



Happy Birthday

PAGE 5



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PH rights victims still face challenges seeking justice, UN report shows



MANILA — Victims in the Philippines continue to face challenges in seeking justice amid persisting reports of human rights violations and abuses in the country, a United Nations report revealed Tuesday.

In the report, which gave updates about the implementation of the Human Rights Council resolution that promotes and protects domestic rights in the Philippines, the Office of the High Commissioner for Human Rights acknowledged Manila's pledge to work with UN mechanisms.

The OHCHR took note of the Philippines' initial implementation and commitment to the national-level UN joint program (UNJP) on human rights in the country which was signed in July 2021.

"While implementation remains at an early stage, the initial progress has laid a solid foundation for future technical cooperation and capacity building. It is critical to maintain this momentum and commitment," the international office said.

However, the OHCHR noted that "access to justice for victims of human rights violations and abuses remained very limited" in the Philippines.

"Institutional and structural shortcomings in law enforcement and the judiciary remained, despite efforts to address some cases. These shortcomings included limited oversight of human rights investigations, inadequate investigation capacity and inter-agency cooperation, limited forensic capacity and protracted

judicial processes," the report read.

"Inadequate victim and witness support and protection and fear of reprisals also impacted victims' engagement."

The OHCHR also said that "continued reports of harassment, threats, arrests, attacks, red tagging against civil society actors and continued drug-related killings by police in the past two years, raise serious ongoing concerns and undermine these objectives."

It urged the Marcos Jr. administration to take steps in protecting citizens who want to speak on and address human rights challenges. The rights office also emphasized the need for further progress on accountability.

RECOMMENDATIONS

The OHCHR recommended that the Philippine Department of Justice, which signed the UNJP, should expedite the agency's review of killings related to the country's drug war, which was initiated by former President Rodrigo Duterte's administration in 2016.

"(It) should also ensure that relevant findings are acted on promptly, including through internal administrative and criminal processes," the intergovernmental office said.

It noted that while some cases have been investigated by Manila, "these have so far not resulted in convictions and redress for victims."

The report also recommended the following, among others:

revising drug legislation and policies in line with human rights norms and

international guidelines on human rights and drug policy

revisiting mandatory penalties for drug offenses

decriminalization of drug possession for personal use

pass proposed legislation on human rights defenders and implement measures to protect them

The OHCHR also urged Manila to ensure the autonomy of the country's Commission on Human Rights (CHR), "including through a transparent and consultative appointment process for Commissioners in line with the UN Paris Principles," which frame and guide the work of national human rights institutions.

Human rights advocates in the Philippines have criticized the Marcos Jr administration for opposing the resumption of an international probe into the deadly drug war of Duterte, an ally of the incumbent President.

But the chief government lawyer recently insisted ongoing investigations by Philippine authorities make the probe unnecessary.

Last June 1, the ABS-CBN Investigative and Research Group bared that a total of 7,009 drug-related deaths were reported in the past 6 years of the Duterte administration during the execution of its drug war.

The ABS-CBN research team's tally was higher than the 6,241 death toll reported by the Philippine Drug Enforcement Agency last May 31.

Tulfo to DMW: Screen foreign employers to prevent OFW abuse

SENATOR Raffy Tulfo urged the Department of Migrant Workers (DMW) and other relevant agencies to establish a tight screening process on foreign employers to avoid abuse and maltreatment of Overseas Filipino Workers (OFWs).

Tulfo said that OFWs are more prone to abuse because foreign employers are not being screened properly.

“Bago ma-deploy ang isang OFW sa ibang bansa ay dumadaan siya sa butas ng karayom. Kailangan niyang mag-submit ng ibat-ibat requirements at clearance. Pero yung kanyang among pupuntahan ay wala man lang isusumiteng kahit anong record na nagpapakita kung anong klaseng tao siya o may police o court record ba siya. Nothing,” he said.

Tulfo batted for a proper screening process of foreign employers the safety of



Filipino OFWs such that some OFWs died at the hands of their abusive employers

“Dapat kung ganoon tayo kahigpit sa ating OFWs when it comes to requirements, dapat ay ganoon din tayo kahigpit sa mga foreign employers to make sure na safe ang OFWs natin abroad,” he added.

The Senator from Isabela likewise stressed the need to establish an effective monitoring system by the Migrant Workers Office in different countries, citing the rampant illegal practice of “selling” migrant workers who are working without being paid.

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Frasco: Optional face mask outdoors contributes to tourism recovery

THE Department of Tourism (DOT) on Tuesday welcomed the approval to make face masks optional outdoors, saying this development would allow the country’s tourism to catch up in the race to recover from the pandemic.

Citing empirical data, Tourism Secretary Christina Frasco said in other economies in Asia, Europe, and North America where stringent health protocols were lifted, this resulted in more favorable economic conditions, an increase in tourist arrivals, and a faster recovery of their respective tourism portfolios.

“The DOT is optimistic that the lifting of the mask mandate will allow the Philippines to gradually catch up in the race to recovery of tourism in the Asean (Association of Southeast Asian Nations) region as this is seen to build more confidence in travel, spur economic activity, and enhance people-to-people connectivity into and around the country,” she said in a statement.



President Ferdinand Marcos Jr. signed on Monday Executive Order 3, allowing the voluntary wearing of face masks in outdoor settings, particularly in open spaces and non-crowded outdoor areas with good ventilation.

With the latest EO, Frasco expressed hope for the “eventual recalibration of all remaining restrictions” and for the country to be able to strike the necessary balance between protecting

lives and promoting livelihood.

“Our prospects for recovery are much brighter with the Philippines’ signal to the world that we are open, we are ready, and we are moving forward,” she said.

The DOT earlier shared that liberalized mask mandates in Singapore, Malaysia, Thailand, Vietnam, and Indonesia “did not appear to cause an uptick in COVID-19 (coronavirus disease 2019) cases”.

It added that Manila’s key markets in Asia and other parts of the world have also started to relax their mask mandates, citing Japan, South Korea, and Hong Kong as examples.

Since the country reopened its borders to leisure travelers in February 2022, foreign tourist arrivals have reached 1.4 million as of September 5.

The agency targets to reach 1.7 million foreign visitors by the end of 2022. Philippine News Agency

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Speaker Martin G. Romualdez's birthday greetings for President Ferdinand 'Bongbong' Marcos Jr.: - Journal News

"WARMEST greetings, Your Excellency, President Ferdinand 'Bongbong' Romualdez Marcos Jr., on the occasion of your 65th birthday!

Upon your shoulders lay the hopes and dreams of 112 million Filipinos.

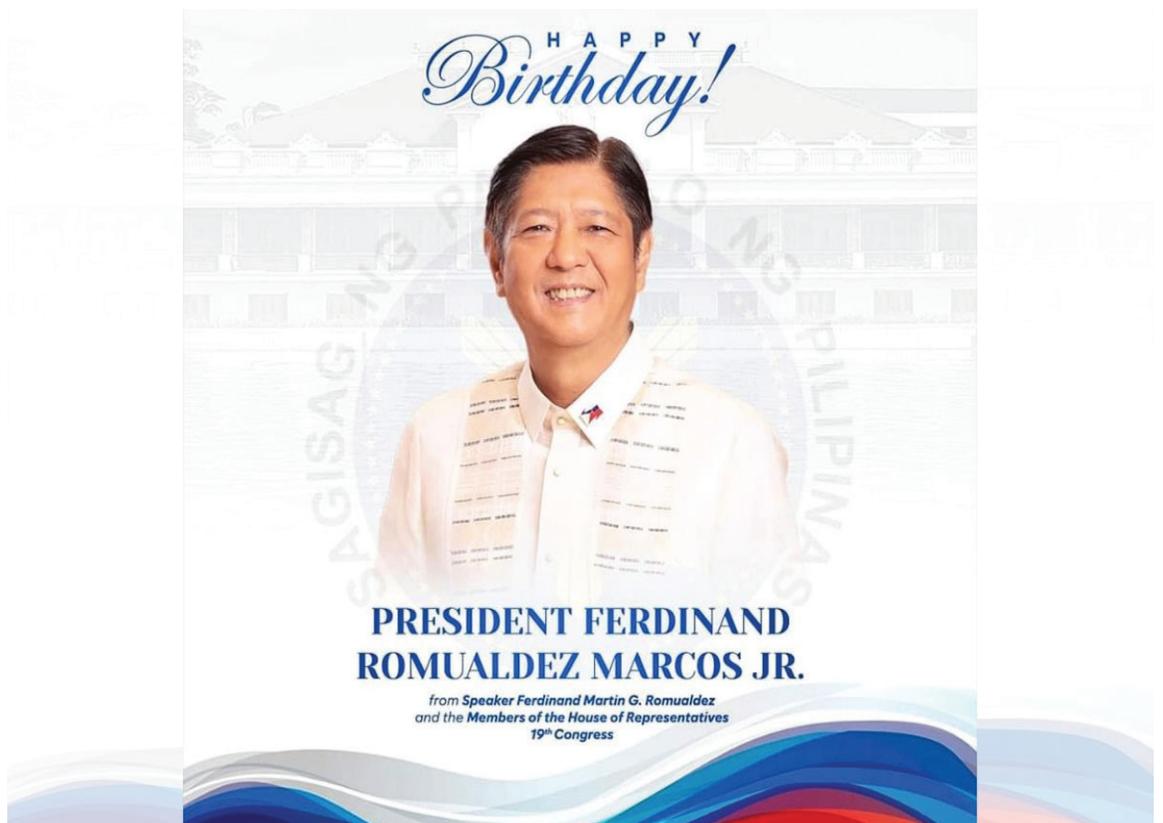
We, the Members of the House of Representatives of the 19th Congress, are behind you all the way as we work together to uplift the lives of our countrymen.

