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**In Negros
Occidental, a land
that never forgets,
stars of hope beam
for Robredo**

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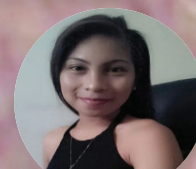
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Duterte says no issue in Comelec printing of ballots

President Rodrigo Duterte on Saturday said he does not see any reason to be alarmed by claims that the Commission on Elections (Comelec) has not been transparent to the public over the ongoing printing of ballots to be used for the 2022 elections.

This even as several groups have sounded the alarm over the supposed lack of transparency by the Comelec's printing of ballots, claiming the poll body has yet to allow groups inside the National Printing Office and the Comelec warehouse in Sta. Rosa, Laguna to observe the critical process.

The Comelec has denied that it has turned down requests for groups to observe the

printing of the ballots but admitted that they have temporarily postponed observations due to COVID-19 restrictions.

"I do not believe it because itong mga --- itong Comelec naman ang mga tao diyan ay kilala ko lahat. Ang iyong chairman ngayon, si Saidamen, is a Maranao. Iyan ang nilagay kong chairman," Duterte said.

"Wala akong... Because I think the ballot is being printed sa Bureau of Printing. At palagay ko naman, if there is a requirement that there should be witnesses, I am sure wala akong rason narinig na this particular rule has been disregarded. I have not yet heard of it."



DFA to implement mandatory repatriation of Pinoys in Ukraine - Journal News



DUE to the rapidly deteriorating security situation in Ukraine, the Department of Foreign Affairs has raised the crisis alert level for all areas in Ukraine to Alert Level 4 or mandatory repatriation for all Filipinos in said country.

Under Crisis Alert Level 4, the Philippine Government will implement mandatory evacuation procedures for all Filipinos at government expense.

Filipinos in Ukraine will be assisted by the Philippine Embassy in Poland and the Rapid Response Team, which are currently assisting Filipino nationals for repatriation and relocation.

The Philippine Embassy's 24/7 contact details are as follows:

1. Emergency Phone Number: +48 604 357 396 (Also receives VIBER and WHATSAPP calls).

2. Assistance-to-Nationals Phone Number: + 48 694 491 663 (Also receives VIBER and WHATSAPP calls).

The DFA continues to closely monitor the political and security developments in Ukraine.

JournalNewsOnline
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Romualdez: PH ready to support if Ukraine crisis reaches Asia

PRESIDENT Rodrigo Duterte gave his assurance that the Philippines is ready to offer "whatever facilities or whatever things" the United States would need "without any restrictions" under the 1951 Mutual Defense Treaty if the war between Ukraine and Russia spills over to Asia.

Philippine Ambassador Jose Manuel Romualdez, who was asked if the President would be attending the ASEAN-US Summit in Washington DC said.

"I think he (The President) was half and half about it. He says that there is no real compelling reason for him to attend."

Romualdez added "he says if they're asking for the support of the Philippines he was very clear that if push comes to shove, the Philippines will be ready to be part of the effort, especially if this Ukrainian crisis spills over to the Asian region."



"The president made it clear he said he may not be able to go but to give them the assurance that if ever its needed the Philippines is ready to offer whatever facilities or whatever things the US would need, the US being a major, our number 1 ally, in using the facilities in the Philippines without any restriction."

Romualdez explained if the war spreads out in the Asian region for some reason or another, the President obviously sees that need for us to make a choice and our choice is obviously and since we have an MDT with the United States.

"We have this special relationship and military alliance, he (Duterte) said he is allowing the use of facilities, which I assume would be the use of Clark for instance.....subic," the envoy said.

The MDT is an accord that was signed on Aug. 30, 1951 which stipulates that the Philippines and the US would support each other if either of them were to be attacked by an external party.

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2,500 Bexovid Covid-meds free for all – Moreno



THE 2,500 boxes of Bexovid which was earlier procured by Aksyon Demokratiko presidential bet Mayor Isko Moreno, have arrived in Manila and are now ready for free distribution to those who are infected with COVID-19 aged 12 or older even from far-flung provinces.

The said batch of medicines is the latest addition to the city government's stock of anti-viral pills for fighting COVID-19 and which Moreno had ordered to be given free of charge to anyone needing it, Manileños or not.

Moreno said that the purchase of the said drugs was suggested by his doctor-partner, Vice Mayor Honey Lacuna and running mate Willie Ong, adding it will be helpful for those with mild to moderate COVID-19 cases, even minors.

"Ang nasabing gamot po ay

may 90% efficacy in preventing hospitalization and death in high-risk patients. Ang intake po nito ay two tablets of Nirmatrelvir and one tablet of Ritonavir, twice a day for 5 days," Moreno said.

He added: "Kapit lang po mga minamahal kong kababayan. Sama-sama po tayo dito sa laban na ito. May gobyerno po kayong masasandalan sa lahat ng oras. Walang bibitaw."

It will be recalled that in January of this year, the Food and Drug Administration (FDA) granted a compassionate special permit (CSP) for Bexovid, which is the first generic version of Pfizer's Paxlovid, the first oral treatment for COVID-19 which was first authorized for use in the United States.

In doing so, the FDA stated that Bexovid could help reduce risks of hospitalization and deaths by 88 to 89% when taken within 3 to 5 days from the onset of symptoms of COVID-19.

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Sara Shuns debates, to focus on campaign



IT'S final, vice presidential candidate Davao City Mayor Sara Duterte is not joining the debate sponsored by the Commission on Elections (Comelec).

In an interview after a campaign sortie in Paranaque, Mayor Sara said her campaign will only focus on meet and greet with some sectors and groups as well as grand rallies.

"I've already decided that I will do the campaign without joining the debates," she said.

The Comelec has set the vice presidential debates on March 20.

"Iniwan ko na po yan sa lahat ng ating kababayan ang pag desisyon sa pagpili nila sa vice president na ganito po ang aking direksyon sa kampanya," she added.

Mayor Sara, the chairman of Lakas-CMD and Hugpong ng Pagbabago (HNP), is topping

surveys for vice presidency. "Well kung magbago man o hindi, we will let you know but as of this very moment that decision is to conduct this campaign without joining debates," she said.

In her speech, Mayor Sara said she and her running mate Bongbong Marcos Jr. is pushing for unity which is the key to progress and better governance.

She said once elected into office, she will continue the programs of President Rodrigo Duterte, especially the fight against criminality and anti-illegal drugs.

"Iyan ang gusto ng lahat, ang mapayapang pamumuhay hindi lang po dito sa ating bansa but sa buong mundo and yan po ang commitment ng UniTeam," she said.

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PHIVOLCS says degassing in Taal Volcano ‘more active’



PHIVOLCS-DOST

MANILA, Philippines — Degassing from the main crater of the Taal Volcano has become more active since midnight of March 11, the Philippine Institute of Volcanology and Seismology (PHIVOLCS) said Friday.

In a tweet, PHIVOLCS also said that volcanic sulfur dioxide (SO₂) gas emission is “on an increased trend” since March 6 and recently peaked at 15,900 tonnes per day on 09 March 2022.

In its latest bulletin, PHIVOLCS noted eight volcanic earthquakes in Taal Volcano, including four volcanic tremors that lasted for two to eight minutes and three low-frequency volcanic earthquakes, during a 24-hour monitoring period.

“Activity at the Main Crater was dominated by upwelling of hot volcanic fluids in its lake which generated plumes 1,200 meters tall that drifted southwest,” it said.

Alert Level 2 is currently maintained over Taal Volcano.

PHIVOLCS reminded the public that under this alert level status, sudden steam- or gas-driven explosions, volcanic earthquakes, minor ashfall, and lethal accumulations or expulsions of volcanic gas can occur and threaten areas within and around Taal Volcano Island.

Entry into Taal Volcano Island, Taal’s permanent danger zone is strictly prohibited especially the vicinities of the Main Crater and the Daang Kastila fissure, and extended stays on Taal Lake.

Local government officials are advised to continuously assess and strengthen the preparedness of previously evacuated barangays around Taal Lake in case of renewed unrest, PHIVOLCS said.

Civil aviation authorities must advise pilots to avoid flying close to the volcano as airborne ash and ballistic fragments from sudden explosions and wind-remobilized ash may pose hazards to aircraft, it added.

—Robie de Guzman

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NEWS & RESCUE

Dolomite beach sa Manila Bay, posibleng muling buksan sa Abril — DENR



PVI - JASON SORIANO

MANILA, Philippines — Pinaplano na ng Department of Environment and Natural Resources (DENR) ang muling pagbubukas sa publiko ng dolomite beach sa Manila Bay sa buwan ng Abril.

Ayon kay DENR acting Secretary Jim Sampulna, maaaring buksan muli ang beach kapag natapos na ang water pump na kasalukuyan pang ginagawa.

Ani Sampulna, kailangang malinis nang mabuti ang tubig na nanggagaling sa ilang outfalls o daluyan ng tubig sa Manila Bay mula sa mga establisimiyento hanggang sa mga karatig na siyudad.

Ito ay sa pamamagitan ng sewage treatment plant (STP) sa baybayin na makatutulong para mabawasan ang fecal coliform content o antas ng dumi sa tubig para maging ligtas itong paliguan ng mga tao.

“Magkakaroon tayo ng soft opening siguro muna diyan tapos tingnan natin yung—pag-aralan natin ang acceptability sa mga tao,” ang wika ni Sampulna.

“Mayroon pa kaming isa ditong hindi pa natapos na water pump natin para sa STP natin

sa may Remedios. Hopefully, matatapos natin iyon. After holy week, pwede nang maglunoy-lunoy ang tao diyan,” dagdag pa niya.

Sa kasalukuyan ay umaabot na sa dalawang ektarya ang lawak ng dolomite beach sa Manila Bay. Patuloy itong pinalalawak ng DENR kaya nagtatambak pa ng dolomite sand sa karagdagan 500 metrong baybayin.

Samantala, pinag-aaralan pa ng DENR kung ano ang mga protocol na ipatutupad sa muling pagbubukas ng pasyalan.

