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Veteran broadcaster Dong Puno passes away



Ricardo "Dong" Puno, Jr.

January 20, 1946 - Feb. 15, 2022

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MANILA (UPDATE) - Veteran broadcaster and former Press secretary Ricardo "Dong" Puno, Jr. passed away Tuesday at the age of 76, his family said.

Puno succumbed to a lingering illness at 12:15 p.m., according to his sons Ricky and Donnie.

Puno, who was also a lawyer, previously served as senior vice president of ABS-CBN News and Current Affairs.

He was a known television host in ABS-CBN through his shows Dong Puno Live, Viewpoints, and Insider.

In 2000, Puno was appointed by former President Joseph Estrada as press secretary before running for the Senate the following year. He lost the senatorial race and went back to ABS-CBN.

He is the son of former Justice Minister and Court of Appeals Associate Justice Ricardo Puno Sr., who co-founded with him the Puno & Puno Law Offices.

READ: DOJ holds necrological rites for ex-Justice

Ricardo Puno Sr.

Officials of the Duterte administration paid tribute to Puno and condoled with his family, loved ones, friends and colleagues.

"Known for his intelligent, insightful interviews, Sec. Puno received numerous distinctions for his work in public affairs programs that helped provide the public with a better understanding of the issues of the day," said Cabinet Secretary Karlo Nograles, acting Malacañang spokesman.

"As a private professional, he devoted his life to journalism, law, and education to which he fulfilled managerial responsibilities, initiating actions that have contributed to the expansion of his affiliations," Communications Secretary Martin Andanar said for his part.

"Our thoughts are with the loved ones of Sec. Puno as we join them in praying for his eternal repose," said Nograles. [-ABS-CBN News](#)

Pacquiao's cyberlibel rap vs Quiboloy junked

THE Makati City Prosecutor's Office has junked the cyberlibel complaint filed by Senator and now presidential candidate Manny Pacquiao against founder of Kingdom of Jesus Christ, The Name Above Every Name Inc. (KOJC), Apollo Carreon Quiboloy.

In an eight-page resolution, Senior Assistant City Prosecutor Kareen Tacorda-Evangelista said Pacquiao's complaint against Quiboloy was dismissed for insufficiency of evidence.

"The fact that respondent (Quiboloy) is an avid supporter of President Duterte, who was angered by complainant's (Pacquiao) pronouncements that graft and corruption is prevalent in the current administration, does not automatically prove actual malice on the part of the respondent," the

resolution reads.

This developed as the camp of Pacquiao on Tuesday confirmed that they have filed a motion for reconsideration on the prosecutor office's resolution.

Atty. Nikki de Vega called the decision a travesty of justice, claiming that the case was dismissed without a counter-affidavit from Quiboloy.

Pacquiao filed the complaint against Quiboloy and sought a P100-million damage claim for allegedly spreading fabricated claims against the eight-division boxing champ.

The complaint stemmed from a television appearance and social media post made by Quiboloy where he claimed that the senator had misused funds for the unfinished Sarangani Sports Training Center. Quiboloy reportedly claimed that the project had cost the government some P3.5 billion.



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BI reminds airlines to fly travelers allowed PH entry



BUREAU of Immigration (BI) Commissioner Jaime Morente reminded the different airlines to ensure that only eligible aliens are permitted to board their flights bound for the Philippines.

Morente stressed that it is the responsibility of airlines to ensure that foreigners boarding their flights to the country are eligible to enter, following the recent resolutions from the Inter-Agency Task Force on the Management of Emerging Infectious Diseases (IATF).

Currently, the country only allows the entry of fully vaccinated foreigners, subject to the presentation of required documents.

Lawyer Carlos Capulong, BI port operations chief, said the airlines must exercise due diligence in ensuring that their passengers are compliant with requirements as they are primarily responsible if their customers are denied entry to the country.

He thanked the airlines for their cooperation in implementing the imposed travel restrictions.

"This is a joint effort by different government agencies, as well as the airlines who are the first to evaluate documents presented by travelers," said Capulong.

"The airlines have been very helpful and cooperative with these policies that we are duty-bound to impose," he added.

Foreign nationals who are ineligible for entry are excluded upon arriving at the airport and are boarded on the next available flight back to their port of origin. Airlines likewise face fines and sanctions for allowing improperly documented aliens to board.

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UniTeam sinigurong susunod sa Comelec guidelines



PINAALAHANAN ng UniTeam ang mga taga-suporta nito na sundin ang ipinalabas na bagong mga alituntunin ng Commission on Elections (Comelec) ukol sa pangangampanya sa panahon ng pandemiya kasabay ng pagsisimula ng campaign period nitong Pebrero 8, 2022.

Nanawagan ang tambalan nina presidential candidate Ferdinand "Bongbong" Marcos Jr. at kanyang running-mate na si Davao City Mayor Sara Duterte sa mga taga-suporta matapos ang matagumpay na proclamation rally na dinaluhan ng libo-libong mga supporter sa Philippine Arena sa Bocaue, Bulacan.

"We are reminding everyone that we are still in the middle of a COVID-19 pandemic. For everyone's safety and well-being, we are urging our supporters all over the country to abide by the rules and restrictions set by the Comelec," ayon kay Marcos.

Nitong Lunes, nanawagan ang Comelec sa mga kandidato na sumunod sa itinakda nilang bagong alituntunin ukol sa pangangampanya partikular ngayong meron pa ring pandemiya.

Ayon sa Comelec, lahat ng aktibidad ng mga pulitiko ay kinakailangang aprubado ng National Comelec Campaign Committee, isang task force na nilikha ng ahensya para i-regulate ang pangangampanya ngayong halalan.

Ibig sabihin nito, kailangang humingi ng permit ang mga campaign organizer bago isagawa ang lahat ng kanilang aktibidad.

Dalawang Comelec commissioners ang mamumuno sa committee na kinabibilangan din ng ilang representative mula sa Department of Health, Department of Interior and Local Government, Armed Forces of the Philippines, at Philippine National Police.

"This is a time to lead by example. Let us show the people that the UniTeam and everyone who believes in our call for unity are disciplined and law-abiding citizens. We must learn to adapt to the changes in our election process," wika ni Marcos.

Mahigpit ding ipinagbabawal ng Comelec ang paghalik, pagyakap, at pagpasok sa bahay ng mga nangangampanyang kandidato.

Pinaiiwas din ang mga kanidato sa pagkamay, at pagkikipag-selfie sa mga supporter.

Maging ang pagbibigay ng pagkain at tubig ay ipinagbabawal din base sa bagong alituntunin ng Comelec.

"Mayor Sara and I know that this will be a big challenge for everyone in our campaign team, but this is one challenge that I am confident we can all hurdle together. It pales in comparison to the issues that await us should we be given the mandate to serve after this election," ayon pa kay Marcos.

Inilunsad din ng Comelec ang kanilang "e-rally facility" para payagan ang mga kandidato na mag-live stream ng kanilang mga aktibidad sa e-channel ng Comelec sa loob ng 10 minuto.

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LWUA eyes better, faster response vs calamities



LOCAL Water utilities Administration (LWUA) Administrator Guiling "Gene" A. Mamondiong announced recently the pro-active stance of the agency against natural calamities in order to protect and help victims such as those battered recently by the powerful typhoon Odette.

Aside from ensuring water supply and sanitation in the countryside, LWUA is now crafting programs to quickly come to the aid of calamity-victims as well as to prepare and protect them when such a situation arises.

"We are finding ways to purchase mobile equipment plants and water bladders which can immediately provide drinking water once pipelines are damaged or destroyed," he said. He stressed, the need to source the funds needed for the equipment.

However, during the time when we needed help, Mamondiong said, the Philippine Water Works Association (PWWA) and the Philippine Association of Water Districts (PAWD) headed by Atty. Vincent Joyas, chair, Metro Quezon Water District and Stella Gonzales, general manager, Metro Kidapawan Water District, respectively had immediately response.

"We have to learn from the lessons of Odette and must prepare for future disasters to prevent casualties and suffering," Mamondiong said, referring to the recent super typhoon which left over 400 fatalities and billions in damaged crops and properties across Visayas and Mindanao. LWUA team made the rounds in various disaster-hit areas after Odette stuck huge parts of Visayas and Mindanao – bringing water, rice and groceries/relief packs worth almost P3M.

