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## Alden Richards set to play Jose Rizal for GMA

Si Alden Richards ang bida sa bagong gagawing docu-drama series ng GMA News TV 11 na Ilustrado. At excited na ang Kapuso heartthrob habang naghahanda para rito.



Saad niya, "This is something new for me.

"Kasi first time ko pong gagawa ng isang

project na meron akong ipu-portray na isang national hero. "Yung series po na gagawin ko is about buhay ni Jose Rizal. Mula sa kanyang childhood hanggang sa mag-aral siya sa Europe.

"So, mahirap po. Hindi biro.

"Marami pong ibinigay sa akin na mga kailangang panoorin na films. Isa na po yung ginawa ni Kuya Buboy [Cesar Montano] na Jose Rizal, ipnapanood po sa akin 'yon.

"Tapos a few documentaries po na ibinigay din ng GMA News TV. "This is produced by GMA News TV. Tatakbo po ito ng one season. "October pa ang airing nito. Pero we're gonna start shooting na this end of July."

"Sana po, maging successful dito itong Ilustrado. Sana makasungkit din ng awards, not for me, but for the show itself," asam ng Kapuso hunk.

## 100 millionth filipino baby-1



Philippine officials welcomed the birth on Sunday of their country's 100 millionth citizen with a cake, hope and concerns about how their poor nation can help ensure a decent life for its swelling population.

A girl named Chonalyn was born shortly after midnight at the government-run Jose Fabella hospital in Manila, pushing the country's estimated population to the milestone figure, said Juan Antonio Perez III, executive director of the Commission

on Population.

Wrapped in a blanket and pink bonnet and cradled by her beaming mother, Chonalyn was showered with a cake, infant clothes and other gifts by health and population commission officials at a hospital ceremony.

The United Nations Population Fund said the milestone offers both challenges and opportunities to the Philippines, which is the world's 12th most populous country and has one of Asia's fastest-growing populations.

"It is important to emphasise that population is not merely a matter of numbers, but of human rights and opportunities," said Klaus Beck, the UNPF's Philippines representative.

With 54% of its population under the age of 25, the Philippines needs to provide the young with education, job opportunities and skills, Beck said.

Nearly half of the country's people live in cities as more Filipinos migrate from rural areas to look for better opportunities elsewhere, fostering problems such as trafficking in girls and women that have to be addressed, he said.

In the poorest areas, women bear more children than they desire because of a lack of access to reproductive health information and services, Beck said.

President Benigno Aquino III signed a law in 2012 that directs government health centers to provide free access to nearly all contraceptives to everyone, particularly the poor, but its enforcement was delayed amid strong opposition from the dominant Roman Catholic church.

In April, the supreme court declared that the law was constitutional and gave the government the OK to enforce it.

## Online absentee voting pushed for 2016

Senate President Franklin Drilon expressed frustration over the low turnout of Overseas Absentee Voters (OAV) registrants and actual voters despite the huge funds and enormous efforts poured in all past elections.

To avoid further waste of money and energy, Drilon pushed for online absentee registration and voting for the 2016 national elections.

In the last 2013 mid-term elections, it was learned that only 16 percent or about



117,000 of the 737,759 registered voters participated in the absentee voting.

The data provided by the Committee on Overseas Absentee Voting of the Commission on Elections (Comelec) was 153,323 voters lower than the turnout of OAV registrants during the May 2010 presidential elections.

During budget deliberation on the 2014 proposed General Appropriations Act last year, the Senate Committee

on Finance found out that the Comelec has spent nearly four times for OAV registration than the amount spent by the poll body on local voters during the 2013 polls.

Based on computation of the finance committee, the Comelec spent P319 for each local voter and P1,155 for each absentee voter, based on the turnout of absentee voters.

To effectively address the low turnout of OAV registrants, Drilon called on the Comelec to adopt all the necessary technologies that would encourage the more than 10 million overseas Filipinos to participate in the 2016 national elections.



*Naku HA!* by Jose Baking  
LMConfidential.com

## Why is it easier for a mobster to come to Canada & stay?

How did this LCP program became enmeshed in the TFW issue anyway?

I read in a newspaper that Minister Jason Kenney complaining that the Live-in Caregiver program has mutated into a Family Reunification Program. Let me see this. These caregivers become permanent residents. According to the rules of Canada, they can then petition their family here. So, that is what thousands of permanent residents did. Now, the government is complaining. That is like creating a program wherein you pay less taxes if you do this or that. Then, you complain when a lot of people get in the program to be able to pay less taxes. As for the TFW, why are they trying to come up with new rules just because they caught some employers either abusing the system or their temporary workers? Now, suddenly, the LCP program is going to be overhauled? Uhm...Let me think of a question. WHY? If you are on a plane and one of the four engines die, you do not replace the whole airplane. As far as I know, you just replace the engine. So, why is it easier for an Italian mobster to come to Canada and stay than it is for a caregiver to work their ass off and stay?

## 24-Hour Hospital Visitation?

I read in the newspapers lately that some hospitals are considering 24-hour hospital visitation privileges. I am not sure this is a good idea. There is a time to sleep and a time to entertain visitors. If the patient is in a private room, that is fine. If not, then, it will bother the other patient who will then complain to the nurse on duty and the whatever skeletal staff at the hospital will just end up doing peace and order or mediation instead of medical and health-related duties. Even if the patient is in a private room, the visitors will keep asking the on-duty nurse for everything. This 24-hour visitation is not a good idea.

## Bring Food

If there is one thing that all patients welcome, is that you bring normal food. Hospital food is not delicious, we all know that. They are not meant to be. It is not the Four Seasons Hotel. So, as caring, loving family and friend, what do we bring? We bring high-fat, cholesterol-inducing but delicious food, to patient who just underwent heart surgery. We are unbelievable. Ironically, they are the delicious meal that the patient will eat. What can we do? That is what every patient likes. Don't lie. You hate hospital food too.

## You got to be there

Well, anywhere. If you are a parent and it is summer, you have to bring your children somewhere besides Ontario and Buffalo. They need to be able to tell their classmates they went somewhere or else mukhang kawawa. It reminded me what my sister said a long time ago. Buffalo is not far enough. I was talking to Rob Bella and this is what he said. The closes both of us can think of is Atlantic City in New Jersey. There's beach for the kids, gambling for the adults and shopping for all, except the wallet of the parents of course.

## Send balikbayan boxes early

Unlike here in Canada when there was a strike at the port of Vancouver, the federal government got involved to resolve the issue quickly because it affects the economy of the whole country. Prices will go up, people will complain, to anyone and everyone. Unfortunately, the national government in the does not see the the truck ban for a few hours. by the city of Manila as a national problem. The result is a shipping jam where container ships are parked in Taiwan until they get the go ahead. So, to all senders of balikbayan boxes, send your boxes early because it will be delayed. Do not blame the Door to Door companies when the time comes. I am already sending you a friendly reminder that the DTD companies in Toronto will not be able to do anything. Unfortunately, the Port of Manila is in Manila, where the truck ban rules apply. DUH! The port does 90% of the business for the whole Philippines. I am not sure about the figure pero I am sure almost all exports and imports pass by the port of Manila.

## Spotlight

# Tetchie Agbayani

## From Playboy to Motivational Speaker



Visitacion Parado, (born July 2, 1961) who is better known by her screen name Tetchie Agbayani, is a Filipina movie and television actress, Mutya ng Pilipinas, psychology instructor and Playboy model. She appeared in a regular issue of German Playboy and a special American edition entitled "Women of the World". She is featured daily on the Filipino TV Channel where she stars in soap operas.

Agbayani was born on July 2, 1961 to a Roman Catholic family. She studied high school at the University of Santo Tomas before enrolling in the University's Bachelor of Science in Architecture program in 1979. She eventually dropped from the program due to showbiz commitments.

In the United States, Agbayani was able to pursue acting in Hollywood. She appeared in international productions, sometimes credited as Carol Roberts. Among her films include John Boorman's The Emerald Forest (1985) and an entertaining cameo in The Money Pit (1986). Like other Asian actresses, Tetchie found herself limited by stereotyping, leading her to accept parts in critically reviled productions such as Gymkata (1985). Critics would regard her best performance to be that of a geologist in the Australian film Rikky and Pete (1988), directed by Nadia Tass, in which she displayed a flair for comedy. Agbayani also appeared in an episode of the British television series Yellowthread Street.

On television, she played the tragic heroine "Sisa" in Eddie Romero's Noli Me Tangere, based on the novel by Philippine national hero Dr. José Rizal.

In 1989, Agbayani returned to the Philippines and took time out from her career to give birth to her daughter, China. During this period, Agbayani devoted her whole time as a mother, living a quiet, private life for several years.

In 1995, Agbayani resumed her education and enrolled in Saint Joseph's College, Quezon City. She graduated with a Bachelor of Science in Psychology in 2000. In 2001, she was accepted into the Master of Arts in Psychology with a concentration in Counseling Psychology program at Ateneo de Manila University. She completed all academic requirements and is now working on her master's thesis. She is also teaching Psychology at Saint Joseph's College, Quezon City, while doing occasional TV and film appearances.

In 2006, Agbayani became the focus of the local media when her newfound role as actress-turned Playboy model-turned psychology teacher was revealed to the public. Graduating from college at age 39, teaching at age 43, and taking master's at age 44, Agbayani was seen as a living inspiration to people who were not able to finish college for some reason. Agbayani continues to appear in television programs, magazines, and newspaper dailies, giving motivational talks on how she managed to pull her life together despite all the odds. She has expressed intention to be a full-time psychology teacher while being a part-time actress. She also plans to obtain a Ph.D. in Psychology, start clinical practice, and write a column where she can give free psychological counseling to letter-senders and the general public.

PHOTO ABOVE FROM VIDEO 48

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## ADDITIONAL CORRESPONDENTS

Jermie San Pedro

Ed Tubale



## Friends at Joshua's Baptism

Meghan Lyz Garvida, Nicole Enverga, and Maria Panaligan (JOSHUA'S SISTER) enjoy the food at the reception after Joshua Panaligan's (INSET PHOTO) baptism.

# LAUGH RESORT

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 PNOY: Naku sir ala po! But you can try our apple-fi or mango-fi sir!

Isang babae sa gilid ng rooftop...  
 PULIS: Miss huwag! May solusyon ang lahat ng problema!  
 BABAE: Huwag kang makialam! Di ako maka-SEND!

KRIS: Ma'm, tingnan nyo po ang drawing ko oh!  
 TEACHER: Wow!! Ang galing mo namang mag-drawing ng MONKEY!  
 KRIS: Ma'm, kayo po yan!

TATAY: Anak, totoo ba na sa school, nagbibigay-galang ang lahat pag dumadaan ka? Astig ah! Ano sabi nila?  
 JUAN:"Mabuhay ang mahal na reyna!"

Baliw tumawag s mental...  
 BALIW: Hello, may tao pa ba sa Room 28?  
 OPERATOR: Wala na bakit po?  
 BALIW: Check ko lang kung nakatakas talaga ko!  
 OPERATOR: Aha!

MISIS: Bat may blackeye ka?!  
 MISTER: Kita ko naipit ang palda ng ale sa pwet nya...hinila ko, sinuntok nya ako...  
 MISIS: Sa dalawang mata?  
 MISTER: Akala ko ayaw nya hilahin ko...binalik ko. Sinuntok uli

Sosyal nakiinom sa baryo...  
 GIRL: Where galing your water?  
 LOLA: Sa ilog iha!  
 GIRL: Eeww, NAIINOM ba yan?  
 LOLA: Nasa iyo iha kung gusto mo NGUYAIN!

# Honey Shot

Melissa enjoys, cooking, baking, sewing, sketching. She hopes to finish college with a fine arts degree. We wish her all the luck in her endeavour.



Melissa Rejante

# JC de Vera goes to ABS

ACTOR JC de Vera does not regret his decision to join ABS-CBN.

He said he made the right move in July last year because he started to get noticed again for his acting chops.

"Patience is a virtue. Naniniwala kasi talaga ako na merong tamang timing ang lahat. So, ito yung magandang timing na ibinigay sa akin ni Lord and very thankful and grateful ako sa lahat ng sumusuporta talaga," the actor said.



He was lauded for his character Max Gonzales in the hit evening drama "The Legal Wife," alongside Jericho Rosales, Angel Locsin and Maja Salvador.

Aside from "The Legal Wife," he bagged his first lead role in ABS-CBN in afternoon soap "Moon of Desire," with Ellen Adarna and Meg Imperial. The 28-year-old actor has been in the entertainment industry for more than a decade.

He started in GMA-7 via teen-oriented show "Click" and did other programs such as "Joyride," "Sugo," "Mars Ravelo's Captain Barbell," "Pasan Ko Ang Daigdig," "Babangon Ako't Dudurugin Kita".

## JM de Guzman: I lost control

ACTOR JM de Guzman has spoken for the first time on his drug addiction.

While he was at the peak of his showbiz career, rumors surfaced last year that the 25-year-old was taking drugs.

JM admitted that there's truth to all these rumors. "Totoo po yun, naging irresponsible ako. Nawala yung disiplina ko and lumaki yung ulo ko. I lost control," he said. "Mentally hindi na ako makapag-isip ng derecho. Hindi ko na mapagkatiwalaan yung sarili kong desisyon. Responsibilidad, nawawala na din sa akin, disiplina, wala na. Emotionally hindi ko na kaya i-control," he added.

JM told his dad and late grandfather to enter him into a rehabilitation center to help fight his addiction.

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## Jury Trial for Ohio Killings moved + Activist detained in Texas



LOS ANGELES – The jury trial of a Filipino man suspected of killing three people in an Ohio bar shooting was postponed a month from its the original August 4 schedule to give the defendant’s lawyers more time to build a stronger case for his defense.

A Sandusky County judge on July 7 ruled that 33-year-old Igmidio Mista’s jury trial be moved to September 8. The judge also granted the defense lawyers’ request for a \$750 budget to be spent on expert assistance, which includes the procurement of security footage that captured the March 9 shooting at the Last Call bar in Fremont, Ohio.

Among those killed in the incident were off-duty police officer Elmore Jose Andy Chavez, 26; bartender Ramiro Sanchez, 28; and Daniel Ramirez, 25. A fourth man, 25-year old Ramiro Arreola, was injured during the incident.

According to earlier reports by the Associated Press, Mista was allegedly hitting on a woman in the nightclub, who then rebuffed his advances.

This resulted in an altercation between Mista and the victims. Mista then allegedly pulled out a gun and started shooting.

According to reports, the Filipino gunman is an undocumented immigrant.

### Activist detained

AUSTIN Texas (Reuters) - Pulitzer Prize-winning journalist Jose Antonio

Vargas, an undocumented immigrant and prominent activist, was detained for several hours July 15 after being stopped at a security checkpoint at an airport in the border city of McAllen, Texas.

The U.S. Border Patrol said agents apprehended Vargas “after he stated that he was in the country illegally.” He was later released on his own recognizance and provided with a notice to appear before an immigration judge.

Vargas, 33, who has lived for years in the United States without proper papers, has made himself a focal point of debate about immigration with frequent media appearances and testimony last year before a U.S. Senate committee.

He has called himself one of the most privileged undocumented immigrants in the United States, who hides in plain sight, pays his taxes, and, because of his notoriety, speaks on behalf of millions of immigrants in the country.

Vargas was in the Texas border area to visit a shelter for Central American children who fled their countries to escape heightened levels of violence, said United We Dream, an immigration activist group for which Vargas was working.

In an article on Friday, he wrote that his notoriety had shielded him, but each flight was a gamble because he lacked a visa.

“I am not sure if my visibility will continue to protect me - not here, not at the border,” he wrote in Politico.

In the article, he said he was outraged by media coverage of the child migration issue and wanted to showcase his own story during the visit to McAllen.

### ‘DON’T KNOW WHAT’S GOING TO HAPPEN’

On July 15, Vargas posted a picture of himself holding a passport of his native Philippines and a miniature copy of the U.S. Constitution on a Facebook page for Define American, an immigration rights group he co-founded, as he was about to go through airport security in McAllen for a flight to Los Angeles.

“I don’t know what’s going to happen,” wrote Vargas.

Another photo posted soon afterward showed a man identified as Vargas being placed in handcuffs by uniformed personnel.

Vargas has traveled extensively throughout the United States without any U.S. government-issued identification and using his Philippines passport, which does not contain a visa for staying in the country.

Vargas left the Philippines in 1993 when he was 12 to join his grandparents in California. He only discovered he had a fake green card when he applied for a driver’s license at age 16. Vargas won a Pulitzer in 2008 as part of a team that covered the Virginia Tech shootings for the Washington Post. He revealed he was an undocumented immigrant in a 2011 essay in the New York Times Magazine.