Isa sa tinitingnan nilang patakaran ay ang paglilimita pa rin sa bilang ng mga indibidwal na papayagang bumisita sa naturang pasyalan.

“Depende sa carrying capacity rito. Kung masobra na, ‘Teka muna. Huwag ka munang papasok diyan kasi social distancing has been compromised.’ So, ganoon na lang gagawin na rin natin,” ani Sampulna.

Target ng DENR na buksan sa publiko at maging swimming zone ang Manila Bay bago matapos ang termino ni Pangulong Duterte.

—(mula sa ulat ni Correspondent Asher Cadapan Jr.)

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New Comelec appointees in limbo unless Duterte calls special session of Congress



MANILA, Philippines – Unless President Rodrigo Duterte calls a special session of Congress, his three new appointees to the Commission on Elections cannot be confirmed or rejected by the Commission on Appointments (CA) until weeks after the May 9 elections. Chairman Saidamen Pangarungan and two new commissioners will run the national and local elections but they will face the powerful CA for their confirmation hearings only when the 18th Congress resumes session on May 23.

By then the president-elect who will succeed Duterte will likely be known.

“Unless the President calls Congress to a special session, the CA can only convene on May 23 to June 1 when Congress resumes session,” Senate Minority Leader Franklin Drilon, a member of the CA, told the Philippine Center for Investigative Journalism (PCIJ).

“Note that when the CA resumes session on May 23, there is already a new president-elect, who can influence the vote and action of the CA on these ad interim appointments,” he said.

The situation presents a challenge to the new appointees, said former Comelec commissioner Luie Tito Guia.

“They are running an election [but their] tenure is dependent, number one, probably on the current people running. ‘Di ba? Or depending on who will win,” Guia told the PCIJ.

Drilon echoed Guia. “The continued

stay in office of these appointees would realistically depend on the new president-elect,” he said.

Duterte filled three vacancies in the Comelec, which means the seven-member poll body will be run entirely by his appointees.

Apart from Pangarungan, the president appointed high-profile election lawyer George Garcia and former social welfare undersecretary Aimee Torrefranca Neri as new commissioners.

Duterte’s new appointees to head the Commission on Audit and Civil Service Commission – former Davao City accountant Rizalina Justol and former secretary to the Cabinet Karlo Nograles, respectively – face the same situation.

The appointments are ad interim, meaning “they all would lapse if the CA does not act on them when Congress adjourns,” said Drilon.

The 18th Congress has two weeks left to hold sessions from May 23 to June 4 when it is scheduled to adjourn sine die. The members of the 19th Congress will assume their posts on June 30.

If the CA fails to confirm them before June 4, Duterte can reappoint them ad interim and the next Congress will decide whether to confirm or reject them, Guia said.

“Unless my memory fails me, I do not recall a similar situation in the past,” Drilon said.

A special session of Congress is called only to consider legislation but the opposition lawmaker said “even while

the Congress is not in session, the CA standing committees can do a background investigation” on the appointees.

“Individual CA members can also assess the competence, performance and impartiality of these nominees while Congress is in recess,” he said.

Guia said it’s important for the appointees to show independence.

Pangarungan is a lawyer and politician from Lanao del Sur province. He is the second Comelec chairman from Mindanao, following chairman Sheriff Abbas who retired in February 2022. Both Pangarungan and Abbas are Muslims.

Before joining Comelec, Pangarungan was secretary of the National Commission on Muslim Filipinos. A sultan of Madaya in Marawi City, he was governor of Lanao del Sur from 1988 to 1992.

Like Duterte, Pangarungan is a graduate of the San Beda Law School. He finished his law degree in 1976.

He was a private lawyer for years. He served as legal counsel of Bank of America, PLDT, Philippine Airlines, San Miguel Corp., and Caltex.

Garcia is a high-profile election lawyer whose clients included presidential candidates – former senator Ferdinand “Bongbong” Marcos Jr. and Manila Mayor Isko Moreno.

He counseled Marcos in his electoral protest against Vice President Maria Leonor “Leni” Robredo and served as a lawyer for Moreno’s 2022 campaign team.

Garcia said he would inhibit from cases involving his former clients.

Garcia also represented Senator Mary Grace Poe in a citizenship case before the Supreme Court, which was filed to disqualify her from the 2016 presidential race.

He also represented Senator Aquilino “Koko” Pimentel III when a disqualification case was filed against his candidacy in 2019.

Commissioner Aimee Torrefranca Neri was an undersecretary at the Department of Social Welfare and Development before she was appointed to the poll body on March 8.

Before DSWD, Neri served at the Department of Justice and the Bureau of Immigration.

Neri was immediately dragged into a controversy by lawyer Ferdinand Topacio, who claimed that his client, convicted drug lord Herbert Colanggo, gave her P10 million to fix a robbery case before the Supreme Court.

Neri denied the allegation. In 2021, Neri accused Colanggo’s daughter of extorting P3 million from her.

The four other commissioners are former Court of Appeals Associate Justice Socorro Inting, former Davao election officials Aimee Ferolino-Ampoloquio and Marlon Casquejo, and former Manila City chief city prosecutor Rey Bulay.

– with reports from [Martha Teodoro, Philippine Center for Investigative Journalism/Rappler.com](#)

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HEALTH & WELLNESS

17 WELLNESS TRENDS FOR 2022

The COVID-19 pandemic fueled a wellness revolution, where we have changed our understandings of wellbeing, discovering unique approaches in the absence of our normal practices. Additionally, while stuck at home, we were granted the opportunity to reflect on what was important to us, labeling 2022 as the year of “self”. Here are the 17 wellness trends for 2022 we think will gain more focus this year.

1. GUA SHA & FACE YOGA

Using massage therapy and exercises that stimulate the muscles, skin, and lymphatic system, Face Yoga is a technique designed to soften and relax your face muscles to help alleviate tension and stress. Exercises in face yoga may improve the appearance of your face, release tension, reduce stress lines, strengthen, and tone facial muscles, increase circulation and blood flow, and smooth out wrinkles – all contributing to your facial appearance. Gua Sha stones are used to complement Face Yoga as a tool used to relieve tension, sculpt skin, and increase circulation. Philosophia Botanica's and FaceGym's lineup of Gua Sha is made for people with all kinds of skincare needs, featuring stones that mend stress and tension, allowing for cheek sculpting, or for a pure face, regenerating your skin to its purest self. Perfect for fighting acne scars, reducing puffiness and dark spots, while promoting lymphatic drainage are natural to the precious stone as its natural minerals sink into the skin.

2. ADAPTOGENS

Adaptogens are plant-based substances that provide the stabilization of physical, chemical, or biological physiological processes such as stress. There are over 70 types of herbal plants and mushrooms that have been used in traditional Eastern medicine for centuries: reishi, ginseng, tulsi, schisandra or ashwagandha for example. These substances are unique because they adapt to the needs of the user, hence the name. Ashwagandha could help you decompress at the end of the day, or for one who might need more energy, it could deliver a boost mental performance while also reducing stress. Said to stimulate your body and help its systems return to a balanced state of homeostasis, adaptogens are sure to have a growing presence in the next year as we rediscover ways of wellness. Because we're living in such anxious times, adaptogens may also help increase quality of life, improve longevity, and protect neurological health. Moving into 2022, adaptogens take the lead through the continued revival of plant medicine.

3. IMMUNE HEALTH

In this coming year, we will see continued growth and emphasis on Immune Health as we stay weary of contaminants and antigens. Immune health is highly connected to dietary health. Eating healthy foods such as fruits, vegetables, whole grains, protein, low-fat dairy foods, nutritional yeasts, probiotics, and active ingredients that provide our body's key nutrients and effective solutions for health support, daily nutrition, and beauty. Manage any possible health concerns through actively adjusting your diet to the needs of your body. Immune health is also connected to how well you are protected from a disease. Receiving vaccines for diseases such as Influenza, Tetanus, or COVID-19 are becoming pivotal, and sometimes necessary, practices that allow us to engage the world more freely.

4. DIGITAL HEALTHCARE

Mental health services have been adapted online over the years, increasing access for those who may not have felt comfortable using these services before. Meditation apps have never been so popular. Now technology has also moved appointments with doctors and therapists online. In the past, you may have struggled to get an appointment with a specialist or complained about the commute to the doctor's office, but with virtual conferencing and meeting technology becoming more popular, doctors are more willing to meet with you online. Now you can even book virtual sessions with personal trainers, nutritionists, physical therapists, mental health professionals, sleep specialists and coaches.

5. TRACKING STRESS

In the coming year, we foresee technology as a great means to track stress. Highlighted smartwatches and phone applications, such as the Apple Watch, Fitbit, or Google Watches have increasingly gained a grasp on determining stress through heart rate variability. Measuring the small fluctuations of the heart, the heart rate variable can be used to track stress continuously through the day, producing a score of stress, giving you a clear idea if you are experiencing a stressful moment in your day. This information is important to consider, so that we adjust, take care of our basic needs, and remain aware of how we're doing overall so that we can ensure a balanced life. Perfect for blending in with your jewelry collection, the Bellabeat Leaf Urban helps you raise awareness of your wellbeing, with results corresponding directly to your personal device. Or, for a more modest design, the Fitbit



Sense is amazing for tracking sleep, activity, and stress. These stress devices are also able to help indicate the strain and stresses put on the body after a workout, which shows us how to navigate recovery.

6. SLEEP HYGIENE

The ritual of going to sleep and waking up is something that we interact with every day; however, how we do so is sure to change in the year of 2022. As we continue to advance technology, tracking sleep hygiene and making the proper adjustments has become a practice that can be reviewed at home. Sleep tracking devices such as Apple Watches, Auro's Smart Ring, or EEG Headbands have shifted sleep to a more normal and mindful process. Waking up and going to sleep at the same time promotes a space where it is easier to wake up and fall asleep, improved alertness, as well as sharper focus. For a completely holistic sleep ritual, use aromatherapy oils to complement a more restful sleep and avoid electronics at least one hour before your bedtime. Furthermore, use your phone's Night Shift function. Following a circadian rhythm, it uses the clock and geolocation of your device to determine when it's sunset in your location and automatically shifts the colors of your display to warmer colors. In the morning, it returns the display to its regular settings.