The Philippines is in the Pacific Ring of Fire and is one of the highly-prone countries to natural threats like volcanic eruptions, earthquakes and destructive typhoons. Blessie Amor Vicente, OJT

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Briones fulfills promises

A TRULY strengthened and intensified Alternative Learning System (ALS) Program for all out-of-school children in special cases, youth, and adults (OSCYAs) is a promise that the administration of Secretary Leonor Magtolis Briones delivered in less than six years in office,” ALS Assistant Secretary G.H. Ambat declared as the Department of Education (DepEd) is set to conduct the roadshow for Republic Act 11510 (ALS Act) and its Implementing Rules and Regulations (IRR) beginning February 2022.

DepEd, through the newly created Bureau of Alternative Education (BAE) in the Central Office, will engage DepEd officials, personnel, and partners in the field to make the implementation of the law more understandable, relatable, and practicable.

“After we levelled-up the Program, we intend to build on the gains of ALS 2.0 and make sure that everyone – from DepEd officials and personnel to external partners – is all-in for ALS. Their stake in and support for ALS should continue even after the current administration,” Ambat added.



With support from the U.S. Agency for International Development (USAID) Opportunity 2.0 (O2) Project, the roadshow will kick off in the 12 O2 project sites: Zamboanga del Norte, Isabela City, Davao City, General Santos City, Cagayan de Oro City, Cotabato City,

Legazpi City, Angeles City, Quezon City, Valenzuela City, Cebu City, and Tagbilaran City. Thereafter, BAE will conduct the roadshow with relevant offices in the Central, Regional and Division offices, and schools.

The roadshow aims to explain the salient features and key terms in the law and its IRR that will define the roles and responsibilities of DepEd and its partners in the continued implementation of the ALS Program.

Likewise, the roadshow is designed to boost stakeholder support by enabling them to appreciate the provisions of the law, and discuss strategies and practices that may be used to further an effective advocacy campaign.

To signify support for the ALS Program, and its institutionalization through the ALS Act and its IRR, roadshow participants and program stakeholders are encouraged to use #AllinLahatsaALS in their social media posts related to ALS and its activities.

The hashtag also serves as a call-to[1]action for all to acknowledge and participate in the collective effort to make basic education more accessible and inclusive for marginalized Filipinos.

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DILG: NCR not ready yet for Alert Level 1

DEPARTMENT of the Interior and Local Government (DILG) Secretary Eduardo Año cautioned on Sunday that the National Capital Region should not be downgraded yet from Alert Level 2 to 1, especially with the ongoing national election campaign.

The Inter-Agency Task Force (IATF) will update quarantine guidelines, effective February 15 to 28, on Monday.

“Sa mga susunod na araw, kailangan talaga tayong magbantay pa dahil alam natin na papalapit nang papalapit ‘yan. Pa-igting nang pa-igting ‘yung kanilang pangangampanya, lalo na kapag pumasok na ‘yung (In the coming days, we really need to be on guard, as the election nears, poll activities are getting more intense especially at the start of the) local election period,” he said in a radio interview.

Candidates for the House of Representatives, regional, provincial, city, and municipal positions will



begin their campaign on March 25.

“Pag sinabi nating Alert Level 1, minimum public health standards na lang ma-iwan diyan tapos lahat pwede na, 100 percent na halos lahat ng activity. Baka

mabilaukan tayo rito (When we say Alert Level 1, only minimum health standards will be left and then everything is already allowed, all activities are almost 100 percent. We might not be able to handle it),” Año added.

Meanwhile, the Philippine National Police Public Information Office chief, Brig. Gen. Roderick Alba, reminded the public to continue practicing physical distancing and avoid public displays of affection when they celebrate Valentine’s Day on Monday.

In a statement sent to reporters on Sunday, Alba said they acknowledge the “celebration of love” but the coronavirus does not.

“May we remind the public to avoid crowding or gathering in public areas. Also, let us avoid public display of affection so we can set a good example to others. Part of the protocol is to still wear face masks,” Alba said. “Let us show that love to our countrymen by contributing toward healthy and safe living.”

Philippine News Agency

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Over 8,000 arrivals recorded after PHL reopened borders to foreign travelers – BI

MANILA, Philippines – The Bureau of Immigration (BI) on Friday reported it has monitored more than 8,000 arrivals on Thursday when the Philippines reopened its borders to foreign travelers.

In a televised briefing, BI spokesperson Dana Sandoval said about 27% to 30% of the arrivals were foreign nationals.

“Marami-rami po iyong dumating kahapon during the first day of implementation nitong pag-o-open po natin ng borders. Kahapon po, nagtala po tayo ng mahigit sa walong libo na arrivals,” she said.

Sandoval said four travelers were not able to enter the country due to issues with their travel documents.

“Most of them po ay hindi po proper iyong mga documentation nila dahil ang mga vaccination cards po nila tsinitsek po iyan ng Bureau of Quarantine (BOQ),” she said.

Sandoval said the BOQ is strictly checking the vaccination cards of arriving passengers to ensure their authenticity and compliance with guidelines set by the



national government.

“It’s the BOQ that confirms kung ito po ba ay legitimate or kung ito po ba ay readable or ito po ba ay within the guidelines set by the IATF,” she said.

“Once makita po ng BOQ na hindi po tugma doon sa guideline set by the IATF or hindi kaya po nagkaroon ng falsification doon po sa kanilang mga vaccination cards, they turn it over po to the Bureau of Immigration who implements the exclusion of the foreign national,” she added.

She assured that health and safety protocols are properly observed against COVID-19.

“Talagang sinisigurado po natin na iyong immigration areas po natin ay clear po at hindi po nagsisiksikan at nasisigurado po natin ang implementation po ng strict social distancing sa area,” she said.

Sandoval said the BI is expecting more arrivals in the coming weeks now the Philippines has started accepting foreign tourists, subject to conditions.

“Ini-expect po naming na unti-unti pong tataas iyong bilang ng mga dumadating po na pasahero habang tumatagal po. Siguro for the next coming weeks tataas po iyan ng mga 20% to 30% and hopefully po we will be reaching na sa 10,000 to 12,000 by the end of the month,” she added.

-Robie de Guzman

Duterte to FDA: prosecute after fake meds bust



MANILA, Philippines — President Rodrigo Duterte has directed the Food and Drug Administration (FDA) to do follow-up prosecutions after arresting sellers of fake medicines and fly-by-night drug stores, noting that it would scare people to follow crooks in their wrongdoings.

“Ang akin lang kasi there must be a follow-up sa prosecution para mahinto na ito,” Duterte said during his prerecorded Talk to the People aired Monday night.

“That’s the only way to discourage people selling fake medicines even they are called legit outlets,” he added.

FDA officer-in-charge Oscar Gutierrez said the agency has been coordinating with police authorities to curb counterfeit drugs trade, especially in small enterprises such as sari-sari or neighborhood stores.

Gutierrez said these stores commonly get permits through the local government units (LGUs).

“We would like sana to work with the LGUs para po maybe they can pass an ordinance na iyong mga sari-sari store po do not buy or carrying medicine,” he said.

With this, the President directed LGUs to impose strict ordinances against the selling of fake medicines in their areas of responsibility.

Duterte also advised the FDA to strengthen its coordination with police authorities such as the National Bureau of Investigation (NBI) and the Criminal Investigation and Detection Group (CIDG) when conducting operations against the sellers of fake medicines.

“Do not venture out or make mga ganito raids and everything, without the corresponding prosecution kasi kailagan talaga mademanda ito. So, you are better off with the NBI conducting or the CIDG,” he said.

People engaged in such illegal activities should be imprisoned as it is a serious fraud, Duterte added.

Meanwhile, Department of the Interior and Local Government Secretary Eduardo Año said they will support the FDA in its fight against peddling of fake drugs.

“We will intensify this and make sure that our LGUs will join this campaign against the selling of fake medicines because they are dangerous to the health of our constituents. We will coordinate with the FDA on the issuance of appropriate circular order,” Año said.

-Maris Federez



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WATCH: Robredo-Pangilinan lead 'Pink Sunday' rally at Quezon Memorial Circle



MANILA, Philippines – The camp of presidential candidate and Vice President Leni Robredo took “full responsibility” for the health protocol breach during the Quezon City rally that attracted thousands of “Kakampinks” at the height of the pandemic.

