

GENSAN GAZER



Photography by Apple Grealson Francisco
Model: Andrea Simonsson (Sweden)
Producer: Martin Millado



Lost Art of Cycling

Road racing has become overly fast and sterile, closer in feel to Olympic skating or alpine skiing than cycling. Mechanistic and synthetic, cycling has a nasty speed habit.

Many years ago, when touring and porteur style races were how it was done and bikes were synonymous with travel, democracy and thrill, when everyone wore wool, and took black-and-white photographs, cycling was transformative and heroic.

It was harder back then, too. Not more difficult, just harder. So much of cycling these days, and certainly contemporary racing, lacks the variables essential to a real experience: hunger, terrain, broken equipment, flat tires, shot wheels, waning sanity, fading daylight, weather, locals, unmarked and/or unimproved roads and whatever else that makes a ride, a real ride.

Those variables and challenges cause suffering. And suffering is the whole point. It's what transforms and commutes and delivers the goods. Glory requires the complete dirty, visceral and real experience.

(Rapha Continental)



From the sea's bounty to the land's mystique to its people's charm, all roads lead to the first and only premiere Caribbean-inspired community in SoCC-SKSarGen -- **Camella General Santos**.

A beautifully evolving new landscape spanning 12 hectares of prime residential land, this impeccably masterplanned community offers real luxury within reach to diverse homeowners -- the newly independent, newly-weds and start-up couples, big families, pensioners, practically across all income brackets.

With fast and easy access to schools, malls, markets,

City Hall, the business district, and the second largest international airport in the South, Camella Gensan features exquisitely themed houses that are spacious and built in harmony with its tropical setting and the Caribbean ambience. The community is cable- and Internet-ready, with amenities such as a grand entrance plaza, an elegant clubhouse and a tastefully designed pool to match, gardens, children's playground, multi-court activity area, tree-lined roads with flood-proof drainage, a CCTV monitoring system and 24-hour security, and all these, managed by an independent property management team to ensure quality, continuity, and service excellence.

The exclusive lifestyle that awaits you at Camella General Santos only gets better and more colorful with the expansion of the gated community to nearly 10 more hectares of quality homes and landscaped lawns along NLSA Road in Barangay San Isidro, and the future addition of a commercial center at the estate's main façade.

Isn't it about time you called Camella your home?

Camella
GENERAL SANTOS
Tahanan ng Bawat Pamilya

Live Life Here!



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(083) 553 3377 | www.camella.com.ph

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GENSAN GAZER



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editor's NOTE



Gensan Gazer hits Siargao!

What began as friendly banter over surfboard prowess resulted in a long weekend in the *Surfing Capital of the Philippines* and an impromptu shoot with Sri Lankan-Swedish beauty **Andrea Simonsen**. There's more to **Siargao** than just **Cloud**

9, it turns out, and the *surfin' Gazers* are happy to share their story in our centerfold feature this issue. Elsewhere we proudly welcome home **Shamcey**, **Manny** and **True Colors**, and send our birthday wishes to **Mommy D**. *Mommy, 26 is a little contrived, but sure, 62 is the new 40!* We admit, Gensan is merrier and more mesmerizing with you guys around.

GenSkyway..

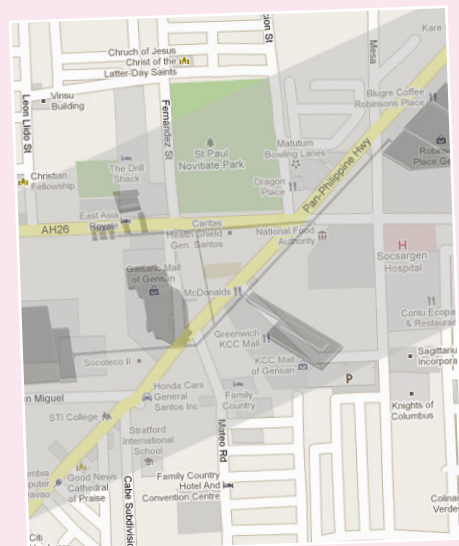
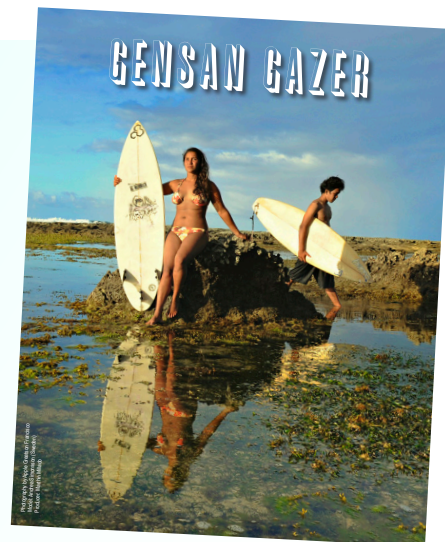
Gensan's *Landmark of the Future* -- is finally born on the pages of our magazine after a year-long gestation. At long last here we can take a look at the fictional transformation of General Santos' cityscape in this first installment of our *FutureScape Series*, a visionary collaboration of sorts between our writers and Gensan's future architects and engineers of the new generation. *As far as inspiration, innovation and invention go, the sky's the limit!*

V2N3 carries on with our reverse-covers motif, and between the glossy finish are snippets about *Gensan Eco Karera*, *Yaman Gensan*, Mahintana's *Peace Project*, Venice, Cosplay, spa and hair treatments, cycling, snail mail, saving the planet, festivals, buying local, sipping green tea, the sounds and reads of 2011, and many more stories that are definitely worth your while.

Lest we forget, we thank everyone for making Gensan Gazer one of the most widely read little eZines in this part of the planet -- with 247 reader cities across 41 nations as of May 18, 2011. Kudos to all *Generals* and their friends everywhere!

Cheers from your *amigos* at GG -- **Gensan Ground. Global Groove.**

Armando Nicolas P J



Gensan Gazer makes a pitstop in Seoul! A new friend of the magazine's poses with GG V2N2 at the Incheon International Airport. She is wearing the traditional *chima jeogori*, a woman's outfit consisting of a *chima* skirt and *jeogori* top. (Photo by Gimma Samalca, New York)



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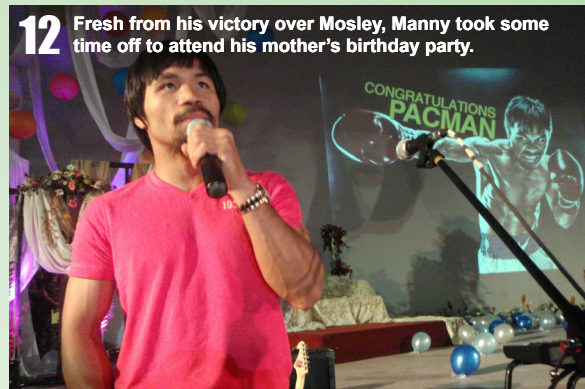
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Photo by Apple Greatson Francisco

24 Gensan Eco Karera turns 4!



Photo by Jing Velos

We show a hint of fall colors on this page in cognizance of the end of autumn in the southern hemisphere. To our readers in Australia and New Zealand, happy gazing!

P-Noy addresses national prosecutors convention in Gensan

Some 1,000 prosecutors nationwide enthusiastically awaited President Benigno Simeon Aquino III's major address during the 23rd National Convention of the Prosecutors League of the Philippines held at the KCC Convention Center in General Santos on April 14.

The President cited the prosecutors' salient role in the attainment of good governance in his speech.

Newly crowned Miss Universe Philippines Shamcey Supsup, who was given a rousing welcome by her town mates here in General Santos City on



April 13, was also on hand to welcome the president.

At the convention center, he was welcomed by General Santos City Mayor Darlene Antonino Custodio, Secretary Luwalhati Antonino, Mindanao National Development Authority chairperson, DOJ Secretary Leila de Lima, and Atty. Jonathan Liedo, president and chairman of the Prosecutors League of the Philippines.

Meanwhile, General Santos City chief prosecutor Edilberto

Jamora took pride in hosting the 23rd National Convention of the Prosecutors League of the Philippines and considered the event more meaningful, with no less than the President of the Philippines as the guest of honor and speaker.

"On this occasion, we want to let the President know that we are shoulder-to-shoulder with him in pursuing justice and the just way," Chief Prosecutor Jamora said.

(Based on reportage by OTS/PIA 12)

Gensan's Shamcey Supsup is Miss Universe Philippines 2011

Shamcey Gurrea Supsup, from General Santos City, was crowned Miss Philippines Universe on April 10, and will represent the country in the Miss Universe 2011 pageant in Sao Paulo, Brazil on September 12. Born on May 16, 1986 and graduated Magna Cum Laude from the University of the Philippines in Diliman with a degree of Bachelor of Science in Architecture, Shamcey also topped the Architecture Licensure Examination in July 2010. She took over the crown from Miss Universe 2010 fourth runner-up Venus Raj.

At the Binibining Pilipinas pageant held at the Araneta Coliseum on April 10, she won three other special awards: *Miss Talent*, *Miss Philippine Airlines*, and *Miss Cream Silk*. Below she is flanked by (from left) Janine Tugonon, Bb. Pilipinas 1st Runner-Up; Isabella Manjon, Bb. Pilipinas-Tourism; Dianne Necio, Bb. Pilipinas-International; and Mary Jean Lastimosa, 2nd Runner-Up.

Miss Universe 2011, on the pageant's 60th anniversary, will be held in São Paulo, Brazil on September 12. Mexico's Ximena Navarrete will crown her successor at the end of the event.



Original photo by Jonathan Bacala

247 Cities Across 41 Nations Now Read Gensan Gazer

Two-hundred and 47 cities across 41 countries and territories now read the *Gensan Gazer* eZine, according to statistics posted in *Google Analytics* on May 18, 2011. Newcomers Chile, Portugal and Switzerland join the **GROUP OF 41 GG READER NATIONS**, along with the Philippines, United States, Singapore, United Kingdom, Ireland, Germany, Canada, Saudi Arabia, Thailand, Netherlands, Australia, United Arab Emirates, Japan, South Africa, Malaysia, Israel, Russia, South Korea, Qatar, New Zealand, Colombia, Brunei, Croatia, Micronesia, Greece, Sweden, Vietnam, Guam, Bahrain, Brazil, India, Kuwait, Serbia, France, Hong Kong, Norway, Spain, and Turkey.

Of the Top 20 Reader Cities, Davao City remains in the first spot, besting 9 other cities elsewhere in the Philippines.

General Santos moves up from 21st to second spot, an indication that more local readers are resorting to the eZine version as the printed magazine hit the stands.

Outside the Philippines, Singapore (7th spot) remains the top reader city, with New York (8th), Brooklyn (9th), Jeddah (11th), London (15th), Los Angeles (16th), Houston (17th), Dubai (18th), Liverpool (19th) and Riyadh (20th) in tow.

The complete list of the Top 20 Gensan Gazer Reader Cities is as follows:

1. Davao City, Philippines
2. General Santos, Philippines



3. Manila, Philippines
4. Cebu, Philippines
5. Quezon City, Philippines
6. Mandaluyong, Philippines
7. Singapore
8. New York, United States
9. Brooklyn, United States
10. Makati, Philippines
11. Jeddah, Saudi Arabia
12. Cotabato, Philippines



13. Cagayan de Oro, Philippines
14. Tacloban, Philippines
15. London, United Kingdom
16. Los Angeles, United States
17. Houston, United States
18. Dubai, United Arab Emirates
19. Liverpool, United Kingdom
20. Riyadh, Saudi Arabia

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GENSAN GAZER

We're not just about Gensan, and we're read not only in Gensan. This town is our home. The world is our playground.

Gensan Ground. Global Groove®



Gen. Santos City SMED Council holds 9th Yaman Gensan in June

The General Santos City Small and Medium Enterprise Development (SMED) Council, Inc., together with the City Government of General Santos and with the participation of the Department of Trade and Industry-General Santos, will hold the 9th Yaman Gensan celebrations from June 23 to July 23, 2011. Also known as the *Business Month*, the celebrations feature various trade fairs and exhibits; livelihood and skills training; seminars, fora and conferences; and business plan competitions.

The SMED Council's mission statement is *to serve as the coordinating body for SME development; provide timely and relevant directions; optimize utilization of available resources and ensure that SME benefits will trickle down to the lower end of the population*. The local government and members of the private sector are represented in this council.

This year the celebration revolves around the theme, *Negosyong Lokal sa Pananaw na Global* (Local Business in Global Perspective).

Fora / Congress	Date / Venue	Organizer
10th Human Resource and Skills Development (HRSD) Summit (Mindanao Wide)	July 20-22, 2011 KCC Events and Convention Center, KCC Mall	TESDA SarGen Leonora A. Guiloreza 553-2505 / 301-4775 MinTVET-Rey Albano 552-5578 / 552-3905
3rd Mindanao Halal Forum	July 20, 2011 Phela Grande Hotel	Muslim Business Forum Atty. Guialil Kanda / Bai Ruby Kanda 0928-5212203 / 301-3266
Investment Forum for Small Businesses	July 4, 2011 Casa Luisa Restaurant	DTI-Gensan / NDBRCFI / CEMCDO-Edgar Soguilon 552-8385
Coffee Congress and Exhibit	July 11-12, 2011 (Congress/Exhibit) KCC July 16, 2011 (Exhibit) TBA	GSC Chamber of Commerce and Industry, Inc. Bench Tacumba
Marketing Conference	July 16, 2011	GSC Chamber of Commerce and Industry, Inc. Bench Tacumba
Coco Business Opportunities	July 5, 2011 Casa Luisa Restaurant	PCA / DTI Gensan
Investment Forum	July 20, 2011 TBA	LGU-GSC/CEMCDO Ching Fredeluces
Trade Fair	Date / Venue	Organizer
2nd Lechon Festival 2nd Livestock Suppliers Night	June 23, 2011 City Oval Plaza Phela Grande Convention Center	SOCOSPA Nestor V. Cabalquinto 553-5598
Yaman Gensan Trade Fair and Exhibit	June 29-July 1, 2011 Robinsons Place Gensan	DTI-Gensan Christi L. dela Rosa 552-8385
Panga Fishtahan	July 1-16, 2011 Tiongson Arcade, Lagao	DTI-Gensan / BFAR Milda dela Peña 552-8385
2011 Yaman Gensan Jobs Fair	July 9, 2011 TBA	LGU-PESO Elisheba A. Valdez 553-3479
Young Entrepreneurs Fair	July 18-20, 2011 Robinsons Place Gensan	DTI-Gensan Christi L. dela Rosa 552-8385
Trainings / Seminars: Call 554-1929 or email smedc_gs@yahoo.com for the final list of trainings/seminars and their dates/times/venues.		

Gensan's True Colors is ABS-CBN's Showtime III Grand Champion

Electrifying moves and death-defying stunts proved too formidable to match, much less to surpass, as *True Colors* eventually prevailed over 11 groups in ABS-CBN's *Showtime All-Star Barangayan* final showdown on May 14, in the process winning

PHP 1-million in cash and another million for their barangay, Dadiangas West.

