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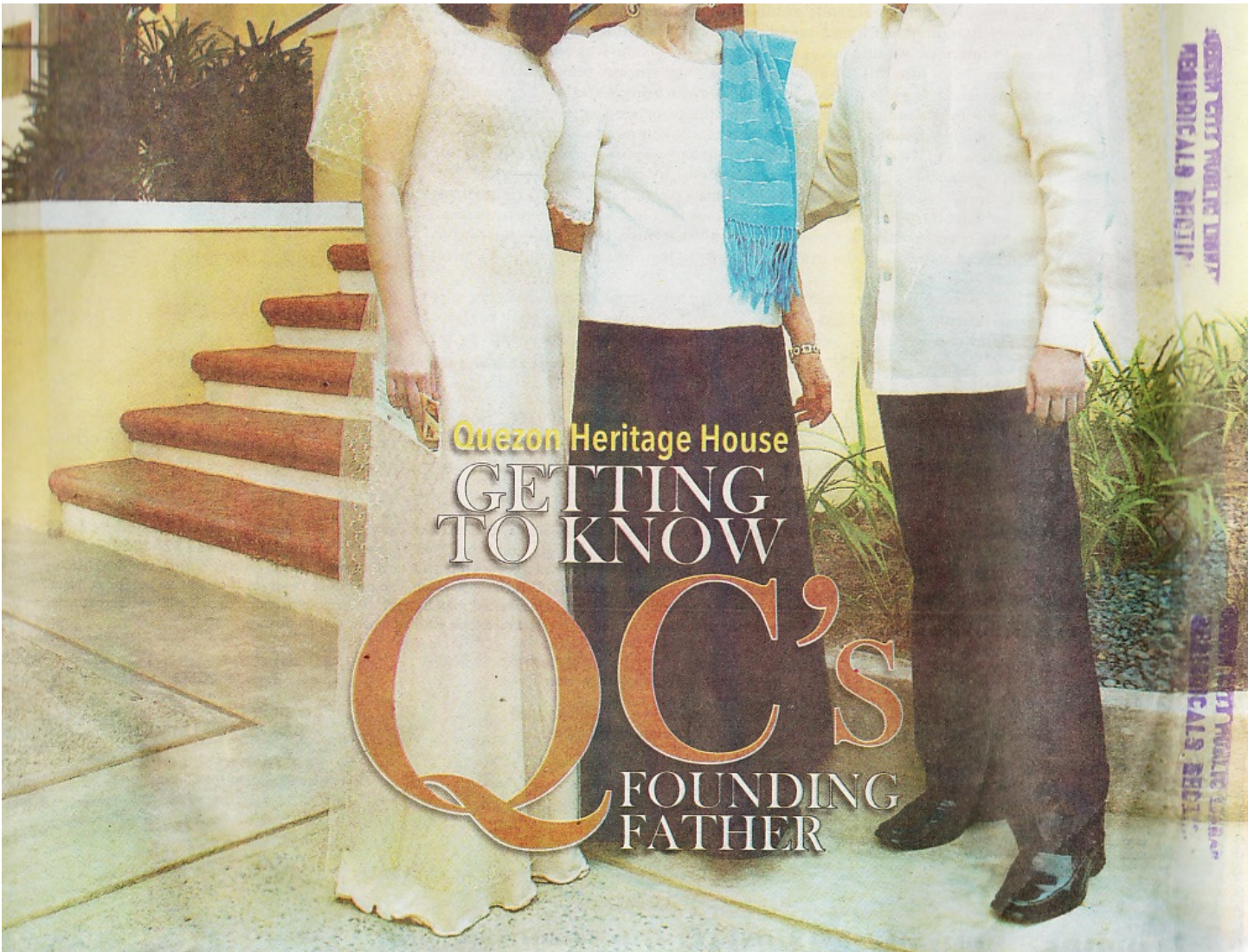
The Philippine Starweek

THE SUNDAY MAGAZINE OF THE PHILIPPINE STAR

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NOVEMBER 3, 2013





Quezon Heritage House

GETTING TO KNOW

QCC'S

FOUNDING FATHER

QUEZON CITY PUBLIC LIBRARY
MEDICALS REPT.

QUEZON CITY PUBLIC LIBRARY
MEDICALS REPT.



What's worse than the worst?

Singkit

Notes
from the
editor

It's – and I say this with a very heavy heart – NAIA, our very own Ninoy Aquino International Airport. It was recently voted – again – by an online poll of travelers as the world's worst airport to sleep in – no comfortable seats, no quiet spaces, bad restaurants, comfort rooms that offer the barest of comfort. It's a terminal obviously caught in a time and space warp.

But the other week it got even worse. The airport radar system broke down, and word was flights were being guided for take-off and landing manually or *mano-mano* (that's the term the guy at NAIA used).

On my way to the airport before 10 for a noon flight, I got a text message from a friend who was scheduled to leave on an 8:40 flight. "We're still here don't know when we're flying. *Nakapila pa kami* (we're still queueing) for takeoff. *Delay din kayo* (you're delayed too)."

The girl at the check-in counter said there was no advice yet about a delay. But a guy behind the counter told me, "*Malamang* (most likely) delayed, *pero nandyan na eroplano nyo* (but your plane is there already). *Mano-mano kasi ang take-off, inaayos pa ang radar* (Take-offs are done manually, the radar is being fixed)."

A little before 11 my friend texted that they were finally taking off. We though were still in limbo. Noon came, and went. After 1 p.m., we were told to board – and kept inside the plane for over an hour before we finally took to the air. As a result we missed our connecting flight; fortunately there was another flight two hours later that could accommodate us.

Beyond the inconvenience is the downright shame of having to explain our delay to – of all people – friends and those in the international travel and tourism industry attending the China International Travel Mart in Kunming, the capital of Yunnan province. Adding insult to our injury and shame was our landing in the new (opened in June 2012) Kunming International Airport, another one of those humongous, sleek, glass and steel terminals with air bridges and baggage carousels galore. It is intended to accommodate 25 million passengers at full capacity. It also has an equally humongous cargo facility to handle Kunming's booming cut flower export industry. The old Wujiaba airport, built as a military facility during the war for the famed US Flying Tigers, is being torn down for commercial redevelopment. And to think Kunming isn't even one of China's premier cities, but is classified as a second- and third-tier city. Right now the new terminal seems pretty cavernous, and at the evening hour we arrived it wasn't that busy, but it looks forward to the influx of travelers as the province ramps up its tourism campaign "Colorful Yunnan, Tourism Paradise."

I hate to be such a whiner but this problem of ours about airports has gone way beyond ridiculous. We entice foreign visitors with beautiful sights, great bargains and warm and wonderful people, but what is our welcome when they fly in?