Proceed in this noble endeavor with our fervent prayers and wholehearted support for Your Excellency's continued success.

May God continue to bless you with good health, wisdom, and compassion, as well as the strength and conviction to provide solutions to the lingering problems that continuously beset our country today.

Mabuhay!"

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Happy Birthday

SPEAKER Martin Romualdez and Vice President Sara Duterte were among the first greeters of President Ferdinand Marcos Jr. on his 65th birthday.

Duterte wished Marcos, her running mate during the national elections under UniTeam, all the best, happiness, success and good health.

Romualdez prayed to God to bless Marcos with good health, wisdom, and compassion.

Duterte, who was also appointed as Secretary of Education (DepEd), expressed gratitude to Marcos for allowing her to work in his administration, serve the Filipino people and attend to the needs of her family.

"Thank you, PBB, and your 250th PAW for ensuring that wherever I may be found in the country during the day, I am home in time to tuck my children to bed. Thank you for putting a premium on the desire of a working mother to be present in her children's lives. I wish God's favor upon you as you



celebrate your birthday and pray that you are given the strength and wisdom for the difficult road ahead," she said in her message.

The daughter of former President Rodrigo Duterte posted in her social media accounts an "obligatory birthday selfie" with Marcos.

For his part, Romualdez expressed commitment to President Marcos that in any endeavor and plans, the House of Representatives will be supporting him.

"Upon your shoulders lay the hopes and dreams of 112 million Filipinos. We, the Members of the House of Representatives of the 19th Congress, are behind you all the way as we work together to uplift the lives of our countrymen," Romualdez said.

"Proceed in this noble endeavor with our fervent prayers and wholehearted support for Your Excellency's continued success," he added.

The House leader asked God to continue blessing Marcos with good health, wisdom, and compassion, as well as the strength and conviction to provide solutions to the lingering problems that continuously beset the country today.

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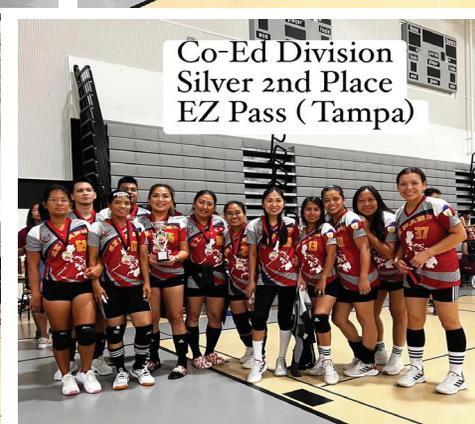
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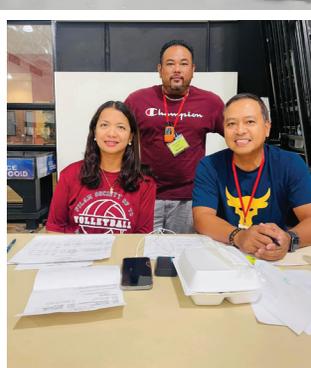
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Measures in place to ensure safe travel to PHL – Tourism Chief

MANILA, Philippines – The Department of Tourism (DOT) reiterates that health and safety protocols continue to be actively in place in tourism destinations in the Philippines to ensure the safety of travelers and visitors.

The statement is issued by the Tourism Department following the inclusion of the Philippines by the US Center for Disease Control and Prevention (CDC) under level 3 for the Covid-19 category. Further, the Department notes that more than half of the roughly 235 places monitored by the CDC have been placed under the said level.

“The global pandemic continues to expose the tourism industry to challenges, but our travelers can rest assured that the Philippine government continues to ensure that minimum public health and safety standards are in place, coupled with the precautionary measures observed by our partners from the private and public sectors. Therefore, our guests can safely enjoy any of our 7,641 islands even in the time of the Covid-19 pandemic,” said Tourism Secretary Christina Garcia Frasco.



“We are confident of the measures and guidelines that we have instituted to strike a balance between safety and travel in the new normal,” she added.

The Department of Health (DOH) earlier emphasized the different metrics employed by the Philippines and the US in Covid-19 classification. DOH Officer-in-Charge

Maria Rosario Vergeire likewise stressed that “Currently, the Philippines is giving more weight to the healthcare utilization rate rather than the number of new cases.”

Moreover, The Philippines also boasts of a 92.3 percent vaccination rate, equivalent to more than 72 million Filipinos fully-vaccinated as of August 14, 2022, according to the bulletin released by the Health Department. Experts noted that vaccination is an important tool in preventing Covid-19 transmission.

Based on the same bulletin, 28 percent or 719 out of 2,571 ICU beds were used while 30.9 percent or about 6,781 out of 21,968 non-ICU beds across the country is currently utilized.

There is also a stark difference between the Covid-19 positivity rate of The Philippines which is now averaging at 4,001 daily compared to that of US which recorded 13,609 new cases in the last 24 hours (August 16, 7:20PM Philippine time) according to the World Health Global Organization (WHO) website.

“What we learned from the advent of Covid-19 is that we cannot continue to allow the fear of it to negatively shape our lives and our travel plans. So much has been lost to this pandemic. We need to revise our perspective and learn how to live with this virus in a manner that is reasonable, rational, as well as responsible of health protocols so, not only lives, but livelihoods of people dependent on tourism may be saved in the process,” explained Secretary Frasco.

DOT Chief welcomes IATF recommendation to make masking optional when outdoors

MANILA, PHILIPPINES – Tourism Secretary Christina Garcia Frasco welcomes the decision of the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF-EID) to recommend to President Ferdinand Marcos Jr. the optional wearing of face masks in open spaces, or non-crowded outdoor areas with good ventilation.

As announced by Press Secretary Trixie Cruz-Angeles in a press briefing on Wednesday (September 7), the IATF-EID has recommended “to liberalize our mask mandate and make mask-wearing outdoors voluntary across the country. It becomes optional in open areas or non-crowded outdoor areas with good ventilation, provided that senior citizens and immunocompromised individuals are highly encouraged to wear their masks, to continue wearing masks.”

“Nagprisinta and DOT na in certain states na nagluwag na tungkol sa face mask, tumaas ang tourism nila”, Secretary Angeles was quoted as saying by news reports.

A member of the IATF-EID, Secretary Frasco emphasized the urgent need for the national government to adapt to prevailing global practices, and to be at par with the country’s ASEAN neighbors in terms of entry processes and health and safety protocols in order to jumpstart tourism recovery in the Philippines.

“With the recent improvement of the global tourism landscape as a result of immunization, countries around the world have been instituting various measures such as the reopening of international borders, and relaxation of health and safety protocols and requirements, resulting in an immediate positive economic impact of these countries and faster recovery of their respective portfolios,” said Secretary Frasco.