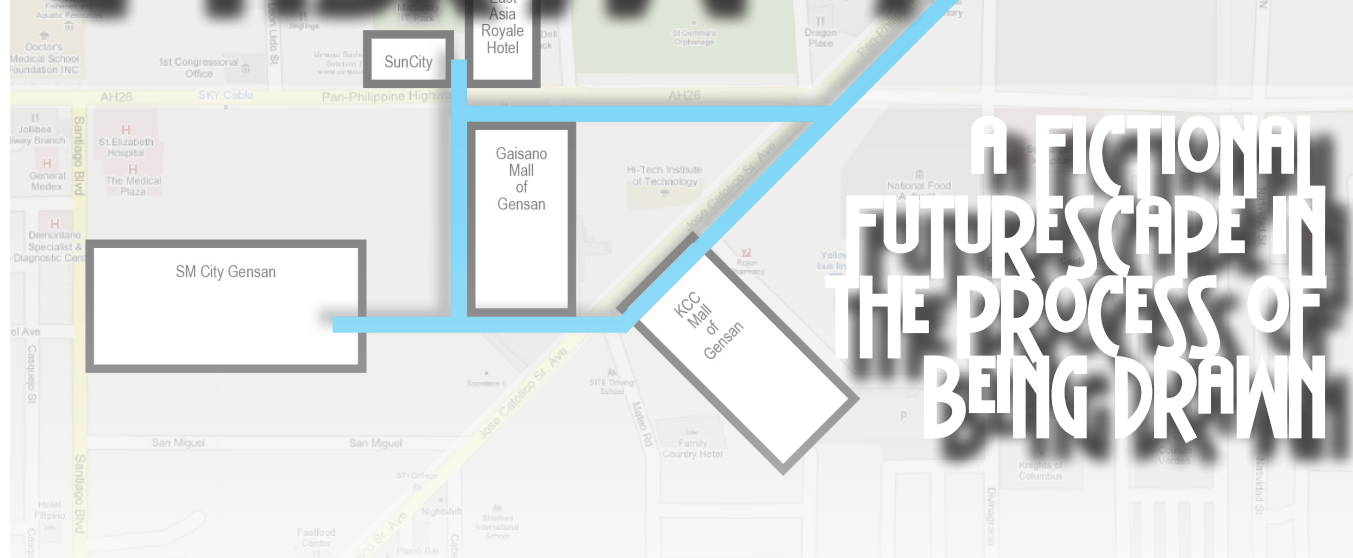
This is one pleasant *déjà vu* for Gensan, whose entry in Season 1, *XB Gensan*, renowned for their intense performances and kilt-like costumes, was named Showtime's first grand champion and has since become mainstays in the same show and the network's other musical variety programs.

The 11 other contenders were Anonymous Edition (Rizal), Cool Guyz (Laguna), Asian Pride (Mandaluyong), Vision 20 (Laguna), Tribos Humanikas (Caloocan), Artist Youth of the Philippines (Bulacan), Yuri Crowd (Bacolod), BTLA Kids (Caloocan), Negros Dance Collective, The Next Level Octomix Dancers and Street Noise.





GENSKYWAY



A FICTIONAL
FUTURESCAPE IN
THE PROCESS OF
BEING DRAWN

Fiction has a funny way of working its way into the collective consciousness of the masses, and before long we tread the fine line between what we only (used to) dream about and what we now keep in our reality (or our version of it). Need we remind ourselves that sci-fi stuff of yore are now commonplace in this day and age? Cellphone, stem cell, bionic limbs, space travel, canine soldiers, artificial intelligence -- they all started as wishful thinking in some lab some time ago.

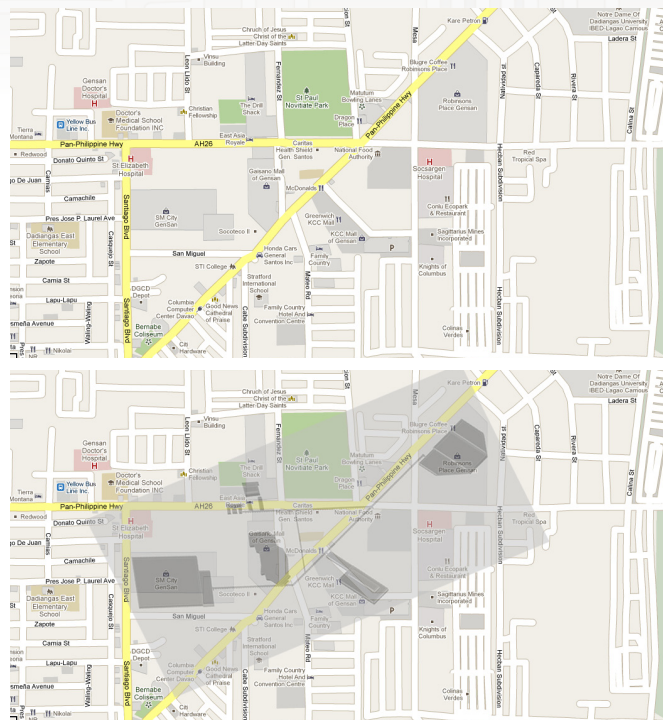
Enter Gensan's fictional cityscape in the first installment of *FutureScope Series*, an exercise in practicality and creative vision, and a little adventure for good measure. FutureScope Series explores the potential landscapes and landmarks that could change the face and physique of Gen-

eral Santos' metropolis.

Speculation, wishful thinking, flight of fancy -- this creative process builds on the idea that the city can morph into anything it so desires, and the initiative, not necessarily in the domain of local governance or private oligopoly or any combination of either bureaucracies, can spring from the minds of individuals not necessarily involved in the field of urban redevelopment or engineering or architecture. As in all things creative, all it takes is a single germ of an idea.

First in the series is *GenSkyway*, an engineering fetus in year-long gestation, a simple idea that lingered mostly in this writer's consciousness before it was passed on by word of mouth to architecture graduates of the *Ramon Magsaysay Memorial Colleges (RMMC)*, the endeavor under the tutelage of artist-athlete-educator *Marthin Millado*.

The initial exchange elicited sparks of inspiration



and innovation, spontaneously building on the central concept of GenSkyway -- the integration of Gensan's mall districts into a network of skyways, overhead bridges

that double as interlinking arcades of shops, cafés and/or offices above the streets and highways that cut across the blueprinted area, or what we would call here as the grid.

As the creator of the original germ of this idea, it was easier for me to *draw* GenSkyway and the grid in my mind than map them out on paper or a drawing software, hence the need for collaboration with our budding architects at RMMC.

Planting the seed of the concept, our young *artists* and *engineers* took on the task of drawing GenSkyway's masterplan, unhindered by financial, logistical or technological limits, as this landmark of the future takes off at the idea stage. (Here we feature *John Angelo Dayatan's* drawings, done in AutoCAD for Gensan Gazer.) Who knows it would get on the blueprint one day, break ground, and rise from the earth?

For now, we'll settle with wishful thinking.

The core concept for this megastructure is straightforward: to design and build a blanket of inter-connected bridges encompassing the mall districts, and the different points where the bridges connect and provide access to and from these points: *East Asia/SunCity Point, Gaisano Point, KCC Point, Robinsons Point, and SM City Point.*

What makes this inter-connection design remarkable are the unlimited venues it creates for creative, economic, social, and energy opportunities.

ART ACROSS ACRES

If constructed, GenSkyway will have made possible the longest stretch of halls in Mindanao, if not the Philippines. Such a huge amount of space wouldn't be put to waste, as the following utilities, works of art or both vie for their own piece of space within this architectural marvel:

Sculpture and Koi Gardens - Venues for showcasing art pieces from local sculptors in a garden setting with

a koi pond may be strategically placed at the center of the bridge spans or at bridge intersections, providing pedestrians and customers an easy resting place between walks and shopping errands. (Cafés may also be strategically placed close by.)

Walking Gallery - Murals, paintings, installations and other fine art pieces may be displayed at void halls, or parts of the bridge spans where open space is preferred over shops or cafés. One goal is not to cram rows of retail space into one area, so interspersed gaps comprising the walking gallery come in handy to this end.

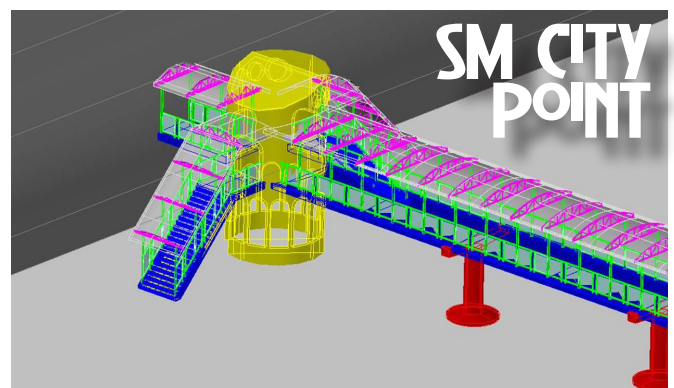
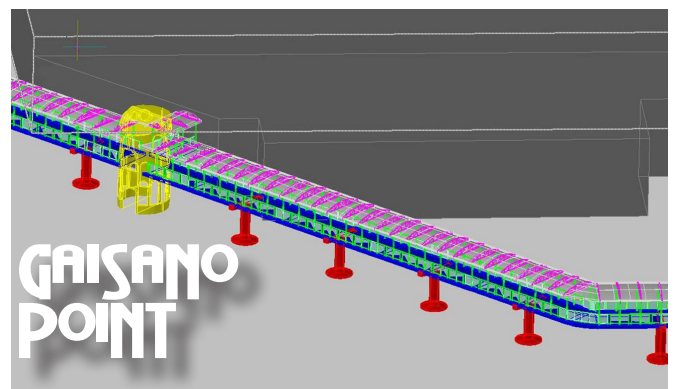
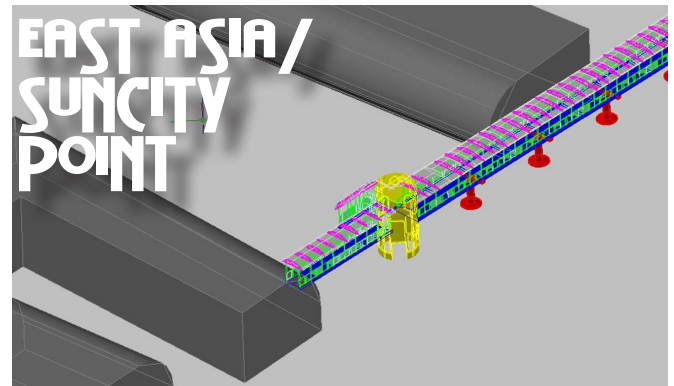
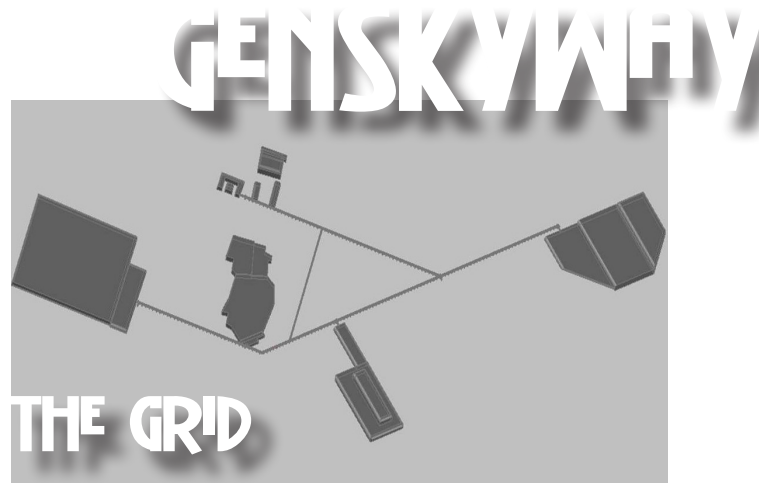
COMMERCIAL CONDUITS

To serve the economic purpose of GenSkyway, the following establishments are both inevitable and necessary:

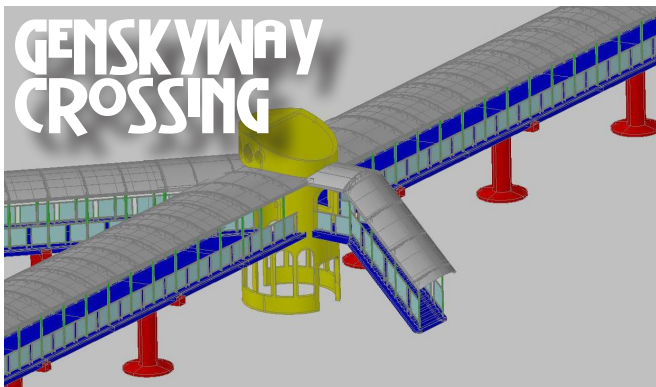
Cafés and Restaurants - Select dining spaces and coffee shops at discreet intervals along the bridge spans and at intersections, preferably ones that showcase local cuisines, as well as novelty food and beverage. These spaces may also transform into bar lounges in the evening and/or during the weekend, although live bands may be the exception rather than the rule here.

Retail Shops - A good mix of stores is most favorable here, preferably those that sell novelty items, floral arrangements and fresh fruits, health products, books, fashion wear and accessories, home décor, stationery, postcards, souvenir items, personal electronic gadgets, jewelry and watches, and similar products.

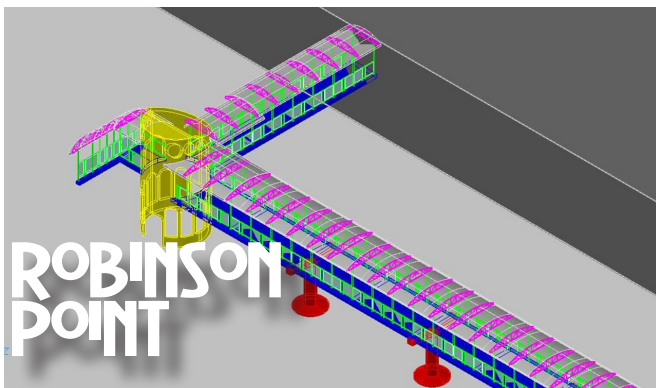
Services - Shops that provide services like salons, spas, small clinics, bank outlets, home repairs and dry-cleaning, telecoms and utilities providers, post office and the like are also recommended. Strategically deployed ATMs and payphones also provide additional value here.



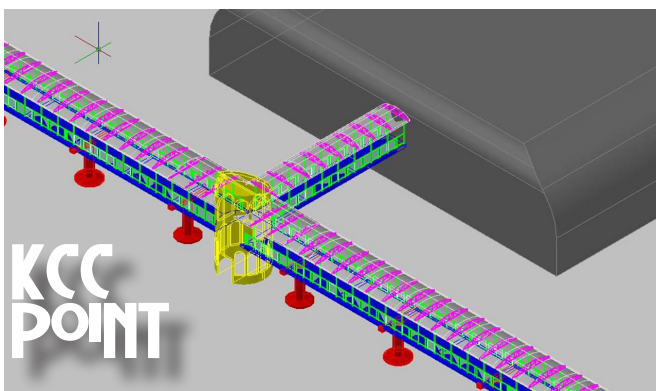
GENSKYWAY CROSSING



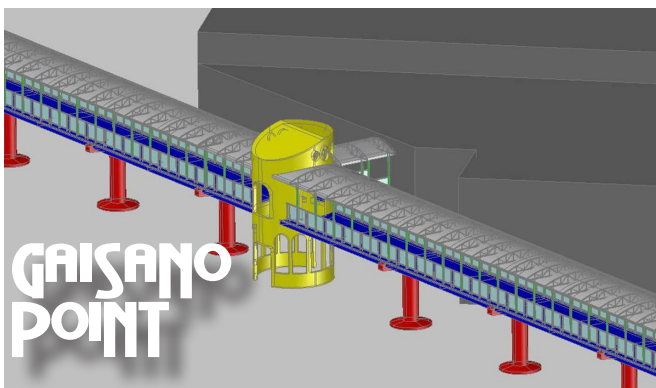
ROBINSON POINT



KCC POINT



GAISANO POINT



SOCIAL SYNERGIES

All these venues for art, retail and physical movement serve the more intangible purpose of free social interaction in a pleasantly confined space.