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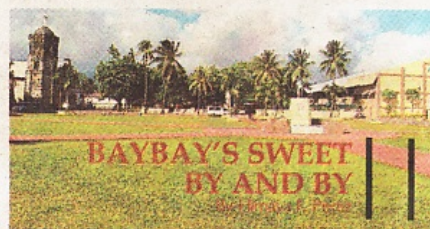
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But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions. It is

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But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms with Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.
Ephesians 2:4-7



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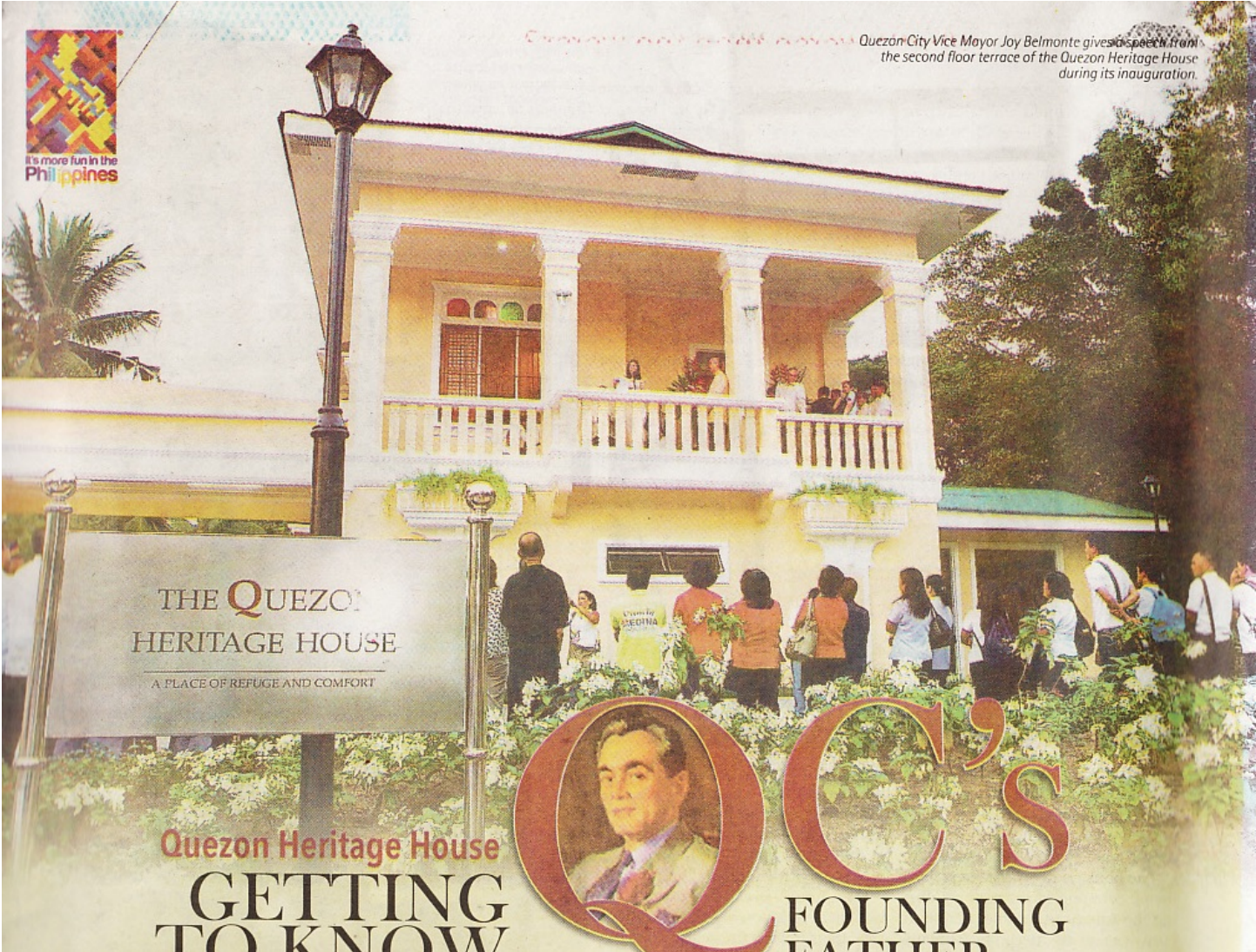
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It's more fun in the Philippines

Quezon City Vice Mayor Joy Belmonte gives a speech from the second floor terrace of the Quezon Heritage House during its inauguration.



THE QUEZON
HERITAGE HOUSE
A PLACE OF REFUGE AND COMFORT

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FATHER

By Janvic Mateo

BEFORE HE BECAME THE “FATHER OF THE PHILIPPINE REPUBLIC” AND THE “FATHER of the Philippine Language,” Manuel Luis M. Quezon – the first President of the Philippine Commonwealth – was first a father to his four children and a husband to a caring wife.

“He was very loving father,” recalls his only surviving daughter, Maria Zeneida “Nini” Quezon-Avanceña, during the recent inauguration of the Quezon Heritage House at the Quezon Memorial Circle.

“I remember that when we were children, he would get down on his hands and knees and we would ride on his back,” said the 92-year-old presidential daughter.

The memories of the former president as a family man are the things that the Quezon City local government would want to impart to the visitors of the newly-reconstructed house at the

Quezon Memorial Circle, according to Mayor Herbert Bautista.

Vice Mayor Joy Belmonte, whose office took charge of the transfer of the property from its original location along Gilmore Street in New Manila, said the heritage house complements the nearby Quezon Museum, which features exhibits about the president’s political career.

“The theme of the heritage house is home and family. That’s why when you look at the exhibits, it’s about his life with his children and the activities of his wife Aurora,” she explains.

The Quezon Heritage House is believed to be

the only existing house that is associated with President Quezon and his family.

It was offered to the president in 1927 just after he was diagnosed with tuberculosis. The family used it as a weekend house until they were forced to flee to Corregidor in 1941 and later to the United States in 1942 because of the war.

Quezon died in the US on Aug. 1, 1944, with the family returning to the Philippines the next year. Upon their return, the family purchased the Gilmore house on installment, and was later able to acquire three adjacent properties in the area.

Next page, please →



The main entrance features glass doors etched with bamboo and designed with iron-wrought leaves (left). Old furniture and personal artifacts allow visitors to identify with Quezon as a family man. The plant box on the second floor (bottom) is one of the original pieces from the Gilmore House.

Constructed in the 1920s, the two-story beige and white house was constructed at the northeast portion of the 166-hectare property now known as the New Manila.

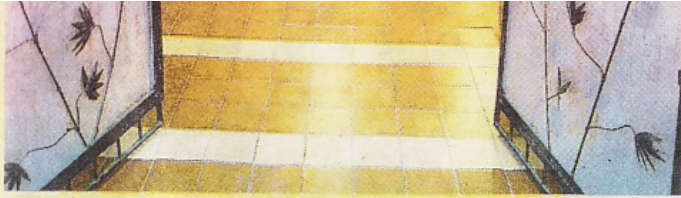
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during the classical period as a supporting column.

Between the social hall and the house is a rectangular pool which, in the reconstructed heritage house, was transformed into a fountain.

The house itself, however, was not strict in following the neo-clas-





Constructed in the 1920s, the two-story beige and white house was constructed at the northeast portion of the 166-hectare property now known as the New Manila.

The house is neoclassic in style, a theme common in the country during the American colonial period. It borrows and re-interprets elements from Roman and Greek architecture – for instance the use of Roman arches and the Greek post-and-lintel style edged with embellishments.

This is very evident in the design of the adjacent social hall, which was used as a venue of various important social events in the lives of both the former president and the first lady.

In describing the social hall, Billy Malacura – researcher and exhibition writer for the Quezon Heritage House – says that the “structure itself is neo-classical. But when you get inside, there are sculptures that are very classical.”

The single-story rectangular structure has round columns in its front and rear. It features Fu dog sculptures and a pair of Caryatids, which are sculpted females used

during the classical period as a supporting column.

Between the social hall and the house is a rectangular pool which, in the reconstructed heritage house, was transformed into a fountain.

The house itself, however, was not strict in following the neo-classical theme. Over the years, changes were made by the Quezon family to the house that had been their home for more than five decades.

For instance, the main entrance of the house features glass doors etched with bamboo and designed with iron-wrought leaves. Malacura says this may have been a manifestation of Aurora’s interest in Japanese culture.

“We have to take into consideration that the former president lived here only for a short time,” says Malacura, noting that the house mainly gives visitors an idea on how the family lived after Quezon died.

The main attraction of the house is the second floor, which features the original narra beds used by the former president and his wife. These were in the two bedrooms connected by a comfort room.



