



**FIESTA MO SA USA  
IS BACK WITH KIM  
CHIU AND ZANJOE  
MARUDO**

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**Putin, EU,  
2 more hail  
'PBBM'**

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# US, ASEAN leaders vow to upgrade ties amid China's rise



**T**he leaders of the United States and the Association of Southeast Asian Nations on Friday declared that they will elevate their relationship to a "comprehensive strategic partnership" later this year amid China's growing clout in the region.

China has preceded the United States in upgrading its relations with the 10-member group to a similar status, and the latest development reflects intensifying competition between Beijing and Washington for influence in the fast-growing Southeast Asian region.

U.S. President Joe Biden told a meeting with his counterparts in Washington, "We're launching a new era in US-ASEAN relations," while welcoming the 45th anniversary of their ties this year.

Placing an emphasis on ASEAN is the "very heart" of US strategy to achieve a free, open and prosperous Indo-Pacific, Biden said, alluding to the strategically important region straddling key sea lanes including the South China Sea where Beijing is making extensive territorial claims.

It was the first time that the United States has hosted ASEAN leaders in

Washington. The multilateral organization comprises Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam.

All ASEAN leaders except those of Myanmar, where a military junta took control, and the Philippines, which will have a new president soon, took part in the two-day summit through Friday.

A joint statement issued afterward said, "We commit to establish an ASEAN-U.S. Comprehensive Strategic Partnership that is meaningful, substantive, and mutually beneficial at the 10th ASEAN-U.S. Summit in November 2022."

As part of efforts to show its commitment to ASEAN, the Biden administration pledged over \$150 million of investment for maritime security, infrastructure and other initiatives.

The administration is also hoping to launch soon the Indo-Pacific Economic Framework, a regional engagement initiative that it has proposed in the fall amid the United States' absence from major free-trade agreements in the region.

While a senior administration official has said he was "pleasantly surprised at the level of interest" from countries in

Southeast Asia and beyond over what is called IPEF, the joint statement did not mention the name of the framework.

Trade experts say it is vital to bring in Southeast Asian nations to the framework. But concerns remain as to whether it will be attractive enough for them as the administration has been clear it will not be a traditional free trade agreement that offers market access.

The joint statement said the United States and ASEAN will continue to work to advance stronger and inclusive economic growth, such as through "the vital economic participation" of the United States in the region.

They also called for the "immediate cessation of violence" in Myanmar following its military coup last year, and vowed to redouble efforts toward "a peaceful solution" in the Southeast Asian nation.

As the Biden administration rallies countries around the world to support Ukraine in its fight against Russia's invasion, the joint statement called for "respect for sovereignty, political independence, and territorial integrity."

But it did not explicitly name Russia,

reflecting the division among ASEAN members over the stance on the war that started in late February.

Cambodia, which chairs the 10-member group this year, and seven other members were among the 141 countries that voted in March for a US-led U.N. General Assembly resolution condemning Russia's aggression against Ukraine.

Vietnam, which has maintained friendly ties with Russia since its Soviet Union days, and Laos were among the 35 abstentions.

China is ASEAN's biggest trade partner, but its assertive behavior has also created friction, with Beijing having conflicting territorial claims with four members of the bloc -- Brunei, Malaysia, the Philippines and Vietnam -- as well as Taiwan in the South China Sea.

The unexpected Russian military aggression in Europe has also sent ripples across the Indo-Pacific region, raising concerns among countries such as Japan that the next Ukraine could be Taiwan, which Beijing views as a renegade province to be reunified with mainland China, by force if necessary.

**-Kyodo News**





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# Who is Celeste Cortesi, Miss Universe Philippines 2022?



**M**ANILA, Philippines – Celeste Cortesi took home the title of Miss Universe Philippines 2022 during the pageant's coronation night on Saturday, April 30.

The 24-year-old stunner from Pasay bested 31 other candidates to clinch her second crown from a national pageant.

Earth to Universe

Celeste first made her presence known in the local pageant scene through the Miss Earth Philippines 2018 competition.

She was the first representative from the Filipino community in Rome. The then 20-year-old beauty queen went home to the Philippines in 2018 to compete for Miss Earth Philippines. After winning the title, she represented the country in the Miss Earth pageant where she placed in the Top 8.

The Miss Universe Philippines 2022 competition served as Celeste's pageant comeback after almost four years.

Her experience shone in Miss Universe Philippines' preliminary activities: she topped the casting video challenge, and placed as runners-up in the headshot and swimsuit challenges, making her one of the early bets to make it to the pageant's official candidates.

Celeste's inclusion in the final top 32 candidates came as no surprise, and her performance continued to make her a stand-out.

On pageant night, Celeste breezed through the competition, winning a slew of special awards, including Ms. Photogenic and Best in Swimsuit. Her sincerity and wit shone in the question and answer portion, which ultimately led to her crowning moment.

In an interview after the pageant, Celeste called her win a testament to her hard work. "I am excited for what's next. I can't wait to start my training, I can't wait to work with the organization. This is what I wanted for a

long, long time," she said.

With her recent feat, Celeste is now the third Filipina to win two major national crowns, as she's the title holder for Miss Philippines Earth 2018 and Miss Universe Philippines 2022. She joins the ranks of Carlene Aguilar (Miss Philippines Earth 2001 and Miss World Philippines 2005) and Catriona Gray (Miss World Philippines 2016 and Miss Universe Philippines 2018).

Celeste's close family ties

Celeste was born on December 15, 1997 to a Filipino mother and an Italian father. She grew up in Italy and moved to the Philippines to pursue pageantry. Throughout the competition, Celeste has been vocal about how she cares deeply for her family.

During the preliminary interviews, Celeste recalled how her dad used to read her and her sister poems that he wrote himself. "That's kind of a story that really puts a smile on my face, because whenever I feel nervous, whenever I feel pressured, I always remember his poems, and always remember him telling it to me and my sister," she said.

On coronation night, Celeste also talked about how her Italian and Filipino heritage makes her put greater value on her family. "If there is something that my mom always taught me, [it] is to be grateful for your family, for your loved ones, and the people around you. Because when you're grateful and kind, people will also be kind and grateful for you," she said.

Even her winning answer in the question and answer portion bared the strong bond she shared with her mom.

Celeste got the question: "If you could stop time for a day, how would you spend it?"

To which she responded, "If I could stop time, I would spend it with my family, especially my mother. It's been two years since I haven't spent time with my family

because they live in Italy, and I came here in the Philippines just by myself. If I had a chance to spend one day, I would definitely be with my mom, and I would just tell her how much I love her and I miss her."

Personal life and advocacies

When she's not wearing her beauty queen cap, Celeste is busy working as a model and studying to become a real estate agent. Her hobbies include meditating, working out, spending time with her furbabies, and going to the beach.

A quick stroll on her Instagram page also shows that Celeste is in a happy relationship with Matthew Custodio.

With her platform as a beauty queen, Celeste wants to inspire other women to be informed. "I would tell young women to first of all, read. If you read, you will be able to be aware of what's happening in your country and also all over the world. You have to remember that reading information is key and power," she said during the preliminary interviews.

She also advocates for indigenous people in the Philippines who've gotten displaced from their lands because of modernization and development: "I would like to champion their cause by putting a spotlight on their situation. And also their unique and rich cultural heritage that makes the Philippines the most beautiful and unique place in the world."

Celeste also emphasized how beauty pageants play an important role in difficult times. "A beauty queen is a symbol of hope for the people. Us beauty queens, we can use our platform to uplift other people, to influence, and inspire the people around us. It makes us very powerful and influential," she said.

Celeste will be representing the Philippines in the Miss Universe 2022 pageant, in hopes of clinching the country's fifth Miss Universe crown.

– Rappler.com



# No Pinoys hurt in NY 'hate' attack, 10 killed



**T**HERE were no Filipino casualties in the reported “racially motivated” mass shooting at a supermarket in Buffalo, New York, that left 10 people dead and injured three others on Saturday afternoon (US time), the Philippine Consulate General in New York announced yesterday.

Authorities reported that 18-year-old male suspect Payton Gendron, who wore a tactical gear and livestreamed the shooting.

He was arrested and charged with first-degree murder, according to reports. He allegedly confessed to being a white supremacist and hated that the black race is increasing.

Gendron drove to the Tops Friendly Markets and first shot four people at the parking lot. Then, he shot the security guard who engaged him on his way inside the store, reports said.

The US Department of Justice is investigating the incident as a “hate crime and an act of racially motivated violent extremism”.

“The Justice Department is committed to conducting a thorough and expeditious

investigation into this shooting and to seeking justice for these innocent victims,” US Attorney General Merrick Garland said in a statement.

There are about 540 Filipinos residing in Buffalo, Philippine Consul General in New York Elmer Cato said.

The gunman was arrested after the massacre, Buffalo Police Commissioner Joseph Gramaglia told a news conference.

Gramaglia put the toll at 10 dead and three wounded. Police said most of the victims were Black.

The gunman first shot four people in the parking lot of the Tops supermarket, three of them fatally, then went inside and continued firing, Gramaglia said.

Among those killed inside the store was a retired police officer who was working as an armed security guard.

The guard “engaged the suspect, fired multiple shots,” but the gunman — who was protected by body armor — shot him, Gramaglia said.

When police arrived, the shooter put the gun to his neck, but was talked down and ultimately surrendered, he added.

Stephen Belongia, special agent in charge of the FBI’s Buffalo field office, told

the news conference that the shooting is being investigated as a hate crime.

“We are investigating this incident as both a hate crime and a case of racially motivated violent extremism,” Belongia said.

Eerie County Sheriff John Garcia described the attack as “pure evil.”

“It was straight up racially motivated hate crime from somebody outside of our community,” he said.

‘Day of great pain’

John Flynn, the district attorney for Eerie County, where Buffalo is located, said the suspect would be arraigned on charges of murder in the first degree, which carries a sentence of life without parole.