Easily GenSkyway could become a haven for office folk and businesspeople to congregate between (and after) work hours, after-school hangout for students, and weekend destination for families and small groups, among others. It could become the hub for local fashionistas, a haunt for the city's literati, or just a merry mix of townsfolk and tourists over a steady flow of coffee and chitchat at one of the cafés, for example. Beyond that art exhibits may be launched here, fashion shows opened, celebrity talk shows hosted, small gatherings conducted, and so on.

Also, GenSkyway will be a handicap-friendly facility, allowing unhindered access and special ramps for people using crutches, wheelchairs and similar implements.

ENDLESS ENERGY

Perhaps the most remarkable of GenSkyway's merits is the goal that it will be completely eco-friendly:

Solar-Powered. GenSkyway is going to be reliant mainly on renewable energy resource -- solar energy. The design's roof panels for the entire breadth of the bridge spans, intersections and mall points will be made of cutting edge super-thin, ultra-light high-efficiency solar panels that last for 20 years and beyond. Solar energy harnessed regularly will serve all of GenSkyway's power needs for indoor and outdoor lighting, escalators, service elevators, air-conditioning, and appliances, among others.

Energy-Efficient. To complement the use of solar energy, only energy-efficient and eco-compliant fixtures

and implements will be used: side glass awnings that capture solar energy and at the same time allow light to pass through so daytime indoor lighting is eased, motion sensor-activated escalators that rest when they're not used, energy-efficient refrigerators and air-conditioning systems, compact fluorescent lamps, and a host of other energy marvels.

But wait, we haven't really scratched the *marvel* bit yet. Isn't the fictional GenSkyway megastructure ruled only by the limits of the imagination? So how about these: narrow swimming pools made of thick tempered glass that span an entire bridge length, connector points with rooftop gardens for private functions, or an entire connector point base enclosed on the outside with giant *Ocean Park*-grade outdoor aquarium?

Best of all, we'd like to see one of the connector points, probably Gaisano Point, to be built as the tallest single tower in Mindanao, if not the Philippines or Southeast Asia. Imagine that, *GenSkyway Tower* -- with a public view deck and rotating restaurant, probably an *al fresco* bar at the very top -- soaring high above the city, Mount Matutum and Sarangani Bay at opposite directions, a testament to the creative spirit and unwavering will-power of the *Generals*.

For now, GenSkyway remains a figment of my imagination and of those with whom the germ of the idea was shared, and now yours, too. Whether it remains a speculation, wishful thinking, flight of fancy or daydreaming is all up to us. The power of dreams doesn't stop with the dreaming.



Venice, Vividly

Just one day in Venezia, which Luigi Barzini, writing in *The New York Times*, described as “undoubtedly the most beautiful city built by man,” might not be enough to scratch even the surface of real life in this quaintest of

Italian cities, but it would be just about right to catch that crucial first glimpse of its people and places in pure, vivid light.

Precisely why it made sense for my friend Matthias and me to set up camp in Milan 2.5 hours westward by train, and venture into this magical floating city in Veneto during the day. For one thing, hotels in Venice are far more expensive, and the Milano Centrale station was where we’d take the train back to Cologne in Germany, which is another story altogether.

As one of the planet’s greatest and most beautiful cities of art, Venice is an immensely significant tourist destination. Tourism has flourished since the 1700s because of its unique beauty, breathtaking cityscape, and rich cultural heritage. In the 1800s it became a fashionable hub for the rich and famous, often seeking the luxuries of the *Danieli Hotel* and *Caffè Florian*. In the 1980s the *Carnival of Venice* was revived and the city has become a major center of international conferences and festivals like the *Venice Biennale* and *Venice Film Festival*, attracting visitors from all over the world for their theatrical, cultural, cinematic, artistic, and musical spectacles.

But fret not if you’re no VIP; many other attractions for people who do not tread the red carpet are aplenty and basically gratis. The *Grand Canal* is a spectacle on its own whatever time of day. On its banks stand marvels of architecture you’ve seen in movies like *The Tourist* (Johnny Depp, Angelina Jolie) and *The Italian Job* (Mark Wahlberg, Charlize Theron), to name a few, that actually perch on closely spaced wood piles below the water, which penetrate layers

Continued on page 12



musicREVIEWS

Lust, Love & Lullabies

Goodbye Lullabye (2011) by Avril Lavigne | ★★☆☆☆ This



review could very well apply to all four of Avril Lavigne’s albums -- *upbeat*, *loud* and *catchy* interspersed with *angsty* and *acoustic*. (After the third album you’d expect a detour in the fourth, much like Alanis Morissette’s departure from *angry* to

appeared in her second, then to *annointed* there-

after.) Sure, Avril’s voice has acquired texture from age, but she still sounds the same. Tracks *What The Hell* and *Smile* remind us of her skater-girl musings, but *Goodbye* explores, albeit tentatively, a vocal range we hardly ever hear from the artist, as if in an attempt to test the waters. We’d love to be there if/when she finally takes the plunge!

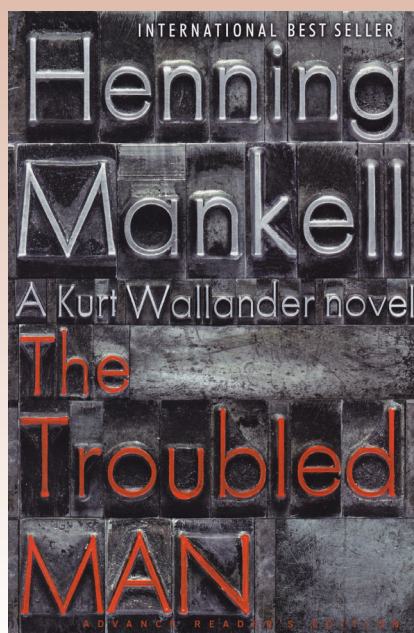


Kiss Each Other Clean (2011) by Iron & Wine | ★★★★★ You probably remember Samuel Beam aka Iron & Wine in *Twilight* (his song *Flightless Bird, American Mouth* was played in Bella’s prom scene), and how the experience stayed with you,

bookPICKINGS

Man,

The Troubled Man by Henning Mankell



The first new Kurt Wallander novel in ten years, and also the last one to see print. The Swedish detective looks into the disappearance of his daughter Linda’s father-in-law-to-be, a naval officer who has since retired from service. As Wallander goes deeper into the case of the missing man, he uncovers secrets from the cold war that threaten to cause an unprecedented political scandal, while also looking back over his own past.

depending on whether or not you're a fan of the film saga. This year his overcast vocals and subtle strength return in *Kiss Each Other Clean*, along with rugged sax, roiling strings, and a magical mishmash of folk (*Tree By The River*, *Rabbit Will Run*), gospel (*Godless Brother In Love*), and jazz (*Big Burned Hand*). Seamless, flawless, voice and lyrics take you to places equally strange and familiar, astounding you either way.



Wounded Rhymes (2011) by Lykke Li
 ★★★★★ Like Sam, you probably remember Lykke Li in *New Moon* (her song *Possibility* was played in Bella's waiting scene). On her second album, the Swede exploits her earlier suc-

cesses in the realms of indie-pop, though this time heavily immersing in themes of youth and sex. *Youth Knows No Pain* sets the tone as would a drumroll to usher in something bigger, perhaps *I Follow Rivers* in this case. This second track can easily match wits (not much of it though) with *Lady Gaga's* or *Jessie J's*. *Get Some* reeks of sexual undercurrents, but *Love Out Of Lust* self-redeems, as do *Sadness Is A Blessing* and *Unrequited Love*. Themes notwithstanding, *Wounded Rhymes* reminds us that great talent can be both banal and beautiful. (ANPJ)

Did you hear? The success artists are having doesn't count. The music industry is over. Fewer albums are selling; revenue is down; the music being released is crap; everyone just steals music; the subscription services didn't take off; the RIAA is suing music fans; there are huge layoffs at the major labels; artists sell no music and make no money... it's a broken record.

The problem is, most of this is simply **not** true. Even worse, this perspective delegitimizes and hurts artists and the music industry. There is a lot *right* going on. (Jeff Price, blog. tunecore.com)

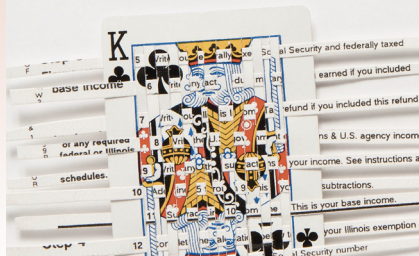
King: Lost, Last

DAVID FOSTER WALLACE

THE PALE KING

The Pale King
 by David Foster Wallace

The final, unfinished novel from the great David Foster Wallace, who killed himself in 2008, tells of the mind-numbingly boring jobs of employees at an Internal Revenue Service tax center, and includes a certain *David Wallace* character. If it's anything like the American writer's masterpiece, *Infinite Jest*, then readers are in for a treat.



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of sand, mud and compressed clay through the seabed. The city's foundations and the buildings that sit above them rest on these piles, most of which are still intact after being submerged for hundreds of years. And no, the waterways didn't smell bad like you've probably been told.

St Mark's Square (Piazza San Marco) is the main public square, its east end occupied by *St Mark's Basilica*, whose west facade stands out with its great arches, marble adornments, the central doorway's Romanesque carvings, and the four horses that look over the square.

From here cross the *Piazzetta dei Leoncini*, an open space north of the basilica. Beyond is the *Clock Tower* above an archway, where *Merceria Street* cuts through alleys of shops to the *Rialto*, the center of commerce. To the right of the Clock Tower is the *Church of San Basso*. Turn left and follow the long arcade along the Piazza's north side. Here patrons litter the shops and restaurants, including the famous *Caffè Quadri* (*Caffè Florian* is on the Piazza's other side).

The arcade continues round the corner into the Piazzetta. Across it stands the Campanile of St Mark's Basilica. Around here you'll see the elegant *Loggetta* building, three large flagpoles with bronze bases, a never dispersing throng of tourists and photographers (like elsewhere), and even more pigeons.

With almost 120 islands connected by over 400 bridges, it's only natural that people here move about by boat, on foot, or both. As Europe's largest urban car-free zone, Venice remains to be a significantly sized functioning city entirely without automobiles. On water the *gondola* is common, though the classical Venetian boat is now mostly used for tourists and ceremonies like weddings and funerals. (The *traghetti* are the only gondolas still used by locals; they ferry passengers across the Grand Canal between banks not served by bridges.) The smaller and less-known *sandolo* is also used, but the main boats are the *vaporetti*, motorized waterbuses that ply regular routes along the major canals and between the city's islands.

Much can be said and shown of Venice, but to see it in vivid light you simply need to come and visit.

Mommy D: Still a Star at Sixty-Two

Mommy D turned 62 this year, and true to the family's newly found tradition of celebrity, staged a part solemn, part intimate and part showbiz dinner assembly replete with costume changes, speeches, celebrity arrivals, expensive gifts, and a lot of dancing.

Mommy D is the more favored moniker for **Dionisia Dapedran Pacquiao**, mother of eight-division boxing legend of the world, **Manny Pacquiao**, who on the same occasion was also formally given a hero's welcome by family and friends based in General Santos, where he resides, and Sarangani Province, where he serves as congressman. His wife, **Jinkee Pacquiao**, was present to support Manny and to present Mommy D with the couple's gift, reportedly an extremely expensive luxury bag that takes up to 24 hours for one artisan to produce, and to this day remains among the most requested and has the longest waiting list of any ladies' fashion accessory anywhere in the world.

The occasion also served as formal inauguration and ceremonial blessing of the newly constructed Pacquiao Gym in Tambler, where the birthday celebration was held with close to a thousand closest family friends and supporters in attendance, including former former Ilocos Sur Governor **Chavit Singson**, Sarangani Governor **Migs Dominguez**, and former president **Joseph Estrada**.



Photo by Apple Greatson Francisco



Mommy D had three gown changes, the first and third for her usual Latin dance routines. She sang an Imelda Papin ballad about a philandering lover on her second change (right) much to the delight of her fans.

Manny Pacquiao took the stage the first time (above) to welcome the *birthday girl* and the guests, and to thank well-wishers of his recent victory over Shane Mosley.

Just before Mommy D blew her birthday candles, Estrada went on stage (left) to personally greet his co-star in 2009's *Ang Tanging Pamilya: A Marry Go Round*. (ANPJ)



Photography by Armando Nicolas PJ except where otherwise indicated. All rights reserved.



Effective Green Saving

by Adam Montgomery

Solar energy, a powerful renewable resource, is a huge trend that is catching on quickly because of how safe it is for our environment. Unlike fossil fuels, we don't need to burn gas and pollute the air, causing acid rain. Solar energy is becoming more affordable to homes and businesses. Companies like *Earthspouse* provide and install solar panels for a very affordable price, and money is saved by seamlessly never-ending electricity. While we still contribute hazards to our environment by everyday pollution, solar technology plays a key role in protecting the atmosphere.

If you think about it hard enough you'd realize that the sun really is the ultimate resource. Plants thrive off sunlight to grow, stay healthy, and oxygenate the earth. Heat absorbed into our atmosphere at different temperature changes creates wind. Wind can be harvested and turned into energy. The sun also causes evaporation, creating rain. Rain falls back to the earth,

forming streams and rivers. This is where hydro turbines collect energy as water passes through. Maybe in the future someone will design a product to catch rain as it falls and use the kinetic energy for another source of renewable energy. Solar energy is the base of many different kinds

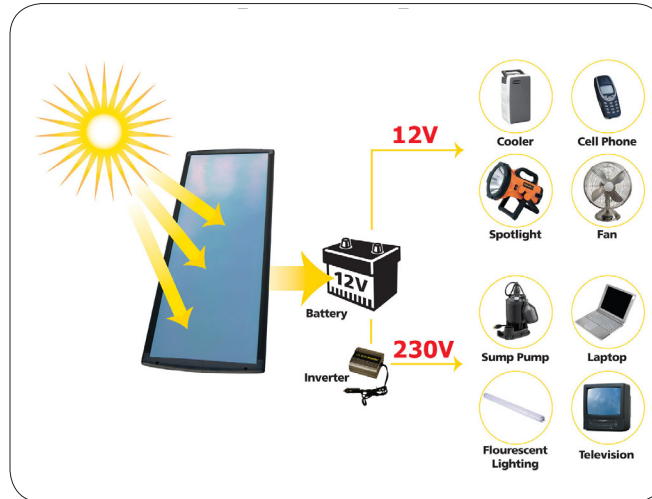
of energy; we should definitely make use of everything we can.

One company that takes advantage of solar energy is Earthspouse. It states in *-Thinking Of Going Green?-* that "our vast experience combined with our expertise in the renewable energy industry make solar a smart decision. Valuable rebates and tax incentives make going green even more lucrative. And our network of trained, certified installers/dealers can ensure you receive an affordable, reliable solar installation." Earthspouse helps homes and businesses benefit from installing solar energy that is affordable. Installing solar energy helps reduce exposure to rapidly accelerating utility costs, and increases financial security by gaining energy independence.

The growth in renewable energy resources is helping our economy and environment. With more companies like

Earthspouse making solar energy more affordable, it will be interesting to see how everything plays out for the better.

Adam is a full-time Corning Community College student aspiring to be a marine biologist. He invites you to visit earthspouse.com.



Environmental Management's Role

by Enviro Professional

Environmental management involves the management of all components of the biophysical environment, both living (biotic) and non-living (abiotic). Its main role is to manage the productive use of natural resources without reducing their efficiency and quality. It is a practice by which environmental resources and its health are regulated.