Christian Echeche, project development assistant of the heritage house, says the couple had to sleep separately due to the president’s illness. A bed for his nurse, as well as the chests where he kept his personal items, is also displayed in the president’s room.

In the main room on the second floor was a plant box given to the first lady prior to their escape to Corregidor. It also features the original spiral staircase from the Gilmore house.

Other original *muebles* displayed

in the house are cabinets and mirrors of the former presidential couple, including one given by his colleagues from the Senate. The doors, grills, and some of the stained glass panels were also from the original Gilmore property.

The ground floor speaks more of the Quezon family, particularly Aurora. The main room, which was used by the former first lady as her office when she was forming the Philippine Red Cross, features furniture custom-made to fit the period.

The ground floor also features



the room used by Aurora when she was older, as well as a guest room and an extension dining room constructed during the time of the Avanceñas. The house also has two kitchens – one on each floor – which showcases the family's food tradition, including a recipe for the president's favorite dish, *Cocido Español*.

According to Echeche, sixty percent of the materials from the original house were used in the recreated one at the Quezon Memorial Circle.

The Quezon family was said to have spent their weekends at the Quezon Heritage House to seek respite from the fast-paced life in the city. Later on, it was used by the family of Quezon-Avanceña until she decided to move to Alabang for health considerations.

The place was conducive to the president's condition as it offered a fresh and clean environment, which also reminded him of the forested surroundings in his hometown in Tayabas.

It was the house of an ailing person, says Malacura, "but it was also where the family bonded and spent time together."

Avanceña, who was teary-eyed during the inauguration, says she has a lot of memories in the house – not all of them good ones.

"We were living in this house when my mother, my older sister Baby, and my (first husband Felipe Buencamino III) were killed in that am-

rented a *banca* and brought her to Manila Bay and taught her how to swim.

"He used to get off from the boat and bring me down and try to teach me how to swim," she says. "My father was never too busy for us. We had more private life than the families of present day presidents."

Her son Ricky says the family has forgotten that the house is now in the middle of the Quezon Memorial Circle.

"I wanted to take my shirt off and go around the house," he chuckles.

Benjamin, another grandson, says the goal of transferring the house was to put a face to the family life and the personal side of the former president.

Avanceña was teary-eyed as she expressed her gratitude to the local government for funding the transfer. "I would like to thank everyone who has anything to do with putting up the Gilmore House."

According to Belmonte, they want to show the public that Quezon and his family lived a life similar to the rest of us.

"I think this house, when we see it, we can say that it's a home that every person can relate to," she says. "It was where he recuperated when he was ailing, similar to what we do when we are sick."

Belmonte – who has a background in archaeology and anthropology – says there is a need build some kind of unifying identity that will

bring Quezon City residents together.

"Sometimes we really need these tangible manifestations and not base our knowledge on concepts or on books. We have to see things to be able to identify with the place, with the person," says the vice mayor.

"(The Quezon Heritage House) shows us that this couple had a good family life and this is their home. This is where their children lived. It makes us closer to him as the president (who founded the city)," she adds.

The local government spent almost P10 million for the transfer of the Gilmore property. Belmonte says the plan to preserve the house started during the administration of her father, incumbent Speaker Feliciano Belmonte Jr.

Earlier, Mayor Bautista also instructed the city planning and development office to request information from the National Historical Commission of the Philippines (NHCP) on how the local government could acquire the old house and have it registered as a heritage site.

However, the NHCP said the house falls short of the requirements that could merit its declaration as a heritage site.

But according to the vice mayor, the local government felt the need to preserve the legacy and heritage of the Quezon family. Tours will be scheduled to disseminate information about the heritage house. She says their office will be happy to accept museum exhibits or recollections and stories about the former president and his life with his family.

Belmonte says the local government may introduce fees in the future, or even rent the space at the social hall for events and functions to generate revenue. For the meantime, admission to the heritage house is free.

Bautista says the transfer of the house is part of the local



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Bautista says the transfer of the house is part of the local government’s efforts to develop the Quezon Memorial Circle.

“If you want to know about Quezon as a politician, visit the Quezon Museum. If you want to know about his personal life, visit the heritage house,” he says, adding that the city will also open its social history museum and transfer the public library to the circle next year to provide the public with information about the city, its people, and the country. ■

The Quezon Heritage House is open to the public Tuesdays to Sundays, 9 a.m. to 4 p.m. For inquiries, please contact 988-4242 local 8206.



bush in Nueva Ecija,” she said, referring to the April 28, 1949 incident allegedly perpetrated by Hukbalahap members. Aurora left the house that day to inaugurate the Quezon Memorial Hospital in her home town of Baler, now a part of the province named after her.

But there were also good memories.

Avanceña says the house reminded her of her days with her father. She tells of how her father



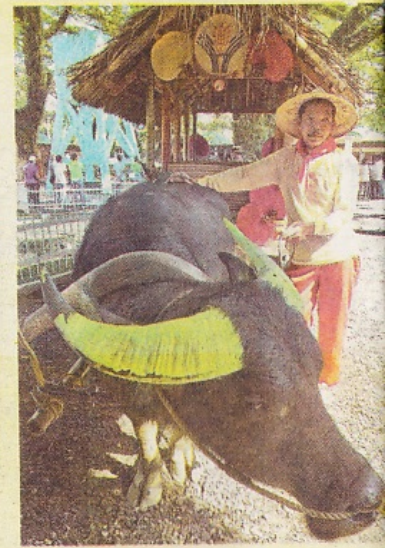
HOME SWEET HOME: The main entrance of the Quezon Heritage House welcomes visitors into the life of President Quezon and his family. (above left). The Quezon clan takes a family photo during the inauguration (above). On the cover: Maria Zeneida Quezon-Avanceña, is flanked by Mayor Herbert Bautista and Vice Mayor Joy Belmonte.

STAR photos by WALTER BOLLOZOS



Photos by GEORGE TAPAN

The Community-Based Theater Group performers are soaked but still smiling as they perform on the first day of the festival (left). A man offers carabao rides at the Kasanggayahan Village (below).



CELEBRATING SORSOGON

By Ida Anita Q. Del Mundo

IT WAS RAINING ON AND OFF ON THE FIRST DAY OF THE KASANGGAYAHAN FESTIVAL in Sorsogon. By the time the parade reached the city center, the street performers were soaked to the bone, but still smiling as they danced among the *higantes*. They were no doubt motivated by the crowd of Sorsoganons that stayed under umbrellas to watch the show and after, huddled together to celebrate mass.

Despite the rains, the whole of Sorsogon came out to witness the Kasanggayahan Festival – an exciting spectacle for everyone since the festival

This first mass is what the Community-Based Theater Guild (CBTG) reinacted to open the festival, complete with larger-than-life effigies of

easily accessible to the public, as the photos were printed on tarps and displayed along the road. “We want people to enjoy and participate.”

Photos by GEORGE TAPAN

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Despite the rains, the whole of Sorsogon came out to witness the Kasanggayahan Festival – an exciting spectacle for everyone since the festival was revamped this year.

“What can we be proud of that is really ours? What is the distinct feature that we have in the province of Sorsogon?” Sorsogon City Mayor Sally Lee says these were the questions that the committee challenged themselves to answer when they first came together to re-brand the festival.

When tasked to find what makes Sorsogon truly unique, the organizers of the Kasanggayahan Festival had a lot to choose from – *pili* nuts which are abundant in the province, the whale-sharks of Donsol, eco-tourism attractions, surfing spots, and more.

However, one event in Sorsogon’s history stood out – in the tiny fishing village of Gibalon, the first mass in Luzon was held in 1567.

On a small expedition dispatched by Miguel Lopez de Legaspi from Panay, Captain Luis Enriquez and Fray Alonso Jimenez found themselves on the shores of Ginagra River.