Byron Brown, the mayor of Buffalo — which is located in western New York, along the US border with Canada — said the shooter “traveled hours from outside this community to perpetrate this crime.”

“This is a day of great pain for our community,” Brown said.

White House Press Secretary Karine Jean-Pierre said US President Joe Biden had been briefed on the “horrific shooting.”

Biden “will continue to receive updates throughout the evening and tomorrow as

further information develops. The president and the first lady are praying for those who have been lost and for their loved ones,” Jean-Pierre added.

Senate Majority Leader Chuck Schumer, the senior US senator from New York, said in a tweet: “We are standing with the people of Buffalo.”

The governor of New York, Kathy Hochul, also tweeted that she was monitoring the situation, and asked people in Buffalo to “avoid the area and follow guidance from law enforcement and local officials.”

Last month, a “sniper-type” shooter opened fire in an upscale Washington neighborhood, wounding four people before taking his own life.

Police suspected that graphic video of that shooting which circulated online shortly afterward was filmed by the shooter himself, but have not confirmed the authenticity or if it was live-streamed.

**By CRISTINA LEE-PISCO**  
With Philippine News Agency



# NATION NEWS

BY: **JournalnewsOnline**  
www.journalnews.com.ph

## Comelec to proclaim winning senators, party lists this week



**T**HE Commission on Elections (Comelec) is looking at proclaiming all 12 winning senators and partial winning party-list groups for Eleksyon 2022 on Tuesday or Wednesday.

Comelec Commissioner George Garcia said preparations for the proclamation will be done after all

the remaining Certificates of Canvass will be canvassed.

A total of 149 out of 173 COCs have been canvassed as of Saturday. The 24 remaining COCs are composed of 19 manual overseas COCs, one manual COC from the Vulnerable Sector Office, one manual COCs from 63 barangays, one electronic COC from Lanao del Sur, one electronic overseas COC from Hong Kong, and one electronic COC from Jordan.

"Kung darating po ito ngayon, hanggang Miyerkules kaya natin mag-proclaim ng ating nahalal na senador. Ang gusto namin, lahatan na," Garcia said.

However, the poll official pointed out that not all these COCs may arrive on Sunday as Lanao del Sur has yet to hold a special election targeted on May 24, after failure of elections was declared in 14 barangays.

"Anytime sa pagtingin namin ay sapat na 'yung bilang ng mga boto na nakuha ng mga kandidato at hindi na makakaapekto 'yung mga natitirang result kahit na hindi pa napapadala ang COC, puwede po kaming magkaroon ng proklamasyon kasama 'yung party-list," he said.

Garcia also affirmed when asked if the Comelec is targeting to proclaim all the top twelve leading candidates

in the senatorial race.

"Ayaw po natin na may maiwan pa dito. Mas maganda na isang proklamasyon na lang. Halimbawa, lahat ng senador tapos magproklama din tayo sa party-lists. It may be possible na hindi lahat ng party-lists ay maproklama kung may matitira pa," he said.

Under the law, a party-list group that gets at least 2% of the total number of votes cast in the party-list race will be entitled to at least one seat in the House of Representatives.

Those who exceed the 2% threshold will be entitled to additional seats proportionate to the number of votes cast, but the total number of seats for each winning party-list group cannot exceed three.

At least nine party-list groups have secured seats in the House of Representatives based on the partial and official tally of the Comelec on Thursday.

Meanwhile, UniTeam bet Robin Padilla still topped the 2022 senatorial elections based on the partial and official canvassing results in 17 regions and overseas voting released by the National Board of Canvassers on Friday with 23,908,730 votes.

By **LEE ANN P. DUCUSIN****JournalnewsOnline**  
www.journalnews.com.ph

## 67% of election returns, COCs already transmitted to Senate



**T**HE Senate is on standby Sunday for 56 more Election Returns (ERs) and Certificates of Canvass (COCs) expected to arrive anytime, out of the 173 that the joint session of Congress will canvass starting May 24 to determine the next President and Vice President.

On the sixth day after the May 9 elections, the Senate Information and Public Relations Bureau reported that it received COCs from Romblon, Pampanga, Samar, Davao Occidental, Zamboanga Sibugay, Camarines Sur, Northern Samar, Cebu City, Zamboanga del Norte, Negros Oriental, Davao del Sur, Davao de Oro, Davao Oriental, Maguindanao, Misamis Occidental, Bulacan, Basilan, South Cotabato, Iloilo, Caloocan City, and

Palawan.

Likewise, votes cast from Taiwan, Qatar, Bahrain, Singapore, London, Thailand, and Canada, and by Persons Deprived of Liberty are already with the Senate, for 67.63 percent of the total ERs and COCs.

On Saturday, 88 ERs and COCs came from Benguet, Eastern Samar, Baguio City, Quirino, Biliran, Capiz, Apayao, Antique, Cagayan de Oro City, Pangasinan, Zamboanga City, Agusan del Sur, Surigao del Norte, Tarlac, Aurora, Bataan, Cagayan, Rizal, Las Piñas City, Quezon City, San Juan City, Bukidnon, Pasay City, Marikina City, Laguna, Sarangani, Batangas, Southern Leyte, Muntinlupa City, Lanao del Norte, Catanduanes, Iligan City, Nueva Ecija, Oriental Mindoro, Marinduque, Kalinga, Abra, Misamis Oriental, Albay, and Local Absentee Voting.

Also delivered were the Overseas Absentee Voting COCs from Indonesia, United Arab Emirates, Germany, Sweden, Angola, Switzerland, and South Korea. Philippine News Agency

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## DepEd thanks teachers, personnel for poll duties



**T**HE Department of Education (DepEd) expressed gratitude to teachers and personnel who served in the recently-concluded 2022 National and Local Elections.

"The nation has once again witnessed the bravery and dedication of our legion of educators who greatly contributed to this year's safe and orderly conduct of elections. We are eager to return the favor to our teachers by constantly coordinating with the Commission on Elections (COMELEC) on the release of their poll honoraria and

other allowances on or before May 24, 2022, as provided for by COMELEC Resolution No. 10727".

"We will also honor the five (5) days service credit for those who served as members of the Electoral Boards and DESO, and their respective support staff", Education Secretary Leonor Briones said.

In addition, the DepEd Election Task Force (ETF), headed by Undersecretary Alain Del B. Pascua, with Director Marc Bragado as operations head, has proposed to COMELEC an additional pay of Php 3,000 across the board for the extra hours rendered by some teachers

due to VCM and SD card issues.

The public is reminded that COMELEC is responsible for the processing and releasing of election-related honoraria.

Nonetheless, DepEd is proactively finding ways to further compensate our teachers for their services during elections, guided by the policies of the Department of Budget and Management (DBM) and the Commission of Audit (COA) and with the help of Congress.

By **ARLENE RIVERA****JournalnewsOnline**  
www.journalnews.com.ph



# Biden to PBBM: Congrats!

*Marcos, Biden discuss strengthening US, PH ties*

**U**NITED States President Joseph R. Biden Jr. yesterday spoke with presumptive President Ferdinand "Bongbong" Marcos Jr. to congratulate him on his historic election and expressed hope to continue strengthening the US-Philippines Alliance.

In a readout of Biden's call with Marcos Jr., the US President underscored that he looks forward to working with the leading presidential contender to also expand bilateral cooperation on a wide range of issues, including the fight against COVID 19, addressing climate crisis, promoting broad-based economic growth and respect for human rights.

The phone call was brief but the two leaders conversation could be one of the most important messages for the incoming President.

Partial unofficial counting showed a landslide victory for presidential candidate Marcos Jr. and his runningmate Sarah Duterte.

Marcos was grateful for Biden's acknowledgement of his election, who got 31 million votes as against his rival Vice President Leni Robredo who garnered 14.7 million votes.

The presumptive President assured Biden that "the Philippines has always held



Presumptive President Ferdinand "Bongbong" Marcos Jr.



US President Joseph R. Biden Jr.

the US in high regard as a friend, an ally and a partner."

Marcos Jr. said "I have also invited President Biden to my inaugural on June 30, which could further fortify the relationship of the two countries."

The United States Embassy yesterday issued a congratulatory statement to the next President of the Philippines and look forward to strengthen the enduring alliance between the US and the Philippines.

The statement said "as friends, partners and allies, we will continue to collaborate closely with the Philippines to promote respect for human rights and to advance a free and open, connected, prosperous, secure and resilient Indo-Pacific region.

"We commend the millions of Filipino voters who cast their ballots in this election, and we look forward to the official conclusion of the electoral process for the many offices in the national elections," the statement added.

US State Secretary Anthony Blinken, in an earlier statement also congratulated Marcos Jr. and acknowledged the long-standing relationship between the two countries that "is rooted in a long and interwoven history, shared values and interests and people-to-people ties."

**By CRISTINA LEE-PISCO & LEE ANN P. DUCUSIN**

**JournalnewsOnline**  
www.journalnews.com.ph

## Putin, EU, 2 more hail 'PBBM'



*Australia, France look forward to working with 'Pres. Marcos'*

**T**HE European Union (EU), Australia, France and Russia congratulated all the Filipinos and presumptive President Ferdinand Marcos Jr. for his victory in the May 9 presidential elections.

In his official twitter account, EU for Foreign Affairs and Security Policy High Representative Josep Borrell Fontelles said "Congratulations to all the people of the #Philippines on their national elections, to all the candidates who campaigned, and to the President-elect Marcos for his victory."

"The EU looks forward to working with the new administration to advance our relations and EU-ASEAN ties," he added.

Australia's Prime Minister Scott Morrison tweeted "I congratulate Ferdinand Marcos Jr. @bongbongmarcos on being elected President of the Philippines at the national elections on 9 May."

He said the Australian Government looks forward to continuing to advance their long-standing relationship.