In order to utilize our natural resources properly without reducing the productivity and natural quality, we need to know what kind of damages have been done by man to nature as well as the preventive measures for the impending disasters.

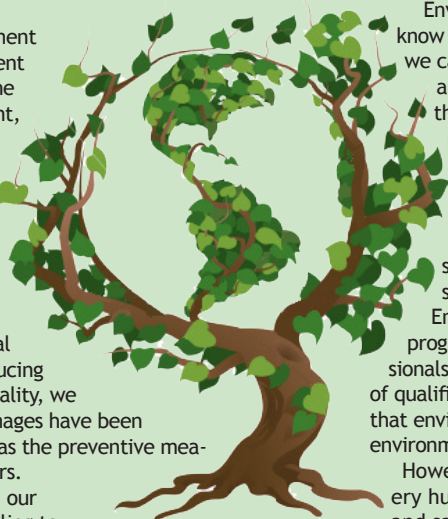
An undeniable truth is, even our billion-year-old earth is now failing to

withstand the damages caused by human activities. Many environmental issues arose drastically from the last decade -- greenhouse effect, ozone depletion, melting of icecaps, serious climatic changes -- creating a disastrous path toward cutting short earth's lifespan. To prevent these, environmental studies play a major role in creating environmental awareness that helps to keep our natural resources healthy and stable.

Environmental management studies or programs help us to know more about all environmental issues on the planet, so that we can find the solutions to fix it, or we can prevent it well ahead. *Prevention is better than cure.* To know more about the environmental issues caused by man, many public and private organizations have come up with environmental educational centers, environmental programs, ecological case studies, et cetera. These help us learn the ecological damage and the sustainable environmental damage controls that we need to set in place. We need environmental studies that enable professionals to take steps and set up a system to correct our mistakes.

Environmental management certifications and training programs are offered by reputable institutions to train professionals to engage in pro-environment work. The important role of qualified environmental managers in the workplace is to ensure that environmental audit, hazardous materials management and environmental assessment are set up as regular exercises.

However, taking care of the earth is the responsibility of every human in any kind of profession. Let's think, take action, and save our environment! *(The author asks you to visit nrep.org.)*



Itlog Mo 'Noy? Orange?

The Art of Doing Street-Business in Southern Philippines

by Ludwig T. Gamad

Let's say you are on an economy bus; seated by the window and exhausted from the shove and flurry the trip is not without. How would you react if somebody approaches, looks at you with a restrained estimation, gives you a wide grin and with the thick-skinned hands holding and raising a tray of snack-picks, says, *Itlog mo 'Noy? Orange?* (Loosely translated as *Hard-boiled eggs, Mister? What about soda?*)

Only in the Philippines, in the select towns and cities in the islands of Visayas and Mindanao, would one hear this peculiar utterance. Famous among vendors around passenger terminals, this line is almost always delivered with such candor yet the passengers addressed don't get offended but automatically recognize its pragmatic connotation.

Heard of *double entendre* (double-meaning) phrases? Filipinos are naturally gifted with this. Such is one unique feature, that is, the strategy of how business is done in this part of the archipelago. With it comes the fact that we Filipinos are a humorous people. Where the facts of our identity as a nation are as elusive as the exact interpretation of our laws, nonetheless, that doesn't stop us from priding ourselves with the knack of mixing business and pleasure. In this case, the utterance is an atypical fusion of business negotiation skills and gibe.

Well, of course, as a caveat, the featured phrases in this article have undertones only perceptible by local Southern

people. Their English translations, however, lose their hilarity unfortunately. Nonetheless they are provided for language communication-bridge.

Caking and Dripping Comedy

Bingka mo 'Day? Init pa! (Rice cakes, Miss? Still hot!) says a middle-aged man in a low and serious tone to a young lady settled in a bus and who is busy fanning herself with a piece of cardboard to cool down. She just gives him a perfunctory glance, enough reply she is not interested in one of the famous Filipino delicacies.

Next echoes a clear and sharp male voice, *Tubig mo diha! Gabasa-basa sa kabugnaw! (Water, anyone? Outside of container condensing from the coldness!)* To this aural stimulus, her eyes begin to pry through the faces, trying to determine who offers the awaited thirst-quencher. Then, a young man she finds. Though her sweat trickles down her pretty face, she manages to say, *Tubig daw. (Water, please.)* In a second or two, five peddlers stand where she is, each raising a bottled liquid. Voila! An evident success for *Dodong*. Here is a business transaction maybe not so unique but interesting.

It is when you are interested to engage for the first time with this small-scale business venture and where the target markets are the daily travelers that you suddenly become aware of the potential invest-

ment you can do with your raw and malleable voice. The realization comes as if you have fallen asleep for a long time, wandering in dreamland where only magic wands make things happen and then waking up through it.

You believe somehow that practice makes perfect. Your vocal talent could be your ticket to success in this commercial quest. And so you find yourself practicing the what-seems-to-be-right intonation and pattern as you carefully articulate, *Bingka mo, 'Day? May mani pud (Rice cakes, ladies? Peanuts, too)*, in the hope to attract clients. You repeat this, aiming to eliminate whatever ambiguity your utterance brings forth. Once more you say the line with an interrogative accent. No, it's quite confusing. And again this time with a whispy attack. Oh, no! It doesn't sound very pleasant at all. And you wish to have listened to your speech teacher more intently when you were in school.

You see, business is a gamble just as your utterance of these lines could make or break, so to speak, the real things that you want to happen. Furthermore, it is in this undertaking that risks become real and you don't want to make them happen. Or do you?

Egg-citedly Humorous

'Noy, itlog mo? Orange? (Mister, want some hard-boiled eggs? What about some orange soda?) The buxom lady repeats as she gleefully and gracefully lifts a plate of hard-boiled eggs.

In her other hand is a canned orange-based softdrink.

Barely three months ago it was in the midst of a trip back to Gensan from the Talagtag Clan reunion in Nuling, Lebak, Sultan Kudarat that this scenario hit me. It

came like a punch to my resting brain. I smirked for a second bringing my lips forward to a pout. But soon the corners moved towards my ears. I was smiling. I was amused with the Filipino creativity at making a pun out of everyday language in the workplace.

With this ingenuity, the hard days, and nights, too, are reduced to fun-filled struggles. To most of those who always find a happy face in the ocean of a crying crowd, life eventually becomes lighter every single day.

About the Author



Ludwig T. Gamad is the external affairs coordinator of the Ramon Magsaysay Memorial

Colleges in General Santos City. He is a full-time faculty of the General Education, Liberal Arts and Teacher Education programs, and is passionate about putting his encounters with people and places into print. Ludwig also busies himself with peeling shells off hard-boiled eggs during his free time.

3 Big Mistakes That Can Ruin Your Weight Loss

by Stefan Edlund

Losing weight can be a very tough and frustrating process. But with the right mindset and attitude it doesn't have to be that way. One very important thing to do before you start your weight loss journey is to learn about common mistakes people do, and then don't do them your self!

These are three of the most common mistakes that people do when it comes to weight loss:

1 Quitting too soon. Many people quit from their diet and exercising programs too soon. It could be because they got too little time to exercise one day so they miss one training pass. And then they lose motivation, and then they skip a few more training passes, and before you know it they quit training altogether.

If you don't have enough time to do your usual exercise, then use the time you have. If you only got 10 minutes, great, use that to train then; it's better to train for 10 minutes than nothing at all.

Same thing with the diet. Let's say around Christmas you eat a bit too much and a bit unhealthy one day. Many people feel very tempted to stop the diet and go back to their old food habits after that. You have to

Green Tea Fights Fatal Health Conditions

by Darren Haynes



Green tea's excellent health advantages are not limited to weight loss. Natural compounds in green tea called catechins provide a plenitude of other health benefits.

Grown men who take high doses of polyphenols like catechins have 75% less probability of having a stroke. Green tea reduces the amount of bad LDL cholesterol and raises good HDL cholesterol count. This brings forth a more beneficial balance between LDL and HDL plasma levels. Additionally there is confirmation that

polyphenol catechins can help thin the blood and lessen blood pressure.

Protection from cancer is associated with green tea drinking, too. Scientists have shown that damage to our DNA is one known determinant of cancer. Our DNA strands come under attack from thousands of unstable oxygen molecules everyday. This is a normal thing for DNA. The amazing news is that our cells are able to repair themselves.

Still, our DNA can cave in to this assailant and the DNA strings will become permanently damaged. Damaged DNA will produce a mutant code and

Continued on page 34

learn to stick to it even after one of those nights.

And remember that just because you have broken your diet or exercising plan once or twice doesn't mean that you have failed. Just make sure that you step it up and do the right thing next time.

2 Expecting weight loss overnight. When you start with your weight loss don't expect that you're going to see results in the first few days, maybe even in the first week. Many people, when they start out, they keep going for a week and then they look at the scale. Maybe they haven't lost anything or just not as much as they expected; they get frustrated because of it. Maybe they keep going for a few more days and still they don't lose as much as they want, so they stop because they lose all motivation.

You didn't gain all of your weight overnight, and neither will you lose it overnight. You need to understand this before you start your weight loss.

One thing to remember about this is that you shouldn't only be watching the scale when you start your training and diet. You should start to feel more energetic, you can begin to feel less stressed during the days, maybe even sleep better! So don't just focus on the scale; focus on everything else that also comes with eating healthy and training.

3 Having the wrong attitude. When you start out and you get a training program that you plan to stick to, and it says that you're going to train maybe 4-5 times a week, you can get very discouraged because most people feel that exercise is like a punishment, a chore that needs to be done.

And with that attitude towards training, chances are that you will lose all your motivation for training quite quickly.

Training should be a fun thing to do. Something that you should look forward to. And if you don't feel that about your training you should consider changing your training and start doing something else. If you're out jogging 3 times a week, and you really hate jogging, then change it. Start with power walking 4 times a week, or start dancing, or something that you enjoy.

Stefan Edlund, owner of howtolosequickweight.com, invites you to sign up for his newsletter to receive a weight loss report (\$19 value) for free, and to learn about super foods that will make you lose weight just by eating them, how to eat restaurant food and still lose weight, and other features.



What started off as playful banter among friends about who was going to fall off the surfboard faster than you could say *suray-suray* (that's Cebuano for *purposeful wandering*) turned out to be a much anticipated and thoroughly enjoyed drive from Gensan northward to Siargao Island, the surfing capital of the Philippines.

That's 16 hours of being on the road virtually non-stop, save for a few stops for food and the bathroom of course, with Donna, the only woman in the entourage, behind the wheel the entire time. And for good reason. It was her Carnival that brought us all the way to paradise and back. We reached Surigao City close to midnight, bunked up at a bed-and-breakfast near the port, and took off for the island early the following morning.

Siargao is a teardrop-shaped island nearly 450 square kilometers big off the Philippine Sea about 800 kilometers southeast

of Manila. Its east coast is relatively straight with one deep inlet, Port Pilar. The coastline is marked by a succession of reefs, small points, and white, sandy beaches.



After a little over two hours of unusually smooth seas and even more peculiarly bright skies aboard MV *BritPhil*, a fast local outrigger, we reached the Port of Dapa in the southern part of Siargao. (Dapa is a catch-all

Pilipino word that interchangeably means to duck, to crouch, to get down on all fours, and to lie down on one's stomach. So guess what we did as soon as we set foot on dry land?)



Siargao has the largest mangrove forest reserves in Mindanao, at Del Carmen. It is greatly influenced by the winds and currents coming uninterrupted from the Pacific Ocean, intensified by the Mindanao current running westward through the Siargao Strait.

Offshore, a classic tropical island named Guyam lies protected within its surrounding coral reef with dozens of coconut palms at the center of the

island, a popular location for ad shoots of late. And elsewhere, well within the massive coastal reef, lies a shining white sand bar named Pansukian or Naked Island some 200 meters long.



Our tricycle ride from the port to General Luna where our hotel was located took us 15 minutes, and strange that after 16 hours on the road and 2 hours on water this last quarter-hour drive seemed like the longest of the lot. After what seemed like forever we reached *Cherinicole Resort*. There the endless beach and relentless waves beckoned to us, and as soon as we had our fill of a fitting brunch, off to the blue and white we went.

Siargao's Surf & (Other) Surprises



Surfers photo by Apple Greatson
Francisco, featuring Sri Lankan-
Swedish beauty Andrea Simonsson



Excellent surfing conditions in Siargao particularly during the southwest monsoon (Aug-Nov)



Photo by Apple Greatson Francisco

Goofballs at General Luna's Boulevard Beach, Guyam Island beckoning in the distance



Photo by Apple Greatson Francisco



Future surfer dudes of the world on pictorial break from the day's shellfish harvest



On the way to Magkukuob and Hinagukan Caves for some spelunking and cliff-jumping adventure

It was hard not to be overwhelmed by all that scenery. Boracay has its captivating allure and Krabi its irresistible charm, but what we saw on that very first foray into Siargao's terrain simply took our breath away.

than enough to get us cracking on several group shots -- standing, running, jumping, rolling, flying -- you name it! This was by far the best fun ever on the beach that didn't involve soaking or drinking, which came later.

to cap our fill of seafood and great company than a round or two of *Jungle Juice*, *Bar Nine's* signature fruit shake of a cocktail with a killer kick! That and the activities of the last 36 hours got us snoring in no time.

like a perfect time to wander about. After weighing our options we settled for a tour of Bucas Grande's famed caverns, a two-hour outrigger boat trip from our resort. We were in for a real treat.



Photo by Apple Greatson Francisco



Photo by Apple Greatson Francisco



The view of the beach by the bluff-like promenade simply called *Boulevard* bordered on the spectacularly insane, more



Still reeling from the long drive, staggered sleep and heavy workout, we took it easy on that first night. And what better way



As if breaking Siargao's usual wan-wet-windy spell again, the following morning was just as bright and sunny, and seemed



Photo by Apple Greatson Francisco

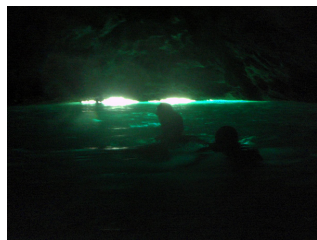
Sohoton Cove's inner lagoon is accessible only during low tide through a single cave whose 40-meter passage serves as the

only way in and out. Magkukuob Cave on the other hand gives you two: the way in through low-ceilinged passages and shallow pools of water, and a way out through a hole in the outer cave wall higher up in the caverns -- and a 20-foot jump out into the aquamarine waters of the lagoon.



Hinagukan Cave is so named (the root word *hagok* is Cebuano for *snore*) for the sound it makes at low tide when air begins to pass to and from the cave as seawater slightly rises and dips

(and covers and opens the passage) at wave intervals. Even when the tide is at its lowest the water here is 15 feet deep and the gap above water is still too low, so in order to pass through you have to swim under. A meter or two through inside the cave the ceiling rises to a high dome about 40 meters across.



Inside, the water is luminiscent green, and the more you splash about the brighter the light it leaves in its wake. Using this technique we made our way across the dome to a rock

platform to rest our limbs. It was cold and dark, but the eerie emerald tinge of the water and my companions' voices and movements were comforting enough despite the darkness deep inside the cavern. We made several attempts to take photos, but it was just too dark for my waterproof point-and-shoot.



The tour ate up most of that second day, but after we got back to Siargao we managed to get a taste of the swells and ride some serious waves off the beach at Cloud 9, drizzle and

dark skies and all. (The photo of the surfer dude on the left is borrowed; we couldn't find a single good shot from our own stash.)

Siargao's Pacific-facing reefs are situated on the edge of the Philippine Trench, and the extremely deep offshore waters assure the ocean swells have diluted power when they encounter the many coral and rock reefs. Siargao has excellent surfing conditions, particularly during the southwest monsoon from August to November, when the prevailing wind is offshore.