This first mass is what the Community-Based Theater Guild (CBTG) reenacted to open the festival, complete with larger-than-life effigies of Fray Alonso, Captain Luis, and his crew.

“We try to bring out the talents of the province. This is what we want to show everybody... the culture and history of the province,” says tourism consultant Milo Naval, highlighting the talented CBTG.

Naval adds, the Kasanggayahan festivals of the past were celebrated with singing contests and the like, and were just celebrated among the community-members. “Now the festival has more of a global appeal.”

The re-branded Kasanggayahan is a mix of modern and traditional – appealing to both young and old, foreigners and locals. While the activities are new, the essence of the festival – the first mass in Luzon – is not lost.

“We are trying to do events that are not very usual and show culture in a modern way,” says Naval. “We want to bring the events to the streets,” he adds, noting that even the photo contest was

easily accessible to the public, as the photos were printed on tarps and displayed along the road. “We want people to enjoy and participate.”

After the persistent rains on the first day, the rest of the Kasanggayahan Festival was blessed with sunshine.

Day two of the festival saw the opening of the Kasanggayahan Village where each municipality had stalls and sold their local products.

There was also a more traditional form of street dance – the *Pantomina sa Nayon*, where 17 contingents, ranging from the old to the young, performed a courtship dance.

One of the new and interesting highlights of the festival was the *Bida Ka Street Art* contest, a cosplay contest with Bikolano spice.

Contestants were dressed as creatures from Bikolano mythology – including *Gugurang*, a Zeus-like leader of the pantheon of Bikol gods, a crowd favorite, who held a lightning bolt and a capiz lantern; there was *Oryol* the serpentine half-woman, half-snake, clad in a creatively



A GIANT CELEBRATION:
The CBTG members dance among the gigantes depicting important figures in the first mass in Luzon (above). The giant Spanish soldiers tower over the parade watchers who have flocked to the streets of Sorsogon (left). Festival-goers pin money to the dress of a participant in the Pantomina sa Nayan (far left). Dancers clad in a festive red perform



A GIANT CELEBRATION
 The CBTG members dance among the *higantes* depicting important figures in the first mass in Luzon (above). The giant Spanish soldiers tower over the parade watchers who have flocked to the streets of Sorsogon (left). Festival-goers pin money to the dress of a participant in the *Pantomina sa Nayan* (far left). Dancers clad in a festive red perform the traditional *pantomina* (bottom left).

imagined costume with scales made of *tahong* shells; and a whole gamut of *aswangs* and mythical beasts.

In the end, the less traditional Parau Princess won the contest, for the use of multi-hued pieces of *abaca* that made up her dress, evoking boat sails blowing in the wind.

The rest of the festival was a showcase of Sorsogon culture with the photo contest, CBTG night, food festival, concerts and more. There was also a pilgrimage to Gibalon, where a commemorative mass was held.

"We were able to get the interest of the public. The ideas are very much in tune with the times," says Naval on his assessment of the first few days of the festival. He was especially pleased with the active participation of the whole community. He plans to make even more improvements on the festival in the coming years, and hopes that the festival will gain international appeal.

With its re-branding, the Kasanggayahan festival has gone beyond a simple foundation anniversary celebration. It has established Sorsogon as the birthplace of Catholic faith in Luzon. 🇵🇭



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Daily ICU	1,000	2,000	3,000
Maximum	365,000	730,000	1,095,000
Surgical Maximum	20,000	40,000	60,000
Convalescence	20,000	40,000	60,000

Table of Low Monthly Premiums

Age	Plan 1000	Plan 2000	Plan 3000
50 - 54	P 431.95	P 864.95	P 1,297.95
55 - 59	513.95	1,026.95	1,540.95
60 - 64	623.95	1,247.95	1,871.95
65 - 69	785.95	1,571.95	2,357.95
70 - 74	1,004.95	2,010.95	3,016.95

Burial Benefit Rider

Table of Monthly Premiums and Benefits

Age	P 50,000	P 75,000	P 100,000
50 - 54	P 128.95	P 193.95	P 258.95
55 - 59	168.95	253.95	338.95
60 - 64	208.95	313.95	418.95
65 - 69	278.95	418.95	558.95
70 - 74	358.95	538.95	718.95

Special Enrollment
 Period Ends:

November 13, 2013

Please check the plan you require:

PLAN 1000 PLAN 2000 PLAN 3000

Please check the Burial Coverage you require:

12345

3. Simply send us the completed form – through fax, e-mail or mail. No need to send money with your enrollment.

Cut & mail to:

Premium HEALTHCARE Plus

Paramount Life & General Insurance Corporation
11th Floor Sage House,
110 V. A. Rufino St.,
Legaspi Village, 1229 Makati City

70 - 74 1,004.95 2,010.95 3,016.95

Burial Benefit Rider

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For inquiries, call
Telefax: (02) 772 9264.
Direct line: (02) 810 1008
Fax: (02) 816 0604

smart: 0939 825 0287
globe: 0917 539 6987
sun: 0922 889 4841

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website: www.paramountdirect.com



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www.paramount.com.ph



Paramount is regulated by the INSURANCE COMMISSION and a member of the Direct Marketing Association New York, New York.

Special Enrollment
Period Ends:

November 13, 2013

Premium HEALTHCARE Plus Official Enrollment Form:

Please send me my Premium HEALTHCARE Plus policy. I understand that this does not obligate me in any way and that I will have the opportunity to inspect my policy for up to 10 days before I accept it. I understand that the insurance will take effect when my policy is issued and I have paid my first premium during my lifetime and good health.

**10-DAY
FREE-LOOK
GUARANTEE**

Please Print (Full Name)

Mr. Mrs. Ms. _____
First Name M.I. Last Name

ADDRESS _____

ZIP CODE _____ TEL. NO. _____

MOBILE NO. _____ E-MAIL _____

DATE OF BIRTH _____ AGE _____

PLACE OF BIRTH _____ FEMALE MALE

OCCUPATION _____

Please check the plan you require:

PLAN 1000 PLAN 2000 PLAN 3000

Please check the Burial Coverage you require:

P 50,000 P 75,000 P 100,000

FULL NAME OF BENEFICIARY _____

RELATIONSHIP TO YOU _____

Applicant's Signature _____ Date _____

CREDIT CARD AUTHORIZATION (If paying via credit card only)

Credit Card Authorization (If paying via credit card only)

This is to authorize Paramount Life to:

Bill my premiums to my credit card immediately.

Effect this authorization upon my advice.

Should there be no option taken, the automatic charging of premiums to your credit card shall be employed

I authorize Paramount Life to charge my premiums to my credit card.

American Express JCB Diners

Any Visa or Mastercard

CARDHOLDER'S NAME _____

CARD NUMBER _____ TEL./MOBILE NO. _____

EXPIRY DATE _____ AMOUNT _____

I understand and hereby agree that should my Credit Card be refused by the Credit Card Company for whatever reason, failing to meet my financial obligation, this premium payment arrangement shall be immediately revoked/canceled even without prior notice to me. I further agree that Paramount Life shall not be held liable in case of termination of the Policy as a result of such revocation/cancellation.

Cardholder's Signature _____ Date _____

PINOYS TAKE THE GROW CHALLENGE

By Jed Alegado

ACTRESS CHERRY PIE PICACHE PLANS HER MEALS AND BUYS ONLY WHAT SHE NEEDS, mindful not to waste food. This is one of the calls of international non-profit Oxfam's Grow Challenge, a campaign for Filipinos to commit to five simple actions that have dramatic positive benefits for our agriculture, food producers and the environment.

The Grow Challenge is an on-line-based campaign which enjoins consumers to make the following five positive food choices through hashtags: #EatBrownRice, #BuyLocal, #ReduceFoodWaste, #SaveWater, and #ConserveEnergy.