France also congratulated the Philippines for the conduct of the national and local elections.

"As we celebrate 75 years of France-Philippines diplomatic relations this year, we look forward to working with the next President, Vice-President, and all officials democratically-elected by the Filipino people," it said.

Russian President Vladimir Putin also sent his congratulatory message to Marcos Jr. on his election as the next leader of the Philippines.

The Russian Embassy, in a tweet on Thursday night said "Vladimir Putin sent a congratulatory message to Ferdinand Romualdez Marcos on the occasion of his victory at the elections of President of the Republic of the Philippines."

United States President Joseph Biden Jr. and Chinese President Xi Jinping earlier both hailed the historic election of Marcos Jr. as the next President of the Philippines.

Both countries look forward to further strengthening bilateral relations with the incoming administration.

Biden made a brief call with Marcos Jr. and underscored that he looks forward to working with the leading presidential contender to also expand bilateral cooperation on a wide range of issues, including the fight against COVID 19, addressing climate crisis, promoting broad-based economic growth and respect for human rights.

The incoming President assured Biden that "the Philippines has always held the US in high regard as a friend, an ally and a partner."

Marcos Jr. said he also invited President Biden to his inaugural on June 30, which could further fortify the relationship between the two countries.

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**By CRISTINA LEE-PISCO**

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## A Pageant for a Cause

### 2ND COUNTING (MAY 15, 2022) WINNERS



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Princess Orlando FL



**MICHELLE DOOLEY**  
Miss Teen Springhill FL



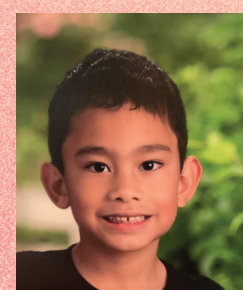
**JOELLA MOSLEY**  
Miss Tallahassee, FL



**AILEEN RAY**  
Mrs Tallahassee, FL



**KATE LE**  
Queen Kissimmee, FL



**STEVEN ORONA**  
Prince Port St. Lucie, FL

*Congratulations to the following...Candidates*

# PCFI ELECTS NEW OFFICERS

**T**oday, May 15, 2022, the Philippine Cultural Foundation, Inc. (PCFI) members of the board voted for the new officers who will hold their positions for 2022 to 2024.

Elected as Chairman of the Board against in-convent Chairman Lari Judalena-Peterson was Arnell Biglete who was former Chairman of PCFI. Also re-elected for their second term were Doctor Abigail Loreto-Hamilton as Senior Vice Chairman, Vivian Furigay-Dudgeon as Vice Chairman for the Philippine Village, Jonathan Sibayan re-elected as Secretary, and Frank Butron re-elected as Auditor. Lorelei Uy was elected as the new Treasurer

uncontested, and a new comer and daughter of the late board member Dr. Gabriel Sanchez was voted as the new Assistant Treasurer Erlinda Sanchez against current Assistant Treasurer Liberty Galloway, and Jenette Sibayan-Cruz as the new Assistant Secretary!

This years election went very well choreographed and organized by COMELEC Chairman the Rev. Fr. Christian "Aba" Villagomez who read first about the election procedures, on who were eligible to vote and who were not according the By Laws, who was assisted by COMELEC Officer Abigail and Val Blanco. Before the

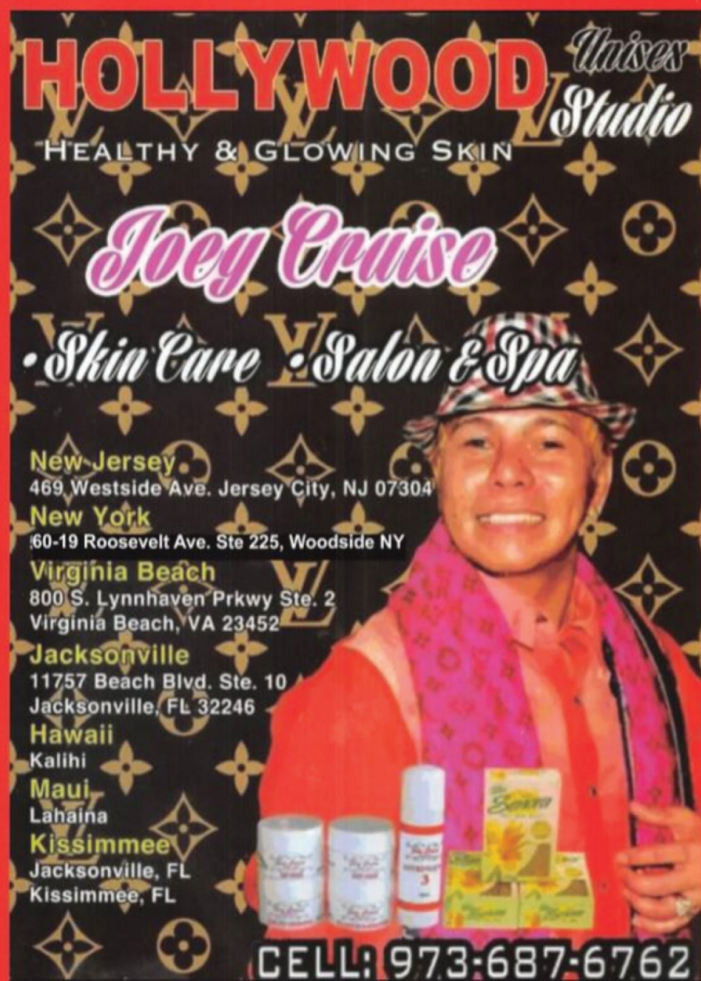
voting, Abigail explained the procedure on how to vote. Then Aba as volunteer board members to help in the tabulation of the votes as he read it. This was immediately followed by the announcing of the winners with the volunteer tabulators holding up their board for everyone to see the total votes the candidates received. Lastly, Aba inducted the newly elected officers right after.

Finger foods and water were provided by Vivian and other members of the board.

CONGRATULATIONS TO ALL THE NEW OFFICERS OF 2022-2024!!!  
- Joey Omila







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# HEALTH & WELLNESS

## Collecting Healing Crystals? Here Are Tips from Avid Intentional Users

*Avid intentional users of healing crystals give their tips on collecting stones to enlighten your holistic journey*



good even just by its mere presence. When you are relaxed, the nerves and cells in your body become relaxed too."

Belief in the power of gems, such as healing crystals, date as far back as 7000 years ago and are linked to ancient civilisations from Egypt, Mesopotamia, Greece and Rome. Even indigenous populations and shamanistic cultures from the Americas believed in the energetic properties of stones as shown from

traditional practices and historical texts. Moreover, in the Indian subcontinent, the concept of chakra or energy centres found in one's body is explained in ancient religious texts called Vedas. It is believed that crystals hold vibrational energy that can be transmitted to a person and balance their energies. They can choose which kind of crystals to align to their "root chakra" or "sacral chakra" among other energy centres to improve their wellbeing.

Naturally, scientists were quick to debunk the power of crystals, stating that the power lies in the human mind instead of the stones themselves. However, Ted Kaptchuk, professor of medicine, at Harvard Medical School, states that these practises may produce placebo outcomes that can have a "dramatic" effect on patients. People may even combine meditation with crystals. In fact, a study in 2021 shows how mindfulness meditation is an effective way to lower anxiety.

Keeping a happy home can affect your overall well-being. This is what Kristin Zalameda, co-owner of Cebu-based Krystallo Zoi, believes. "Positive energy in a home is a form of 'self-care' and 'self-love' because when your home is filled with positive energy, it translates to a lighter and happier living space which directly affects the people residing in that house. And when we take care of ourselves, there is greater resistance to illnesses, it translates to better health, and lower stress levels," says Zalameda.

One can begin collecting gemstones with darker crystals to protect the people they love at home. Pangilinan-Bautista suggests you place Black Tourmaline, jet and smoky Quartz, or Black Obsidian near the entryway. "Synonymously, these crystals are also used in grounding energies. Grounding, as a practice, connects your energy back to the earth. With such rootedness, it is believed that using grounding crystals can promote protection and stability within the home."



It is also important to collect crystals to improve one's "auric body and not necessarily the physical body directly", says Pangilinan-Bautista. "Most energy healing is utilised within the body's seven chakras—from the top of our heads known as the crown, down to our root. These seven chakras have corresponding colour energies that can be used in choosing crystals. For energy self-healers, this means owning a ritual that may also include mindfulness, prayers, journaling, meditation, manifesting and clearing of spaces." Fortunately, there are various crystals that attract good health. "For physical health and overall wellness, the best one would be the Red Jasper as it also symbolises the root chakra; and when that is balanced, usually all other chakras would easily follow," says Liu. For hopeless romantics who wish to manifest love, they can easily get their hands on the Rose Quartz. However, if you wish to enhance other facets in your life that aid open communication and truth to have a better relationship, crystal enthusiasts recommend the Throat Chakra crystal like Blue Kyanite or Aquamarine. Lapis Lazuli and Labradorite also help with communication as they allow one to see things from a different perspective.

**It is for cleansing the home from negativity, protecting the home from bad vibes and malicious intentions, and encouraging harmony and peaceful communications**

Stones that attract good fortune are also essential. "Citrine is a Solar Plexus Chakra crystal, which corresponds to the colour yellow in energy healing. Solar Plexus is located within the centre of the body, so there is a lot of powerful energy and 'gut feel' from this area. All of which are attributed to being utilised for decision making and when we are ready to go for what we want," says Pangilinan-Bautista.

Apart from Citrine, Zalameda also suggests keeping Pyrite. "Citrine complements Pyrite because when the opportunity is there, the Citrine will give you the courage to grab the opportunity and execute your plans to achieve wealth," she says. Green Jade for a working, thinking mind, Malachite to enhance loyalty to your financial goal, Tiger's Eye for good luck, Green Aventurine for good fortune are also helpful crystals to consider.