7. PORTABLE WELLNESS TOOLS

Take charge of your own wellbeing and take home one of the best buys of a lifetime: personal EKG scanners, self-purifying water bottles, pressure monitors, humidifiers, or portable massage guns. Complementing our wellness routines, technology puts comfort and skill easily in the hands of everybody who should be able to harness the therapeutic benefits. This is important to consider because these products and solutions empower people to take control of their own wellness routines. FlexBeam, for example, is a red light therapy device that helps your body to improve recovery and optimise health, while Therabody takes on wellness and recovery with their quiet, intelligent, and powerful Theragun lineup. Massage therapy has proven to be one of the best treatments in reducing inflammation throughout the body, as well as the best post-workout recovery tool you will add to your arsenal. Perfect for muscle warm-up or helping with cool-down, using these massage guns to target problematic or sore areas will provide a sense of rejuvenation and life among your muscles.

8. GROW YOUR OWN PRODUCE

For those stuck in the house during the COVID-19 pandemic, furnishing a green thumb and starting a garden has become a place of tranquility and centeredness – a place to take your mind off everyday stress as you immerse yourself in that care of other things. In the coming year, this desirable activity is now shifting to a more self-sufficient harvesting process. Families around the world are growing root vegetables, herbs, or fruits like tomatoes to ensure the quality of all produce. In this light, individuals may be able to take control of their own food and reduce reliance on supply chains. One of the best things about starting a garden will increase overall liveliness and comradery, which may be achieved at home or through community gardening. Growing your own produce can be very therapeutic and rewarding as you watch something grow and evolve in full health – fully from farm-to-table.

9. USING DNA TO DETERMINE HEALTH RISKS

Uncovering your ancestry and using your DNA to determine health risks may minimize some of the guesswork when trying

to make lifestyle changes, allowing you to make more strategic decisions that will lead to better health. Genealogy examinations require a saliva sample and analyze your DNA to infer where your family originated from, whereafter the analysis can also potentially detect relationships to wellness and health with information on cancer risks, health predispositions, and more. Known for empowering longer and healthier lives, CircleDNA is a great starting point for anyone who is serious about wanting to improve their health and wellness, making prevention personalized to every individual. These personalized results can be taken to your health professional to continue making positive changes for your health in the coming years.

10. REGENERATIVE TRAVEL

Try new food locations, new activities, take a domestic road-trip, be involved in local festivities or parades, or fall in love with the places around the world – all while giving back. Regenerative travel, the emphasis of feeding back into the system from which we benefit, has gained attention as sustainability, eco-friendly practices, and environmental responsibility have become a priority to both travelers and locals from communities across the globe. In this coming year, we see our beloved hotel destinations and spas emphasize connections with nature and serve as a catalyst for change that generates economic, social, and environmental wealth.

11. WELLNESS ENTERTAINMENT

After a long day of work, taking time to meditate or practice yoga is not always optimal or desirable. Turn the television on, kick your feet up, and learn how to further your depth of wellness and uncover different perspectives of wellness professionals through different streaming services such as Netflix or Hulu, who bring us productions such as Unwell, Headspace Guide to Sleep, The Goop Lab, and Tidying Up. Other sites, such as YouTube or Reddit, also feature content creators that specialize in education about or adapting to a lifestyle of wellness, found in TedTalks or colorful seminars on meditation or creating meaningful relationships. Bringing a visual representation of wellness to our modern communities is an effective way to continue bringing wellness into our group spaces. If you are feeling unproductive, there are still ways for you to engage in wellness from the warmth of your bed or sofa.

12. BATHING RITUALS

Take a restorative soak and just lean back – it's helping you. Bathing rituals are known for being meditative and deeply calming for the nervous system, while relieving stress and fatigue, reducing pain and inflammation, and benefiting overall skin health. Epsom salt may help your bath become even more relaxing by soothing tired muscles and easing stress, as well as helping the body to absorb magnesium; or, mineral-rich volcanic sand is naturally alkaline, known for its detoxifying and anti-inflammatory properties. Or try using essential oils for a holistic experience, exfoliate rough spots, apply a facial mask, or deep condition your hair. Whatever you fare, remember to always be sure to drink water after a soak.

13. SEXUAL PLEASURE

According to the Sexual Health Organization, “Sexual health is a state of physical, emotional, mental and social wellbeing related to sexuality”. For this reason, we see that it is increasingly being viewed as integral to one's overall contentment and mental

wellbeing. Sexual health in 2022 is about being mindful of what we enjoy – experiencing sexuality through the senses, actively grounding oneself and being intentional about thoughts and sensations we choose to focus on. Sexual health also refers to what we are using when it comes to our sex lives. There are more and more new sex toys that promote a more mindful, healthy, and inclusive experience. The Leaf Life vibrator, for example, is an eco-friendly adult toy option that is rechargeable, 100% silicone, waterproof, and phthalate-free. We can continue to adapt our sexual pleasure to improve our mindful interactions with life.

14. PLANT MEDICINE

For thousands of years, plants have been used in a variety of ways: insight, health, pleasure, and more. Specifically within plant medicine, psychedelics can be used to improve mood and combat concerns with mental health. Psychedelics such as Psilocybin have been found that under carefully monitored and controlled use may be beneficial for many psychiatric disorders, personal and spiritual development, and creative enhancement. Naturally, there are different areas where these are legally used for medical purposes around the world, so be sure to check what the status of these ancient medicines are for you. Bespoke travelers who are interested in these forms of medicine can indulge in retreats with Kiyumi in The Netherlands or a 5-Night Retreat with Behold Retreats, held in various locations around the world and led by a team of experts with extensive experience in working with people on a psychological, emotional, physical and spiritual level. Bringing transformation on a personal and spiritual level, these forms of guided plant medicines may be enlightening and rewarding to the user.

15. SKINIMALISM

Skinimalism is all about reducing the multi-step regimen down to the necessities. In the year of 2022, we are bound to see more equitable and sustainable skincare products, be reduced to the face washes, serums, creams, cleansers, toners, and moisturizers that are important to the routine of men and women of all ages. Heavy skincare products may clog pores, cause rashes and itchiness, or inflame irritable areas and begin to adversely react to these products. Empowering the skin and serving to protect from external aggressors, your skin will reflect the brightness and radiance from skincare routine and products – so it's important to keep it natural to bring the best to your face and body. Season's change can bring about adjustments to your skin care and maybe the products. In the winter, double-down on moisturizing products; and in the summer, oil-free cleansers are great to use as the skin is generally oilier. Noticing your skin's patterns is important in understanding how to optimize your look and feel; moreover, taking the time to involve yourself in a skin care routine daily allows you to address and prevent future skin problems before they arise.

16. MANIFESTING JOURNALS

Journaling can be a rewarding experience that reflects on the moments of the past, future, and present. To take your daily routine to the next step, manifesting has proven to give positive benefits in improving awareness and motivation, reducing anxiety, and raising your physical and spiritual vibrations. Manifesting has seen to be on a gradual increase even before the pandemic; however, as we return to “normal” life, a lot of us find the need to reimagine our goals and how to navigate through them. New Mindset, Who Dis' 60 Day New Mindset Journal is a pre-designed memoir where you can have the perfect mix of guided and unguided writing, complete with creative, thought-provoking questions and quotes. For stressed-out overthinkers, Unbothered is a 60-day journal focused on removing anxiety and centering yourself. Matched with effective goal making, remember that is important when manifesting as it may open the path to the many possibilities that are beyond.

17. HOLOTROPIC BREATHWORK

Here's a trend that will never die – taking the time to breathe. In the coming year of 2022, we see changes in the degree of what those “centering” moments look like. Holotropic breathwork is a unique, self-healing technique to attain a state of wholeness, where controlled and quick breathing patterns are used to influence mental, emotional, and physical states. This breathing technique identifies that healing comes from within the person practicing the breathwork. In particular, the way we breathe has even proven to increase our immunity, stamina, energy, sports performance, ability to cope with stress, and reduce anxiety or panic attacks, among others. To begin, focus on breathing, an easy practice can be to take a few minutes every time you wake up, get stressed out, and before you go to sleep to practice slow, controlled breathing. Take a mental note before you start and after, your body will feel full of life.

by: [Christian Donald](#)

Over 80 local gov't officials nationwide endorse Robredo



MANILA, Philippines – More than 80 local government officials from several provinces nationwide released a statement endorsing Vice President and presidential bet Leni Robredo, citing her track record of public service.

“As local officials, we are daily witnesses to the enormous problems that confront our countrymen. This pandemic has brought much suffering to many of our fellow Filipinos and

at this point in our country’s history, we need to have a strong leader who has shown a solid track record of public service, who is incorruptible and has shown the willingness to fight for the rights and welfare of every Filipino,” their statement read.

“There is no other candidate who embodies these qualities but Vice President Robredo,” they added.

They cited her office’s immediate pandemic response, including the personal protective equipment sets, transportation, and dormitories provided to medical frontliners; the online job portal that helped those who lost their jobs’ and the free antigen tests, among others.

They promised to do all they can to convince their constituents to vote for

Robredo. “As young leaders who are yearning for a much better future for our country and our fellow Filipinos, we pledge that we will do our very best to convince our constituents to vote for her towards ensuring her victory in the upcoming May 2022 national elections,” they said.

These local officials hail from various provinces including:

- Aklan
- Albay
- Antique
- Bataan
- Batangas
- Bohol
- Bulacan
- Cagayan
- Camarines Norte
- Cavite
- Cebu
- Eastern Samar
- Ilocos Sur
- Iloilo
- Isabela
- Laguna
- Leyte
- National Capital

- Region
- Negros Occidental
- Negros Oriental
- Northern Samar
- Oriental Mindoro
- Pampanga
- Pangasinan
- Quezon
- Rizal
- Romblon
- Samar
- Tarlac
- Zambales
- Zamboanga Sibugay

“We appeal to every Filipino to also support, campaign, and vote for VP Robredo because with her as our President, a better Philippines and a better life for every Filipino is assured,” they said.