In an interview with Reuters in June to coincide with his debut film, “Documented,” Vargas said he had lived in fear of deportation.

“I’ve always been paranoid. I always felt like I had the word ‘illegal’ tattooed on my forehead,” he said.



## Louise delos Reyes’ fight weight gain

Kabi-kabilang intriga ang pinupukol sa former Kam-bal Sirena star na si Louise delos Reyes nitong mga nagdaang linggo. Andian na siya raw diumano ang naging mitsa ng paghihiwalay ni Aljur Abrenica at Kylie Padilla. Kumalat din ang mga bali-balitang buntis ang Kapuso actress na marilin niyang pinabulaanan.

Kaya nang makapanayam ng GMANetwork.com ang dalaga, hindi naitago nito ang pagkadismaya sa bagong isyu na muling pinupukol kanya: ang pag-gain niya ng weight.

Aniya, masyadong mataas ang expectations ng publiko lalong-lalo na sa mga female celebrities na para kay Louise ay nakaka-stress.

“Nakaka-stress for an artist ah lalo na for me. Ako kasi as much as possible gusto kong maiba ‘yung personal life ko, ‘yung life as Louise outside showbizness, and iba si Louise kapag nakikita niyo sa TV.”

Dagdag niya, “Ang work ko dine-demand na maging ganito ang hitsura ko, pero sana ‘pag outside, I can be as myself.”

Alam ni Louise na maraming nakakapansin na nag-gain siya ng weight habang nagbabakasyon kaya determinado siya na ibalik ang kanyang sexy figure. Naghahanda na rin daw siya para sa mga susunod na projects na ibibigay ng Kapuso Network.

“Ngayon na medyo tumaba ako, medyo nag-gain ako ng weight nung nagbakasyon ako [kaya] gusto ko mag-workout talaga uli. Talagang bumalik yung dating figure ko na medyo payat ng konti, medyo toned ng konti. Nagre-ready na rin ako kung ano man projects ang ibibigay nila sa akin.”

Ni-reveal din ni Louise na humuhugot siya ng inspirasyon ngayon sa kanta ni Colbie Caillat na ‘Try.’ Napakaganda raw ng mensahe ng single ni Colbie on women empowerment.

“I just wanna share also na may nakita akong video ni Colbie [Caillat]. Mayroon siyang bagong kanta ngayon na ‘Try’ and yung music video niya sobrang empowering for women. Kasi nag-start yung music video na beauty shot as in magaganda silang lahat.

“So habang kumakanta sila tinatanggal nila ‘yung make-up nila hanggang bare face na lang sila. So sana maging ganun ‘yung tingin natin sa ganda. Sana yung purity ng mukha natin, ‘yung simplicity na binigay sa atin ni God, yung [natural na] hitsura natin, let’s just [learn to] accept it.”

## Taste of Manila

RIGHT, Organizers of Taste of Manila pose with Mayor Rob Ford at their launching at Cusina.

FAR RIGHT, Rolly and Nieves Mangante are joined by their daughters and pos with Mayor Rob Ford.



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Thank you all in advance.  
(Note : If you have any comments or suggestions, please let me know ).

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# Philippines

## Pope to Lift Filipino spirits

+ ‘Spaghetti wires’ to stay



POPE Francis will visit the Philippines, Asia’s bastion of the Catholic faith, in January 2015 to comfort victims of disasters including Super Typhoon Yolanda, local church leaders said.

Specific details of the trip were not released, but Manila’s Archbishop Luis Tagle said the pope viewed Asia as crucial in spreading the faith.

Tagle said the pontiff had told him during a recent meeting at the Vatican that “Asia is important for evangelization.”

“The Christian population of Asia may be numerically small but it is significant,” he quoted the pope as saying.

The planned visit comes as the Philippines struggles to recover from a series of disasters in 2013 that claimed thousands of lives. In November, Super Typhoon Yolanda -- the most powerful storm to make landfall in history -- left about 8,000 dead and millions homeless, devastating communities across the central Philippines.

“Our compassionate shepherd comes to show his deep concern for our people who have gone through devastating calamities,” said Socrates Villegas, head of the Catholic Bishops’ Conference of the Philippines. “Pope Francis comes to revive our drooping spirit and to lead us to greener pastures.”

The visit would be the fourth by a pope to the Philippines, where more than 80 percent of the 100 million-strong population are Catholics.

Tagle said a delegation from the Vatican had visited Manila and Tacloban to check

on logistics for the papal visit. Further details will be released in August.

The bishops said there were security, infrastructure and logistical concerns to be addressed, while the health of the 77-year-old pope is also an issue.

Pope Francis was forced to pull out of a visit in Rome late last month, with his spokesman citing “the intense pace” of the pontiff’s schedule by way of an explanation

Francis, who became leader of the world’s Catholics after the unprecedented retirement of his predecessor Benedict XVI last year, will make his first visit to Asia as pope when he travels to South Korea next month.

### ‘Spaghetti wires’ to stay

UNDERGROUND power distribution in Metro Manila is ill-advised because of heat and floods, according to Bureau of Fire Protection director Chief Supt. Carlito Romero.

At a media briefing during the bureau’s 23rd anniversary celebration at the University of the Philippines, Diliman, Quezon City, he said many parts of the metro are flood-prone making underground electrical cabling system impractical.

“Overhead lines are preferable,” he told the Manila Standard, indicating that “spaghetti wires” are a necessary evil.

Underground conductors wrapped in layers that transmit electricity need high-quality insulation that could withstand the

very high voltage, he said.

“We also do not have the infrastructure to dissipate overheating of the cable system, such as the construction of huge tunnels designed for such purpose, and other physical protection against floods during downpour.”

Underground cables are generally bigger for good heat dissipation and are costly, he said, noting that the country “is prone to floods” as well.

An electric utility undertook the first underground power distribution in Cebu in 2013 to do away with unsightly “spaghetti wires” of overhead poles.

But overhead lines are disallowed at the Bonifacio Global City, a highly urbanized district in Metro Manila.

According to Meralco, “underground feeders have to be installed as... required by the Fort Bonifacio Development Corporation and Bases Conversion Development Authority for BGC as contained in the respective Memorandum Agreements and Deed with Usufruct between Meralco and FBDC signed dated May 19, 1990 and between Meralco and BCDA signed September 19, 2002”.

Meanwhile, Romero said octopus wiring in depressed areas has been the no. 1 cause of fire occurrence in the National Capital Region.

“Informal settlers are now permitted to apply for their own power system, unlike in the past years, so as to lower the high incidence of fire occurrences due to use of candles and gas lamps. Most of them, however, are faced with the difficulty to maintain payment of power bills, and would resort to jumper wires, a cause of electrical fires,” he said.



## Joey de Leon dares “killer” of Vic Sotto

Hindi man pinaniwalaan at sineryoso ng batang host na si Joey de Leon ang kumakalat na video na nagsasabing namatay na ang kaibigan niyang si Vic Sotto, may mensahe pa rin siya sa gumawa at



nagpakalat nito.

Sa eksklusibong panayam ng GManetwork.com, ikinwento ni Joey na binati niya agad si Vic ng “Oh, you’re alive!” pagkakita niya rito sa Eat Bulaga. Marami rin din daw ang nagtanong sa kanya upang kumpirmahin ang tsismis.

Ipinaliwanag niya na nagkataon lamang na absent si Vic dahil madalas itong maglaro ng golf tuwing Huwebes at Biyernes. Hinamon ni Joey ang mga nagpasimuno ng hoax: “Itong mga social media minsan ginagamit sa kalokohan eh. Pero mga duwag ‘yun, mga duwag.” “Nilalahat ko na. Mga duwag kasi. Hindi naman naglalagay ng pangalan na tunay ang mga ‘yun eh. Mga duwag. Ilagay niyo ang tunay niyong pangalan bago kayo mag-tsismis,” paghamon ng Eat Bulaga at Startalk host.

Ipinaalala rin niya na hindi dapat basta-basta pinaniniwalaan ang mga bali-balita, at kailangang mag-ingat sa mga kumakalat sa Internet na maaaring pagmulan ng virus.

## Anne Curtis, “Dyesebel made me stronger”

As the most-loved fantasy series “Dyesebel’s” final chapter aired July 18, on The Filipino Channel’s (TFC) Kapamilya star Anne Curtis admits that all trials she has faced in ABS-CBN’s well-loved fantasy series, “Dyesebel” made her value her craft as actress even more.

“The series taught me to be stronger and made me realize how committed I can be. We continued to work, rain or shine, because that is how much we love what we were doing,” said Curtis.

According to the “Dyesebel” star, all the sacrifices were rewarded with the warm support of the viewers, worldwide. “It is a great honor to hear people call me Dyesebel. It just means that the character made a strong mark on them,” she adds.

## Scenes in the City



LEFT, Mayor Dave Ryan of Pickering support the FILCORE Mission of uplifting the lives of the people who had fallen behind due to illness and other unforeseen circumstances, the newcomers, and the caregivers. Miss Caregiver 2014 - FILCORE was held at Centre for the Arts of Saint Michael’s College School on July 5, 2014. RIGHT, Ontario Filipino Womens’ Club took a group tour in June 2014 to Ottawa to visit Parliament Hill; and the surrounding historical sites; and the flower gardens, PHOTOS BY ARIEL RAMOS





## ‘Bling’ clothes, ‘peacocks’ of SONA irk Santiago

MANILA, Philippines—Senator Miriam Defensor-Santiago said she could not stand watching legislators and their spouses took turns displaying “bling” clothes and jewelry during President Benigno Aquino’s fourth state of the nation address (SONA) Monday.

So on Tuesday, Santiago said she would file a resolution, prescribing an official uniform for Congress members attending the annual SONA to prevent a repeat of Monday’s event “where male and female lawmakers took turns displaying “bling” clothes and jewelry, and acted as endorsers of expensive designers.”

“I watched TV and could not stand it,” she said in a statement.

“The SONA event should be a serious time for the Congress to pick up policy directions indicated by the President. It should not be treated as Oscar night in Hollywood, with a red carpet, where peacocks spread their tails and turn around and around, as coached by media in a feeding frenzy.”

Santiago said the clothes should merely indicate membership in the Senate and House of Representatives, to separate them from those who are not members.

Flashy women, flaky men

“The highlight of the SONA is the President. It is not the flashy women. Now the flaky men are even getting into the act. They also parade, sometimes with photogenic arm candy, into the session hall and preen like their female counterparts. Enough!” she said.

For women, Santiago said, the uniform should be a short pencil skirt, paired

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with a simple short-sleeved barong blouse. Jewelry should be a single strand of Philippine pearls.

For men, it should be a plain long-sleeved barong, she said.

“Both men and women could wear a ceremonial ribbon with the Congress logo. For the gallery, it should be office attire,” said Santiago.

“Most important of all, the attitude should not be frivolous and giggly. The attitude should be serious and business like,” she added.

Not the proper venue

Santiago, who failed to attend the SONA due to acute chronic fatigue, has decried for the last few years, the expensive floor-length gowns worn by Congress members and even by their spouses, many produced by high-end designers.

“I was once a clueless participant in those mindless events. Don’t get me wrong. I am very proud of our local fabrics and our local designers, some of whom are world-class. But the SONA event is not the proper venue for their talents,” she said.

She also reminded lawmakers that the law “frowns on conspicuous consumption which she called “the obsession to bling.”

The senator cited the Civil Code, Article 25: “Thoughtless extravagance in expenses for pleasure or display during a period of acute public want or emergency may be stopped by order of the courts at the instance of any government or private charitable institution.”

# Mabuhay Cup Selects PIDC Ms Sports Model 2014

by: Suzy Llanera



LEFT, PIDC Miss Sports Model Jurice Encarnacion of the Jayhawks and 1st Runner-Up Melissa Rasie of Durham

ABOVE, Suzy Llanera and Rory Elefano pose with Mayoral candidate Olivia Chow and actress Nicole Huff.

BELOW, Durham team poses with the two beauties.



Tara de la Paz, Angiels; Mary Grace Enciso, Durham-Crossover; Elaine Columbano, North York Pinoy Athletic Association

( N Y P A A ) ; and Jurice Encarnacion, Jayhawks.

After the ceremonial toss and the deliberation of the panel of judges, the winners were announced. Congratulations to Jurice Encarnacion, represented Jayhawks team, who vied and coveted the title of PIDC’s Ms Sports Model 2014 and Melissa Raisie, who got the 1st Runner-Up title, represented D u r h a m basketball team. The winners took home a Title, trophy, sash, bouquet of flowers and as well as gift bags and gift boxes containing a Pearl necklace and a bracelet donated by Jeweller Oscar Papa Gella, and Gift Vouchers worth at least \$299 for photo sessions, including portrait print from Ino Sanchez of Inspirasyon Photography. All candidates, performers and other beauty pageant title holders each received a gift bag item.

Nicole Samantha Huff, an aspiring actress in a recurring star role in the famous TV show “Degrassi”, Nikki de Ocampo, 1st Runner up Ms Philippines PIDC 2014, 2nd Runner-Up, Danny Samson, of TREMNET Group, and Ino Sanchez, owner/proprietor of INspirasyon Photography, comprised the distinguished Panel of Judges.

President Norma Carpio, Liberal MPP Mitzie Hunter, Liberal MP York Centre candidate Michael Levitt, Toronto Mayoral candidate Olivia Chow, TCDSB Ward 12 Trustee candidate Paulina Corpuz, and WFG magnate Agnes Miranda, graced and delivered welcome and inspirational messages to the enthusiastic crowd.

You can feel the hype and the energy on the field before and during the opening ceremonies. The organizing committee, Vilma Tahsin, Roger Tarca, Bob San Juan, Manny and Vilma Villamor were commendable with their hard work, dedication, great effort and sports team-spirit evidently poured out from their hearts. For without the organizing committee, the volunteers, the nurses, the basketball players, the team directors, the referees, Hoopdome staff, and of course the Sponsors, Dr. Vicky Santiago and Associates, Agnes Miranda, FRNAO, Luminous Financial Group, and Ilocandia Oriental Foods, this event would not have been possible,

It was indeed a tremendous and a successful event! (ssl)

MANILA, Philippines - It was a case of bad timing.

On the same week that Senator Antonio Trillanes IV claimed that disgruntled retired generals were plotting to destabilize the Aquino administration, convoys of military trucks and tanks were sighted on Metro Manila's roads.

The military immediately apologized last month for the alarm caused by the "logistical movements of the Armed Forces of the Philippines."

What the spokespersons couldn't reveal back then - that would have killed the coup rumors - was what the trucks were carrying: the brand new M4 Caliber 5.56mm for the Philippine Army.

“Alam ninyo ‘yung nakita ninyo [military convoy] noong isang araw, ‘yun yung mga naghahakot (You know, the military convoy you saw, those were the vehicles that loaded the rifles),” said Army spokesperson Lieutenant Colonel Noel Detoyato, laughing at the trouble that the logistical movement caused the military.

The first batch of 27,200 M4 rifles arrived last week. The military didn't want to announce what they were transporting for security reasons. Armored trucks accompanied the convoys. The M4 rifles from US-based gun manufacturer Remington will replace the Army's M-16 rifles. "Napakaganda. Ma-inspire ka. Makatayong balahibo ba (It's really nice. It's inspiring. I got goosebumps)," said an excited Detoayo.

The supposed coup plots have since been debunked by retired generals linked to the rumors.

President Benigno Aquino III was supposed to have led the July 14 ceremonial distribution of the first M4 rifles received by the AFP. This was cancelled, apparently to give way to his televised speech on the Disbursement Acceleration Program.

Infants are breastfed on Saturday August 2, 2014 during an activity in celebration of the National Breastfeeding Awareness Month held at the Philippine Army's Club house at Fort Bonifacio in Taguig City. Statistics show that 16,000 Filipino babies die each year for lack of breast milk.



LA TRINIDAD, Benguet—Farmers' groups in the province expressed



from the United States and said the Americans could flood the market with carrots, cabbages, celery and potatoes,

Loreto Buya-an, spokesman of the Benguet Farmers Federation, said a glut could bring the price of vegetables in the market and affect the demand for Benguet vegetables.

“We are worried about the impact of the sudden influx of vegetables from the United States because it will have a significant effect on prices of vegetables in the market,” Buy-a-n said.

The US embassy has announced in its Web site the lifting of restrictions and said “this exciting development will relieve shortages and deepen agricultural ties between the two nations.”

Imported vegetables will be certified by the US Department of Agriculture and importers will be required to get permits from the Bureau of Plant Industry. American exports was expected to rise from \$57,000 (mostly

celery) in 2013 to \$1 million in the next two years.

Agot Balanoy, an officer of the Benguet Farmers Marketing Cooperative, said the competition from the US should prod local farmers to improve the quality of their products to protect their hold on the market.