It's also possible to combine your use of healing crystals with essential oils. Cathy Kathy General Manager Iya Miranda recommends their crystal diffuser which fills the home with both fragrance from essential oils and good energy with the use of main crystal gemstones. She explains, "[The gemstones and natural crystals will] help you to have a balanced Qi [Chi], life force energy."

Once you have a collection of gemstones, be sure to take good care of each one. "Just make sure you know what can be cleaned with water or not," suggests Liu. "Also, if any crystal breaks, that means its healing has truly worked already and is not ready to be buried back into the earth. Try to care for it well with regular cleaning and cleansing. Smudging would be helpful."

These crystals must be cared for since they can help anyone face their day to day with ease. As Zalameda puts it: "Having crystals at home is not just for healing an illness. It is for cleansing the home from negativity, protecting the home from bad vibes and malicious intentions, and encouraging harmony and peaceful communications." At the end of the day, whether one believes in its healing powers or not, there is one truth that can't be disputed: crystals are testaments to the wonders of nature and are gorgeous additions to any space.

-by CHRISTINE ANDAS

Tatler





# Overseas posts begin releasing poll results; Uniteam gets landslide wins

**M**ANILA, Philippines – Several Philippine posts in different countries have begun posting the results of their overseas elections, with dictator's son and presumptive president Ferdinand "Bongbong" Marcos Jr. and his running mate, presumptive vice president Sara Duterte claiming landslide victories.

In Singapore, Marcos won the election with 36,806 votes, while Vice President Leni Robredo came second with 12,283.

The Philippine embassy said it recorded a record-high turnout of 52,908 Filipinos who cast their votes out of the 84,877 registered voters.

"I am delighted with the performance of the Philippine Embassy in Singapore for its overseas voting performance this year," said Philippine Ambassador to Singapore Joseph del Mar Yap. "The 62.33% voter turnout is the highest that the Embassy has ever recorded since overseas voting began in 2004."

In Taiwan, Marcos also won the election with 23,906 votes out of the 26,492 who voted – translating to 90.2% of voters for Marcos.



Robredo was a distant second with 1,873. For the vice presidential race, Duterte also won by a landslide with 24,093 votes. Robredo's running mate Senator Kiko Pangilinan got 1,218 votes.

In Northeast United States, or the states under the jurisdiction of the Philippine consulate in New York, Robredo and Pangilinan emerged the winners. Robredo and Pangilinan garnered 7,750 and 6,761 votes respectively.

Marcos got 5,796, and Duterte came close to Pangilinan with 6,110. Their top senatorial candidate was Senator Risa Hontiveros, who got 7,463 votes.

The Philippine Times, a Filipino newspaper in Australia, reported that Robredo and Pangilinan won in the areas under the jurisdiction of the Philippine consulates in Melbourne and Sydney. In both posts combined, Robredo won 3,604 votes, while Pangilinan won 3,213.

In these areas, Marcos won 2,775 votes, while Duterte was a hairline away from Pangilinan with 3,084, the newspaper reported.

Data from the Commission on Elections' transparency server says 61.51% of overseas precincts have reported to the Comelec as of May 12, 9:34 pm.

– [Rappler.com](https://www.rappler.com)

## Robredo eyes 'pink' museum to tell the 'awakening story' of Filipinos post-2022

**V**ice President Leni Robredo's dreams for the Philippines will not end with her electoral loss in 2022.

The lone female presidential contender is now planning to put up a museum that would house the thousands of gifts she has received from her supporters during the tough campaign period. These range from paintings to handwoven bags that symbolize the massive volunteer movement her candidacy inspired.

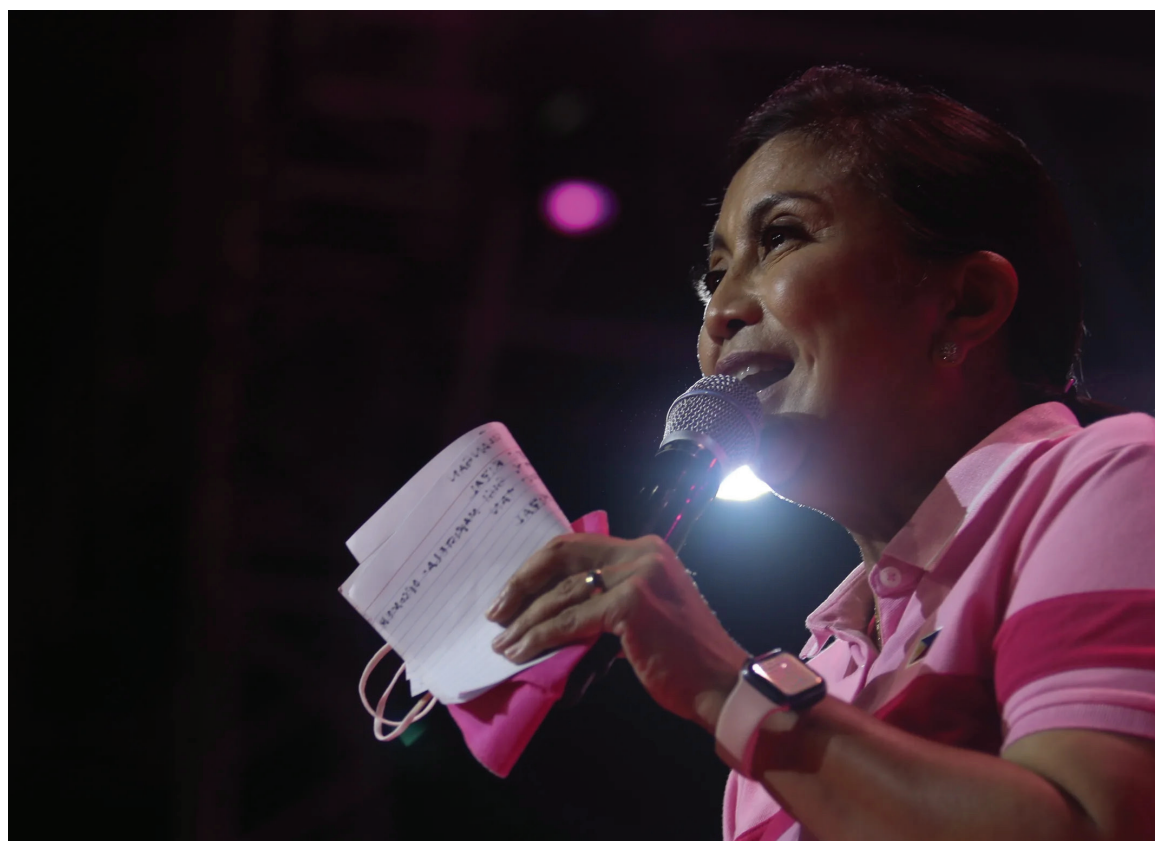
Robredo shared this plan in an hour-and-a-half-long Facebook Live video on Thursday, May 12, three days after over 31 million decided to elect the late dictator's son Ferdinand "Bongbong" Marcos Jr. as the 17th president of the country.

Robredo was a distant second, garnering over 14 million votes. She did not appear disheartened, however, as she was all smiles in the video while showing off the creativity of her "kakampink" supporters.

The fight does not end here, she earlier told her grieving supporters, and she hopes a museum displaying their efforts would remind them to keep the fire burning in the years to come.

What are my dreams now? My dreams now include having a place where we can display everything you gave us, because it's part of the awakening story, it's part of the awakening story that would benefit many of our youth.

She is also considering giving away some of the duplicate items she received or even put them up for an auction to help raise funds for the continued implementation of her anti-poverty Angat Buhay program even after her term



ends on June 30.

So we will discuss it tomorrow during our thanksgiving how we can put to good use everything you've given us because it's so difficult to part with all of these.

Robredo and her running mate Senator Kiko Pangilinan are set to hold a thanksgiving event with their supporters on Friday, May 13, at the Ateneo de Manila University.

Like Robredo, Pangilinan finished second in the vice presidential race, trailing behind the victor, Marcos' running mate and Davao City Mayor Sara Duterte.

the 2022 presidential elections, but she does not feel defeated. She remains the pillar of strength for many of her supporters, staff, and allies who are still grappling with the aftermath of the polls.

She told them to accept the results, then channel their grief and anger to bring about a more meaningful change to the country.

Robredo will soon be able to take her much-needed vacation after the grueling 90-day campaign, as she is set to fly to the United States over the weekend to attend the graduation of her youngest daughter Jillian from New York University. Her other daughters Aika and Tricia will be there, too.

It will be my time off with my girls, so I could take care of them again. I have neglected them for a while said Robredo. Her daughters acted as surrogates for her on the campaign trail, holding their own sorties and house-to-house campaigns across provinces.

But don't fret, Robredo told her supporters, as she would not be abandoning them anytime soon.

But when I come back, I'll be with you again. I will still be with you because my term ends on June 30. So we're just wrapping up some campaign stuff. We're just wrapping up some Office of the Vice President stuff because we need to have a turnover before June 30.

Robredo may have lost the 2022 presidential elections, but she does not feel defeated. She remains the pillar of strength for many of her supporters, staff, and allies who are still grappling with the aftermath of the polls.

– [Rappler.com](https://www.rappler.com)



# FIESTA MO SA USA IS BACK WITH KIM CHIU AND ZANJOE MARUDO

By Infinity

**A**fter more than two and a half years of absence due to the pandemic, the ever so popular "Fiesta Mo Sa USA" (FMSU) presented by the Fil-Am Movement is BACK!!!