The Grow challenge is part of Oxfam's Grow campaign calling for a radically new approach to the way we grow, share and manage food and other natural resources. According to Oxfam's research, in the Philippines, the challenge is close to 100 million Filipinos – growing by two million per year – on increasingly degraded and shrinking agricultural lands. About 50 percent of Filipinos spend 56 percent of income on food – the poorer the Filipino household, the higher percentage of its income it allocates to food. Rice yield will fall by 10 percent for each 1 degree C increase in tem-



The GROW Challenge is launched in Trinoma (above). Chef Stephanie Zubiri campaigns for #BuyLocal while Kapuso hunk Mikael Daez pitches for #EatBrownRice (right).

PHOTOS BY RALPH ROVIE EYA

Twitter and Instagram, inspiring others in the process.

#GrowChallenge was launched in Trinoma, in Quezon City.

Kapuso Actor Mikael Daez is fully behind #eatbrownrice because he believes it will help fulfill the country's rice requirements. Since brown rice is rice milled once compared to white rice which is milled twice, it is heavier and packed with more nutrients. In the Philippines, the milling of brown rice has less wastage – yielding 70 percent compared to white rice which is 63 percent – and greater production would mean increased tonnage of

Page 13, please ➔



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Oxfam calls for increased investments in smallholder farmers and fishers; better government policies that will bring improved livelihoods of food producers and spur economic production and growth; and increasing the resiliency of vulnerable sectors towards impacts of climate change. But individuals, especially young people, can do their share in fixing the food system through the Grow Challenge.

The ongoing online campaign encourages netizens to take photos and post commitments on social networking sites like Facebook;



The GROW Challenge is launched in Trinoma (above). Chef Stephanie Zubiri campaigns for #BuyLocal while Kapuso hunk Mikael Daez pitches for #EatBrownRice (right).

PHOTOS BY RALPH ROVIE EYA

Twitter and Instagram, inspiring others in the process.

Boosting the online campaign's popularity in the social media, Oxfam ambassadors like Picache led the #GrowChallenge. Together with Picache, GMA-7 actor Mikael Daez campaigned for #EatBrownRice, comedienne Tuesday Vargas pitched for #SaveWater, chef Stephanie Zubiri encouraged everyone to #BuyLocal and food blogger and restaurateur Erwan Heussaff called for #ConserveEnergy.

At the peak of the campaign last July, hundreds of people posted their own commitments on their social media accounts using hashtag-calls of the #GROWChallenge. Public support grew after the

#GrowChallenge was launched in Trinoma, in Quezon City.

Dubbed as the "#GROWChallenge Launch: GROW, Share and Live Better," the Oxfam event witnessed thousands of mall-goers, students, and mothers listen to the testimonials of the five Oxfam ambassadors and gamely participated in games. They also checked out booths of other non-governmental organizations to learn more about each of the challenges.

At the event, Zubiri shared that since she started as an Oxfam ambassador two years ago, she became more conscious of the ingredients she uses when she cooks. "Buying locally grown produce supports livelihoods and travels shorter distances," she said.

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Page 13, please →





BAYBAY'S SWEET BY AND BY

Text and photos by Himaya Faurillo Pérez

DOWN SOUTH IN LEYTE IS THE BEGUILING CITY
of Baybay.

A host of apocryphal stories abounds about how the city got its name. But the most logical explanation is that the town has the longest coastline in Leyte province, so common sense dictates that it be named "Baybay" which literally means "beach."



BAYBAY IS SWEET BY AND BY

Text and photos by Himaya Faurillo Pérez

DOWN SOUTH IN LEYTE IS THE BEGUILING CITY of Baybay.

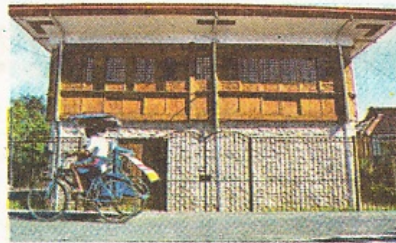
A host of apocryphal stories abounds about how the city got its name. But the most logical explanation is that the town has the longest coastline in Leyte province, so common sense dictates that it be named "Baybay" which literally means "beach."

It goes without saying that its major tourist magnet is its stretch of beach. Baybay may not be as well-known as other popular white sand island beaches, but what it offers is its natural charm away from the madding crowd.

To highlight its coastal bounty, the city recently celebrated the Binaybayon Festival, a thanksgiving ritual influenced by the traditional Waray *curacha* dance. Coinciding with the patronal feast, the festival is also inspired by the townsfolk's pastoral way of life, with the street dances depicting the various stages of the planting and harvest seasons.

The festival was inceptioned when Baybay was declared a component city of Leyte in 2007, to showcase the strides it has made in economic progress and tourism development.

Tourists can expect more than the usual sight-seeing trips in this "City of Discovery,



Beauty and Serenity."

Baybay is sandwiched among the mighty Pangasugan mountain ranges, the tranquil Camotes Sea and comely Camotes islands. The visitor's experience can start at the Visayas State University, a sprawling campus which has earned the moniker "resort university" because of its enviable beach-front location.



HELLO, BAYBAY (from top): The spacious city plaza and boulevard are good for a leisurely stroll; Bakwitan Falls is for the adventurous; Baybay beach for the sun-seekers. A restored house on Baybay's heritage lane (above left).

Page 13, please ➡

Finding refuge and strength

Dr. Harold J. Sala



Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

— John 16:24

Pray about everything

There is a popular belief today that if you really want something and pray about it, you will receive what you ask for. After all, people reason, didn't Jesus say, "You may ask me for anything in my name, and I will do it." (John 14:14)?

Here are some of the unusual prayer requests that we have received at Guidelines:

- A woman asked us to pray that her husband would find a "permanent mistress" so he would not be attracted to prostitutes and contract a sexually transmitted disease.
- A man asked to pray that his girlfriend, who is married to another man and has a family, would divorce her husband so he could marry her.
- A woman with a floral business requested that we pray for more people to die so she could sell more floral wreaths to the mortician.

You may see the ludicrous in those requests, but there would be nothing funny about the absolute chaos that would result from God giving us everything we ask for.

Prayer is powerful and God does answer the earnest prayer of a man who has been justified in His sight. A generation ago John Rice entitled his book on prayer *Asking and Receiving*. In this book he explains that as God's children, we can knock on heaven's door with our petitions, and He bountifully showers His grace and goodness upon us.

In the Know

Tendrils book of haikus relaunched

Teresita Aviles-Gecolea, an 83-year-old grandmother of four, recently relaunched her book, *Tendrils*, a collection of haikus and other poems in English and Filipino.

The author is a self-educated poet, having developed her passion for reading and writing since she was eight years old. Her poems appeared as early as 1953 in *The Cross* and other magazines

including *Mod* and *Homelife*. She worked with Manila's public library in her younger days.

As a grandmother, the author still writes haikus until today and draws inspiration from her grandchildren.

Tendrils is available at Mind Master Publishing Inc. at 116 Narra St., Project 3, Quezon City. For inquiries, call 435-1073 or 421-1353.

T.G.I.Friday's new dishes

T.G.I.Friday's launches 11 new dishes on its menu that will surely appeal to anyone who loves scrumptious comfort food and hefty portions on one plate!

Friday's presents three renditions of its famous buffalo wings, now available in honey barbecue, garlic parmesan, and buffalo chicken pasta.

Mexican favorites have also been given the Friday's signature twist - chipotle yucatan chicken salad, tostada nachos, tortilla crusted fish tacos, and Tex-Mex mac and cheese.