“We appeal to concerned government agencies to enhance support and provide post-harvest facilities to our farmers so they will be able to cope with the expected stiff competition from imported crops,” Balanoy said.

Gov. Nestor Fongwan said he was confident local vegetables will retain its dominance in the local market because it is fresh and its price affordable to many Filipinos.

He said a small niche in the market will be receptive to US vegetables but “only the rich can afford it” because their cost of production and transport will be high.”

Fongwan called on farmers not to worry about the competition and to coordinate with agencies and local governments to look for ways to lower production cost of highland vegetables in preparation for the implementation of the free trade agreement among members of the Association of Southeast Asian Nations next year.

Benguet, dubbed as the Salad Bowl of the Philippines, supplies 75 percent of highland vegetables in the market.

Netizens are making fun of Enchong Dee for his alleged girlfriend. They



say it's just an imaginary girlfriend because he hasn't shown any picture of them together. Enchong also admitted that he's no longer a virgin

and some nasty bashers asked: "Sa boy o sa girl?"

But Enchong's leading lady, Erich Gonzales in "Once a Princess" backs him up totally. "I don't think he'd lie about his lovelife," she says. "He seems so much more happy and inspired now than ever before, so naniniwala akong may nagpapasaya sa kanya ngayon. I'm also happy for him."

The chubby and feisty Dumaguete teen who won 4th place on “Pinoy Big Brother Teen Edition Plus” in 2008 has just landed the cover of the August 2014 issue of FHM Philippines as a svelte 22-year-old.



"I want people to see something in me. Usually when people see me, they remember me as Beauty, yung matabang Bi-saya," she told FHM.com.ph. "Sana 'pag nakita nila ito, they can see that I have renewed beauty and talent to offer. I'm really thankful for this. I'm going to claim this. Something good will come out of this."

Beauty, who turned a lot of heads with her scene-stealing performance in the romantic drama "Starting Over Again" in February, made her debut on the annual list this year at No. 93.

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# Derek Ramsay, Arnell Ignacio and Gellie de Belen are TV5 International’s stars in Multicultural Trade Show in Canada

TORONTO - TV5 International is once again ready to show the international community the best of what the Kapatid Network has to offer, after its two international channels—Kapatid TV5 and AksyonTV International—were both named media sponsors of the much-anticipated inaugural staging of the Filipinas Expo and Multicultural Trade Show happening this August 16, 2014 at the Metro Toronto Convention Centre, Toronto, Ontario, Canada.

Leading the TV5 International contingent in this grand affair are the Kapatid Network’s ultimate leading hunk, Derek Ramsay, talented comedian-host, Arnell Ignacio, and Face the People’s Gelli De Belen, who are all set to heat things up during the event all for TV5 International’s loyal Filipino subscribers and viewers based in Canada.

The event attendees will also be in for more exciting surprises from TV5 International, what with the one-of-a-kind and certified crowd-drawing “Augmented Reality” booth, where fans can ‘interact’ with all their favorite TV5 stars through a computer-generated sensory input. Also during the event, all current KapatidTV5 and AksyonTV International subscribers on Bell Fibe



and Rogers will get to receive a special gift pack\* from TV5 International. “We are extremely proud to be partners with the Filipinas Expo and Multicultural Trade Show because we both believe in showcasing the culture and products of the Philippines on the global stage. This time around, it is our loyal Filipino subscribers based in Canada who will have an enhanced TV5 International experience, with all our various activities and, of course, with TV5’s very own Derek Ramsay,” shares TV5 International President and CEO Claro Carmelo Ramirez. \*Current subscribers of KapatidTV5 and AksyonTV International on Bell Fibe and Rogers must present their billing statement as proof of their subscription in order to claim their special gift pack from TV5 International. To be updated with the latest happenings and events of Kapatid TV5 and AksyonTV International, please visit [www.kapatidtv.com](http://www.kapatidtv.com) or [www.facebook.com/globalkapatid](http://www.facebook.com/globalkapatid).

## Canadian Certified Teachers Register Increase; Hiring Still Elusive

By : Jennifer SJ. MacLean

There is an appreciable trend of growth in terms of number of Filipino Canadian teachers which were fully certified and licensed in Ontario. However, teacher hiring and employment remain elusive if not problematic for many. In a preliminary analysis made recently, the news has been released by Tony A. San Juan in a recent statement during the two separate teacher-hiring consultation sessions conducted at the Toronto Catholic District School Board ( TCDSB) and the Toronto District School Board (TDSB) in Toronto.

The information was revealed to teacher attendees last June 15, 2014 and July 7 & 10, 2014. The 115 teachers who have participated in the two events were seeking information and advice about the teacher-hiring situation , requirements and procedures of the 2 public-supported school boards. All the participants are members of the Philippine Teachers Association -Canada (PTAC), Latin Education Network ( LAEN) and other internationally-trained teachers who are mostly interested and seeking possible teaching assignments for the coming school year 2014-2015.

San Juan, immediate past president and director emeritus of the Philippine Teachers Association ( PTAC) said that “teacher supply and demand for more than 5 years now remain very discouraging and highly competitive” due to such factors as : “declining student enrollment, low teacher-retirement, oversupply of certified teachers, mismatch of completed subject certifications with teachable subjects needed “ and other reasons.

PTAC, formed in 2006 with only 5 licensed teachers, is composed of current Filipino Canadian Ontario Certified Teachers and former educators in the Philippines as well. Currently, of the 120 active and inactive members of PTAC, fifty-nine or 49 % has been licensed by the Ontario College of

Teachers (O.C.T.). The statutory professional regulatory body certifies and regulates teacher education graduates to teach in all public-and- Catholic elementary, intermediate and secondary schools in the province. Sixty-one or 51 % of PTAC members fall under any of following 3 categories : 1) “in -certification process “ ( those who are awaiting for full licencing), 2)”in work-permit transition“( newcomer immigrants awaiting permanent residence status) and 3) Philippine teacher-trained but did not pursue provincial teacher accreditation. Generally, of the known Philippine-born and considered to be internationally-trained teachers, including those Canada -born and / or who , at early age grew up, raised and educated in Canada, there are approximately more than 300 certified to teach in Ontario . Notably, among the Filipino educators in the Greater Toronto Area are 2 elementary school principals , a secondary school principal, and 1 high school vice-principal. PTAC has six members with Doctoral degrees ( 3 EdD, one DTech and 3 PhD) and 15, with Master’s degrees. General education educators include teachers in Primary grades( Kindergarten to Grade 3), and Junior grades( Grades 4-6) and academic subject areas in Intermediate( Grades 7-10) and Senior( Grades 11-12) divisions in the Ontario education curricula. Current PTAC members with Ontario Certified Teacher ( OCT) licences have academic subject certifications in : business studies(general, accounting) drama, English, family studies, geography, health and physical education, history, mathematics, philosophy, science (general, biology, chemistry, physics), social sciences -general, and visual arts. In terms of Basic or Additional Qualifications( B/AQs) : primary, junior, ESL, special education, religious studies, and technological studies.

In its membership roster, of the 59

certified teachers, twenty-seven or 46% only are teaching in five GTA school boards ( TorontoCDSB, TorontoDSB, DufferinPCDSB, PeelDSB, and YorkDSB ) ,out of which , 22 are on permanent/ contract assignments or occasional / supply teaching assignments and five are doing EA -educational assistant jobs. Five members are employed by some private schools, Montessori schools, and early-learning centres as teachers, teacher-assistants, ECE and/ ECAs. The rest, 32 or fifty-four % are doing education-related jobs or alternative paths as translators- interpreters, test proctors & markers, course tutors and the like. In school year 2013-2014 , only 5 PTAC teacher-members were hired either as occasional/ supply teachers or educational assistants. Two teachers served in band-aboriginal schools in the North. Others, applied in out-of-province positions.

In spite of the poor teacher employment situation and the attendant “cause factors” , Filipino teachers remain optimistic and hopeful that the hiring picture will change for the better in the next 3-4 years. As expected, Filipinos usually are resilient and patient enough by staying focus , taking up more AQ courses to be more “marketable & competitive “ and always hopeful for opportunities to come in their quest for reasonable and productive placement in the education environment.(TSJ).

Tony A.San Juan,OCT  
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## Jennylyn is friends with all her exes except Luis Manzano

Kapuso actress Jennylyn Mercado denied rumors that she and ex-boyfriend Dennis Trillo are seeing each other again. “Hindi pa ulit, hindi pa ulit,” she admitted to Startalk.

The Female Kontrabida of The Year in the recently concluded Yahoo Celebrity Awards noted how she is in good terms with all her ex-boyfriends except Luis Manzano.

“Lahat naman ng mga ex ko, except itong pinaka-recent, magkakaibigan na kami so I don’t think kailangan bigyan ng malisya ‘yung pagiging magkakaibigan ‘di ba?,” she said.

The StarStruck alumna is particularly close with love team partner Mark Herras. In fact, upon finding out that the adoptive father of her fellow StarStruck season one Ultimate Survivor passed away, Jen rushed to where he was to console his grief.

Even with such closeness, however, Jennylyn admitted that being single is most ideal for her now.

“Sa totoo lang, na-e-enjoy ko ‘yung pagiging single... Hindi nahahati ‘yung oras. Kumbaga, ang oras ko, (nahahati sa) dalawa na lang – pamilya ko, career ko,” she shared.

## Melissa Ricks’ likes a baby girl

The kapamilya actress Melissa Ricks said that she doesn’t prioritize her plans on marrying her non-showbiz boyfriend named Charles, the father of the child she is currently carrying.

The “Star Circle Quest” contestant said that their baby is more important right now rather than tying-the-knot. Melissa Ricks’ pregnancy was confirmed by Star Magic’s Tess Gulpi of Star Magic late on July.

While stressing her reason why doesn’t want to get married, Melissa Ricks said: “Sabi namin we’ve talked about it but right now the priority is the baby and how we’re gonna take care of the baby.”

The 24-year-old star also said that he and her boyfriend are now looking for a place to live in together with their baby. She further added that they wanted their first baby to be girl.



# Opening Soon

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## Remittances: \$25B from Canada

Remittances from immigrants and migrant workers in Canada to family or for investments back home is a booming business



Every day, thousands of immigrants and migrant workers in Metro Vancouver head to the nearest money transfer outlet to send money home — often to needy family members, sometimes to invest.

These outlets, more often called remittance centres, are on almost every commercial street in Metro — in grocery stores, hair salons, florists, post-office outlets, Safeways, Walmarts and even sports bars.

Some are neat and tidy, some are run down. These remittance centres are the unassuming face of a globalized money transfer industry that has tripled in value in a decade — to \$529 billion a year, according to the World Bank.

A recent Simon Fraser University study found more than 300 MoneyMart and Western Union remittance outlets in Metro Vancouver alone. That doesn't include the many independent remittance centres, operating in dozens of languages.

The amount of money that leaves Canada in remittances is staggering. At \$24 billion a year in 2012, according to the World Bank, the sum is equivalent to the annual budgets of 12 Universities of British Columbia. Or enough to buy 70 of Vancouver's tallest building, the Shangri-La tower.

A Pew Research Center survey reveals immigrants to Canada, and especially temporary foreign workers, send more dollars per capita in remittances out of Canada than immigrants and migrant workers in almost any other nation, including the U.S., Germany and Britain.

The top countries receiving Canadian remittances are middle-income nations — China (which receives \$3.9 billion), India (\$3.5 billion) and the Philippines

(\$2 billion). Remittances also often go to poor countries. And sometimes to wealthy ones, to support family or invest in the country of origin.

After China, India and the Philippines, the countries receiving the most Canadian remittances are Britain, France, Lebanon, Vietnam, Germany, Italy and South Korea.

Effects of globalization  
Researchers are increasingly assessing the pros and cons of the giant remittance industry — as globalization causes the volume of migrants to rapidly expand.

The United Nations says there are 230 million migrants, people living in countries in which they were not born.

Canada has more than seven million immigrants, who make up 21 per cent of the population (compared to 14 per cent in the U.S.). In Metro Vancouver, 45 per cent of residents are foreign born.

Many who send home remittances are “circular migrants” who move back and forth between their high-income host country and generally low-income homeland. The World Bank says these temporary foreign workers (whose numbers have tripled in Canada, to more than 400,000, under the Conservative government) are responsible for two-thirds of all remittances.

Some see positives in the worldwide distribution of private money from well-off to developing countries. They maintain it creates a phenomenon opposite to the “brain drain,” which draws talented migrants from developing nations to richer ones.

But researchers also question aspects of the remittance tide. They include often-exorbitant transfer commissions; break up of communities and families; the over-reliance of poor and corrupt countries on relatives abroad, and the unfair pressure many feel to transfer money back home.

Helping family abroad  
For Vancouver's Fatima Lagas, 43, however, remittances are fairly straightforward.

The 43-year-old nurse sends about \$400 each month to her brother and sister in the Philippines for food, health care, education and electrical bills. Interviewed at Metro Remittance Centre on Fraser Street, Fatima and her husband Henry, who works in a group home, say they've been doing so for 15 years.

Maricris Tanay, 45, is sending money home to build a house for her future. Tanay works as a live-in caregiver in Vancouver and in a Gastown bar on weekend nights. She transfers \$1,000 a month out of Canada. “It's so stressful and lonely here. All it is, is work, work, work. I don't want to stay here. When I'm old, I'm going back to the Philippines.”

Abuse  
Since the migration of one person to another country is often a family decision, many migrants feel guilty and pressured to send money to people, some of whom they fear may misuse it.

Most migrants remit in the belief the money will go to food, housing, health care and education. But reports frequently arise about how hard-earned remittance money is misspent, going to big-screen TVs or even drinking binges.

In addition, Canadian economist John Hoddinot says many migrants send remittances to their parents, uncles and aunts to “ensure hereditary rights,” meaning they have to do so for the long haul and have no guarantees their goal will be realized.

One “bad side” of remittances, says Henry Lagas, husband of Fatima, “is the people at home don't try to help themselves. They think, if you live here in Canada, you have big bucks. They don't know how hard we work to send them money.”

Economists believe remittances can be a positive private form of foreign aid to poor countries. But some also calculate in many cases it would be equally financially beneficial for extended families if loved ones could work at even low-paying jobs in their countries of origin -- and didn't feel they had to leave for foreign shores in hopes of sending money back home.

## Julia Montes credits “Ikaw Lamang” for becoming a Better Actress

Julia Montes is very thankful to ABS-CBN's master teleserye “Ikaw Lamang” for honing her to become a better actress through the character she portrayed, Mona.

“Before ‘Ikaw Lamang’ started, I was so nervous because I didn't know if I can act side by side with the big stars who are part of the cast. But eventually, I became at ease because they were always generous and were ready to help me give justice to my role,” said Julia.

Meanwhile, tension between Samuel (Coco Martin) and Franco (Jake Cuenca) will surely heat up in “Ikaw Lamang” now that Mona is gone. How far will Samuel go to get the justice that his wife deserves? Will he continue to wage war against Franco and Maximo (Ronaldo Valdez) now that the lives of his loved ones are at risk? How will Mona's death change the lives of Samuel, Franco, and Isabelle (Kim Chiu)?

“Ikaw Lamang” is the master teleserye of ABS-CBN which is under the production of Dreamscape Entertainment Television.

Don't miss the heart-pounding scenes in the timeless master teleserye, “Ikaw Lamang” weeknights after “Hawak Kamay” on ABS-CBN Primetime Bida. For more information about “Ikaw Lamang” visit the show's official social media accounts Facebook.com/IkawLamang.Online, Twitter.com/IkawLamang\_TV and Instagram.com/IkawLamang\_TV.

## Vhong, Billy, KC, and Richard remain as Kapamilya

Another blessing has come comedian-host Vhong Navarro's way as he renewed his contract with ABS-CBN.

Vhong thanked the Kapamilya network and the ‘madlang people’ for giving him courage and support to continue bringing fun to TV viewers.

“The love that I receive from the Kapamilya is unconditional. They don't forget me despite all the challenges I'm facing. They make me feel more loved,” Vhong stated.

Vhong's fellow mainstay in noontime show “It's Showtime” Billy Crawford also inked a new contract with ABS-CBN. Billy will return to Sunday variety show “ASAP” and will host a new reality show soon.

Actress-host KC Concepcion, meanwhile, also renewed a two-year contract with ABS-CBN last Friday and announced that she will soon return to acting on television alongside Coco Martin and Kim Chiu via the master teleserye “Ikaw Lamang.”

“I'm so humbled and thankful that I'm part of the cast of ‘Ikaw Lamang: The New Book,’” she revealed.