On Sunday, February 13, Robredo’s spokesperson Barry Gutierrez apologized to the Quezon City local government unit (LGU) led by Mayor Joy Belmonte even if the event was technically organized by the Kyusi 4 Leni, a volunteer group mobilizing for Robredo in the country’s most vote-rich city.

“We acknowledge the concerns of the Quezon City Government, extend our thanks for its vigilance, and take full responsibility,” said Gutierrez.

Robredo’s spokesperson issued the apology after the Quezon City LGU issued a “reminder” saying the “Pink Sunday” rally “violated several restrictions that were mutually agreed upon.”

“While crowd control is a highly complicated aspect of large gatherings, it is a test of discipline for the organizers and attendees to show that their chosen candidates observe the laws of the land,” said the Quezon City LGU in its statement.

“We hope that in the future, all coordinators will take this responsibility more seriously,” the statement added.

Quezon City is currently under the more relaxed Alert Level 2, which allows the conduct of public gatherings under certain conditions.

Prior to the event, organizers’ posts and announcements about the “Pink Sunday” gathering at the Quezon Memorial Circle were filled with reminders that only fully vaccinated individuals could attend. Minimum public health standards should also be strictly observed.

But it became impossible for both the organizers and the city authorities to control the crowd following the surge of attendees who flocked to the Quezon Memorial Circle.

The Quezon City Police District said 7,000 people joined the event, but Robredo herself said over 20,000

showed up.

The stage was set up inside the Liwasang Aurora covered court, where seats and access to the public were limited. But the rest of Robredo’s supporters still came together at the Quezon Memorial Circle’s grounds to get a glimpse of the lone female presidential candidate.

Gutierrez noted these in his apology, then assured the Quezon City LGU that the campaign team would take the necessary steps to ensure there would be stricter compliance in future events.

“While the organizers ensured that access to the immediate vicinity of the program proper was limited, and that all attendees were advised to bring vaccination cards and observe health protocols, the sheer number of people that arrived was a challenge, for which we apologize,” said Gutierrez.

“Rest assured the campaign is taking steps to ensure stricter compliance with all applicable regulations moving forward,” he added.

Before Robredo met with her supporters at Quezon Memorial Circle, she first had a brief meeting with Belmonte and other officials in city hall.

Most of the councilors who showed up were wearing pink. Belmonte was wearing a pinkish-red top, but has still not endorsed any presidential candidate.

Belmonte’s ally and Vice Mayor, Gian Sotto, is the son of vice presidential candidate and Senate President Vicente Sotto, whose standard-bearer is Senator Panfilo Lacson.

A few days ago, Gian Sotto said Belmonte “supports” the Lacson-Sotto tandem, but she still has not given her categorical endorsement.

In the 2016 vice presidential race, Robredo lost in this city with 297,999 votes against Marcos’ 412,681. Then-Davao City mayor Rodrigo Duterte, who has repeatedly belittled Robredo’s capability to lead, also won for president in Quezon City in 2016.

Fast forward six years later, Marcos is now being backed by Quezon City mayoralty candidate and Anakalusugan Representative Mike Defensor, Mayor Joy Belmonte’s bitter enemy in her reelection bid.

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HEALTH & WELLNESS

7 Bedtime Rituals for Better Rest in 2022



From changing your nightly skin-care routine to dressing for bed in style, here are some self-care tips to help you unwind, relax and get a good night's rest

It's no secret we could all use more rest—and we have the numbers to prove it. According to tech company Kisi's 2021 Work-Life Balance Index, Singapore is the second most overworked city globally. Taking the lead on the overall fatigue scale, the pervasive 'hustle' culture in Singapore keeps everyone hyper-busy, hyper-connected and hyper on-edge.

The consequences of the daily grind lead to a cocktail of problems physically, mentally and emotionally. However, there's more to rest than closing your eyes, and here's how you can hit the snooze button inside your head to ensure waking up refreshed and well-rested.

1. Sleep Well In Sleepwear

The right sleepwear can help you settle into a restful night of slumber, and local premium loungewear label Rawbought, launched by sisters Boutaina, Soukaina and Amira Faruq in 2020, claims to have created the perfect pyjama sets and sleepshirts that do just that.

Leveraging on the years of experience and expertise of the founders' apparel manufacturing family business, Rawbought puts out buttery-soft modal sleepwear with touches of lace, silk and other fabrics that amplify the comfort while lending style. It also has a men's range, with plans for a kids' collection, to make comfy sleeping a family affair.

2. Get In Between The Sheets

Did you know we spend a third of our lives snoozing—or at least attempting to snooze? When it comes to fostering quality sleep, what we lie on is important too.

Make your bed the ultimate sanctuary with the cosiest sheets, pillow and bolster

cases, and duvet covers from local bedding store Sojao, made with 100 per cent organic cotton grown by smallholder farmer families in India. Get a feel of its bedding, as well as towels and loungewear, at its Home Goods Store, where you can also find the best of ethical homeware.

3. Put Your Best Face Forward

Stress has a sneaky way to seep into our bodies, long after we've clocked out from work. However, it's not just in your aching shoulders—your stress is also causing skin breakouts, puffy eyes and even more serious cases of rosacea, eczema and rashes. Heal your stress by being a little extra kind to your skin.

Harnessing the power of superfruits, K beauty-inspired American skincare brand Glow Recipe helps you care for skin stressed by all that mental and emotional tension you're feeling—which can present as dullness, dryness, acne, oiliness, a darkening in tone and more.

For those struggling with dull and dry skin, there's the super-hydrating Plum Plump Hyaluronic Serum and the oil-free Watermelon Glow Pink Juice Moisturizer. To aid the recovery of compromised skin and help strengthen its barrier function, include the Avocado Ceramide Recovery Serum in your night routine.

4. Let Your Hair Down

Stress might be invisible, but its effects sadly aren't—especially if you're experiencing hair fall. Here's when a nice warm shower or bath is the ultimate stressbuster at the end of the day, pair it with a shampoo that reminds you of the fresh scent after a rainfall, a beach vacation in Bali or a stroll in a peaceful Japanese garden.

Inspired by traditional wellness remedies, local skincare brand BHuman ventures into haircare with Bättre, a collection of three water-activated powder hair washes. Fortified with natural, vegan

and cruelty-free ingredients such as strengthening kalanchoe extract, calming aloe extract and moisturising coconut, the shampoos are designed to help restore fullness as well as a healthy look and feel.

Each formula also combats different issues affecting those living in hot and humid Southeast Asian countries, such as greasy and sensitive scalps. The super-concentrated hair washes come in recyclable aluminium bottles to reduce single-use waste and the brand's carbon footprint.

5. Be Kind To Yourself

Most of us are guilty of still thinking about work even after we shut off our computers or leave the office. However, when we don't give our minds a break from (over)thinking, we risk burnout and a slew of stress-related consequences.

Tatler friend Rany Moran, a Sydney-based counsellor accredited by the International Coach Federation, shares some tips on how we can address our various stresses by prioritising ourselves, our health and our spirits.

Moran starts by emphasizing on the importance of showing kindness to oneself, and to "praise and affirm your actions and achievements, no matter how small they are and let go of external opinions and judgements."

When it comes to setting goals to improve our own wellbeing, we can't aim to be perfect as "perfection is the enemy to progress," shares the accredited counsellor. Instead, Moran suggests to "set realistic goals and focus on your journey—whether it's career-, family- or fitness-oriented."

Stress has a way of physically manifesting in the body, so Moran advocates finding time to "shake out pent-up tension through sports, a pleasant walk or some simple stretching, and getting your daily dose of dopamine by engaging in activities you find equal parts rewarding and satisfying."

Lastly, the Australian-based life coach recommends everyone to incorporate an end-of-day ritual to full disconnect from work, physically and mentally. "When you let go of being in work mode all the time, you can start to focus on yourself, which can, in turn, help you improve your professional performance," shares Moran. Win-win!

6. Share Your Anxieties

TikTok recently launched its in-app Singapore Wellness Hub, a one-stop repository for mental health and wellness resources. The Wellness Hub offers users a safe space to share their personal lived experiences, find communities of support, and access mental health resources to prioritise their wellbeing.

