

GENSAN GAZER



Photography by Apple Greatson Francisco
Model: Julius Lagare (Atlanta Festival Ballet Company)
Production: Mathin Millado, Bing Carifo



by Apple
Greatson
Francisco

Take Two

There are times to cultivate and create, when you nurture your world and give birth to new ideas and ventures. There are times of flourishing and abundance, when life feels in full bloom, energized and expanding. And there are times of fruition, when things come to an end. They have reached their climax and must be harvested before they begin to fade. And finally of course, there are times that are cold, and cutting of and empty, times when the spring of new beginnings seems like a distant dream. Those rhythms in life are natural events. They weave into one another as day follows night, bringing, not messages of hope and fear, but messages of how things are. (Chogyam Trungpa, Buddhist meditation master)

Model:
Marthin
Millado



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?

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GENSAN GAZER



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editor's NOTE



Gensan Gazer does pirouettes!

Well, not exactly, but we try. We do, however, have **Atlanta Festival Ballet's** principal dancer, **Julius Lagare**, a true-blue Son of Gensan, on V2N4's covers and between the covers, no pun intended there. For the

cover shoot, visionary photographer (and part-time dancer) **Apple Greatson Francisco** lost track of time -- stretching Julius' warm-up session and *stunt* work from 30 minutes to over two hours! Now we see how real artists work with a passion, but sure, we'll stick to the schedule next time.

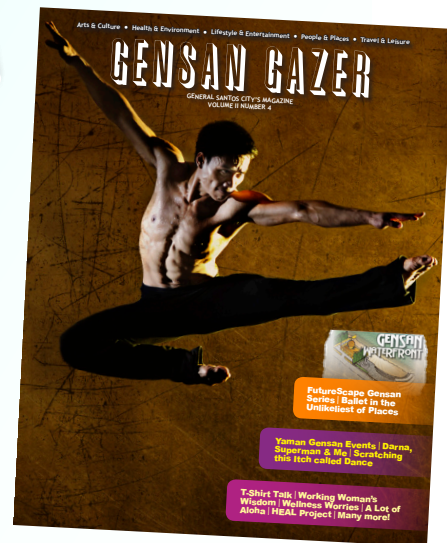
The second installment of **FutureScope Gensan Series** didn't have that luxury, sad to say. The drawings for **Gensan Waterfront** were nowhere to be found, so I had to sit down and draw it from scratch by hand myself (no choice there, Socoteco II cut off the power for a few hours one weekend), but you now what they say, "all's well that ends well."

Our esteemed contributors bring us an eclectic blend of perspectives this issue: **Egai** torn between Darna and Superman (not really), **Bing** scratching this itch called dance, **Donna's** wellness worries, **Romarie's** working woman's wisdom, and **Van's** tee talk. Elsewhere we round up Honolulu's must-see places, three must-read books, and three must-listen albums -- before taking on the more somber themes of healthy living and green lifestyles.

Lest we forget, it's **Yaman Gensan** season again, so check out the roster of events on page 7, and see where you could enhance a skill or know-how, or learn a new one. Who knows? This might be the welcome change you've been looking for in a long while!

Cheers from your friends at Gensan Gazer! (Congrats to Azkals and Novak, too!) We don't say it very often, but *Magandang Gensan* to everyone all over the globe! It's a big, little world after all!

Armando Nicolas P J

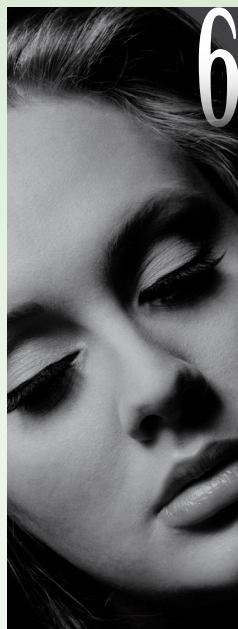


magandang
jenSan!

Gensan Gazer makes an appearance in Cebu! Our friend Nusha was caught reading our magazines over skinny latte and custard cake at Starbucks at SM City Cebu. Catch the wind energy specialist's column in GG alongside the editor -- *Pinoy Says, Tisay Says* -- now screening on page 17!



