

THAT'S MY AMBOY

Andre Paras & Barbie Forteza



Candy Crush 5, with Samantha Gavin sings at the Syrian Refugees Benefit Concert at the Dance For Rhythm Dance Studio in Markham.

Balikbayan Box tax-exempt value increased

MANILA - Vice President Jejomar Binay said it was only right for the tax-exempt value of balikbayan (returnee) boxes to be raised to more realistic levels as he welcomed Senate approval of the provision in the proposed Customs Modernization and Tariff Act (CMTA).

The CMTA set the ceiling at P150,000 last January 18.

"The approval is a way of thanking our countrymen living or working abroad, including overseas Filipino workers [OFWs], for their sacrifices and contributions to the economy," Binay added.

Raising the tax ceiling, according to him, is but a small token of gratitude for the millions of dollars that the OFWs and other locals based abroad pour into the country.

The Vice President previously said the current P10,000 tax limit was "no longer realistic and in tune with the times."

The limit was set in 1978 when the exchange rate was only P7.37 to \$1, he noted.

OFW remittances alone reached \$20.6 billion from January to October last year, a 3.67-percent increase from the same period in 2014, according to the Bangko Sentral ng Pilipinas.

Binay, a former presidential adviser on OFW concerns, said money sent to the Philippines is helping drive the economy through domestic consumption activities done by families of OFWs.

Last year, OFWs sent a record high \$24 billion to the Philippines, which accounted for almost a tenth of the country's gross domestic product or GDP.

Binay said foreign currencies are also used by the economy in paying for imported goods and services, aside from keeping the peso stable.

BALIKBAYAN BOX
continued on page 24

Lots of Sex is Good for You

And Here Are The Scientific Reasons Why

Sex can be great or even mind-blowing and has some legit benefits beyond our brainwaves. Read on for more reasons to get it on (as if we needed 'em)!

1. It fights off Cold and flu.

Researchers found that university students who engaged in sexual activity a few times a week had higher levels of immunoglobulin A—an antibody that helps fight infections and the common cold—in their saliva.

2. It reduces depression.

Some studies show that contact with semen

during intercourse can act as an antidepressant for women. But don't worry: Doing the deed has positive mental-health associations for everyone! In general, intercourse can make blood pressure less reactive to stress and reduce overall stress levels.

3. It boosts brainpower.

A study on adult rats found that the sexually active rodents experienced an increase in neurons in the hippocampus—a part of the brain that stores memories—compared to their virginal rat buddies and found that sexual encounters may improve people's analytical thinking.

4. It improves physical fitness.

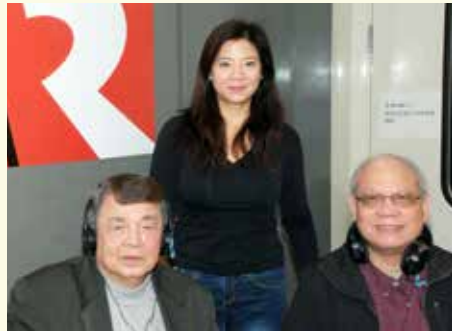
Working out regularly tends to improve our sex lives, and having sex regularly can improve physical fitness. Everyone who's ever watched an R-rated movie knows sexytime can be quite the cardio workout—in fact, half an hour of sex can burn more than 144 calories. Studies have also shown that exercising frequently can enhance sexual performance.

5. It relieves pain.

Oxytocin, the "cuddling hormone" that makes folks want to snuggle up after sex, reduces stress and promotes feelings of calm and wellbeing.

LOTS OF SEX
continued on page 26

Hot Topics



Toronto's Action Honda General Manager Rafael "Paeng" Nebres posed with Talakayan Radyo Filipino AM 1430 co anchor Karen Tan and political commentator Tony A. San Juan at Fairchild Radio Station on January 9, 2016. (Photo by : Nelson Galvez)

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Philippine Red Cross: Working to give hope



By Gwendolyn Pang
Secretary-General, Philippine Red Cross

MANILA - In the rush and glitter of the holiday season, let's not forget to slow down and remember the things that are really important in life, and what it means to be really happy.

From every corner of the country, there are communities who are struggling to rebuild after being hit by a natural disaster, so many people are fighting to overcome various infirmities, and transcend whatever hardships.

I have seen the worst and the best of humanity in my travels to many parts of the world. The one thing that never fails to amaze me is our ability as Filipinos to be compassionate and resilient.

Every year, the Philippines is hit by multiple natural disasters. Our society is saddled with so much poverty and lack of opportunity that impede progress and upward mobility. But we somehow manage to rise above it all.

This is, in large part, due to the wonderful web of relationships that we weave and the ties that bind us to each other. The glue that holds everything together is compassion, and the stuff that allows us to bounce back from the worst that life has to offer is resilience.

At the Philippine Red Cross (PRC), we see this every day, and we make it a point to

be instrumental in the betterment of every community.

Through our partners, individuals or organizations, the work of alleviating human suffering is accomplished one individual at a time.

That is how the PRC makes a difference. Through the PRC, anyone with a philanthropic heart, or desire to help others, can do so. The Red Cross is not just a beacon of hope, but a conduit of compassion for suffering humanity.

Take, for instance, the communities that were hit by typhoon Yolanda in 2013. Last month, we marked the second year of typhoon Yolanda's passing. In its wake, typhoon Yolanda left a path of death and destruction the likes of which none of us has ever seen. The Philippine Red Cross was stretched to its limits.

We did not lose hope. Because we were inspired by everyone who trusted the Red Cross to do what had to be done so that these people could rebuild their lives again. The world showed up at our doorstep, and everyone pitched in to help us.

As the country's premier humanitarian organization, the PRC led the way in providing shelter, livelihood, health services, water sanitation and hygiene, and ensuring that the disrupted education of the youth is restored to normalcy in all communities hit by typhoon Yolanda.

Together with our partners in the Red Cross Red Crescent Movement, we have built over 66,000 homes, provided livelihood opportunities to over 90,000 families, gave conditional cash grants to over 59,000 families, enrolled over 1,000 people in skills training courses, and thousands more were trained in other livelihood programs.

In the worst hit areas, the devastation was such that not only did those people lose their homes and their loved ones, but also the means of income for the surviving members of the family.

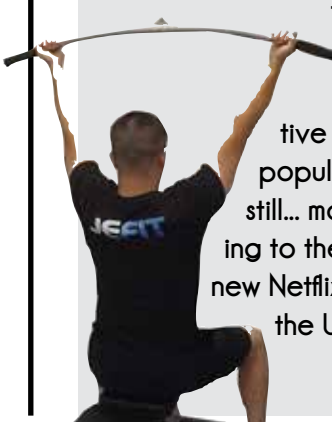
We worked hard so that the victims could move beyond their grief and despair. In the end, we were able to surprise ourselves by exceeding even our own expectations. And that is the gift that keeps on giving.

You Won't Believe How Many People Are Having Sex at the Gym

Do you want to get fit and find love in 2016? Some people kill two birds with one stone. In a recent survey of 2,000 Brits, a quarter admitted to having sex at the gym. Even more steamy: About a fifth of those gymgoers have hooked up with their trainer, and another 10 percent said they always carry a condom in their gym bag because, you know, "just in case."

How exactly does one entice another to get it on at the gym? More than half of men said they use the lat pulldown machine (nice, bro) to attract potential partners while women said they prefer the elliptical machine.

This number isn't representative of the whole population, but, still... maybe "going to the gym" is the new Netflix and chill in the U.K.



Matteo prais- es Liza Sober ano

Matteo Guidicelli is grateful for the opportunity to star in the upcoming



soap Dolce Amore. Matteo felt blessed to shoot in Italy, which is the home country of his father.

"It feels great. Sobrang blessing ito dahil biglaan lang 'to before the [past] year ended lumapit sila sa akin, 'yung Star Creatives sabi nila they pitched a show and they are going to be shooting in Italy sabi ko 'Wow are you serious?' Mag i-Italiano ako and I am going to portray an Italian character so meant to be kumbaga. Pangarap ko talagang magkaroon ng project na ganito," he said.

On working with Liza Soberano, Matteo has nothing but good words for the actress. He remarked that he enjoyed working with her.

"Liza is great. It's my first time working with her and sabi ko batang batang artista but when I was working with her, she's very nice, she's very fun to be with. I thought she was going to be shy and what not but she's very talkative, she has a lot of hidden talents in her so nakatuwa kumbaga si Liza. It is so fun to be with her. 'Yung mga car scenes na kami lang, tawanan lang, kuwento, and all that stuff."

Why Pia won't date PNoy anytime soon

Miss Universe 2015 Pia Wurtzbach admitted on that it would be difficult for her to go on a date President Benigno Aquino III due to her hectic schedule, especially after winning the international pageant.

TRANSLATION
Uh...he's not her type. PERIOD. And rumours of PNOY dating only came up during his one and only presidential election campaign. This time, it's the Liberal party's campaign people who are spreading the rumours to add a touch of romance and glamour, and hoping that it rubs off on their candidate, Mar Roxas.

Miss Universe Wurtzbach said it is OK for the Americans to have bases in the Philippines and every leftist and wannabe Supreme Court Justice judge Mariflor Punzalan-Castillo wants to talk to her

Uhhmm...why bother her with this issue? It's her opinion. You have your opinion. The last time I checked, it is still a free country. The only reason people want to drag Pia into this issue is to make sure people pay attention to them. Without Pia, nobody will pay attention to them. Whether it is constitutional or not is irrelevant. It is an opinion. END OF STORY.

Big Election Spending not a sure win

Jack Enrile was the biggest spender in the 2013 senatorial race and he did not win. In this election,



LEFT, Jennifer Sy (CENTRE) of Dance to the Rhythm dance Studio poses with Candy Crush 5 group. The CC5 performed at the studio for the benefit of Syrian refugees. Not with the CC5 during the concert is Shanaia Galorport, who is still in the Philippines.

it seems Mar Roxas has already topped the list of the biggest election spender before the election period started and he is still at the bottom of popularity surveys. He already made a TV with lots of showbiz artista with the color yellow dominant in the footage. Besides, Roxas has a lot of factors going against him. His handling of the Tacloban disaster is a...well...a disaster. People remember that. Filipinos do not always take to the streets for every grievance or injustice. But we have a habit of waiting for elections. Freddie Webb was not re-elected as senator when his son was convicted of the Vizconde massacre.

PNOY Heartless?

Is President Aquino heartless in turning down an increase in SSS pension? Some analysts say that the politicians who passed the bill were playing politics hoping that Aquino will pass the bill in an election year. But, the SSS cannot afford it. If it passed, the government will have to bail out SSS and we do not know how much it will cost. So, in short, alam na ng mga politiko na unaffordable ang increase nila pero pinasa pa rin para pumapel lang.

Arci Munoz is excited to be paired with Gerald Anderson in new post-Valentine movie

After landing her first lead role in Star Cinema's still untitled post-Valentine movie this year, Arci Munoz feels blessed to be starting the 2016 on a high note. The Kapamilya actress recently turned 26 last January 12. "Napakagandang birthday gift po ninyo ito sa akin. I don't usually celebrate my birthday pero I'm really happy that in the first few weeks of the year there was news right away tapos napakagandang blessing regalo talaga ni Lord yung movie and it's my first movie so I'm really happy and thankful," she said.

In the Star Cinema film which will be directed by Dan Villegas, Arci said she is also looking forward to working with Gerald Anderson for the very first time. "I'm really excited and it's a very overwhelming feeling since it's going to be my first movie so I'm really thankful sa opportunity that they gave me and I'm just excited to work with Gerald. And he's my dad's favorite (actor) so when I told me dad he was really happy. He was really excited for me also," she admitted.

Arci said she immediately felt at ease being with Gerald. The two lead stars showed they had natural chemistry together during their story conference for the movie held last January at the Star Cinema office inside ABS-CBN. "You can see it naman. Actually this morning was the first time I was able to talk to him. I only see him during ASAP and then siyempre Gerald Anderson yan, ganun. Pero you can see it in him na he's very cool, mukha naman siyang mabait and he's very approachable. And yun naman yung napatunayan ko kanina when I met him I was able to talk to him easily," she added.

For the movie, Arci said that her character will be very different from her past roles. "Actually ang naiisip ko dito (na peg) is yung sa 500 Days of Summer, yung character ni Zooey Deschanel dun. Yung parang cool lang siya, laidback. Kasi in my role I am a make-up artist. Siya naman sa isang relationship siya yung medyo seryoso pero yung guy yung hindi. Parang sa kanya tumatakbo sa isip niya, 'Aho ba ito?' pero ginagawa nila yung bagay na pang-boyfriend-girlfriend pero walang label, ganun," she said.



The health benefits of kissing

Is a kiss just a kiss? We all know that kissing is a part of a relationship, it is an act of expressing your love. More often than not, kissing is associated with emotional matters.

But did you know that kissing has its health benefits as well? Some of the health benefits of kissing are as follows:

1. Kissing reduces blood pressure
 - Studies have shown that kissing is actually good for you as it helps lower your blood pressure because when we kiss our heart pumps intensely that it cause your blood vessels to dilate.
 2. Kissing burns Calories
 - Just like exercising, according to Dr. Stills, kissing burns about 2 to 3 calories per minute.
 3. Kissing activates your happy hormones
 - Kissing releases endorphins that are responsible for keeping your day happy. The feel-good chemicals in the brain get Percolating: Serotonin, Dopamine and Oxytocin.
 4. Kissing helps boost self-esteem
 - Kissing can actually help your partner to be more productive because he / she feels happy and in a good mood.
 5. kissing naturally relaxes yourself
 - Scientists says kissing increases the levels of oxytocin, the body's natural calming chemical and also increases endorphins, the body's feel-good chemicals.
 6. Kissing makes your facial muscle strong
 - Researchers say you use 30 muscles when kissing and smooching helps keep your cheeks tight.
- A kiss a day really can keep the doctor away.

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"This is just a 15 minute power-nap as described in that time management course you sent me."

"I wasn't sleeping! I was meditating on the mission statement and envisioning a new paradigm."

"I was testing my keyboard for drool resistance."

"I was doing Yoga exercises to relieve work-related stress."

"Damn! Why did you interrupt me? I had almost figured out a solution to our biggest problem."

"The coffee machine is broken..."

"Someone must've put decaf in the wrong pot..."

" ... in Jesus' name. Amen."

Honey Shot



Born under the sign of Capricorn, Angela is lucky to have several natural abilities that can lead to success in any field. One of them is singing and that is why she is part of the Candy Crush 5, the all-female group created by Josie de Leon School of Performing Arts. Sharing the same birthdate as Hollywood star Nicolas Cage, we wish her the same success in the entertainment world if she chooses to pursue a career in the field of showbusiness.

Angela Castillo

Kiray plays it cool with Derek

In the movie “Love is Blind,” Kiray Celis is so in love with Derek that she uses a gayuma or love potion to seduce him. Everytime he looks her, he sees Solenn Heussaff and not Kiray. “May eksena sila sa beach na ewan kung papasa sa MTRCB,” says Solenn. “Parang rape yung scene kasi nakabukaka si Kiray, nahulog sila sa buhangin at nakapatong si Derek then nag-doggy style ang position nila.” “Hindi doggy style ‘yun, pramis,” says Kiray. “So alam mo naman pala ang doggy style, tapos yung halik, hindi mo alam?” says Derek. “Grabe naman, babae rin naman ako, e. Tao rin, so may alam din ako. Pero hindi naman porke alam, ginagawa mo na, di ba?”

So considering how handsome and macho Derek is, didn’t she feel anything? “Huwag po natin kalimutang trabaho lang po ang lahat. At ang trabaho, nilalayo po yan sa kalandian. Ayokong magkaroon ng malisya sa mga katrabaho ko.” She has no desire or pagnanasa at all with Derek? “Pramis, wala akong naramdaman. Virgin pa po ako at proud ako about that.” “Love is Blind” opens in theaters on February. One of its stars is Kean Cipriano. When asked about his wife Chynna Ortaleza, he said their privacy is sacred to them so he’d rather not answer any question about them. So we respect his request and we’ll no longer write about him at all.



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PCG to recruit 1,000 for new vessels from Japan, France



MANILA - The Philippine Coast Guard (PCG) is pursuing plans to hire close to 1,000 personnel this year to address the manpower shortage in the command and boost its maritime capability, with the arrival of new vessels from Japan and France.

Rear Admiral William Melad, acting commandant of the PCG, said that “massive recruitment” of Coast Guard men will push through in 2016 since it is included by the Department of Budget and Management (DBM) in the budget.

“We are allowed by DBM to hire 900 for 2016. These are uniformed personnel,” Melad said.

The PCG, an attached agency of the Department of Transportation and Communication (DOTC), was able to hire an additional of 1,452 personnel this year.

The number of new recruits, however, is still not enough to meet the PCG’s goal of having a 10,000-strong command before President Aquino’s term ends next year.

At present, around 8,807 personnel are employed in the PCG. They are composed of of 7,096 male non-officers, 847 female non-officers, 608 male officers, and 256 female officers.

The PCG is short-handed in guarding the country’s 36,289 kilometers of coastline. There are three to four personnel assigned for every PCG sub-station, but the ideal is one guard per kilometer of coastline.

Melad said they would focus on giving their uniformed personnel a “specialized training.”

Commander Armand Balilo, PCG spokesperson, said the hiring of more personnel is meant to fill up the vacancies in the three new vessels from Japan and four 24-meter vessels from France that would be acquired by the command on or before June, 2016.

“The 24-meter vessels might be the first to arrive. Next are the Japanese ships on June,” he said.

CBCP disputes Duterte on death penalty

MANILA - An official of the Catholic Bishops’ Conference of the Philippines (CBCP) said reforming the country’s criminal justice system is the solution to worsening criminality, not the restoration of the death penalty as proposed by Davao City Mayor Rodrigo Duterte.

The statement was made by Fr. Jerome Secillano, executive secretary of the CBCP Public Affairs Committee, who was reacting to the statement of Duterte, a candidate for president, that he will recommend to Congress the restoration of the death penalty, by hanging in public, if he is elected to Malacañang.