The restaurant beefs up its burger menu with the new spicy beef queso burger with beer-cheese sauce, jalapeño, chipotle mayo, and guacamole; and the two bleu burger with blue cheese and bacon.

Rounding out that new items are caramel cheesecake, old fashioned chocolate cake, and red velvet.

For more information, follow @fridaysphil on Twitter.



The Manila Hotel rewards early birds

The Manila Hotel has a special treat in store for early birds on the lookout for their next hotel getaway. The first 25 guests to book an overnight visit at the Grande Dame via the Manila Hotel website (www.manila-hotel.com.ph) can stay at one of its Grand Deluxe rooms at a discounted rate. Guests will also get 50 percent off on Cafe Ilang Ilang's buffet breakfast rate during their stay.

This promotion is only available until Nov. 7, via the Manila Hotel website on a strictly book-and-buy basis. Patrons can choose to book their visits until Nov. 10.

For inquiries, call 527-0011 local 1178.

More Grace and More Magic now available

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More Grace and More Magic now available

A follow up volume to writer/book author Visitacion "Chit" de la Torre's first soul book, *Grace and Magic*, appropriately titled, *More Grace and More Magic*, is now available in hardcover.

This volume, *More Grace and More Magic*, features short essays on diverse topics, issues and aspects of an engaged and committed individual. From family to friendship, to work to dreams to tourist destinations to laughter to crying in the rain to hunger to fulfillment, this 300-page book has everything for everyone. Towards the end of the book, *More Grace and More Magic* features essays on Philippine history, culture and heritage.

For details, call 815-6925; 815-4938; 664-3270; 404-9439 or email chitdelatorre@yahoo.com.

Singkit From page 2

Successive secretaries at the Department of Transportation and Communications have fiddled and faddled about NAIA - 1, 2 and 3 - as well as other airports all over the country. We seem to have a plan that is rejected before it can

be implemented in favor of another plan, which is in no time further modified, and so on and so on...

The same seems to be the case with our rail system (LRT, MRT and PNR), with the car plates and stickers at the Land Transportation Office... Hey, aren't these DOTC concerns? Oh dear, what's going on at the Department of Total Confusion?

Baybay's sweet...

From page 11

One of the country's biggest agricultural schools, VSU is a vital component of the city's blossoming agro-industrial tourism.

The city also takes pride in its 13,820-hectare coconut plantation, the biggest in Eastern Visayas, making it the home of two world-class coconut oil factories and a pulp paper exporter.

Baybay is also Leyte's de facto heritage city due to its well-preserved American-era ancestral houses. Visitors can walk around the heritage lane which will transport them back in time as they visit the antediluvian homes which have become living museums.

As part of its expansion, the city is reclaiming a nine-hectare new central business district which will house the public market and transport terminal, a P200-million sports complex, a hotel, fishport, fishing area, a shopping mall, and a tent city garden park.

These developments will offer visitors a front row seat to a romantic sunset while munching on the tasty local delicacy *lechon manok* (roast chicken).

In the city's outskirts is the wind-swept upland village of Lintaon, which affords guests a breath-taking view of the city and the mountain ranges. The area is ideal for a back-to-the-basics nature camping



Visayas State University's neoclassical welcome marker.

experience.

The more adventurous can explore the cavernous chambers of Lintaon Cave, take a dip in the rejuvenating waters of Bakwitan Falls, paddle down Ambacan River, or trek Mt. Pangasungan.

The greatest attraction could be that you would not have to jostle with hordes of other visitors, but be able to enjoy the beauty and serenity of Baybay unhurried and uninterrupted. 📧

Madamba-Nuñez, head of Oxfam's advocacy, campaigns and communications program. "We are grateful for the role of our ambassadors in getting the public to take the Grow challenge," said Nuñez.

Pinoys take...

From page 10

locally available rice.

Erwan Heussaff shared his thoughts about conserving energy by relating it to the situation in Min-

In My Basket

Lydia D. Castillo



The homemaker will do well to be prepared for the occasion, when family gatherings will certainly be held. And, of course, the meals to be shared will have to be carefully thought through.

Christmas is nearly here

In less than two months, we will be celebrating another Christmas. The homemaker will do well to be prepared for the occasion, when family gatherings will certainly be held. And, of course, the meals to be shared will have to be carefully thought through. Are we all prepared? It is wise to look at the calendar and work out how best we can remain stress free in spite of the very busy time we and our assistants will have to spend in the kitchen.

Initially, have a list of the get-togethers your family will have. Note when your turn to host will be, then plan the menu. Maybe consult the others who will be entertaining at the other gatherings so you won't duplicate their menus. Purchase the ingredients that are not perishable and which you can store in your freezers or cupboards.

At this point, it is practical to stock up on the basics required for special holiday food. By this time, a lot of the main ingredients required should be available in the supermarkets.

We have noted Butterball turkeys in the commercial freezers, as well as ox tongue and lamb legs. Be alert for some special promos, like discounted prices for olive oil, both pure and extra virgin. Olive oil is a must in any holiday kitchen. If you plan to do a *pastel* dish, try and look for the pastry puffs at specialty stores, like Santis or Terry Selection, to relieve yourself of the tedious chore of making it from scratch.

Now is a good time to make your fruit cakes – glazed fruits are available in most stores. Otherwise, visit Killion in the Quiapo market – they are available there.

Doing *paella* and *cocido*? Don't fret, *chorizo bilbao*, the El Rey brand, is available at all times at the Makati Supermarket. Saffron, powder or fibers, are readily available now. Check La Tienda in Makati for more Spanish cuisine ingredients, like *paella* seasoning, even *paella* rice and coloring, and the beans for *fabada*. It also carries different variants of Spanish *chorizo*.

For a Chinese-y *pancit*, get the Kwong Bee sausages made in Cebu, now sold in different stores in Metro Manila. There is a Filipino *pancit*

port terminal, a P200-million sports complex, a hotel, fishport, fishing area, a shopping mall, and a tent city garden park.

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Pinoy take...

From page 10

locally available rice.

Erwan Heussaff shared his thoughts about conserving energy by relating it to the situation in Mindanao. "In a country where a power crisis is regularly experienced especially in Mindanao and has electricity rates that are high, every Filipino must think of ways on how to be energy efficient at home."

For Tuesday Vargas, "Filipinos should save water because not everyone has access to safe and potable water. In our home, I am conscious of water leaks to reduce the amount of water being lost."

"The success of Oxfam's #GROWChallenge proves that more and more Filipinos are realizing that we need to take simple yet concrete actions so that resources such as land, water, and energy will still be available and enjoyed by future generations," said Marie

Madamba-Nuñez, head of Oxfam's advocacy, campaigns and communications program. "We are grateful for the role of our ambassadors in getting the public to take the Grow challenge," said Nuñez.

In connection with International Rural Women's Day Celebration last Oct. 15 and World Food Day on Oct. 16, Oxfam and its celebrity ambassadors toured schools and campuses, speaking to bloggers and social media influencers and granting media briefings and interviews to hype up the Grow Challenge. World Food Day is a global celebration declared by the United Nations Food and Agriculture Organization (FAO). This year's theme focuses on "Sustainable Food System for Food Security and Nutrition." 🇵🇭

Follow Oxfam sa Pilipinas on Facebook and Instagram to receive updates on the GROW campaign.

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For a Chinese-y *pancit*, get the Kwong Bee sausages made in Cebu, now sold in different stores in Metro Manila. There is a Filipino *pancit sotanghon* recipe in Omay Chikiamco's cookbook which we found delicious. It makes use of dried shitake mushrooms (*tengang daga*) which you can buy for P180 a pack of 250 gms. This will be good for at least three times the required amount for each serving.