They join other groups who have expressed support for Robredo, including over 500 priests and nuns, more than 100 law deans and professors, and Ateneo educators, among others.

– **LOREBEN TUQUERO**
[Rappler.com](#)

In Negros Occidental, a land that never forgets, stars of hope beam for Robredo

BACOLOD CITY, Philippines – In Negros Occidental, the province that remembers the time when a dictator slowly murdered their children and turned their lush sugar lands red, tens of thousands of people clad in pink marched for the woman resisting the return of the late despot’s family to Malacañang.

On Friday, March 11, the sprawling grounds of the Paglaum Sports Complex in the capital city of Bacolod burst with shining stars of hope for Vice President Leni Robredo.

Though there is a huge margin in numbers, major polling firms still say she is the most viable candidate who can defeat the late dictator’s son and namesake Ferdinand “Bongbong” Marcos Jr., who dominates the 2022 presidential race, based on surveys.

Most of the mayors in Negros Occidental have pledged to support Marcos, but over 70,000 Negrenses pulled out all the stops to tell their local leaders: No, we from the masses hold the true power in these elections.

The father of the province, Governor Eugenio Jose “Bong” Lacson, knew critics may have mocked him for standing up in a sea of Marcos-allied politicians in Negros Occidental.

But seeing the crowd that night – the biggest to gather since the entire 2022 presidential campaign kicked off in February – Lacson knew he picked the right side.

“They said, ‘Governor Lacson is the only one for Leni.’ Here’s my answer, 70,000!” Lacson said in Hiligaynon, driving Robredo supporters into a frenzy.

Negrenses’ resistance to the Marcoses and their strong support for Robredo – a critic of Martial Law – is rooted in history.

In the early 1980s, under the dictatorship of Bongbong’s father Ferdinand Marcos, one million people in Negros Occidental suffered through a famine, all thanks to the sugar monopoly imposed by the strongman to benefit his cronies.

It was no wonder then that Robredo had defeated Marcos by a wide margin of 571,000 votes in the 2016 vice-presidential race.

The political landscape has since changed, however, with disinformation networks of the Marcoses and incumbent President Rodrigo Duterte saturating social media feeds with lies and black propaganda against Robredo.

Negros Occidental Vice Governor Jeffrey Ferrer and 28 out of the 31 mayors in the province are now backing Marcos for president in 2022.

But the Kakampinks’ show of force in Bacolod City may have showed them the true bosses in Negros Occidental.

Rousing the crowd further at the Paglaum Sports Complex, Robredo took a jab at the so-called “unity” that her rival Marcos has been harping on in the absence of a detailed platform. She told Negrenses to turn to history to know what real unity means.

“Huwag po natin kalimutan ang kasaysayan; sa halip, balikan natin ang mga aral na nagdala sa atin dito. Dito nagbubukal ang totoong unity; ito ang totoong pagkakaisa – pagkakaisang babaklas sa luma at bulok na sistema, at magsusulong ng gobyernong tapat, na mag-aangat sa buhay ng lahat,” said Robredo.

(Let us not forget history; instead, let us remember the lessons that brought us



here today. This is where true unity springs from; this is true unity – a unity that breaks the old and rotten system and pushes for an honest government that would improve the lives of all.)

The pink stars of hope now symbolizing the Robredo campaign is also a homage to a similar project done by Negrenses after the dictator Marcos was ousted in 1986, to help raise funds to alleviate hunger in the province.

For Negrenses, it signals both new threats to democracy and a pledge to fight against the darkness.

Farmer Larwin Bascar, who is vice president of their association in Barangay Celestino Villacin in Cadiz, told Rappler many farmers in Negros are supporting Robredo for president. Over the years, since Robredo became vice president, they have received assistance from her Angat Buhay program like farm machinery and fertilizers for their crops. They want her to win again in 2022, hoping to receive more help if she become president.

“Marami po kaming natatanggap na galing sa kanila.... Kakayanin po, Ma’am! Daming suporta nanggaling sa asosyasyon,” he said.

(We have been receiving a lot of help from them.... I believe she can win here, Ma’am! She has so much support from our association.)

Jesus Jimenez, a 64-year-old farmer from Bacolod, even donated a portion of his income to campaign for Robredo and her running mate Senator Kiko Pangilinan.

(Even if I don’t earn much, I gave my money to the campaign of VP Leni and Senator

Kiko, and I hope it can help them because I really don’t like BBM. He is a thief and the lives of farmers would just worsen if he wins.)

Lights of hope

Negrense “Kakampinks” came bearing their pink parols that swayed from left to right amid a sea of pink flags and balloons that whipped in the air.

Excitement was palpable, with the Kakampinks’ cheers and chants drowning out the microphones of the star-studded emcees who were hyping them up ahead of Robredo’s arrival.

When hosts alluded to claims they were paid to attend Robredo allies, her supporters’ chants of “Hindi kami bayad (We’re not paid!)” spilling over the surrounding streets filled with people aching to get a glimpse of Robredo.

The crowd in Bacolod waited over seven hours just to see Robredo, who hopped from 10 events across three cities and three towns in Negros Occidental before finally stepping into the sports stadium at past 8 pm.

The heat of the sun bore down on the crowd midday, before drizzles in the afternoon and early evening forced the people to bring out their umbrellas. Despite the changing weather, the Kakampinks stayed put. A rainbow suddenly framed the venue, further energizing the crowd and fueling their collective hope.

When their stomachs grumbled, their fellow supporters handed out pink pastries and sandwiches they made at home. There was free water and coffee for everyone. When several people felt faint, Kakampinks shouted “Medic!” to ensure help would come at the soonest possible time.

Even Robredo herself was at a loss at her Negrense supporters’ immense display of dedication that day. The Bacolod rally was marred by transportation woes, but her Kakampinks pulled through to help their fellow supporters travel to the city to join the event.

And in all our rallies, people go on their own accord. It’s not only that you’re not paid to go; you even spend your money just to attend. I’m sorry. And not only that, you even hold friendly competitions to show what each and everyone

of you are contributing to our People’s Campaign.

Her security escorts were on their guard more than usual throughout the day, after a pro-Marcos supporter threatened to physically harm Robredo in an online post. But it did not stop the lone female presidential bet from pressing flesh with the masses, from her first rally in San Carlos City to the motorcade she did outside the stadium after the main event.

For Robredo, the stars aligned for her People’s Campaign when her biggest political rally yet was staged at the Paglaum Sports Complex.

In Hiligaynon, the word “paglaum” means hope – and hope is Robredo’s promise as she aims to get rid of the old and dirty politics in the Philippines.

“Sa patuloy na pagsama-sama ng ating mga liwanag, dadami pa ang masisinagan ng pag-asang ito. Ang mga matagal nang napag-iwanan, susunduin po natin sila. Ang mga nakayuko, isasabay po natin sila sa paghikbang,” said Robredo. “Ganyan po ang ibig sabihin kapag sinabi nating laylayan ang magiging bagong sentro ng pamahalaan.”

(As our lights of hope continue to merge together, more and more people would be enlightened. We will come and fetch the least and lost among us. Those who have been defeated, we are going to include them in our journey. This is what I mean when I say that the margins of society will be the new center of government.)

– **MARA CEPEDA I** [Rappler.com](#)

This Family Makes Beautiful Music Together for a Reason

An impressive array of huge hits and nostalgic songs make for pure fun when TFC presents the Revelation Concert Tour in the U.S. this March



REDWOOD CITY, Calif.--- “Many things were revealed to us during this pandemic.”

Dingdong Avanzado waxes nostalgic during an interview. “The Original Prince of Pinoy Pop” shares that they will be revealing several announcements with their viewers during their “Revelation: The Concert Tour in the U.S.” concert this March 12 at the Alex Theater in Glendale and on March 26 at the Fox Theater in Redwood City, both in California.

Dingdong will be joined by his wife, “Phenomenal Diva of the Philippines” Jessa Zaragoza, and their daughter, Jayda, touted as the next artist to watch out for, in their U.S. shows.

Between them, Dingdong and Jessa have an impressive collection of songs that span three decades, including multiple gold and platinum hits and award-winning titles. During the span of their career, they have also been honored by various industry award-giving bodies like the Aliw Awards, Awit Awards, Himig Handog, and the PMPC Star Awards for Music.

Family On Tour

The family has done performances together, but Dingdong recalls these were mostly when Jayda was still young. “Jayda was around 13 or 14 years old, and she did not have her music out back then,” recounts Dingdong. “People would refer to her as the daughter of Dingdong, or the daughter of Jessa who likes to sing.”

Jayda has shown impressive musicality from a very early age, writing her first song when she was 12. Since then, Jayda has written more songs, done collaborations, held her own concert, and has won several awards.

Jessa beams with pride when she states that their daughter now has her own music, making her the singer-songwriter that she is at present.

Technically, this is the first time that they will be performing as a family now that Jayda is a full-fledged artist.

Fulfilling a Mission Through Music

“We will be revealing a lot during the show,” Jessa shares.

This declaration strikes a chord of curiosity, and

we egg the couple to give us a sneak peek into these things.

Dingdong explains how the pandemic has created the lonely feeling of being isolated from what people were once familiar with: friends, family, the work environment, and social activities. “There is a void, an emptiness, and for me that longing is filled by your relationship with the

Lord, connecting with the people that you love, and of course, music.”

Dingdong believes that music is a gift and that it should be used to uplift people’s lives. This is what he hopes to continue to do with his wife, Jessa, and their daughter, Jayda.

He says, “This is what I realized being in this business for more than three decades now – the power of music and what it can do to the soul.” He emphasizes that they want to share their purpose of inspiring people through their music.

Fans and viewers will find out more about the other important discoveries that the Avanzados will reveal during the concert.

Revelation: The Concert Tour in the U.S. will be celebrating so many aspects of the life of Dingdong, Jessa, and Jayda. The first leg will be on March 12 in Southern California at the Alex Theater, 216 N Brand Boulevard, Glendale, CA 91203. Ticket prices start at \$50.

Sponsors for the Alex Theater show are: JIR Foundation, Ding, Yaamava Resort & Casino at San Manuel, iSkin, Edzen, Averti, Escrow Matters, Fiesta Food, Get Assured, Inspire, Leo Bato, NAAC, Rodrigo Suerte Felipe, and Varsobia.