He said Duterte has been misled into thinking that the death penalty deters crime. “You do not deter crime by hanging criminals. You deter crime by having efficient and effective law enforcers, incorrupt judges and lawyers and strict and fearless prison administrators,” said Secillano. “On impulse, it appears that killing criminals is effective. But If criminals believe that they can buy their freedom, of what use then is the death penalty?” he added.

Secillano said reforming the criminal justice system is the ultimate solution to crime.

Meanwhile, retired Lingayen-Dagupan Archbishop Oscar Cruz was saddened to hear such a statement made by someone who is running for president next year.

It’s sad that there is a candidate of this kind during this century, he said. “This is very shocking.”



Janice happy for ex-husband’s wife Priscilla

“John should be proud that Priscilla is carrying his name,” said actress Janice de Belen when sought to comment on Brazilian beauty queen Priscilla Meirelles’ move to change her screen name to “Estrada.” Priscilla is married to actor-TV host John Estrada, with whom Janice has four children.

Janice is working closely with Priscilla in ABS-CBN’s latest morning teleserye, “Be My Lady,” which premieres Monday, replacing “Ningning.” Janice plays nanny to Priscilla’s son in the series. The kid will later become the character of lead star Daniel Matsunaga.

“I’m actually happy for her. Let’s not dwell on the past anymore,” Janice told reporters, pleading to them not to make a controversy out of the change in Priscilla’s name.

For her part, Priscilla explained that she decided to use “Estrada” as screen name because “it’s easier to pronounce than Meirelles—and also because it’s my real surname now.”

She is the first Brazilian to be crowned Miss Earth in 2004. The pageant was held in Manila.

Priscilla and John were married in February 2011. They now have a 3-year-old daughter named Sammantha Anechka.

The former beauty queen pointed out that “Meirelles” was used in the production credit. “But before the press con started, I was asked for the correct pronunciation of Meirelles. I said just use Estrada to make it easier for the event host,” she explained.

“I don’t see anything wrong with that. As John’s wife, I should honor my husband, and what better way to do it than to publicly use his surname.”

Priscilla is of Portuguese, Spanish and Brazilian descent. She was born in Amazonas, Brazil. She admitted to have come from a family with “parents who are divorced. My last name is Almeida. I used my mom’s surname because she raised me on her own. I’m proud of her—and I want to honor her!”

“When I came here, I was happy to find out that an actress was actually using the surname Almeda,” the Brazilian actress said, referring to the retired Filipino sexy star Priscilla Almeda, whose real name is Abby Viduya.

Asked what advice she can give to real-life couple Erich and Daniel when it comes to having a lasting relationship, Janice said: “Erich and I get to talk a lot on the set. I share with her my life experiences, hoping that she could pick up something from them. But I don’t dare give her love pointers, because I myself don’t have a love life.”

Priscilla, on the other hand, advised the young couple to “love and live one day at a time—although it’s always better to plan for the future. They may be young, but they’re also smart and talented.”

“Be My Lady,” codirected by Theodore Boborol and Dick Lindayag, also features Al Tantay, RK Bagatsing, Karen Dematera, Devon Seron, Mike Lauren and Karen Reyes.

New land body backed

MANILA - The Department of Justice has supported the legislation of a proposal in the House of Representatives seeking the creation of a Land Development Authority.

In a three-page legal opinion rendered last Dec. 16, the DoJ said there is nothing legally objectionable in House Bill No. 6004 as proposed by brothers Cagayan de Oro 2nd district Rep. Rufus Rodriguez and Abante Mindanao party-list Rep. Maximo Rodriguez Jr.

“We believe it is well within the Congress’ power and prerogatives to create such an office to eradicate poverty as a follow-through to the accomplishments of the comprehensive agrarian reform program,” the DoJ through Undersecretary Zabedin Azis stated.

The LDA aims to develop land and relocation with the objective of poverty eradication through cultivation of various cash crops.

Under the bill, the proposed body can carry out projects of land development and agricultural activities, industrial and commercial social economy.

Filipino spy satellites ready

MANILA, Philippines – The country will see the launching of its first satellite in April, Department of Science and Technology (DOST) Secretary Mario Montejo said.

He said the schedule was set after the arrangements with an American provider of space shuttle services on which the “micro satellite” would be launched.

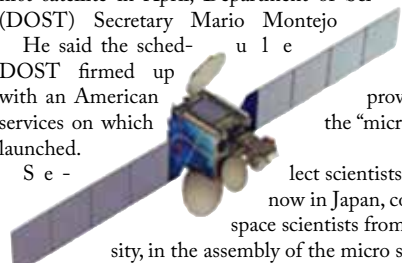
Scientists from the DOST are now in Japan, collaborating with space scientists from Hokkaido University, in the assembly of the micro satellite.

Though the assembly is now getting much assistance from Japanese scientists, Montejo said the Filipino scientists are doing the actual design and fabrication activities.

DOST Assistant Secretary Raymund Liboro said the micro satellite will be a key component of the cutting edge remote sensing technology capability being developed by the DOST, which will use satellite imagery and ground data processing to generate data and information on agricultural and also marine and mountain conditions.

Liboro said the remote sensing technology research and development effort of the DOST was greatly benefited by the DOST’s recent hosting of the 2015 Asian Conference on Remote Sensing during which it gathered the world’s foremost experts and resource persons last October.

Ass. Sec. Liboro also noted that there is a emerging Space Program for the Philippines, “the country is now headed on that way”. Liboro said.



Binay thanks OFWs for keeping economy afloat

MANILA - Vice President Jejomar Binay yesterday thanked overseas Filipino workers (OFWs) for helping keep the economy going with their foreign remittances.

“Malaki ho ang aking pasasalamat at ng ating bansa sa ating mga overseas Filipino workers (OFWs) dahil ho sa mga remittances na ipinapadala nila dito sa ating bansa.”

The United Nationalist Alliance (UNA) party standard-bearer hailed the migrant Filipinos just days after Christmas, which is the peak season for remittances. “Hindi lamang pamilya nila ang natutulungan ng perang ipinadadala nila, kundi na rin ang ating ekonomiya,” he said.

Binay, who served as presidential adviser on OFW concerns for five years said the money being sent to the Philippines helps drive the economy by boosting the domestic consumption of the OFWs’ families.



Solons clash on taxing lotto

MANILA- Veteran lawmakers registered strong opposition to government plans to tax lotto and casino winnings, saying that the move is like “killing the goose that lays the golden egg.”

Representatives Emil Ong (NUP, Northern Samar) and Amado Bagatsing (LP, Manila) assailed the recommendation of government finance agencies to lift tax exemption privileges now enjoyed by state-run lotteries and casinos which have been in effect since government went into lottery games to raise money for charity projects.

Ong said a big portion of lotto bettors are poor, dreaming of hitting it big and tasting the comforts enjoyed by the rich. “Taxation must be uniform and must be reasonable. Is it reasonable to tax lotto winnings whose purposes and proceeds are used for charitable projects?” Ong, senior vice chairman of the House Committee on Appropriations, asked.

He pointed out that when a bettor or a jackpot winner buys a lotto ticket, he or she already “directly contributes to the charity projects of the government.”

Both Ong and Bagatsing warned that imposing taxes on lotto and casino winnings will drastically reduce patronage for state-run gaming, thus, result in low charity fund allocations.

“Why kill the goose that lays the golden egg?” Bagatsing asked. The Manila solon also said the timing of the proposal is “questionable,” considering that Congress no longer has time to act on new measures.



Too Much tooth-
paste being used

We want to keep our pearly whites shiny and cavity free, so we use a generous amount of toothpaste every



time we brush. But the bristles do most of the cleaning, so we're

actually overdoing it when it comes to toothpaste, says Steven Goldberg, a dentist in Manhattan. All you need is a pea-size amount of fluoride toothpaste to get the job done (see photo). Kids younger than 6 should use even less—about the size of a grain of rice.

The recommendations are smaller for children because there's concern they may swallow some toothpaste, and in extreme cases, they can experience fluorosis, brown spots on the teeth from too much fluoride. There is no harm if adults use more toothpaste than recommended, says Ana Paula Ferraz-Dougherty, a dentist and spokesperson for the American Dental Association. But as Goldberg points out, a lot of (fairly) expensive toothpaste will go down the drain.

"Using enough toothpaste to cover the entire brush head will only go to waste and be spit out into the sink," Goldberg says. "Most people are using too much, because they follow what they've seen in advertisements and commercials."

Lacson, Zubiri, Ople
'most shared' Senate
bets



Former Senators Juan Miguel "Migz" Zubiri, Panfilo "Ping" Lacson and overseas Filipino worker (OFW) advocate Maria Susana "Toots" Ople have emerged as the "most shared" senatorial candidates in the 2016 election.

The three are in the Senate slates of as many presidential hopefuls.

Zubiri and Ople are both in the senatorial "dream teams" of Vice President Jejomar Binay, Sen. Grace Poe and Davao City Mayor Rodrigo Duterte.

Lacson is in the senatorial lineups of former Interior and Local Government Secretary Mar Roxas II, Binay and Duterte.

Zubiri, who is running as an independent candidate, attribute his strong showing in pre-election surveys to his being a guest senatorial candidate of the three leading presidential aspirants.

"We are treading the path of greatest voter support," the former senator from Mindanao said.

"Our being a guest candidate of the three most popular presidential contenders has helped us in a big way. Wherever we go, we are received warmly by their followers, not just by our own supporters," he added.

In the Dec. 4-11 Pulse Asia Research

Inc. survey of senatorial preferences, Zubiri came out as the fifth most favored candidate, with 55.9 percent voter support, after re-electionist Senators Vicente Sotto III and Ralph Recto, Lacson and former Sen. Richard Gordon.

In the same survey, Ople, daughter of the late Senate President Blas Ople, was the 24th most preferred senatorial runner.

Zubiri believes that his strong voter support is also due to his solid track record as a senator for four years and as third congressional district representative of Bukidnon for nine years.

As Senate Majority Leader, Zubiri oversaw and managed the legislative business of the Senate.

During Zubiri's tenure as Majority Leader, the Senate passed a record number of more than 650 bills, many of which have helped to create badly needed jobs.

He also authored the Renewable Energy Act, the Biofuels Act, the Wildlife Resources Conservation and Protection Act, the Magna Carta for Homeowners and Homeowners' Associations Act, the Cooperative Code, and the Rent Control Act, among other laws.

Pia Wurtzbach to
pursue modeling
in the US

"If I have any offers here, I want to try acting, hosting or modeling, why not? I'll definitely try that and see where it goes," said Wurtzbach in a recent interview with Pix 11 News in the United States.

Wurtzbach added: "Then I'll be able to go back home as well and continue with my career there. I'll cross the bridge when we get there."

The Filipino-German beauty queen also said that she was finally able to cook chicken and pork abodo, a staple dish in the Philippines, in her luxurious apartment in New York City.

"I was cooking adobo for my friends who went to my apartment," said Wurtzbach, 26, on her Instagram post that showed her cooking the dish.

This developed as Miss Colombia Ariadna Gutierrez is scheduled to face off with pageant host Steve Harvey for a broadcast interview on January 18, according to a report by Entertainment Tonight.

Gutierrez will be the special guest of pageant host Steve Harvey in his talk show called The Steve Harvey Show.

This will mark the first time that the two will face off, following the awkward moment in the 2015 Miss Universe beauty contest when Harvey mistakenly announced Gutierrez as the winner, when in fact it was Miss Philippines.



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VP pushes for total health care



MANILA - Vice President Jejomar Binay vowed to improve government health services, as he noted that health services in the country have deteriorated and have become more costly based on a recent study.

“Joey Salgado, Office of the Vice President chief for media affairs, cited a report from IBON Foundation that said health services have not improved at all and even became more costly.

The study showed that PhilHealth members still shell out a large amount of money for confinement, medicine and other medical needs, which defeats the purpose of PhilHealth membership.

Salgado said a Binay administration will not only improve the PhilHealth system but will also develop and implement a comprehensive health program—with emphasis on preventive health care—that is accessible to as many Filipinos, even in far-flung areas.

IBON, citing Philippine National Health Accounts (PNHA) data for 2013, said patients still had to shell out almost 70 percent for their health spending.

It said this is contrary to the administration’s claim that through PhilHealth, families belonging to the poorest or 20 percent of the population “will not have to shell out a single centavo” for public hospital services because of PhilHealth in 2012.

The research group added that this number has risen to 40 percent in 2014.

The IBON study, contained in the book

“Critical Condition: Privatized Health in the Philippines,” was conducted among poor families in Metro Manila, Sorsogon, Nueva Ecija, Mindoro Oriental, Eastern Samar, Capiz, Iloilo and Negros Occidental.

Those interviewed included sponsored patients whose contributions are paid for by other individuals, the local government or government agencies, paying patients who are usually government or private sector employees and individually enrolled members, and lifetime patients who are senior citizens who have paid at least 120 monthly premium contributions.

The study showed most PhilHealth beneficiaries interviewed still bought medical paraphernalia or equipment prescribed by doctors and nurses and which were not provided by the hospital.

Some of these medical paraphernalia are breathing tubes, intravenous (IV) therapy paraphernalia such as needles, syringes, dextrose, surgical paraphernalia, birthing paraphernalia, urine bags, catheter, blood-transfusion related paraphernalia, oxygen masks, ampoule and vials, gloves and cleaning implements.

The beneficiaries also bought medicine outside the hospital as these were not available in the hospital’s pharmacy.

These included antibiotics, anti-inflammatory drugs, and drugs for pneumonia, tuberculosis, cough, allergies, dialysis, pain and fever.

‘Public hanging for criminals’

A Duterte Presidency will see the return of the death penalty and the public hanging of convicted criminals to end criminality and corruption, Davao City Mayor Rodrigo Duterte said once he gets elected to the country’s highest post. “Within three to six months I will stop corruption in the government,” Duterte said.

“I will stop criminality, I will stop drugs in other places. I will recommend to Congress the restoration of the death penalty by hanging in public. I will not hesitate to use the military and the police to stop it.”

Duterte also said half of the 3,000 to 5,000 drug lords would be eliminated once elected.

He would add P1,000 to the monthly salaries of school teachers. “It’s time to finish the sad Christmas experience by our teachers,” Duterte said. He said that in some areas the people were buying drugs with their farm animals. “The drug trade has gone to the countryside. They buy drugs using their pigs, their goats, their cows,” Duterte said.

He said he would propose to Congress the creation of special criminal courts to try drug cases. He criticized the Juvenile Justice and Welfare Act of 2006, the law that protects the rights of minors in conflict with the law.

“It has not helped the country at all and instead has promoted criminality,” Duterte said of the law authored by LP senatorial bet and former Agriculture czar Francis Pangilinan.



Andre at Yassi, itinatago pa ang relasyon

Andre at Yassi, itinatago pa ang relasyon MAG-ON na pala sina Andre Paras at Yassi Pressman.

Isang very reliable source ang nagtapat sa atin nito. Sa presscon kasi ng “Wang Fam” noon sa Viva films, nabanggit na botong-boto ang daddy ni Andre na si Benjie Paras sakaling maging GF ng panganay niya ang kanyang leading lady.

Tapos ngayon, nadadalas na silang napagkikita na magkasama sa mga lakaran. Pagka’t nasa bansa ngayon for the holidays ang sumisikat nang collegiate basketball player sa US na si Kobe Paras, nakababatang kapatid ni Andre, nakakasama din nila ito. Ganun din ang BFF nilang si Elmo Magalona.

First GF ni Andre si Yassi and for the record, nakaka-dalawang GF na si Kobe na parehong nasa U.S.

Huwag na raw piliting aminin ni Andre ang relasyon nila ni Yassi dahil pino-protectahan din nito ang love team nila ni Barbie Forteza sa GMA7. After the super-hit teleserye nilang “The Half Sisters” na tumagal ng mahigit isang taon sa ere, hindi kataka-takang pakiusapan siya ng GMA 7 na ingatan din ni Andre si Barbie.

In time naman kasi, lalantad din sina Andre at Yassi.

Shocker: Julia Clarete leaves ‘Eat Bulaga’

TV host-actress Julia Clarete has left GMA-7’s noontime show “Eat Bulaga.”

Clarete made the announcement on her Facebook Page.

She said she had decided to migrate to Malaysia, leaving her hosting career with the longest-running noontime variety show in the Philippines.

Clarete started hosting “Eat Bulaga” in 2005. She admitted she wasn’t able to say goodbye but promised to return when everything was fixed.

“Nakatira na kasi ako sa Kuala Lumpur ngayon... Pasensiya na kung hindi ako nakapag-padespedida man lang. Pero hayaan niyo, pagnaayos ko na ang lahat, babalik ako para magsama sama tayo. Sa #tamangpanaghon,” Clarete said in her post. (I now live in Kuala Lumpur. I am sorry if I was not even able to host a send-off party. But don’t worry. Once everything is fixed, I will return to be with you again when the time is right.)

The hosts of the show include pioneers Vic Sotto, Joey de Leon, Tito Sotto, Jimmy Santos and Ruby Rodriguez. Eat Bulaga, which has been running for more than three decades, also features the popular “AIDub” love team of Alden Richards and Maine “Yaya Dub” Mendoza.



Angel Lagunzad of UNTV joins senatorial candidates Rey “Sky” Langit and Susan “Toots” Ople in this post-taping photo.

Roxas campaign early

MANILA - An official slammed Liberal Party standard bearer Manuel Roxas II for tagging along with President Benigno Aquino III during a relief operation in Northern Samar last December, saying it was premature campaigning.

“Calamity victims don’t need Roxas or any high-ranking government official,” Rep. Fernando Hicap said in a statement in reference to the people affected by Typhoon “Nona.”

“They need fast relief and rehabilitation work and not a high-profile relief stunt that is clearly part of the Aquino administration’s premature campaigning in favor of its presidential bet.”

Roxas, who also visited Nona’s victims in Calumpit and Hagonoy in Bulacan the same day, denied he had been campaigning prematurely.

“I’m happy to see that the relief efforts here are organized and our countrymen here are getting help,” he said.

PH scraps funds for contraceptives

MANILA, Philippines - The legislature in the mainly Catholic Philippines has eliminated the government’s budget for contraceptives, the health department said, despite a law mandating the state provide them to the poor.