Now on its 13th year, everybody from all over the U.S.A. can look forward to another fabulous fiesta this year. For the first time ever, Fiesta Mo Sa USA will be a FREE event! Yes, you got that right! No more entrance fees! Plus FREE parking and FREE WiFi at the event. Fil-Am Movement Chairman, Fernando Solis, promises that this year, after a long silence, Fiesta Mo Sa USA will be bigger and better than ever with the two of the biggest celebrity guests all the way from the Philippines coming to grace the fiesta that will take place at the Osceola Heritage Park (Event Center) at 1875 Silver Spur Lane, Kissimmee, Florida 34744 on Saturday, July 30, 2022 from 9:00 am to 9:00 pm. This year the fiesta will once again feature Philippine food vendors in Florida serving the best Philippine cuisines, Philippine merchandise vendors as well exhibitors from the Philippines and the United States.

The 2 special celebrity guests is Kim Chiu & Zanjoe Marudo, brought to you by iWantTFC Sama Saya 2022.

Kim Chiu is a Filipina actress, model, host, singer, dancer, and vlogger. Chiu garnered acclaim at a young age for her acting performances on television and in cinema. She is known as Philippine showbiz's "Chinita Princess" and was once hailed as the "Princess of Philippine Movies and TV" for three consecutive years. She is currently managed by Star Magic, ABS-CBN's home-based talent agency where she is referred to as the "Queen of the Dance Floor".

Kim Chiu started her showbiz career



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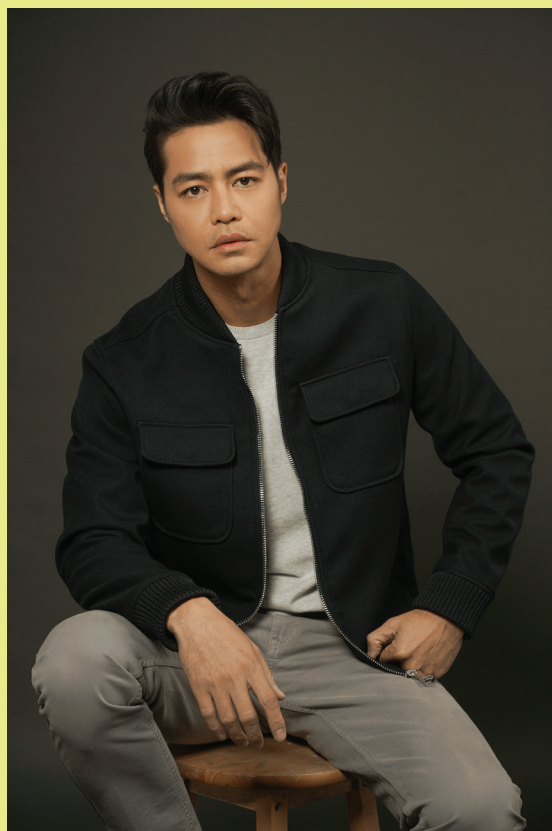
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from all over sign up and join the movement to raise funds for the ABS/CBN "Bantay Bata 163 Foundation" (Caring for Children Foundation). Bantay Bata 163 is a non-profit social welfare program of ABS-CBN "Lingkod Kapamilya Foundation" (formerly ABS-CBN Foundation). Launched in 1997, it aims to protect disadvantaged and at-risk children through a nationwide network of social services. The pageant will have different categories who will be competing for their specific category titles. Categories like beautiful little Princesses to handsome Prince; Miss Teen, Mr. FMSU, Miss, Mrs. and Queens or grandmas. All these competitors joining to help to raise funds for Bantay Bata.

But the "Miss" category who are young ladies from 19 to 26 years old is a serious competition with judges voting for the winner who will be bestowed the title of Miss Philippine Earth Florida. The winner of this title will be sent to the Philippines to compete for the Miss Earth Philippines representing Florida. And if she wins the Philippine title, she will compete for the Miss Earth International representing the Philippines. The other categories will be crowned with their specific titles like FMSU Princess 2022, FMSU Prince 2022, FMSU Miss Teen 2022, Mr. FMSU 2022, Mrs. FMSU 2022, Queen of FMSU 2022.

Many local and out of state talents will be providing the whole day entertainment like the Philippine Performing Arts Company, Indak Pambata, and the Musikong Kawayan-Bamboo Ensemble from Tampa, and FSA, just to mention a few.

Interested vendors and performers may call (407) 666-7486. For more information go to [www.Florida-Fiesta.com](http://www.Florida-Fiesta.com). Though the event is open seating, VIP Seats are available on request by calling the phone number given.



at the age of 16 after winning the first teen edition of the reality show Pinoy Big Brother. She then starred in the television series Sana Maulit Muli (2007), which won her the year's Most Promising Female Star and Most Popular Loveteam with Gerald Anderson at the GMMSF Awards. This was followed by a string of successful projects, including leading roles in television dramas such as My Girl (2008), Tayong Dalawa (2009), Kung Tayo'y Magkakalayo (2010), My Binondo Girl (2011-2012), Ina, Kapatid, Anak (2012-2013), Ikaw Lamang (2014), The Story of Us (2016), Ikaw Lang ang libigin (2017-2018), Love Thy Woman (2020) and Bawal Lumabas: The Series (2020).

Zanjoe Marudo, is a Filipino actor and model. He began his career after finishing as the 4th Big Placer of (2006). Since then he has starred in the TV series' Lovers in Paris (2009), Precious Hearts Romances Presents: Kristine (2010), Annaliza (2013), Dream Dad (2014), Tubig at Langis

(2016), My Dear Heart (2017), Playhouse (2018-2019), Walang Hanggang Paalam (2020-2021), The Broken Marriage Vow (2022-current).

Aside from his roles in television he is also known for his roles in films such as You Got Me! (2007), Kimmy Dora: Kambal sa Kiyeme (2009), Kimmy Dora and the Temple of Kiyeme (2012), One More Try (2012), Bromance: My Brother's Romance (2013), Maria Leonora Teresa (2014) and The Third Party (2016). Marudo is a contract artist of ABS-CBN's Star Magic.

Aside from these exciting celebrities, one of the main features of the Fiesta is the "Pageant for a Cause" where members of the Philippine Community





# KathNiel is back: In PH first, '2 Good 2 Be True' premieres on Netflix

**M**ANILA — “2 Good 2 Be True,” the comeback teleserye of reel and real-life couple Kathryn Bernardo and Daniel Padilla, premiered Friday on Netflix, making history in local showbiz.

The ABS-CBN drama is the first Philippine series to premiere and broadcast current episodes on the streaming platform.

In the pilot episode titled “Odd Encounter,” dutiful nurse Ali (Bernardo) and con artist Eloy (Padilla) cross paths at a luxury hotel, where the latter carried out his latest scam.

Ali was accompanying her businessman-patient when she noticed Eloy with his drunk victim. She would later see in the news that the woman, the hotel owner, had been robbed.

Ali pieced together the events of the night, including Eloy’s whiff — thanks to her uniquely strong sense of smell — as well as a photo of the suspect she inadvertently captured while taking a selfie.

Unknown to them both, they had met as children at a hospital — when Eloy became essentially orphaned after his mother died and his father was arrested due to a road crash.

A teaser for the upcoming episode shows Ali and Eloy crossing paths, once again at a hospital, where she instantly recognizes not just his face but his scent.

Directed by Mae Cruz-Alviar, “2 Good 2 Be True” will also be available on iWantTFC starting May 14; and will be broadcast via Kapamilya Channel, Kapamilya Online Live, A2Z, Jeepney TV, Cinemo, TFC IPTV, and TV5 starting May 16.





# PH's premier loveteam KathNiel tests if true love is "2 Good 2 Be True"



**I**n a world full of lies and deception, does true love exist?

The country's premier loveteam Kathryn Bernardo and Daniel Padilla are back to find true love amidst their past experiences as they bring feel-good vibes in "2 Good 2 Be True," which will premiere first on popular streaming platforms Netflix Philippines and iWantTFC before its broadcast on Kapamilya Channel, Kapamilya Online Live, A2Z, and TV5 beginning May 16.

"2 Good 2 Be True" makes history as the country's first teleserye to be streaming on Netflix Philippines following a partnership deal between ABS-CBN and Netflix that will enable Netflix Philippines' subscribers to watch this much-anticipated series starting May 13 or 72 hours ahead of its TV broadcast. Meanwhile, iWantTFC users also get a premium as they can also catch "2G2BT" on their apps and [iwanttfc.com](http://iwanttfc.com) 48 hours before its TV premiere.

In this Mae Cruz Alviar series marking their 10th anniversary as a loveteam, Daniel and Kathryn play Eloy and Ali, two people who had to live through the tragedies of their pasts and were scarred by love.

Eloy is an intelligent young

mechanic and a law student who made a vow to himself to free his father from jail and the grief of his mother's death. On the other hand, Ali works as a bubbly and hardworking nurse at a hospital whose dream is to be a doctor someday.

Their worlds will collide after Eloy executes a heist at a hotel and accidentally bumps Ali. The two

will meet again after Ali accepts to be a private nurse of Hugo Agcaoili, portrayed by Ronaldo Valdez, who got diagnosed with Alzheimer's. At the same time, Eloy will apply as a mechanic to the wealthy and cunning real estate magnate.

Will Eloy find the answers to his questions in his stint as a mechanic to Lolo Hugo? Where will Eloy's plans lead him? How will it affect his relationship with Ali?

"2 Good 2 Be True," produced by RGE Unit, also stars Gloria Diaz, Irma Adlawan, Gelli de Belen, Romnick Sarmenta, Cris Villanueva, Smokey Manaloto plus Matt Evans, Jenny Miller, Yves Flores, Gillian Vicencio, Bianca de Vera, Pamu Pamorada, Hyubs Azarcon, Via Antonio, and Alyssa Muhlach.

The series will premiere first on May 13 or 72 hours before its TV premiere on Netflix and on May 14 or 48 hours before its broadcast premiere on the iWantTFC app (iOs and Android) and [iwanttfc.com](http://iwanttfc.com). Viewers can also catch its broadcast premiere on May 16 on Kapamilya Channel, Kapamilya Online Live, A2Z, Jeepney TV, Cinemo, TFC IPTV, at TV5.