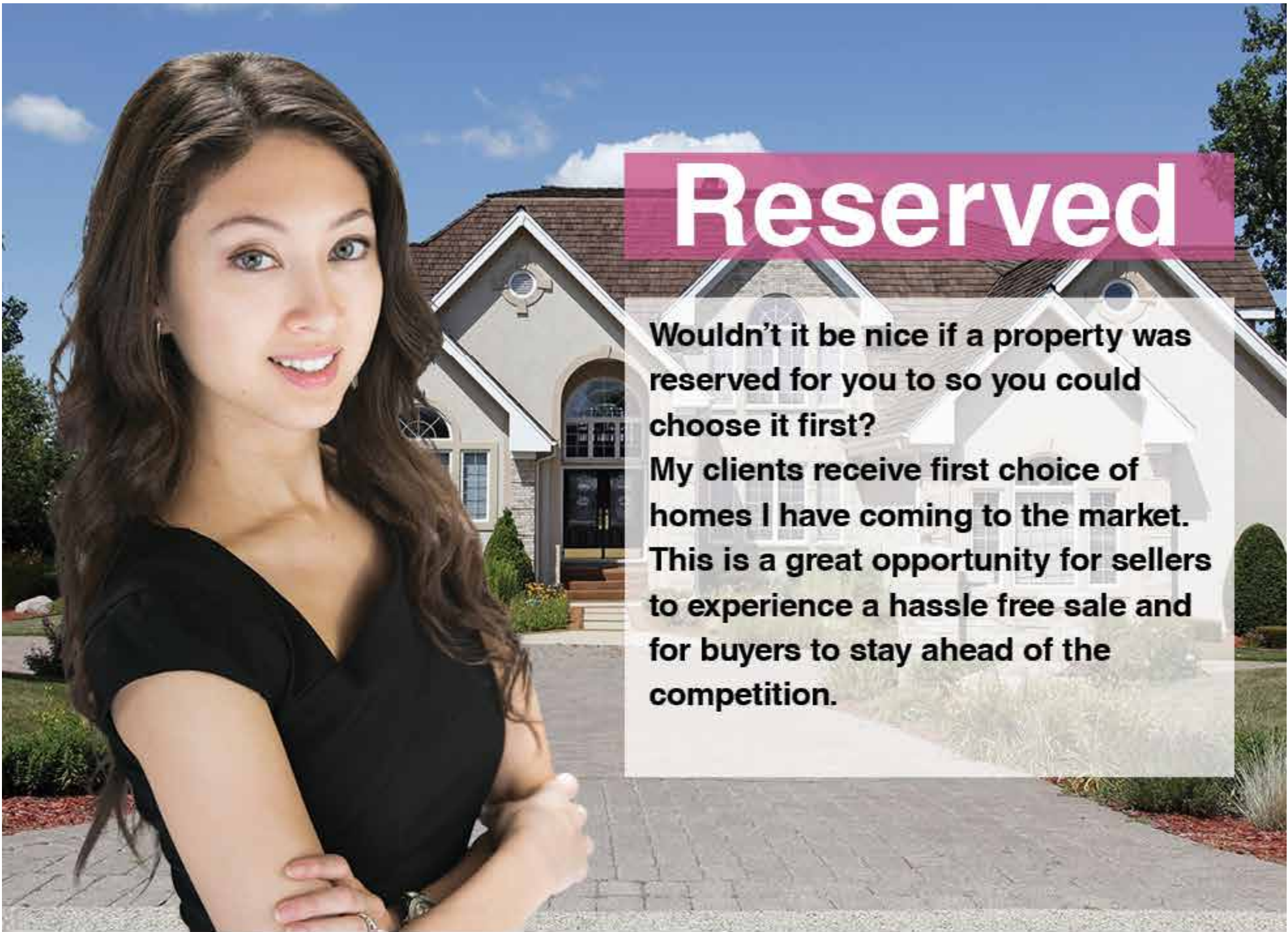
“Be Careful With My Heart” star Richard Yap also signed another one-year contract with the network on the same day KC signed hers.

## Scenes in the City



FIRST, Birthday celebrant Britney Waito (3rd FROM RIGHT) poses with the Usta family. RIGHT, Dr. Solon and Josephine Guzman (5TH & 6TH FROM LEFT) poses with Senator Tobias Enverga (IN SUIT) and wife Rosemer, with family and friends at the Fiesta ng Kalayaan 2014 festival.





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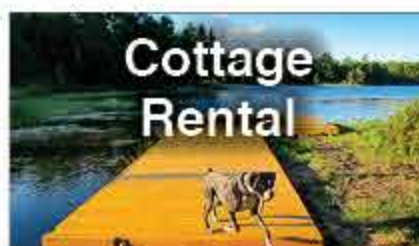
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# ALEX GONZAGA: Romance can Wait

ALEX Gonzaga likes a guy who’s already taken, so her heart is closed to suitors now.

Actress-TV host Alex Gonzaga feels she became more mature and responsible during her 49-day stay inside the “Big Brother” House.

“I worked with mostly younger people. I benefited a lot from assuming the role of leader. And now that I’m out ... I’m able to apply what I’ve learned,” she told reporters during the launch of ABS-CBN’s afternoon series “Pure Love.”

Directed by Veronica Velasco and Mikey del Rosario, “Pure Love” is based on the Korean drama “49 Days.”

Alex, 26, clarified that she didn’t do a drama show to get away from the shadow of her older sister Toni: “I don’t mind being compared to my sister,” she pointed out. “She paved the way for me.”

Alex expressed confidence that “Pure Love” would do well in the ratings: “We’re banking on the story and our talented production team and cast.”

It has been a while since Alex’s last romantic relationship. “My previous relationships didn’t last because they weren’t pure. The most recent (with basketball star Chris Tiu’s cousin Jed) was so short-lived that I don’t even consider it a relationship.”

What is Alex’s definition of pure love? “When a person loves you without expecting anything in return. In the past, I thought what I had was pure love, but I was wrong. When I meet a new guy, kinikilatis ko muna. If I see that we’re not compatible, I don’t waste time anymore.”

Two partners

Alex is working closely with leading men Arjo Atayde and Joseph Marco in the series. She sees no romance blossoming with either of them. “As of now, my heart is closed,” she said.

Arjo, who is vocal about his feelings for Alex, said, “I’m willing to wait until it opens.”

Alex admitted having a crush on former PBB housemate Fourth Pagotan. “He has a girlfriend, though. I don’t want to adjust for him. If a relationship is meant to be, you don’t have to force it.”

“Pure Love” also features Yen Santos and Yam Concepcion.



Birthday celebrant Britney Waito wipes her tears as he mom speaks.



Britney Waito dances with her brother Cody.



PHOTO BY RAMIL BANAAG



# The truth about Piolo



Over the years, Piolo Pascual’s star power has become a force to reckon with in the showbiz industry. But despite his unwavering and ever-growing popularity, the sensational actor has still managed to maintain an elusive and mysterious persona.

But in September, Piolo will finally share a “part of himself” to the Filipino public and the rest of the world through a feature in E! News Asia Special.

Following 2014’s first special on Anne Curtis, Piolo is only the second Filipino celebrity to be featured on the show. The 37-year-old actor also shared how he is able to apply his

real-life role dad to his current onscreen character, Gin, in ABS-CBN’s primetime series, Hawak Kamay.

Piolo joins other regional entertainment powerhouses like Lisa Surihani from Malaysia, Jay Park from South Korea, and Aaron Aziz from Singapore as a subject of E! News Asia Special.

## Marc Abaya defends Nora Aunor on National Artist issue

Kwan’s lead vocalist Marc Abaya did not mince words, as he expressed his disappointment that Superstar Nora Aunor failed to get the National Artist title.

Last month, President Benigno Simeon Aquino III admitted in an interview that one of the reasons he did not pick the veteran actress was because of her alleged history of substance abuse.

“Na-convict po siya sa drugs... na-convict at naparusahan at ang tanong ngayon dito, kapag ginawa ba [siyang] National Artist may mensahe ba akong maliwanag na sinasabi sa sambayanan?,” the President said.

The Ang Dalawang Mrs. Real star was affected by the sad news and he strongly

believes that Nora deserves the recognition.

“I was very much affected by what happened by the fact that he (PNoy) spoke out against her and the whole country, not just me the whole country, knows she is a great actress. Nobody is perfect and that means nobody!”

He added, “This woman has worked forever. This woman is not perfect, she might have her faults, but did she hurt anyone? I don’t think she did. Nobody is perfect, but you cannot take that away from her being [an] artist. More so that she never hurt a living soul. I’ve worked with her, I think she is the kindest woman I have ever worked with. She is a great actress, she’s generous, she is a good human being.”

In addition, the Marc wanted a group of artists to solely choose who will get the National Artist title.

“I believe that awards for artists must be decided upon by artists. Who are the artists that will decide is another thing. All I know is, only an artist could judge an artist. The president that’s different.”



## Lakambini joins Leo’s Sportsfest

LEFT, Lakambini beauties and founder Candace Mallari David take a rest during the games.

RIGHT, Lakambini entourage is joined by Leo’s Caregiver owner Digna Cawayan during the awards ceremony.

FAR RIGHT, Krista Bella, Candace Mallari David and Shauna Fresco enjoy the night away.



# What's next for Megan Young + other news



MISS World 2013 Megan Young will relinquish her crown few months from now. Megan continues her duties as the reigning Miss World.

And more opportunities continue to come her way as well. For sure, Megan is now seriously thinking her options after her reign. Before she was crowned as the world's most beautiful woman, Megan's showbiz career was not stable – to say the least. Yes, the Kapamilya Network gave her own starring-role teleserye via "Hiyas." But that did not make her a major star. Until she sidelined at the Kapatid Network for some projects. Then, came her biggest break – winning the first-ever Miss World crown for the Philippines. Yes, Megan made history.

## Maja conquers all

Maja Salvador can proudly claim that she is now indeed a "legal performer." She has nothing to prove when it comes to her acting. Her acting trophies can attest to that. As for her dancing, she

was not dubbed "Dance Floor Diva" for nothing. And if these are not enough, Maja just ventured into recording – recording her debut album "Believe." That, surprisingly, earned her a gold record award. In fact, Maja's single "Dahan-Dahan" is now a certified hit. Everything seems to fall into the right place in her life now. Her heart continues to beat for boyfriend Gerald Anderson. She already patched up things with Kim Chiu. And her last teleserye as Nicole on "The Legal Wife" was a phenomenal hit. All these make Maja not just a legal performer but a consummate artist, as well. But critics say that Maja needs to still prove her bankability in the movies. Is her star bright enough to make her the next box-office star?

## Bakit List

NO MORE SEXY MOVIES. Cristine Reyes likes to veer away from doing sexy movies. Accordingly, her film "Trophy Wife" might be her last sexy and daring movie portrayal. The Kapamilya actress claims that her sexy image is a big contradiction to her Christian faith. Is Cristine ready to turn her back on doing sexy movies? Or is this just a publicity slant for her movie? OFFICIAL COUPLING. Billy Crawford and Coleen Garcia are now officially a couple as boyfriend-girlfriend. When rumors about their romance spread like wildfire, both beat around the bush when asked about their status. Until the press got tired of their denial and dilly-dallying despite proofs of their affair. Now, when nobody is asking about their status, they suddenly admit that they are officially a couple. "Who cares?!", ask the showbiz kibitzers.

## Scenes in the City



**FIESTA NG KALAYAAN 2014**  
LEFT, Dr. Solon Guzman entertains Mississauga Mayoral candidate Bonnie Crombie.  
MIDDLE, Power Couples Meet - Drs. Josephine and Solon Guzman and Senator Tobias Enverga and wife Rosemer pose for photographers.  
RIGHT, Consul General Junever Mahilum-West poses with Dr. Solon Guzman and friends.

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## Fiesta ng kalayaan 2014

**Filipino's Only Outdoor Festival in Mississauga is still going strong**

**Looking for new Filipinos to continue tradition is difficult**

Amber delos Reyes is Queen of Angels at the Santacruzian.

The first time I covered Fiesta ng Kalayaan was last year with Paolo Avelino and Bea Alonzo as featured artists. In 2012, they had Jericho Rosales and I was not able to cover the event.

"Fiesta ng Kalayaan" is jointly hosted by Culture Philippines of Ontario (CPO), Fiesta Filipina Dance Troupe (Fiesta), Kalayaan Cultural Community Centre (KCCC) and Kalayaan Filipino Cultural Organization (KFCO).

In 2012, the Fiesta ng Kalayaan was accompanied by rain. Still, the people came. In 2013, it also rained the whole day and the people still came.

"But this one was stronger," said Rusty del Rosario to me last year, as we both held on to a screen tent that was being blown away. Last year's strong downpour happened at around 4:30 and went on for about 20 minutes. After that, the rain let up a bit and the festival continued to its glorious finish.

The threat of rain still plagued this year's festival. But luckily, it was just a light drizzle that fizzled. In fact, there were probably more people this year than last year.

How do I know this?

Mel Galeon, owner of FV Foods was so busy in their food stall not able to have his picture taken with the featured star this year, Sam Milby.

The line-up at the FV Food stalls (FV



LEFT, FV Foods owner Mel Galeon found himself swamped with customers. RIGHT, Dr. Solon Guzman (FAR LEFT) and company poses with Kapamilya star Sam Milby (MIDDLE).



always rents more space) was just so long that the throng of people so thick you have time to catch your breath. It was just non-stop. This is the fourth Fiesta and it seems to be going from strength to strength. Ironically, despite some of Square One's parking lots that are nearest the venue are boarded up for construction, I found a parking space easily than last year. I did mention to Kalayaan's Resty del Rosario about this year's forlorn Kalayaan picnic.

"That one was not advertised well, he said, "our children are not going to continue this, it's not their thing," he added.

"Our choice are newly-arrived Filipinos

who will take interest in this community activities," said Resty.

I agreed with him.

The continuity of Filipino activities in the community will not be taken up by second generation Filipinos. It's new immigrants who have an interest in the community who will continue this tradition.

It will be sad if nobody will take up the task of continuing a tradition that adds life to the mosaic of multiculturalism of Canada.

It will be ironic if the government of Canada who is willing to show financial support to ethnic activities if no one is there to continue the job.



## Rocco Nacino wants to study medicine

Even though he has a solid career and earning good money from show business, actor Rocco Nacino wants to study medicine and become a medical doctor.

In a recent interview, the 27-year-old actor said that after he graduated from college and passed the Nursing Board Exam in June 2009, his initially planned to pursue a career in the medical profession.

But his changed his direction when showbiz projects started to pour in and said that he couldn't say no to those once in a lifetime opportunity.

"It's my fourth year and ang daming blessings kaya mas lalo kong minamahal itong trabaho ko. At this point in my career, I think medicine will have to wait," he said.

Nacino said he is saving money so that he could enroll himself in medical school.

"That's exactly what I'm doing. I believe kasi na whatever age you want to continue it, as long as you have the foundation, magagawa mo talaga yan," he said.

The actor said age is not a problem as he is planning to continue his education in his late 30's.

"It doesn't matter whatever age yan. I keep in mind that showbiz is not forever. Kaya kailangan ipon ng ipon muna.

Andoon siya this whole time, yung fire and determination to reach that goal, to be a doctor," he added.

He said he wants to become a pediatrician.

For now, Nacino said his main priority is his blossoming showbiz career.

The actor added that he is planning to expand his gym business and venture into fight and boxing promotions.

"I'm very happy sa takbo ng career ko ngayon. Marami pa akong gustong gawin. Unti-unti ko pang inaabot lahat. Nasa plano ng lahat ng ito. Sipag at tiyaga lang," he said.

## Joshua Panaligan gets *Baptized*



FIRST, Family gathers around after Joshua's baptism. SECOND, Joshua looks behind during baptism. THIRD Mom Genelie, ninang Shirley Leblanc and ninong Philip Beloso pose with Joshua after baptism.

# Port congestion making Phl exports highly uncompetitive

MANILA, Philippines - The congestion and shipment delays at the Manila ports are making Philippine exports highly uncompetitive, as most ports do not have to contend with a similar cause — a truck ban policy, according to two prominent leaders of the business community.

Sergio R. Ortiz-Luis Jr., president of the Philippine Exporters Confederation Inc. (Philexport), said congestion at the Manila terminals has reached “110 percent of capacity” and warned that the situation could go from bad to worse unless “some real remedies” are applied.

There’s a real problem now as shipments can’t be loaded or unloaded, according to Ortiz-Luiz.

Robert Amores, president of the Philippine Food Processors and Exporters Organization (PhilFoodex) and Philexport trustee for the food sector, explained that shipments should normally be cleared out within 72 hours. “But with the congestion, clearance sometimes takes 15 to 30 days.”

The ports of Hong Kong or Busan in South Korea also experience traffic jams, but they can address their problem because there is “no truck ban to compound” the overcrowding issue, so “they can cope,” Amores said.

Amores said food exporters are losing business because what buyers are doing now is to accept what local exporters can ship out, then fill the rest of their orders by importing from other sources, such as Thailand.