Health Secretary Janette Garin has confirmed the department’s 2016 budget for contraceptives was scrapped when it passed through Congress, the bureau’s press office said. “This will have a huge effect since a lot of mothers depend on what the Department of Health provides,” the office quoted Garin as saying. Foreign and local authorities have long cited the need for improved birth control in the Philippines which has one of Asia’s highest birth rates as well as high maternal mortality rates.

The cut infuriated legislators and advocacy groups.

“We are so insulted by this. “Women are dying from maternal complications, teens are getting pregnant and people are dying from HIV-related causes. Lives of Filipino citizens are at stake,” said Rom Dongeto, executive director of the Philippine Legislators’ Committee on Population and Development Foundation (PLCPD) comprised of lawmakers and members of civil society.

Bic Bic Chua, executive director of Catholics for Reproductive Health, said the law becomes irrelevant if it is not funded.

The country has a population well over 100 million with about 25 percent living in poverty. Garin has said the health department will have to look to private partners and donors to fill contraceptive supplies.

But that could be challenging, according to Klaus Beck, head of the U.N. Population Fund (UNFPA) in the Philippines.

“The expectation is that as a middle income country, the Philippines can fund its own programmes with less support from donors,” Beck said.

“What signal does it send to the development world about the country’s commitment to reproductive health when it does not fund a law that it has already passed?”

Meet Our Basketball Players Off To Manila

By Li Eron



For the first time ever, a Team of Filipino-Canadian Basketball Players under NABA is going home to Philippines this March 13-17 to participate and compete for SM NBTC Championship. NBTC started eight years ago, it covers 48 cities in the Philippines and with over 700 public and private schools members. NBTC's main objective is to develop skills, build character and raise leaders. It does not only develop players, it also includes even coaches according to Mr. NBTC program director coach Eric Altamirano.

Notable NBTC products are Mike Tolomia, former Far Eastern University, Scottie Thompson of Tamaraw Barangay Ginebra and Bolts' Baser Amer of Meralco. The national championships this year, with its new partnership with SM, is to be held at the Mall of Asia Arena in Pasay City from March 13 to 17.

Coach Mike Cruz, Durham Crossover Basketball President is working hard to be able to participate and bring some of Canada's best basketball players in conjunction with NABA- North American Basketball Association Commissioner Mr. Ron Damasco and assisted by NABA Liaison Officer Edgar Tojino. This team is one of the two international teams competing for the Championships.

Team Canada consists of players from Durham Crossover, namely; Matthew Daves, Andre Cruz, Phaul Peralta,

Rob Ocampo, Ridge Ablang, Matthew Oligane and Matthew Lim. From Maharlika (Markham) are James Canlas, Evyn Santiago and Alvin Florido. Also from North York is Jaiden Abad Mohamed.

Coach Mike and his Team are organizing events to help the team financially on their trip with the following events;

Jan 23- Team Canada Exhibition
Feb 6- Poker Night
Feb 20- Post Valentine Benefit Concert

In picture-
L to R back row:
Coach Mike, Coach Abe, Andre Cruz, James Canlas, Matthew Daves, Evyn Santiago, Matthew Oligane, Coach Mark Coach Ramon
L to R front row:
Ridge Ablang, Alvin Florido, Jaiden Abad Mohamed, Phaul Peralta, Matthew Lim and Robert Ocampo

Supporters:
Drita Burci of Remax, Rey Vindua of VSIX Consulting, Sam Herrera and Ophelia Valdez of PMN TV, Audio Spin Entertainment, Erwin Ablang of EB Grapix, Manny Gutierrez of TFC, Jojo TADURAN and Willy Santiago

Another intriguing, heartfelt tale from GMA 7

Miguel Tanfelix and Bianca Umali star in Wish I May.



MANILA, Philippines - Literature is a rich source of dramatic stories for the small and big screens. And for the past years, GMA 7 has sourced out some of its intriguing yet heartfelt TV series from medical journals, explaining cases that provide story premises that catch the televiewers' attention and imagination. Another intriguing medical case called chimerism is presented as Wish I May unfolds today after Eat, Bulaga!

"It is a condition wherein a person has two sets of DNA," says Denoy Punio, creative consultant for ETV, of the strange genetic condition.

"Wish I May is also taking the same path that Rhodora X, Hiram na Alaala, Yesterday's Bride and The Half Sisters have successfully treaded and eventually won the nods of primetime viewers. Rhodora X discussed the complicated life of someone (Jennylyn Mercado's character Rhodora with other personalities Roxanne and Rowena) suffering from dissociative anxiety disorder and espoused the idea that mental health in general should be given priority.

This has become a Kapuso drama tradition and a staple in its after-noon primetime block.

"I think at the heart of it is still a soap," says Richard "Dode" Cruz, head of Afternoon block. "We want to capture the interest of the audience the way The Half Sisters did, wherein the twins have two different fathers. It had generated interest and curiosity; it's a style na para sisilipin ka ng audience. Kapag na silip ka na at maganda naman yung kwento, pananoorin na (They will look into the story and watch the TV series)."Camille Prats as young mom Olivia who has two sets of DNA

"We feel blessed," says Miguel. "Maganda yung pasok ng taon kasi may project kami agad. We are pressured (given the success of The Half-Sisters). Pinagbubuti namin ang trabaho namin and we're just doing fine." In spite of their busy schedule, Miguel and Bianca are able to squeeze in their studies — she, a high school student while he, a first-year entrepreneurship student at the De La Salle University Dasmariñas.

Although every story is "pare-pareho lang at nag-iiba lang ang bihis," as Dode puts it, GMA is able to entertain and educate their viewers through the drama platform and leave them something to ponder on, especially the moms and their teens who tune in to its Afternoon Prime series.



VALENTINE DANCE

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MISSION TO MARS

Filipina on shortlist to join journey to Mars in 2026

A 28-year-old Filipina may just be one of those who will be chosen to go to Mars in 2026 as part of a crew to establish a permanent human settlement there.

Jaymee del Rosario, who was born in Quezon City, and is the chief executive officer of a metal company in the United States, said she is excited to have the chance to go to Mars, calling that “a dream come true.”

“This experience of being able to be a part of a great opportunity of space exploring, it makes me very happy,” Del Rosario said.

Del Rosario is one of the two Filipinos in the shortlist of 202,586 applicants who volunteered to join the ambitious “Mars One” project.

“This is a once in a lifetime experience. I am very happy because I was chosen from 200,000-plus applicants,” she said, hoping that her interest to travel to Mars will encourage more interest in Science and Technology all over the country. Her mind already strays to what to bring to Mars. That will be Earth scents such as grass and tree, and also a Philippine flag.

With that much uncertainty, is she afraid of death? Her reply: No, I am ready for anything.

“People always ask if I’m scared of death? You know anything can happen from the launching, to the voyage, to the transit time and arrival. We are all scared of death. But in this instance, at least I know when and where and how it may happen. Hindi naman suicidal diba?,” del Rosario said.

Del Rosario said there are a total of 16 candidates from Asia for the Mars trip, two of them Filipinas. She expressed confidence that she will be chosen.

Meanwhile, Department of Science and Technology (DOST) Assistant Secretary Mon Liboro said he is grateful that a Filipina such as Del Rosario is helping raise awareness or interest for Science and Technology.

Liboro, who heads the Science and Technology Information Institute, said the DOST recently announced the launch of the Philippines’ first micro-satellite, the first of its kind in the country.

“We hope that you (Del Rosario) will become the face of the young, enterprising and science-minded people in order to inspire more young people towards the path of Science and Technology,” Liboro said.



According to its website mars-one.com, Mars One is a not for profit foundation with the goal of establishing a permanent human settlement on Mars. The first unmanned mission is scheduled to depart in 2020. Crews will depart for their one-way journey to Mars starting in 2026; subsequent crews will depart every 26 months after the initial crew has left for Mars.



New Jersey City Fire Captain Jonathan Gamutan, center, with well-wishers at City Hall.

Jersey City promotes first Fil-Am fire captain

JERSEY CITY, New Jersey—A dozen firefighters including, Filipino American Jonathan Gamutan, were promoted to fire captain last December during a simple ceremony at the City Hall. Two others rose to the rank of battalion chief.

Mayor Steven Fulop, who led the list of elected officials and guests who witnessed the event, extolled the firefighters in short speech.

“I have seen first hand how our firefighters work – the work that they do, the intensity that they show, the teamwork that they exude. It’s something,” Mayor Fulop said.



Gabby enjoys new crack at stardom

While Sharon Cuneta has not done an acting role for sometime, her ex-husband and dad of KC, Gabby Concepcion, is now enjoying a new lease on his acting career. Thanks to GMA7 for successfully casting him in a leading man role in the hit primetime romantic comedy series, “Because of You”.

Of course, there’s no doubt that Gabby deserves his leading man status as he was able to preserve his youthful heartthrob good looks and he is not “alangan” to be paired even with a younger leading lady like Carla Abellana, who’s even younger than his eldest daughter KC. He has managed to keep his trim physique and there are no lines and creases on his face that are now evident on some of his contemporaries. Gabby says he has no secret except using moisturizers, drinking a lot of water and working out whenever he has the time.

This week in “Because of You”, Gabby as Jaime asks the forgiveness of Carla as Andrea after he belittled her sketches, not knowing that Carla’s work was sabotaged by the jealous Bettina Carlos as Patricia. They reconcile but it’s the turn of the girlfriend of Rafael Rosell as Oliver to get jealous. Carla tells ex-BF Rafael never to see her again but he implores her to give him another chance. Gabby and Carla go to an out of town trip to meet a tribe of weavers.

The people there think they are a married couple. Together, they see a meteor shower and Carla feels so romantic. She realizes that she is now in love with Gabby but she tries to fight her feelings back because she knows he’s still a married man. Meantime, Rafael in Manila desperately wants to follow Carla and asks her friend Iya Villania about the whereabouts of Carla and Gabby.

Los Angeles Fil-Am musician-teacher receives prestigious award



Los Angeles musician-teacher Asuncion Ojeda received the prestigious “Shining Star” award.

LOS ANGELES, California — Christmas came early this year for Los Angeles Unified School District teacher Asuncion Ojeda as she received December 6 the

“2015 Shining Star” award from the non-profit Education Through Music – Los Angeles (ETM-LA) at the iconic Skirball Cultural Center in this city.

The only other recipient this year of the prestigious award was Grammy winner and music executive Randy Spendlove, president of Motion Picture Music at Paramount Studios. Spendlove has worked with popular artists including Beyonce, Linkin Park, Green Day and U2.

ETM-LA presents these awards every year to people who have had an impact on people’s lives through music.

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We're All Putting on Perfume in the Wrong Places

Can You Smell Me Now?

Spraying your wrists and neck is purely tradition and has little to no effect on the scent or intensity of the perfume, says Perry Romanowski, a cosmetic chemist and co-founder of The Beauty Brains. “The traditional belief is that the pulse points are places where the body generates extra heat and this can intensify the fragrance. There’s no evidence to support this.”

The reality: Spraying onto hair and fabric is a better plan, because the oils sink into the structure of the fibers and take longer to evaporate. Just be careful spraying onto silk and other delicate fabrics—that’s one area Matts says you should stick with your first instinct.

The Takeaway

While applying perfume to your pulse points may have made sense with fragrance’s earliest iterations, there’s no real science that says spraying it on your neck and wrist will enhance the scent. Luckily, today’s formulas are advanced enough that perfume will “lift off” anyway (so people will be able to smell it), and where you put it won’t really make a difference. Try spritzing your forearm, clothes, or hair if you really want people to smell the scent. Want to keep it intimate? Pulse point away.



AFP alarmed over increasing number of youth joining NPA

MANILA - The Armed Forces of the Philippines (AFP) expressed concern over the increasing number of youth joining the New People’s Army (NPA) in the Cordillera region, with most of the new recruits coming from Manila.

An expert said the government is

creating its own enemy as the level of discontent is increasing among young individuals.

But the AFP said it continues to strengthen information education to dissuade the youth from joining the communist group.

2016 Batanguenos Golf Tournament

The Batangas Provincial Association of Canada (BPAC) is having a Golf Tournament on June 5, 2016, according to Edgar Adan, BPC President.

He said that proceeds from the tournament will go to their charity projects in the Philippines.

Adan pointed out that he is inviting

Filipino businesses in Canada to sponsor the said golf tournament and at the same time, they may be interested in playing as well.

For more information, please call, BPC President Edgar Adan at 416-845-8638, Email: edgar_m_adan@yahoo.com. (St. Jamestown News Service)

Pinoy actor finds niche in television comedy



PROVO, Utah - A Filipino American has found a starring role in a “Saturday Night Live” type show that’s quickly picking up fans across the country.

Jeremy Warner began working for “Studio C,” a sketch comedy TV show that airs throughout the United States via BYUtv, as a freelance comedian in 2012. Now, he writes and acts for it full-time.

Along with the rest of the show’s cast, Warner aims to provide viewers with content that’s both quirky and witty without crossing the line of being inappropriate.

“We want to make something that’s funny and good that anybody can watch,” he said.

The mustachioed 30-year-old said his comedy ironically originated from what he describes as a “dark” childhood.

“My parents got divorced when I was little,” he said, “and I think that’s where I started developing my humor, as a coping thing.”

Warner, whose mom is Filipina, credits classic Filipino values, such as “pakikisa-

ma” and “sipag,” for his success at “Studio C.”

Proud of his heritage, he’s recently started to mention his Pinoy roots in some of the show’s sketches.

“I think it’s just because it’s who I am,” he said. “It’s something about me.”

Since the program’s first season in 2012, its audience has skyrocketed, and thanks to a YouTube channel that’s now collected more than 500,000 subscribers and 200 million views, “Studio C” has also established a solid online following.

Accordingly, Warner has become quite the celebrity and is often approached by admirers of the show.

He said he enjoys meeting fans, especially “when you hear a story of how something you did had a profound impact on somebody or helped them when they were feeling down in the dumps.”

As far as future plans go, Warner would like to continue to ride the “Studio C” wave and eventually write and produce feature films.



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Customs to open Door to Door Boxes?

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How to marry a Filipina

Senate bill seeks tougher rules on foreigners marrying Pinays



Customs to open Door to Door Boxes?

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11

No more talks with Sison

An agreement with NDF’s Sison that the NPA does not follow is useless

MANILA - After almost six years, the Aquino administration declared they have been talking peace with the “wrong people” by going through self-exiled communist leaders Jose Ma. Sison (PHOTO) and Luis Jalandoni, and said the next administration should deal directly with the communist rebels on the ground.

The government’s chief peace negotiator Undersecretary Alex Padilla said a resumption of peace talks with the National Democratic Front, led by Sison and Jalandoni, was unlikely.

Padilla advised the next administration to negotiate directly with the Communist Party of the Philippines and its armed wing, the New People’s Army instead of the NDF.

“We are talking to the wrong people in the NDF. The NDF has no control over NPA. That is very clear to us now. The NPA is the military wing of the CPP. The NDF does not say if the NPA is part of the NDF. Even Joma Sison does not admit he is part of the CPP. The one that gives orders to the NPA is the CPP. Now if the CPP gives orders to the NPA, then we should be talking to the CPP, not the NDF,” Padilla said.

Padilla lamented that the government had overlooked this fact for the last 30 years, and



admitted this was one of the hardest lessons he learned from the peace negotiations.

Because the NDF had no control over the CPP-NPA, any agreement reached with it would not be binding on the communist rebels, Padilla said.

“It’s been 30 years that we have been talking to the NDF. I maybe am the fifth panel head and we have been talking to one and the same panel that is principally in Utrecht. So my question is, is the NDF the right group to talk peace with? If they are indeed serious about talking peace, perhaps the right group to talk to is the CPP because they are the ones that control the armed-wing, NPA,” Padilla said.

Padilla said that while the NDF claims to be a coalition of revolutionary organizations that includes peasants, students and the religious, the CPP-NPA is not among them.

“Sison’s hold over the CPP is not clear since he is just a consultant of the NDF.”

“Joma Sison does not admit he is the leader of CPP-NPA. We all know that he was the one who formed the CPP and built up the NPA. But if we are talking peace, it should be the NPA and CPP that we should negotiate

with,” Padilla said.

He said that while the government and the NDF agreed to a ceasefire while peace talks were ongoing, the NDF could not order the NPA to honor the agreement.

“Let’s push it to logical conclusion. Let’s say the NDF signs an agreement, but the CPP doesn’t approve, or doesn’t want to give up control of the NPA. What happens to the agreement?” he said in Filipino. “It would become a piece of paper with no effect. Should we continue talking to the NDF?”

In retrospect, Padilla said, this was why talking peace with the NDF was futile after 30 years of negotiation.

The Palace dismissed as propaganda a claim by the CPP-NPA that it was expanding its reach in Northern Mindanao.

“There is no truth to the propaganda of the CPP-NPA regarding their widening of their force in Mindanao,” said Communications Secretary Herminio Coloma Jr. over state-run radio dzRB.

Coloma said the latest data gathered by the Cabinet security cluster from the Armed Forces showed that the number of CPP-NPA members had dropped from 2,035 in 2014 to 1,691 in 2015, and that the number of affected barangays had fallen from 547 to 414.



Jericho Rosales gives advice to love teams:

‘I would advise you not to fall in love’

“Nung Kristine (Hermosa) and Jericho days sa Pangako Sa ‘Yo, Ngayong Nandito Ka, Forevermore, Sana’y Wala ng Wakas, that whole chapter of my life, highlight sa akin yun. And then yung Walang Forever ngayon. It’s parang my comeback, parang ganun,” he said.

With the rising popularities of love teams in showbiz today, Echo shared some words of advice to the younger generation of stars.

“Number one I would advise you not to fall in love with your partner. But then if you fall in love, okay lang din. Please know that the love team is made for TV and film and kumbaga hindi siya ginawa for real life. But then if you fall in love, which is always the case, okay lang. Enjoy the moment. But I would suggest that you look beyond what you guys do every day as actors. Look beyond that,” he said.

The 36-year-old actor, who wed his model-host wife Kim Jones in 2014, explained love team relationships can be taken to the next level as long as you take the right steps.