Revelation goes to Northern California on March 26 at the Fox Theater, 2215 Broadway, Redwood City, CA 94063. Ticket prices for this venue start at \$35. Part of the proceeds for the Fox Theater show will go to the ABS-CBN Foundation International for the continuing rehabilitation efforts for the victims of Super Typhoon Odette.

The Fox Theater leg is also brought to you by Ding, and Sendwave, together with Media Partners – Philippine News Today, Inquirer.net, FilAm Star, and Asian Journal.

Go to myTFC.com/revelation for tickets and for more information.

-Pia Lopezbanos-Carrion



TFC
presents

REVELATION

CONCERT TOUR

With special guest
JAYDA

DINGDONG AVANZADO

JESSA ZARAGOZA

Los Angeles
March 12, 2022 | 6:30 PM
Alex Theater, Glendale CA
TICKETS START AT \$50

San Francisco
March 26, 2022 | 6:00 PM
Fox Theater, Redwood City, CA
TICKETS START AT \$35

GET YOUR TICKETS VIA: Mytfc.com/Revelation

Top caliber stars renew commitment to ABS-CBN in Kapamilya Strong 2022 contract signing event



ABS-CBN indeed remains strong as eleven of its Kapamilya stars forged their continuous commitment and loyalty to the network by renewing their contracts during the “Kapamilya Strong 2022” event held on Wednesday, February 23, which was livestreamed across its various online platforms.

Hosted by Robi Domingo, the monumental event was attended by ABS-CBN executives Chairman Mark Lopez, CEO and President Carlo Katigbak, Chief Operating Officer for Broadcast Cory Vidanes, Head of Finance Rick Tan, and Head of TV Production and Star Magic Laurenti Dyogi, who warmly welcomed each artist and their respective managers.

The first to ink her contract was Magandang Buhay host Jolina Magdangal, who marks her 35th anniversary in showbiz this year after being discovered during her stint in the singing group 14K under the supervision and training of National Artist of the Philippines for Music in 2018 Ryan Cayabyab.

She was succeeded by Ronnie Alonte, who's celebrating his seven years in the local entertainment scene and looking forward on the everything that's going to unfold in his career and on finally taking on his dream role.

His real-and-real-life sweetheart Loisa Andalio also renewed her contract and wasn't able to hold her emotions as she expressed how happy and blessed she is, as well as how thankful she is for this opportunity bestowed to her.

Viral Scandal actor Jake Cuenca was also enthusiastic to talk a bit about his stint in the much-awaited Filipino international series “Cattleya Killer,” prior to signing his contract. The said project is based on the 1996 Star Cinema hit movie “Sa Aking Mga

Kamay” (In My Own Hands) topbilled by veteran actor Aga Muhlach and will be produced by ABS-CBN.

He may have taken a hiatus after his remarkable stint in Ang Sa Iyo Ay Akin, but Sam Milby assured us that he's still a Kapamilya by renewing his contract with ABS-CBN. When asked by Robi what he would tell his younger self 15 years ago, he jested that he would advise himself to learn Tagalog since it was the greatest challenge he had encountered in the onset of his career.

Just a few weeks after her primetime series La Vida Lena ended, Erich Gonzales once again appeared in front of the camera in a dainty white dress to sign a new deal with the network. She looked back on her humble yet triumphant beginnings as the grand teen questor of Star Circle Quest Season 2, 18 years ago.

The Broken Marriage Vow leading man Zanjoe Marudo couldn't help but make a hugot during his contract renewal as he remarked, “Well, sa [ABS-CBN], sa Kapamilya, mas doon ako sigurado na meron akong forever,” when he expounded how thankful he is for the past 15 years that he as been in the network.

FPJ's Ang Probinsyano actress Shaina Magdayao also continues her 25-year journey as a Kapamilya by renewing her contract. As she opened up about her soul-searching at some point of her life, she divulged how Cory Vidanes reminded her that she could still fulfill her calling to serve other people through acting.

Also reassuring us that he's still a Kapamilya is Gerald Anderson, who looked back on his first-ever encounter with Gary Valenciano, when he was still inside the house during his days as a Pinoy Big Brother Teen Edition 1 housemate 16 years ago. He may not be able to achieve his dream of becoming like him, but he's honored to inked a deal again with the network alongside his idol.

Prior to inviting veteran performers Regine Velasquez-Alcasid and Gary Valenciano to step on the stage, COO for Broadcast Cory Vidanes delivered her heartfelt gratitude and appreciate to the both of them for choosing to be Kapamilyas anew.

“Words will never be enough to express how grateful and blessed we are to have you as a Kapamilya. You are both God-sent, you have been a source of strength for all of us as we persevere to continue serving the Filipino together,” she started off.

Then she added, “Alam n'yo Gary and Regine, tunay naming naramdaman na andito tayo para sa isa't isa dahil sa pagmamahal ninyo sa aming lahat. Thank you for the trust, for sharing the love, and for the gift of healing that you have given millions of Filipinos with your inspiring music, your excellent performances, and, of course, for being world-class talents. Thank you, thank you very much. We will always be proud of you, our Kapamilya Regine and our Kapamilya Gary. We love you both.”

ASAP New Gen Diva Lara Maigue performed the Asia's Songbird's all-time favorite hit “Kailangan Ko'y Ikaw” as a way of paying tribute to the singer-actress. Looking pretty in pink, Regine enthusiastically imparted how she stays passionate with her craft through the years and why she still chooses to be a Kapamilya almost four years after her delighting transfer to ABS-CBN in 2018.

Last, but definitely not the least, was the one and only Mr. Pure Energy, who renewed his contract with the network after only just a year. Jed Madela paid homage to him with his heartfelt rendition of his classic hit “Warrior Is A Child”. He also shared the best experience he'd ever had as a Kapamilya in the past year and went on to define what being a Kapamilya truly means.

Each of the artists also had the

chance to look back on their career milestones and best works caught in reel through the audio-visual presentations prepared for them, as well as express their gratitude to be still part of their home network. Besides, they also received touching messages from their loved ones and other people dear to them.

Aside from the Kapamilya Strong 2022 contract signing event, Robi revealed that this is just the first part of the 30th anniversary celebration of Star Magic as fans should better be ready for the slew of activities lined up for this year's fete.

The event was followed by a media conference hosted by Darla Sauler and then Al Dela Cruz and Edward Barber, wherein the 11 newly-renewed Kapamilya stars mingled and chatted with some members of the media. Direk Lauren also joined the Star Magic talents onstage as he bared the other exciting activities and collaborations avid Kapamilya fans should watch out for and responded to questions of some media friends.

As Robi teased, the grand sports fest Star Magic All-Star Games will be coming “really, really soon”, wherein we're going to see our favorite Kapamilya artists in action as they play basketball, badminton, volleyball, and golf. Besides, the Star Magic Ball is also about to return this year!

Kyle Echarri, Lara Maigue, Jed Madela, Jelay Pilonas, and CJ Navato also performed the new Star Magic theme song “Tatak Star Magic” composed by Kapamilya singer Nyoy Volante.

The Star Magic media conference capped off with Direk Lauren expressing his heartwarming message to everyone part of the Star Magic family, and then calling for a toast.

Indeed, “nanatiling strong at solid ang samahan sa Kapamilya network”!

Eleven ABS-CBN stars remain “Kapamilya Strong” in 2022 and Star Magic kicks off 30th anniversary celebration



ABS-CBN continues to be home for Filipino music icons Regine Velasquez-Alcasid and Gary Valenciano while top caliber stars Zanjoe Marudo, Erich Gonzales, Jake Cuenca, Jolina Magdangal, Loisa Andalio, Ronnie Alonte, Sam Milby, Shaina Magdayao, and Gerald Anderson remain as Star Magic artists as they all sign new contracts on Wednesday (February 23).

“I’m very happy and very excited and very proud. That’s how I feel. I mean after the things that the network has been through, all of us, after all we’ve been through, parang I just feel (happy) to be called a Kapamilya,” said Regine during the network contract signing held in ABS-CBN’s Studio 10, the first part of the Kapamilya Strong 2022 back-to-back events that culminated with the announcement of Star Magic’s year-long 30th anniversary celebration.

The Asia’s Songbird is currently a guest host in “Magandang Buhay” apart from being a mainstay of “ASAP Natin ‘To” with Gary.

Mr. Pure Energy also shared his thoughts about being a Kapamilya. “Pag sinabing Kapamilya, we are there for each other...Kahit na may mga ibang pagsubok na dumadapo sa isang pamilya, the fact is you are still a family. It’s a dynamic ng isang pamilya. Minsan may good times, minsan may hard times but in the end nakikita mo ‘yung value ng isa’t isa, value sa isa’t isa and you treasure that and then you carry it on.”

Their fellow ABS-CBN stars also expressed gratitude as they continue to

entrust their careers to Star Magic, the country’s biggest and brightest talent agency that is determined to champion Filipino talent all over the world.

Fresh from the success of “La Vida Lena,” versatile actress Erich will star in the biggest dramatic project of her career that will be revealed soon. Sought after leading man Gerald will soon star in “A Family Affair” TV series and film “To Russia with Love.” In-demand dramatic actor Jake from “Viral Scandal” is part of the all-star ensemble of upcoming international series “Cattleya Killer.”

Reel and real life sweethearts Loisa and Ronnie will star in upcoming teleserye “Love in 40 Days,” while blockbuster movie actress and legendary momshie Jolina and multi-awarded actress Shaina will continue to bring joy to viewers in “Magandang Buhay” and “FPJ’s Ang Probinsyano,” respectively.

Premier TV and movie leading man Sam, who will also be part of “A Family Affair” and the handsome heartbreaker of hit “The Broken Marriage Vow” Zanjoe, also remain Kapamilya.

Joining them in the grand contract signing, which was hosted by Robi Domingo and streamed live on various Star Magic and ABS-CBN digital platforms, were ABS-CBN chairman Mark Lopez, ABS-CBN president and CEO Carlo Katigbak, ABS-CBN chief operating officer of broadcast Cory Vidanes, ABS-CBN Group CFO Rick Tan, and Star Magic and ABS-CBN entertainment production head Laurenti Dyogi.