The food industry is “suffering,” he stressed. Manufacturers of fresh produce, for example, can’t fully commit to ship out 100 percent of the orders due to spoilage from the long wait.

Moreover, many are forced to use the costlier air transport system to meet deadlines, further increasing their expenses.

And, unfortunately, they can’t raise their export prices because other countries are not experiencing

the situation they are in.

As a result, Amores said many food makers have reduced their output, leading to lower production levels, adoption of the rotation system, and other similar measures, affecting the “total supply chain.”

Ortiz-Luis shared that he recently learned from the leaders of the semiconductor industry that a few firms plan to go on a temporary production shutdown because of the long wait for raw materials.

He criticized the seeming lack of coordination among government agencies that aggravates the situation, such as the construction of the skyway and the ill-timed implementation of the anti-colorum drive in the middle of the truck ban debacle.

Although there are Cabinet cluster meetings involving the different departments, the agencies seem to be “doing their own thing,” said Ortiz-Luis. He lamented how the opening of the Roxas Boulevard trucking lane took months to do. Then just when it was finally done and traffic was easing up, the anti-colorum campaign came up. “Walang katapusan,” he said.

Amores said that only the truckers have benefitted from the truck ban policy and the anti-colorum drive. This is because they have managed to raise their rates significantly, citing the long turnaround due to the truck ban.

Meanwhile the anti-colorum campaign effectively reduced the number of trucks on the road because as much as 40 percent of truckers have no franchise, causing a shortage of haulers.

Ortiz-Luis called on the administration to heed the call of the business community, and urged the agencies to “orchestrate” their moves in addressing the Manila truck ban and port gridlock. This, he emphasized, is “a national problem, not just a departmental problem, and must be treated as such.”

# How Toni Gonzaga rose to the Top

Many think her wit, humor, talents and gift of gab catapulted Toni Gonzaga to stardom. Few realize that the girl who nearly didn’t get the guy in the movies, the girl who often played characters that find themselves flat-footed in situations only to get through these with chin up, the girl who says outrageously candid one-liners in interviews that end up as Twitter trending topic a few minutes after these are uttered—is a girl who delivers the goods every single time because she understands the Filipino audience so well.

The so-called Multi-Media Star talked about the Pinoy psyche and how the nation determines whom to champion.

Surprise, surprise: It’s almost always the underdog.

“Ang Pilipino, may maawain na puso. It’s our culture. If you go back to history, sinakop tayo ng madaming lahi kaya many of us have meek personality, mahiyain. Simple lang tayo pero we’re sympathetic at ang laging hinahanap natin ay puso,” she said to that effect.

We opened the subject in light of some people’s observation that in local reality and talent shows, contestants who have a sob story seem to automatically have advantage over those who don’t.

“Gusto kasi ng Pilipino na laging nakaka-relate (sa kapwa niya). Gusto ng Pinoy malaman kung san ka nagsimula, san ka ba galing, bakit ka ba nag-a-artista. It’s not just about what you can do but also why you do it.”

It’s not that talent doesn’t factor in. In a nation acknowledged worldwide to have talented people teeming in every nook and cranny, that’s a given. However, he who speaks directly to and captures the heart of the people, stands out and could have key in the hole.

“I’ll get to share a part of me sa audience that they don’t often see. When you sing live, you interact with your audience—andyan sila sa harap mo—so when the songs touch someone’s heart kita mo agad.

It’s Toni just being herself. And it’s why people just love her.

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## Is Carla GMA-7's Primetime Queen?

MARAMI ang nagsasabi na si Carla Abellana raw ang dapat ang tawag-lahat ng ang mga Kaya sa pocket movie hin-



ing primetime queen ng GMA-7 dahil halos programa niya ay mataas ang ratings at maging pelikula niya ay kumikita. nang mainterbyu namin si Carla presscon ng Somebody To Love ng Regal Entertainment ay ingan namin siya ng reaksiyon tungkol dito.

“Wow, well, siguro dapat manggaling iyon sa network, kasi ang desisyon na ‘yan ay wala naman sa atin or wala rin naman sa public or sa viewers, it should come from the network, I guess.

“Hindi ko naman alam kung ano ang qualifications or kung ano’ng standard para mapabilang ka? I don’t know how that works, pero flattered siyempre kasi napansin ako, siyempre compliment ‘yun na parang nakikita nilang possible or nakikita nilang puwede,” magandang paliwanag ni Carla.

Pero base sa pagkakaalam namin ay ibinabase sa seniority ng mga artista ng GMA-7 kung sino ang dapat na tawaging primetime queen o king. Nakakalimang taon pa lang si Carla sa nasabing network kaya hindi pa siya qualified tawaging primetime queen lalo na’t kasalukuyan pang may nagmamay-ari nito.

Sunud-sunod ang programa ni Carla na pawang matataas ang ratings at kumikita rin ang mga pelikula kaya aminado siyang pressured siya.

Papunta ba sa relasyon ang madalas na pagsasama nila ni Tom?

“I don’t know, I wouldn’t say, I honestly don’t know kasi wala akong free time, araw-araw akong may trabaho, may taping, so how can I say na it’s going there kung I don’t have time. At least magkasama kami sa trabaho, ‘ganu’n na lang muna,” sagot ni Carla.

## Dingdong celebrates, Attains Maturity

Dingdong Dantes celebrated his birthday land he was given a surprise party by his co-stars, crew and staffers on the set of the hit drama, “Ang Dalawang Mrs. Real.” Dong is elated as everyone is congratulating for his fine portrayal of Anthony Real, the man with two wives.

He has won two best actor awards for “Segunda Mano” and “One More Try” but it’s the consensus that his maturity as an actor really shone bright in “Dalawang Mrs. Real.”

“Impressive ang portrayal niya as a man torn between two women and a dad with two sons- isang ampon at isang tunay niyang kadugo,” says the show’s director Andoy Ranay. “He really shines in the confrontation scenes he has with Maricel Soriano and Lovi Poe.

Nakakabilib ang ipinapakitang pain at desperation ni Dingdong bilang Anthony at kung paano nitong magampanan ng tama ang role niya bilang husband and dad with two families. Kaya huwag na huwag kayong bibitiw dahil bawat bagong episode ng show, hindi lang umiigting ang story kundi humuhusay ang acting ng lahat ng involved sa programa.

## Nico satisfied with Short Film

Nico Antonio was in four full length film entries in the Cinemalaya filmfest last year: “Babagwa,” “Instant Mommy,” “Diplomat Hotel” and

“Ekstra.” But this year, he’ll be seen in only one entry, and it’s a short film at that, “Eyeball.” “Last year kasi, ang daming nagreklamo,” he says. “So-brang dami raw ng pelikula ko, kaya this year, isa na lang. Yung ibang artista marami ring pelikula, hindi inireklamo. Ako lang.”

But “Eyeball” is enough for him. “It’s worth doing a short film like this for a competent new filmmaker like Thop Nazareno. I play a chickboy who arranges to meet face to face a woman I just got to know through Facebook. While waiting for her, I meet a nerdy guy who teaches me on how to attract women and the experience will be life-changing.”

Thop Nazareno is a multi-media arts graduate from St. Benilde and also took up filmmaking at Mowelfund. His first short film, “Balut ni Mang Roger” was shown in the US and Europe. He hopes to direct a full-length film for his next project. As for Nico, he just finished “Dyesebel” on ABS-CBN. He’s now doing the mainstream film, “The Trial,” for Direk Chito Roño. A law graduate, he’ll next review for the bar exams.

## Sex Video to divert from SONA

When the sex scandal involving allegedly the Kapatid newscaster and TV host Paolo Bediones broke at the start of this week, a few netizens have some difficulty believing that it’s really him on the photo and video which immediately went viral in the social networking sites, particularly on Facebook.

While some are certain that it’s really Bediones in the sex scandal, there are still some who couldn’t believe it and refused to accept it at face value. Meanwhile, a friend on Facebook even jokingly commented that the release of the video could be plotted by the allies of the Aquino administration to veer the public’s attention away from the SONA. Yes, this may sound silly but this definitely made me laugh.

Anyway, prior to P-Noy communicating his administration’s accomplishments for the past year, my FB newsfeed was already flooded with status updates relative to the sex scandal which was actually the ultimate reason why I got curious about the issue.

Amidst the issue confronting Bediones, his mother network has remained on his side.

TV5 said that “the recent issue involving our news anchor, Paolo Bediones, on social media is a purely personal and private matter in which TV5 has no involvement or desire to intrude.”

“We firmly express our support for our anchor Paolo Bediones in the face of a controversy that represents nothing more than an attempt to smear his reputation.”

As of this writing, Bediones hasn’t issued any statement yet in response to this controversy. Everyone right now is waiting for his words.

Well, a lot of us only have one question for him. Why do you have a sex video, Paolo Bediones?

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## Joshua Panaligan gets Baptized



Joshua Panaligan gets baptized by Father Albert Macalipay at St. Therese Parish. Here are some of the pictures of that event.

# ‘Little Superstar’ Lyca is First “The Voice Kids” Grand Champion



Lyca is hugged by her parents.

Nine-year-old Lyca Gairanod of Cavite emerged as the first ever grand champion of “The Voice Kids” after garnering the highest percentage of text and online votes during the two-night finale of the top-rating and Twitter-trending singing-reality show.

Coach Sarah Geronimo’s bet led the public voting based on the Power Ballad, Upbeat Song, and Special Performance with a Celebrity Guest rounds and took home P1 million, a one-year recording contract with MCA Universal, house and lot, a home appliance showcase, a musical instrument showcase, and P1 million worth of trust fund.

Team Sarah’s Darren Espanto came in second, while Team Bamboo’s Juan Karlos Labajo and Team Lea’s Darlene Vibares placed third and fourth, respectively.

Lyca impressed the coaches and the audience with her rendition of Regine Velasquez’ “Narito Ako” and Carly Rae Jepsen’s “Call Me Maybe” Saturday night (July 26), but what brought the house down was her version of “Basang Basa sa Ulan,” which she performed with band Aegis on Sunday (July 27), earning a standing ovation from coaches Lea Salonga, Bamboo, and the audience at Resorts World Manila.

Even before “The Voice Kids” started airing,

Lyca had already made a mark on netizens and viewers with her blind audition performance of Aegis’ “Halik,” which was used as a teaser for the program and became a viral hit.

As she fought through the Battle Rounds, Sing-Offs, and Live Semi-Finals, Lyca was dubbed the “little superstar” after she was likened by coach Lea to Nora Aunor. Lyca, a small kid with big dreams, became known for her heartfelt performances and humble background as a daughter of a fisherman who sometimes helps her mother scavenge junk to sell. Lyca also previously revealed that she would perform for her neighbors in exchange for cash or food.

Netizens also tuned in to Sunday show to wait for the announcement of the grand champion, as #TheVoiceKidsChampion, #TVKDDarrenForTheChampion, #WowAngGwapoNiLuis, Jhong Hilario, Lani Misalucha, Gary V and JK, You Are My Song, and other finale-related hashtags trended worldwide and locally on Twitter.

The star-studded Sunday finale, hosted by Luis Manzano and Alex Gonzaga, also featured performances from Darren and Martin Nievera, Juan Karlos and Gary Valenciano, and Darlene and Lani Misalucha. It was opened by a lively performance from the Final Four young artists, the three coaches, and “The Voice of the Philippines” Season 1 grand winner Mitoy and finalists Klarisse de Guzman, Myk Perez, and Janice Javier.

Since its pilot, “The Voice Kids” has consistently ranked as the most watched program in the country. The first night of its finale last Saturday (July 26) scored an all-time high national TV rating of 37.7% for the program, while the Sunday show hit 37.2%.

The “The Voice of the Philippines” Season 2 for adults, meanwhile, is expected to premiere before the year ends. For updates on the program, visit [thevoice.abs-cbn.com](http://thevoice.abs-cbn.com), like [www.facebook.com/thevoiceabsbn](http://www.facebook.com/thevoiceabsbn), or follow @thevoiceabsbn on Twitter and @absbnthevoice on Instagram.



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Bianca Umali is GMA’s Newest Discovery + other stories



Most showbiz writers agree that 14-year old Bianca Umali has a bright future in showbiz. She’s not only pretty but can also act well, as seen every night in the hit inspirational soap, “Niño.” No wonder GMA7 is really pushing her to be one of their top young leading ladies. Can she feel this?

“Yes, I do,” she says. “Very thankful po sa breaks na binibigay sa’kin, sa tambalan ni Miguel Tanfelix. May ‘Niño’ na kami, may ‘Ismol Family’ pa kami na both very good projects kaya laging mataas ang ratings.”

It’s said Miguel gave her flowers? “Yes, white roses. Gesture lang po ng friendship. What’s her wish for Miguel? “Sana, mas tumangkad pa siya. Kasi at 15, 5’5” na siya. Sana pag 18 na siya, 6 footer na siya.”

Robin, Mariel host new ‘Talentadong Pinoy’

THE search is over. After Ryan Agoncillo decided not to return as a host in the new season of “Talentadong Pinoy,” TV5 searched for his replacement and many names cropped up, like Willie Revillame, Ogie Alcasid, Marvin Agustin, Richard



Gomez. Now, TV5 has announced that the replacement is not just one person but a couple, Robin Padilla and his wife Mariel Rodriguez.

This means Robin is now a bonafide Kapatid star. After all, he was just with Jasmine Curtis Smith in her self-titled show that just ended last Sunday. As for Mariel, she was a co-host of Willie before in his “Wowowillie”. Robin made sure he is not stepping on anyone’s toes before he accepted the show.

“Nilinaw ko muna kung ano talaga ang nangyari sa ibang napabalitang magiging hosts, like Ryan and Willie, at nang mapaliwanag nila nang malinaw ang sitwasyon sa akin, dun pa lang namin ito tinanggap ni Mariel,” he says. “Actually, hindi ko rin sinabi agad kay Mariel ang offer sa amin. Siniguro ko munang matutuloy ito bago ko siya sinabihan. Kasi baka mamaya, hindi matuloy, madi-depress lang siya kasi noon pa namin pangarap na magkasama kami uli sa pagho-hosting. Di ba diyan kami noon nagkakilala nang mag-pinch hit ako kay Willie sa ABS-CBN before? Natutuwa talaga akong magkakasama kami uli ng misis ko sa trabaho.”

KC back in Pulo’s arms



This is a big consolation for KC as she felt so down when she was rumored recently to be hiding in New York as she was pregnant with Paulo Avelino’s child. It proved to be just that: a rumor. KC stayed there for four months to study acting. When she was a guest in “The Buzz”, she said she’s so tired of being rumored as pregnant.

“18 pa lang ako, natsismis ng buntis ako when I studied in Paris,” she said. “Kung hindi ako nagbuntis, nanganak na raw. Anak ko raw ang youngest sister kong si Miel. Lahat ‘yan, walang katotohanan.”

Now, there’s a new rumor about her. At the FAMAS award, it was not only KC who got an award but also her ex-BF, Piolo Pascual, who was given the FPJ Memorial Award. While the award was being given to Piolo, a video presentation is shown with Christian Bautista singing a song for Piolo. Someone allegedly overheard KC saying this: “They should have asked Mark Bautista to sing that, not Christian. It would have been more meaningful for Piolo.”

If this were true, wonder what KC means about that.

**Jillian admires Mona Louise’s Courage**

Jillian Ward is very open about her admiration for co-star Mona Louise Rey in “My BFF”. “Kasi nakikita ko siyang nagi-inject ng insulin dahil diabetic siya at 9 years old,” she says. “At ang tapang niya, huh! Kung ako ‘yun, maiiyak ako.”

Mark Bautista is a Success

Eleven years na pala si Mark Bautista sa showbiz. At akala niya, naabot na niya ang rurok ng tagumpay.

“May kanya-kanya naman kasing kapalaran ang bawa’t tao. Kung para sa iba, hindi pa sapat ang naabot ko, on my part naman, okey na. Ibang-iba na ang buhay kong iko-compare noong patambay-tambay pa ako sa mga disco bars and resto at nakaka-kanta lang kapag may nag-a-absent na singer o kaya’y may iba silang commitment. ‘Yun, nakakasalang ako.

“Nang sumali ako sa Star for a Night ng Viva Films, suwerteng nanalo ako ng second place. Si Sarah Geronimo po ang grand champion.

“After 11 years, nakapag-pundar na ako ng konting kabuhayan. May building akong naipatayo sa probinsya at pinaupahan iyon ng mga kapatid ko. Dito sa Maynila namant may sarili na rin akong bahay. Kasama ko ang isa kong kapatid na nag-aasikaso sa akin.

“Naghahanap na ako ng posibleng magiging lifetime partner. 31 years old na rin po ako, puwede na.