# SPORTS NEWS

## SEA Games: Pinoys harvest medals in lesser-known martial arts

**I**ndigenous martial arts known more in other parts of the continent gave the Philippines pride at the Southeast Asian Games in Vietnam on Tuesday.

Francine Padios became the first Filipino to bag a gold medal in these Games, thanks to her effort in the women's seni tunggal (artistic, single) event in pencak silat, an Indonesian sport that earned a mainstream reputation because of the global hit movie "The Raid."

The men's silat trio of Jefferson Loon, James Mayagma and Rick Ortega earned a bronze medal in seni regu (team) at Bac Tu Lien Gymnasium in Hanoi.

Francine Padios wins PH's first gold in SEA Games. Meanwhile, three Filipina women clinched silver in kurash, a folk wrestling style originating from Central Asia: Sydney Sy (+87kg), Charmea Quelino (52kg), and

win, plight  
In side, Al Renzo (81kg), took  
In squad



Helen Aclophen Talongen (48kg).

SEA Games: Francine Padios finds solace in amid family

the men's Llamas (-60kg), Miguel Cazeñas and George Baclagan (90kg) home bronze.

beach handball, the Philippines men's settled for silver after losing to

Vietnam in a shootout 14-12, 18-12 (10-8).

In rowing, the national team made its presence felt despite using borrowed boats, bagging a silver and bronze medal, respectively, in the men's doubles lightweight sculls (Cris Nievarez and Christian Joseph Jasmin) and women's quadruple sculls (Joannie del Gaco, Amelyn Pagulauyan, Mireille Cua and Kristine Paraon).

The silver harvest for the Philippines is expected to continue as Gina Iniong, who has left her mark in ONE Championship, leads six compatriots fighting in a kickboxing final.

Hosts Vietnam roared to the top of the medal standings with 26 total – 10 gold, 7 silver, and 9 bronze.

Malaysia (16 total, 8 gold); Indonesia (7 total, 3 gold), and the Philippines (11 total, 1 gold) round out the top 10.

ABS-CBN

## PH boxing chief confident as Petecio, Marcial lead SEA Games charge

**M**ANILA, Philippines – Expectations are high for Olympic medalists Nesthy Petecio and Eumir Marcial as Association of Boxing Alliances of the Philippines (ABAP) president Ed Picson expressed confidence of another strong showing from the national team in the upcoming Southeast Asian Games in Hanoi, Vietnam, this month.

Petecio and Marcial headline the solid squad of 10 boxers – five each for the men's and women's categories – ABAP will be sending to Hanoi for their SEA Games campaign from May 15 to 22.

The national team has been hard at work as it recently competed in the Thailand Open and Picson feels good about the Filipino boxers' chances.

"We're able to perform well, I would say. We won a couple of gold medals. Two weeks before the tournament, we sent them there to prepare and [the result] went beyond our expectations," Picson said during the Philippine Sportswriters Association online forum on Tuesday, May 3.

"We also decided that after the tournament that they stay in Thailand. They're still there, so hopefully this would give them the proper training and

the SEA added.

silver Tokyo try

preparation Games," for he

Petecio, a medalist in the Olympics, will to rule the women's featherweight (60kg) class,

Tokyo Games bronze medalist Marcial will attempt to defend his men's middleweight (75) throne.

Also defending their respective SEA Games gold medals in the men's division are light welterweight James Palicte (64kg) and flyweight Rogen Ladon (52kg).

Other members of the men's team are bantamweight Ian Clark Bautista (57kg) and welterweight Marjon Piañar (69kg).

Reigning women's light flyweight champion Josie Gabuco (48kg) eyes another gold medal, while flyweight Irish Magno (51kg) and featherweight Riza Pasuit (57kg) aim for the top prize after settling for silver in the 2019 edition.

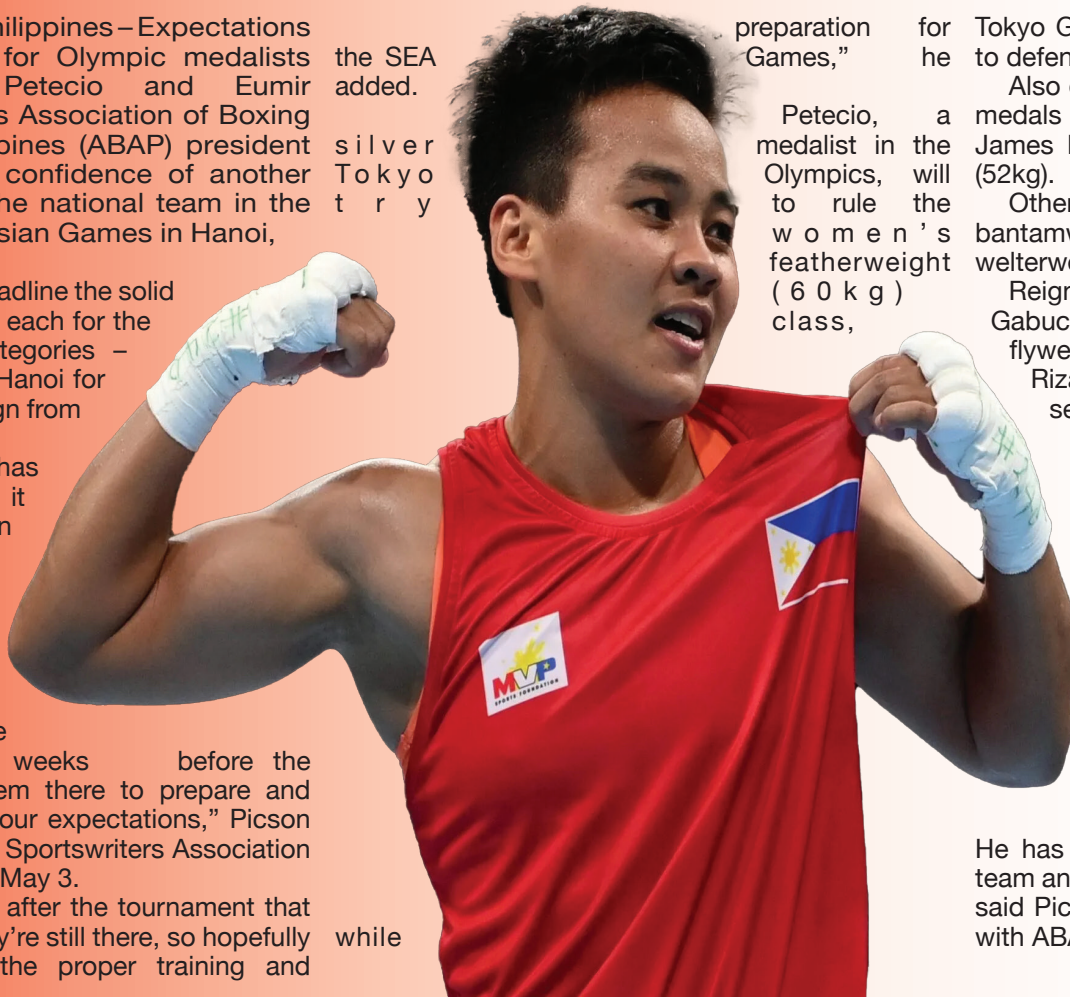
Middleweight Hergie Bacyadan (75kg) completes the women's team.

Carlo Paalam, a silver medal winner in Tokyo who has moved up in the same category as Ladon, will not see action in the SEA Games. He won gold in the men's light flyweight class (46-49kg) in 2019 here.

Despite not having Paalam, Picson knows Ladon also has what it takes to win a medal in Hanoi.

"For me, Rogen Ladon is an ex-Olympian (2016 Rio de Janeiro) and he has been showing grit and determination. He has proven himself as captain of the national team and he is the best bet in that weight category," said Picson at the same forum where he appeared with ABAP secretary-general Marcus Manalo.

– Rappler.com





# TRENDING & FEATURES

## WATCH: Jo Koy's New Movie is About a Filipino Family and We're Excited to See It!



**J**o Koy is known for his comedy specials filled with impressions of his Filipino mother and his heritage. Now, he's starring in a movie as himself, and it's about his Pinoy family.

It's called *Easter Sunday* and is set on that one day. In the trailer, he says, "Easter Sunday is like the Filipino Super Bowl."

According to *Deadline*, *Easter Sunday* is "a love letter to the Filipino-American community and inspired by Koy's life experiences." The trailer features quintessential parts of the Fil-Am experience such as balikbayan boxes, karaoke, and traditional Filipino items such as a statue of the Santo Niño and oversized wooden spoons and forks.

In an exclusive interview with *Entertainment Weekly*, Koy said that Amblin called him for a meeting after Steven Spielberg watched his Netflix

special *Comin' In Hot*. He said, "I got to meet Holly Barrio and Jeb Brody, the two execs over there, and they went, 'Steven loves you, and he wants to know if you have an idea for a movie.'"

According to Koy, "He just loved the stories about my mom and our relationship...He just enjoyed that dynamic, and he enjoyed the storytelling, and he was like, 'I want to make this story a reality.' And it's not about making fun of Filipinos. It's about a family first that just happens to be Filipino. And you're going to relate to it. No matter what ethnicity you are, a mom is a mom. They all do the same mom stuff."

He added, "The one thing I said the most when we were writing is 'I'm not making fun of my family, and we're not going to make fun of our food and our culture.' That's not what we're doing here. We're going to represent my family, and we're going to represent my culture.

Of course, we had the big lechon. We had to."

The comedian pitched the movie, "and they were [all] like, 'Yeah, we'll take it.' Eight months later, we're in Vancouver, shooting the movie."