Among other things, users can learn techniques that promote mental wellness (such as grounding breathing exercises) in the Wellness Matters section as well as reach out directly to various non-profit organisations under Support Helplines.

7. Find Wellness At Your Fingertips

Sometimes, all we need is a gentle or automated reminder to put our phones aside (at least an hour before bedtime)—here are two apps to get you on track to dreamland.

"Just one more video" is a familiar refrain by now. After which we promptly fall into the rabbit hole of endlessly scrolling through social media. Get your phone-life balance back with the app Space, which allows you to set time goals, track your daily progress, earn badges and more.

Certain sounds can help us snooze and for that, there's Pzizz. Perfect for those suffering from insomnia or disturbed sleep, it offers beautiful dreamscapes—a mix of music, voice-overs and sound effects created based on psychoacoustic principles that'll send you straight to la-land.

-Words by DURVA SIMONE BOSE

Tatler

JEREMY G DEPICTS STAGES OF LOVE IN DEBUT EP “MAYBE FOREVER”

Kapamilya singer Jeremy G turns to creating music to share his thoughts on romantic relationships in his debut extended play (EP) “maybe forever” out now on various digital music platforms worldwide.

“It’s actually about the stages of love—once you listen to the songs together, you’ll realize we all go through the same emotions. All these songs are about hope and wondering whether what you did or happened was right,” Jeremy explained.

He added, “We often think all romantic relationships reliably progress from the initial meet to infatuation, to a series of small trials, and finally to happily-ever-after. Love is a journey without a final destination.”

The “maybe forever” EP includes five original songs, four of which were written, composed, and co-produced by Jeremy himself including the pre-released single “someday” along with “who knows,” “forever maybe,” and key track “sunflower.” Trisha Denise’s composition “by your side” is also part of the album that’s produced overall by Star Pop head Rox Santos.

Jeremy described “who knows” as a song for those who are hesitant to take a leap of faith while “by your side” is about vocalizing how much your loved ones mean to you.

Meanwhile, “someday” expresses hopefulness for a relationship to work out despite distance, “sunflower” is a song about coping after a heartbreak, and “forever maybe” tackles the future one still dreams of with an ex-lover.

Aside from his debut EP and being a regular performer on “ASAP Natin ‘To,” The former “The Voice Teens” finalist will also be able show his acting chops in the upcoming ABS-CBN and iQiyi production “Lyric and Beat,” where he’ll star alongside other young Kapamilya talents like Andrea Brillantes, Seth Fedelin, Darren Espanto, AC Bonifacio, Angela Ken, Sheena Belarmino, and many more.

Go through the many phases of love with Jeremy by streaming his debut EP “maybe forever,” out now on various digital music platforms worldwide, and watch out for

the release of “sunflower” music video on February 14 (Monday), 12 mn on ABS-CBN Star Music’s YouTube channel. For more details, follow Star Pop on Facebook (www.facebook.com/starpopph) and on Twitter and Instagram (@starpopph).



“The Broken Marriage Vow” is most watched show on iWantTFC, most viewed Asian drama on Viu



broadcast.

Jill is quickly running out of patience after David flatly denied to her face that he has another woman. She also found out from Marina (Susan Africa), David’s mother, that David and Lexy (Sue Ramirez) have been having an affair for two years now, and not three months, as previously told to Jill.

As Jill continues to act normal around David, she is working out a game plan with Atty. Dante (Franco

Laurel), who advised her to look into her husband’s financial records before filing for an annulment. To uncover the truth, Jill will seduce and blackmail Charlie (Ketchup Eusebio), David’s philandering friend who is secretly attracted to her.

Jill will also instruct Diane (Jane Oineza) to befriend Lexy and keep her up-to-date about Lexy’s relationship with David.

Lexy, meanwhile, has decided to keep her baby, clinging to David’s promise that he will be responsible for the child and that he will leave Jill eventually.

Aside from iWantTFC and Viu, “The Broken Marriage Vow” can also be seen on weeknights at 8:40 PM on Kapamilya Channel, A2Z, TV5, and Kapamilya Online Live on ABS-CBN Entertainment’s YouTube channel and Facebook page. Viewers who use any digital TV box at home such as the TVplus box only need to rescan their device to be able to watch “The Broken Marriage Vow” on TV5 and A2Z. The series is also available to viewers out of the Philippines on iWantTFC and The Filipino Channel (TFC) on cable and IPTV.

For updates, follow @abscbnpr on Facebook, Twitter, Instagram, and TikTok or visit www.abscbn.com/newsroom.

ABS-CBN

Kris Aquino asks for prayers instead of traditional gifts for her birthday



MANILA – Kris Aquino would rather receive prayers for her birthday on Monday.

As much as she appreciates balloons, flowers, cakes, fruits and various kinds of food, Aquino said in a lengthy Instagram post on Saturday that prayers are what she really wants and needs.

“Best birthday gift you can give me- PLEASE DON’T spend more money on me. NAKAKAHIYA, and I feel insensitive to the needs of our fellow Filipinos. Alam ko how much food costs have gone up plus ang MAHAL ng flowers kasi nga Valentine Season,” she said.

Aquino feels it is “unfair to our fellow Filipinos who desperately need the monetary equivalent of whatever gifts people planned to send me.”

“As I’ve said Noy’s death profoundly changed me – and I THANK GOD for the BETTER... I now much more fully understand the meaning behind the song PANANAGUTAN...”

Aquino listed the different advocacies and programs she’s been supporting through the years in an attempt to persuade those who would give her gifts to share to them instead.

“PLEASE, unahin nyong regaluhan ang iba, please choose who really needs your financial support now,” she said.

In the same post, Aquino thanked Senator Panfilo Lacson for saying in a recent interview that her late brother Benigno “Noy” Aquino III is the former president he admired the most.

Towards the end of her post, Aquino shared what she wishes for as she turns another year older.

“My true birthday wish? Please pray for someone both Noy & I LOVE so dearly. Because I want to protect the person’s privacy ang HIRAP magbigay ng detalye,” she said.

Without naming names, Aquino added: “BEST BIRTHDAY GIFT ever unahin nyo ang dasal para sa kanya then later na ko.”

-ABS-CBN News

Angel Locsin receives wedding ring for Valentine's Day

MANILA -- Actress Angel Locsin received one of the sweetest gifts from her husband Neil Arce to celebrate this year's Valentine's Day.

Posting snaps taken from their pre-Valentine's Day dinner on social media, Locsin shared that she finally has a wedding ring.

“Sabi ko simplehan lang! May pa-wedding ring si Mr. Arce. Finally, may wedding ring na rin kami. Thank you my love,” she wrote on her Instagram page.

In her most

recent Instagram post, Locsin uploaded a photo of her wearing the wedding ring, asking her followers, “Bagay ba?”

Locsin and Arce tied the knot last year in a civil ceremony that took place at the Taguig City Hall.

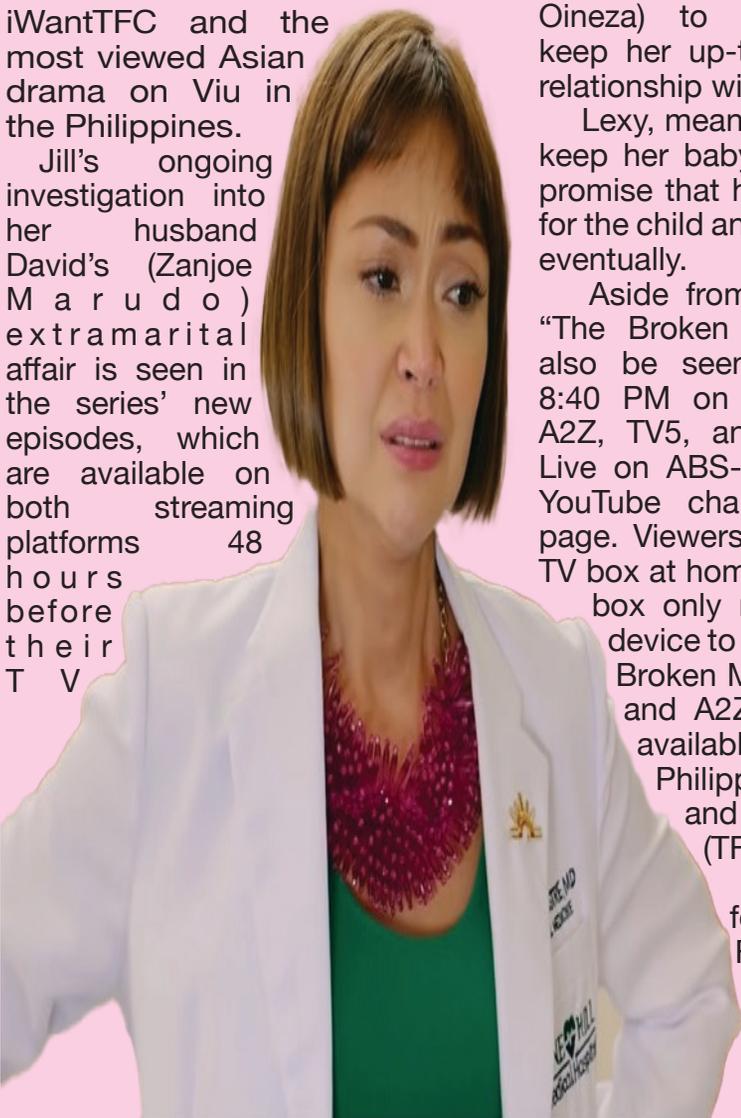
At the time, they went to the wedding without rings or vows so they had to borrow Arce’s son’s ring and Locsin’s engagement ring.