“If you’re of age and feeling mo you want to, ‘Oh my god I love her so much I want to start a family and impregnate you!’ (laugh) I would suggest get married first. But before you even get married, mag-counseling muna kayo and do one hundred questions and ask every possible questions that you can ask. Tinuro sa amin ng pastor namin ito. All the awkward and uncomfortable questions ask each other. Non-work related questions, belief, religion and everything. Then get married kung sa tingin niyo compatible kayo. But then if you guys are just dating, okay lang walang problema,” he further said.

Echo hopes love teams now will remain grounded and be in responsible and mature relationships.

“Generally my advice would be have a touch and sense of reality para sa love team. If you want the love team to last, be responsible for your fans. Having dated his share of showbiz personalities, Echo admitted he has no regrets being in high profile relationships in the past.

“It’s a good thing but just prepare for the worst and just enjoy the moment. Yung ang magiging advice ko. If you want more (advice), kung sino mang love team yan just call me, text me (laugh),” he added.

Among this generation’s new crop of love teams, Echo divulged he likes Kathniel the most. “I like Kathryn Bernardo and Daniel Padilla. Napanuod ko ilang mga bits (ng Pangako Sa ‘Yo now). Ang Kathniel na-fa-follow ko. I just like Kathryn’s vibe. Gusto ko yung Filipina, maganda siya tapos marunong siya umarte. Gusto ko yung lumalabas sa kanya. And then may hero siya which is Daniel di ba, parang ganun. Eh nakikita ko yung parang sarili ko dati din ganun. Pero tuwid yung buhok ni Daniel ako kulot, parang ganun (laughs). I like that love team. Ang Lizquen gusto ko rin yun pero mas gusto ko pa rin ang Kathniel,” he said.

John Lloyd Cruz is hurting, but naturally.

He lost out to Jericho Rosales (“Walang Forever”) in the best actor category of MMFF 2015.

More than the personal hurt, JLC laments his entry, “Honor Thy Father’s” disqualification from the best film category of the 41-year festival.

Another actor who’s hurting at the filmfest is Cesar Montano, who appeals on behalf of the industry’s small players. His film, “Nilalang,” at the tail end of eight entries at the box office, was quickly pulled out of 34 theaters after its opening day.

Director Erik Matti is naturally the most outspoken among the hurting ones in the aftermath of the MMFF fiasco. He denounced the festival and appealed to the public to be more vigilant and to demand for better films and wider choices in the cinemas.

“You deserve better,” he said, even as he thanked the MMFF for providing his film free publicity in the process.

Binay camp says dole to buy votes in 2016

MANILA - The camp of Vice President Jejomar Binay said Monday it fears this year’s P64-billion fund for the government’s conditional cash transfer program or dole to the poor could be used to bankroll the campaign of Liberal Party presidential bet Manuel Roxas II.

It was Liberal Party stalwart and Caloocan City Rep. Edgar Erice himself who admitted that the CCT program, also known as the Pantawid Pamilya Pilipino Program or 4Ps, would ensure “an easy win” for Roxas in 2016, said Mon Ilagan, spokesman of Binay’s United Nationalist Alliance.

“It only confirms the filthy plan of using the CCT fund after the congressman from Caloocan admitted that the 4Ps is LP’s mechanism to make Roxas win,” Ilagan said.

But Malacañang denied the accusation. “The CCT program has been implemented by the Aquino administration since the start and over the years, we have expanded the number of beneficiaries from 800 thousand families to 4.4-million families,” presidential spokesman Edwin Lacierda .

The CCT program gives families cash

for keeping their children in school and bringing them to local health centers for check-ups. It covered four-million households By October 2014.

But Ilagan said he feared the CCT funds would be used for something else.

“The distribution of CCT funds from January to May 2016 will definitely affect voting behavior. No doubt, it has become a legal mechanism to buy their way to Malacañang,” Ilagan said. He said UNA was also convinced that the P3-trillion national budget for 2016 was nothing more than an LP war chest intended to “turbo-charge” the chances of Roxas and the other LP bets in next year’s elections.

Ilagan also said they had received reports of organized “rumor brigades” systematically spreading stories about a supposed plan to cancel the program.

“This is part of a campaign to scare the beneficiaries into believing that if Vice President Jejomar Binay wins, he will stop the CCT program,” Ilagan said.

He said this was the reason why whenever the UNA team made the rounds, “we make it clear that VP Binay will continue the program” with modifications and “will strengthen it.”



PH may import 1.2 million tons of rice this year - NFA

MANILA - The Philippines, one of the world’s top rice importers, is set to buy 400,000 tonnes of grain for delivery in the second quarter, and may need an additional 800,000 tonnes to cover this year’s requirements, a grains agency official said.

“That volume (400,000 tonnes) will be needed in preparation for the lean months, beginning July,” Renan Dalisay, administrator, National Food Authority (NFA), told Reuters.

Dalisay said the country may need to import an additional 800,000 tonnes to completely cover this year’s estimated gap between local harvest and consumption, and also to serve the purpose of buffer stocking.

Stamina or slow internet?

PH leads Porn-Hub category

MANILA - The Philippines may not be the most porn-obsessed country in the world (ranking just 16th world-wide), but Filipinos did dominate one category among the data released by Pornhub.

According to the pornographic video sharing website, the Philippines took the top spot when it came to “stamina,” meaning that Filipinos spent the longest average time on the site at 12 minutes and 45 seconds.

Pop culture news site Complex, in

its analysis of the data provided by Pornhub, praised the Philippines for the “enviable stamina of viewers” in the country.

“America, as one can clearly see in the meticulously crafted chart above, isn’t placing first when it comes to pacing one’s porn consumption experience. Bummer,” wrote Complex’s Trace William Cowen.

Then again, the Philippines’ top spot may just be due to the country’s slow internet connection.

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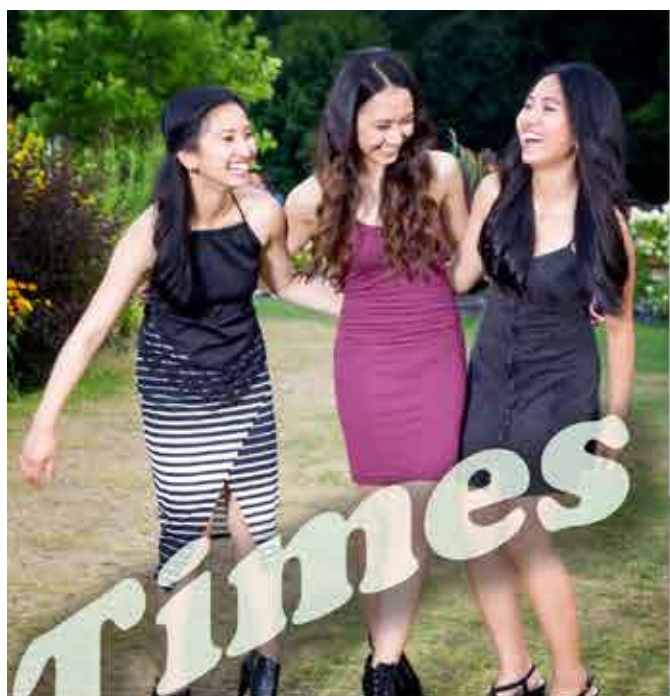
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Chiz to DSWD:

You never learn

MANILA - Senator Francis “Chiz” Escudero castigated the Department of Social Welfare and Development for not learning its lessons on how to respond to the immediate needs of calamity victims despite the lapse of two years after Super Typhoon “Yolanda” devastated the Visayan region.

The vice presidential candidate said the DSWD continues to distribute uncooked rice and noodles and conventional canned goods to evacuees even if they have no tools with which to cook such goods, when most of them are in need of food they can eat immediately.

“Up to now the DSWD is still doing that. Relief operation should be more relevant, should be more realistic and not simply for a show,” Escudero said, referring to food packs distributed by the department to victims of recent calamities.

Escudero reiterated his call for the DSWD to set up “soup kitchens” in barangays to feed residents displaced by calamities.

He said he made the suggestion as early as 2013 after Yolanda left a trail of widespread destruction in Central Philippines.

The veteran lawmaker said they have been doing the same in his home province of Sorsogon for the past years.

“If they really want to help, like in our province [Sorsogon], there is a need to build a soup kitchen to immediately help the victims,” said Escudero.

He also related that the victims had no tools as they lost their houses. How will they cook rice? The soup kitchen should be made open 24/7.

“Whoever is hungry can fall in line and eat. It goes on for about a week after the typhoon struck. That is more relevant help. That is more needed help. And then after that we immediately go to rehabilitation,” the senator said.

Escudero immediately flew to his home province of Sorsogon, one of the hardest hit by Typhoon “Nona,” on Dec. 17 to aid his provincemates following the devastation.

He said the efficient evacuation and relief efforts employed by the local government helped the Sorsoganons quickly get back on their feet.

“Two days after Nona hit, there’s no one in the evacuation center anymore. Everybody went home to try to rebuild their lives and their houses. And that’s how it should be done. It’s how we like it to be done,” Escudero said.

The National Disaster Risk Reduction and Management Council (NDRRMC) has reported that damage to agriculture and infrastructure reached a combined total of P4.9 billion from Typhoon Nona and tropical depression Onyok, as of Dec. 22.

At least 45 people were killed when the twin storms successively hit the country last week with Central Luzon, Calabarzon, Mimaropa, Bicol, and Eastern Visayas suffering the most damage.

Barbie Forteza and Andre Paras topbill GMA’s newest primetime series That’s My Amboy



After the success of Barbie Forteza and Andre Paras’ tandem in the recently concluded top-rating afternoon series The Half Sisters, their onscreen love team returns as Maria Rosario “Maru” Carreon and Bryan Ford in That’s My Amboy.

This is GMA Network’s newest primetime offering beginning January 25 on its flagship international channel, GMA Pinoy TV.

That’s My Amboy is a light, romantic-comedy series that will surely pull the heartstrings of viewers and make them feel good and ‘kilig’ every night.

Maru (Barbie) is a simple yet determined girl who seeks to do her best in life, inspired by her mother’s love for her. Bryan (Andre), a young actor who is the hottest leading man on film and television, seeks to be truly appreciated by his girl and his family. The series depicts their unusual work relationship as it blossoms into a beautiful friendship and one great love story.

In the series, Bryan is the reason why Maru’s stepfather gets into an accident. To pay for the damages, Bryan’s manager hires Maru to be Bryan’s personal assistant, but the two always get on each other’s nerves. They finally become friends when something happens to Bryan and Maru is there for him. This brings them closer and they eventually fall for each other.

Can their love surpass the pressures, intrigues and challenges of show business?

That’s My Amboy is under the helm of director Bb. Joyce Bernal with guest director Dominic Zapata.

Included in the cast are Tonton Gutierrez as Albert Romero, former matinee idol and a ladies’ man; John Arcilla as Joselito ‘Lito’ Tapang, the stepfather of Maru, a stunt director and a responsible and loving husband and father; Donita Rose as Cecille Carreon Tapang, a former actress and Maru’s kind and understanding mother; Kiko Estrada as Patrick Almeda, a rising star who will be Bryan’s rival in showbiz; Jazz Ocampo as Trina Dominguez, a young actress and Bryan’s secret girlfriend; Matet de Leon as Yaya Yolly, Bryan’s caring yaya and number one supporter; Meryll Soriano as Divine, Bryan’s strict yet fair and loyal manager; Maritoni Fernandez as Alicia Ford, Bryan’s mother who looks down on his chosen field; Jerald Napoles as Tope, Bryan’s driver and number two supporter; Pam Prinster as Miley, Bryan’s loveteam; Jan Manual as Simon, Bryan’s former personal assistant; Philip Lazaro as PR, Miley’s manager; Pauline Mendoza as Maria Carmela ‘Maricar’ Tapang, Maru’s sister and a big fan of Patrick Almeda; Kryshee Grengia as Maria Theresa ‘Mayte’ Tapang, Maru’s youngest sister and a super fan of Bryan Ford; Rob Walcher as Donald Ford, Bryan’s American father and a successful lawyer.

That’s My Amboy premieres January 25 on GMA Pinoy TV.

Kapuso viewers abroad can catch the latest updates from GMA International channels by visiting the website www.gmapinoytv.com, Facebook pages www.facebook.com/GMAPinoyTV, www.facebook.com/gmalifetv, and www.facebook.com/gmanewsinternational, and Twitter pages @GMAPinoyTV and @GMA_LifeTV.

Newest feel-good drama ‘Be My Lady’ on TFC worldwide

Real-life couple Erich Gonzales and Daniel Matsunaga top bill interracial love story

QUEZON CITY- ABS-CBN The Filipino Channel (TFC) opens 2016 with a light romantic comedy that sheds light on interracial relationships beginning this January 18, Monday (January 19, Tuesday Australian Daylight Savings Time or AEDT, New Zealand Daylight Savings Time or NZDT, Guam and Japan time) worldwide.

Follow the love story of certified ‘dalagang Filipina’ Pinang and modern Brazilian-Japanese guy Phil, played by real life couple Erich Gonzales and Daniel Matsunaga, as they find their way to each other’s hearts despite differences in language, beliefs, and culture.

Pinang grew up to a simple family with big dreams. To make ends meet, her mother Marcy (Janice De Belen) leaves for Singapore and tries her luck there in the hopes of earning money to reclaim the piece of land her husband Emil (Al Tantay) used to own and used for farming. But things will not go as planned as an unfortunate incident gets her deported.

Phil, on the other hand, grew up in a very western and liberated environment. He is independent and lives a very comfortable life with his mother Chelsea (Priscilla Merilles) in Singapore. A wedding of a dear friend suddenly brings him to the Philippines, which also gives him the much-awaited chance to find his childhood nanny whom he wants to make amends with.

As he searches for a person very dear to him in his past, Phil also finds the woman who will make his heart skip a beat. How will the aggressive Brazilian-Japanese hunk grab the eyes of the conservative and very reserved Pinay?



“Be My Lady” is directed by Theodore Boborol and produced by the business unit led by Ruel Bayani with production manager Mavic Holgado-Oducayen, and creative manager Mel Mendoza Del Rosario.

Do not miss the newest feel-good drama series that will make worldwide viewers believe in the power of love regardless of race, religion, and culture - “Be My Lady” on January 18, Monday (January 19, Tuesday AEDT, NZDT, Guam, and Japan time) on TFC worldwide. Viewers can also see the premiere via livestream on TFC’s official online service, TFC.tv. Worldwide viewers can also watch the series via TFC’s video-on-demand or VOD (Internet Protocol television or IPTV) service available in the US, Canada, Europe, Middle East, Australia, New Zealand, and Japan.

UMAC continues to serve the Filipino community in Canada with love

By Dindo Orbeso & Manny Papathe



The pick-up and delivery van of the UMAC Forwards Express, Inc, that pick-up and delivers Balikbayan Boxes send to the Philippines by Filipinos in Canada to their relatives in the Philippines (St. Jamestown News Service, DO/MP)

Members of the Filipino community are so satisfied and happy of the balikbayan boxes they are sending to their relatives in the different parts of the Philippines because of the services with care of the men women of the UMAC forwarders Express, Inc.

Personnel of the UMAC has maintained its’ battlecry of “deliver with love” thus giving their personal attention in the picking-up and delivery of the Balikbayan boxes which are send to the different parts of the Philippines which according to the men and women of UMAC in Canada was coming from the hard-earned collection of the members of the Filipino community to their family members in the different parts of the Philippines.

UMAC office in Marikina City has continuously coordinating with the Bureau of Customs in the Philippines for a very good and well-coordinated efforts in serving the Filipinos throughout the world.

For more information about UMAC services, kindly get in touch with Pearlle Baguisa Allilio, Anna Catipon Eusebio, Ferdie Baguisa and Aloha Gregorio at 416 - 298 - 8622, Email: umactoronto@yahoo.ca, and 1 - 866 - 237 - 9154. (St. Jamestown News Service)

2016 budget pork-less, Palace insists

MANILA - Malacañang reiterated its claim that it has always obeyed the laws on the review and passage of the national appropriations, rejecting the criticisms by a militant group that the 2016 budget was filled with “pork barrel funds” and “lump sum allocations.”

“The government is always strictly adhering to the procedures on the enactment of the national budget as based on the Philippine Constitution and the decision of the Supreme Court in 2013 regarding the restrictions on pork barrel in General Appropriations Act,” said Communications Secretary Herminio Coloma Jr.

The Social Watch Philippines said that the 2016 national budget was laden with “pork barrel funds” and “lump sum allocations,” a claim that was also rejected by Budget Secretary Florencio Abad.

“The approval of the GAA was made after passing a thorough scrutiny of the House of Representatives and the Senate. The Executive also answered all questions, comments, and all attacks by critics regarding the national budget during public hearings in Congress,” said Coloma.

Congressional leaders responded to all allegations and comments of different groups against the approved GAA, Coloma also said.

Coloma said the 2016 national budget amounted to P3.002 trillion, about double the national budget in 2010.

Under the administration of former President Gloria Macapagal Arroyo, there were several times the national budget was reenacted, which made it open to irregularities and anomalies, Coloma said.

Insta-celebs

Social media has become the great equalizer. In showbiz terms, it has allowed those the public wouldn't normally consider as celebrities launch a career – and in a big way. 2015 was the year of celebrities that seemingly came out of nowhere to dominate the consciousness of the masses and become darlings of the public.

Here are some of them:

YAYA DUB

Maine Mendoza was dubbed the “Queen of Dubsmash” for her irreverent impersonations – particularly of TV host Kris Aquino – on YouTube.

This landed her a spot on noontime show “Eat Bulaga!” in the “Juan for All/All for Juan” segment that sees hosts visiting barangays near and far, and picking a lucky winner who receives loads of cash and sponsored gift items. On the show, Maine plays Divina Ursula Bokbokova or simply Yaya Dub, the kooky nanny of Lola Nidora (Wally Bayola in drag).

Viewership of the kalyeserye segment reached ratings-busting levels when she eventually became part of the hugely popular accidental love team AIDub with heartthrob Alden Richards.

She now has a successful film under her belt, the Metro Manila Film Festival (MMFF) entry “My Bebe Love,” which was reportedly among the top earners on Christmas opening day.