One of the best known surfing waves on the island and the entire archipelago, with a worldwide reputation for thick, hollow tubes, is Cloud 9. This right-breaking reef wave is the site of the annual Siargao Cup, a domestic and international surfing competition sponsored by

Continued on page 20 ➤

Surfing in the Philippines

by Lilee Lozano

Surrounded by water on all sides and with virtually 7,107 islands to choose from, it is no wonder why the Philippines is a prime surfing destination.

Not long ago, Philippine coasts were basically fishing villages characterized with strips of rugged and untouched beaches covered with rolling waves roughly sweeping its coastlines. When surfing started becoming a part of the daily lives of the fishermen, the practice spread until more and more young people got into it. Major Philippine surfing destinations like Siargao pulled surfers from around the globe, but there continue to be many undiscovered coasts where there are even bigger surfs, as is the case with some Samar surf spots.

Surfing Spots in the Philippines. The beauty of surfing in the Philippines is that while it is starting to become popular, there are still pretty much undiscovered surf spots. That being said, you will never run out of places to surf in the Philippines. Below is a guide to help you plan your next Philippine surfing trip:

La Union -- This coastal province at the northwest of Luzon has a series of beach breaks for beginners and occasional challenging point breaks for skilled surfers. It is one of the closer surfing destinations from Manila and has a pleasant atmosphere even for beach combing. Surfs in La Union have a standard line up of 100 meters from shore. Waves start at 1 meter and can swell up to 6 feet. Waves can close out after a strong typhoon.

Baler Bay, Quezon, Aurora -- Nestling in the east coast of Aurora Province, Baler is

physically unattached from the rest of the Philippines. Getting there takes 6 hours on a four-wheel-drive vehicle, passing through rough roads in the mountains down to the bay of Baler. The ride can be exhausting but on the way there promises a remarkable view of the surf stretching all over the brown beach of the bay. The town faces the deep blue of the Pacific Ocean, which gives it the surf that it is renowned for. Surfing in Aurora is limited by your access to the sites that are available. For that perfect surf you need not look too far, but should you want to do some exploring, you can hire a *banca* to help facilitate this.

Siargao Island, Surigao del Norte --

Many surfers have asserted that Siargao has the best and most consistent waves in the Philippines. In this regard, this famous surf spot has made its way into the international surfing circuit. The highly recognized surf breaks, commonly known as Cloud 9, are reputed to be the best breaks in the Philippines and all over Asia. Due to the island's thriving development, more resorts have sprung up and surfers from all over the world have become a common sight. The Siargao International Surfing Competition happens every year in October.

Zambales -- Zambales is a province on the west coast of Luzon north of Manila. Zambales is part of the Central Luzon Region or Region 3. The opportunities for surfing in Zambales are enormous. The entire coastline offers adventurous surfers many possible surfing breaks.

Catanduanes -- Its strategic location in the course of Pacific typhoons give Catanduanes the crashing waves that surf enthusiasts

Continued on page 20 ➤



➡ Continued from page 19
Surfing in the Philippines

siasts the world over flock to, including the famous *Majestic* wave that crashes the shores of the island from the depths of the Pacific Ocean. This break on to an offshore reef 200 meters from Puraran Bay is known to be unpredictable but once present, it kicks off one of the fastest, right-handed and the hollowest wave of more than 6 feet. Beginners should be aware that this wave can sweep you closer to the reef. Thus be always prepared to experience cuts and scratches.

Best Times to Go. Philippine surfing is both temperamental and seasonal, so it is important to know the best time to come surf or you may be disappointed. Conditions vary depending on location. In general, the best time would be from July to November, when surfing competitions across the archipelago are mostly held.

With these in mind, you can choose to surf the east coast or the west coast. The east coast probably gets the better surf.

About the Author

Liee Lozano works for LocalPhilippines, the most comprehensive online directory of Philippine destinations, events, and attractions. The aim of LocalPhilippines is to take you to over 7,107 destinations, which will give you that wow experience only the Philippines and Filipinos can give. Liee invites you to visit www.localphilippines.com, your travel buddy. LocalPhilippines.com has information about the destinations, how to get there, what to do while in the area, and more! Destinations in the beaches or in the mountains, destinations under water, destinations right in the middle of the urban hub -- name it and LocalPhilippines will most likely feature it.



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➡ Continued from page 19
Siargao's Surf and (Other Surprises)
the provincial government of Surigao del Norte. The wave was discovered by traveling surfers in the late 1980s. It was named and made famous by American photographer John S. Callahan, who published the first major feature on Siargao Island in the US-based *Surfer* magazine in March 1993, and hundreds of his photos in many other books and magazines since his first visit in 1992.

Callahan has put the island on the international map and has drawn thousands of surfers and tourists to Siargao. Cloud 9 also has a reputation for being a relatively cheap destination for surfers with many cheap accommodations and restaurants and bars to choose from.

We're not real-life surfers but our little extended weekend on the island may have changed that

a little bit, though it will take several more surfboard hours to see just how far we'll go from here. Two things are certain. Firstly, getaways with friends are a wonderful way to discover a new destination; the unexpected fun to be had with your company is multiplied many times over. Last but not least, there's more to Siargao than just surfing, and all these other surprises have to be enjoyed

to complete the experience. As with life, *carpe diem!* (The author wishes to thank Donna May Congson, Apple Greatson Francisco, Marthin Millado, Emman Sarifa, and Charles Sitjar for the safe driving, adventurous spirit, patience, sense of humor, and simply amazing company.

Photos by Armando Nicolas PJ except where otherwise indicated. Facts on Siargao taken from Wikipedia.com)



A Surfing Lesson

by Steve G. Jones

I've never surfed in my life. Sometimes people tell me I look like a surfer, but never once have I been on a board out in the water. It fascinates me though. It was about a year ago that I was standing at the water's edge with a good friend. She was a surfer who had competed professionally and had hosted a surfing show on TV. We were watching surfers and I was asking questions about waves, boards, techniques, et cetera.

That day I got much more than a lesson on surfing. I got a lesson on life.

My friend was telling me how to catch a wave. She explained that before a wave comes, you must be moving in the same direction as the wave and at the same speed, otherwise, the wave will simply pass you by and you will not catch it. If you are lying on the board, on your stomach, and paddling fast enough toward the shore, you will be synchronized with the wave when it reaches you. You will then be able to ride it, stand up on your board, and surf!

Simple stuff, huh? Makes perfect sense. It's one of those things you think about afterward and say, "I probably could have figured that out on my own." It's so simple that I had missed it. When it was explained to me, I instantly understood and it was as if the universe was speaking to me.

How many thousands of applications does this have metaphorically in our lives? What about that job we want? Are we up to speed? What about that partner we want? Are we "traveling fast enough" to synchronize with them when they come by? Or will they just keep going toward the shore as we paddle slowly? So many people want the perfect job, the perfect mate, the perfect life. I'll tell you a little secret. The opportunity for these things comes by every day. In fact, it comes by several times a day. But have we prepared ourselves for it? How fast are you paddling? Are you headed for the shore? Are you swimming in circles? Are you moving at the same speed and in the same direction as your envisioned soulmate? Or are you expecting them to come along and make you complete and bring you "up to speed" financially, emotionally, et cetera?

A person who is already surfing is not going to be interested in a slow paddler, or a person paddling the wrong way, or not paddling at all. Work on your self and the rest will happen automatically. Stop looking for the surfer to come along and pull you up on their board -- you'll cause both of you to fall off. Get yourself up to speed, catch that wave, and then you can surf with the others.

I'm suggesting to you that you decide today to move at the pace and in the direction of whatever it is you want in life. Stagnation or minimal movement is problematic. Prepare yourself to catch that wave and ride it! I'll see you at the beach!

About the Author

Steve G. Jones is a board-certified Clinical Hypnotherapist. He is a member of the National Guild of Hypnotists and American Board of Hypnotherapy, president of the American Alliance of Hypnotists, a director of the Los Angeles chapter of the American Lung Association and the California-registered Steve G. Jones School of Hypnotherapy. Steve invites you to visit www.BetterLivingWithHypnosis.com and/or write support@betterlivingwithhypnosis.com.

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A Comparison: Apple iPhone 4 & Nokia N8 Cellphones

This comparison between two popular smartphones covers only the main aspects of both devices and does not cover detailed analysis.

by
Yasir
Ikram

So what is a smartphone? Advanced function such as mobile phone, personal digital assistant (PDA), PC-like functionality, photo editing, Internet browsing, et cetera, as well as the ability to take stills photos and record HD videos -- all these functions are packed into a single super gadget called a smartphone.

Design. Both cellphones are masterpieces of technology and innovation, and it is really hard to decide which one is better on the mere basis of size, dimension and screen quality.

The iPhone 4 is the world's thinnest smartphone, even slimmer than Nokia N8. Both phones have quite similar dimensions and weight but the difference is in the thickness. Nokia's 0.51 inches (12.9 mm) is thicker than iPhone's 0.37 inches (9.3 mm). Stainless steel and ultra durable glass is used in iPhones, as against aluminum in Nokia.

Both mobile phones come with a 3.5-inch screen, but N8 has a resolution 16:9 nHD (640 x 360 pixels) AMOLED whereas iPhone has Retina Display (LCD with IPS technology) at a resolution of 640 x 960 pixels.

Price Difference. How much are you willing to spend for a new cellphone?

Smartphones do not come cheap. It is possible that some customers change their mind and end up buying a cheaper phone from another company, or maybe go for a budget laptop instead with similar price or less.

The purchasing power of customers is a primary factor in phone selection. These super gadgets are expensive because of so many features packed in a compact package. The Nokia cellphone is at least 20 to 25% cheaper than iPhone 4. Apple products are usually more expensive than competing devices but still they stay in great demand.

Color Variants. When it comes to choosing a gadget for everyday use, color can make a big difference in making the decision, especially with the younger and trendier market.

Nokia smartphones come in five colors: silver white, dark grey, orange, blue, and green -- making it more interesting for customers to choose according to their preferred color.

On the other hand, iPhone 4 smartphones come only in black and white, so there's not much choice there.

Camera Quality. One big attraction towards smartphones is their ability to take excellent photos and record high-quality videos.

The iPhone has a 5-megapixel camera that can take gorgeous photos and 720p HD video recording of 30 frames per second. The Nokia N8 smartphone comes with a great 12-megapixel camera that is able to capture stunning photos and can record 720p HD video.

Software. iPhone comes with Apple's iOS4 operating system, which allows multitasking on a multi-touch screen, making it easy to switch between several applications. It comes with cool applications such as FaceTime to make video calls with its two-way camera, engaging video games, and high-definition video editing tools, among others. Plus, there are above 300,000 applications and games available to download from the iTunes Store.

The Symbian^3 operating system runs the Nokia N8, which allows custom home screens, social networking and cool-looking widgets. Plus, it has photo- and video-editing tools, and a few applications are available for download from OVI Store.

Your Decision. Whether you prefer the more powerful device, cheaper price, better color, or cooler product is all up to you. Enjoy your gadget!

For more detailed information on iPhone 4 and Nokia N8 comparison, visit iphone4n8.blogspot.com. To read more articles on Internet and marketing visit pakcreations.com.

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Barangay Justice for Peace holds Upper Sepaka peace event



Mahintana Foundation's *Barangay Justice for Peace* (BJP) Project conducted a *peace event* in February this year in Barangay Upper Sepaka, Surallah, South Cotabato. BJP intended to use this peace communication strategy to urgently address the need to intensify peace-building efforts in the area. Specifically, it aims to reinforce the present initiative of the Provincial Government of South Cotabato and the local government unit of Surallah to restore peace here and help rebuild the lives of people who had been affected by violence and lawlessness.

The peace event was conducted in tandem with the community's aim to restore peace in the area and start the process of healing and reconciliation among its people. The program is entitled *Balik Barangay para sa Kalinong kag Kauswagan sa Upper Sepaka* (*Barangay Homecoming for Peace and Progress in Upper Sepaka*) because this best describes the aspiration of displaced families to return to their own homes and once again live in peace and harmony with one another. To symbolize this intention and purpose, newly trained Barangay Justice advocates, government officials, the community, non-governmental



organizations and other stakeholders participated in the joint planting of the *Commitment for Peace Tree* (right).

In total, the peace event merited the participation of 1,300 individuals, comprised mainly by community members, the youth and children coming from 19 sitios and three puroks within Barangay Upper Sepaka. Joining them were Governor Arthur Pingoy, MD and Vice Governor Elmo Tolosa, MD of the Office of the Provincial Government of South Cotabato; Martiniano Magdolot of Mahintana Foundation, Inc.; school teachers; and representatives

from the 27th Infantry Battalion, Barangay Council, and the local Surallah government. The unifying theme of the visitors' peace message challenge was that peace will start from within oneself; that there will always be groups of people ready to help Upper Sepaka achieve peace and rebuild lives, given that members are ready to help themselves; and that peace can be achieved in partnership with other groups.

BJP also conducted other activities simultaneously with the planting of Commitment for Peace Tree, including the *Peace Essay Writing Contest*, expounding on the word *Kapayapaan*; *Poster Making Contest* with the theme *Peace*; and *Draw and Tell a Story* with the theme *Karanasan sa Gitna ng Karahasan* (*Experience in the Midst of Violence*), with elementary and high school students in the area participating.

COMMUNITY DEVELOPMENT

Among the activities, *Draw and Tell* depicted what the community have gone through closest to reality. One entry was an account by an 8-year-old girl (middle photo) whose experience amidst violence took the life of her mother, who was hit in the chest by a stray bullet. Through tears she managed to recount the painful event, ending her story with, *Kung hindi dahil sa kaguluhan dito sa aming lugar, hindi sana kami mawawalan ng ina* (*If not for violent strife in our area, we wouldn't have lost our mother*).

Barangay Justice for Peace is a 2-year project initiated in 2009 and funded by the USAID through the Gerry Roxas Foundation (GRF). Mahintana was tapped by GRF, in close coordination with South Cotabato's Department of the Interior and Local Government and Legal Office, to implement the project in the province's 10 municipalities and one city. The project aims to promote community peace in Autonomous Region in Muslim Mindanao (ARMM) and non-ARMM communities by integrating community-based alternative dispute resolution mechanisms in local level planning and implementation, mobilizing and training 3,000 peace advocates, popularly known as Barangay Justice advocates. (MFI)



Gensan's Great Green Race Turns 4

What do you get when you put running, assembling mountain bikes and riding them, swimming, solving wooden construction puzzles, ziplining, planting tree seedlings, catching catfish with bare hands, riding kick scooters, riding motorless boats without paddles, and retrieving lots of flaglets into one amazing race? (Hint: it's not *The Amazing Race*.)

Welcome to **Gensan Eco Karera**, named *2010 Best Tourism Event of the Philippines (Adventure/Sports, City Level)* by ATOP (Association of Tourism Officers of the Philippines), now on its fourth year of competitively promoting the adventure, nature and historical destinations in General Santos City. This year 15 teams with four participants each vied for the grand cash prize and gold medals, with Team 12, Davao City's **Team Merrel** clinching the top prize.

This season's mix of challenges can be intricate and daunting, but **Emerald Signar**, captain of Team 1/SD Printshop, couldn't have narrated it better (as translated from his wall post on *Facebook*):

"It goes like this... From the starting line the teams sprinted 600 meters to contact point one (CP1) where our bikes were waiting, but without wheels and tubes, as the ladies had to assemble them and pump air into the tires. After that we cycled for 7 kilometers to CP2-Tropicana Beach Resort, where one male and one female member of each team swam a few hundred meters, after which the team went on bikes again to CP3-MSU Tumbler for the jigsaw puzzle task, then cycled again to C4-Kidam, Olympog for changeover to running gear. Enter running, trekking, and ziplining to-and-fro, but that's only half of the race, haha!