“We are very, very proud to have been able to develop very talented artists who have the passion for global excellence, but

who remain grounded and committed to serving with us, and who are driven to give the audience the most meaningful stories and engaging experiences through the years. Maraming salamat to our Star Magic artists,” said Cory, who also dedicated the celebration of Star Magic’s 30 years to the founders, mentors, partners, advertisers, co-managers, and fans.

After the signing, Direk Lauren shared the exciting plans they have to celebrate the 30 glorious years of talent management and development of Star Magic in the mediacon with the Star Magic artists that was hosted by Edward Barber and MYX VJ Ai Dela Cruz.

“We’d like to thank the men and women who really started Star Magic, to FMG, to Mr. M., to Ms. Mariale. Maraming salamat for laying the foundation and for building Star Magic. This time we are venturing into a new era of Star Magic in the 30 more years to come. Marami po kaming hinanda to celebrate the 30th anniversary of Star Magic,” he said.

This year, Star Magic will bring its stars all over the world once again through global events in collaboration with TFC. It will also bring back the star-studded sports events, and the iconic Star Magic Ball red carpet event together with ABS-CBN’s Creative Programs, Inc. (CPI).

Star Magic Studio will also partner with Star Cinema, Mavx Productions, and Regal Entertainment for films showcasing the talent of its stable of stars and offer more music from its formidable singers via Star Magic Records. Fans can also expect their idols in more projects with top Philippine lifestyle brands like Metro and Mega and in more original content on YouTube, Kumu,

and other digital platforms.

Star Magic artists Kyle Echarri, CJ Navato, Jelay Pilones, Lara Mague, and “The Voice” Jed Madela also performed the agency’s latest theme song “Tatak Star Magic,” composed by another member of the Star Magic family, the King of Philippine Acoustic Pop Nyoy Volante.

For three decades, Star Magic has served as home and training ground to the biggest and brightest names in Philippine entertainment. It has provided workshops in acting, dance, art, script appreciation, styling, and voice production as well as physical fitness training to develop well-rounded and world-class performers with discipline and the proper work ethic. Star Magic artists are also encouraged to use their influence for good through supporting advocacies like those of ABS-CBN Foundation.

Revisit the historic signing of eleven Kapamilya stars and the announcement of Star Magic’s 30th anniversary celebration in the airing of the “Kapamilya Strong 2022” event on TFC, the Filipino Channel on February 26 and 27 (Saturday, 9 am in North of Latin America territories; Sunday, 11 am in Europe, Middle East, and Africa; 9 am in Asia and 11 am in Guam). Follow @StarMagicPhils on Facebook, Twitter, and Instagram and subscribe to the Star Magic official YouTube channel for latest updates on Star Magic’s upcoming events and collaborations for its 30th anniversary.

For more news on ABS-CBN, follow @ABSCBNPR or visit www.abs-cbn.com/newsroom.

SPORTS NEWS

POC includes EJ Obiena in Philippines' SEA Games roster

MANILA, Philippines – The Philippine Olympic Committee (POC) included Asia's No. 1 men's pole vaulter EJ Obiena on Team Philippines' entry by names list that will be submitted to organizers of the Vietnam 31st Southeast Asian Games.

Obiena will be one of 654 athletes who will defend the country's grip of the overall championship in the SEA Games that Vietnam is hosting from May 12 to 23.

"EJ's name must be there," POC president Abraham "Bambol" Tolentino said on Friday, March 11, adding efforts are being undertaken by the POC to have Obiena compete in the SEA Games where he's heavily favored to win a gold medal.

The development came just days after Obiena's mother federation, the Philippine Athletics Track and Field Association (PATAFA), excluded the world No. 5 from its entry list.

Obiena's Asian record of 5.93 meters is way above the SEA Games standard of 5.45m he himself set during the 2019 edition that the Philippines hosted.

But Obiena's rift with the PATAFA has dragged on for over three months, with the federation denying his request

for endorsement to the world indoors in Belgrade – which he will miss as the deadline for entry lapsed last Monday – as well as the Vietnam SEA Games, world championships in Oregon in July, and the Asian Games in Hangzhou in September.

"It's both frustrating and disappointing if we don't see EJ setting a new SEA Games record in Hanoi," Tolentino said. "Logic plays a major role here for the need to include him in the SEA Games list, this is sports and he's a national sports pride."

The POC, Tolentino said, has written the World Athletics, the sport's world governing body headed by running legend Sebastian Coe, on Obiena's predicament.

A similar case happened in 1985 when the POC had to intervene on former Asia track queen Lydia de Vega's inclusion on the national team for the Asean Cup the country hosted at the Rizal Memorial Stadium.

The late Governor Jose Serrano was then the acting PATAFA president in lieu of the suspended Michael Keon. De Vega refused to join the national team training at Teachers Camp in Baguio City

and her national sports association.

– Rappler.com

MMA: Sangiao believes Folleyang deserves 'legend vs legend' Parr superfight

Team Lakay head coach Mark Sangiao has been in Eduard "Landslide" Folleyang's corner for nearly two decades, but he's most excited about what's coming next.

Folleyang will take on John Wayne "The Gunslinger" Parr in a Muay Thai bout at ONE X on March 26 at the Singapore Indoor Stadium.

For the soft-spoken mentor, it's an extra-special matchup considering that Folleyang is the final opponent of Parr's legendary career.

"I was surprised mainly because we found that [Parr] will be retiring, and he'll be having his last dance against Eduard," Sangiao shared.

Folleyang says it is a privilege to be fighting Muay Thai legend Parr "I'm excited for them. It's a privilege to see these two legends go at it."

A lot of eyebrows were raised when Folleyang was announced as the 10-time world champion's opponent for his retirement bout, as this will be the first time that the Filipino will compete in ONE Super Series.

But Sangiao believes that the two-time ONE lightweight champion is ultimately deserving of his spot as Folleyang brings intrigue, considering that he's one

of the best strikers in mixed martial arts today.

It also takes them back to the time when they were competing on the Philippine national team early 2000s.

M M A : Folleyang 'legend vs. legend' bout against John Parr legend.



At Eduard's level, he deserves matches like this," Sangiao said.

"He's taking on John Wayne Parr and we know his capabilities in Muay Thai, but I know Eduard has the means to adjust.

"He just has to adjust to the rules. We all know Eduard and his stroking prowess. That's his specialty."

–ABS-CBN News

TRENDING & FEATURES

Best Investments in the Philippines: How to Grow Your Money

As the saying goes, the best time to invest is NOW. So, here, we've listed down some of the best avenues to grow your money. And don't worry—we know the topic of investing can get pretty intimidating (who understands all those terminologies anyway?) so we tried to simplify them as much as we could here for you.

Here are some tried and tested ways to grow your hard-earned money:



Stock investments

Investing in stocks may be considered high-risk, but it also gives you chances of high returns. Forbes explained that stocks (also called equities) “are units of ownership in a company.” It further added, “When you buy a share of stock, you're purchasing a partial ownership stake in a company.”

And while owning stocks may provide some benefits depending on the type of shares you own, explained Forbes, do note that this does not mean that you have any influence or say in a company's operations. It just means that you're investing in that company—perhaps because you see its potential or believe in its value. With your investment, the company is able to raise its capital to help fund its operations or even to expand.

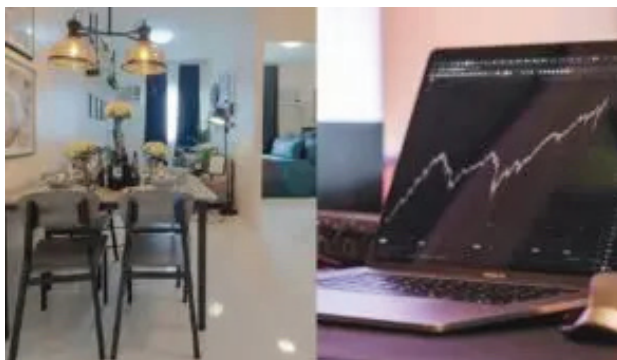
So how do you earn from stock investments? That happens when the value of the stock you invested in goes up. Of course, you'll have to sell your stocks for you to actually gain that growth in your money. And, with that, the more money you invest, the more you can earn. However, stock investment is not without risk. If a company's stock values go down, you could lose a part or all your investment depending on the dip. So, likewise, the more money you invest, the more you could also lose.

To mitigate the losses from situations like this, remember the saying: “Don't put all your eggs in one basket.” Some investors like to buy stocks from different companies, even a mix of big and small corporations. If you're patient enough though, and when done carefully, investing in stocks can be a great way to grow your money and fulfill long-term financial goals.

Invest in a trusted condominium property

With the accelerating development of residential towers in the country's key cities, the condominium market

has become highly competitive. Buildings of various



configurations, styles, offering all manner of facilities and amenities continue to emerge—and grow. This is why you shouldn't wait longer to hop on this upward trend and invest in your own condominium.

But with the competitive market, how do you know which one to invest in?

Despite all the unique offerings now available, the bottom line remains: The primary function of a condominium is convenience. Condominiums allow one to live close to places of work, transport hubs, schools, hospitals, recreation centers, or within central business districts while also providing quality amenities, utilities, services, and programs for its residents.



And while the competition among condominium developers is tight, there is one brand that remains constant and unwavering—Camella, a trusted real estate brand in the Philippines. Being part of Vista Land, the country's top property developer, Camella has the experience, expertise, reach, and loyalty you'd want in your real estate provider.

After an excellent track record in house and lot development, Camella is now making a name in condominium development with its resort-themed, mid-rise properties in key cities. Serene, pine-tree covered, and boasting of lifestyle facilities and round-the-clock security make everyday living in Camella's vertical villages a vacation. With seven locations—and counting—in Luzon, Visayas, and Mindanao, buyers and investors only need to choose the condominium property that fits their lifestyle.

Camella's developments are based on what the Filipino market wants and needs, as well as how that same market will grow through time.