PASTILLAS GIRL

How do you make pastillas de leche (soft milk candy)? All you need is some condensed milk, powdered milk, sugar and, apparently, heartache. Especially if your partner just cheated on you. Because tears of despair may actually have magical properties? Who knows? This



is what Angelica Jane Yap, now known as Pastillas Girl, shared via a video that became popular after it was posted on Tee Radio's Facebook page in September.

In a guest appearance on “It's Showtime” last Sept. 1, Angelica shared she made the video after her ex-boyfriend got together with one of her friends. She also shared that both of them blocked her on Facebook after she confronted them about it. The show decided to help her heal and find new love via a segment dubbed “Nasaan Ka Mr.

Pastillas?”

After weeks of searching and essentially playing out the ligawan in public, Angelica chose Richard Parajinog as “Mr. Pastillas.” They are now exclusively dating.

BALANG

John Philip “Balang” Bughaw became the latest Internet sensation after a video of him dancing to “Bang Bang” went viral in November 2014. He was only six years old. He subsequently flew to Los Angeles in May that year to appear on “The Ellen DeGeneres Show.” His gift from the host? Ellen gave him a giant stash of chocolates as gift.

It didn't stop there.

Ellen once again invited the boy recently to do a dance showdown with the show's resident DJ iWitch. Balang shared that following his appearance on “Ellen” he has been teaching Zumba classes, noting that he has bought a bike with his earnings.

Later, Ellen gave Balang an exercise bike so he can still ride indoors when the weather is bad.

PABEBE GIRLS

It all started as a joke.

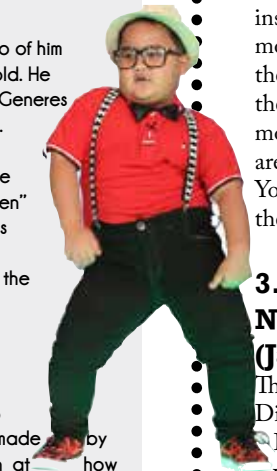
Teenagers Janet and Michelle thought it would be fun to upload a short clip of them reacting to an earlier viral video made by someone dubbed Mamon Girl, who poked fun at how cute Filipino women supposedly behave. They didn't know it will eventually be their ticket to fame with several celebrities, including Alex Gonzaga, Maja Salvador and Kim Chiu, commenting on their video.

The two would go on to earn the tag Pabebe Girls, and later immortalized in Vice Ganda's song titled “Huwag Kang Pabebe.”

MARIA SOFIA LOVE

Maria Sofia Love is a transgender Filipina who has taken the Internet by storm with hilarious videos of herself strutting through the streets of London. In her videos, she utters one-liners like “Para sa ekonomiya,” “Pak,” and “Ituloy ang modeling,” that may not necessarily make sense but have become buzzwords imitated by some.

Her fans include celebs like Jennylyn Mercado, Heart Evangelista, Mel Martinez and Maja Salvador, who all started making their own “modeling” videos a la Maria Sofia.



8 Most Talked About Love Teams in the Philippines + other stories

Have you ever tweeted endlessly to support your favorite love teams or tried to head home as soon as work ends just to catch their prime time hits?

We are listing down the most raved about love teams who fill our day dreams with scenes that make our hearts flutter with excitement. In no particular order, here they are:

1. Alden Richards and Maine Mendoza (AIDub)

This love team originated from one of the longest running afternoon shows, Eat Bulaga. Maine Mendoza also known as Yaya Dub, starred in a split-screen rom-com segment called Kalyeserye, alongside eye candy, Alden Richards, and the comedic trio, Wally Bayola, Jose Manalo, and Paolo Ballesteros. Not only did they made the “pabebe wave” trend, but they also broke the Twitter record, with over 41 Million Tweets for the “Tamang Panahon” episode.

2. Liza Soberano and Enrique Gil (LizQuen)

After the success of their television series, Forevermore, the stunning on-screen couple, Liza Soberano and Enrique Gil, instantly crawled up to the most shipped love teams in the country. The two took the starring roles in the movies Just the Way You are and Everyday I Love You, which both came out in the same year.

3. James Reid and Nadine Lustre (JaDine)

The movie adaptation of Diary ng Pangit and Talk Back and You're Dead were the first films that showcased the undeniable on-screen chemistry of James Reid and Nadine Lustre. The audience easily saw the appeal of these two, which resulted to a starring role in the hit prime time television series, On The Wings of Love.

4. Kathryn

Bernardo and Daniel Padilla (KathNiel) PHOTO

From cute puppy love scenes in the 2011 teen series, Growing Up, to a spicier romance in the remake of Pangako Sa'yo, the transformation of the teenybopper love team of Kathryn Bernardo and Daniel Padilla created a huge wave on both the teens and the teens at heart.

5. Tommy Esguerra and Miho Nishida (ToMiho)

Pinoy Big Brother 737 Edition 2nd Big Placer and Big Winner, Tommy and Miho, are one of the newest love teams that's making it big in the local showbiz industry. These two are currently making waves with their, “Realiserye”, on the afternoon show, It's Showtime.

6. Richard Gomez and Dawn Zulueta (CharDawn)

Despite happily being in relationships with their partners outside showbiz, Richard Gomez and Dawn Zulueta are one of the longest running on-screen love teams in the local industry. The two became an item during their younger years, but didn't end up together. Get a glimpse of their evidently effective chemistry on their comeback television series You're my Home.

7. Julia Barretto and Inigo Pascual (JulNigo)

Julia Barretto and Inigo Pascual came from two of the most beautiful families in the local screens. These young celebrities gained their break in the 2015 film, Para sa Hopeless Romantic, together with other talked about love team, James and Nadine.

8. Dingdong Dantes and Marian Rivera (DongYan)

It is impossible not to include on this list our September 2015 powerhouse cover stars, Dingdong Dantes and Marian Rivera. The prime time King and Queen started out in 2007 for the remake of the Mexican series, Marimar. Numerous movies, series, endorsements, and campaigns came after. These two tied the knot in an extravagant wedding celebration last year, and will be welcoming baby Maria soon.



Members of the Filipino community in Toronto line up at IREMIT to send money to their relatives in RP

By Dindo Orbeso & Manny Papa

Members of the Filipino community in Toronto have more time to send money to their relative and love ones through IREMIT which is the largest non-bank Filipino owned remittance company which they trusted very much.

Sometime one Sunday, which was January 10, 2016, more than a week after the new year, we decided to see for ourselves how IREMIT is serving the members of the Filipino community in Toronto, we decided to visit its office at 3776 Bathurst Street corner Wilson Street, Toronto, members of the Filipino community in Toronto, were lining-up as shown in the pictures we took to send their hard-end money to their relatives and love ones in the Philippines. The business associates and staff members of IREMIT are well-loved by the members of the Filipinos throughout Canada because of their smiling and gracious way of serving them. Ms. Belinda Lim Herrera, is the country manager and managing director of the IREMIT Global Remittance in Canada while Mr. Simeon M. Sarte is IREMIT Ontario Branch Manager and Marketing Officer.

For those who are interested to become a business partner of IREMIT they can get in touch with Mr. Sarte at Email: smsarte.ca@myiremitfo.ca or call him at 647 - 932 - 6407 and 416 - 630 - 9468. They can send also their messages at teambathurst@myiremitfo.com or at teamjamestown@myiremitfo.com; Tel 647 - 932 - 7358. (St. Jamestown News Service)



Liza Soberano on the possibility of being Darna:

‘Yes, I’d take it’

Nakaabang na ang lahat kung sino ang sisigaw ng “Darna!” sa pelikula.

Nag-viral ang isang photo na pinost ni Direk Erik Matti sa kanyang Instagram account. Walang caption ang post ni Matti kaya marami ang nag-akala na profile ng susunod na Darna sa pelikula ang post niya. Si Matti ang magdi-direk ng Darna.

May mga gumawa pa ng photo analysis at kinumpara ang photo profile sa post ni Matti sa profile ng mga artista tulad nina Iza Calzado, MJ Lastimoso, Maja Salvador at Nadine Lustre.

Sabi ni Matti na wala pang napipiling Darna. Ito ay matapos ang pahayag ni Angel Locsin na hindi na niya kayang magampanan ang iconic role.

Ganunpaman, patuloy pa rin ang fans sa pag-cheer at pagtawag kay Angel ng “Darna.” Nangyari ito kamakailan sa pagbubukas ng Pilipinas Got Talent kung saan isa sa mga judges si Angel.

Ani Angel, “Nandito naman ako e, ako pa rin naman e, but kagaynung sa interview ko may mga bagay-bagay na kailangan unahin muna pero maraming salamat sa pagmamahal.”

Isa pa sa mga laang gaganap sa Darna ay si Liza Tinukso ring “Darsa kanyang birth-Komento ni Liza, things that are (hap-online but nobody has approached me about don’t really know.”



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Desido naman si Liza maging Darna kung sakaling i-offer sa kanya ang role. “Yes, I’d take it, I’d accept it and work hard on it. My body is not flattering yet.”

John Lloyd’s painful lesson

He just experienced the latest rollercoaster ride in his career - from his phenomenal box-office success to an instant flop in two separate movies. Pero sa tingin ko, parehong fulfilling ito para sa Kapamilya actor.

Totoo naman na record-breaking ang pelikula nila ni Bea Alonzo na ‘A Second Chance’ dahil sa kita nitong mahigit na P500 million sa takilya. It is now the highest grossing Pinoy movie of all time outside of the Metro Manila Film Festival. Kaya naman nasa Cloud 9 pa rin siya sa saya. Pero bigla itong napalitan ng pagkadamaya sa sinapit ng kanyang pelikulang Honor Thy Father sa katatapos na Metro Manila Film Festival. Dahil bukod sa disqualification nito sa Best Picture award, isa ito sa tail-ender MMFF entries sa box office. Sa umpisa pa lang, alam naman ni Loydie na mahirap ibenta ang pelikula. Sa kinalabasan nito sa takilya, mukhang hindi pa rin handa ang mga Pinoy sa de-kalidad na pelikula.

Showbiz becomes politics and vice cersa

Showbiz will be divided into several factions this year. At dahil ito sa nalalapit na national elections. Sa katunayan, nagsimula na ang pagkawatak-watak ng mga taga-showbiz sa kalagitnaan pa lang ng nakaraang taon.

Kailanman hindi maipaghihiwalay ang mundo ng showbiz at politics. Dahil iisa lang ang mundong kanilang ginagalawan. Ang mga pulitiko gustong mag-artista para mas sumikat. O kundi naman nakikipag-relasyon sa mga artista. Samantalang ang mga artista naman pumapasok sa pulitika para magkaroon ng power. At ito rin ang best option nila ‘pag wala na silang showbiz



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career. Kaya naman iisa na lang ang mukha ng mga pulitiko at artista. Ito rin marahil ang dahilan kung bakit nagiging teleserye ang eleksyon dito sa ating bansa.

The Real Number One

Handa na ang mga network sa kani-kanilang pasabog. Mga bagong programa na lalong magpapainit sa ratings war. Pero ang ABS-CBN at GMA7 lang naman ang mahigpit na naglalaban dito. Nakakalungkot na hanggang ngayon hindi na nakahabol ang TV5 sa ratings. Kaya naman piyesta na para sa Kapatid Network tuwing may programa itong nakakapasok sa Top 10 highly-rating programs nationwide. Well, each network has its own claim of rating supremacy. Kanya-kanya lang naman kasi sila ng survey group. But advertisers know which of them really rate. Their commercial load speaks for their rating performance.

Google crowdsources a song

for overseas Filipino workers

Filipino musical acts Kjwan, Sponge Cola, Itchyworms and Ebe Dancel, along with entertainer Mikey Bustos, have collaborated on a track dedicated to overseas Filipino workers. The lyrics of the song, titled Miss Ko Na (Miss It Already), were crowdsourced by Google Philippines from Filipinos working all over the world.

Google asked users on social media what they missed about the Philippines, with the best answers edited to form lyrics such as: “I miss everyone eating together when grandma cooks / I don’t miss wading through floodwaters / But when I think of it, I just miss you.” Google created the song to commemorate Philippine National Heroes Day last September.

According to Google, the song’s music video, posted on YouTube, is “the first locally produced 360-degree video”, where users who watch via Google Chrome or on Android devices can change the angle of the camera by dragging the screen or using their mouse.

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Ash Ortega goes solo but wants a love team



17-year old Ash Ortega is going solo in “Wish I May,” her first soap opera for 2016. But if she has it her way, she’d rather have a love team partner.

Ash believes love teams are the way to go in showbiz nowadays. She is aware of how several young actors and actresses have become quite popular via love teams.

She explained, “As a 17 year old alam ko panahon ngayon ng love teams. Nag wo-work siya kasi mga teenagers nakaka-relate. Ang last love team ko was with JuanchoTrivino sa ‘Instadad.’”

Ash added that she doesn’t mind not having a love team in “Wish I May.” She also wants to try going solo because she knows it will also help hone her acting abilities.

“Pero I know this year marami pang mangyayari, marami pang pwedeng magbago,” was Ash’s wishful thinking about a love team in the future.

In “Wish I May,” Ash is Eunice whose boyfriend is Tristan played by Miguel Tanfelix. When she left for Australia because of her dad’s business, she entrusted Tristan to her best friend played by Bianca Umali. When she came back, Tristan and Bianca already have feelings for each other.

“My role in the start is mabait,” described Ash. “Nang bumalik ako at nalaman ko na may feelings si Miguel at Bianca sa isa’t isa, dun na nagsimulang maging kontrabida ako kay Bianca.”

Ash added that Eunice is her first kontrabidat role and she finds it interesting.

“It’s an exciting role compared to my past roles na palaging paawa effect,” she commented. “Well, reasonable naman ‘yung pagiging masama ni Eunice kasi you trusted your best friend ‘yun pala sila magkaka-developan ng boyfriend mo. Masakit din naman kay Eunice at ipapakita rin naman sa ilang scenes kung gaano siya nasaktan.”

She’s not just your regular kontrabida. Ash will present a “fashionista kontrabida” because Eunice comes from an affluent family in “Wish I May.”

Doesn’t it worry her that she could be stereotyped in the future as a kontrabida?

“Well for me okay lang naman na ma-stereotype as a kontrabida. Kasi gusto korin na malinya sa pagkakontrabida. I just have to show them. That I’m good in both para at least wala silang problema sa akin,” remarked Ash.

So how does Ash assess 2016?

“I’m happy because itong 2016, meron ng project and malaki rin ang role ko. Sana ma bigyan pa ako ng more projects and may tiwala naman ako sa GMAAC na hindi nila akopababayaan,” she replied.

Xian Lim admits he’s still “kilig” with Kim Chiu

As part of the Metro Manila Film Fest romantic comedy All You Need is Pag-ibig, Xian Lim admits he is happy to be reunited on the big screen with his leading lady Kim Chiu.

“Ako dito si Dino at si Kim si Anya, siya yung high school sweetheart ko kumbaga unrequited love. Ang dami kong gustong sabihin sa kanya back in high school. Kumbaga dito sa pelikulang ito lahat nakuha ko sa buhay ko, siya lang yung hindi ko nakuha. Hang-

gang college mahal na mahal ko pa rin siya. Nakuha ko lahat sa buhay ko siya lang ang hindi,” he said.

Aside from their movie, Xian has also been busy gearing up for his new teleserye with Kim called The Story of Us, which will air early 2016. Now that they have been working closely again, Xian admitted he still can’t help but feel “kilig” when he’s with Kim.

“Oo naman (laughs). Siyempre. Sabi ko nga kay Kim nung ginagawa namin yung The Story of Us, tinanong niya ako, ‘From the first time na nagka-eksena ba kami up to now, pareho pa rin ba yung pagtingin ko sa kanya? Meron pa rin bang nag-sa-spark?’ Kung pareho pa rin ba yung nararamdaman or meron pa ba or ano? Parang nadaanan lang ng usapan namin. Parang napag-kuwentuhan lang. Curious lang. Tapos sabi ko, ‘Siyempre. Every time na nakikita kita mas dumadagdag ng dumadagdag yung nararamdaman ko sayo.’ Tootoo. Never siya nagiging stagnant,” he explained.



The All You Need is Pag-ibig star also shared advice for those who are loveless or broken hearted during the holiday season.

“There’s always something to look forward to. Hindi naman nila kailangan maging malungkot kasi katulad ko, ako mahilig ako mag-emote eh. Marami lang, lahat naman siguro tayo meron tayong pinagdadaanan pero meron akong nabasa na kada araw isusulat mo yung mga magagandang nangyayari sa ‘yo kasi everyday may mga magagandang nangyayari and you tend to neglect it. Hindi mo sila nabibigyan ng pansin, ang nabibigyan mo ng pansin yung mga negative. So you feed the positive para palagi kang happy at ngayong pasko siyempre dapat palaging pag-ibig ang binibigyan ng pansin. Tootoo yan all you need is pag-ibig kasi what drives you everyday? Bakit ka ba gumigising pa? Di ba love for your family, love for your girlfriend or your wife or my mom or my lola. It’s pag-ibig talaga eh, the driving force,” he said.

Another operation for Angel

Angel Locsin is set to undergo another medical procedure. The actress said it is still part of the ongoing effort to treat the bulging disc in her spine.

Locsin already had an operation in Singapore last December. but was recently told by her doctors she needs to undergo the procedure again.

“May nakita kasing bago, so sa February lilipad ulit. Gaga-win ulit,” she said.

The actress is confident about the procedure, noting it is an “innovative treatment na dalawang doktor lang ang gumagawa sa buong mundo.”

Locsin clarified she isn’t going through the process to be able to play the lead role in a movie remake of “Darna,” which she relinquished shortly after she got injured.

“Gusto ko (magpagaling), not for anything else. Gusto ko lang maging healthy para sa future,” she said.

Locsin pulled out of “Darna” when she realized she would be unable to execute stunts needed for the film.

Locsin maintained the role, which she first played via a GMA series some years ago, is dear to her especially since her fans still identify her with it.

“Nakakatuwa na tumatatak pa rin sa tao. Hindi ko makakalimutan ‘yung pagmamahal na ibinibigay nila,” she said.