Mask mandate in neighboring ASEAN countries

The tourism chief further noted that based

on a comparative analysis of mask mandates, COVID-19 incidence, and tourist arrivals of the Top 5 ASEAN countries comprised of Singapore, Thailand, Malaysia, Vietnam, and Indonesia, more liberal mask mandates did not appear to cause an uptick in COVID-19 cases.

“The Philippines is currently in a position wherein its existing entry and stay policies for tourists convey only a partial reopening of the country to international travel. For this reason, the Philippines is immediately at a grave



disadvantage as a tourism destination vis-à-vis its neighboring ASEAN member states because the latter, which are the Philippines’ direct tourism competitors, have all lifted their mask mandates either totally or partially,” explained the Tourism Secretary.

The Tourism Secretary noted that aside from Singapore, other ASEAN countries saw a

general increase in tourist arrivals, and except for Indonesia, a general decrease in the number of daily COVID-19 cases after mask mandates were liberalized.

“There seems to be no direct correlation between the lifting of mask mandates and the increase in COVID-19 cases, only that the lifting of the mask mandates has served to more than double the tourist arrivals in these countries,” said Secretary Frasco.

Mask mandate in key tourism markets

The Tourism Secretary said that aside from ASEAN countries, the Philippines’ key markets in Asia and other parts of the world have also started to liberalize mask mandates citing Japan,

South Korea, and Hong Kong as examples.

Certain countries in the Western Hemisphere, Secretary Frasco also noted, have also begun lifting mask mandates since 2021. This includes the United Kingdom in April 2021, the rest of the European Union (EU) in May 2021, and the United States of America (USA) in June 2021.

Mild COVID-19 cases and existence of successful local model

Secretary Frasco cited the province of Cebu as a model in liberalizing mask mandates. “After lifting mask mandates, especially outdoors, Cebu has maintained a relatively low increase in the number of reported COVID-19 cases, and has maintained its risk classification at low levels,” she explained.

It can be recalled that on June 8, 2022, an Executive Order (EO) was signed by Cebu Governor Gwen Garcia to rationalize the wearing of face masks in the province, requiring such “only in closed and/or air-conditioned spaces, and optional in well-ventilated areas and open spaces.”

A better chance for Philippine Tourism

Expressing optimism for the country’s tourism industry, Secretary Frasco said the liberalization of the mask mandate “will give the Philippine Tourism Industry a better chance to regain its vibrant and booming operations.”

“With the relatively low COVID-19 figures in the Philippines, and in order to significantly improve the country’s openness and attractiveness as a tourism destination, one that we desperately need in order to welcome economic recovery, it would certainly be beneficial to relax the mask mandate to be at par with the other countries in the ASEAN region, Asia, Europe, and North America so that we will no longer be left behind in terms of the revitalization of tourism economy,” she noted.



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HEALTH & WELLNESS

The 8 Pillars of Holistic Health and Wellness

Health is often understood as the absence of disease or sickness. While this definition is valid, it lacks the comprehensiveness of a broader approach. So start assessing your holistic health and wellness on a wider spectrum. This means wellness depends on more factors than simply avoiding the flu each year.

Holistic health and wellness is sustained by eight pillars: physical, nutritional, emotional, social, spiritual, intellectual, financial, and environmental.

The pillars will give you a sense of how to work toward your optimal wellness, but it's by no means prescriptive. The path to wellness is not one-size-fits-all. The journey is unique and different for each individual.

Your biology, personality, and environment will determine what wellness means to you. That's why your approach should be personalized. The common thread for everyone is that wellness requires a holistic approach.

So, let's learn more about each pillar and how you can strengthen each one.

Physical

Most people immediately think of exercise when they hear "physical wellness." Regular physical activity is an important part of the equation that can't be ignored. But it's not the only aspect deserving of attention.

Your body needs more than movement alone. Physical wellness also includes appropriate sleep, hygiene, and a healthy diet (more on this in the next section). If you're evaluating your physical health, ask these questions: Are you getting enough quality sleep? And if not, what barriers keep you from achieving regular and restful sleep?

Researchers published an update to The National Sleep Foundation's recommendations for adult sleep requirements. Their study reaffirmed the idea that adults should get at least seven to nine hours of sleep each night.

For college students, parents, and workaholics, this can be a tough number to meet. But simple strategies can ensure the sleep you get comes easily and goes on uninterrupted.

Tips:

1. Avoid screens 30 minutes before bedtime.
2. Incorporate a relaxing wind-down routine each night. This can include dimming lights in your home, turning on calming music, and even light stretching.
3. Block out unnecessary light and noise. This can be done with blackout curtains and a white-noise machine.

Nutrition

Though nutrition is intimately tied to physical health, it's so important and must be represented by its own pillar. This is especially true because nutrition must be personalized based on age, sex, activity level, and body chemistry.

A balanced diet requires that you consume nutritional foods that feed your body and mind. The USDA recommends that during meals, adults fill half of their plates with fruits and vegetables. The other half should be dedicated to mostly grains, along with a modest portion of protein and a side of dairy.

Diversifying your plate with appropriate amounts of each food group will help you acquire the necessary macronutrients for day-to-day energy, muscle growth and recovery, and other bodily processes.

Unfortunately, in 2013, the Centers for Disease Control and Prevention (CDC) reported that nationally, 76 percent of adults didn't meet the recommendations for daily fruit intake. Even more—87 percent—of adults didn't meet daily vegetable requirements. When meeting the suggested five cups a day becomes difficult to do, supplementation can help restore the necessary nutrients in your body to appropriate levels.

Strengthening this pillar requires careful attention to your diet and appropriate supplementation. Life's stressors and time commitments can make these tasks



difficult. But nutritional improvements will help strengthen the other seven pillars of holistic health and wellness.

Tips:

1. Consume a variety of colorful fruits and vegetables. Diversifying this portion of your plate will ensure you get the micronutrients your body needs.
2. Pay attention to portion sizes to help with weight maintenance and adherence to MyPlate guidelines.
3. Replace refined grains with their whole counterparts to ensure you get enough fiber.

Emotional

Emotional wellness encompasses the ability to navigate your feelings. This means identifying, assessing, and effectively sharing those feelings with others.

Why is this important? The ups and downs of life can take you on an emotional rollercoaster. But the better you understand, process, and manage those feelings, the smoother the ride will be.

Tips:

1. Create a list of those who support you and how best to contact them. When the going gets tough, it can be hard asking for help. Having this quick reference at hand may make it that much easier to reach out.
2. Seek out a therapist or counselor. Often a third party's insight can help you navigate rough waters.
3. Journaling is an easy way to identify and process your feelings, especially if you're not comfortable sharing them out loud. It's always a great way to measure your progress or growth. And reminders of your past obstacles and successes will only be a few pages away.

Social

Social wellness is about connecting with others to form positive relationships. And if those falter, it's about dealing with any conflicts appropriately.

Social relationships create support systems that can carry you through life's struggles. Harvard's Study of Adult Development ran for 80 years, collecting data on hundreds of participants. A recent study on a subset of this population—surviving octogenarians—investigated the connections between marital satisfaction, social lives, and happiness. Researchers found that participants who spent more time with others reported greater levels of happiness.

The impact of surrounding yourself with those that care for you can't be understated. When the demands of life increase and stress mounts, the ability to turn to someone for support and understanding is

powerful. Building and maintaining these networks take time and energy, but the work is worth the effort. And it will continue to serve you throughout your life.

Tips:

1. Meet new people through social networks like Meetup.com, community events, or volunteer service.
2. Schedule a recurring time weekly to reach out to out-of-state friends and family. Connect with someone new each week to keep those relationships strong.
3. Revisit the idea of pen pals and snail mail. Connecting with loved ones through handwritten communication can really strengthen bonds.

Spiritual

The spiritual pillar will look different for everyone because it's so

ch a personal piece of overall wellness. It will play a stronger role in one person's life more than another, depending on how each person defines it.

Spirituality is commonly viewed as a sense of purpose, direction, or meaning, without which, values can slip to the wayside, upending life's balance. Many cultivate their spirituality through meditation, prayer, or other activities that foster a connection to nature or a higher power.

Maintaining your spiritual wellness will look different for everyone. It's not about a specific religion or belief system. Spiritual health is about personalizing your journey. Some people might practice mindfulness as a way of checking in with their intentions, guiding their actions, and maintaining a values-based approach to life. How you choose to strengthen your spiritual health is up to you.