“Naispatan ko nga po ‘yung isang magandang babae sa TV at nag-effort akong hanapin siya. Natagpuan ko naman. Actually, nagkita na kami at na-imbitahan ko na siyang mag-dinner.

“All of a sudden, biglang dumating ang isang tawag mula sa Viva Films at ibinabalitang nakuha akong mag-portray ng role ni former President Ferdinand Marcos sa isang British production na ang title ay “Here Lies Love.”Tungkol ang musical play sa lovelife ni former First Lady Imelda Marcos.



“Hindi ako makapaniwala na may naghihintay pa palang malaking sorpresa sa akin ang Panginoon.

“You are truly world-class,” sabi sa akin ni Boss Vic del Rosario.

“In fact, I already forgot about my audition for the said musical. ‘Yun pala ang magdadala sa akin sa London. Imagine, I’ll be staying in London for 6 long months (October till January). Wala rin akong masyadong experience sa stage projects. Tanging Noli Me Tangere lang noong 2010 ang nagawa ko. at ‘yung last year sa “The Full Monty” sa Broadway presentation sa CCP.

“Paalis na ako this month (August) for London where I hope to meet my co-Viva artist Rachelle Ann Go na gumaganap ng role ni “Gigi” sa revival ng “Miss Saigon” sa London.

“Hindi ko alam kung anu-ano pa ang mangyayari sa akin sa London, pero, heto, nagtitiwala na lang ako sa Panginoon sakali mang may susunod pang suwerte para sa akin after London.”

Mark Herras says thanks to late adoptive father

He was grateful for the love but he was not ready to lose his dad.

Mark Herras admitted as much in his interview with Startalk, recalling how hard he prayed for the recovery of his adoptive dad, Claudio Herras Jr. or Daddy Jun.

He said, “Never ko kasi in-imagine na basta na lang mawawala si Daddy. Mahirap, mahirap tanggapin kasi siyempre wala naman sigurong may gusto na kahit sinong tao o anak na mawalan ng isang ama.”

While the actor wishes for Daddy Jun to have lived long enough to see his granddaughter Ada grow up, Mark is slowly accepting that it is time for his dad to finally rest.

“Sabi nga ng ibang tita ko, ‘Sobrang pagmamahal sa ‘yo ng Daddy mo. Sobra-sobra ‘yung binigay niyang pagmamahal sa ‘yo na this time kailangan niyang umalis para ikaw naman ang magtutuloy ng pagmamahal na ibinigay niya sa ‘yo. Ikaw naman ‘yung gagawa noon sa anak mo. Ikaw naman ang gagawa noon sa pamilya mo’,” he said.

After a long battle with a lingering illness, Daddy Jun died at the age of 61.

Actress Jennylyn Mercado, who rushed to



Leo’s Caregivers Sportsfest 2014



FIRST, Canadace Mallari, Keeana Cerezo, Alison Garcia, Keesha Cerezo take a rest. SECOND, The Lakambini team pose after a game of volleyball. THIRD, Alison Garcia and Shawna Fresco rest after a run. FOURTH , Shawna Fresco transfers the egg to Keeana Cerezo during the egg race.

Mark's side after hearing of the death of her ex-beau's father, admitted that even she did not know how to handle such a situation.

"Pero 'yun lang, sabi ko sa kanya parati lang akong nandito para sa kanya," Jen said.

Mark is content that he has expressed his love for Daddy Jun.

He said, "Kung gaano ko siya kamahal. 'Yun lang naman 'yung gusto kong sabihin sa kanya... Dad I'm okay, thank you for everything. Thank you for loving me. Thank you for all the advices na binigay mo sa akin."

"And thank you dahil siya 'yung naging tatay ko. Thank you dahil pinalaki niya ako nang maayos, nang tama, pinalaki niya ako nang ganito. I love you Dad," he added.

Jason Abalos joins "Moon Of Desire" cast

Actor Jason Abalos has joined the cast of "Moon of Desire" and plays villain to lead star Meg Imperial in the intense final three weeks of afternoon TV's most desirable series. Rival wolf pack leader Ulric, portrayed by Abalos, is out to get dominion over all the werewolves and become their next ruler. In order to do this, he must acquire five special necklaces, some of which are with Ayla. Will Ulric succeed in his plan? Will Ayla embrace her new identity and help her father win the coming battle? Don't miss the last three weeks of "Moon of Desire," weekday afternoons after "It's Showtime," on ABS-CBN's Kapamilya Gold. For updates, like the show's official Facebook page on <https://www.facebook.com/MoonofDesire>, follow @moonofdesire on Twitter and follow @moonofdesireofficial on Instagram.



LJ Reyes faces mentor Gina Alajar on 'Yagit'

Before turning into one of Kapuso's full-fledged artists, LJ Reyes has gone under the strict mentorship of Direk Gina Alajar. How does the StarStruck alumna feel working with the director-actress in the TV reprise of Yagit?

LJ admits that workshops in StarStruck is far from her experience with Direk Gina on Yagit's set. While she feels ecstatic working with a familiar director, she also feels pressured.

"Nung nag-start ako kilala na niya ako. Nakita niya rin somehow 'yung growth ko. Parang kinakabahan ako na baka mamaya alam niya kung ano 'yung potential ko so baka ano ipagawa sa akin," she shared lightheartedly.

"Ang sarap kasi nun and very comforting to know 'yung direktor mo, she knows you... Hinahayaan ka niya to do your thing but at the same time she supports you. Sasabihin niya sa 'yo, 'oh kulang pa' o 'dagdag pa tayo' o 'bawas konti sa aming lahat'," she added.

LJ plays Flora in GMA's upcoming family drama remake. She works in the parlor and later on provides for the four kids in the characters of Tomtom, Ding, Jocelyn and Eliza. She also shared that her loud character who lacks finesse is very far from her personality.

"Parang wala 'yun sa comfort zone ng kilos ko. [Pero] 'pag nasanay ka na dun sa character, 'pag kilalang-kilala mo na 'yung character, parang nagiging extension na lang siya of who you are," she said.

Before they start taping, LJ finished portraying her miserable character in Cinemalaya's The Janitor as Melba, the pregnant wife of lead character Dennis Trillo.



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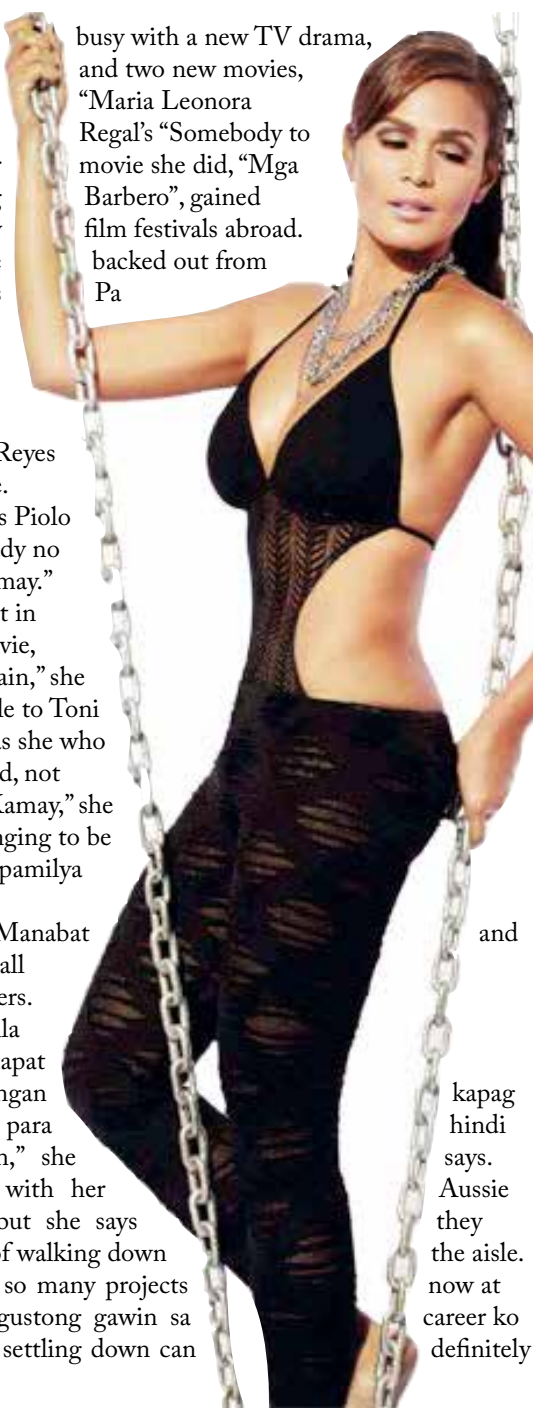
Iza cannot marry bf yet + Matteo and Sarah are happy + other news

IZA Calzado is busy with a new TV drama, “Hawak Kamay,” Star Cinema’s Teresa” and Love”. Another K u e n t o n g acclaim in so many It’s good she “Sana Bukas ang Kahapon”. Otherwise, she’d just play villain to Bea Alonzo in the story. It’s Maricar Reyes who took her place.

Now, she plays Piolo Pascual’s leading lady no less in “Hawak Kamay.” It’ll be recalled that in their recent hit movie, “Starting Over Again,” she played second fiddle to Toni Gonzaga, but it was she who got Piolo in the end, not Toni. In “Hawak Kamay,” she also finds it challenging to be acting with top Kapamilya child stars Zaijian Jaranilla, Xyriel Manabat and Andrea Brillantes, all natural scene-stealers.

“Ang gagaling nila talaga lahat, kaya dapat lagi mong galingan kaeksena mo sila para ka nila maiwanan,” she says.

Iza is still on with her BF Ben Wintle but she says have no plans yet of walking down “I’m so busy with so many projects marami pa kong gustong gawin sa at sa buhay ko, so settling down can wait.”



TV5 Hits it Big with Sports

TV5 hit it big in the ratings with the 39th Season of the PBA when the San Mig Super Coffee Mixers finally clinched their grand slam win over the Rain or Shine ElastoPainters in the do-or-die Game 5 of the PLDT Home Telpad Governors’ Cup Finals. The heated game placed it at the Top 5 of the most watched primetime program, based on overnight data from Nielsen Media Research.

“What a perfect end to a record-breaking PBA coverage this season on TV5.

GMA7’s Mike moves to annew Timeslot

Mike Enriquez’s “Imbestigador,” the country’s longest-running investigative program and one of GMA News and Public Affairs flagship programs, will now be seen on Saturday afternoon after “Wish Ko Lang”!

Now on its 14th year, “Imbestigador” combines drama and reality in its fight against injustice. Dramatizations of exceptional production value starring topnotch actors are usually complemented by actual footage of gripping surveillance operations that end with arrests and prosecution of erring individuals. Mike will stop at nothing in his mission to go after those who break the law and

those who believe they are above the law. This Saturday, Imbestigador exposes the plight of a female minor who was allegedly raped while in police custody. The episode features Kapuso stars Krystal Reyes, Ryan Eigenmann, and Dexter Doria. Don’t miss it after “Wish Ko Lang” that now starts at 4p.m. with Regine Velasquez, Chanda Romero and Callalily’s Kean Cipriano as the special guests who grant the wishes of three lucky people.

Aiko Melendez wins first award in 5 years

Aiko Melendez returns to the big screen after half a decade absence and she’s not coy in saying ‘I need the award more than Ate Guy!’

The first time actress Aiko Melendez won an acting award was some 20 years ago and it drew controversy. In a nutshell, she almost didn’t get what she deserved “so medyo nakaka-trauma.”

But it’s all ancient history and since she’s not the type who lives in the past, Melendez moved on from that and just became better in her craft, which she hopes won’t be lost on moviegoers once they see her latest film, the Cinemalaya entry “Asintado.”

Her first movie in five years coming straight from a sabbatical, Melendez could be up against Superstar Nora Aunor this time, if both are nominated in the festival’s Best Actress category.

“Mahelera lang ‘yung pangalan ko next to her is really something for me. I have high respect for Ate Guy (Aunor). Isa ako sa mga artistang nagtanggol, naniwala na sana naibigay din sa kanya ang National Artist award (this year). ‘Yung pressure sa akin (to do well in our category), nasa ulo ko,” Melendez said.

Well, her vehicle does have potential. “Asintado” is set against the backdrop of Taong Putik Festival of a farming community in Nueva Ecija. Some deem it the kind of film that usually wins awards at Cinemalaya but for Melendez, it’s not about the trophy but in giving her best to the project especially because “pang-Cinemalaya ito.”

“When you say Cinemalaya, napaka-prestigious, diba? You really have to be good and can’t just relax....” she said.

Melendez is particularly proud of the prayer scene in the latter part of the movie. “Kasi sobrang putik kami! We shot it at 5:30 in the morning, nakababad kami sa ilog. Then you could just imagine habang nagdadasal ka kay Lord, may punto ako, kailangan kong maiyak, kailangang tiisin ko ‘yung lamig na hindi ako nanginginig. Yun ‘yung pinalakpakan sa akin nila Direk Louie.”

Is it enough to win the award?

“Kung manalo eh ‘di manalo. ‘Pag hindi nanalo, ok lang, kasi nakahelera ko naman si Ate Guy,” she reiterated.

Then in jest, the actress said, “Nagmamakaawa po ako sa Cinemalaya, hahaha! I need the award more than Ate Guy... sana gift sa akin ni Lord na magka-award.”

But seriously, Melendez sees awards as mere “bonus” and simply “affirmation of one’s hard work.” Whether a trophy is at stake or not, the actress just delivers the usual exceptional performance.

The message of “Asintado” is close to her heart being a mother herself in real life.

“The love of a mother is unconditional. Ang ina, magagawa ang mga bagay na ‘di pa niya nagagawa para sa mga anak niya. Kahit na ang mga bagay na ayaw niyang gawin basta para sa mga anak nya, gagawin niya lahat-lahat,” she was quoted in a release.



and kapag hindi says. Aussie they the aisle. now at career ko definitely

PHL DOCS IN LIBYA continued from page 1

ferries to evacuate its citizens, a day after a Filipina nurse was kidnapped and gang-raped in Tripoli.

In fact, the Filipino medical workers in the Tripoli Medical Center in Libya have resigned en masse to protest the gang rape of a Filipina nurse who worked in the hospital.

Another Filipina nurse at the hospital said the facility has shut down after its Filipino employees went on a two-day “strike” following the incident.

“For two days no Filipino reported for duty so they closed it down,” the nurse told a relative in Manila.

Filipinos make up three-fourths of the 1,500-bed center’s medical staff.

Families were forced to transfer sick relatives to private clinics, a hospital official said.

“Hospitals could be paralyzed” in case of mass departure of the Filipino staff, health ministry spokesman Ammar Mohamed said, and warned of a possible “total collapse” of the health care system.

A medical official said the ministry was trying to persuade the Filipinos to stay. Complicating the situation further are difficulties faced by Libyan staff as they struggle to keep work hours.

Mohamed said Libyan doctors and carers have been struggling to reach their workplace from home because of fighting around the capital and fuel shortages.

Faced with the deteriorating situation at home, Health Minister Nureddin Doghman has instructed Tripoli’s missions in Egypt, Tunisia, Jordan, Turkey, Italy, Greece and Germany to organize the transport and care for Libyans needing treatment, to be paid for by Tripoli.

But the closure of Libya’s airports in Tripoli and Benghazi because of the unrest has made medical transfers even more difficult.

“My brother spent several days in hospital after suffering a stroke. His doctors told us he should be treated in Tunisia, but we could find no way to transfer him there,” said Ahmed Drughhi, a Tripoli resident.

“In the end, we had to use contacts to find him a place on a medical plane flying out of Misrata,” 200 kilometers east of the capital. Even in peacetime, health services were understaffed and under-equipped, Libyans travelled abroad for treatment, to neighbouring Tunisia and Egypt.

In Benghazi, two out of three of the city’s main hospitals have closed.

Only Benghazi Medical Center remains operational, but its capacity has been limited to 300 beds, compared with 1,200 in normal times.

“The center is hit by a lack of doctors and carers, particularly after the departure of the foreigners,” spokesman Moataz al-Majbari said. Many patients have had to be transferred to poorly equipped clinics .

In Manila, Migrante, a militant group of overseas Filipino workers, chided the government for being too slow in repatriating the remaining Filipinos in Libya.

Connie Regalado, Migrante sectoral party head, said “Since the crisis erupted in Libya, the Philippine government has been slow to act in ensuring the safety [of our countrymen] and dilly-dallying in facilitating their urgent mass repatriation,” Regalado claimed.

She said the government’s mandatory repatriation is not working since it has no clear plan to locate, secure and ensure the safe passage of Filipinos from conflict areas.

Ironically, a majority of Filipinos prefer to stay in Libya anyway.