Star Cinema is still reportedly searching for a possible replacement for Locsin.

Among those rumored to be in consideration for the role are Liza Soberano and Nadine Lustre.

TIDBITS



Ano ang saloobin ni Andre Paras sa bagong inspirasyon ng kanyang kapatid na si Kobe?

Confident ang Kapuso hottie na si Andre Paras sa bago niyang project sa Kapuso network na That’s My Amboy na malapit nang mapanood ngayong buwan.

Sa panayam sa binata sa premiere night ng pelikula ng kanyang ama na si Benjie Paras na ‘Lumayo Ka Nga Sa Akin,’ nabanggit nito na excited na siya sa soap nila ng kanyang ka-love team na si Barbie Forteza.

Base sa ulat ni GMA showbiz reporter Lhar Santiago sa 24 Oras, sinabi ng Kapuso actor na magagamit niya ang kanyang comedy skills sa That’s My Amboy.

“I think I’m strong ‘yung comedy ko hopefully also sa romcom po and I’m really happy kasi makakasama ko uli si Barbie Forteza.”

Tinanong din ni Lhar si Andre kung ano ang masasabi nito sa girlfriend ni Kobe na si Gabrielle Current at sa basketball career ng kapatid sa Amerika?

Tugon ni Andre, “I’m just really proud of him and I’m proud of him kasi he’s really happy and that made him more inspired to play basketball and also not to be homesick siguro po.”

Diretsahan din sinagot ni Andre ang tanong ni Lhar, kung nailisip na rin ba niya na humanap ng girlfriend tulad ni Kobe.

“More of ano kasi work muna and also I just want to focus on the shows. So focus muna on the new soap po,” saad ng aktor.

90% Filipinos ok American troops in the Philippines

There is no doubt the Supreme Court made the right decision when it ruled in favor of the Enhanced Defense Cooperation Agreement, declaring the accord as constitutional and saying it is an executive agreement that does not require Senate concurrence and that it is in keeping with existing laws and treaties – namely the Visiting Forces Agreement and the Mutual Defense Treaty between the Philippines and the United States which allow the entry of American troops here in the country.

The newly approved EDCA allows American war materiel (i.e Jet fighters, Naval Ships, etc) to be pre-positioned in the Philippines, there are over 8 Philippine military bases that are being considered for the United States to use upon approval by both government. In this set up, the United States will pay for the construction of these facilities to accommodate the much-awaited American arsenal. The facilities will be automatically owned by the Philippines.

According to Global Attitudes Survey, more than 80 percent of Filipinos look at our relationship with the US in a favorable light. Local surveys have also shown that 90 percent of Filipinos welcome the continued presence of American military in the Asia Pacific region – information that was seconded by our private homegrown pollster who said Filipinos are comfortable with having the VFA and EDCA



in place. All of these, owing to the continually growing aggression that is being displayed by China – something that many other nations are getting wary about as well.

Having U.S troops in the Philippines is seen by Filipinos as a safety net in case a shooting war erupts between Chinese and Filipino forces over the West Philippine Sea.

Romance between James Reid and Nadine Lustre?

Even though the “On the Wings of Love” stars James Reid and Nadine Lustre have said in their previous interviews that they are just “best friends,” many of their fans are still hoping that their love team would turn from reel to real love especially when Nadine uploaded a video of their

California trip.

Hopes of their fans grew when Eric John Salut, ABS-CBN’s Ad Promo and Manager for Publicity and Social and Print Media, dropped hints about the two on his Twitter account. He first asked, “Wala ba kayong napapansin kina James and Nadine lately? Iba na! Alam na! Kinikilig ako!” He then followed up his question with a series of tweets saying he’s happy for them.

In Yes! Magazine’s interview with Nadine in their February 2016 issue, she shared how important James is to her.

“I guess I have this unconditional love na din po for him, kasi nga, since we do everything together; he knows what I feel. I know what he feels. ‘Tsaka parang he’s important to me,” she said.

“Pero I take care of him din most of the time, kasi nga walang nag-aalaga sa kanya and he’s very carefree and careless until now. So parang kailangan may nagbabantay talaga sa kanya.

“Tapos po, like tanungin mo siya, ‘O, how do you feel?’ Bigyan ko siyang gamot, bigyan ko siyang vitamins and all. Are you hungry?’ Sabi niya, ‘Yeah.’ ‘What do you want?’ ‘I want a sandwich.’ Kaya hanap ako ng may sandwich, nagpa-order ako. Kasi, usually po sa taping, gano’n din, bumibili din po ako ng food,” she added.

She also stated that she’s open to the possibility that they might be together in real life but as of now she is focusing on her career.

“Hindi naman zero ang chance. Kami, talagang hindi po muna namin iniisip. May chance naman po. Huwag lang muna talaga.”

How marriage changed Mariel, Toni, Bianca

For the first time on “Tonight with Boy Abunda”, hosts Mariel Rodriguez, Toni Gonzaga, and Bianca Gonzalez appeared on the show to open about their respective marriages.

The three, who were all alumnae and hosts of the reality television show “Pinoy Big Brother,” were quizzed about how being married changed them.

The 31-year-old Rodriguez, who has been married to actor Robin Padilla for more than five years to date, answered: “Feeling ko I’m still the same but better.”

For her part, Gonzaga, who tied the knot with husband Paul Soriano earlier in 2015, said: “Ako sa akin, kasi six months na kaming married so nandoon pa ako sa process ng transitioning.”

She explained: “Mahirap ‘yung stage ng transitioning --separation from family, Alex, everything. So nandoon pa ako sa stage na iyon but it is a good stage that I know I’ll be able to overcome. That’s why my plan this year is to be the best wife.”

Meanwhile, Gonzalez shared that her marriage with basketball player JC Intal has taught her to take things slowly, especially since the couple recently welcomed their first child, Lucia Martine. “Ang pinakabago is natutunan ko na okay lang mag-slow down. Kasi dati nung single, go lang ng go, work



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lang ng work. Nung kinasal, parang okay din pala na mas magpahinga ng unti, i-prioritize ang family,” she said.

The three also opened up about some tips they gave each other, and were asked a series of racy questions such as, “What’s the best time for sex?” and “Chocolates or sex?” and “do they do it with lights off or on?”

Toni said “off.” Mariel said she prefers it on, “Gusto ko pa nga kita ako.” Bianca prefers dramatic lighting.

As for chololates or sex, Toni says “before chocolate but not both.” mariel said she prefers sex. Bianca demurred answering.

Bianca said the best time for sex is when it is unexpected. mariel prefers it in the morning so there is still lots of energy. Toni said anytime is the best time for sex.

Rochelle waiting for Arthur’s proposal” Gusto ko nang magkababy

Rochelle Pangilinan says it’s not true that she and BF Arthur Solinap are surely tying the knot this year. “Pero kung magpo-propose siya, alangan namang humindi pa ako,” she says. “Para saan pa tumagal ‘yung walong taong naging kami kung tatanggi lang ako? Di sana, noong first or second year pa lang namin, nakipag-split na ako.”

If ever they’d walk down the aisle, she prefers it to happen in a cool place like Tagaytay. “Pawisin kasi ako kaya gusto ko sa malamig na lugar para hindi kami mainitan during the ceremony and reception. At kung matutuloy, gusto ko,

mag-baby agad kasi 32 na ako. Gusto na rin ni Art kasi naiinggit siya sa pinsan niyang si Dingdong (Dantes) na mayroon nang Baby Letizia.”

Rochelle is back in full contravida mode in “Wish I May”, the new GMA7 afternoon soap that starts tomorrow right after “Eat Bulaga”. “Aagawin ko rito si Mark Anthony Fernandez kay Camille Prats at sobrang mai-insecure ako kay Camille na luluhod pa ako sa harapan niya para pakiusapan siyang layuan na si Mark, kahit kasal na sa’kin, siya pa rin ang gusto. Magiging anak namin si Miguel Tanfelix at anak naman ni Camille si Bianca Umali. Aapi-apihin ko rin si Camille nang malaman kong nagkakagustuhan sila ni Miguel.”



Direk wants to impress after first failure

Writer-director Jason Paul Laxamana feels blessed to direct, “Love is Blind”, starring Derek Ramsay, Solenn Heussaff, Kean Cipriano and Kiray Celis. His very first movie was the Cinema One entry, “Astro Mayabang”, with Megan Young, which impressed no one.

He then made a name for himself doing the an indie film, “Babagwa”, in 2013, and in 2014, the best picture winner, “Magkakabaung”. The latter won for him a couple of best director awards and for title-roler Allen Dizon, a total of nine best actor awards, both here and abroad.

Cruise Ship terminal to rise in Iloilo City

MANILA, Philippines – The Department of Tourism (DOT) is hoping to develop a cruise ship terminal in Western Visayas this year.

Atty. Helen Catalbas, DOT Regional Director, said the Iloilo City International Port in Loboc, Lapaz and another one in northern Iloilo are being considered for the project.

Catalbas disclosed that they are just waiting for the recommendation of foreign cruise consultants who came here to make an assessment of the commercial port in Loboc and other potential facility.

“We are excited to know if which part of Western Visayas is feasible and have greater opportunity to be developed,” she said.

She, however, said that consultations with local government units and other stakeholders will also have to be undertaken.

Cruise ships during their call usually stay from six to 12 hours.

The regional director disclosed that the Royal Caribbean Cruise is looking for a destination that could cater 4,500 to 6,000 guests. Even Boracay Island can only accommodate 3,000, she said.

Royal Caribbean Cruise, she added, is willing to enter into a joint venture with local investors for the construction of the cruise ship terminal.

The regional DOT office also bared a series of seminars and training sessions will be conducted to boost the skills and capabilities of tourism industry workers.

Catalbas said the DOT will concentrate on provision of trainings in the second quarter of this year instead of competing with political noise should they embark on marketing promotions.

“We will do things indoor through trainings,” she explained.

Among the recipients of their trainings are tourism personnel of local government units, taxi operators and drivers, front liners, technical marketing persons, and tour guides, among others.

Prelate disappointed over economic reality

MANILA - 2015 was a “very disappointing year” primarily because of the harsh socio-economic realities of the Filipino people, according to retired Archbishop Oscar Cruz.

He described outgoing President Benigno Simeon C. Aquino III as “one who’s against the people, against population but at the same time uses people in the person of overseas Filipino workers whose remittances [keep] the country’s economy afloat.”

Cruz said there is no truth to President Aquino’s claims that the Filipino people are his “bosses” because in truth and in fact, his close collaborators, those handling public funds and appropriate them for their own benefit, are the ones “who have Mr. Aquino’s ear.”

The slogan “daang matuwid is anything but matuwid”, he insists.

Cruz expressed fear that the recently passed P3-trillion budget may be misused or mishandled by the Aquino administration for election purposes.

Cruz also feared that the outgoing government may use this huge money to buy and sell votes to secure the victory of the administration’s standard bearer Manuel Roxas II who is still lagging behind the opinion polls.

Tom recharged, misses Megan, among others



Tom Rodriguez somehow feels sad “Marimar”, where he Sergio Santibañez, is ending in two weeks. “I miss all the people I’m working within the show, from Megan Young to Tita Jaclyn Jose and all our co-stars, pati si Direk Dominic Zapata kasi naging maganda talaga bonding naming during the taping,” says. “Mami-miss mga kakulitan ko playing video set, sina Dion Ignacio Cepeda. Pati si Fulgoso rin. Also, I really want viewers who faithfully followed the love story of Marimar and Sergio since August. Maraming-maraming salamat po sa lahat ng suporta nyo sa aming show na laging number one sa time slot namin.”

He’s happy that the show of his rumored GF, Carla Abellana, “Because of You”, is also rating very well. “Nakakatuwa nga kasi lahat ng shows ng GMA7 sa primetime are topraters. Sana magtuluy-tuloy hanggang sa 2016.” So what did he do during the Christmas break? “I spent it with my loved ones and my family. There’s no better way to recharge than being with the people you care for.” And what is his wish for the New Year? “I aim for more personal growth in my career and also in building and strengthening the meaningful relationship I have in my life.”

Does Jericho Rosales feel threatened by new leading men?

Despite the increase in number of newer and younger stars, Jericho Rosales remained secure about his position in the industry. The actor, who stars in the Metro Manila Film Festival entry Walang Forever opposite Jennylyn Mercado, explained why he acts and feels that way. “Hindi naman ako deadma [sa issues]. I still care sa actions ko and sa lahat. But kunyari sa presscons, I’ve known you guys for so long. Parang umabot nako sa stage na relax lang ako,” he explained. Jericho stressed that he respects his job and the people that he works with in the business. But more than anything else, he pointed out that, “I know my worth bilang contributor sa industry natin and alam ko na I belong here.” The 36-year-old actor explained that he tends to brush off the existence of a “growing competition” in the industry only because it’s not really something that could help become a better actor. “Hindi kasi makakadagdag sa mga araw ko ‘yan eh, parang ganon. So I just focus kung saan ako magaling at kung saan may opportunity ako. Halimbawa, ganyan bagong project katulad nito na rom-com go lang ako, na kahit na feeling ko nailang ako. Go lang, para I still learn. Open lang ako,” said Jericho. Jericho also recently won as Best Actor at the MMFF. Meanwhile, more than a year after tying the knot with model-host Kim Jones, Jericho remains consistent in saying that they still have no plans of having a baby anytime soon. “Kasi gusto pa namin mag-travel together. Then, ako may mga ganyan [movie]. Mahirap na kapag may karga-karga ka na eh,” he said, adding that his 28-year-old wife Kim Jones is still quite young.

Bianca Umali, umaming nakakaramdam ng pressure sa ‘Wish I May’

Transition na para sa isang mas dramatic na role ang upcoming GMA Afternoon Prime series na Wish I May para kay Bianca Umali. Nabanggit na ng young Kapuso actress noon na isang bagong side na medyo malalayo ng kaunti sa mga ginampanan niyang roles noon ang ipakikita niya sa bagong drama. “Halong cute teen, pero this time meron na siyang halong medyo—I’m not sure if it’s correct that you call it bitter. Pero parang meron siyang halong pain, inner pain,” bahagi ni Bianca tungkol sa katauhan ng karakter niyang si Carina sa isang eksklusibong panayam sa GMANetwork.com. Paano naman niya inilalabas ang inner pain na ito ni Carina? “In a lot of ways, actually. Hindi lang from personal experiences, pero also from personal experiences noong character. Kasi maraming tinatago [kay Carina] eh. Marami siyang hindi alam, especially ‘yung pagdating sa parents,” paglalarawan niya sa karakter. Aminado naman si Bianca na nakakaramdam ng pressure dahil ang susundan nilang serye ay The Half Sisters na consistent ang panalo sa ratings. “May pressure, hindi naman talaga maaalis ‘yun. Pero we don’t think about it. What’s important is that we do our best in everything, especially in acting for our roles,” aniya. Makakasama ni Bianca sa Wish I May sina Miguel Tanfelix, Camille Prats, Mark Anthony Fernandez, Rochelle Pangilinan, Alessandra de Rossi at marami pang iba.

Bea, John Lloyd in rumored real-life romance

The loudest whisper in town is that, finally, John Lloyd Cruz and Bea Alonzo have made their loveteam not only for the big screen but also even off screen. Yes, if we’d believe the rumor, then that means JLC has broken up with Angelica Panganiban while Bea has called it quits with Zanjoe Marudo. The last time we saw JLC with Angelica was at the press preview of “Honor Thy Father” at Dolphy Theatre just before Christmas and they were still so sweet to each other. We also saw Zanjoe in a bar after the new year and he denied that he and Bea have split. When asked about this at the congressional investigation on the anomalies at the Metro Manila Filmfest, JLC tried to be evasive. This made folks conclude that the rumor must be true because, if it were not, it’s so easy for JLC to deny that he and Bea are now the ones playing beautiful music together. But we agree with JLC’s declarations at the hearing that there must be positive changes on how the annual filmfest is conducted to make it a true festival of quality movies and not just a flagrant money making affair for producers who come up with nothing but commercial flicks. As JLC said: “It’s about time na gawin nating totoong festival ang Metro Manila Film Festival. Hindi siya parang venue lang para pagkakitaan. Ibalik natin ‘yung panahon noon na ipalabas natin ‘yung mga importanteng pelikula.” He adds that he’s doing this not just for their entry, “Honor Thy Father”, which was disqualified for the best picture award. “I’m not saying na kung hindi kami na-disqualify, mananalò kami. We don’t know that. Wala namang nakakaalam nun, e. Pero ang alam ko lang, dahil sa disqualification, natanggalan kami ng opportunity, ng pagkakataon para malaman kung paano mag-perform ‘yung aming pelikula sa panlasa ng mga hurado.” Well, we just hope the hearing will bring positive results for the local movie industry and there will eventually be a revamp in the way that the annual filmfest is now being conducted.

The good ole days of ‘Tawag Ng Tanghalan’

Long before “The Voice,” “American Idol” and “X Factor” gave promising singers abroad their chance to shine and carve a career in music, Filipinos had their very own nationwide talent search



“Tawag Ng Tanghalan.” The talent show started in 1955 as “Purico’s Amateur Hour” and just like contests these days, it held open auditions but not quite in the same fashion. Back then, 13 trucks went around Luzon, Visayas, and Mindanao to scout for talents.

For a time, the competition was aired by seven different regional radio stations but with TV eventually becoming a more popular medium, “Tawag ng Tanghalan” started airing on Alto Broadcasting System (now ABS-CBN). Regional finalists were determined by a panel of judges. Those who made it through that round were brought to Manila where they performed during the National Finals usually held at the swanky Manila Jockey Club. The show was hosted by popular comedians Lopito and Patsy who often opened the show with comic banter. As for the contestants, so-called biriteros and biriteras didn’t rule the roost then – most had soft, lilting voices in perfect pitch. They usually brought along their own back-up singers. The end of their journey on the show was signalled with the sound of a gong. The show’s first champ was Jose Gonzales who would later adapt the stage name Pepe Pimentel. He became show host in 1965 up to 1969. “Tawag ng Tanghalan” lasted till 1972.

