too much protein put you on the path toward an early grave?

For middle-aged people who consume lots of meat, milk and cheese, the answer could be a resounding yes, according to a new study published in the journal Cell Metabolism. U.S. and Italian researchers tracked thousands of adults for nearly two decades and found that those who ate a diet high in animal proteins during middle age were four times more likely to die of cancer than contemporaries with low-protein diets -- a risk factor comparable to smoking. They also were several times more likely to die of diabetes, and nearly twice as likely to die in general. "The great majority of Americans could reduce their protein intake," said one of the study's co-authors, Valter Longo, a University of Southern California gerontology professor and director of the school's Longevity Institute. "The best change would be to lower the daily intake of all proteins, but especially animal-derived proteins."

That advice comes with a caveat.

Even as researchers warned of the health risks of high-protein diets in middle age, they said eating more protein actually could be a smart move for people over 65. "At older ages, it may be important to avoid a low-protein diet to allow the maintenance of healthy weight and protection from frailty," another co-author, USC gerontology professor Eileen Crimmins, said in a release detailing the findings. Exactly how much protein belongs in the average diet has proven a topic of perpetual debate, one complicated by popular diets such

as Atkins and Paleo, which rely heavily on animal-based proteins to help people shed weight. While such diets might succeed in that short-term goal, Longo said they could be leading to worse health down the road. Part of the confusion, he argues, is that researchers too often have treated adulthood as a single period of life, rather than closely examining the many ways in which our bodies change as we grow older. In studying data about protein intake over many years, he says the picture becomes clearer: What's good for you at one age might be harmful at another.

In the study published Tuesday, researchers defined a "high-protein" diet as one in which at least 20 percent of calories came from protein; a "low-protein" diet was defined as less than 10 percent. They found that even moderate amounts of protein consumption among middle-aged people had detrimental effects over time, a result that held true across ethnic, educational and health backgrounds. Longo said many middle-aged Americans, along with an increasing number of people around the world, are eating twice and sometimes three times as much protein as they need, with too much of that coming from animals rather than plant-based foods such as nuts, seeds and beans.

He said adults in middle age would be better off adhering to the recommendation of several top health agencies to consume about 0.8 grams of protein per kilogram of body weight each day -- roughly 55 grams for a 150-pound person, or the equivalent of an 8-ounce piece of meat or several cups of dry beans. Ideally, Longo said, Americans would start following the example of the inhabitants in the small, southern Italian town of Molochilo, home to one of the highest rates of centenarians in the world. Their secret: For much of their lives, a large number of villagers maintained a low-protein, plant-based diet. In their older years, many ended up moving in with their children and eating higher-protein diets more common today. Whether on purpose or by happenstance, they seem to have hit on the ideal recipe for a long life. "There is no harm," Longo said, "in eating the way our grandparents used to eat."



Philippines, Indonesia fight Human Trafficking

MANILA, Philippines - The Philippines and Indonesia have agreed to intensify efforts to crack down on human trafficking, the Bureau of Immigration (BI) said. Immigration Commissioner Siegfred Mison said a delegation from Indonesia visited the country and met with him.

He said they agreed to strengthen cooperation to address the serious plight of refugees and asylum seekers of other nationalities entering their borders.

The visiting group was composed of officials and members of the "Desk of People Smuggling, Refugee and Asylum Seeker of the Coordinating Ministry of Political, Legal and Security Affairs of the Republic of Indonesia."

During the meeting, Mison cited the need for stronger cooperation and tighter measures since detecting human trafficking victims is rather difficult, considering millions of people come and go through the ports each year.

Candid SPOOF (Pop-ups are not supposed to be taken seriously - EDITOR)



Genelie Panaligan and daughter Maria Teresa Panaligan gets served pasta by Celle Baking in the Philippines.

Crossword Answers

LAW	MAD	HEART
OLE	ATA	ANNIE
VAL	PAVEMENTS	
ENDS	LET	MEAT
	APE	HAY
CRIME	TAN	FUN
HOMETOWN	GLORY	
INA	ENO	EERIE
	DRE	ALF
SHOW	TAR	TART
WINEHOUSE	NAH	
ADELE	TOM	DIE
NEILS	ONO	INN

Authorities from Indonesia noted that most victims of human trafficking are Filipinos desperately seeking jobs abroad using tourist visas falsified by syndicates.

In many cases, women and children fall prey to human trafficking and end up prostituted in other countries, a problem intended to be eliminated by Republic Act No. 9208 (Anti-Trafficking in Persons Act 2003) and RA 10364 or the Expanded Anti-Trafficking in Persons Act.

The police rescued at least 11 people reportedly victims of illegal recruitment and human trafficking in Zamboanga City on Saturday.

The victims were mostly from Palawan and Mapun Island who were rescued by the police in a house in Barangay Putik after they were seen by roving village watchmen.

Regional police spokesman Chief Inspector Ariel Huesca said village council members immediately reported to the police that led the rescue of the victims.

Police said the victims will be turned over to the Department of Social Welfare and Development (DSWD) to process their transport back home.

Hunk Shot



RJ likes to play basketball. His favourite foods are any chicken dish. He likes playing Temp Run on his iphone.

RJ Manzanares

OFFLOADING continued from page 1

by a foreign country such as a tourist or working visa, are allowed to leave,” Mison said in reaction to mounting complaints.

Various sectors, travel agencies and Filipino travelers criticized guidelines which allow immigration officials to “offload” hundreds of passengers every day.

“But offloading, which is most often misinterpreted by many people to mean, the power of the Immigration Bureau to bar anyone from leaving the country is not an official government policy,” Mison said. Mison said the guidelines were established by the bureau and the Inter-Agency Council against Trafficking and approved by the Department of Justice.

The said Guidelines were formulated by a technical working group pursuant to RA 9208 or the Anti Trafficking in Persons Act of 2003 and is in effect since January 2012.

“We don’t offload people just because we want to. It’s a bitter pill that we have to swallow because we want to protect our fellow Filipinos.” Mison said.

“Under our BI (Courtesy-Accountability-Responsibility-Efficiency-Service) Program, we want our countrymen to understand that there is no reason to fear us, in fact they can ask us for advise on how to legitimize their travel and we will be happy to help.” he added.

Under the guidelines, travelers are categorized according to purpose, whether tourist, OFWs, immigrants, etc. Requirements to be asked from travelers are also based on their respective purposes.

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