Tips:

1. Dedicate a small chunk of time each day to yourself. Make this time a priority, free of distractions, interruptions, and major activities. This time can be used to relax, reflect, meditate, or pray.
2. Keep a journal. Writing regularly can help clear your mind and keep you accountable to the goals you've set.
3. Choose your top three values in life and write them down. Reflect on them often. Keeping these values in the front of your mind will help guide everyday decisions—big and small. This practice will make it easier to say "yes" to things that matter, and "no" to things that don't align with your values.

Intellectual

Intellectual wellness is strengthened by continually

engaging the mind. Doing so can help you build new skills and knowledge that inspire and challenge you, and help you grow. You might choose different ways to keep your mind sharp—depending on your mood. For some, that's brain games and puzzles, or scholastic endeavors. Even simply engaging in intellectually stimulating conversations and debates can strengthen this pillar.

Some experience intellectual boons through self-discovery and personal advancement. Academic efforts, involvement in community activities, or other avenues of personal growth are just a few you can try.

Tips:

1. Look for continuing education classes through a local community college or university.
2. Join a book club or visit your local library and sign up for a card.
3. Take up journaling or another self-reflective activity.

Financial

To be financially well is to live within your means and plan for the future appropriately. It can be tough to accomplish, but small steps can pay off big-time in the long-run.

Financial wellness might sound the least exciting. But pursuing betterment in this area will surely strengthen the other pillars of holistic health and wellness. After all, financial troubles are one of the top stressors that Americans report. Taking small steps to control spending and save money can really lighten the burden on your everyday life.

Tips:

1. Make paying off debt a priority.
2. Create a budget with the help of an online system like Mint or a personal financial planner.
3. Set aside a fixed amount of money every month for non-essentials, like entertaining, dining out, and recreation.

Environmental

Environmental wellness is concerned with your immediate personal surroundings and the larger community where you live and work. Specifically, environmental wellness is determined by the reciprocal relationship between an individual and their environment. How do you support your environment? And in return, how does your environment support your health, well-being, and safety?

The effects of strengthening your environmental wellness can be felt personally, and by your larger local and global communities. The more you care for and respect your natural and built environments, the better they can support and sustain your daily life.

Tips:

1. Individual: Keep your workspace clear. A clutter-free workspace inspires creativity and productivity.
2. Neighborhood: Join local clean-up efforts. This could include: producing less waste, recycling, and picking up litter in your neighborhood.
3. Larger community: Cut back on car trips. Whether it's combining errands or replacing motorized transport when possible, each small effort can add up to a large impact.

Build Up Your Pillars of Holistic Health and Wellness

Wellness means different things to each individual. And being well gives each person the ability to reach their personal goals. After all, when your body, mind, and soul are cared for holistically, you're able to pursue and meet your goals with less resistance.

To determine your personalized approach to wellness, reflect on the eight pillars of holistic health and wellness. Figure out which ones most require your attention. And remember, strengthening each one will provide a great foundation for living your best, healthiest life.

-Jenna Templeton

Philippine lawmaker seeks to abolish agency recovering Marcos wealth

MANILA, Philippines—A Philippines lawmaker has submitted a bill seeking to scrap a commission tasked with recovering billions of dollars in wealth plundered during the rule of the president's late father, arguing it has "outlived its usefulness."

The Presidential Commission on Good Government (PCGG) has since 1986 retrieved about \$5 billion from the family of incumbent President Ferdinand Marcos Jr., but about \$2.4 billion is still caught up in litigation.

The PCGG was established a few days after the elder Marcos fled a popular uprising against his two decades of decadent rule at the helm of what many historians consider one of Asia's most famous kleptocracies.

Marcos Sr. died in exile in Hawaii in 1989, after which his family returned to the Philippines to launch a comeback

that culminated in his son's landslide election victory in May.

Manila 6th District Representative



Bienvenido Abante, who filed the bill, said the commission had run its course.

"If after that long period of time,

they failed to establish whether the sequestered assets are ill-gotten or not and who are the owners of these

assets, they will not be able to do so even if we would give it another hundred years," he said.

During election campaigning,

the Marcos family insisted its vast fortune was legitimately obtained and the commission was merely an "anti-Marcos agency." (READ: PCGG under Marcos: Expanded or weakened mandate?)

Part of the billions recovered has been used to compensate thousands of victims of state brutality during the notorious 1970s martial law era of the late Marcos.

An attempt to abolish the commission in 2018 was vetoed by the previous president, but the latest effort is unlikely to face resistance, with Marcos commanding a legislative super-majority.

His cousin is lower house speaker, his son is a congressman and his sister a senator, underlining the power and influence still wielded by the Marcos family, decades after its humiliating retreat.

The president's press secretary did not immediately respond to a request for comment on the bill.

Opposition Akbayan party list vowed to block it, calling it "an attempt to abolish the country's sense of justice and history." **Rappler.com**

Beauty like Belo: Dr. Vicki Belo celebrates 32 years in the beauty industry



Dr. Belo's phenomenal career has proven that while there are shortcuts to beauty, there are no shortcuts to success. Adding to an already overflowing stream of industry accolades, the country's most celebrated beauty authority just won a Diamond Award for being the No. 1 clinic for Botox and Fillers in the Philippines at The Future of Aesthetics by Allergan Aesthetics, held at the New World Makati last September 8, 2022.

Perhaps what's worth mentioning about this recent award is that it's a full-circle moment of sorts, received just a year short of 30 years since Dr. Belo introduced botox to the Philippines in 1993. The woman who so boldly normalized botox and fillers as alternative beauty solutions in a relatively

conservative country, Dr. Belo now reaps the rewards of her irreverence: women and men use botox and fillers now more than ever, considering Belo Medical Group as the premier destination for such aesthetic services.



That said, Dr. Belo's humble practice has come a long way.

Officially and more popularly known as Belo Medical Group, Dr. Belo's breakthroughs have led her to establish a collective of the country's most trusted aesthetic and cosmetology practitioners, with a platoon of medical professionals from the field setting up practice within the

group. Later pioneering the use of state-of-the-art technologies in the Philippines like Tumescant Liposuction, Picosure, Advallight, Threads, Emsculpt to name a few – Dr. Belo started the trend, with others merely trying to follow suit.

After all, machines can only do so much. Dr. Belo's human touch – that is, her expertise, knowledge, skills and training—sets her apart as the country's top beauty expert.

And like many of her clients, Dr. Belo is able to assume many different roles beyond her white coat: wife, mother, friend, traveler, fashion enthusiast, and consummate host to all her so-called Belo

Babies. It's this intimate understanding of the dynamic, multi-faceted lives of her clientele that informs Dr. Belo's intuitive, almost innate ability to introduce new beauty breakthroughs before anyone else.

Dr. Belo shares, "My bosses are my patients, and as long as they are happy, then that's enough for me to do what I do. To this day, I would like to believe that I am

respected for being an innovator, and for bringing new things to the Philippines."

Dr. Vicki Belo has been in the medical beauty business before anyone else has – and 32 years in, she continues to be a trailblazer the industry, paving the way for aestheticians and cosmetologists in



the country. While there is no shortcut to Dr. Belo's goal to "make the Philippines the most beautiful country in the world, one person at a time," no one else comes close to making this lofty objective into an achievable reality.

– Rappler.com

International series "Monarch," co-starring Inigo Pascual, to air on ABS-CBN platforms



The highly anticipated international drama series “Monarch,” which stars award-winning artists from around the world, including the Philippines’ very own Inigo Pascual, is coming to the Philippines via iWantTFC this month, to be followed by ABS-CBN’s platforms at a later date to be revealed soon.

ABS-CBN has the exclusive linear TV rights to air the series in the Philippines. Filipinos will be able to stream the series first on iWantTFC in the Philippines this September 13, which is 48 hours after its U.S. airing.

In the series, Inigo is Ace, the cute and talented adopted son of international Emmy® award-winner Anna Friel, who plays the role of Nicky. Aside from the star-studded cast composed of Anna, Academy Award®-winner Susan Sarandon, Trace Adkins, Beth Ditto, and Joshua Sasse, the series will feature original and compelling covers of renowned pop and country songs per episode.

Inigo shared how grateful he is to be able to represent the Philippines in a big international series.