"From Kidam, we were on bikes again off for C5-Gensan View Resort, where we had to catch catfish with our bare hands. Then we cycled again to TP2 at Robinsons Place to change into running gear, this time with micro scooters in tow for the 10-kilometer scooter/run to C6-Amandari Cove, then to C7-Queen Tuna Park. Here the ladies climbed a vertical wall, and finally everyone took to the streets heading for C8-Robinsons Place for the finish line," Signar ended the comment with a panting sound.





Each of GEK's 15 teams this year consisted of three race members, 2 males and 1 female, with a fourth member acting as logistics person. The race, which involved running, mountain biking, swimming, ziplining, and scooter riding as main disciplines, was conducted on the last day of the events that ran from May 4 to May 7 in Barangays Siguel, Tumbler, Fatima, Sinawal, Olympog, Lagao, City Heights, and Dadiangas East.

Competing teams had to follow the following sequence of challenges: take off from the starting line at Bawing Elementary School and run to C1/Siguel Multipurpose Gymnasium, where female members assemble 3 mountain bikes per team; cycle to C2/Dolores Tropicana Beach Resort, where both female and male members swim to retrieve 2 flaglets; C3-MSU Tumbler, solve wooden construction puzzles, cycle to T1/Purok Kidam, Olympog for a mandatory 15-minute break, return bikes to team marshalls; run to C4/fifth mountain of Balakayo Adventure Park in Olympog, one member to do 2 zipline rides to get red flaglet, 2 to plant 2 seedlings for white flaglet; run to T1 and retrieve mountain bikes, cycle to C5/Gensan View Resort; 2 to catch 1 catfish, cycle to T2/Robinsons Place Gensan; change mandatory race gears, return mountain bikes to team logistics, run and one to ride kick scooter to C6/Amandari Cove; paddle boat with bare hands to get white flaglet at pond's other end, run and one to ride scooter to C7/Queen Tuna Park; female member to climb wall to get red flaglet; and finally run and one to ride scooter to C8/Finish Line at Robinsons Place Gensan.

This year champion Team 12/Team Merrel from Davao City brought home the P35,000.00 cash prize and gold medals. Completing the roster of top finishers are 1st runner-up Team 13/Mulatto Davao of Davao City, 2nd runner-up Team 9/PMI Team of Manila, and 3rd runner-up Team 4/The Unstoppables of General Santos; they brought home cash prizes of P25,000, 15,000 and 10,000 respectively, and their prize medals.

The participating teams and their members are as follows: Team 1/SD Printshop -- TC/Emerald Signar, Salome Zamora, Meishach Ruf Morallas, L/Rene Napala | Team 2/Trigem Gensan -- TC/Diaz Paquito, Cyrone Millantoc, Elizabeth Villanueva, L/Marvin Villacio | Team 3/De Castro Clinic -- TC/Jessie Henilo, Ricky Denion, Joverlyn Genilo, L/Rogelio Genilo | Team 4/The Unstoppables -- TC/Alì Pamaylaon, Roa Jade Acain, Calma Dodo, L/Rosalio Tan | Team 5/Extreme Circle -- TC/Rey Arao-arao, Bryan Paguntalan, Noemi Galeos, L/Joy Buaya | Team 6/Team Dole -- TC/Rai Formoso, Lucilla

Wong, Richelle Javier, L/Earl Cielo | Team 7/Lagao Mountain Bike Club -- TC/Peter Armand Henares, Ernesto dela Peña, Merlyn Mission, L/Anthony Balagtas | Team 8/Holiday Warriors -- TC/Destry Acuesta, Tony Boy Cascaro, Julie Ann Cruz, L/Victoriano Cabeje | Team 9/PMI Team -- TC/Jhomilodin Lucman, Rayzon Galdonez, Anelia Lucman, L/Loncio Primme | Team 10/Climb Apo -- TC/Vivian Avergonzado, Jezer Paro, Felix Lucero, L/Novo Rey Roble | Team 11/Escapes Route Outdoors -- TC/Cheryl Araneta, Team Captain, Dioscoro Genonsalao, Romeo Mascardo, L/Dennis Ararao | Team 12/Team Merrel -- TC/Christopher Eyao, Dexter Nonato, Judelyn Miranda, L/Yek-Yek Adlawan | Team 13/Mulatto Davao -- TC/Franklin Ponce, Marcial Cattangui, Jeza Bolanio, L/Rodel Villafranca | Team 14/Team Crossmak -- TC/Joan Natividad, Roberto Valdeavilla, Rodolfo Villanueva, L/Loreto Baliza | Team 15/GS Morba -- TC/Nathaniel Arellano, Welly Madorable, April Joy Maming, L/Miguel Gumboc.

GEK was conducted by the Tourism, Cultural Promotions and Development Division of the City Economic Management and Cooperative Development Office (CEMCDO), City Government of General Santos.

The popularity of adventure sports in the country and its ASEAN neighbors has manifested in the surge of tourist arrivals in popular outdoor destinations and the increase in the development of new destinations, and gave way to the conceptualization of the Explore Gensan Campaign, which involves identifying and classifying tourist destinations and their immediate development programs.

Part of the campaign strategy is to identify and develop the adventure and historical sites in city. The adventure race showcases the existing adventure and historical destinations and their potential sporting features (such as mountaineering, mountain biking, caving, bouldering and rock climbing, canyoneering), relaxation benefits (visual arts, nature's serenity) and cultural merits (indigenous cooking, songs and dances, and musical instruments) that the city can offer. Furthermore, this event promotes and encourages participation in the city's environmental conservation efforts through tree planting activities.

It aims to explore, discover and promote outdoor activities in the city; promote and develop historical sites and tourism destinations; encourage outdoor enthusiasts, artist and tourism partners in the government and private sectors to get involved in outdoor sports, environmental advocacy and promotion of tourism destinations; and generate tourism-related livelihood programs.

(With additional reporting from CEMCDO, Photography by Jing Velos/CEMCDO)



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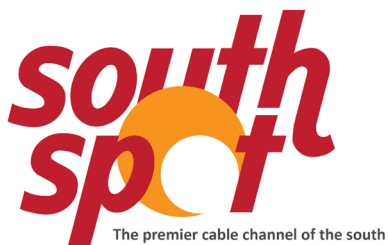


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bars

Babes Bar - One of East Asia Royale Hotel's watering holes, with discotheque, live music Thu-Fri (2nd Flr, Arcade 1, East Asia Royale Hotel, National Highway, Gen. Santos, +63-83-5534123 ext. 106)

Cassado Billiard Bar - Pool tables with lady attendants, live band, ice-cold beers (Grd Flr, Arcade 1, East Asia Royale Hotel, National Highway, Gen. Santos, +63-83-3028389)

GGPick Pacman Sports Bar - Five pool tables/dart boards, The Pacman himself if you're lucky, lots of lounge space (JMP Bldg 2, Aparente, Gen. Santos, +63-83-5528880)

GGPick Q Bar - Great place to dine and be seen in, for chilling and dancing, with superb music and yuppie crowd (SunCity Complex, Gen. Santos, +63-83-5543202)

Red Rocket Sports Bar - Warm meals and ice-cold beers (Grd Flr, Arcade 2, East Asia Royale Hotel, National Highway, Gen. Santos)



Q BAR

cafés

GGPick BluGré Cafe - Next best thing to Starbucks, designer coffees, hot/cold mixes, filling meals (Robinsons Place, Gen. Santos, +63-83-5542177) [wi-fi]

GGPick BluGré Cafe - Bigger and more relaxing than the one at Robinsons (South Osmeña, Gen. Santos, +63-5521111) [wi-fi]

Cafe Amoree - Local gem, great drinks/eats, off city center but worth a visit (Mabuhay Rd, Gen. Santos, +63-83-5542173) [wi-fi]

Cafe Paulino - Unpretentious coffee place, central yet a quiet retreat from the crowd (Gaisano Mall, Gen. Santos)

Caffe Firenze - Gourmet coffees, desserts, sandwiches, pizza, open 24/7 (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

Coffee Club 101 - Coffee, pasta, desserts, free PC stations for patrons (Laurel East, Gen. Santos, +63-83-553430) [wi-fi]

Coffee Club 101 - Great place to people-watch and be seen in, perfect chill after shopping (Robinsons Place, Gen. Santos, +63-83-5534878) [wi-fi]

Coffee Dream - Coffee and sweets for after shopping or while waiting for company, reopening soon (2nd Flr, KCC Mall, Gen. Santos, +63-83-3018263) [wi-fi]

Fagioli Coffee Shop - Great after hours haunt, tends to get really crowded at night (Petrón Station, Lagao, National Highway, Gen. Santos, +63-83-552749) [wi-fi]

GGPick Fagioli Coffee Shop - Private yet accessible, perfect chill after shopping (Grd Flr, KCC Mall, +63-83-5542384) [wi-fi]

Generals Brew - Fine gourmet coffees, sandwiches, combo meals (Pioneer, Gen. Santos, +63-83-5526559) [wi-fi]

Red Ribbon Bakeshop - Cakes, pastries, sumptuous Filipino/Western meal combos (Lower Grd Flr, KCC Mall, Gen. Santos, +63-83-3018388)

hotels



EAST ASIA ROYALE HOTEL

CBHL Garden Rooms & Dormitel - Central location and tasteful guest rooms at budget rates (Laurel, Gen. Santos, +63-83-5546336) [wi-fi]

GGPick East Asia Royale Hotel - Stone's throw away from the financial district, shopping malls, convention/exhibition centers, with function rooms/ restaurants/bars (Grand Royale Ballroom, Babes Bar), business center, 24-hour room service (National Highway, Gen. Santos, +63-83-5534123) [wi-fi]

GGPick Family Country Hotel & Convention Centre - Guest rooms, meeting/banquet halls (up to 1,000 heads), pool, in-house Cafe Leticia amidst greenery (Mateo Rd, Lagao, Gen. Santos, +63-83-5528895) [wi-fi]

Florotel - Strategic downtown location, modern amenities (North Laurel Avenue, Gen. Santos, +63-83-5540880)

GGPick Ice Castle - Modern, centrally located, offers excellent accommodations, in-house bar and restaurant (Provido Village, City Heights, Gen. Santos, +63-83-5544423, +63-83-8269026) [wi-fi]

Phela Grande Hotel - Luxury guest rooms, in-house Meilih Restaurant/Cafe Eduardo (Magsaysay cor. Atis, Gen. Santos, +63-83-5524220) [wi-fi]

SunCity Suites - Hotel at the heart of upscale and trendy SunCity Complex (National Highway, Gen. Santos, +63-83-5523333) [wi-fi]

Sydney Hotel - Centrally located, offers comfortable accommodations and excellent restaurants, professional banquet/conference facilities (Pendatun cor. Pioneer, Gen. Santos, +63-83-5525479) [wi-fi]



FAMILY COUNTRY HOTEL

resorts



ISLA JARDIN DEL MAR

Gensan View Resort - Sun, sky, swimming pool (Nursery Rd, Lagao, Gen. Santos, +63-83-3028237)

GGPick Isla Jardin del Mar - Sun, sky, swimming pool (Gumasa, Glan, Sarangani, islajardindelmar@yahoo.com)

GGPick Le Jardin Arnevel - Convention halls, swimming pool, 2,000-m² garden, spacious parking area (Mabuhay Rd, Gen. Santos, +63-83-3012513) [wi-fi]

GGPick Lemlunay Resort - Cliff-top seaside resort with excellent villas, restaurant and bar, pool, and world-class dive site (Tinoto, Maasim, Sarangani, +63-920-914 9259 | South Point Divers: www.southpointdivers.ph) [wi-fi]

Merl Garden Spring Resort - Zip-line ride, pool, horseback riding and more (Lahit, Lake Sebu, South Cotabato, +63-919-4577221)

Olaer Spring Resort - Natural springs, lasting city icon (Apopong, Gen. Santos, +63-83-3802345)

GGPick Rosal Beach Resort - Sun, sky, and all-year-round white sand beach fun (Gumasa, Glan, Sarangani, +63-920-9212203)



LEMLUNAY RESORT

restaurants



LITTLE DUBAI KEBAB GRILLS

Andrea Ticia Family Restaurant - Green, homey setting for a relaxing dining experience (Mateo Rd, Lagao, Gen. Santos, +63-83-5528896) [wi-fi]

GGPick Aunt Ludi - Apart from a wide array of gourmet breads, Aunt Ludi serves great burger, pastas, and rice meals. (Robinsons Place, Gen. Santos and J&G Propiedad Bldg, Nuñez Street, Purok Malakas, Gen. Santos, aunt_ludi_bakeshoppe@yahoo.com)

pLaces2GO GGPicks

aunt_ludi_bakeshoppe@yahoo.com)

GGPick Big Ben Steaks & Grills - Steaks you can always rely on in a homey, central setting, you'd wanna hang out long after the plates are cleared. (Robinsons Place, Gen. Santos, +63-83-3030315)

GGPick Bigby's Cafe & Restaurant - Great coffees and sumptuous food platters. Try *Pescado Al Fresco* -- dory in onion sauce! (Robinsons Place, Gen. Santos, +63-83-5520111) [wi-fi]

GGPick Cookie Factory - Home-style restaurant (J. Catolico Sr, Gen. Santos, +63-83-5522035)

Fienzo Deli - Pastries, sandwiches (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

Gio's Mongo Grill - One of Tiongsong Arcade's main draw, Gio's has great tasting barbecue (Tiongsong Arcade, Lagao, Gen. Santos)

Grab-A-Crab - Exciting seafood, crab specialties (Laurel East, Gen. Santos, +63-83-5535430) [wi-fi]

Grab-A-Crab - Same Grab-A-Crab vibe, only smaller (Robinsons Place, Gen. Santos) [wi-fi]

Gusteau's Restaurant - Fine crab and seafood delicacies (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

GGPick Little Dubai Kebab Grills - Taste of exotic Middle East at half the price (SAFI Arcade, Bula Rd, Gen. Santos, +63-83-5520140, +63-922-8141010) [wi-fi]

GGPick The Little Kitchen - Serves European (pizza, pasta, chicken *cordon bleu*), Oriental (*kalbi chim*, *ebi tempura*, *chao fan*), and Filipino (sizzling *bangus sisig*, *buco pandan* with lychee) in Mediterranean-inspired and Filipino-warmed ambience. (Cor. Quirino and Zapote, Gen. Santos) [wi-fi]

Ocean Cave Restaurant - Fine seafood and Filipino specialties (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

GGPick Pablo's Steaks and Crabs - Pablo's of Paseo Del Sol has perfected the art of preparing steaks (certified US Angus) (National Highway, Gen. Santos, +63-83-5539298)

GGPick Paseo Del Sol - Hacienda-style haven, catering to theme/special events, serving Pablo's/Ranchero fare, as well as exclusive dishes for private functions/catering service (National Highway, Gen. Santos, +63-83-5539298)

GGPick Ranchero Grill - Paseo Del Sol's old-timer Ranchero takes native/Filipino/ranch-style food to the next level (National Highway, Gen. Santos, +63-83-5539298)

GGPick Red Trellis Seafood Garden - Asian fusion-inspired, gives Singapore-style chili/black pepper crab places a run for their money (Across NDDU-IBED, Tiongsong, Lagao, Gen. Santos, +63-83-3022722)

Rooftop Grill Ihaw-Ihaw - Seafood/grill, great view of Plaza

Some are able and humane men and some are low-grade individuals with the morals of a goat, the artistic integrity of a slot machine, and the manners of a floor-walker with delusions of grandeur. (*Raymond Chandler, 1888-1959*)

General Santos (6th Flr, Sydney Hotel, Gen. Santos, +63-83-5525479 ext. 103) [wi-fi]

Royale Lounge - Relaxing café with minimalist décor, acoustic music Wed-Sat (East Asia Royale Hotel, Gen. Santos, +63-83-5534123) [wi-fi]

GGPick Sarangani Highlands Garden & Restaurant - Hilltop joint with views of Sarangani Bay, downtown Gensan, Mt Parker/Mt Matutum. Nature, fresh air, good food, great for private parties (Tambler, Gen. Santos, +63-83-3040752)

Wanchin Dimsum Restaurant - Good food, great view of Plaza General Santos (2nd Flr, Sydney Hotel, Gen. Santos, +63-83-5525479) [wi-fi]



RED TRELLIS SEAFOOD GARDEN

resto-bars

Drill Shack - Aussie staples as salads, steaks, burgers and condom-wrapped beers (Grd Flr, Arcade 1, East Asia Royale Hotel, National Highway, Gen. Santos)

GGPick Jmix Resto Bar - Great food, great music (JMP Bldg 2, City Heights, Gen. Santos, +63-83-5542368)

GGPick Piyesta! KTV and Resto Bar - Value-for-money combo meals, inventive dishes, novelty drinks and cocktails, tower drinks, intimate KTV rooms, friendly staff, *al fresco* heaven (Robinsons Place, Gen. Santos, +63-83-5542139) [wi-fi]



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by Van Almeria

Cosplay: Unleashing the Imagination

The new generation's fashion speaks more about self-expression, the braveness in defending the creative style of dressing up. This can be considered an elaborate progress in fashion, most especially in the subculture that has influenced the way we act, think and perceive. It has created a stronger impact in communicating and even enticing the public.