The most popular alumna of the show is Nora Aunor. She earned the “Tawag Ng Tanghalan” grand champ title in 1967 by singing a version of Bing Crosby’s “Moonlight Becomes You.” Did you know that “Banana Sundae” director Edgar ‘Bobot’ Mortiz also joined the competition? He said he tried to ape Aunor by doing most of her materials. This he did, he said, upon advice of vocal coach who had worked with Aunor previously. Unfortunately for Edgar, he got the boot. Two others who made inroads in showbiz via the competition were Ric Manrique, Jr. and Berlin Meneses.

By the way, “Tawag ng Tanghalan” became so popular especially at onset that it was made into a movie in 1958. The story revolves around several fictional contenders on the show played by Amalia Fuentes, Susan Rocas, Juancho Gutierrez, Romeo Vazquez and Jose Mari Gonzales. Last month, afternoon variety show “It’s Showtime” revived “Tawag Ng Tanghalan” as one of its segments. Will it catch fire as the original? Let’s see.

Scenes in the City



Catholic Community Services of York Region Coordinator Agnes Manasan (seated right) took a breather during Talakayan Radyo Filipino AM 1430 interview broadcast on January 16, 2016 with Karen Tan & daughter (seated centre), Joe Damasco & Tony A. San Juan (standing) and Mr. Manasan. (Photo by Nelson Galvez).

Joined birthday celebrations of Cerena Masu, Gina Maderazo Masangkay, and Xandra Maderazo Pangantihon was held on Jan. 15, 2016 at eHarmony Banquet Hall; relatives and friends attended the celebration. PHOTO BY ARIEL RAMOS



Cesar denies
romance with beauty
queen

Cesar Montano is happy to be back on TV doing a new soap, “Bakit Manipis ang Ulap?”, touted to be the year’s biggest teledrama that starts airing on TV5 on February 15. “I’m excited kasi my last soap was ‘Akin Pa Rin ang Bukas’ with Lovi Poe sa GMA7 in 2013. Also, kasi ngayon ko pa lang makakatrabaho dito sa ‘Bakit Manipis’ sina Claudine Barretto and Diether Ocampo,” he says. “Ang isa pa naming co-star, si Meg Imperial, nakasama ko na sa recent movie, ‘Nilalang’. Bale reunion din namin ito ni Direk Joel Lamangan after we did ‘Never Say Goodbye’ sa TV5 rin.”

There’s a rumor that she has found a new love in beauty queen Sandra Siefert, but he denies it. “Ni hindi pa nga naayos ‘yung annulment ng marriage ko, e. Baka sabihan ako ng lawyer ko na ang tanga ko naman. Basta focus muna ako sa trabaho. Marami akong gagawin this year na TV shows and movies.”

He also wouldn’t want to talk about ex-wife Sunshine Cruz. “Di puwedeng magsalita. May gag order kami.”

“Bakit Manipis ang Ulap?” was first shown as a movie in 1985, written and directed by the late Danny Zialcita, starring Laurice Guillen, Chanda Romero, Tommy Abuel and the late Mark Gil, with Janice de Belen as a teen star then.

Educators Group Offers
Mentoring Project For
Internationally Trained
Teachers

By : Tony A. San Juan, OCT.

In a purposeful drive as part of its community outreach service, the Philippine Teachers Association of Canada (PTAC) is rolling out its enhanced “Mentoring Project” under its established Professional Assistance Service Program . The Mentoring Project is being offered and disseminated to eligible members of the Filipino Canadian community in the Greater Toronto Area and other FilCan communi-

ties in Ontario. The “PTAC Mentoring Project” aims to bring together internationally educated teacher - immigrants and experienced Filipino Canadian educators in teacher-specific career mentoring relationships. The Project hopes to contribute and meet the need of Philippine- trained teachers for successful career search, adjustment and integration into the Ontario education market. Immigrant- teachers entering the Project are given the opportunity to acquire information & insights and to receive guidance in teacher- certification procedures and network building in the profession through a one-to-one professional mentoring process. PTAC , formed in 2006, is a socio-professional organization of Ontario - certified and Philippine- licenced educators who are currently teaching and / or

Spotlight



Rizal Theatre, 1961, Makati

seeking teaching assignments in Catholic, public and private elementary & secondary schools and colleges in Ontario. One of its ongoing programs is helping newcomer-teachers establish professional connections through mentoring and, as well, developing strategies and tools to support newcomers with integration in Ontario . In addition to its current members, PTAC is encouraging and inviting other experienced & practicing Filipino Canadian education professionals to get involved by engaging and offering their expertise as Volunteer Mentors in the Project. On one hand, interested Filipino newcomer- teachers are encouraged to become members of the Philippine Teachers Association of Canada as well as to join the Project as Mentees. To become a Mentee, one must be an

Ontario resident and have limited or no Canadian teaching experience ; have at least a bachelor’s degree in education ; be eligible to work in Canada; currently unemployed or underemployed ; and/or currently doing non-teaching jobs or in career transition or planning for Ontario teacher certification. Mentees are requested to commit to a total of 24 hours over six months. Meetings between Mentee and Mentor can be in person, online, over the phone and include referral meetings on arranged schedules. For membership applications and further information about the PTAC Mentoring Project, contact Perly Santos-Laganas at: perly_laganas@yahoo.com, Tel. 416- 763-8724 or Maricon Bernasor at:mbernasor@yahoo.com , Tel. 905-795-2617.(T. San Juan).

Ways to Boost Metabolism

Every time we eat or drink, we can thank our metabolism for converting all those calories into energy. Our size, gender, and age all factor into our metabolic rate, but there are also ways to independently control its speed. And the faster our metabolism, the more calories we burn off, making that Krispy Kreme breakfast no longer such a big deal. (OK, the donut probably still isn’t the best idea.) Here are 11 proven ways to keep that body burning strong.

- 1. Sleep!** Almost nodding off in line at Starbucks isn’t the only downside of not catching enough zzz’s. Researchers have found a link between metabolism and sleep, and getting enough of it may seriously boost metabolism.
- 2. Drink green tea** Not only does this superfood pack an



- antioxidant-punch, researchers have found it speeds metabolism as well. Plus, it’s naturally calorie-free, so there’s no reason not to enjoy a mug (or two).
- 3. Amp up workout intensity** Slow and steady may not always win the race. High-intensity interval training (HIIT), such as interval runs, are quick bouts of intense exercise that can jumpstart metabolism and keep us burning calories long after the workout is over. (Afterburn effect, anyone?).
- 4. Don’t skip breakfast** It may be time to reconsider hitting snooze in favor of getting up to grab a quick bite before starting the day. Studies show the importance of quick-starting metabolism with breakfast. No a.m. appetite? Snack on something small, like a bowl of Greek yogurt.
- 5. Pump some iron** The weight room isn’t only to help bulk up or get lean. Lifting weights can also help speed resting metabolic rate, making those dumbbells our new best friends.
- 6. Gulp some H2O** Drinking enough water is a simple way to speed up digestion and burn calories. You may need more than those recommended eight glasses a day too. Now if only wine could speed metabolism...
- 7. Spice things up** The next time a chicken breast is cooking up in the kitchen, add a dash of cayenne pepper. The heat from the pepper is thanks to capsaicin, which won’t only add a fiery kick—it could help boost metabolism, too.
- 8. Squeeze in some cardio** Hop on the bike and clock in some miles—one study found that 45 minutes on the bike sped up metabolic rate for over 12 hours. Guess learning to ride a bike way back when was worth it!
- 9. Eat wisely** Who knew eating could actually help speed calorie burn? Certain foods like tuna and grapefruit have been shown to speed up metabolic rate. Packing in protein has also shown to boost metabolism, so pick some eggs over pancakes at the breakfast table for a morning metabolism boost.
- 10. Grab a cup of Joe** This caffeinated morning beverage is not only a savior when it comes to pushing through a mid-term paper or work meeting. A cup of coffee (or the caffeine in it) is absorbed into the blood stream very quickly, speeding up heart rate and provide a metabolic boost that peaks at about three hours after drinking.
- 11. Laugh a lot!** A little laughter may go a long way. Scientists have found that as little as 10 minutes of laughter per day (or roughly half an episode of SNL) can burn energy. Just another reason to stay smiling!

Kris on Hot Seat

Kris Aquino was put in the hot seat on her own show, “Kris TV,” recently when guest Annabelle Rama asked about her love life. Many believe they were talking about Kris’ short-lived relationship with Quezon City Mayor Herbert Bautista. Annabelle asked Kris if it’s true that they have gotten back together. “Hindi talaga. Ayaw ni Ate,” Kris answered. The Gutierrez matriarch then asked why the relationship didn’t work out. Kris replied, “Kasi siguro hindi siya ever ikinasal. So sa mga naging partner in life niya, walang closure. Unlike me na na-annulled (‘yung kasal), may closure, klaro.” Kris’ opinion: “If you did not make a commitment, you’re really not the type who will commit, ‘yun talaga mararamdaman mo. And may malulugi along the way, which is true kasi the children will feel na, ‘Hindi napakasalan ang mom namin.’ So parang hindi fair na mayroong ibang papakasalan.” Kris nevertheless insisted her focus now is on her sons, Bimby and Josh. “Siguro it helps na ‘yung dalawang boys ko ay sobrang tutok at malambing sa nanay nila. Secondly, maganda ‘yung sinabi mo na you should be busy. But no relationship will also work if you have the kind of schedule that I have,” Kris said.



Will there be a sequel to ‘English Only Please’?

MANILA - After the success of her 2014 Metro Manila Film Festival entry English Only Please which paved the way for her to have a 2015 entry titled Walang Forever, Jennylyn Mercado is all set to take the romance scene by storm in the coming years.



Producer Joji Alonso, during Walang Forever’s grand press conference, revealed plans of making more films with Jennylyn as a lead star. But first, she addressed the question why they did not opt for a sequel for English Only Please.

“Kasi ayaw ni Dan [Villegas],” she started.

Alonso explained that Villegas believes that “tapos na ‘yung kwento ni Julian at Tere with what happened.”

However, Alonso clarified that they are yet to decide as to when the sequel would be made. “The timing is very important. Maybe 2017. We haven’t really decided yet,” she said.

Alonso said that they are looking into

bringing the two together for another project.

“But our next film, hopefully, will have Derek and Jen again. But in another story or concept. The title is My Candidate,” she shared.

Villegas, for his part, denied that he didn’t want to do a sequel for English Only Please.

“For me kasi kapag ini-stretch namin ang story ni Julian at Tere, bilang director okay na siya doon sa bus station. Personally ang gusto ko, ang last memory ko of Tere and Julian ‘yung nandoon sa bus station. Okay na ako eh. Hindi ko na nakikita na may iba pa,” he said.

Was he not inspired by the success of A Second Chance?

“Iba kasi siyang pelikula eh. Tignan natin pero kasi as of now, hindi ko talaga nakikita kung saan papunta ‘yung storya ni Tere at Julian,” he ended.

Villegas is the director of the MMFF entry Walang Forever starring Mercado opposite Jericho Rosales.

A call for more positive OFW films

Many Filipinos have friends or family members abroad that’s why movies about Overseas Filipino Workers (OFWs) made through the years resonate with us. Among these are “Katas Ng Saudi,” “Anak,” “Batang Westside,” “American Adobo,” “Bagong Bayani” “Balikbayan Box” and “Purok 7” – the list is indeed far longer.



Still, if Susan “Toots” Ople, the youngest daughter of former senator, Blas F. Ople, would have it her way, she wants more future films on the subject to highlight the successes of OFWs instead of just their problems.

In an interview, the fan of the OFW-inspired films “Caregiver,” “In My Life,” “Milan” and “The Flor Contemplacion Story” said, “Ang daming magagandang stories pa (tungkol sa) mga OFWs na hindi pa nagagawa.”

Susan knows this well because she’s been involved with OFW advocacies for a long time now. She has been head of the Blas F. Ople Policy Center and Training Institute, a non-profit organization that assists OFWs and their families, for years now.

She said many OFWs have found successes in their respective fields; and that it is important to also highlight this fact to further uplift the nation.

“Merong distinguishing factor ang mga Pilipino,” she noted. “Ang mga Pinoy kapag nag-abroad eh, sobrang sipag. Sobrang mahal nila ang trabaho nila and na-a-appreciate ‘yun ng mga employers.”

Citing data from Philippine Overseas Employment Administration, Susan said that some 1.6 million Filipinos left the Philippines in 2015 to work in other countries including Saudi Arabia, UAE, States, Kuwait, Canada and Australia.

“Ang mga concerns ng OFWs (that prompted them to work abroad) ay (magkaron ng) financial and physical security ang kanilang pamilya, (continuing) education ng mga anak nila and (having) long-term investments.”

Jasmine’s grown-up Christmas wish

Jasmine Curtis-Smith hopes for the horrible acts against humanity to cease, and for the world to have peace.

With the recent terror attacks in Paris, the 21-year-old actress’ heart goes out to the families victimized by the tragic incident.

On a lighter note, she looks forward to a brighter and fruitful 2016.

An AB Communication student at the Ateneo de Manila University, the actress-host wishes to be part of a book collaboration and use her love for words to inspire and engage more people.

“I want to be able to write more but not necessarily for a novel, more like a contributor,” she said.

Aside from writing for a local paper, Jasmine owns a blog (jasminecurtis-smith.tumblr.com) where she posts poems and stories of her adventures that showcase her knack for writing.

“I definitely want to be involved in more films. I want to be able to give support to the local film industry,” she said.

Recently, Jasmine has been binge-watching on documentaries and independent films,

which she can enjoy at her own convenience.

With iflix, people can enjoy unlimited access to thousands of local and foreign films, TV series, cartoons, documentaries, independent and blockbuster films using smartphones, tablets and televisions.

“This is an extraordinary opportunity to be part of a revolutionary change in the way people are entertained,” Jasmine said.

Jasmine and singer-dancer Sam Concepcion broke up in January this year, but despite their romantic history, the



two has maintained good camaraderie.

Jasmine has been entangled with breakup issues this year, but she takes it as a learning experience. In a show of maturity, she has

kept an open and positive mind where controversies are concerned.

“It’s all part of growing up. These are things you wish you didn’t encounter but once you’re able to surpass it, it makes you a whole different person, a better, stronger, and wiser person.”

Nadine to finally reveal truth that her mom is alive

James and Nadine return to San Francisco in “On The Wings Of Love”

James Reid (Clark) and Nadine Lustre (Leah) are back in San Francisco, California, the place where their thrilling love story all



started in the hit Kapamilya primetime series “On the Wings of Love.”

The engaged couple paid a second visit to the historical Palace of Fine Arts, which played a vital part in their love story as it was the place where Leah asked Clark to marry him so she could get a green card. Clark and Leah’s return to San Francisco is making fans abuzz on what will happen to Clark and Leah’s exciting love story when they finally tie the knot.

Avid fans of “On the Wings of Love” should also anticipate Leah’s much-awaited reveal to her Tatang Sol (Joel Torre) that their Nanang (Isay Alvarez-Sena) is alive and well.

The big revelation of Leah and Manang Tiffany (Bianca Manalo) causes Tatang to break down in tears because of anger and leads to a confrontation between Leah’s parents after years of not seeing each other.

How will Tatang and Nanang’s meetup affect Clark and Leah’s highly anticipated wedding?

Meanwhile, fans in California also had the chance to witness James and Nadine perform live and spread love during the “On the Wings of Love Certified Kapamilya Fans Day” at the Sacramento Memorial Auditorium. The stadium was filled with cheering fans who were very excited to see their favorite love team showcase their dancing and singing chops.

Solid OTWOL fans in the Middle East should also brace themselves for the coming of James and Nadine. TFC will bring the teen stars to Qatar and Dubai in March for the “JaDine in Love: The World Tour” for an unforgettable concert experience diehard fans should not miss. On the Wings of Love” airs every weekday after “Pangako Sa’Yo” in ABS-CBN’s Primetime Bida.

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BALIKBAYAN BOX continued from page 1

He vowed to lessen the number of Filipinos working abroad and said his administration will work to increase domestic job generation if he wins the presidency in the May 2016 elections.

“My administration will focus on strengthening the five biggest creators of employment which are agriculture, manufacturing, mining, business process outsourcing and export to provide more jobs,” Binay said in previous speeches.

“Then we can say that we are going abroad because we want to, not because are forced to,” he added.

The Vice President said in the short term he will continue as well as improve the financial literacy programs taught to OFWs.

“We will intensify financial literacy programs to teach OFWs’ families to invest, not to merely spend the money sent home,” Binay added.

You Won’t Believe How Many People Have Sex at the Gym

Do you want to get fit and find love in 2016? Some people kill two birds with one stone. In a recent online survey of 2,000 Brits, a quarter admitted to having sex at the gym. Even more steamy: About a fifth of those gymgoers have hooked up with their trainer, and another 10 percent said they always carry a condom in their gym bag because, you know, “just in case.”

How exactly does one entice another to get it on at the gym? More than half of men said they use the lat pulldown machine (nice, bro) to attract potential partners while women said they prefer the elliptical machine.

This number isn’t representative of the whole population (the survey was conducted online and sponsored by sex toy store Ann Summers, so we’re taking the findings with a grain of salt). But still... maybe “going to the gym” is the new Netflix and chill in the U.K.



Kris Bernal finds fulfillment in challenging role

Kapuso actress Kris Bernal has done a variety of TV dramas in the past, but it's her role on "Little Nanay" that has caught the attention of viewers.

Kris plays Tinay, a young mother with the mental capacity of a nine-year-old.

"Super happy kasi very important sa akin 'yung I get good feedback sa project na ginagawa ko. Sa lahat ng shows na nagawa ko, itong 'Little Nanay' yung naging pinakamaingay sa akin," Kris said.

Being a part of the series has taught Kris to appreciate individuals with intellectual disabilities.

"Mas naiintindihan ko sila ngayon. Very loving sila. So parang in return 'yung mga taong nakapaligid sa kanila, dapat equal 'yung pakikitungo sa kanila kasi wala silang sama ng loob, negative vibes. Happy lang talaga sila," she said.

Ever grateful for the opportunity, Kris noted, "Feeling ko nabibigyan ko ng justice at nakikita nila sa akin na ganito ang bata na may intellectual disability. So parang feeling ko ako ang boses nila kung paano sila i-treat at intindihin."