Some Spanish dishes and a few pasta recipes require olives, either green or black. Get the pitted ones. There are also green olives stuffed with red sweet pepper or anchovies. We prefer this as anchovies give that special kick in a pasta dish. Get at least two tins.

If you need cream cheese, get a big block so you don't have to run to the store when you run out. It is useful when making *caldereta* and *moussaka*, an Egyptian dish of ground beef layered with fried eggplants – very rich, but delicious.

Like a good boy/girl scout, be prepared for the coming holidays. Like Santa, make your list now.

Have a happy Sunday.

E-mail me at lydiadolores34@gmail.com.



Rosalinda L. Orosa

Table Talk

¡Ole!

Text and photos by Evelyn R. Garcia



H.E. Spanish Ambassador Jorge Domecq

Despite the impending arrival of Typhoon Nari and the torrential rains, throngs came to celebrate Spain's National Day at the residence of Spanish Ambassador Domecq.

The Philippines and Spain are bound together like sisters. Since the arrival of Miguel Lopez de Legazpi on the shores of Cebu in 1565, Spanish presence in the Philippine archipelago for 331 years has left an indelible print on our nation. First, the spread of Roman Catholic Christianity on over 90 percent of our people; its strong influence on our language, cultural practices and even on our surnames, and for some, the obvious inheritance of the Castilian, generally called 'mestiza' features. Last but not least, its delicious gastronomical influence on our food! Who can refuse *paella* and *tapas*? And who among us does not feel like dancing flamenco?

Spanish colonial influence on our architecture is prevalent in our churches, homes and universities. Sadly, the recent earthquake damaged at least ten churches in Bohol and Cebu built during the Spanish times, bringing down with them valuable historical artifacts if not deeply ingrained sentiments and beliefs.

Ambassador Domecq once said that his biggest challenge is the renewal and strengthening of ties between our two countries. But from the attendance at the National Day celebration, it did not seem much work was needed to fortify the already strong partnership between Spain and the Philippines. This will continue to forge ahead, undoubtedly with great success. ¡Ole!



The lovely Rosa Rufino Domecq, wife of the Spanish Ambassador



Consul Evie Costa, Mita Rufino, Baby Angara, Consul Fortune Ledesma and Joanne Rae Ramirez, editor-in-chief of People Asia



Chloe Romulo Periquet



Marivic Rufino



H.E. Spanish Ambassador Jorge Domecq

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Chloe Romulo Periquet



Marivic Rufino



Miguel Realmonte, Ignacio Perez, Deputy Head of Mission and Pepe Rodriguez



Former Senator Heherson "Sonny" Alvarez, Cecile Guidote Alvarez, Narda and Chacha Camacho

2	0	1	3			
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12		

Sunday to Sunday

AROUND TOWN
IN EIGHT DAYS
November 3 to 10, 2013
Send e-mail: starweek.events@gmail.com/Follow us: @starweekMagSTAR



MUSIC

INFINITE WORLD TOUR

Korean megastar band Infinite performs on Nov. 3, 7 pm at the Smart Araneta Coliseum (Araneta Center, Cubao, QC). ☎ 911.5555

ONE REPUBLIC

Nov. 6, 8 pm at the Smart Araneta Coliseum (Araneta Center, Cubao, QC) ☎ 911.5555

COME AND GET ME – ALJUR ABRENICA

Nov. 7, 8 pm at the Music Museum (Greenhills, San Juan). ☎ 891.9999

ERIK SANTOS – INTENSE

Nov. 9, 8 pm at the PICC Plenary Hall (CCP Complex, Pasay). ☎ 891.9999

RED HOT MOCHA NIGHT

Nov. 9, 8 pm at the Music Museum (Greenhills, San Juan). ☎ 891.9999



DANCE

KALOObAN: ONENESS OF THE FILIPINO SOUL IN DANCE

Presented by Kaloob Philippine Music and Dance Ministry on Nov. 9 (3 pm/8 pm) and 10 (2 pm/6 pm) at the CCP Main Theater (Roxas Blvd.). ☎ 891.9999



THEATER

CINDERELLA

Rediscover some of Rodgers and Hammerstein's most beloved songs, including "My Own Little Girl" and "The Godfather Part II" (UP Dilliman, QC) ☎ 928.1927



Jayvhot Galang as Maxie.

MAXIE THE MUSICAL: ANG PAGDADALAGA NI MAXIMO OLIVEROS

A coming-of-age musical about a gay teen who is torn between his love for a young cop and his loyalty to his family. Based on Michiko Yamamoto's screenplay "Ang Pagdadalaga ni Maximo Oliveros" (UFO Pictures, 2005), features book and lyrics by Nicolas Pichay, music by William Elvin Manzano, JJ Pimpinio, and Janine Santos, and direction and choreography by Dexter Santos. Runs from Nov. 9 to Dec. 8 with shows on Fri, Sat, and Sun at 8 pm and matinee shows on Sat and Sun at 3 pm. All performances are at the PETA Theater Center (No. 5 Eymard Drive, New Manila, QC). ☎ 891.9999 and 470.2222



VISUAL ARTS

UP VARGAS MUSEUM

Sala sa Init Sala sa Lamig by Don Salubayba until Dec. 6 at the GF Lobby and West Wing Gallery. Salubayba explores dualities and ironies in Philippine culture and contemporary society brought about by colonial mentality and the desire to create identity. (UP Dilliman, QC) ☎ 928.1927

Arts) and screenings on Japan and Southeast Asian experimental cinema (FDCP Cinemas Baguio/Iloilo/Davao, CINEMA Benilde SDA). Featuring artists from Japan, Indonesia, Malaysia, Thailand, Singapore, Vietnam and the Philippines. Nov. 8 to 24. For info and details, send email at makmanila@gmail.com (Lian Ladia), sdelapaz@jfmo.org.ph (Sheila dela Paz) or ☎ 811.6155 to 58.

UNIVERSITY OF SANTO TOMAS MUSEUM

Mysteries & Colors: Galo B. Ocampo until Nov. 15. On the occasion of the birth centennial of Galo B. Ocampo, a member of the Triumvirate. (España, Manila)

YUCHENGGO MUSEUM

Ulmer Modelle – Modelle nach Ulm until Nov. 15. Features products and designs by the Ulm School of Design. (RCBC Plaza, Makati)

AYALA MUSEUM

A Fine Art Photographic Exhibition by Justin James Wright until Nov. 3. *Images of Nation: The Real H.R. Ocampo* from the Paulino and Hetty Que collection until Nov. 17. ☎ 757.7117.

BENCAB MUSEUM

Anachronistic Anxiety by Don Salubayba until Nov. 3. *In Transitions*, paintings by Jose Santos III and *iPen to iPad*, four decades of published drawings by Edd Aragon from Nov. 9 to Dec. 1. (Km. 6 Asin Road, Tuba, Baguio) ☎ (074) 442.7165

FINALE ART FILE

Leave me a place underground featuring local contemporary artist, Lyra Garcellano and Indonesian contemporary artist, Erik Pauhrizi until Nov. 4. (La Fuerza Compound, 2241 Pasong Tamo., Makati) ☎ 813.2310

PASEO GALLERY

Black and White Redux by Romulo Olazo until Nov. 5. (SM Megamall, Mandaluyong) ☎ 706.5514

Nov. 7, 8 pm at the Smart Araneta Coliseum (Araneta Center, Cubao, QC) ☎ 911.5555

COME AND GET ME – ALJUR ABRENICA

Nov. 7, 8 pm at the Music Museum (Greenhills, San Juan). ☎ 891.9999

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THEATER

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Rediscover some of Rodgers and Hammerstein's most beloved songs, including *In My Own Little Corner*, *Impossible/It's possible* and *Ten Minutes Ago* in this fun Broadway musical for dreamers of all ages. With Christian Bautista as Prince Charming and Karylle as Cinderella. Last performance today at the Newport Performing Arts Theater, Resorts World Manila (Pasay). For full schedule, ☎ 891.9999 or www.ticketworld.com.