A huge number of those who purchase condominiums

do so for investment purposes. With this knowledge, Camella has made it their mission to create lucrative real estate investment options, especially for our OFWs. They are even provided coaching on the advantages and possibilities investing has to offer, helping them turn their purchases into working investments.

With real estate investments like Camella, one invests in a forever home for one's self or one's family, while owning an investment that appreciates with time.

Learn more about Camella's condominium offerings at www.camella.com.ph. For news and updates, follow CamellaOfficial on Facebook, Instagram and Twitter.



Investing in bonds

If stocks seem a little too intimidating for you or you're worried about losing money (we get it—it hurts to lose money you worked for!), bonds are generally considered to be a low-risk investment. Some say that it's almost risk-free.

So what are bonds? A bond is a type of investment wherein you, an investor, act as a lender to a company or entity. Yes, you lend them money! Many companies and even governments often need huge sums for their projects. Too hefty actually, that they need help from investors like you to help fund them. The difference between bonds and stocks is, where stocks give you partial ownership, bonds make you a lender. The company is borrowing money from you. The money you lend is your investment.

So how do you earn from this? With bonds, there is a maturity date, a.k.a. the duration of your “deal” with the company. Example the maturity of your bond is 10 years. After 10 years have passed, the company is obligated to pay you back the money you loaned them, plus interest. This is how you earn.

It's considered a low-risk investment because, as bonds are technically debt, as a holder of the bond, you are a priority—even above the company's stockholders.



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GINATAANG MONGGO WITH TOFU

HOW TO MAKE GINATAANG MONGGO WITH TOFU AND MALUNGGAY:

Preparing and cooking the vegetables:

Begin by getting 5 cloves of garlic that you’ve crushed, as well as 1 onion you’ve chopped, and 1 tomato you’ve diced. If you’d prefer your Ginataang Monggo without the tomato, you could also go without them. Now sauté all of these together in your pot.

Afterwards, you should add 8 ounces of mung beans or what we also call monggo into the mix. Also sauté these, and keep that up for 2 minutes. Once you’re done with that, it would be time to pour your 6 cups of water in the pot. Keep the heat on so that we can wait for it to boil. Then also incorporate 1 Knorr Pork Cube. This provides all that nice savor we would love in our dish. Now you should also let this boil.

Keep the heat on so we can cook the ingredients together. Your sign to stop would be once the mung beans have gotten sufficiently mushy. As you are cooking, the dish may also get more dry so just pour more water as needed.

Mixing in some more seasonings, and the last few ingredients:

Now it is time for us to add some of that beautiful creaminess that makes Ginataan recipes just so irresistible. Place 40 grams of Knorr Ginataang Gulay Mix in a container, and mix this with 1 ½ cups of water. Make sure to mix it thoroughly enough that you dilute it, and then go ahead and pour this mixture into the pot.

And now we can also put our 8 ounces of diced fried tofu! This gives our meal some more texture, and it goes nicely with our seasonings. Cook this all together for 2 minutes. Then also integrate 1 cup of malunggay leaves. For our last step, all you have to do is sprinkle in some ground black



pepper, as well as salt. Feel free to add as much as you would prefer.

Then place everything in your pot on a serving plate. Voila! You have a healthy, delicious dish that is perfect to serve for the family and friends. And if you found this recipe as enjoyable as I did, you might also be wondering about similar dishes. No worries because I already have some in mind!

- INGREDIENTS:**
- 8 ounces mung beans
 - 1 Knorr Pork Cube

- 40 grams Knorr Ginataang Gulay Mix
- 8 ounces fried tofu diced
- 1 cup malunggay leaves
- 1 onion chopped
- 1 to mato diced (optional)
- 5 cloves garlic crushed
- 6 cups water
- 3 Tablespoons cooking oil

- INSTRUCTIONS:**
1. Saute garlic, onion, and tomato.
 2. Add mung beans. Saute for 2 minutes.

3. Pour water in the pot. Let boil.
4. Add Knorr Pork Cube. Let boil. Continue cooking until the mung beans are mushy. Note: add more water as needed.
5. Dilute Knorr Ginataang Gulay Mix in 1 ½ cups water. Mix well. Pour into the pot.
6. Add fried tofu. Cook for 2 minutes.
7. Put the malunggay leaves in the pot and then season with ground black pepper and salt.
8. Transfer to a serving plate. Serve. Share and enjoy!

Milk Tea Joke

10 Years nang muling magkita ang magkaibigan.

Juan: Pedro, tagal na nating di nagkita ah, balita ko pare apat na beses ka raw namatayan nang asawa

Pero: OO, totoo yun pre, heto nga ako ng*yon at nag hahanap ng pang limang asawa.

Juan: Ano ba ang nang yari sa una mong asawa?

Pedro: Nalason pare ng uminom ng Milk Tea.

Juan: E, yung pangalawa?

Pedro: Nalason din ng uminom ng Milk Tea.

Juan: E, yung pangatlo?

Pedro: Ganoon din, nalason din ng uminom ng Milk Tea.

Juan: Yung pang apat, wag mo sabi*ing nalason din Milk Tea din.

JOKESPINOY

BY: WWW.JOKESPINOY.COM

Pedro: Ahh, yun? Martilyo naman ang ikinamatay noon.

Juan: Martilyo? paano nangyari.

Pedro: Tigas kasi ng ulo eh, ayaw uminom ng Milk Tea kaya na martilyo ko ang ulo!

Eyebol

Pedro: may ka eyebol ako mamaya, ano kaya itsura nya? Kasi sabi nya, may hawig siyang celebrity! “SHA” daw ang palayaw niya!

Juan: jackpot ka pare! Baka Shaina Magdayao o Sharon Cuneta!

(after eyebol, pedro went home...)

Juan: kumusta? Bakit malungkot ka yata?

Pedro: dioniSHA pare!dioniSHA!

Conversation With Kamatayan

Kamatayan:hawakan mo ang kamay ko.

Juan:ayoko!kilala kita!ikaw si kamatayan!and i know that if i touch you,I'll die!

Kamatayan:grabe!ang talino mo naman!

Juan:ako pa!

Kamatayan:Apir!

Choices

Juan:tikla anung ulam?

Tikla:anjan na sa lamesa nakatakip ikaw ng bahalang pumili..

Juan:(inalis ang takip)anung pagpipilian isang pirasong tuyo??

Tikla:ikaw ng bahalang pumili kung kakain ka o hindi.

Ngeee...

ENCYCLOPEDIA

ENCYCLOPEDIA KA BA?


BAKIT?

KASI ANG KAPAL MO EH

PERA O ASAWA?

BERTO: Ano ang mas mahalaga, pera o asawa?


ROMY: Syempre, pera! Kasi, ang pera, habang tumatagal, lumalaki ang interes.. Ang asawa, habang tumatagal, nawawalan ka ng interes, tapos, inuubos pa ang pera mo



Aries
Mar 21 - Apr 19

In some ways, today could seem like a day of reckoning for you, Aries. You might look in the mirror and see things that you really aren't very happy with. Perhaps you harbor a sense of shame based on past events that still linger in your mind. Don't let this shadow of insecurity continue to dwell in your life. Work through these feelings and identify the root of the problem.

Let today serve as a reminder of the importance of love, Taurus. Don't just think of it as a commodity you fight for and conquer with conniving tricks and strategic dating tactics. Realize that love is evident in how you see the world; it's a seed in you. The more you see love in the people around you, even in the heart of a stranger, the more you'll be blessed with its radiant light.


Gemini
May 21 - Jun 20

You may be feeling a strong sense of guilt now because of something you did in an effort to feed your ego, Gemini. Be aware of how your actions have affected others and apologize. Guilt is basically a useless emotion that you should get rid of as quickly as possible. Don't let this feeling keep you from opening up your heart to restore it to its original innocence.


A graphic of the Cancer zodiac sign, featuring a green triangle with a white circle inside containing a stylized black cancer symbol (a circle with two curved lines). Below the triangle, the word "Cancer" is written in a bold, black, serif font, and the dates "Jun 21 - Jul 22" are written in a smaller, black, sans-serif font.

Why keep fighting a fight that you know you can't win, Leo? Why keep trying to fool yourself and others into thinking that you have all the answers when you're only aware of the tip of the iceberg? The mass of knowledge lies well beneath the surface. Instead of fighting, offer to surrender. At this point, others will be much more willing to quench your thirst for truth. The key for you is to listen.

Anger is apt to stir inside you today, Virgo, so beware of any actions that might manifest as a result of this powerful feeling. Do what you can to find the deep source of this anger. If it's an obvious injustice, see the situation as an opportunity for change, and work to reform the policy that led to this breach of fairness and equality.

HOROSCOPE

BY WWW.HOROSCOPE.COM


 Show some gratitude to the people around you today, Libra. The seat of your personality is very strong at this time, and you're confident to your core. Mix this feeling with the service-oriented sensitivity of the day that asks us to do things for others. Keep in mind that a gesture as simple as a smile and word of appreciation can be healing for another person - and you.

A graphic for the Sagittarius zodiac sign. It features a light green triangle with a black arrow pointing towards the top right. Below the triangle, the word "Sagittarius" is written in a black serif font, and "Nov 22 - Dec 21" is written in a smaller black sans-serif font.


Capricorn
Dec 22 - Jan 19

Try to come to a place of serenity today in which you free yourself from desire and jealousy, Capricorn. It's important that you take time to recognize the incredible growth that can spring from this position of calm and pure satisfaction. Rid yourself of the excess baggage that you cling to as some sort of support or means of comfort. The less you carry, the more you free up your arms to create.

The key word for you today is boundaries, Aquarius, so think for a minute about what this means to you. It's time to have a serious talk with yourself. Set some limits and be honest about drawing the line. Your health, your state of mind, and your relationships with others all depend on your taking the initiative to know when to say no in certain situations.

Make sure that you're living consciously at this time, Pisces. It could be that you're going through a period of denial and simply refusing to see the truth of the situation. Open up your eyes to the world around you so you can invite in joy and compassion. Don't be satisfied with superficial interactions that don't really satisfy you emotionally and intellectually.