“It was truly a dream come true. It has always been my dream to do a Hollywood project and to be able to represent the country in a project like this. I’m extremely happy because my character in the series is Pinoy. I had to learn a Southern accent and I had to sing in country, he shared.

“I’m very grateful and excited that Filipinos will be able to watch the series. I’ve been worrying about how it would be streamed in the Philippines, so I’m grateful for iWantTFC because they were able to find a way,” he adds.

“Monarch” is a country music-themed family drama about the Romans – America’s ruthlessly



ambitious, multigenerational leading first family of country music who has built an empire. But their massive success is actually built on a lie.

The reign of the Roman family is put in jeopardy when dark secrets and dangerous lies begin to hound them. Nicky, the heiress to the “Queen of Country” crown, owned by her mother, Dottie (Susan), will stop at nothing to protect her family’s legacy.

The Romans will get entangled in a scandalous web of complex relationships stemming from love and betrayal within their family. Intense sibling rivalry will threaten to tear their family apart as Nicky and her rebel sister Gigi (Beth) fight to be the rightful heiress.

Meanwhile, their only brother Luke (Joshua), who is the CEO of their record label and has been caught in an illicit affair, also has a troubled relationship with his father, Albie (Trace), who is also a music legend and is called the “King of Country.”

Underneath the bright lights of fame, wealth, and glamor are the Roman’s long-kept secrets of scandals, lies, and deceit. Will Nicky be successful in protecting her family’s legacy or is it already too late?

Tune in to “Monarch” first on the iWantTFC app (iOs and Android) and website (iwanttfc.com). The series, which is distributed by Sony Pictures Television, will be available for free for iWantTFC subscribers in the Philippines on September 13 and later on ABS-CBN’s platforms at a date which will be revealed soon.

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

"Lyric and Beat" showcases the artistry and charm of a new generation of Filipino talent

Leading global Filipino streaming platform iWantTFC unveils first original musical offering to viewers in over 200 countries

HOLLYWOOD, CA, August 26, 2023 - Following more than a two-year hiatus triggered by a nagging global pandemic that caused a near hibernation for a lot of artists in the entertainment world, millions of fans around the world have grown very curious about what and who's new in the industry.

For millions of Filipino entertainment fans overseas, there is a hunger to experience both fresh and familiar artists and the current body of work that they are offering.

iWantTFC, the leading global Filipino streaming platform, unveiled a most welcome response with the launch this month of its first original music series called, "Lyric and Beat".

Starring a new generation of young talent from Star Magic, the talent management arm of ABS-CBN that has produced in the last 30 years many of the biggest Filipino superstars, "Lyric and Beat" offers the viewers a front seat to the most electrifying vocal and dance numbers ever seen in a Philippine on-screen musical.

The new series is generating vibe comparisons to modern on-screen (big or small) musical classics like "Glee", "High School Musical", and "Pitch Perfect" -- all with school settings and a compelling array of unique characters involved in a challenging song and dance competition, and family and romance drama.

Viewers are already raving about the first three episodes and have gotten "LSS" (last song syndrome) over songs that have been given a fresh twist such as "Tara Tena (Let's Go)," "Kabataang Pinoy (Filipino Youth)," "Hindi Kita liwan (I Will Not Leave You)," and "Patuloy ang Pangarap (The Dream Goes On)." All the songs featured in the series are a part of award-



winning Filipino composer Jonathan Manalo's 20-year discography. Manalo, currently ABS-CBN Music's creative director, is known in the Philippine music industry as "Mr. Music", having recorded and published almost 500 compositions in his two-decade career.

The series features an exciting cast led by Andrea Brillantes, Seth Fedelin, Darren Espanto, AC Bonifacio, Kyle Echarri, Sheena Belarmino, Jeremy Glinoga, Angela Ken, and Awra Briguela.

ENTHUSIASTIC RECEPTION

Nylon Manila magazine called the series "the

new gen musical series you've been waiting for" and added that it is a palate-cleanser that "looks to give Pinoy musicals its deserved moment in the spotlight."

Village Pipol also praised the show's feel-good story and called it a "once-in-a-blue-moon" series that will leave viewers "stomping your feet to the majestic beat."

Along with "Lyric and Beat's" musical madness, viewers also sang praises for the series on social media for its captivating storyline with an inspiring message to never give up on one's dreams.

In the current story, Lyric (Andrea) and Beat's (Seth) Team Werpa is practicing hard as the members prepare for a group showdown against the famous Prime Belters, which is led by their team captain Jazz (Darren).

Amidst the rivalry between the two groups, a special bond seems to be developing between Lyric and Beat as they help each other succeed in school. Which team will earn the right to represent their school in the highly anticipated grand national competition?

HOW AND WHERE TO WATCH

Stream new episodes of "Lyric and Beat" every Friday on the iWantTFC app (iOs and Android) and website (iwanttfc.com), available with a Premium subscription for only USD 12.99 a month in the U.S. New eligible users can also enjoy a free trial.

Watch iWantTFC on a larger screen with select devices, including VEWD, ROKU, and Amazon Fire streaming devices, Android TV, select Samsung Smart TV models, Telstra TV (in Australia), and VIDAA in select countries.

Visit https://bit.ly/iWantTFC_TVDevices for a complete list of compatible devices, sign-in instructions, and account activation.

For updates, like www.facebook.com/iWantTFC and follow @iwanttfc on Twitter and Instagram and subscribe to www.youtube.com/iWantTFC.

-NERISSA FERNANDEZ

Las Vegas entertainment scene to experience Filipino music invasion with “ASAP Natin ‘To” at Orleans Arena on November 5



LAS VEGAS, NV, September 6, 2022 – To millions of music fans living in or regularly visiting Las Vegas, the last half of 2022 is shaping up to be a massive collective showcase of amazing music events.

The undisputed Capital of Live Entertainment is bursting with offerings from end of summer to the fall season from the likes of current heavyweights like Adele, Katy Perry, Usher, Post Malone, Kendrick Lamar, Maroon 5, and Chris Brown, to throwback iconic artists like Elton John, Shania Twain, Aerosmith, Santana, Billy Idol, and Lionel Richie, to eclectics like the Swedish House Mafia, and to mega festivals that include the incredibly star-studded iHeart Music Radio Festival.

Yes, Las Vegas has it all. But wait, there's more. Much more.

From the Pearl of the Orient, the Philippines, comes a tour de force musical extravaganza that has entertained millions for almost three

decades on ABS-CBN TFC, the most watched global Filipino media network in the world. Its evolving casts have been touring the world and performing before packed arenas and stadiums since 2013.

Come November 5, ABS-CBN and TFC will finally bring its longest-running weekend variety show in the Philippines to Las Vegas. “ASAP Natin ‘To Las Vegas” will take place at Orleans Arena. At long last, fans in the city and nearby states can experience the magnificent line-up of world-class Filipino talents in a show that has already wowed audiences in Singapore, Dubai, Los Angeles, London, New York, Toronto, Sydney, Honolulu, San Jose and Rome.

The line-up is breathtaking:

OPM Icons Gary V, Martin Nievera, Ogie Alcasid, Zsa Zsa Padilla, and Regine Velasquez-Olcasid;

Kapamilya Superstars KZ Tandingan, Kim Chiu, Darren and Angeline Quinto;

P-Pop Pride BGYO and BINI;

Dance floor Sweethearts AC

Bonifacio and Kyle Echarri;

Phenomenal loveteam DonBelle (Donny Pangilinan and Belle Mariano); Rock Royalty Bamboo;

International Rap Pinoy Superstar EZ Mil;

Darna's Lead Stars Janella Salvador and Jane De Leon; and

The Supreme Actress Lovi Poe.

But again, there's more. The show promises to be a one-of-a-kind Filipino music invasion with the following U.S.-based Filipino performers:

American Idol Season 11 finalist Jessica Sanchez; American Idol Season 18 finalist Francisco Martin; Little Big Shots Season 2 Big Shot Belter Elha Nympha; The Voice Season 21 contestant Vaughn Mugol; The Voice Season 2 contestant Cheesa Laureta; World Championship of Performing Arts 2005 Champion Rizza Navales; Voice of Asia 1993 Grand Winner Dessa; NOW United Member Bailey May; and America's Best Dance Crew Season 2 Finalist Brian Puspos.