In a previous interview, Arce said they are still planning to have a bigger wedding in the future.

-ABS-CBN News

More and more viewers all over the country are hooked on Jill’s (Jodi Sta. Maria)’s saga in the Kapamilya drama series “The Broken Marriage Vow,” which is currently the most watched show on iWantTFC and the most viewed Asian drama on Viu in the Philippines.

Jill’s ongoing investigation into her husband David’s (Zanjoe Marudo) extramarital affair is seen in the series’ new episodes, which are available on both streaming platforms 48 hours before their TV



Piolo, Pepe, and Pia to bring good vibes in "My Papa Pi" coming this March



Filipinos are in for a big serving of fun and 'kilig' as Piolo Pascual leads an all-star cast in ABS-CBN's new sweetcom "My Papa Pi," which will begin airing on March 5 on Kapamilya Channel, Kapamilya Online Live, A2Z, iWantTFC, and TFC.

The Ultimate Heartthrob will be joined by Miss Universe 2015 Pia Wurtzbach and hit comedian and versatile actor Pepe Herrera in this series from Star Creatives, which will be helmed by award-winning director Cathy Garcia-Molina.

Set in the fictional Mapag-Asa street, "My Papa Pi" revolves around the lives of Pipoy (Piolo), a single dad who wants a better future for his daughter, his twin brother Popoy (Pepe), a popular tumbong maker and owner of "One More Tumbong," and Tere (Pia), a woman with a golden heart who happens to be Popoy's one great love but has feelings for Pipoy.

Adding zest to their story are other characters in Brgy. Gintong Tupa to be played by the star-studded ensemble of

Joross Gamboa, Alora Sasam, Hyubs Azarcon, Katya Santos, Daisy Lopez aka Madam Inutz, and breakout stars Anthony Jennings and Daniela Stranner from the movie "Love at First Stream."

"My Papa Pi" is one of ABS-CBN's much-awaited 2022 offerings as this is Piolo's first ABS-CBN series since 2020. Dubbed as a "sweetcom," the show will bring smiles and romance to viewers who are looking for something fresh and new this 2022.

"It's a nice breather. I even surprise myself dito sa show. Ang sarap having a solid cast and a director na fun. Pag nakakapagpatawa ka o nakakapagbigay ng ligaya sa paligid mo it's a nice feeling pabalik sa 'yo," said Piolo about his new show.

This is also the first series of its kind for Direk Cathy, who is more known for her box-office films and well-loved teleseryes. Cathy shared her reasons for accepting the project.

"Ang top of all my reasons, si Piolo. I really want to work with Piolo kasi ang huli namin "Lobo" pa, dekada na 'yun.

So na-miss ko na siya...Pangalawa, it is something new to me. Sitcom na naging sweetcom. Tapos na-cutean ako sa idea na kambal si Pepe at Piolo. Natuwa ako doon tapos meron pang Queen P dito."

"Itong set na 'to extra saya. Dala na rin siguro na sweetcom siya so alam naming lahat na kami ay dapat magagaan lang, patawa lang lahat," she added.

After showcasing her talent in the Star Cinema film "My Perfect You" and in hosting via "World of Dance Philippines" and the award-winning lifestyle show "Pia's Postcards," Pia is ready to return to acting in "My Papa Pi."

"Ang perfect ng project para sa akin kasi malalabas ko 'yung kulit ko...So parang it's a great way to come back. Sobrang grateful ko po na ako yung napili," she said.

Pepe, meanwhile, continues to make a name as one of the country's premier and versatile comedians, having starred in numerous shows and films in both leading and supporting roles such as "Princess Dayareese," "Jhon En Marsha," "Hoy, Love You," and "The Killer Bride."

"Si Direk Cathy gusto ko makatrabaho ulit kasi siya 'yung first ko sa TV sa "Forevermore" tapos si Pia at si Piolo nakikita ko lang dati sa TV or sa ASAP, hi hello lang, so naku-curious ako sa kanila. I feel very blessed and grateful," Pepe shared.

In "My Papa Pi," Piolo, Pia, and Pepe, together with the entire cast, will not just bring fun and "kilig" to viewers but also inspire them with lessons about life, love, friendship, unity, and second chances that complete the show's winning recipe.

Watch out for "My Papa Pi" every Saturday, 7 pm starting March 5 on Kapamilya Channel, Kapamilya Online Live, A2Z, iWantTFC, and TFC. Follow Star Creatives on Twitter, Facebook, and Instagram for more exciting announcements about the show, which will be coming soon this March on various ABS-CBN platforms.

For other ABS-CBN News, follow @ABSCBNPR of Facebook, Twitter, Instagram, and TikTok or visit www.abs-cbn.com/newsroom.

Vice Ganda and Ion Perez ‘tie the knot’ in Las Vegas



MANILA, Philippines – After months of speculation, Vice Ganda and Ion Perez have confirmed that they underwent a wedding commitment ceremony in late 2021.

In a 14-minute vlog posted on Sunday, February 13, the comedian-host shared videos of their simple ceremony at the Las Vegas Chapel in Nevada, USA. Based on the art card that Vice Ganda posted an hour before the vlog was released, the ceremony happened on October 19, 2021.

For their exchange of vows, an emotional Ion said, “Nandito ako na buong-buod ‘yung loob ko na makasama ka. Wala akong ibang masabi kundi mahal na mahal kita.” (I am here, wholeheartedly willing to be with you. I can’t say anything else except that I love you.)

Vice Ganda replied, “Mahal na mahal din kita.... Ang saya-saya ko na ikaw ang kasama ko ngayon at ikaw ‘yung kasama ko kahapon at ikaw ‘yung makakasama ko pa rin bukas at sa mga susunod na araw. ‘Yun ang pinagdadasal ko na sa mga susunod na araw, ikaw pa rin ‘yung kasama ko at ako pa rin ‘yung kasama mo.”

(I love you too, so much.... I’m so happy that I am with you, that I was with you yesterday, and I’ll be with you tomorrow and the next. That’s what I’ve been praying for – that we’ll continue to be together.)

Addressing Ion, he continued, “Sa lahat ng gagawin ko sa buhay ko, isa ka sa magiging inspirasyon ko (In everything that I will do, you’ll be one of my inspirations.) You will be one of the best reasons for all of my achievements. And I promise, na isa ka sa magiging dahilan kung

bakit gusto ko pang mabuhay ulit bukas at

sa mga susunod na araw (that you’re one of the reasons why I want to keep on living.)”

The couple ended the clip by sharing videos of their rings, their signed certificate of commitment, and more photos from the ceremony. It must be noted, however, that same-sex marriage has yet to be legal in the Philippines.

Vice and Ion first confirmed their relationship in

2019.

-Rappler.com

Piolo agonize heartbreak in new song ‘Tawag Mo’; collaborates with KZ for the duet version

Actor-singer-producer Piolo Pascual conveys the tormenting pain of a broken heart in his latest music release, “Tawag Mo,” which has solo and duet versions launched simultaneously under Star Music.