Taste of Manila

The “Taste of Manila” which is the first Filipino street festival is scheduled in the streets of Bathurst and Wilson Ave. in Toronto, Ontario, Canada, on August 23-24, 2014.

According to Rolly Mangante, the organizer of the event is a project of the Filipino community through the Philippine Cultural Community Centre (PCCC) in coordination with the Philippine Consulate Office of Toronto and other Filipino community, religious, youth, and women associations in Ontario.

He explained that Bathurst Street will be closed from Wilson Avenue up to Allingham Street.

The Taste of Manila will showcase different kinds of Filipino Foods, sports and games, Filipino music and dances, and many more activities.

For more information, they can call or text Mr. Rolly Mangante for more information at 416 - 845 - 4984. (St. Jamestown News Service, Romy Zetazate)



Ms. Belinda Lim Herrera (exteme left), country manager and managing director of the I-REMIT in Canada, is shown in photo together with Rodel Ramos, secretary of the Philippine Press Club of Ontario, journalist Jojo Tadiran ; Mhel A. Galeon, owner of FV Foods pose at the presscon.



The meat sector is critical of restrictions on the number of foreign workers a company can hire, saying Canadians do not want to work at slaughter plants.

**TFW AFFECT BEEF PRICE**  
continued from page 1

“There’s a disconnect in failing to address the labour challenges that we face.”

McAlpine said the industry is already dealing with a hog shortage, and the federal government’s recent reforms of the Temporary Foreign Worker Program are not helpful.

“We’re struggling for a number of reasons with competitiveness,” he said.

“It’s not going to make it any easier to operate plants.”

Employment and social development minister Jason Kenney introduced changes to the temporary foreign worker program in June, including a 10 percent cap on the percentage of foreign employees at a workplace and cutting the length of time a temporary foreign worker can spend in Canada from two years to one.

Kenney promised to fix the program following alleged abuses by fast food restaurants this spring. Three McDonald’s

restaurants in British Columbia allegedly gave more shifts to foreign workers, while a restaurant in Weyburn, Sask., fired long-time waitresses to hire foreign labour.

McAlpine said the government needed to crack down on the abusers, but many companies use the program sensibly.

“Key industries, like meat ... have demonstrated very responsible use of the program and (had) very successful transition of foreign workers to permanent residency.”

McAlpine said Maple Leaf employs approximately 1,200 foreign workers in Western Canada.

“Of those, 917 are now permanent residents,” he said.

“They came in as (temporary) foreign workers, but they’re now permanent residents.”

He said reducing the length of time a temporary foreign worker can stay in Canada from two years to one undermines

**TFW AFFECT BEEF PRICE**  
continued on page 24

# Hunk Shot



Kyle is Canadian-born but understands Tagalog. He plays guitar and is a part of the BLD Youth Ministry. He is studying Biomedical Engineering at Ryerson University. Kyle is very determined and optimistic.  
PHOTO BY NOLI GUMAPAC

**Kyle Fernandez**

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Jasmine talks about Stalkers



Celebrities who have stalkers must really be so popular or highly interesting for their “fans” to follow them wherever they go. But why is stalking a “crime” in many progressive countries like Australia, Canada, Germany, France, Japan, India, Italy, The Netherlands, Romania, United Kingdom, England and Wales, Scotland and the United States?

“Stalkers can make celebrities prisoner,” according to Los Angeles Deputy District Attorney Wendy Segall, who has prosecuted celebrity stalking cases for the past six years. Well-known Hollywood celebrities who have been

recent victims of stalkers were Selena Gomez, Halle Berry and Sandra Bullock. Their men stalkers were convicted and ordered to undergo psychological counseling. The world known shocking incident committed by a celebrity stalker Mark David Chapman was the killing of John Lennon of the Beatles. On December 8, 1980 Chapman murdered Lennon after becoming obsessed with him and eventually with killing him.

TV5 portrays another case of celebrity stalking through its series “JasMine” with Jasmine Curtis -Smith in the title role. Jasmine is an indie actress on the edge of mainstream stardom who’s being shadowed by a mysterious Maskara, an aggressive stalker who abducted Jasmine’s friend Miguel. The question whether Maskara is Jasmine’s “friendly fan” and protector or an “oppressive admirer” and tormentor is now the interesting topic that’s being discussed in the teleserye every Sunday.

In real life as an actress, Jasmine told us that she’s not against stalkers. In fact, she believes that stalker in one way or another can help boost the celebrity status of a showbiz personality. “Siguro kaya naman nagiging offensive ang isang

stalker kapag nahahalata niyang iniwasan siya ng celebrity na kanyang hinahangaan. Maybe the best thing to do in dealing with stalkers is to be friendly with them to become stars’ friendly stalkers,” explained Jasmine.

According to a stalkers’ behavior analyst Katherine Ramsland only about ten percent of stalkers are “erotomantic,” but most are “aggressive.” They may send unwanted letters or packages, make numerous phone calls, or take up a pursuit. They might even break into a home. Sometimes they purposely endanger the object of their affection so they can offer rescue and be a hero.

Erotomania is a disorder in which the subject believes that a person, usually older and of higher social status, is deeply in love with him or her. Failure of the object of the delusion to respond to the subject’s advances are rationalized, and pursuit and harassment of the object of the delusion may occur.

Because of its premise “JasMine” is now the favorite “psychoserye” watched every Sunday 5 p.m. by most of the psychology students from major universities in Metro Manila, like the University of Sto. Tomas.

Solenn: I Love Ellen!

MANILA - Solenn Heussaff is thrilled by the prospect of co-starring in a movie with Ellen Adarna, who is similarly considered a “sex symbol” after a string of daring photo shoots for magazines and endorsements.

The 29-year-old Heussaff was asked to react to a film project being developed by Regal Films. The movie is being planned as the first onscreen team-up of Adarna and Heussaff. Adarna, 26, recently signed a contract with Regal Entertainment, Inc. Heusaff, on the other hand, revealed that she will ink a deal with the same production company this month.

“I love Ellen! She’s super fun. ‘Diba bongga ‘yung career niya ngayon? I’m happy for her,” she said.



A side from being a sought-after model, Adarna has been busy with the hit afternoon series “Moon of Desire,” which is now down to its last 2 weeks. She also recently starred in the comedy film “My Illegal Wife.”

Explaining how she is acquainted with Adarna, Heussaff said: “Si Ellen ‘yung workout buddy ko since dati pa. Siya nag-introduce sa akin sa plyometrics. Super fun to be around, she’s so kalog!”

She added: “Gusto ko sa kanya, she doesn’t care what people think about her and she’s very... maybe a little too honest sometimes!”

Adarna has made headlines time and again after candidly admitting ties with controversial personalities and she also does not mince words in criticizing people or practices she finds disagreeable.

Asked who between her or Adarna is more “loka-loka” (crazy), Heussaff answered: “Yung loka-loka, pareho. Pero baka ako, mag-e-edit, siya hindi. Siya walang edit. Whatever she thinks, she says it, so iyon ang gusto ko sa kanya. Parang hindi siya showbiz na personality.”

“Kaya marami siyang haters din, tulad ko, but we embrace it!”

Reo Brothers’ Beatles homage in Liverpool show

LONDON - The Reo Brothers from Tacloban became the first Filipino musicians to perform at the historic Cavern Club in Liverpool, England, the birthplace of iconic British band The Beatles.

The Manila-based band - composed of real life brothers RJ (lead guitar), Reno (drums), Ralph (bass) and Raymart (rhythm guitar) - embarked on a short UK tour between August 1-3, kicking off with a performance at the famous British club where their musical heroes first rose to fame.

“It was a dream come true,” RJ told ABS-CBN Europe, “especially at the Cavern where we



performed. And it’s where The Beatles started, where they became famous, and we stood on the same stage.”

Since then, the group appeared in numerous TV shows including Rated K on ABS-CBN in the Philippines, and even The Dr Oz Show in the US. They have also performed on various concerts around the world, including Tokyo, California, and New York.

Despite their success, however, the Reo Brothers remain connected to their roots in Tacloban. They told ABS-CBN Europe that they would like to see their city fully recover from the aftermath of Haiyan. And when the time is right, they are even hoping for a homecoming concert dedicated to their hometown and its people.

And it might just happen. With a young age ranging between 17 and 24, coupled with talent and a growing fan base worldwide, anything is still possible for these rising stars.

Scenes in the City

GMA7’s Rosemer Enverga poses with ABS’ Philip Beloso.



The Beloso family pose with Kapamilya star Sam Milby



TFW AFFECT BEEF PRICE continued from page 23

the practice of transitioning employees to permanent residency and prevents them from becoming stable members of a community.

Foreign workers have to satisfy English language standards to qualify for permanent residency. In many cases, it’s impossible to meet that requirement in one year, McAlpine said.

“By imposing that one year limit ... they are really taking the legs out of the successful formula that we and many others in the (meat) industry are using to transition those temporary workers into permanent residency.”

Ron Davidson, the Canadian Meat Council’s director of international trade, government and media relations, said the meat industry is concerned about the reforms.

As part of the changes, employers must reduce their proportion of temporary foreign workers from 30 percent to 10 percent by July 1, 2016.

Davidson said that could be a difficult task for certain meat processing plants because it’s hard to convince Canadians to work at slaughter plants.

“We don’t know more what we can do to recruit Canadians. That’s the problem. The whole industry is trying to do it and we just aren’t getting people.”

McAlpine said most packing plants are located in rural Western Canada, such as the Maple Leaf hog processing plant in Brandon.

The unemployment rate in Brandon is less than four percent, he said.

“There’s no way we can staff (the plant) based on local hiring,” he said.

“It’s not going to get easier. The demographic trends are going to be a continual challenge.”

McAlpine said federal immigration policies are biased in favour of high-skilled professionals, and the federal government doesn’t recognize the value of lower skilled immigrants.

“There’s a lot of difficult work to be done in difficult locations,” he said.

“We would say our country was built on the strength of all kinds of individuals.... Lower skilled workers become a tremendous asset in a community like Brandon. Their kids are now thriving.”

Davidson said leaders of Canada’s meat processing industry have asked for a meeting with Kenney to clarify details and discuss the implications of the changes.

McAlpine wants agriculture minister Gerry Ritz to participate in the meeting.

“We’re hoping minister Ritz can be involved,” he said.

“Obviously he understands very well the consequences of affecting plants, in terms of the livestock industry.”

it’s hard to convince Canadians to work at slaughter plants.

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Janella Salvador says  
she is still not allowed  
to date yet

Janella Salvador shared that her mother is protective when it comes to boys. The *Be Careful With My Heart* star relayed, “Well she’s just protect-ing me nga ‘cause she’s been there din sa show-biz and all, so gina-guide niya naman ako.”



According to Janella, her mom won’t allow her to date just yet. The young actress said that she also wants to stay single at the moment as she wants to focus on her work first and that she doesn’t want to commit herself to relationship yet. “[I’m] not yet [allowed to date] and ayaw ko pa din work muna,” she said.

The young actress recently signed a contract with Star Cinema. When asked if she wants to be paired with her *Be Careful With My Heart* onscreen partner Marlo Mortel, she commented that she’s open to be working with him in a movie.

If ever they will be paired together, Janella said that the goal would be offering something new to their audience as a love team.

“Well siguro kailangan namin mahiwa-lay ‘yung characters namin kay Nikki and Nicolo (their characters in *BCWMH*) dapat maiba.”

Spotlight



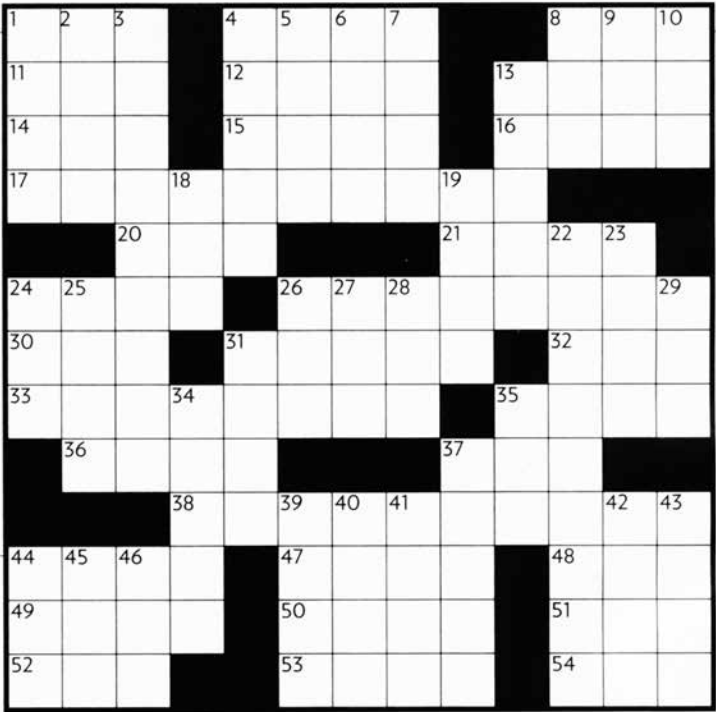
Quad Cinema, Makati, 1980’s

Crossword Puzzle

Lakambini entourage at  
Taste of Manila presscon



The Lakambini ng Turismo group attended the Taste of manila press conference at the Cucina restaurant.  
PHOTO BY ARIEL RAMOS



ACROSS

1 Grey's Anatomy network

4 \_\_\_ Christian Andersen

8 Actress Longoria Parker (*Desperate Housewives* costar of 26 Across)

11 *Knight Rider* star Kilmer

12 Off-Broadway prize

13 Russia's \_\_\_ Mountains

14 Gold, to Salma Hayek

15 *The Reader* actress Olin

16 *Pirates of the Caribbean: Dead \_\_\_ Chest*

17 First name of 26 Across

20 Mary \_\_\_ Place of *Big Love*

21 \_\_\_ out a living

24 Bryn \_\_\_ College

30 Numero \_\_\_

31 TV ventriloquist Lewis

32 Natalie Cole #1 single "\_\_\_ Got Love On My Mind"

33 "Love and \_\_\_" (Sinatra hit)

35 Rex or Lou

36 \_\_\_ *Deep* (John Ritter comedy)

37 *Next Day Air* stars Mos \_\_\_

38 26 Across's costar and Felicity Huffman's *Desperate Housewives* husband (2 wds.)

44 Swiss abstract artist Paul \_\_\_

47 *The Dream* \_\_\_ (Michael Keaton comedy)

48 *Frozen River* Oscar nominee Melissa \_\_\_

49 Goneril's dad, King \_\_\_

50 Carrie-\_\_\_ Moss of

53 Pianist Dame Myra \_\_\_

54 Yoko \_\_\_

DOWN

1 The Bard of \_\_\_

2 City in Italy

3 Stanley Kubrick's *A \_\_\_ Orange*

4 *Saving Grace* star Hunter

5 Cain's victim

6 \_\_\_ *Lives* (anthology film with Glenn Close)

7 Pew or ottoman

8 The Big Band \_\_\_

9 Joan \_\_\_ Ark (*Knots Landing* costar of 26 Across)

10 Roker and Hirt

13 *Sayonara* Oscar winner Miyoshi \_\_\_

18 Rowing shaft

19 Actress Hatcher (*Desperate Housewives*)

23 \_\_\_ *the Last Dance*

24 *Keeping \_\_\_* (Rowan Atkinson comedy)

25 Gasteyer and Ortiz

26 Vintage rock group \_\_\_ Na Na

27 Crone

28 Able was I \_\_\_ I saw Elba

29 Nancy Drew's boyfriend

31 Chinese: Prefix

34 *Easy \_\_\_* featuring Jack Nicholson

35 Billy Graham's title (abbr.)

37 Judi Dench and

40 Kelly or Hackman

41 Without

42 *The \_\_\_ Bible* with Denis Leary

43 *The Wizard of Oz* dog

44 J-N connection

45 Michele \_\_\_ (*Knots Landing* costar of 26 Across)

46 Comedy \_\_\_ *My Dust*

Answers on  
Page 26

AUGUST 2014 L. M. Confidential 25



ALEX GONZAGA and Arjo Atayde

## A new love team in ‘Arlex’

Another love team has sprouted from ABS-CBN’s newest primetime romantic drama series “Pure Love.” This is none other than the love team of Arjo Atayde and Alex Gonzaga, or “Arlex” for short.

Both good actors, it wasn’t hard for Arjo and Alex to establish good chemistry.

Arjo said, “I’m happy for the good feedback we have been receiving. A few days before the series started airing, I really felt nervous and pressured. I guess it’s normal since it’s my first time to play lead in a soap.”

Working with Alex is a dream-come-true for Arjo, sharing, “I have been a big fan of Alex even before we got the chance to work together.”

Fact is, Arjo also has a big crush on Alex.

Is he going to pursue her? Arjo replied, “I’d rather that we focus on work first. ‘Pure Love’ is also Alex’s first lead role, so, we both need to keep our focus.”