Cosplay, a subcultural fashion, has greatly influenced the younger generation. It is a fusion of two English words *costume* and *role-play*. It is a form of art and a way of portraying an original character or emulating a certain fictional character, camouflaged and adorned with creative hand-crafted and ready-to-wear costumes. It is drawn from the popular Japanese fiction genres such as *manga* and *anime*. *Cosplayers*, the subcultural fashion models,

share a common interest. They masquerade and experience the collective feeling of *cosplaying* through cosplay conventions.

Ever dreamed of meeting *Iron Man*, *Marvel Comics'* futuristic knight in a red-and-gold metal suit of high-tech, weapon-laden armor rubbing elbows with a *Gundam* robot built with a highly specialized mobile suit armed with powerful weaponry and ammunition? I did. And I was lucky enough to meet a few of the anime characters I've only seen before on TV and in the movies.

Cosplay as an influential art form is not just imitation. Young Mindanaoan Cosplayers have showcased a high level of creativity during the Cosplay convention held here in April. Let's join them as they journey to the world of Cosplay, Anime and other realms in between.

Trixi

Van: What does Cosplay mean to you?

TRIXI: Cosplay, to me, is an art and a form of self-expression.

Van: What got you into it? What do you think are the best things about being involved in creating Cosplay costumes?

TRIXI: I got into Cosplaying when I saw a picture of a Cosplayer when I was in high school. It was like magic, love-at-first-sight for the hobby. It was as if my favorite anime character has come to life. From then on I knew I wanted to Cosplay. The best thing about making costumes is becoming creative. Sometimes the characters' costumes defy the laws of gravity and physics in the real world. But some can still make it work by being innovative.

Ces Ignacio

CES: For me, Cosplay is an art of expression; from costume making, makeup, wig styling, and character portrayal. It's a combination of skills. It helps me become more confident. I used to be really shy but Cosplay helped me conquer my fear of being in front of a crowd.

Before, I knew nothing about Cosplay. I didn't even know such a world existed. As an anime and gaming fan originally, I agreed on trying it out once sometime end of 2008. A high school friend invited me. At the event, I met many people who have the same interests as mine. I was quite amazed. I began loving the world of Cosplay. It was a fantastic experience and soon enough I started attending Cosplay events whenever I could. I think the best thing about being involved in making Cosplay costumes is learning. I was able to develop skills in doing makeup and wig styling. I even started learning to sew, so I can make my own costumes next time.

ZHEL: Cosplay is the portrayal of a certain character. It can be anime, manga, cartoon, game, comics, movie, TV series and even your favorite TV idol. It's like performance arts where you're donning a costume and putting into life the character that you want to portray. It expresses one's own feeling and love for a certain character. For me, I see a form of art in this kind of hobby since a person's innovativeness, resourcefulness and imagination are very much engaged.

A friend of mine invited me to a Cosplay event in 2006. At first, I was truly skeptical in joining since I barely knew a thing about it. When I experienced the fun of actually doing it and saw other awesome co-cosplayers doing it, I got hooked. The best thing I get in making props, crafting parts of my costumes and helping my dressmaker get the costume right is the *experience*. My imaginative mind and innovativeness get all hyped up when I do this. I also get the feeling of satisfaction knowing that I was becoming resourceful in making my props. Usually, I often rummage through the stuff I already have in my room or in our garage to find things that can be very useful in making parts for my costume. I'm also an artist. I feel a sense of happiness and fulfillment once my Cosplay costume is done. It's like finishing a painting and put-

Photo by Dennis Li



ting all my feelings into one whole big canvas. The compliments I get from people make all my efforts worthwhile, especially those who have helped me through it. I have great dedication and passion in this hobby. I'd like to prove to them that the true nature of Cosplaying actually is no *walk in the park*.

Zhel Guiral

Photo by Dennis Li





by Egai
Cadiente

Hello. I'm sorry to trouble you. I'm living in Guangzhou, China. I like collecting postcards and letters. I like Philippines. I hope I get a postcard or a letter from General Santos City, Philippines by post. And I need only 1 postcard with stamp or a letter. Could you satisfy this little desire of my heart please? My postal address is ..."

So goes a Facebook private message that sneaked in one day. While I find this message odd -- though not totally unpredictable -- I replied nonetheless promising my random guest to post mail him his request. Naturally, a series of exchanges followed and he promised to mail me something in return. I am already anticipating a stamped enveloped through postal mail and before I knew it, the exchange ushered in wistful memories of high school.

Like everyday after class, I would traipse towards the Office of the Guidance Counselor -- where student mails are dropped -- hoping to see my name on the daily posting of letter recipients just beside the door. Almost always I would get one or two, either from a new penpal from some place far away, or a reply from existing ones. The excitement would consume me as I would tear open a stamped envelope scribbled with my name by someone's hand from halfway across the globe.

My high school was an era of letters and thrills. *Penpal* writing was a glorious fixation. Computers just started to be a sensation then and cellphones were unheard of yet. So there were no other fancies *distracting* me from honing my writing skills. Well, except for *Mills and Boon*, *Hardy Boys*, *Nancy Drew*, and *Barbara Cartland* paperbacks.

I was a consummate penpal. I had a couple of huge cartoon boxes stuffed with penpal letters and hundreds of stamps accumulated through my four years of high school. I thought I still had those boxes but I couldn't find them now. I must have tossed them away upon reaching college. That was a time when new interests were discovered, and I thought that penpal writing was no longer cool. I miss those letters now.

I miss penpal writing altogether.

I'm not sure how many penfriends from how many countries I have had, but I am certain I have learned more about cultures and lifestyles of people from oceans away. Learning via air mail.

Back then, you get penpals through IYS (*International Youth Service*), a penpal directory listing hundreds of students' and children's names aged 10-20 years from over 100 countries around the world. Signing up was as easy as filling up and mailing the form. After a couple of weeks, your name and whereabouts are printed and surely, you'd get letters in no time.

Letter writing, once very popular, is now a hobby of a few. We have come to the end of a certain period.

Well, gone were the times, and so was IYS. I looked up the Web to see if IYS still existed and found out that the Finland-based company founded in 1952 closed down in June 2008. Their farewell entry read, "The Internet has led to a situation where sending ordinary letters is old-fashioned. Letter writing, once very popular, is now a hobby of a few. We have come to the end of a certain period. As we cannot find enough young people interested in penfriendship any more, we have decided to close down this firm."

Nowadays, I don't know of any young soul engaging in snail mail correspondence. Today's generation is alien to this traditional sweet delight. The advent of technology in varied themes and tools -- *Naruto*, *Dota*, cellphones, *Counter Strike*, Facebook, *YouTube*, *iPad* -- displaced the pen era. When the Internet became mainstream, penpal writing lost steam. It's sad, really.

Truly Yours, Par Avion

But these are the times. Instant is the operative key -- instant coffee, instant photo, instant reply, fast food, fast games, fast facts, fax. Fiber-optic technology assumed the modern version of correspondence. Text, e-mail, chat, and Skype are the modes of exchange nowadays. No need for envelopes or stamps. You don't even need to write or type the words correctly. Web acronyms will do. AAMOF, you don't need words at all. That's *as a matter of fact*, hello!? LOL. How's that for sophisticated correspondence!


Anyhow, I was surprised to discover that there are penpal websites still in existence today. I might join and post my address and resume pen frolic. We'll see. But for now, I still have to go to the post office and mail my Chinese guy a letter and a postcard from General Santos City.

I'm sure I'll be satisfying his heart's little desire. And maybe my own.

Comments are welcome. You may email the author at my_eyevue@yahoo.com.

And none will hear the postman's knock without a quickening of the heart. For who can bear to feel himself forgotten?

- Wylan Hugh Auden
1907-1973



i love the great outdoors,
the sun and sky and sea,
the shallows, the swells,
the seemingly full and
hollow endlessness...

i love substance,
the sound of a perfect
sentence, the flow of
honesty and wisdom,
the magic of a vision,
the remembrance,
the experience,
the life.

that's why i read *Do you?*
GENSAN GAZER



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going on but not
quite confident
with your written
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by Bing
Cariño

Festival! Festival!

On my way to the *Atelier for Young Festival Managers* in Singapore, a mentorship program initiated by the *European Festivals Association (EFA)*, my publisher/editor challenged me to ponder this: **The Philippines have so many festivals. How many festivals do we really need?** During the opening of the atelier, one of the mentors, *Rose Fenton*, co-founder of the *London International Festival of Theater* asked the same question: **How much festival do we really need?** There were eleven mentors and 35 participants in the plenary alone; in that assembly there were close to fifty festivals celebrating different ways of life, events and things.

I have always suspected that Philippine festivals are town *fiestas* celebrating moments in history that defined identity, polity and locality. Celebration of the arts and culture, albeit made central to these festivities, only comes as a texture instead of text in the whole exercise of the festival. This articulation of the festival differs entirely from the European framework borrowed from *Bernard Faivre D'Arcier* (former director of *Festival d'Avignon*): "The true role of the festival is for artists to dare, to engage in new projects." (I submitted a *Bamboo Biennale* proposal to the *Atelier* designed to engage artists to work on the bamboo as a material for artistic engagement.)

Understanding the cultural divides of eastern and western thoughts, Philippine festivals are still festivals nonetheless. Another mentor, *Wai-Lap Kwong*, program director of China's *Guandong Dance Festival*, stressed that in Asia festivals are community events often centered on food--in essence, our *fiestas*.

General Santos City has so many festivals: there are town *fiestas* celebrating foundation days, patron saints and a combination of both and the four city-initiated festivals. The former happens in its natural setting while the other four are staged--their incubation happens in mandates and directives. In both natural or staged settings, these festivals are nonetheless celebratory.

Festivals open doors to new artistic forms, new performers, new audiences, unusual venues, unknown cultures, new points of view, new approaches to arts and the world, new social orders, new political discussions; festivals open minds and help build societies.
(*Kathrin Deventer, EFA Secretary-General*)

Gensan's festival calendar is a bit full. We end/start the current/coming year with *Paskuhan sa Gensan*.

With pomp and pageantry, the biggest party happens in Barangay Bula every January 15. I've always liked this festival and always referred to it as role model each time I get to sit in the planning of city government-led festivals: Bula's festivities happen naturally as a community expression. The day arrives and *viola!*--a festival lives. The fluvial parade is like nothing you've seen anywhere in the Philippines on land or water, hundreds of marine vessels plying the Bula-Tambler channel that would put to shame California's *Rose Parade*. Not to mention that food and drink flow freely from dawn to dusk, a far cry from city-led festivals that spend hundreds of thousands for food to feed just the participants and

events personnel. Sadly, in some sectors of Bula, this festival is known as *Sinulog*, robbing it of its originality. The people of Bula should realize that they have a better festival than Cebu has.

End of February we hold the *Kalilangan*, a weeklong celebration with a calendar of events verging on overkill. *Kalilangan* started as a foundation day celebration to mark the landing of Gensan's pioneers, and became a tourist spectacle. *Bai Janena Tito* gave the festival its name, and *Kalilangan* officially immersed in themes of arts, culture, history and heritage.

Smack in the midst of *Sarangani* in the summer, the city is also infected with the *Sarangani Bay Festival* as tourists flock the white-sand beaches of the province via Gensan's airport, pier and bus terminal.

June and July pay tribute to *Yaman Gensan*, a business-themed festival.

General Santos' cityhood on September 27, 1968 spawned another festival, again starting as a one-day celebration highlighted by a civic military parade that morphed into a multi-disciplinary event as if on steroids. This is one of the events that followed former mayor *Adelbert Antonino*'s vision of a government-supported, privately-led enterprise. To make it *touristy* it centered on the tuna and thereafter named *Tuna Festival*.

In between these major festivals, we have mini Santo Niño, Tuna and *Kalilangan* festivals incarnated in different barangays to mark their foundation days. Calumpang more imaginatively invented the *Bulad Festival*.

I myself initiated some festivals in

The author (right, in Maguindanao outfit) relaxing on the grass with the Russian and Polish delegation at an *International Council of Organizations of Folklore Festivals and Folk Arts (CIOFF)* assembly in France in 1992. As a student he participated in CIOFF events in Europe.



the years that I had the energy and the time--the *Mindanao Arts Festival* in 1999 and the *Tuba Arts Festival* that had a three-year run. Due to budgetary concerns these festivals died a natural death, so to speak--they died starving.

...Ponder this: The Philippines have so many festivals. How many festivals do we really need?

At the end of the Atelier in Singapore on May 21 the answer to the question--how much festival do we really need?--was not articulated. The mentors and the participants went home to their countries and began work on infusing the things and lessons learned from colleagues all over the world.

Perhaps as a culture that celebrates and glorifies life, we need these festivals, and more. Emerging the morning after hung-over and overdosed with activities, we look forward to the next fiesta.

Before managing festivals, the author has been a participant in many such events in Europe. An ardent believer of the educational value of international travels in festivals, he founded the *RMMC Teatro Ambahanon*. Ambahanon recently embarked on their first international festival in Fukuoka, Japan.

EFA holds first Atelier for Young Festival Managers in Asia

The European Festivals Association (EFA), together with its local partners, organized the first edition of the *Atelier for Young Festival Managers* in Asia from May 14 to May 21, 2011 in Singapore.

A group of 45 participants from all over the world took part in the intense weeklong course, which was especially designed for those who are currently working or intend to become involved in programming related departments within a festival. The participants developed exciting new ideas under the professional and extremely generous guidance of renowned festival managers. Next to high-level reflections in small topic-based working groups, lectures and debates, practical activities and case studies, interactive exchanges based on papers that participants prepared for the Atelier -- informal talks and contacts with artists and with leading cultural institutions from the region created an outstanding opportunity to link insights gained in the working groups with the concrete environment.

The motto borrowed from Bernard Faivre d'Arcier, "The true role of a festival is to help

artists to dare, to engage in new projects," was the theme of the Atelier. Particular emphasis was placed on the artistic aspects of festival management, including artistic vision, political and social responsibility, internationalization, networking, renewal and sustainability.