Piolo collaborated with fellow Kapamilya artist, Asia’s Soul Supreme KZ Tandingan, for the song’s special duet rendition.

Released three days before Valentine’s Day, “Tawag Mo” goes through the relatable stages of heartbreak, from the desperate hoping to receive that ‘call’ for another chance, the excruciating period of hurting, and finally the healing phase.

It follows Piolo’s emotional ballad “Iiyak sa Ulan,” which

came out in 2020. Ralph Castro composed “Tawag Mo,” which was arranged and mixed by Theo Martel, and produced by ABS-CBN Music creative director Jonathan Manalo.

Last month, Piolo made his grand comeback as one of the mainstays of ABS-CBN’s longest-

running musical variety show “ASAP Natin ‘To.” He is also set to star in the Philippine adaptation of the hit Korean drama “Flower of Evil” with Lovi Poe this year.

Check out Piolo’s latest single, “Tawag Mo” and his special duet with KZ, out now on various digital platforms. For more details, like Star Music on Facebook (www.facebook.com/starmusicph) and follow it on Twitter and Instagram (@StarMusicPH).

Toni Gonzaga leaves as host of ‘Pinoy Big Brother’

MANILA, Philippines – Toni Gonzaga is leaving reality show Pinoy Big Brother, after hosting the show since 2005.

According to an ABS-CBN report on Wednesday, February 9, she “voluntarily endorsed” hosting duties to her co-host Bianca Gonzalez.

Toni said her goodbyes in a February 9 Instagram post saying “It has been my greatest honor to host PBB for 16 years.”

“Today, I’m stepping down as your main host. I know Bianca and the rest of the hosts will continue the PBB legacy,” she added.

Toni is the only original host of Pinoy Big Brother to have stayed with the show until now. The show premiered in August 2005, with Toni hosting alongside Willie Revillame and Mariel Rodriguez.

In a statement released on February 10, ABS-CBN expressed their gratitude for Toni’s 16 years of hosting the show, saying that they “accept” her resignation and that they “respect her personal choices.”

Toni’s departure from the show

comes a day after the actress appeared at the February 8 proclamation rally of presidential candidate Bongbong Marcos, son of martial law dictator Ferdinand Marcos.

Toni drew criticism for her presence at the rally, where she said “Tapos na, may nanalo na, tapos ang laban. Buhay na buhay and pagmamahal kay Apo Lakay Ferdinand Marcos” after martial law song “Bagong Lipunan” was played.

(It’s over, someone has won, the battle is done. The love for Apo Lakay Ferdinand Marcos is strong.)

Toni, a longtime ABS-CBN talent, also introduced Rodante Marcoleta at the rally. Marcoleta was one of the most vocal lawmakers who pushed for the rejection of ABS-CBN’s franchise renewal in July 2020. The move left thousands of ABS-CBN workers jobless.

She also previously guested Bongbong on her vlog, earning criticism for her glossing over the corruption and human rights abuses that happened under the Marcos dictatorship. –

Rappler.com

SPORTS NEWS

'We're all Filipino': Filipina booters challenge criticism of team's heritage



MANILA, Philippines — "There's no such thing as we're not Filipino enough,"

That was the general sentiment of the Philippine women's national football team just a week after booking a historic spot in the FIFA Women's World Cup after criticism rose about the heritage of the team with most of the roster at the AFC Women's Asian Cup made up Fil-Foreigners.

Some questioned the lack of homegrown talent on social media and tried to bring down the achievement of qualifying to the World Cup because of the team's make up.

"We're all Filipino, there's no such thing as we're not Filipino enough," US-based Kiara Fontanilla said in Sunday's press conference.

"I think people that are saying that are wrong... We're here to make a difference," she added.

Olivia McDaniel, who came out with a spectacular performance against Chinese Taipei in a penalty shootout to send the Philippines to the World Cup, shared the view of her teammate.

And while admitting that it was a bit hurtful to be questioned in that way, reiterated that the team was fully aware of who they are and their identity as a Filipino.

"It makes me feel bad, especially for some of the girls... Some people haven't been really accepting of [having Fil-Ams] but I think when you're Filipino, you're Filipino," McDaniel said.

"You don't need someone to tell you if you are, or you aren't. And I think these girls know that and we don't need someone to tell us... Because we

know," she added.

Utility player Eva Madarang, meanwhile, said that having Filipino talent all over the world is actually a good thing, rather than a criticism, as some have said online.

"Having Fil-Ams is actually a good thing, because it shows how many Filipinos are around the world and don't get recognized... [The] Philippines is our hoem core, but we also have people to represent in other countries that do represent [us] but aren't able to live in the Philippines itself," she said.

'How can you doubt?'

Even the team's Australian coach Alen Stajcic shared his sentiments on the criticism.

Being a first-hand witness to the hard work his wards have been doing, Stajcic called the criticisms "upsetting".

"It upsets me, when you see the players at training, with how much passion they play with... How can you doubt? How can you doubt how much Filipino they are?," Stajcic said.

"It's really upsetting, that kind of question," he added.

Fortunately, the questions on the team's heritage remain fairly minimal with most of the country's football community lauding the team for their achievements.

After notching their best-ever finish at the AFC Women's Asian Cup, the Filipina booters brace for a busy year ahead with the SEA Games, AFF Women's Championship, and the Asian Games ahead of them.

The team plans to use the three tournaments as part of their 18-month preparation for the Women's World Cup set next year.

-Luisa Morales - Philstar.com

TRENDING & FEATURES

Hyun Bin and Son Ye-jin Are Officially Engaged



By:

WhenInManila.com

"WhenInManila.com is the biggest lifestyle blog in the Philippines, with millions of impressions per day. Contact info on <https://www.wheninmanila.com/faq/>"



Hyun Bin and Son Ye-jin are officially engaged! Many fans of the Crash Landing on You stars are rejoicing upon hearing the news as they have been rooting for the couple for years now. Both actors have confirmed the engagement on Instagram.

Son Ye-jin shared a photo of a mini wedding gown on her Instagram account with the caption, "I thought long and hard about how to share this story because it's an important one. I found someone to spend the rest of my life with. Yes, it's him. Boy meets girl, recognizes each other in the crowd, promises to build a future together. I couldn't imagine! It happened so naturally... But, isn't that destiny? Just being with him, I feel warm and protected. Please help us celebrate the beginning of our future."

Hyun Bin's agency VAST Entertainment also posted his announcement on their Instagram account: "I am writing this to inform you about the most important decision of my life – to my fans who have been kind to me in many ways and have given me great care and love. There are people who guessed, right? Yes. I made an important decision to get married and I'm going to carefully step into the second phase of my life." The happiness and kilig are real! We can't wait for their wedding!!!

-ANGELINE RODRIGUEZ

LOOK: This T-Shirt Waste Loom Costs P10,000

Elise McMahon, the designer of LikeMindedObjects, made waves on social media when she was featured on Vogue for her t-shirt waste loom.

Simply put, the t-shirt waste loom creates products like jackets, chairs, cushions, and weighted blankets using discarded novelty t-shirts. The project was done in collaboration with Francesca Capone Jones.

Here's how it was described on LikeMindedObjects' website:

"With millions of novelty t-shirts being discarded each year, we have developed this loom to encourage DIY home recycling and the creation of heirloom objects that will be shared and saved long into the future, keeping this useful material out of landfills."

Through the project, McMahon said that they have "consumed over 600 discarded shirts already in our first year of this exploration and we will continue to grow that number."

The loom comes with a how-to manual and a QR code link to a video class, which means buyers will have to make their own products.

The cost? \$200 (roughly P10,269).

Filipinos were quick to react on the Instagram pages of both Vogue Runway and LikeMindedObjects, and said that it looked closely like the basahan (mats) being sold here.

McMahon released a statement on Instagram Stories, acknowledging the

similarities.

She said, "I appreciate you bringing this to my attention. Through these comments last night and today I learned about this amazing weaving style, basahan, using t-shirt material that has long been happening in the Philippines and have been rushing to educate myself since. I really respect this practice, and all people who are being resourceful [with] craft and waste globally."

McMahon adds, "This project we just announced, [with] the loom and teaching book/video, is intended to motivate and share info about global fast fashion waste

with the American public as we have a huge habitual waste problem."