GREASE

Dust off your leather jackets, pull on your bobby-socks, throw your mittens around your kittens and hand-jive the night away with the show that'll make you want to stand up and shout! Directed by Robbie Guevara. Runs from Nov. 10 to Dec. 1 at Carlos P. Romulo Theater, RCBC PLaza (Ayala Ave., Makati). For full schedule, ☎ 891.9999.

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CULTURAL CENTER OF THE PHILS

Press On: Guhit + Kutkot + Limbag = Sugod. The Philippine Association of Printmakers marks its 45th with an exhibition at the CCP's Bulwagang Juan Luna and Pasilyo Victorio Edades from Nov. 6 to Feb. 2, 2014. PAP members came up with new works that answer the need to keep printmaking contemporary and to show the vitality of printmaking within contemporary expression. (Roxas Blvd.) For full schedule of events, visit www.culturalcenter.gov.ph.

SENSORIUM

A media and technology program which involves exhibition programming (Ayala Museum), media/art laboratories (98B, Green Papaya Art Projects), workshops and talks (Benilde School of Design &

Mysteries & Colors: Galo B. Ocampo until Nov. 15. On the occasion of the birth centennial of Galo B. Ocampo, a member of the Triumvirate. (España, Manila)

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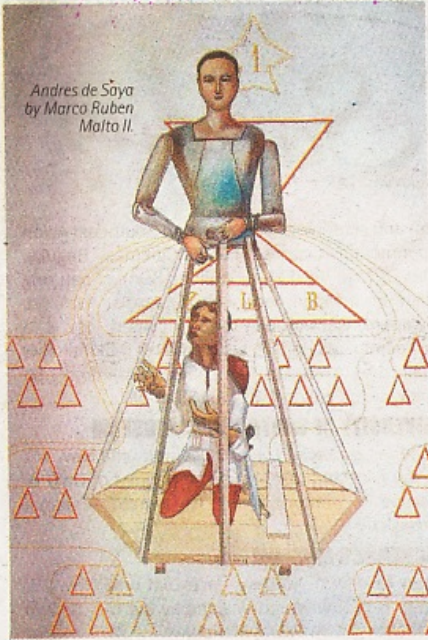
PRO-VISION

Jinggoy Salcedo's much-anticipated solo show

Next page, please ➔

ANSWER TO LAST WEEK'S SPOT THE CHANGES





Andres de Söya
by Marco Ruben
Malto II.

at the Lobby of Acacia Hotel Manila (Filinvest Corporate City, Alabang, Muntinlupa) until Nov. 7.

GALERIA DE LAS ISLAS

Primera by Ronna Lara-Bes, Miguel Rogali and Michelle Tupaz until Nov. 7. (Silahis Center, 774 Genluna St., Intramuros, Manila) ☎ 527.2113

CASTRO/TIONGSON EXHIBIT

Pottery artist José de Castro and printmaker Gabby Tiongson at the Mazda Pasig showroom (E. Rodriguez Sr. Ave., Brgy. Bagong Ilog, Pasig) until Nov. 9.

SANCTUARY GALLERY

Vintage Baguio: Picture-Postcards 1909-1941 at the Sanctuary Gallery (Maryknoll Ecological Sanctuary, Campo Sioco, Baguio City). Until Nov. 17. ☎ (074) 424.5745.

GALERIE ANNA

Bayang Magiting. Marco Ruben Malto II explores the rootedness of the Filipino valor in spirituality

Abad; *Hide and seek* by Paulo Vinluan and *Territory* by Ryan Villamael, until Nov. 23. (2320 Don Chino Roces Ave. Ext., Makati)

MUSEUM OF CONTEMPORARY ART AND DESIGN

Safe Place in the Future (?) Dystopia Now Utopia Never until Nov. 23. (DLS-CSB, 950 P. Ocampo St., Malate, Manila) ☎ 536.6752

ALTRO MONDO ARTE CONTEMPORANEA

The Calling of Saint Matthew, an exhibition of new works by Roberto M.A. Robles from Nov. 7 to 29. (Greenbelt 5, Makati)

KOREAN CULTURAL CENTER

Hanguel Jewelry. Meets Korean alphabet jewelry exhibition until Nov. 30. (Taguig)

ATENEJO ART AWARDS GALLERY

Ateneo Art Awards 2013 Shortlisted Artists (ADMU, Katipunan Ave., Loyola Heights, QC) until Dec. 7. ☎ 426.6001

The Calling of St. Matthew I
by Roberto Robles.



RESTAURANT 5

Journey to the Culinary Capitals of Asia. Each day will be a journey of delightful discoveries. Restaurant 5 lunch buffet is your passport to the Orient Express en route to the best of Pan-Asian cuisine. Savor the legendary flavors from China, Korea, Thailand, Singapore, Vietnam and the Philippines, daily from 12:00 pm to 3:00 pm. (Davao City, Davao City)

the most well-known of India's festivals, Paseo Uno hosts a special dinner buffet on Nov. 3 featuring authentic homemade Indian specialties prepared by Chef Laxminarayan Ray. The dinner buffet, priced at P1,790, will consist of an assortment of traditional Indian favorites including succulent vegetables, spiced tender meats, tandoori specialties, and a variety of homemade Indian breads. (Makati) ☎ 750.8888

CENTURY PARK HOTEL

Enjoy well-loved Filipino *merienda* delicacies like *ukoy*, *turon*, *tsamporado* at *tuyo*, *pandesal* at *kesong puti* and a lot more. Available daily from 3 pm to 5 pm. Joining the cronut fever is the *Deli-Snack*, enjoy their version of this well-loved pastry, available from 8 am to 8 pm, daily. (No. 599 Pablo Ocampo Street, Malate, Manila) ☎ 528.5837

CRAVINGS

Promo until Nov. 16, "Silver Cravings" will feature P250 silver plate dinners including an assortment of Cravings classics and a commemorative Cravings-branded Keepcup which will be given to single receipts of P2,500 and up. For more information about Cravings' anniversary activities and promotions, visit their Facebook page (www.facebook.com/cravingsphilippines).

NEW WORLD MAKATI

Cafe 1228 highlights a selection of favorite German fare at its lunch and dinner buffet until Nov. 3. Indulge in a crab feast at Jasmine Rest. until Nov. 16. (Esperanza St., Ayala Center, Makati) ☎ 811.6888



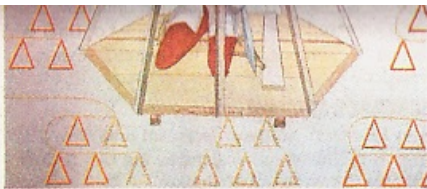
MISCELLANY

INVINCIBLE WOMAN YOGA WORKSHOP

International Kundalini yoga teachers Sumpuran Kaur Khlasa, Sisri Prakash Kaur and Marisa Harnadh Kaur team up to lead the all-women intensive on Nov. 7 to 10 at Mandala Spa in Boracay. ☎ 0906.5463723 or email Kundaliniphilippines@gmail.com

FOLLIES DE MWAH

A dazzling dance show ala Las Vegas, Moulin Rouge



at the Lobby of Acacia Hotel Manila (Filinvest Corporate City, Alabang, Muntinlupa) until Nov. 7.

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SILVERLENS GALLERY

Every tool is a weapon if you hold it right by Pio

Makati)

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ART



FOOD

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MANDARIN ORIENTAL

In celebration of Diwali, the Festival of Lights and

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BY AVE GUEVARRA
There are ten things in drawing A that are different from drawing B. How many can you find?