And if all these aren't enough to

make the fans rush to buy tickets, "ASAP Natin 'To Las Vegas" also has more amazing surprise performers to be announced soon!

ASAP has sealed its reputation overseas as a bona-fide Filipino musical event of international caliber. Each ASAP show that is held abroad fires on all cylinders: top-drawer celebrities, highest production values, carefully curated song and dance numbers, hard-to-match levels of performance energy and explosions of Filipino talent and pride.

As each ASAP show includes immersive experiences before the show, family fun starts at 4pm Pacific time with exciting vendor booths. There is a pre-show at 5pm Pacific time. With all these, fans will get more than their money's worth.

For tickets and more information, please visit: <https://mytfc.com/asapinvegas>

-NERISSA M. FERNANDEZ

SPORTS NEWS

History for PH as Alex Eala captures US Open girls' singles crown

MANILA, Philippines – Alex Eala has earned another piece of history.

Eala became the first Filipino to capture a junior Grand Slam singles crown as she toppled Lucie Havlickova, 6-2, 6-4, in the final of the US Open in New York on Saturday, September 10 (Sunday, September 11, Manila time).

Continuing her stellar play in the tournament that saw her sweep all of her matches, the 10th seed Eala bested the second seed Czech to add another title to her haul that includes two junior Grand Slam doubles crowns.

"I think this is a huge step for me personally. I'm super happy to represent my country and do something of worth, with a big platform and being able to inspire other younger people," Eala said.

The 17-year-old Eala trailed 1-2 in the opening set before she evened the score after coming out on top of a seesaw



fourth game marked with five ties.

Eala then broke Havlickova in the fifth and seventh as she took the next four games to claim the set and gain control of the match.

The reigning junior French Open champion, Havlickova put up a fight and even seized a 4-3 lead in the second set thanks to a couple of Eala errors.

But Eala regained her bearings as she tied the set at 4-4, broke Havlickova again in the ninth for a 5-4 edge, and sealed the win in the 10th to wrap up the match in 1 hour and 8 minutes.

Coughing up 39 errors, Havlickova fired a backhand shot that landed in the net at match point as Eala roared in celebration along with Filipino fans in attendance at the USTA Billie Jean King National Tennis Center.

Eala did not drop a set all tournament long, clinching wins over Australian eight seed Taylah Preston, Russian 14th seed Mirra Andreeva, and Canadian ninth seed Victoria Mboko.

"I think I played very well and was mentally stable, mentally strong," said Eala.

With all the four Grand Slam tournaments finished for the year, Eala is expected to return to the professional circuit. **-Rappler.com**

Catriona Gray joins FIBA World Cup local ambassadors

MANILA, Philippines – A beauty queen is at the forefront of the Philippines' promotion of its hosting of the 2023 FIBA World Cup.

The Samahang Basketbol ng Pilipinas tapped Catriona Gray as one of the local ambassadors for the global hoops showdown that the country will host together with Japan and Indonesia in August next year.

Gray said her role as a World Cup ambassador reminds her of the time she got crowned the 2018 Miss Universe, becoming the fourth Filipina to win the prestigious beauty pageant.

"Being able to not only represent the Philippines once again in this capacity, but to also encourage our countrymen to express their support and love for our athletes as they go out there and represent and really carry high the Philippine flag in the arena of sports, it gives me so much pride and joy," Gray said during the "One Year To Go" press conference on Thursday, August 25.

"I really look forward to warmly welcoming the world and also our visitors here to the Philippines. I know that we will have a celebration like no other."



Gray is no stranger to sports, particularly martial arts. The Filipina-Australian stunner owns a black belt in choi kwang-do and pursued karate as a child. As a World Cup ambassador, Gray wants to showcase

are playing now for our team were cheering for us. Now, it is our time to give back."

- Rappler.com

Filipinos' notable hospitality.

"I would love to share our culture, the values that are instilled in us Filipinos, and what more of a better way to do that than to warmly welcome people, to display our culture proudly in all of its aspects, to show them that there are no better fans than here in the Philippines," Gray said.

Aside from Gray, also acting as the Philippines' World Cup ambassadors are members of the 2013-2014 Gilas Pilipinas team led by LA Tenorio, Jeff Chan, Gary David, and Larry Fonacier.

That squad propelled the Philippines to its first World Cup appearance in 36 years in 2014 in Spain, where it went toe-to-toe with some of the best teams from around the world.

"We're just very happy and we're just very honored to be part of this big event a year from now. We're thankful for the opportunity," said Tenorio.

"Before, when we were playing in 2014 in the World Cup, I'm sure you guys are cheering for us and a lot of these guys who

TRENDING & FEATURES

Local SEO Trends That Will Drive Google Rankings in 2022

When looking for a product or service online, you're more likely to choose a business near you. That's because you know it can offer you the convenience that you want. This is where local SEO comes in handy.

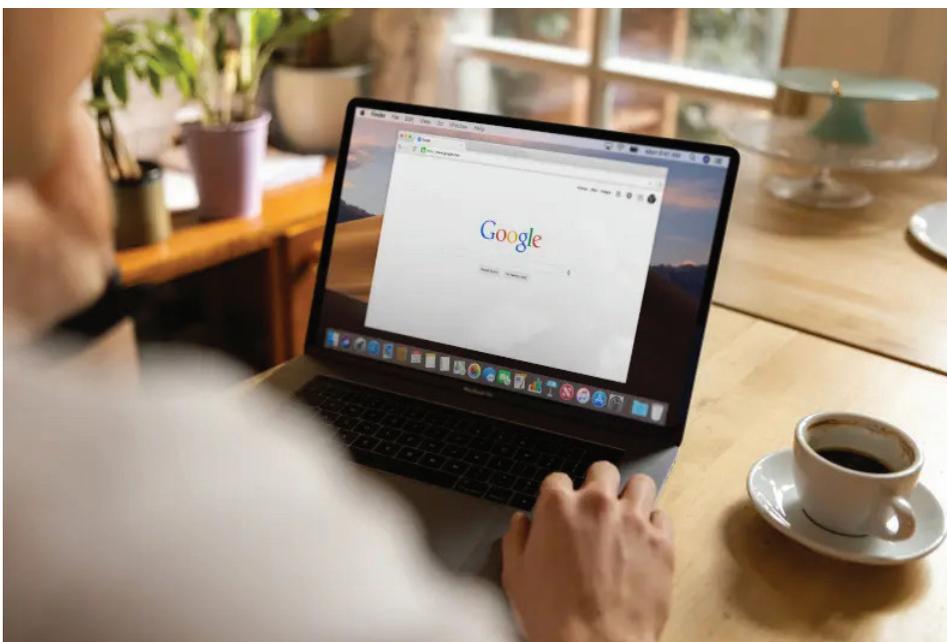
Local search has been around for years, but with the recent growth in mobile internet access, consumers are conducting "near me searches" on Google more than ever. In fact, local queries account for half of Google's two trillion annual searches, so it's crucial that your business is optimized for local searches.

"Local SEO is for businesses that want to target potential customers in their area. If your target audience uses search engines to find information and products, you should add local SEO to your digital marketing strategy," Truelogic Managing Partner Berns San Juan says.

Here are some key statistics that show why local SEO is an essential strategy for your business.

- 4 in 5 consumers use search engines to find local information (Think with Google)
- "Near me" mobile searches increased by 136% (Think with Google)
- 83% of searchers use Google Search to learn more about nearby businesses (Rio SEO Local Search Research)
- 78% of people who conduct a local search on their smartphone visit a business within 24 hours (Google)
- 28% of local searches led to a purchase within 1 day (Think with Google)
- 24% of all clicks go to the first result of local business searches (Safari Digital)

With more searches occurring on mobile devices, some users are often not looking to a website to find basic information. Localizing your website can increase awareness in new markets by ensuring that your content includes the top search terms used by searchers in your specific target area. Users will be able to see a business name, contact information, hours, reviews, and more right on the results



page.

Berns shares several reasons local SEO is essential for the growth of your business within a targeted locality.

High Intent and Ready to Buy

Local searches are 80% more likely to convert than non-local searches. Because the person is often in the area of business they are searching for, there is a higher chance that the person will purchase or at least contact your business for more information.

"Making the most of local SEO practices you can leverage your business and make it more attractive to those online users who search for a product or service in your industry. This will lead to more sales for your company," Berns emphasizes.