Koy stars with Jimmy O. Yang, Tia Carrere, Brandon Wardell, Tony nominee Eva Noblezada, Lydia Gaston, Asif Ali, Rodney To, Eugene Cordero, Jay Chandrasekhar, Tiffany Haddish, and Lou Diamond Phillips.

It is directed by Chandrasekhar. *Easter Sunday* premieres on August 5, 2022.

**- KOJI ARSUA**



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# BIKO RECIPE

## HOW TO MAKE THIS AT HOME:

The only ingredients you'll need for biko are sticky rice, water, brown sugar, coconut milk, and salt! See? Easy!

Mix your sticky rice and water in a rice cooker and cook until your rice is ready. The small amount of water compared to the rice is intentional; this is because we don't want the rice to be fully cooked! While the rice is cooking, combine 4 cups of the coconut milk with 2 cups of brown sugar and salt in a separate pot over the stove. Cook on low heat until the texture thickens, and continue to stir. Incorporate both ingredients well. The nutty, sweet smell of the coconut-sugar mixture is absolutely mouthwatering!

Once your rice has finished cooking, add your cooked rice to the thick coconut milk-sugar mixture! Mix them well, letting the rice absorb the thick texture. Continue to cook it until all the liquid evaporates, but make sure not to overcook it!

After you've fully cooked your biko, transfer it to a serving plate and make it flat. Hot, sticky, and sweet, your biko is now ready to be consumed! Share and enjoy



© Panlasang Pinoy

it with loved ones over a hot cup of coffee or hot chocolate.

### INGREDIENTS:

- 2 cups glutinous rice aka sticky rice or malagkit
- 1 1/2 cups water
- 2 cups brown sugar
- 4 cups coconut milk
- 1/2 tsp salt

### INSTRUCTIONS:

1. Combine the sticky rice and water in a rice cooker and
2. While the rice is cooking, combine the coconut milk with brown sugar and salt in a separate pot and cook in low heat until the texture becomes thick. Stir constantly.
3. Once the rice is cooked and

cook until the rice is ready (we intentionally combined lesser amount of water than the usual so that the rice will not be fully cooked)

the coconut milk-sugar mixture is thick enough, add the cooked rice in the coconut milk and sugar mixture then mix well. Continue cooking until all the liquid evaporates (but do not overcook).

4. Scoop the cooked biko and place it in a serving plate then flatten the surface.
5. Share and Enjoy!

Panlasang Pinoy

### Boksingero

Mga nakalaban ni Piolo Pacquiao...

? Marian Barerra ( Rivera )

? Dingdong Marquez ( Dantes )

? Jericho Morales ( Rosales )

? Joey Dela Hoya ( De Leon )

at ang kanyang pinakahuling almusal...

Pansit Hatton ( Canton )

BWAHAHA!

### Use Puera In A Sentence!

Isang araw sa klase ni Mrs. Ambrocia...

Teacher: Juan, use puera in a sentence or get out of this room!

Juan: Lahat ng teacher dito ay maganda.

Teacher: Thank you! Pero nasan ang puera?

Juan: Puera po kayo ma'am!

Teacher: Very Good...1st time makagawa ng sentence...I mean...Sabag\*y...GET OUT!

## JOKESPINOY

BY: [WWW.JOKESPINOY.COM](http://WWW.JOKESPINOY.COM)

Teacher: Use "Puera" in a sentence

Juan: All our teachers are beautiful.

Teacher: where's the puera word there

Juan:puera po kayo maam

Defunitely PAST TENSE... :))

### LAMAY

pag ako'y umibig

kasing linaw ng tubig

pag aku'y nabigo

kasing labo ng dugo

...

pag aku'y nmatay

wag kang mkkiramay

dhil alm ku ang iyong pakay

kape at tinapay !!

### Black And Yello

Boy:Hey,nice teeth man!

Boy2:Thank you ,man!

Boy:Your teeth just remind me a song

Boy2:What song?

Boy: Black and Yellow

Basag si Boy 2

### BAYGON

Inday : ma'am , nang naka alis na kayo kanina nakalunok ho ! ng ipis si baby ....

Amo : haaah ?

Inday ; pero huwag na kayong mag alala ma'am pina—inom ko nap o ng BAYGON.

### Knock Knock!

Who's there?

Yellow Knife

Yellow Knife who

Just gonna stand there and watch me cry,but thats alright because I love the yellow knife....



<div></div> <div><p><b>Aries</b></p><p>Mar 21 - Apr 19</p></div> <div><p>You'll feel the love this month, dear Aries, as Venus, the planet of romance and money, makes her way into your sign on May 2. These vibes are perfect for embracing the sweeter side of life, though there will certainly be a passionate and exciting energy to go along with this planetary placement. While matters of the heart will be on your mind, make sure you're using this cosmic climate as an excuse to prioritize your needs while indulging in plenty of self-care. The universe wants you to feel adored and pampered, not only by the people who surround you but by yourself as well.</p></div>	<div></div> <div><p><b>Taurus</b></p><p>Apr 20 - May 20</p></div> <div><p>This will be an exciting month for you, dear Taurus, because the sun makes its way through your sign and brings attention and new activity your way. May 5 will feel particularly thrilling thanks to a cosmic alliance between the sun and revolutionary Uranus, which is bound to shake things up in your personal life. These vibes are ideal for going off-script, so don't feel guilty if you opt for adventure over responsibility, if only for a day. The Scorpio full moon on the fifteenth brings intensity to your relationships, helping you connect with your partner or bestie in profound ways. However, these vibes could also put you in a private or secretive mood, causing you to pull away from your nearest and dearest. If you find yourself walking a solitary path during this lunar event, make sure you're using the time to embrace self-love. Venus, your ruling planet, is cozied up to healing asteroid Chiron in the sector of your chart that rules the subconscious. This can act as a cosmic salve for whatever it is that's ailing you internally.</p></div>	<div></div> <div><p><b>Gemini</b></p><p>May 21 - Jun 20</p></div> <div><p>This month could be an intriguing one for you, dear Gemini, because the Aries sun shines a light in the sector of your chart that governs secrets, revealing information that was once hidden. Even the subtlet of clues could crack open a mystery you've been struggling with, so be sure to pull at any threads that pique your interest or intuition. These sentiments could feel particularly pronounced when the sun cozies up to unpredictable Uranus on May 5. It could lead to moments of clarity that strike like lightning. Mercury, your ruling planet, enters its retrograde motion while traveling through your sign on the tenth, which is sure to leave you feeling a touch out of sorts. Watch out for low energy levels, brain fog, miscommunication, errors, and clumsiness now as the universe plagues you with some cosmic funk. Luckily, this energy will also give you full permission to reflect, providing an opportunity to tie up any loose ends in your personal life.</p></div>	<div></div> <div><p><b>Cancer</b></p><p>Jun 21 - Jul 22</p></div> <div><p>You and your friends can bring stability to one another this month, sweet Crab, because the Taurus sun activates the sector of your chart that governs community. This cosmic climate is perfect for laying down foundations for new relationships while helping you feel secure in the process. These sentiments receive a significant boost when the sun cozies up to revolutionary Uranus on May 5, creating a breakthrough in any new connections you've had trouble growing. While it's certainly important that you invest time and energy in your friendships right now, you'll also want to keep one eye on your career as Jupiter enters Aries on the tenth. This planetary placement is set to bring prosperity and luck to your solar tenth house, making it important that you invest your energy in the professional path of your dreams. If you're unhappy in your current situation, now would be the time to shift your work in a new direction. You might also want to touch base with the other side, whispering your hopes to the wind, because the universe will look for ways to help you achieve such goals.</p></div>	<div></div> <div><p><b>Leo</b></p><p>Jul 23 - Aug 22</p></div> <div><p>You'll have cosmic support to build something solid in your professional life, dear Leo, because the Taurus sun activates your solar tenth house. This energy brings a lucrative and stabilizing energy to your career, helping you make steady headway toward your goals. However, this energy tends to move at a slower speed, so it will be important that you remain patient with each step. This is also a great time to work a little money magik around your income, so don't hold back if you feel drawn to light a candle and make a wish. The vibe shifts significantly as Gemini season emerges on May 20, amplifying your position within your communities. Use this energy to build up your connections, but don't be afraid to share the wealth by linking any friends or colleagues you believe might benefit from the introduction. You might also feel inspired to invest in your neighborhood, choosing to support small businesses rather than give your hard-earned dollars to faceless megacorporations.</p></div>
<div></div> <div><p><b>Virgo</b></p><p>Aug 23 - Sep 22</p></div> <div><p>You can be a master manifestor this month, dear Virgo, because the Taurus sun shines brightly in the sector of your chart that governs spirituality. These vibes can create a portal-like connection between you and the other side as the universe looks for ways to guide and support you. However, you'll need to back up your dreams with any work required to achieve them. While the powers that be might send you the opportunities you ask for, you won't see any actual payoff unless you can keep up with the responsibilities that inevitably come with every blessing. Unfortunately, this month won't be without its tests, because your ruler Mercury heads retrograde on May 10. This planetary backspin could create issues in your professional life, plaguing your career path with new obstacles. Luckily, this energy can also present you with an opportunity to break patterns and learn from past mistakes, giving you a chance to overcome such hurdles. Survive this cosmic climate by staying centered, monitoring your stress levels, going early to the office, and proofreading every communication before sending it.</p></div>	<div><h1>HOROSCOPE</h1><p>BY WWW.HOROSCOPE.COM</p></div>			<div></div> <div><p><b>Libra</b></p><p>Sep 23 - Oct 22</p></div> <div><p>This month could put you in a transactional headspace, sweet Libra, because the Taurus sun activates your solar eighth house. This cosmic climate won't have you in the mood to mince words or play games, bringing out an uncharacteristic directness that could throw your loved ones and colleagues for a loop. Don't feel guilty about stepping into your personal power, negotiating, or advocating for yourself, especially if you feel as though others haven't been taking you seriously of late. Just try not to let a desire to cut to the chase take away from your ability to engage in pleasantries, since not everyone will be in the same place as you. Your heart will have plenty of room for romance and connection beginning when Jupiter enters Aries and the sector of your chart that governs love on May 10. Whether you're dating or in a stable partnership, this planetary placement brings some sparkle to your aura, helping to breathe new life into your connections. These vibes can also strengthen any chemistry that exists between you and that special someone, and your charm and charisma can reach new heights. However, you should be cautious about rushing into a commitment just because someone sweeps you off your feet, no matter how tempting it might be.</p></div>
<div></div> <div><p><b>Scorpio</b></p><p>Oct 23 - Nov 21</p></div> <div><p>Get ready for a month full of love, luxury, and romance, dear Scorpio, because the Taurus sun activates the sector of your chart that governs matters of the heart. While this energy should bring more stability to your relationships, that doesn't mean there won't be a good dose of excitement to go along with it. Shocking gestures or declarations of love could find you when the sun cozies up to unpredictable Uranus while aspecting your passionate ruler Mars on May 5. Whether you're in a committed relationship or looking for a hookup, you can bet that these steamy vibes will bring plenty of excitement to your day. Creative inspiration will find you when Mars forms a cosmic alliance to dreamy Neptune on the seventeenth. Lean into your artistic side even if you don't consider yourself a master crafter. Playing in your imagination is sure to bring you healing while giving your confidence a little boost. These vibes are also perfect for taking action toward your dreams because your efforts can transform fantasy into reality. Just remember to stay grounded and clearheaded in the process. Emotional investment in any given situation could cloud your judgment if you're not careful.</p></div>	<div></div> <div><p><b>Sagittarius</b></p><p>Nov 22 - Dec 21</p></div> <div><p>Though you're known for your exuberance, sense of adventure, and fierceness, dear Sagittarius, you might want to slow things down this month. When the sun shines brightly in Taurus and your solar sixth house, the universe is pushing you to bring solid foundations to your daily routines, especially if you've been burning the candle at both ends. Use this cosmic climate as an opportunity to commit to a more consistent schedule, which is sure to pay off in a boost to your efficiency, physical stamina, and mental well-being. You'll feel invigorated by a renewed belief in yourself starting when your ruler Jupiter moves into fiery Aries on May 10. This planetary placement can take your image and artistic genius to new heights over the next several months, helping you find and use your voice while inspiring others to do the same. Just try not to abandon your grace in the process, and be aware of whether or not you're maintaining a healthy ego.</p></div>	<div></div> <div><p><b>Capricorn</b></p><p>Dec 22 - Jan 19</p></div> <div><p>It's okay to build yourself up right now, dear Capricorn, because the Taurus moon activates your solar fifth house, asking your ego to come out and play. While you'll certainly gain a new appreciation for your capabilities and talents, these vibes also encourage you to nurture your existing interests. Take some time to reconnect with a creative outlet right now, because the universe is blessing you with inspiration and a desire to express yourself. Channeling your artistic side can offer healing and personal transformation, especially when the sun forms a supportive connection to Pluto, currently camped out in your sign, on May 19. While you'll certainly be in a more free-spirited mood throughout Taurus season, you'll notice a shift in your priorities when the sun enters Gemini on the twentieth. This solar placement can motivate you to achieve greatness, pushing you to bring steady organization to your daily routines. These vibes are also ideal for mapping out your path forward so you can break down your big picture into small, manageable steps. Just try not to put too much pressure on yourself, and don't be afraid to ask for help when you need it.</p></div>	<div></div> <div><p><b>Aquarius</b></p><p>Jan 20 - Feb 18</p></div> <div><p>Your focus will be on domestic affairs this month, dear Aquarius, because the Taurus sun shines a light on your solar fourth house. These vibes are perfect for embracing luxury from the comfort of your own home, which could inspire more evenings in and perhaps a proper staycation. However, you might also feel drawn to freshening up your interior aesthetic, causing you to reach for a bucket of paint and some brushes. You'll want to make sure to complete such projects before Mercury enters its retrograde on May 10, or you could end up regretting your decisions. Expansive Jupiter enters Aries and your sector of communication on the tenth, helping your voice grow in the coming months. For this reason, it will be particularly important that you avoid lies, gossip, or mean-spirited comments. Your words could reach further than you imagine. Maintaining a positive attitude can help you make the most of this cosmic climate, though you should also take some time out to reconnect with your spiritual or philosophical studies.</p></div>	<div></div> <div><p><b>Pisces</b></p><p>Feb 19 - Mar 20</p></div> <div><p>You'll learn more easily through hands-on experiences this month, dear Pisces, because the Taurus sun brings a rush of activity to the sector of your chart that governs learning, communication, and curiosity. These vibes can inspire you to get your hands dirty when it comes to expanding your knowledge, especially if you have a mentor to help illuminate any new mental journeys you choose to go on. However, this energy moves at its own pace, so you'll want to make sure to be patient with your progress. Jupiter, the planet of luck and expansion, moves into Aries on May 10, helping you grow your wealth over the next several months. An increase to your prosperity is on the horizon, though you'll need to be willing to take a few chances and say yes to opportunities. Be on the lookout for new work, career paths, or investments during this time, because the financial decisions you make right now are likely to pay off in big ways down the line. Mercury will be in the midst of its retrograde journey, so make sure you fully understand the terms of any new agreements you sign.</p></div>