In a Story, she said, "I can see how the aesthetic crossover, which results from using random t-shirts, feels super close to the basahan style and partly caused this upset."

McMahon also mentioned that she is open and hoping to have a full dialogue about the matter, saying, "I'm aware of my privileges and all the potential for resulting blind spots... I wish I had known about this before and am glad to know about it now."

The page also linked to Rags2Riches, a Philippine-based social enterprise that works with artisans to create garments using deadstock fabric.

Rags2Riches' Instagram page also released a statement.

Reese Fernandez-Ruiz, one of the co-founders, said, "I understand the frustration. There are many reasons to feel frustrated. We need more supportive systems, access to bigger platforms and markets, recognition for artisans and their crafts, appreciation of our culture, and the list goes on. But the path to get there could be one that is open, kind, and intentionally inclusive. We've got a lot of work to do, so might as well do it together."

-KOJI ARSUA



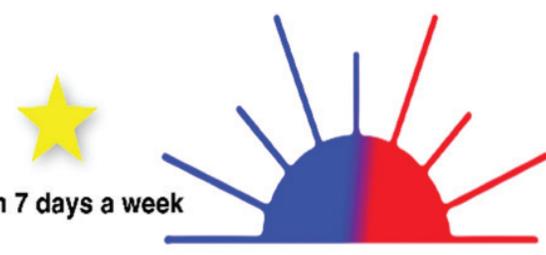


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PINOY atbp NewsMagazine-ADS 1

PINAPAITAN SA AMPALAYA

LET'S MAKE THIS DELICIOUS PINAPAITAN SA AMPALAYA TOGETHER!

The first step in making pinapaitan would be to prepare your 2 bitter melons by removing the seeds. Chop the veggies into small pieces after, though if a food processor is available to you feel free to use that instead. Next, after boiling 6 cups of water in a cooking pot, add in your ampalaya slices. Bring your water-bitter melon mixture to a boil for three minutes, then set it aside.

We will then take our wok or pan, then heat up 3 tablespoons of cooking oil. In it, you'll sauté our minced garlic, ginger, and onion pieces. Wait until your onion softens before thus adding in your beef tripe, heart, and small intestine. For 5 to 7 minutes, cook this mix before adding in 4 ounces of pork liver slices. Now you'll have to cook this for 1 minute, then pour 5 tablespoons of white vinegar into the wok. Bring your mixture to a boil.

The next step in your pinapaitan would then be to pour into the wok the water you used to boil the bitter melons. Do this while straining, then cover and let the liquid boil. Once it's begun boiling, bring the heat down low and let your pinapaitan cook until all your ingredients are tender. Lastly, add your kamias and chili peppers and cook for the last 15 minutes.

Your flavorful and savory stew wouldn't be complete without some fish sauce and ground black pepper to taste! Once you're happy with the taste, you can now serve your pinapaitan at its best — piping hot. Share and enjoy it with the rest of your family!

INGREDIENTS:

- 2 bitter melons
- 10 ounces beef tripe boiled and chopped
- 10 ounces beef heart boiled and chopped



- 4 ounces pork liver sliced
- 12 ounces beef small intestine boiled and chopped
- 5 chili pepper
- 5 kamias bilimbi
- 1 onion minced
- 3 thumbs ginger minced
- 5 cloves garlic minced
- 5 tablespoons white vinegar
- 6 cups water
- 3 tablespoons cooking oil
- Fish sauce and ground black pepper to taste

INSTRUCTIONS:

1. Prepare the bitter melons by removing the seeds. Chop the veggies into small pieces. Note: you can also use a food processor for best results.
2. Boil water in a cooking pot. Add chopped bitter melons. Boil for 3 minutes. Set aside.
3. Heat oil in a clean wok or pan. Sauté garlic, onion, and ginger.
4. Once the onion softens, add the beef tripe, beef heart, and small intestine. Cook for 5 to 7 minutes.
5. Add liver. Cook for 1 minute.
6. Pour vinegar into the wok. Let the mixture boil.
7. Pour the water used to boil the bitter melons while straining. Cover and let the liquid boil. Set the heat to low. Continue boiling until all the ingredients gets tender.
8. Add kamias and chili peppers. Cook for 15 minutes.
9. Season with fish sauce and ground black pepper. Serve hot. Share and enjoy!

Panlasang Pinoy

Asukal

Customer: waiter, nasaan bang asukal nyo?

Waiter: yang nasa harapan mo sir, yang may tatak na "salt"

Customer: hu? bakit "salt" ang tatak nito?

Waiter: kasi sir, pag "sugar" ang tatak, "NILALANGGAM"

Hard Problem

It's really hard to face a problem... especially if the problem is your ...face...

PALABAS!!

Juan: Ano ang paLABAS sa sine??

Pedro: Edi mga pelikula, action at tsaka mga drama.. Easy!!

Juan: Mali

Pedro: Eh ano??

Juan: Edi Exit paLABAS nga Eh!!

JOKESPINOY

BY: WWW.JOKESPINOY.COM

Dear..

una sa lahat at hindi sa huli. Sumulat ako dahil may ballpen at papel ako. Alam mong crush kita at hindi crush sa eroplano kung di sa puso. Hindi puso ng saging kungdi puso ng tao. Kalig*yahan ko, kalig*yahan mo. Kalungkutan mo, kalungkutan ko. Kamatayan mo, solohin mo ano ako baliw sasama sayo? kung gusto mo akong sulatan eto address ko. Bulag street, Di makita, Hanapin city. nagmamahal na ang bigas sa palengke

Sweets

Pacquiao: Honey, buksan mo na yung sweets.

Jinky: Nasan honey? Ang lambing mo naman. May pasalubong ka pa sakin!

Son To Dying Father

Son to dying father: Itay, ano po ang gusto nyo, magpalibing ba o magpa-cremate? Ama: Ikaw na ang bahala, anak. I-surprise mo na lang ako.

What's The Difference Among Philippine Presidents Cory, Gloria And Erap?

Q. What's the difference among Philippine

Presidents Cory, Gloria and Erap? A. Cory can't tell a lie Gloria can't tell the truth Erap can't tell the difference

What's The Difference Between Corruption In The US And Corruption In The Philippines?

Q. What's the difference between corruption in the US and corruption in the Philippines? A. In the U.S. they go to jail. In the Philippines, they go to the U.S.

Hindi Alam

pedro: pre kita mo yang babae sa kanto? magkasintahan kami nyan wag ka maing*y ha!

juan: seryoso ka pre?

pedro: oo, pero hindi nya alam na kami na!

juan: Nye!


Aries
Mar 21 - Apr 19

Missed connections and unfortunate misunderstandings will happen less frequently if you slow down and focus. Remember that you can do things yourself, Aries. Don't feel like you absolutely need approval from others before tackling the projects that you wish to complete. Your mind is urging you to take the initiative today, so feel free to do so. Just make sure you aren't too hasty in your actions. You'll be more productive if you think before you act.


Taurus
Apr 20 - May 20

Things that require restriction and discipline on your part may be causing tension and opposition in your world today, Taurus. The good news is that your mind is clear and you should feel in tune with the people around you. Know your allies and take care of them. Remind others of how much they mean to you. The most important aspects of your life are your friends and family, so treat them with unconditional love.


Gemini
May 21 - Jun 20

Things that require restriction and discipline on your part may be causing tension and opposition in your world today, Taurus. The good news is that your mind is clear and you should feel in tune with the people around you. Know your allies and take care of them. Remind others of how much they mean to you. The most important aspects of your life are your friends and family, so treat them with unconditional love.


Cancer
Jun 21 - Jul 22

Careful planning on your part is starting to pay off, Cancer, but be careful that you don't alienate others in your quest to be the best. You may not realize how your harsh words affect the people around you. Be more sensitive to the feelings of others. Focus and be brave in your actions. Hesitation may cause you to lose control of the situation. Know your boundaries, but push beyond them.


Leo
Jul 23 - Aug 22

A little foreign culture could be the thing you need right now to spice things up a bit, Leo. It could be that you aren't feeling a very strong connection with the environment around you. You could be anxious to spread your wings and explore your freedom. Start small but think big. Get out of your rut and do more exploring on your own. There's a sobering, disciplined feeling to the day that could help you think realistically about your situation and where you want to go with it.