She has now become more active in helping kids that need special care. Kris hold parties and also provides them some supplies.

"Meron din akong sinusuportahang SPED school even before this, pero mas active ako now," she said.

Aside from shedding light on the plight of people who have disabilities, Kris is honored to work with veteran actors Nora Aunor and Eddie Garcia on "Little Nanay."

"Sa una, kahit sino siguro mai-intimate sa kanya, may kaba," she said of the Superstar. "Ako noong una nagkakamali ako talaga sa lines ko. Kahit gaano ko kabisado. Pero pagdating kay Ms. Nora, hindi na. Pero kasi dahil sa sobrang approachable niya, hindi mo akalain na magiging kabiruan mo or kakwentuhan mo. Magiging komportable ka."

Being in showbiz for 10 years already, Kris has learned how to be more open to people despite being naturally shy.

"Ngayon mas alam ko na how everything goes sa showbiz. Kris added, "Before kasi mahiyain talaga ako. Hindi ako 'yung taong palabati, hindi ako 'yung taong makikwentuhan mo... Pero ngayon naisip ko na kailangan ko iyon eh. So ngayon kailangan na palabati ako talaga, kahit anong mood ko pa."

While she wishes "Little Nanay" would be on air for a longer time, she hopes to do a romantic-comedy role next.

"Gusto ko ng mala-Koreanovela. Romantic-comedy. Actually gusto ko nga sana 'Encantadia,' pero hindi ako tinext para mag-audition. Pero okay lang din naman sa akin kasi I'm still doing 'Little Nanay.' Siguro din 'yung built ko baka hindi ako fit sa role," she said.

Aside from "Little Nanay," Kris is also busy with her online food business Adobo Classics.

"Favorite siya ng family ko. Specialty siya ng mom ko. Kinuha ko recipe ng mom ko at inhance na lang namin ng friends ko. Naging observant ako sa mga ibang adobo. Iba talaga 'yung sa mom ko and at the same time ang lakas talaga ng food business ngayon," she said.

Kris still has many dreams she wants to fulfill, among them taking culinary classes in the near future.

"Gusto ko kasi palakihin ang business namin at gawing full-blown restaurant," she explained.

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Ambassador Reeder and Senator Enverga brief media on last phase of Typhoon Yolanda reconstruction

MANILA, January 13, 2016 – The Honourable Tobias C. Enverga Jr., Senator from Ontario, joined Canada's Ambassador to the Philippines Neil Reeder at a press conference announcing the last phase of Canada's assistance to the Philippines' long-term reconstruction efforts after super-typhoon Haiyan/Yolanda's devastating landfall in November 2013.

"As Canada's first Senator of Filipino descent, and the only Filipino-Canadian representative at the federal level, I want to highlight Canada's continued efforts to assist those who are still in dire need for assistance in the Philippines after Typhoon Yolanda struck the country more than 2 years ago," said Senator Enverga in a statement. "Canada's government, under the leadership of the then Prime Minister Stephen Harper, was quick to act to assist with the immediate needs. Now, we need to cement the reconstruction efforts with a lasting goal of self-sufficient prosperity," the Senator continued. Representatives from the recipient organizations and the Honourable Zenaida Maglaya, Undersecretary for Trade and Industry in the Philippines, were also in attendance.

Of the \$90.6 million that our previous government committed to match donations from Canadians, \$20.6 million is allocated to support long-term economic recovery

initiatives delivered by several implementing partners in line with the Comprehensive Rehabilitation and Reconstruction Plan (2014-2016) of the Government of the Philippines. All the recipient projects focus on sustainable long-term economic development ranging from environmentally responsible agriculture and fishing practices to reestablishment of sari-sari stores.

"Our previous government ensured that the ties between our two countries grew even stronger through several government-to-government agreements as well as increased immigration from the Philippines to Canada. As a member of the official opposition in the Senate, I will ensure that our new government is held to account and continues to focus on efforts to further both countries' interest in a mutually beneficial manner. Filipinos made up the largest group of new permanent residents in 2014, and we will continue to make positive contributions to our adopted home country. I am proud to represent you in the Senate of Canada," Senator Enverga concluded.

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For more information please contact:
Lars Andersen
Senator Tobias C. Enverga Jr.'s office
613-996-8895



Valeen accused of being third wheel in Ciara-Jojo split

A lot of people were surprised when they saw Valeen Montenegro, a granddaughter of the late LVN Pictures actor Mario Montenegro who's now 25-years-old, moving to GMA7 via TAPE and APT Entertainment. Valeen was introduced by ABS-CBN as part of their Star Circle in 2006 in the afternoon youth series, "All Abt U", but her career didn't prosper there so she moved to TV5 where she co-hosted "Artista Academy" and did comedy in "Lokomoko U".

Then she suddenly appeared in "Sunday Pinasaya" and "Princess in the Palace", both produced by TAPE & APT. She also played a big role in the hit filmfest entry, "My Bebe Love", as Vic Sotto's secretary, also produced by APT. Someone even asked: "Sino kaya ang padrino niyan? Ang lakas niya sa TAPE at APT, ha."

Now, all of a sudden, Valeen is accused of being the third wheel in the break up of the marriage of Ciara Sotto and TAPE exec Jojo Oconer. Ciara and Valeen are co-stars in "Princess in the Palace". Ciara first made the public aware that she suspects her husband is cheating through her posts in her social media accounts, suggesting that he's been lying to her.

Finally, a few days ago, she posted this: "These past weeks have been very difficult for me and my son. It's true that I moved out of our home and decided to go back to my parents' house (her parents are Helen Gamboa and Tito Sotto) for now. The truth is painful, but it is what it is. I know that the Lord will strengthen me after this. I prefer to keep my privacy at this time & I would appreciate the public respecting this. Thank you to those who are sending me messages of support and encouragement."

Ciara didn't mention Valeen's name but she's said to be the prime suspect.

"It's not true that Valeen is Sir Jojo Oconer's 'girl,'" said Valeen's manager Olive de Jesus, through a text message sent to Jojo Sucaldito

More or Daily Sex

Scientific Reasons Why it's Good

LOTS OF SEX continued from page 1

Sex also releases serotonin, endorphins, and phenyl ethylamine, hormones that generate feelings of euphoria, pleasure, and elation—and make people forget all about that nagging sore muscle or back twinge. Other studies have shown intercourse can stop migraines in their tracks and reduce the uncomfortable side effects of rheumatoid arthritis.

6. It improves sleep.

During and after sex, the brain releases powerful hormones (including norepinephrine, serotonin, oxytocin, and vasopressin), which can trigger the urge to cuddle or just pass out. Men are especially likely to zonk out because the prefrontal cortex—the part of the brain responsible for interpreting and responding to new information—slows waaaay down immediately after orgasm in males.

7. It enhances sense of smell.

After sexual intercourse, the body produces the hormone prolactin, which creates new neurons in the olfactory bulb—the part of the brain that controls how we understand and react to smells.

8. It makes us look younger.

A Scottish study showed that loving, supportive couples who had intercourse three or more times a week appeared on average 10 years younger than their actual age. Orgasms trigger the release of the sex hormone estrogen in both men and women. Estrogen improves hair and skin quality, making people look more attractive.

9. It reduces for heart disease.

Good news, dudes! Studies show doing the deed actually reduces risk of stroke and coronary heart disease in men. According to the study, men who had sex once a month or less were 45 percent more likely to contract a cardiovascular disease than friskier fellows. The evidence suggested the men with better overall health had higher libidos and therefore more sex overall, which reinforced their healthy cardiovascular systems.

10. It regulates periods.

Scientists found that women exposed to male sweat were calmer and more relaxed than the control group. These women also experienced smaller changes of levels of luteinizing hormone (which controls the menstrual cycle) in the blood. It also reduces stress, a factor in keeping periods more regular.

11. It lowers blood pressure.

High blood can also cause erectile dysfunction in men (think about it for a second...) and reduced

arousal and ability to achieve orgasm in women. Testosterone, a sex hormone power player for both ladies and gents, could be a solution. Studies have shown a link

between low testosterone and high blood pressure, while the spikes in testosterone associated with sexual activity might help lower blood pressure.

12. It improves tooth health.

This one's a bit of a reach, but bear with us. In addition to sperm, semen contains minerals like calcium, magnesium, and zinc—which are also found in root canal fillings. Zinc and calcium are also ingredients in most commercially available tooth rinses. We'll let you do the math...

13. It fights prostate cancer.

According to some studies, regular sex “flushes out” any carcinogens lurking in the prostate gland, making it less likely to become cancerous. But a more recent study showed that very frequent sexual activity in young men (20s and early 30s) could actually increase the risk of developing prostate cancer. Meanwhile, frequent ejaculation in middle-aged or older (50+) men decreased disease risk. In other words, the verdict is still out on this one—though things look pretty good for the older gents among us.

14. It lowers risks during pregnancy.

Frequent sexual intercourse—and exposure to semen—can reduce the risk of developing a serious pregnancy complication called preeclampsia (which can cause swollen extremities, headaches, nausea, and even seizures). A protein found in semen, called HLG-A, can regulate women's immune systems and lower the possibility of experiencing these complications.

15. It makes fertilization easier.

Men who ejaculated daily for seven days had higher-quality sperm at the end of the week, meaning it was heartier and more likely to fertilize an egg—probably because frequent sex (and ejaculation) means sperm spend less time in the testicular ducts and are less likely to be damaged over time.



Got Brown Eyes? People May Think You're More Trustworthy

Recent research suggests brown-eyed individuals are perceived as more trustworthy than blue-eyed ones. But it's not just the hue that led to the judgment.

The study, which was published in the Journal PLOS ONE (through the Public Library of Science), set to find out whether or not eye color influences our perception of trustworthiness. The research team, led by Karel Kleisner of Prague's Charles University, photographed 40 female and 40 male students who had either brown or blue eyes. The researchers then asked 238 participants (mostly students, and two-thirds female) to rate the photographed faces based on perceived trustworthiness, attractiveness, or dominance on a 10-point scale—one meant very trustworthy, attractive, or dominant, and 10 meant very untrustworthy, unattractive, or subordinate.

To see if eye color alone affected trust perception (the main focus of the study), the research team performed a sneaky switcheroo. After digitally swapping blue eyes onto the brown-eyed faces (and vice versa), a second, smaller group of students rated the faces. The eye-opening results: Iris color significantly influenced perceived trustworthiness, with brown-eyed faces being considered more trustworthy than blue-eyed ones.

To their credit, baby-blues were found to be more attractive. Sex mattered too: Female faces were rated more trustworthy than their male counterparts.

Can We Trust It?

Not yet. Before you nix blue-eyed pals from your friends list, or limit yourself to brown-eyed suitors, consider this: The faces rated highest for trustworthiness by the second group pretty much remained the same, even though the eye colors were switched. The researchers then figured there had to be another factor. Kind of.

After measuring facial structure, they found that when it came to people's perception of trust, there was more than meets the eye(s). Faces that rated higher on the trust scale had bigger eyes and broader mouths with upward-turned lips. But why does that matter? The researchers found these facial characteristics are often associated with brown-eyed people, whereas blue-eyed folks tend to be have smaller eyes, longer faces, and eyebrows that are farther apart.

Don't start singing "Brown-Eyed Girl" from the rooftops just yet. While other research may back this study up, it's too small and too limited to be conclusive. Another potentially confounding factor: Blue-eyed people often have longer chins, which may make them look less baby-faced—and research correlates higher ratings of honesty to people with baby faces (not to be confused Grammy Award-winning R&B musician "Baby-face").

Moral of the (eye-color) story:

The conclusions of this study were just preliminary. As researchers confirmed, further studies are needed on the relationship between eye color, face shape, and trustworthiness in other demographics (and in larger numbers) before we can go trusting the findings fully.

Matteo says "Don't Shoot"

By “don't shoot!,” Matteo Guidicelli doesn't mean shoot with a gun but with a camera (especially video).

At the presscon for Tupang Ligaw, his latest indie starrer directed by novelist Rod Santiago for Baby Go (BG) Productions, Matteo was asked what he had to say about actors in sex videos (“solo flight”) that have gone viral at the start of the year.



(Sources surmised that those sex videos must have been shot way, way before and have surfaced on social media only lately.)

Asked if he has one, Matteo answered in jest, “Mayroon ba? Hahahaha!,” adding, “Delikado ang social media so everybody and not just actors should be careful with what we post, not just what we do but what we say because the whole world sees it. Social media is open to everybody.”

It doesn't mean that Matteo is not active on social media.

“I do have Twitter and Instagram,” he said, “but I'm careful about whatever I post. The thing is huwag na mag-selfie ng mga private activity.”

He and his girlfriend Sarah Geronimo do exchange “innocent” tweets. If ever he has something personal to tell Sarah, Matteo said he'd rather do it, yes, personally. “Harap-harapan na lang.”

Just done with one season of Single/Single with Shaina Magdayao, Matteo is re-inventing himself into an action star in Tupang Ligaw in which he plays a soldier looking for his missing brother (played by Pinoy Big Brother discovery Rico Barrera). The search leads him to Barrio Paraiso ruled by El Diablo (played by Paolo Contis). That's where the soldier uncovers the truth about his brother's fate.

Determined to prove himself in the action genre and to justify his being a third choice (after JM de Guzman who bowed out due to personal reasons and Xian Lim who was busy shooting Everything About Her, his Star Cinema movie with Vilma Santos), Matteo refused any “double” for the risky scenes.

“He's daring,” said Dennis Evangelista who is helping BG Productions. “Matteo is also good in the dramatic scenes. Remember, he is a Best Actor winner for the Cinema One film Saturday Night Chills in 2013. One memorable scene shows him revealing to his mother (played by Suzette Ranillo) the painful truth that his brother is dead.”

What's next for Alexa Ilacad after 'Luv U'?

Alexa Ilacad expressed her sadness now that her Sunday show Luv U has ended. According to the young star, she will miss a lot of things from the show.

What's next for her after Luv U? “As of now actually focus muna sa promo ng

Everything About Her and ayon I'm actually doing a YouTube channel and ayon part na ako ng Chicken Pork Adobo (YouTube group) ng ABS-CBN

so let's see how that goes, kung ano ang mangyayari sa pagiging YouTuber ko and I want to pursue my singing career. I want to be a legit singer. I want to have an album,” she shared.



Pretty Newcomer is 2016's 'Tasya Fantasya'

Shy Carlos pulls away from the pack just as easily being gifted with one of showbiz's most beautiful faces and undeniable talents in acting and singing.

This year, the 20-year old Swiss-Filipino actress from the VIVA Artists Agency stable gets the biggest break of her career as she plays the title role in the iconic Tasya Fantasya series.

Tasya Fantasya is a series from the creative mind of Carlo J. Caparas, about an ugly but kindhearted yaya who dreams about her prince charming. Tasya later finds out that her faith is entangled with that of a magical tree that will lead her to a series of colorful

adventures.

Rising television star Shy Carlos stars in the latest small screen adaptation of a fantasy series

VIVA's Veronique del Rosario-Corpus says, “The role of Tasya Fantasya seems to be cut out for Shy. The character exudes what we see in her - kind, imaginative, youthful, wholesome and pleasant. We didn't have any doubts that Shy will be able to give justice to this project.”

Shy's Tasya Fantasya will be the third rebirth of the iconic komiks character, having been played by Kris Aquino in 1994 and by Yasmien Kurdi in 2008. When asked how she will tackle the role, Shy simply quips, “I haven't seen the movie and the GMA show. I hope to play the role in a different way.”



Candid SPOOF

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



Josie de Leon School of Performing Arts hands out awards and recognitions at their JDL Gala Night.

More Money for Planes

MANILA, Philippines - Sen. Juan Ponce Enrile has succeed in lobbying for an additional defense budget for the Philippine Air Force. The approved additional PHP 1.1 billion for the acquisition of modern jet fighters. The Philippine Air Force is highly considering the Swedish Saab JAS-39 Gripen which is widely known as a 5th generation fighter jet surpassing the American F-16 and all Chinese Chengdu J-10,17 variants.

With the said approved budget, the PAF could acquire 4-5 units of the Swedish Gripen which is widely seen as a morale and capability booster for the whole Armed Forces of the Philippines with its sole mandate to defend the country at all cost.

The Philippine Air Force recently received the first 2 units of the S.Korean FA-50, 10 more units are expected to be delivered gradually within 2 yrs.



Scenes in the City



FIRST, CFC's Christmas Party / HH Group - Dec 19 2015 with Gladys Calderon of Silkway Travel & Cruise Inc. SECOND AND THIRD, Dr. G.S. Calderon & Family



1. Senator Enverga, Ambassador Reeder and Undersecretary Maglaya with representatives from recipient organizations of aid in the Philippines. 2. Jinky T. Corpuz celebrated her first birthday in Canada on Jan. 16, 2016 at Congee Queen at Yonge and Steeles. (PHOTO-ARIEL RAMOS) 3. PCCF's Nathalie Ramos poses with students and teachers during the turnover of 10 computers to the school. 4. PCCF'S Ansha Joy Hipolito pays a courtesy call to Philippine Ambassador Reeder. 5. Rafael Nebres of Action Honda (SEATED) was a guest at Pinoy radio. 6. PCCF's Nathalie Ramos was a special guest at festival in Tanay, Rizal. Seated beside her is Vice Mayor Jimmy Vista.

Solenn Heussaff still single

It wasn't a wedding, but merely a belated engagement celebration. After a two-week holiday in December in Argentina, where she supposedly married her fiancé, Nico Bolzico, Solenn Heussaff recently faced the entertainment press and insisted that no vows were exchanged, despite a handful of photos online suggesting otherwise.

"No, it hasn't happened yet. We didn't go to a church... I didn't have a wedding dress... We simply chose to celebrate in Argentina because I have not seen his parents in two years," said the actress, who has always preferred to keep her personal life private, at a press conference for her upcoming movie "Lakbay2Love."

"I am still single, technically," Solenn said, giggling. "I am still a Heussaff." The Filipino-French Kapuso talent plans to tie the knot with Nico in France and invite around 200 guests. That was all she was willing to disclose during the media gathering. Solenn, however, assured the press that she would divulge details about her wedding—once it does finally happen.

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