Cost-effective

Many businesses have found success investing their time into local SEO vs paid campaigns. It is far more cost-effective than investing in ads because then you generate visibility as long as you're paying and stop when your budget is gone. Local SEO gives your organic results for a lower cost than other advertising options.

Apart from that, most local business listings are free such as Google, Facebook, etc, and it is relatively easy to maintain. Implementing local SEO isn't fast but it provides long-lasting results and improves your credibility both online and offline.

Good backlinks from trusted sources can often be obtained from mentions of your loyal customers. These are an important part of local SEO because they send a signal to search engines that other websites value your content. It can also come from local publications, such as newspapers, and magazines as well as local organizations.

Citation building

These are online submissions where your name, address, phone number, and website are mentioned on another website. Citations are usually located in online directories, review websites, and business listings. Ensure that your business is listed with high authority directories such as Google, Yellow Pages, Yahoo, and more to send signals to search engines that you are located in a specific area.

Review signals

Search engines use different review signals to help determine local search ranking. Embed a client review feed on your website to show social proof and boost the trustworthiness of your business. Make it also easy for your customers to leave reviews on your Google Business profile.

"Local SEO really matters. The moment you start on local optimization is the moment that will change the whole game for you. If you want to grow your customer base, connect with your local community, build brand awareness, and gain reputation, taking advantage of the local SEO benefits is the way to go," Berns says.

"As more and more searches are being done on mobile devices on the go, local search is going to become even more critical for business over time," he adds.

If you want to learn more about SEO, you can listen and subscribe on our Spotify, Google, and Apple accounts. Webinar episodes are free to watch on Truelogic Inc. YouTube Channel.

Outrank your competitors

Local SEO will help your business stand out amongst the local competition. With billions of SEO searches per month, having a local SEO makes competition lower making it easier to become the best in your area. Visitors will value your rankings and won't ever doubt your expertise and experience.

"By investing in your local SEO, it can give you loyal customers that will follow you and a competitive edge with other businesses within your niche," Berns underscores.

Methods That Will Help Improve your Local Search Rankings

Google My Business

A Google My Business profile gives your business the chance of appearing in local search and map results. It increases your chances of ranking for keywords related to your business's location. It should include your business name, address, phone number, website, and social profiles as a minimum requirement.

"Optimizing and verifying your Google Business Profile is the most important step to improve the local search visibility of your business. Keep your business listing up to date and accurate with the correct business information," Berns says.

Relevant backlinks





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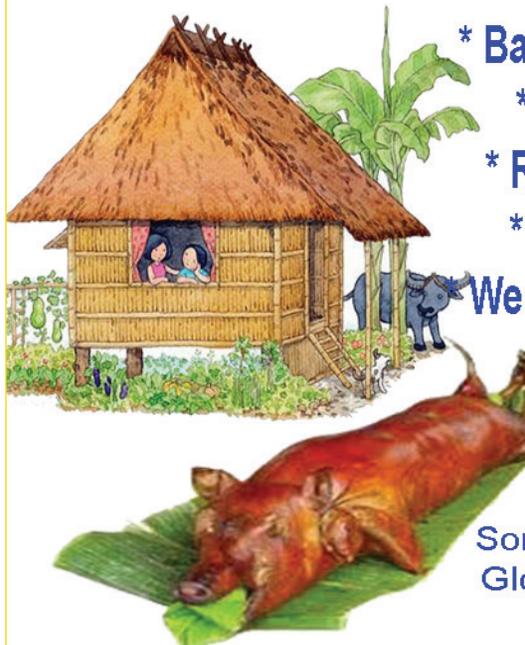
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PINOY atbp NewsMagazine-ADS 1

HOW TO COOK PORK ADOBO

This version suggests marinating the pork to make it more flavorful. Pork belly and other fatty cuts of pork are ideal for this recipe.

The first thing to do is marinate the pork belly in soy sauce and crushed garlic. It is best to marinate it overnight. If time is limited, one hour should be enough. Some like to add vinegar during the process. You may do so if preferred.

Drain the marinade. Save it for later. The marinated pork needs to be browned. Heat a cooking pot. Add pork with garlic. You can also add a few tablespoons of cooking oil. Cook the pork until it turns brown.

Cook the pork until tender. Do this by pouring the remaining marinade, if any. Also add water. Let the liquid boil. This is the part where I put the whole peppercorn and dried bay leaves. These ingredients complete my pork adobo. Boiling for 40 minutes should be enough to tenderize the pork. There are times when you have to cook longer.

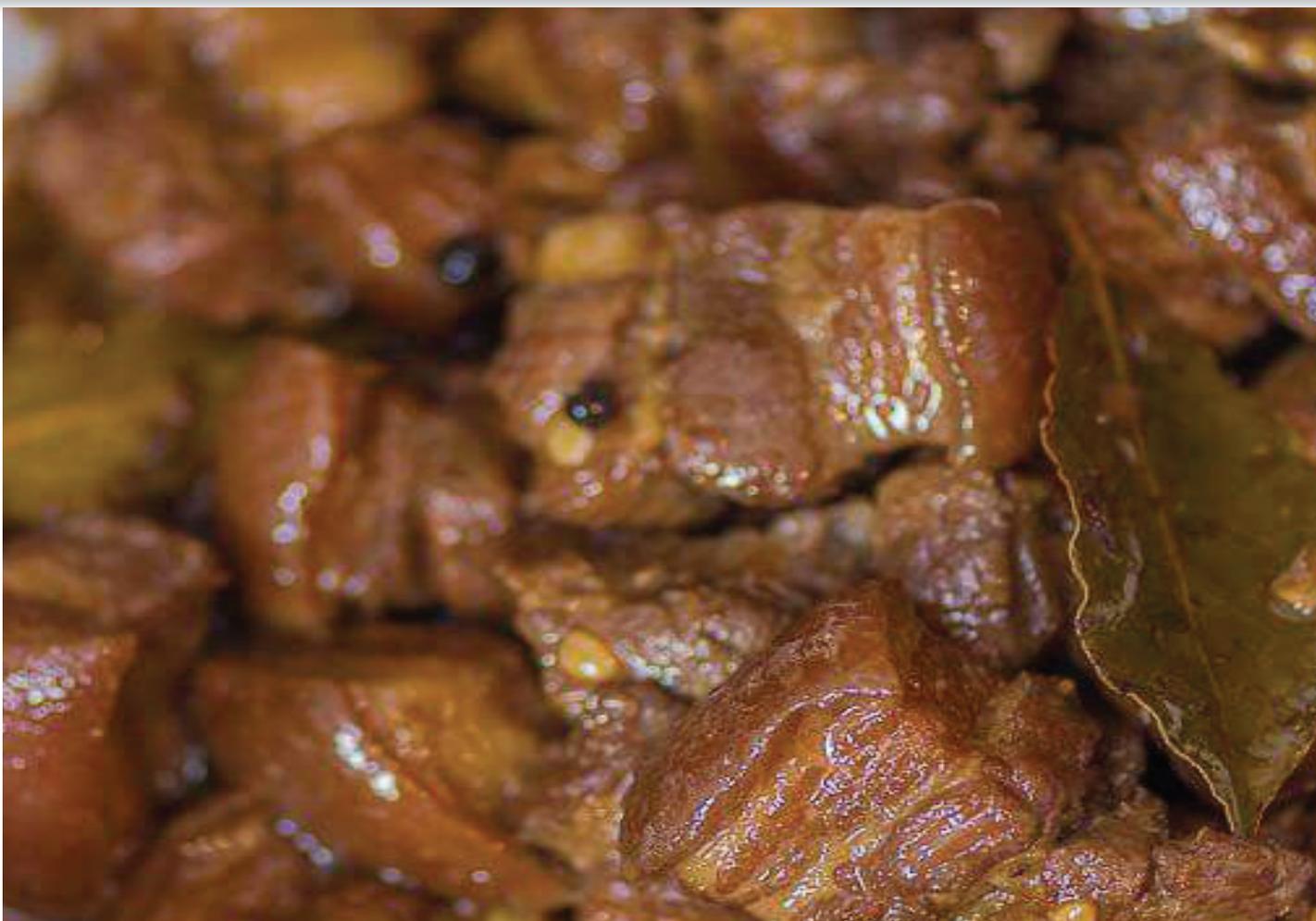
If you have not added the vinegar as part of the marinade, pour it into the pot and let it cook for 10 minutes. Salt is an optional ingredient for this recipe. Use it only if you think it is needed.