US, PHL agree on nuclear energy cooperation

MANILA, Philippines — The Philippines and the United States have signed a memorandum of understanding (MOU), which seeks to improve their strategic civil nuclear cooperation on energy security, and strengthen the diplomatic and economic relationship, the Department of Energy (DOE) said.

The MOU was signed by Philippine Energy Undersecretary Gerardo Erguiza Jr. and US Undersecretary of State for Arms Control and International Security Bonnie Jenkins held last March 10. It was witnessed by Philippine Ambassador to the United States Jose Manuel Romualdez.

The signing of the MOU follows the issuance of President Rodrigo Duterte's Executive Order No. 164 in February, which outlines the government's position for the inclusion of nuclear power in the Philippines' energy mix of hydro, fossil fuel, thermal, solar, and wind.

"To ensure a resilient, inclusive, and green economic growth for the Philippines, we need to intensify our work in securing reliable and sustainable energy sources, including nuclear energy," Romualdez said during the MOU

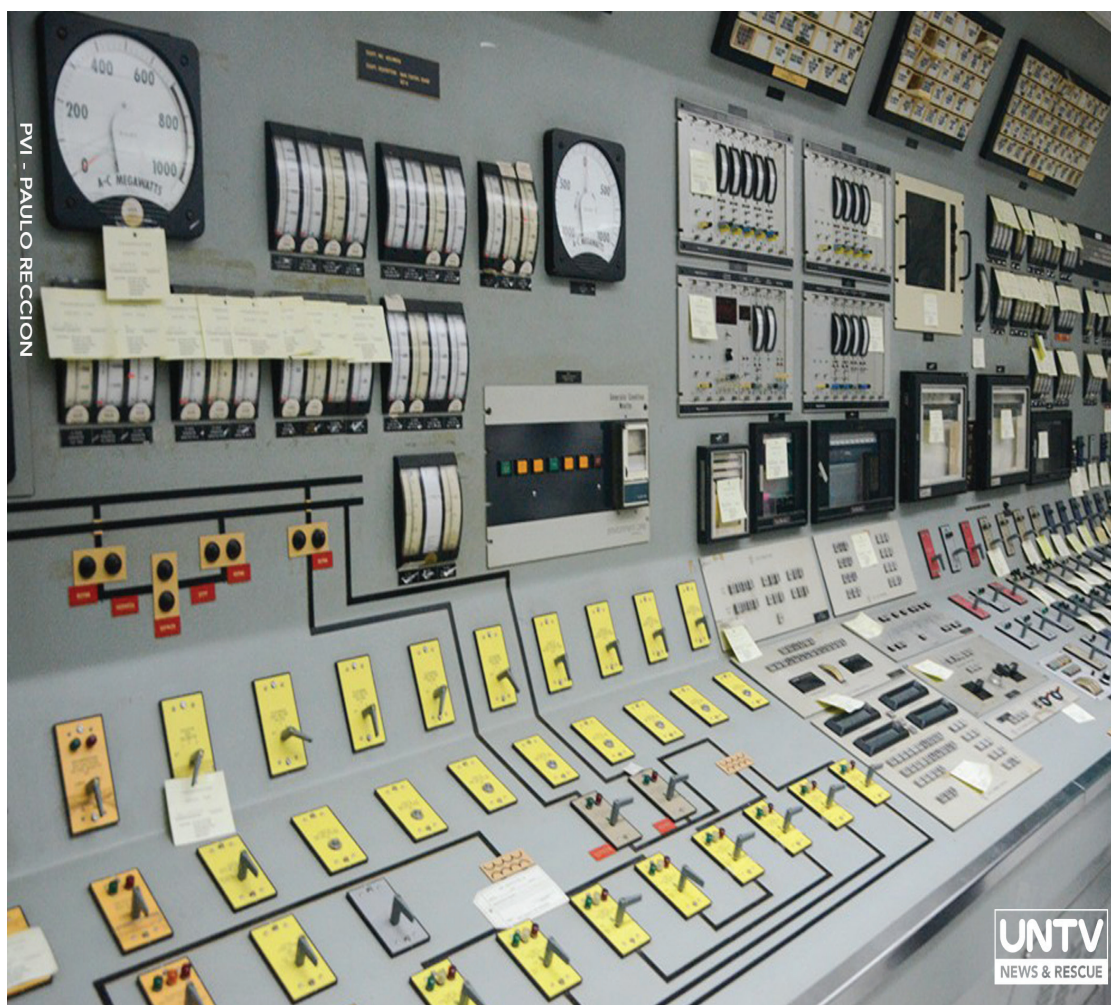
signing.

Under the MOU, Manila and Washington will work together to deepen their cooperation in nuclear energy, science and technology to make a significant contribution to shared clean energy goals, agricultural development, availability of clean water, medical treatments, and more.

“Our nuclear cooperation rests on a strong nonproliferation regime and the Philippines’ steadfast commitment to nonproliferation,” the US State Department said in a separate statement.

“Nuclear Cooperation MOUs are diplomatic mechanisms that strengthen and expand strategic ties between the United States and a partner country by providing a framework for cooperation and a mutually aligned approach to nonproliferation on civil nuclear issues and for engagement between experts from government, industry, national laboratories, and academic institutions,” it added.

The United States and the Philippines have an enduring alliance and maintain long-standing cooperation in the fields of security, energy, commerce, and nonproliferation, it further stated.

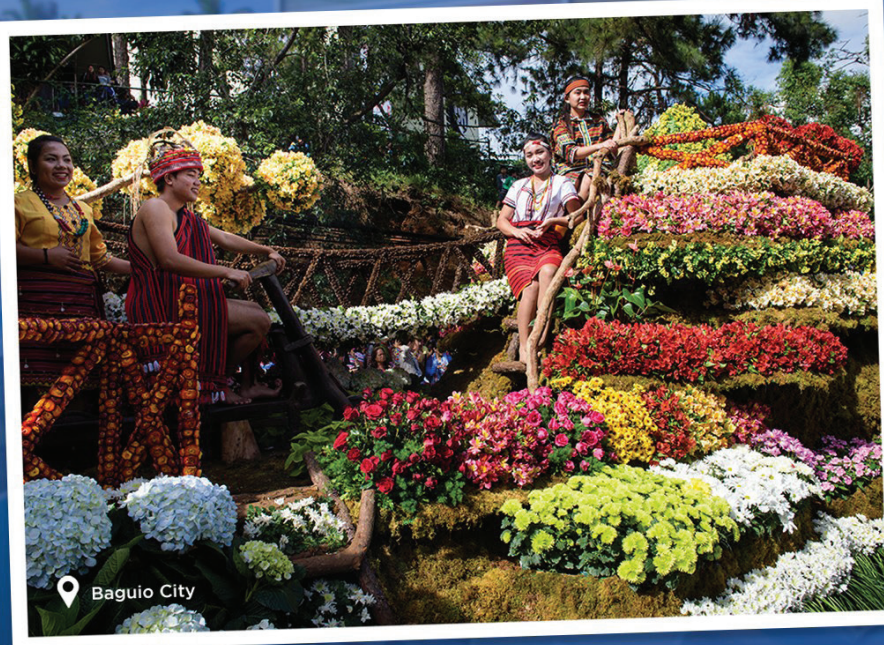


TRAVEL + LEISURE

The Panagbenga Festival

The Panagbenga Festival is Baguio City's world-famous festival of flowers. Known for the cavalcade of multi-hued flora and jubilant festivities that last the whole month of March, attendees can look forward to exciting events starting with the Opening Ceremonies, followed by "Gardenscapes" the Panagbenga Open Landscaping Exhibition, Handog ng Panagbenga sa Pamilya Baguio, the Panagbenga Open Dance Competition, Session Road in Bloom, and finally the grand Closing Fireworks Display.

For more information, visit facebook.com/baguioflowerfestival. We hope to see you there!



PANAGBENGA FESTIVAL

From the Kankanaey term that means "a season for blossoming, a time for flowering", the Panagbenga Festival is an annual flower festival that reflects the culture, traditions, and values of Baguio and the Cordilleras. The festival was founded as a community recovery activity where residents of the city came together to help rebuild Baguio after a major earthquake in 1990.



PH opens doors to all foreign tourists with easing of arrival requirements starting April 1

Starting April 1, there will be no limit to the number of international passengers arriving in all ports of entry in the country.

The Department of Tourism (DOT) on Friday (March 11) made this announcement following the decision of the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF-EID) to lift the arrival quota for unvaccinated passengers in all ports of entry.

The IATF, under Resolution 164-A, made the submission of a negative laboratory-based antigen test result taken within 24 hours from departure an alternate option for arriving passengers, in place of the initial requirement of a negative result of an RT-PCR test taken 48 hours prior to departure from point of origin.

The resumption of visa issuances by Philippine embassies and consulates will also start on April 1 to coincide with total removal of arrival quotas.

"This latest development opens the country to all fully vaccinated tourists from all countries, and means the country's tourism industry is well on its way to recovery", Tourism Secretary Berna Romulo-Puyat said.

"We at the DOT thank our colleagues in the IATF for approving such measures that will help sustain the recovery of the sector in the coming months. We have high hopes that all of these will result in an uptick in

IATF Resolution 164, on the other hand, approves the reciprocal recognition of Covid-19 vaccination certificates from Croatia, Cyprus, and Nepal which are among of the 157 countries whose citizens can enter the Philippines without a visa under EO 408.

"While our domestic tourists have been the pillar of our recovery, we are also excited to welcome more foreign visitors in the weeks ahead. Such a move to further ease our borders and recognize the vaccination certificates of other countries is very important, noting that our top foreign markets were part of the visa-free countries," she added.

To recall, the Philippines reopened its doors to foreign leisure travelers from visa-free countries on February 10.

Based on the DOT's data as of 09 March 2022, the number of arrivals to the country's main airports have reached 76,736. Of this number, 43,249 are foreign

tourists, while 33,487 are balikbayans.

international travelers visiting the country during the summer season," Puyat added.

The IATF Resolution 164-A also allows the entry of passport holders from Hong Kong SAR and Macau SAR for a period not exceeding 14 days.



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