Leading and experienced festival operators, professionals and artists gave lectures, led workshops and took part in round table discussions and debates -- all of them spending days with Atelier participants for face-to-face sessions and dialogues. Among them were *Ching Lee Goh* (executive and artistic director of CultureLink, former director of the Singapore Arts Festival, Singapore), *Grace Lang* (program director of Hong Kong Festival Society, China) *Hugo De Greef* (former EFA secretary-general, general manager of Brugge European Capital of Culture 2002, founder and former director of Kaaitheater, Belgium), *Nele Hertling* (member of the strategy group *A Soul for Europe*, former director

of Hebbel-Theatre, general manager of European Capital of Culture 1988, Germany), *Rose Fenton* (co-initiator of Theatre Festivals in Transition, co-founder of London International Festival of Theatre, UK), *Bernard Faivre d'Arcier* (vice-president of Les Biennales de Lyon, former director of Festival d'Avignon, France), *Carla Van Zon* (artistic director of Auckland Arts Festival, former director of Creative New Zealand), *Seok Kyu Choi* (founder and executive producer of AsiaNow Productions, South Korea), *Norman Armour* (executive director of PuSH International Performing Arts Festival, Canada), *Robyn Archer* (creative director of The Centenary of Canberra 2013, artistic director of The Light in Winter, Australia), and *Wai-Lap Kwong* (program director of Guangdong Modern Dance Festival, China).

The Atelier was co-organized by EFA, La Salle College of the Arts Singapore, and Asia-Europe Foundation, with associate partners Association of Asian Performing Arts Festivals, Singapore Arts Festival, Culture360.org, and CultureLink Singapore, and Atelier supporters Goethe-Institut and Ambassade de France à Singapour.



Atelier participants pose with Gensan Gazer (Photo by Bing Cariño)



start creating cancerous cells. It is then great for us that the antioxidants in green tea can head off and subdue free radicals. This helps reduce our possibility of falling victim to cancer. Vast amounts of research have concluded that green tea reduces the risk of prostate cancer, lung cancer, bowel cancer, skin cancer, kidney cancer, pancreatic cancer and bladder cancer.

Green tea polyphenols elevate our count of white blood cells. A high white blood cell count is essential to a powerful immune system. There are two different white blood cells that polyphenols can strengthen: B-cells and T-cells. B-cells construct antibodies that defeat foreign objects and infectious microorganisms. T-cells engage particular invading organisms such as viruses and malignant cells.

For the purpose of detoxification the liver is our biggest weapon. It sponges up foreign chemicals from our blood and with the help of metabolic agents, chemically alters poisons into inert soluble materials. The harmful substances can then be excreted as fecal waste.

With the high levels of pollution in our environment and in our food in this age the liver experiences vast levels stress. On the up-side catechins come to our aid. These *wonder compounds* in green tea protect the liver from a number of harmful substances by aiding the enzymes specific to detoxification. In this process the liver is spared somewhat.

About the Author

Darren Haynes is a health and nutrition writer who focuses on antioxidants and healthy beverages. The author invites you to visit greenteaweightlossinfo.com for more information on the benefits of green tea.



Shopping Local: Is it better to buy locally or online?

by Claude Whitacre

This idea applies to almost any category of product. Local retailers almost always suggest buying locally. Of course, this is in their best interest, but there really are advantages of buying locally.

You can usually save a few pesos by shopping online, but these initial savings become less attractive when you consider buying locally from someone you can actually see. Here are the advantages of buying locally:

1 You can see what you are buying, and will be able to tell if it's really what you wanted.

2 You can usually try what you buy, or at least see it demonstrated in some way.

3 You can ask specific questions that you would not consider if the product were not in front of you.

4 If you need service, the local dealer is more likely to give you exceptional service, compared to an Internet seller who has never met you.

5 You can visit the dealer if you have questions, and ask questions with the product in front of you as a point of reference.

6 There is no telephone tag when you visit a local dealer.

7 There are no shipping costs or delivery delays.

Most local business owners (and well trained employees) are very knowledgeable about their product categories. They are not just some faceless online order takers.

It may be to your advantage to shop locally. But it's also to your advantage to shop locally if you own a local business. Every community keeps money in circulation by buying from each other.

And the best benefit you have with dealing with a local dealer is that they can show you the right product for your situation. This may save you a little money, or it may cost you a little more. But the product you get will be the one that fits your needs. You are not just buying from a clerk. You are getting advice from a trusted advisor.

Also, there are risks in buying online that you won't see when buying from a local business. Your local shop owner is easy to find. Your Internet

dealer may not be a dealer at all. The product you buy may be a *scratch and dent* model purchased for a fraction of its cost by the seller to be resold for slight savings to you. The Internet dealer may actually not have a real brick-and-mortar business at all. They may be working out of a temporary office, or out of a post office box, or a cell phone. You just can't be sure.

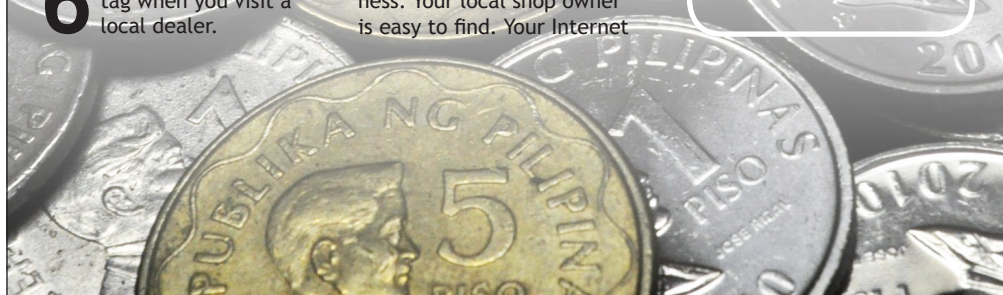
You are also far less likely to be treated unfairly by a local retailer. Word gets around quickly when news is spread locally. Local business owners cannot afford the bad reviews. One bad opinion read in the newspaper could destroy a local business. Local businesses have more invested in keeping you happy.

And let us not forget--this works both ways. It may be to your advantage to shop locally. But it's also to your advantage to shop locally if you own a local business. Every community keeps money in circulation by buying from each other.

Happy shopping!

About the Author

Local small business and marketing expert Claude Whitacre is the author of the book *The Unfair Advantage Small Business Advertising Manual* (claudewhitacre.com, local-small-business-advertising-marketing-book.com). The author also invites you to visit sweepstoreonline.com.



Brazilian Blowout Baby

My hair condition and routines: I color my hair monthly because my hair grows really fast. I also had my highlights done last January. I either have my hair curled or straightened using hair iron every other day. I get a hair treatment once a month. But when I want my soft curls by hair curling iron to last long I don't get a hair treatment because the drier my hair gets the longer the curls last. I love that wavy look especially for events and occasions. My hair is super chemically treated. I started having my hair straightened and relaxed when I was just 16. When hair rebonding came I had my hair rebonded once, sometimes twice a year. Although I don't have curly hair my hair is what you'd describe as *buhaghag* or frizzy. Now you know some facts about my hair. You can only imagine how my hair looks like.

Finally I decided not to get hair rebonding treatment for about 3 years because of the following reasons:

- My hair appears pin straight and feels very flat.
- Lots of restrictions: cannot tie hair, cannot wash for 3 days, cannot go swimming at the beach.
- It takes 4 to 5 hours to finish my super long hair.
- Rebonding leaves my hair straight but very dry.
- After treatment I must maintain it meticulously for it to look good.
- I cannot curl my hair as often as I want to.
- My hair is highlighted with bleach, and treated with pile after pile of chemicals. With rebonding there's a big tendency that my hair will get really damaged, or worse, get split and cut off.

Then news about **Brazilian Blowout (BB)** came from my mom. She told me that BB is the treatment we've been waiting for since the more chemically treated and more colored your hair is the better the results. We now have exclusive hands-on workshops on BB for all our salons.

I had an inch of regrowth so before doing BB I had my hair refreshed with color. **Daniel (Envy Me Salon & Spa, Robinsons Place Gensan)** and **Kimberly (Hairs & Nails Salon, KCC Mall of Gensan)** were tasked to do my hair. BB takes only about 1.5 hours, compared to rebonding's 3-4 hours.

To begin, they washed my hair with BB *Anti-Residue Professional Shampoo*, then towel-dried my hair. Next, they put the BB *Professional Solution*, blow-dried my hair,

then ironed it with a special iron to seal in the BB solution. Then they rinsed my hair and apply the BB *Deep Conditioning Masque*, and applied the BB *Daily Smoothing Serum*, and blow-dried my hair one final time. Finally, they applied the BB *Shine and Shield Spray Shine*. It's that easy, right? For my hair, which is about 24 inches long, the whole process only took an hour.

Days later my hair's natural waves are still there, that's why it looks very natural. BB hair treatment is very natural. Our hair is made of protein, specifically keratin, and BB puts in keratin, coating our hair with it. Again, this is not a straightening procedure; it only creates a protective protein layer around the hair shaft, thus smoothening the cuticles and eliminating frizz.



Photo by Brian Dan Conson



Back2Back
by **Donna Mae Congson** and **Romarie Ivy Cunanan**



Photo by Apple Greatson Francisco | Hair by Envy Me Salon | Makeup by Donna Mae Congson

Spoilt for Sweet Spa

Horizon Spa opened just recently here in Gensan. I was so excited to visit since I'm the type of person who loves pampering and massages. I've been into different spas in the locale, and I'm always looking for one that offers the best services.

Upon entering, you'll smell the peppermint scent, which is very inviting. The place was designed by its owner **Eunice Tan**, and I must say the setup is *über* classy and welcoming. You'll be guided by your masseuse to your own locker, where you can keep your personal stuff. Inside, they provide fresh towels, bathrobe and shorts. After shower and changing clothes you'll head to massage area.

Their masseuses are well-trained and I admire the high-quality products they use, including therapeutic essential oils. With comfortable beds and aromatic ambience you'll definitely enjoy it, and you're served a cup of hot, relaxing tea or coffee after. I really love their Swedish massage, a perfect way for anyone overworked and stressed out to relax their body and mind.

Personal Benefits of Swedish Massage. While a Swedish massage works great to help people who suffer from health conditions, it also works wonders on people who suffer from everyday troubles and concerns. Many things in life can cause us to be stressed and worried constantly. The more we're stressed the more our muscles become tense and we find it hard to relax them. The pressure used during a Swedish massage helps to relax the muscles and relieves all of the tension that has built up. The touch of the skin also helps to relax the person and to clear the mind of anything that might be bothering them. Therapists suggest a Swedish massage to anyone who is feeling run down and on the brink of depression as it helps to give you the energy you need and to relax your whole body; it also allows you to put things into perspective. Another benefit is its ability to help you sleep, which rests the mind and boosts the immune system.

I also tried their sauna made from wood that is aromatic, which releases pleasing aromas as they heat up. Using the sauna serves recreational and therapeutic purposes for me. Most people use them as a relaxation tool that provides additional health benefits.

Horizon Spa also offers services such as manicure, pedicure, foot spa, foot scrub, body scrub, hand spa, paraffin treatment, waxing, and ventosa.

Horizon Spa is located along Aparente Street, Barangay San

Isidro. It's the newly renovated building before reaching Lagao National High School in Purok Malakas. Check them on **Facebook** (search "horizon spa"), and for appointments you may call (083) 303-5086.

My experience at Horizon Spa sure was one of the best, and I intend to return as often as I can. I've tried several spas in Gensan, but this was definitely a winner!



Photo Nino Solis and Jay Maslog



by Armando
Nicolas PJ

Justice and Other Ironies

The last couple of *production* days needed to write this column offered a lot of opportunities and just as many hindrances. The idea, as with similar previous writings, was to start without any specific theme or direction and eventually hone in on an emerging central subject as and when it materializes. Only this time, there were too many disparate platforms to launch from -- tennis star Djokovic's triumph in Madrid and Rome, the spate of fatal road accidents in Gensan of late, Spain's soaring unemployment, the repercussions of Osama's execution and Obama's actions, Mommy D's new Hermès bag, filmmaker Von Trier's confession of being a Nazi, Portugal's European bailout after former IMF chief Strauss-Kahn posted bail for attempted rape allegations, the May 21 end-of-the-world scenario, Japan, the Middle East, planetary alignments, Missouri's killer tornado, Iceland's volcano and such -- that getting on with the task at hand seemed like shooting blanks.

So in quiet defiance I skip all of the above, and venture instead into the heart-warming story of nine-year-old Benjamin Sherman, who wrote *Gregory's Paper Airplane*. An inspirational children's story, *Gregory's Paper Airplane*, was written by a child to help other children. In the

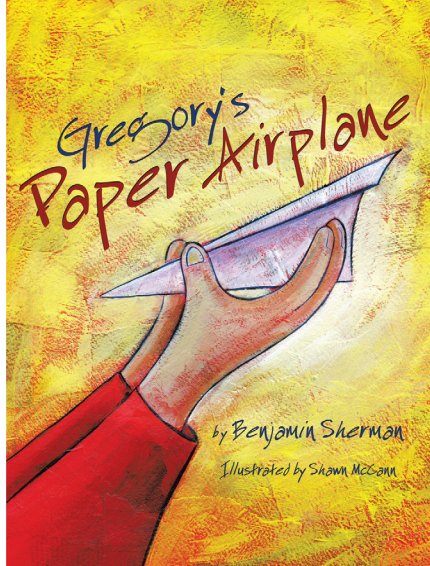
story, after learning about underprivileged children in Cambodia, Gregory's heart is troubled. He decides to take action and help in the best way he knows how... In real life, before the book was written, the prodigious writer of hundreds

of stories was greatly saddened one day at church to learn about the lives of Cambodian children, mostly orphans and victims of child prostitution and sex trafficking. Thus began Gregory's story, Ben's own, to help in his own way.

Ben's father, Jeff, recounts, "Benjamin started writing books when he was 5 years old. By the time he was 8, he had written over 100 books, including *Gregory's Paper Airplane*. Revealing his entrepreneurial spirit, he opened up Ben's Bookstore in his bedroom and sells his books to willing customers (aka, Dad).

"As a dad, of course, I think all of his books are awesome. But this one, which he originally titled *How a Guy Made Earth Beter by a Flyght of a Paper Airplane* (and which cost me \$1, I might add), really touched me. Ben told me he wrote it after learning about the enslaved children in Cambodia one day at church.

"I was so moved by the compassion of the story; I knew I had to do something with it. Although I did some editing and tweaked the storyline, the vast majority of the book stays true to Benjamin's original composition. Our prayer is this story



inspires you to help oppressed and less fortunate children."

Part of the proceeds from the sale of this book goes to Agape International Missions (agapewebsite.org), a non-profit organization whose mission is to prevent child sex trafficking in Cambodia and restore hope to its victims through holistic aftercare; and to International

Justice Mission (IJM.org), a non-profit human rights agency that secures rescue and justice for victims of slavery and other forms of violent oppression, and helps them heal within their own communities in Cambodia and other countries in the developing world.

Justice is when people and organizations and their work are given due credit, but in the free world even substandard products are self-indulgently overmarketed for profit and personal gain. It's ironic how much disparity can exist between real talent and raw takings at the cash register, and after all the campaigns that deluge the airwaves and virtual lines between producer and consumer, at the end of the day people are none the wiser. We're free to publish, profess, promote, and parade anything for profit, but at what cost and to what other end beyond ourselves?

Such is living in the real world, the realities of life you'd see in commerce, politics, show business, and pretty much everything else on the planet.

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