“Pure Love,” directed by Veronica Velasco and Mikey Del Rosario, also stars Sunshine Cruz, John Arcilla, Ana Capri, Bart Guingona, Dante Ponce, Shey Bustamante, Arron Villaflor, Joseph Marco, Matt Evans, Yam Concepcion, and introducing Anna Luna.

## Boost metabolism, Lose Weight

1. Drink Before You Eat  
Drinking two glasses of water before every meal helped dieters lose an average of 15.5 pounds (five pounds more than the non-water drinkers) over three months.

2 Don't Stop Yourself From Fidgeting  
When your annoyed coworker tells you you're bouncing your leg, perhaps you can explain that you're just doing some non-exercise activity thermogenesis (NEAT) -- the expert term for fidgeting. Research shows that NEAT may help you burn an additional 350 calories a day.

3. Add Whey Protein To Your Smoothie  
When you're tossing fruit, ice and other smoothie mix-ins into your blender, take an extra second to add one more metabolism-boosting ingredient -- whey protein powder.

4. Brew A Cup Of Coffee  
Caffeine's ability to speed up the central nervous system makes it a powerful metabolism booster.

5. Swap In Green Tea  
In addition to giving you the metabolism-boosting caffeine jolt you crave, green tea is a rich source of antioxidants called catechins. And, in a study published in the Journal of Clinical Nutrition, drinking green tea combined with a total of three hours of moderate exercise a week reduced abdominal fat in subjects over a three-month period.

6.Snack On Yogurt  
Probiotics, the healthy bacteria found in yogurt, pickles, and other fermented foods like sauerkraut, may help you lose weight -- if you're a woman, shows a new study published in the British Journal of Nutrition. Overweight men and women followed a 12-week weight loss diet; half of the volunteers also took a probiotic pill every day. Women in the probiotic group lost more weight than those in the placebo group and continued to lose weight during the 12-week maintenance period afterward (the probiotic didn't make any difference for men).

7. Take A Laugh Break  
Taking a quick break to look at funny cat videos on YouTube or take a Buzzfeed quiz doesn't just feel good -- you're also burning calories in the process. A study showed a 10 to 20 percent increase in energy expenditure (calories burned) and heart rate during genuine laughter. This translated to an increase of 10 to 40 calories burned within 10 to 15 minutes of laughter.

8. Add Some Heat To Your Meal  
When you want to add flavor to your food, reach for hot sauce or chili powder. Chili peppers contain the chemical capsaicin, says Dudash. “The capsaicin in the chili peppers has a thermogenic effect,” she says, causing the body to burn up to an additional 90 calories immediately following a meal.

9. Eat A Mini Meal  
It's 3 p.m. and your belly is rumbling. (We've all been

there.) If you wait until dinnertime to eat, you may be so starving that you wind up overdoing it. Eating a small mid-afternoon meal will prevent that -- and it will also keep your metabolism stoked, says Goodson. ” Eating small meals raises your metabolism every time you eat. The key is to include a lean protein and complex carb each time, not processed or junk food. A few no-effort options: cottage cheese and fruit, peanut butter and an apple, or Greek yogurt with berries.

10. Add Seafood To Your Salad  
Having a salad for lunch or dinner fills you up with belly-flattening fiber and nutrients, and adding one more ingredient will really stoke your metabolism: salmon. You already learned the metabolism-boosting effects of protein, but with salmon in particular you'll also get a dose of omega-3 fatty acids. In a study published in the Journal of the International Society of Sports Nutrition, supplementing diets with fish oil for six weeks increased lean muscle and decreased fat. Other studies have shown similar effects. Scientists speculate this reaction may be due to fish oil's ability to reduce levels of fat-storage enzymes in the body.

11. Stand Up When Your Phone Rings  
This super-easy tweak nearly doubles the amount of calories your body will burn, according to the American College of Sports Medicine. A 150-pound person, for example, burns 72 calories an hour sitting and 129 calories an hour standing.

12. Pick Organic Produce  
At the grocery store, take a turn down the organic produce aisle. Pesticides found on conventionally grown produce, called “obesogens,” are blamed for slowing metabolism and predisposing some people to gain weight.

13. Take One Bite At A Time  
Although it may not directly influence metabolism, wolfing down your food makes it more likely you'll eat more, says a study published by the American Dietetic Association. Another study found even among women who didn't diet, reducing stress and practicing mindfulness can prevent fat gain. “It takes about 20 minutes before a hormone called cholecystokinin (CCK) tells your brain to stop eating,” says Virgin. “When you engulf a burger and fries, you don't give CCK enough time to relay the message to your brain, and you eat too much.” In addition, says Virgin, speed eating also raises fat-storing insulin levels. “Just as important as eating the right diet is slowing down and becoming mindful when you eat.”

14. Switch Off Your Phone  
Exposure to the type of blue light emitted by smartphones, computers, and tablets immediately before and after dinner increased hunger and impacted glucose metabolism in people who participated in a small Northwestern University study. The study authors aren't sure of the reasons for the link, and say more research is needed -- but even if the link between blue light and appetite doesn't hold up in later studies, other research shows that limiting mealtime distractions helps control portions.



## Pacquiao’s 65 yr old mom to marry 40 yr old man

Manny Pacquiao revealed that his mother, Dionisia, is currently in a relationship with a 40-year-old guy from Cebu. The boxing champ further relayed that his 64-year-old mother wants to get married. Manny stressed that he is not in favor of her mother's plan to tie the knot again.

“Sinabihan ko siya, ‘Ikaw na bahala, kung hindi man kita mapilit kung sundin mo ‘yung gusto ng katawan mo, ‘yung desire ng flesh or sundin mo ang gusto ng Panginoon. Gusto pa nga magpakasal, sabi ko ‘Kung kami tanungin mo ayaw namin ng mga anak mo,’” he said.

According to Manny, Mommy Dionisia’s marriage to her first partner still hasn’t been annulled. “Si mama at si papa hindi sila kasal, si mama at ‘yung unang asawa niya, kasal sila, ‘yung unang napangasawa buhay pa,” the boxer stated. But Manny is leaving all the decision to his mom stressing, “Hindi ako nagkulang ng pagpapaalala.”

Manny also discussed his relationship with wife Jinkee in the interview. The boxer turned politician remarked that his relationship with his wife has gotten stronger over time. “Hindi na [kami nag-aaway], kung mag-away man kami maliit na bagay lang and then after five minutes okay na.”

Manny admitted that he got into such big fights with Jinkee before that they almost went their separate ways and that he turned their relationship around the moment he got closer to God. “Sabi ko [noon kay Jinkee] ayokong mangako sa ‘yo kasi ilang beses na akong nangako sa ‘yo pero hindi ko naman natupad, na sa ‘yo kung gusto mo pa ako o hindi pero ako sinu-surrender ko na ang sarili ko sa Panginoon.”

Manny and Jinkee have 5 kids. When asked if he plans to have another child, Manny commented, “Okay naman ‘yan lima o kung madagdagan, ang Panginoon na ang bahala.”

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



Shawna Fresco and keesha Cerezo practice volleyball before their game at the Leo’s Skilled Caregiovers Sportsfest at Earl Bales Park.

## Crossword Answers

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| A | B | C | H | A | N | S | E | V | A |
| V | A | L | O | B | I | E | U | R | A |
| O | R | O | L | E | N | A | M | A | N |
| N | I | C | O | L | L | E | T | T | E |
|   | K | A | Y |   | E | K | E | S |   |
| M | A | W | R | S | H | E | R | I | D |
| U | N | O |   | S | H | A | R | I | V |
| M | A | R | R | I | A | G | E | R | E |
|   | S | K | I | N |   | D | E | F |   |
|   |   | D | O | U | G | S | A | V | A |
| K | L | E | E | T | E | A | M | L | E |
| L | E | A | R | A | N | N | E | C | O |
| M | E | T |   | H | E | S |   | O | N |

# Cool Abbreviations You Should Know (JIC You Didn't Already)

BYOB, OMG, and FYI are just soooo yesterday. New abbreviations pop up on social media every second, so it's normal to feel lost and confused about the origin and correct usage of letters like "JIC" (just in case).

So we're here to help you learn 33 acronyms floating around. Behold, the DoMA (Dictionary Of Modern Abbreviations):

Note: One major difference between the out-of-style acronyms of 10 years ago and the new, hip ones is that acronyms are no longer always used in place of the words they stand for. Instead, the acronym can become a name of the thing it is referencing, for example:

**BAE: Before Anyone Else.** Instead of saying, "My love comes BAE," one might say, "My BAE and I are staying in to-night." The acronym stands as a complete symbol of what each letter actually stands for. I know, doesn't make a lotta sense. Just go with it.

*Now, on to the rest of the list:*

**FaTH: First and Truest Husband.** But it doesn't necessarily refer to one's actual husband.  
Ex. "This relationship has been so incredible, you'll always be my FaTH."

**IRL: In Real Life.** It's usually used to refer to someone you speak to over the Internet but haven't actually met.  
Ex. "Your blog post was so interesting, I would love to meet you IRL."

**TBH: To Be Honest.** This is often said after something controversial. Ex. "I just don't really like cupcakes anymore, TBH."

**OTP: One True Pairing.** These are two characters that you feel are meant to be together. Ex. "Sookie and Eric are my OTP."

**DFTBA: Don't Forget To Be Awesome.** Popularized by John Green and Brothers Hank, the meaning is self explanatory.  
Ex. "See you later, DFTBA!"

**RT: Retweet.** This one's not so new but maybe confusing to non-twitter users. It means someone has essentially reposted your tweet for their followers to see.  
Ex. "RT @personwhotweeted: I love acronyms!"

**OAN: On Another Note.** It's mostly used in informal emails. Ex. "Hi Grandma! School's been great, but OAN we're getting a puppy!"

**IMO or IMHO: In My (Humble) Opinion.** This is used usually in the comments section on websites. Ex. "I liked this article, but IMO, there should have been more emphasis on why he didn't get the rose."

**DAE: Does Anyone Else.** It's used to frame a question. Ex. "DAE sometimes dip their pasta in ketchup?"

**FTW: For The Win.** This one is meant to emphasize the end of a comment, sometimes sarcastic. Ex. "It's pouring out today, wet socks FTW!"

**YSK: You Should Know.** Use this to provide context about something you're posting.  
Ex. "We had a family dinner, and YSK we rarely get together as a family."

**HMU: Hit Me Up.** It's like saying contact me, but with a little flair. Ex. "You're kinda cute...feel free to HMU."

**IANAD: I Am Not A Doctor.** It's almost like a disclaimer if you're going to say something bordering on medical advice. Ex. "IANAD, but wouldn't doing a juice cleanse slow your metabolism?"

**SMH: Shaking My Head.** Said to express disappointment. Ex. "You got another fedora?! SMH."

## Enjoying *Fiesta* ng Kalayaan 2014



Drs. Solon and Josephine Guzman poses with friends and their children at Fiesta ng kalayaan 2014 festival in Mississauga.

## '80s throwback with Richard Reynoso, Gino Padilla, and Lilet



Isang '80s throwback ang inihandog ni Regine Velasquez sa pagbisita nina Richard Reynoso, Gino Padilla at Lilet sa Sarap Diva.  
Habang nagluluto sila ng pares-pares, nagbahagi si ?Gino Padilla ng kanyang mga achievements bilang isang '80s singer.  
Si Gino Padilla umano ay nagkaroon ng pagkakataon para makapag-perform kasama ang isa sa mga icons sa music industry na si Tina Turner. Aniya, "It feels great dahil I was only a guy from a regular family, all of a sudden somebody gave me a big break. Of course, hindi ko makakalimutan kasi I represented the Philippines 'di ba? I was 22 years old."

12 years old umano nang makagawa ng isang international softdrink commercial si Lilet. Kuwento niya, "Wala akong kamalay-malay doon. 'Yung producer ko sa first album, sabi niya sa akin 'Wait ka lang ha? Mayroon akong surprise sa 'yo.' 'Yun pala pinasa niya yung tape ko nang 'di ko alam. So nag-audition ako nang hindi ko nalalaman. Tapos biglang sinabi na lang na kumuha kayo ng passport, pumunta kayo sa ganitong lugar, aalis kayo in a couple of days. Parang kami, really?"  
Tulad ni Regine, nagmula rin si Richard sa isang singing contest. "Pero pinalad ka, minalas ako. Talo ako nun e," natatawag pahayag niya.  
Dagdag niya, "'Di siguro type 'yung boses ko [kaya hindi ako nanalol]."  
Kuwento ni Richard nakasama niya rin si Regine sa ilang mga proyekto tulad ng pelikulang Pik Pak Boom, at nakapag-perform din umano sila sa BB's Music Room.  
"Dati, doon nagsimula 'yung karaoke singing. Aakyat ka sa stage, walang video, kakanta ka lang," pagtatapos ni Richard.

## Scenes in the City



Beauties join the Santacruzán at Fiesta ng kalayaan.  
RIGHT, Samantha Gavin sings at Mabuhay Cup.



## Glaiza de Castro: Acting is a tough job

Actress Glaiza de Castro said acting is not a glamorous job and it takes hard work, patience, dedication, talent and luck to be able to maintain a name in the show business.  
"Nakikita lang nila yung other side of it, yung finish product lang. Nagmumukha siyang madali, but the process behind it, mahirap at matagal siyang gawin," de Castro said in a recent interview.  
"Yung trabaho namin hindi din nala-

layo sa mga doctor, teachers, na dapat mo din talagang pag-aralan. There's also a science behind it," she said.  
De Castro said that in her on-going afternoon series, "Dading," they usually shoot 40 sequences in one taping day and the production often finish late.  
The actors of the program are also expected to deliver, and sometimes recreate, emotions day in and out for long hours.

**WDYMBT: What Do You Mean By That?** This ones cool 'cause its actually a full sentence. Ex. "WDYMBT?"

**LMK: Let Me Know.** A very relaxed way of asking for information.  
Ex. "Alright if you find it LMK, no rush."

**BTAIM: Be That As It May.** For very specific acronym users to make a formal argument in an informal context.  
Ex. "BTAIM, I still need to have the shoes shined."

**ELI5: Explain Like I'm 5 (years old).** This one is often seen on Reddit, and it's used to ask a question about a complex idea.  
Ex. "ELI5, how does gravity work?"

**ASL: Age/Sex/Location.** Another oldie, typically used in an anonymous context, often starting an interaction.  
Ex. "Hey. ASL?"

**MTFBWY: May The Force Be With You.** Borrowed from "Star Wars," it's another way of saying good luck.  
Ex. "MTFBWY on your date tonight."

**GTR: Getting Ready.** This one is counter-intuitive 'cause you wouldn't think "get" and 'ting' would be two different words, but alas. Ex. "I'll be there soon, GTR now."

**FUTAB: Feet Up, Take A Break.** So it's not just a regular break, its like a really relaxed break. Ex. "One more hour till the weekend, I think I deserve a FUTAB."

**FTFY: Fixed That For You.** This is used in Internet comments to correct the grammar of a person that commented earlier, or can be used to be funny. Ex. "Staying up all night will be a great idea!" "Staying up all night will be a horrible idea! FTFY."

**TL;DR: Too Long;Didn't Read.** Often written in a comment, if a person doesn't want to read an entire article but has something to say anyway. Ex. "TL/DR but your assessment on which 1D member will launch a solo career first is all wrong."

**TIL: Today I Learned.** It may start a post on Facebook or Reddit, and is used to introduce new information. Ex. "TIL people use their whole brain, not just 10%."

**TIFU: Today I Fudged Up.** Often seen on Reddit, it's used to explain that you messed up trying something. Ex. "TIFU trying to flirt."

**NSFW: Not Safe For Work.** This signifies that a post or article is typically inappropriate for the workplace. Ex. "This video contains nudity, NSFW."

**NSFL: Not Safe For Life.** Alternatively, some things are just gross in general so a post might let you know that before you click. Ex. "This photo features dead bugs, NSFL."

**MCM: Man Crush Monday.** Monday is a day to Instagram the man you have a crush on. Ex. "Gotta love Leo. #MCM."

**WCW: Woman Crush Wednesday.** Wednesday is a day to Instagram the woman you have a crush on. Ex. "J.LAW BE MY FRIEND. #WCW."

**TBT: Throw Back Thursday.** You probably know this one by now but it's worth clearing up just in case -- it's when you Instagram a picture from a while ago on a Thursday.  
Ex. "I'm gonna TBT this picture of myself holding a monkey at the zoo."

**FBF: Flash Back Friday.** Did you forget to throwback on Thursday? Have no fear, you have another shot on friday.  
Ex. "I know it's not Thursday but can I insta this picture of me in kindergarten? 'Sure, just do a #FBF instead!'"

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