Virgo
Aug 23 - Sep 22

Some days it may be hard for you to get motivated, Virgo, but if ever there were a day in which it was easier than others, this would be the day. You'll find that your mind is quite attuned to the situation around you and that your sense of grounding is helping you manifest that which you wish to bring to life. There's a sense of time restriction and limitation to the day that is prodding you to act now.

HOROSCOPE

BY WWW.HOROSCOPE.COM


Libra
Sep 23 - Oct 22

You may feel a bit of restriction working to hold you back from your current plans today, Libra. It could be that your mind is feeling restless and that you're anxious to go, but there's a feeling of discipline and caution nagging you and urging you to slow down. This might not be a bad idea. Discipline and willpower may be exactly the things you need in order to get where you're going.


Scorpio
Oct 23 - Nov 21

You'll find that a sensitive mind that's open to everything and every possibility is exactly the thing you need at this time in order to be successful in reaching all the goals you're working toward, Scorpio. You'll find that your sense of duty and need for plans and solid goals are key elements for getting to where you need to be. Gather information and create a plan of attack that is well thought out.


Sagittarius
Nov 22 - Dec 21

Today is a good day to be receptive to other people's energies, Sagittarius. You'll find that a sensitive attitude toward the people around you, combined with a bit of hard work and willingness to fulfill your responsibilities, will make for an unstoppable winning combination. Use this day to collect data and plan your goals. Take responsibility for your actions and don't be afraid to admit your mistakes.


Capricorn
Dec 22 - Jan 19

You'll find that your mind is sharp and penetrating today, Capricorn. Make sure you stay focused and organized. You have the power of discipline behind you that will help you manifest quite a bit on a day like today. Keep in mind that your openness to others and your incredible sensitivity are some of your greatest gifts. Use your power to create prosperity for yourself, but do it without hurting or manipulating others.


Aquarius
Jan 20 - Feb 18

There is a rough stubbornness to the day that you may find hinders your progress, Aquarius. There may be undercurrents of opposition that are slowly wearing away at your psyche. Make sure that you don't fall into the trap of feeling guilt or regret. These are useless emotions that you simply can do without. If people are being negative or unreasonable, simply walk away from the situation and find a better one.


Pisces
Feb 19 - Mar 20

There are forces working in your favor that you should be sure to latch onto and take advantage of, Pisces. You'll find that your sense of duty and ability to plan are paying off in a very positive way. You'll find that you're able to check quite a few things off your list today. Think before you act and take a time-out to rest and regroup if you need to.

Tourism dept. wants uniform COVID-19 protocols across LGUs



MANILA, Philippines – The Department of Tourism (DOT) on Thursday proposed the implementation of uniform COVID-19 restrictions across all local government units (LGU) to provide ease of travel for tourists.

The DOT made the call as the Philippines began to reopen its borders to international tourists after almost two years of tight restrictions due to the pandemic.

At the Laging Handa public briefing, DOT Secretary Bernadette Romulo-Puyat said implementing uniform COVID-19 restrictions will allow easier travel for tourists and local stakeholders.

“Iyong pakikipag-usap natin sa ating mga stakeholders, ang importante lang sa kanila is, number one, iyong makabukas na tayo, back to normal kaya iyong ating mga tourism workers natin, lahat nagpabakuna na at nagpa-booster kasi gusto na talaga nilang bumukas – iyon ang importante talaga sa ating turismo, magbukas na,” she said.

“At kung iikot man around the Philippines, sana iyong mga restrictions sa mga LGU iisa na lang, hindi masyado komplikado. So iyon lang naman ang gusto nila, ease of travel,” she added.

Current COVID-19 restrictions and protocols depend on the alert level designation per area. Local government units are also given discretion on the implementation of travel requirements.

The Philippines on Thursday started accepting foreign travelers visiting the country for business and tourism purposes, subject to certain conditions.

These conditions include a negative RT-PCR test taken within 48 hours prior to departure, vaccination against COVID-19, state digital certificate of vaccination, and travel insurance.

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All systems go for PHL reopening for international travel- Puyat

MANILA, Philippines— Tourism Secretary Berna Romulo-Puyat said Tuesday that the Philippines is ready for the reopening of international travel beginning Wednesday (February 10) to fully vaccinated tourists from visa-free countries.

"These are exciting times for Philippine tourism. We have been ready since 2020; with the significant dwindling of new COVID cases, the Department of Tourism (DOT) can now push forward with our plans and programs for the full recovery of the Philippine Tourism industry. Those among you who follow developments in the travel and tourism sector know that tomorrow, February 10, we will begin the next chapter in the road to recovery," the tourism chief said as she led the Kapihan Sa Manila Bay virtual forum along with other key tourism stakeholders on Tuesday.

This development came after the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF-EID) recently approved the DOT's proposal to allow the entry of fully vaccinated tourists coming from the 157 countries that have visa-free arrangements with the Philippines. The task force also scrapped the color-coded classification system of countries based on their COVID-19 status to facilitate the recovery of the heavily impacted industry.

"Allowing the entry of these international travelers is



a welcome development that will lead to growth in the travel and tourism sector, the restoration of lost jobs, the generation of much needed revenue for tourism-related enterprises, tourism communities and the government, plus many other benefits that will be felt by the entire tourism value chain," she said.

The tourism chief noted that fully vaccinated Filipino nationals and foreign tourists are exempt from the 5,000-passenger arrivals cap set by the Department of Transportation (DOTr) and its One-Stop-Shop (OSS).

Meanwhile, according to the DOT- National Capital Region (DOT-NCR), there is a 68 percent or 37,348

occupied rooms in Quarantine facilities consisting of 418 hotels operating with 55,150 rooms, as of February 7. These hotels cater to the unvaccinated travelers completing their quarantine period, long staying guests, OFWs ready for departure, and BPO employees.

As much as 76 quarantine hotels have submitted a Letter of Intent to shift to regular hotels and cater to leisure tourists.

"I am excited about the prospects of a healthy rebound in tourism for a good number of reasons: the high vaccination rate among our tourism workers, the public health safeguards and guidelines that have been put in place and the number of new tourism circuits that have been developed," she said.

As of February 4, 92.51 percent or 317,892 out of 349,534 tourism workers have received their COVID-19 jabs. She said

tourism destinations with 100 percent vaccination rate among its tourism workers include: Baguio City; Aurora; Palawan towns Coron, El Nido and San Vicente; Puerto Princesa City, and Camiguin island. The DOT offices are also facilitating the roll-out of booster shots for eligible tourism workers, according to Puyat.

On a regional basis, the NCR registered the highest coverage for tourism workers with 99.91 percent.

Puyat also announced that she will also attend the roll-out of the Resbakuna KIDS Boracay Island on Friday (February 11) with members of the IATF-EID.

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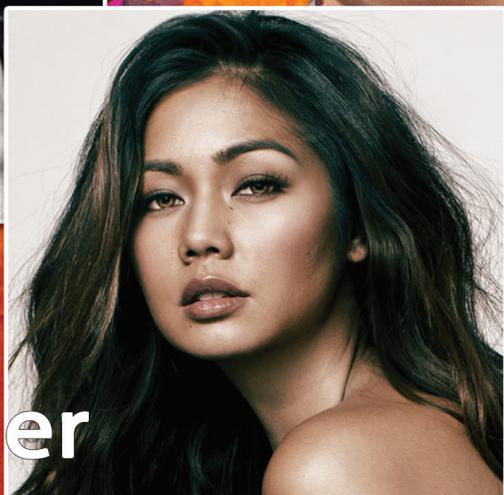
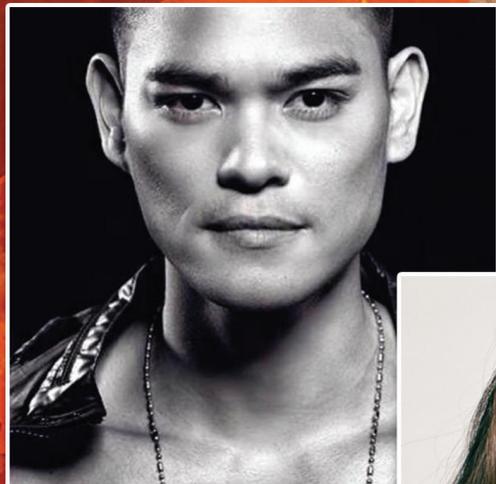
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