# PAL posts P1.2 billion net income in 'breakthrough' first quarter 2022

**M**ANILA - Philippines Airlines said Friday it posted a net comprehensive income of P1.2 billion (\$22.6 million) in the first quarter of 2022 due to increasing travel volumes in key markets.

The last time it registered a positive first-quarter result was in 2016, its operator PAL Holdings said in a disclosure to the stock exchange.

In terms of revenues, it generated P24 billion from growth in both passenger and cargo, PAL said.

"We welcome the financial turnaround demonstrated by the positive operating results for the first quarter of 2022," said PAL president and COO Stanley Ng.

"Just the same, we must not lose sight of the considerable headwinds we continue to face...To protect the gains we've made so far, we must be resolute in exercising fiscal discipline and faithfully carrying out our restructuring initiatives," he added.

PAL earlier filed for a Chapter 11 Bankruptcy proceeding in a US court for financial restructuring. In January it said it has completed the proceedings with a "strengthened" balance sheet.

Lucio Tan throwing \$505 million lifeline to PAL as part of airline's reorganization

PAL emerges from Chapter 11 Bankruptcy proceedings

PAL said it would embark "on a major network re-expansion" to restore more flights and routes as more restrictions ease with a \$505 million fresh capital.

The flag carrier said it expects its domestic network to return to its pre-pandemic level in the second or third quarter of 2022.

**-ABS-CBN News**





# TRAVEL + LEISURE

## PHL may be next filming location as Tourism Summit brings in Hollywood execs

**M**ANILA—The Philippines may just be the next location for the next Hollywood big hit.

This, after the best-selling author, writer and executive producer of “Crazy Rich Asians” Kevin Kwan shared that he wants to make his next movie in the country.

Kwan made the statement on Thursday (April 21) at the 21st World Travel and Tourism Council (WTTC) Global Summit at the Marriott Hotel Manila where he served as a speaker.

“It’s a country with so many amazing locations, cultures, flavors, and of course, people. This is my fourth trip [here] and it’s always a pleasure to be back,” the Singaporean-born American writer enthused of the Philippines.

“It’s always surprising—I never know what will happen, but it’s always a grand adventure,” added Kwan.

Award-winning film producer Lawrence Bender, who joined Kwan on the panel, shared further details on the latter’s creative project.

“One of the reasons why we are here is we want to make a movie here. [Kevin] wrote a script, and it’s like a love letter to the Philippines,” Bender said.

Both Kwan and Bender were in the Philippines upon the invitation of the Department of Tourism (DOT) to become panel speakers for the WTTC Summit session on the impact of novels and film in boosting tourism.

The Kwan-led creative project based on the Philippines likewise reflected the author’s principles on storytelling and its possible effects on local tourism.



“In case of (bringing the spotlight to) the Philippines, absolutely... For me, it’s about showcasing cultures... telling stories that are authentic to the place, to really celebrate that place,” Kwan said. “You know, we did that with Crazy Rich Asians quite effectively. It boosted tourism [in Singapore],” Kwan said, noting that many of the film cast were “discovering” the country like tourists as it was their first time to visit.

Bender also emphasized that when film crews come to certain destinations to create their movies, the local economy also benefits from it.

“Of course, what we do is we come into an area to shoot. We hire local people, we bring in people, we rent hotels. People who are employed, they pay taxes. It’s a net positive for the economy,” he noted.

Thanking the Hollywood executives for sharing their first-hand experience on how films have positively impacted communities in shooting locations, DOT Secretary Berna Romulo-Puyat shared her excitement with the prospects that film tourism may bring to the country.

“Film and literary works hold great potential to reach more people and show them how rich the Philippines is in terms of breathtaking destinations and diverse cultures. We hope these will in turn encourage more travelers around the world to visit and experience our country,” Puyat said.

“Given our expansive tourism portfolio, we look forward to having more film and TV projects shot here in the Philippines. Rest

assured we have the guidelines in place to ensure their health and safety while filming in our destinations,” added the tourism chief.

With travel as a foremost source of creative inspiration for the two, Kwan looks forward to exploring the Philippines further and showing his favorite destinations to Bender, “hoping [that] he falls in love,” the author quipped.



## THIS MAGNIFICENT VIEW IS WORTH THE CLIMB

*A sea of clouds, a brilliant sunrise, and an unparalleled view await you at the summit of Mount Pulag in Kabayan, Benguet.*

Photo's by: Gab Mejia



Mt. Pulag, Benguet







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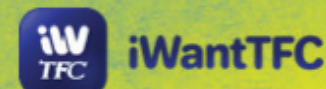
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