Adobo Alternative and Additional Ingredients

Pork – Use any cut of pork that you prefer. I suggest pork belly for best results. However, use leaner parts if you are trying to avoid fats. Pork tenderloin is a healthier choice. This is very tender and contains way less fat than pork belly. You can also use other proteins such as chicken and goat meat using this recipe.

Onion – This recipe does not suggest the use of onion. I think that onions help improve the taste of adobo. Use red, yellow, or white onion for this recipe. Make sure to chop it into small pieces.

Dried Bay Leaves – this is an ingredient that you can almost always find most of the time in the spice section of your local



supermarket. Believe it or not, but this makes a huge difference when cooking adobo.

Whole Peppercorn – this is a traditional ingredient. It will not matter if you use crushed peppercorn or ground black pepper. Sichuan peppercorns are also good alternatives.

Sugar – adding a teaspoon of sugar will move your pork adobo on the sweeter side. I personally love the taste of adobo with a bit of sugar.

INGREDIENTS:

- 3 lbs pork belly
- 2 tablespoons garlic minced or crushed
- 5 dried bay leaves
- 4 tablespoons vinegar
- 1/2 cup soy sauce
- 1 tablespoon peppercorn
- 2 cups water
- Salt to taste

INSTRUCTIONS:

1. Combine the pork belly, soy sauce, and garlic then marinate for at least 1 hour
2. Heat the pot and put-in the mar-

inated pork belly then cook for a few minutes

3. Pour remaining marinade including garlic.
4. Add water, whole pepper corn, and dried bay leaves then bring to a boil. Simmer for 40 minutes to 1 hour
5. Put-in the vinegar and simmer for 12 to 15 minutes
6. Add salt to taste
7. Serve hot. Share and enjoy!

Panlasang Pinoy

Ang Estudyante at ang Guro

Guro: Pedro Anong Mangyayari
Kung Puputulin Ang Isa Mong Tainga?

Pedro: Ma'am Mabibingi

Guro: Eh Kung Dalawang Tainga
Ang Puputulin?

Pedro: Maam Mabubulag Ako

Guro: Bakit Naman Mabubulag Ka?

Pedro: Dahil Mahuhulog Po Ang Salamin Ko

Guro:???

Raffle

Mark Cortez Binigyan ako ni papa ng pera pambayad ng kuryente pero sa halip na ibayad ko, nahikayat akong bumili ng raffle ticket para sa isang brand new car. Umuwi ako at sinabi kay papa ang nangyari kaya binugbog nya,ko. Kinabukasan pagising ni papa at nung binuksan nya ang pinto,

JOKESPINOY

BY: WWW.JOKESPINOY.COM

laking gulat nya na may nakaparadang isang brand new car sa labas namin. Lahat kami ay nag iyakan dahil ang kotseng iyon ay sasakyan ng meralco para putulan kami ng kuryente. Kaya ayun binugbog ako ulit ni papa.

Batman

Isang lasing na lalaki ang naglalakad ng makakita siya ng itim na madre at pinag sisipa at pinag susuntok bugbog sarado ang madre ng biglang magsalita ang lasing lasing: wala ka palang binatbat "BATMAN".....

Tulang magulo

Ang tungkol sa akig tula ay tulang magulo gzto ko itong isipin pero hinde ko maisip ang gzto kung isipin kay inisip ko nalang ang iniisip nang iba kahit akoy may sariling isip ganon ka gulo ang isip ko nong ako papunta sa skwelaham gusto kong malaman bat yung mga babae kahit walang hinarp ay sumosout patin nang bra nung akoy natulog nakapikit ang aking mata pero may bumabagabag sa aking isipan kaya ko ito na isip pero hinde ko kayang isipin.....thankyou hahahahah

Ang Promise Ni Mam

Mam: Cla*s, ang makakasagot ng tanung ko ang unang uwi!

Juan: (bumulong sa katabi) Huy! alam ko gagawin natin!

Mam: Wag kayung maing*y! maghintay lang sa aking katanungan.

Juan: (binato ng papel si Mam).. HAHAHAAHHAHA

Mam: Sino nagbato non?

Juan: Ako po Mam! Pano ba yan mam uwi na kame nasagot na namin tanong nyo.. Wag na kayo magpakahirap maghanap ng tanong tinulungan na nga po namen kayo eh.. Bye!!

Mam: Bye ☐

Hugot Kay Crush

crush alam mo ba ginawa yung pagkain para kainin ginawa yung pera para gastosin sana ginawa yung puso mo para sa akin.



Aries
Mar 21 - Apr 19

Unexpected people and events are likely to crop up today just as you're longing for adventure. Feel free to hop aboard a train to an unknown destination, Aries. It's better to regret the things you've done than regret the things you haven't done. Take this to heart as you plan your day. There's no shortage of fun out there - you just need to find it.



Taurus
Apr 20 - May 20

It's extremely important that you not be too possessive today, especially when it comes to other people, Taurus. You have important relationships with the people around you, and you'll find that in order to maintain them, it's best to let those people live their lives the way they want. Don't think that people belong to you, because they don't.



Gemini
May 21 - Jun 20

Matters regarding love and romance are in your favor today, Gemini. You'll find that love comes to you when you least expect it. There's a powerful creative force within you that will be most rewarding if you put it to use for some sort of artistic endeavor. A strong yet erratic urge may call you into action, so be ready to respond with your entire being.



Cancer
Jun 21 - Jul 22

Realize that you might have to leave some things to chance today, because you probably aren't going to be able to control all that you'd like to under the circumstances, Cancer. Although it may be comfortable for you to try to fit things into their perfect spots, you'll find that this may not be the best way to conduct your business, especially on a day like this.



Leo
Jul 23 - Aug 22

Things should be going quite well for you today, Leo, especially in the love and romance department. You'll find that there is a magical, adventuresome spirit when you connect with others. Take advantage of this courageous energy and put it to good use in whatever way you see fit. Bring an extra element of excitement into your world tonight with someone very special to you.



Virgo
Aug 23 - Sep 22

Express your independence today, Virgo, and prove to others that you won't be pushed around anymore. Do things for yourself and have fun while you do it. Your heart will know which way is the right way to proceed. Don't be fooled by those who try to tell you otherwise. Success comes when you can initiate others into your world instead of you being seduced by theirs.



Sagittarius
Nov 22 - Dec 21

Issues regarding love and romance are at a climactic point right now, Sagittarius, and you could be rather combative. Your energy in this area may come in waves, and you're likely to be so charged up about the situation that you feel like a time bomb ready to explode. Don't destroy something wonderful by wanting a great deal more than you really need.



Capricorn
Dec 22 - Jan 19

Don't expect a great deal of sensitivity from others when it comes to issues concerning love and beauty today, Capricorn. People are apt to be in their own little worlds. It may be hard for you to relate to them now. Trying to sway others to your point of view could be possible, but it may be quite difficult and, more importantly, not worth the effort.



Aquarius
Jan 20 - Feb 18

There could be people who try to convince you that you're wrong about something, Aquarius. Don't fall into the trap of thinking that you're inferior just because you don't agree with someone on an issue. Focus on your creativity today. You can combine your incredible artistic talent with pure intellectual genius for a dynamite swing that will knock any ball clear out of the park.



Libra
Sep 23 - Oct 22

Things relating to love and romance are in your favor today, Libra, although you may find that issues of this nature might be unpredictable. Lovers could be present one moment and MIA the next, but these are the risks you take when you deal with love. Find a balance that doesn't get you so wrapped up in someone else that you're hurt if his or her eyes turn elsewhere.



Scorpio
Oct 23 - Nov 21

It's extremely important that you not be too possessive today, especially when it comes to other people, Scorpio. You have important relationships with the people around you, and you'll find that in order to maintain them, it's best to let those people live their lives the way they want. Don't think that people belong to you, because they don't.



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Pisces
Feb 19 - Mar 20

There's an adventurous side to today that you should latch onto. Try not to get weighed down by the little things in your life that don't really matter much. Look at the big picture and understand the importance of having great breadth of vision. There's a whole world to explore out there, Pisces, so get going. There may be a few surprises today, so be ready for anything.

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