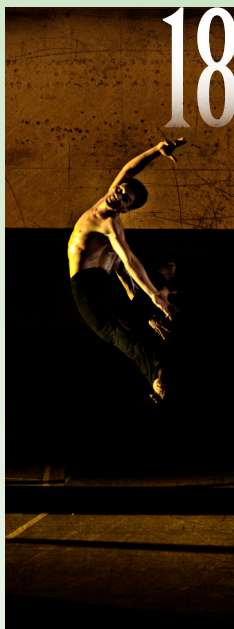
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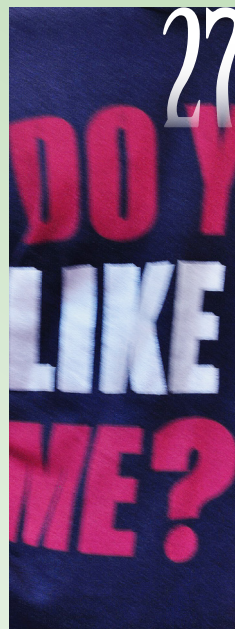
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EU Delegation immerses in South-Eastern Philippines Health and Economic Alternatives Project

The European Union sent its delegation to the Philippines in February to immerse in and interact with the communities it has helped over the years through the South-Eastern Philippines Health and Economic Alternatives (HEAL) Project.

Anja Bauer, Task Manager for Health of the EU delegation, began the three-day HEAL Project immersion by attending the year-end review and planning workshop at East Asia Royale Hotel in General Santos. Twenty-five other members of the project management and implementation teams participated, along with 13 health officers and government officials. The assembly tackled the project's Year 1 and 2 accomplishments against targets, and Year 3 work and financial plans earlier set in January, aiming to identify and recommend appropriate interventions that improve project performance.

In his welcome message, HEAL Project Director Martiniano L. Magdolot thanked the local government's positive response to the project interventions, and the EU for supporting the project and the government's endeavor to reduce poverty in remote upland barangays. The HEAL project, he added, was the first attempt at combining agriculture and health interventions to improve the general welfare and quality of life in the communities, aggressively promoting Food Always in the Home (FAITH) gardens and encouraging health partners in rural health centers to provide residents there with much-needed medical services.

On behalf of the EU delegation, Ms Bauer countered that although EU's support is focused on the health sector in partnership with local governments, they are also keen to work with service-oriented groups at the grassroots level. This aligns with the government's goal to foster public-private partnership through local governments and non-governmental organiza-

tions. Still, HEAL remains closest to their hearts because it served the indigenous peoples, considered the most vulnerable, neglected, and disadvantaged group. She commended the project's success despite limited resources, and reminded everyone of the challenges in the last year of implementation. After the open forum the assembly made a courtesy call to Sarangani Governor Migs Dominguez.



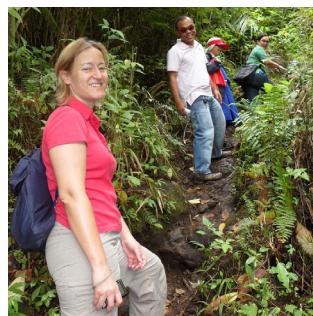
Day 2 brought Ms Bauer and selected HEAL team members and rural health reps to their learning site at Purok 8 in Barangay Kinilis, toured the Arabica coffee plantation, and harvested civet coffee beans from the animal's droppings, considered the world's most expensive coffee (up to \$600/Kg in the global market).

After a fun crash course on spear throwing using the indigenous *bangkaw*, the village community held a short program to entertain the visitors with a show of B'laan songs and dances, showcasing traditional musical instruments and costumes.

The team proceeded to see Maligo Multi-Purpose Cooperative's calamansi and guava production, as well as its own orchards where the raw materials themselves are grown.

Day 3 started with a visit to Sitio Kyumad in Barangay Amsipit in Maasim, Sarangani, beginning with a courtesy call to Mayor Jose Zamoro. They

made rounds of the barangay health station, where medicine supplies and medical equipment were provided by HEAL, and the community's demo farms and FAITH gardens.



Simultaneous with the visits, the EU Delegation's Contracts and Finance Officer Divina Somera conducted a finance monitoring of the HEAL project to evaluate finance compliance to recommendations made based on audit findings of the recent external audit.



The HEAL Project, launched in February 2009, aims to uplift the socio-economic condition of marginalized households in 15 upland and boundary barangays of nine municipalities in the provinces of South Cotabato, Sarangani, and Sultan Kudarat. The three-year project funded by the EU at nearly €780,000 is implemented by Mahintana Foundation Inc. in partnership with Allah Valley Development Foundation Inc., Maguindanao Development Foundation Inc., OND-Hesed Foundation Inc., Sta. Cruz Mission School Inc., and Tribal Leaders Development Foundation Inc.

Visit www.Mahintana.org for more news and updates about the foundation's community development programs in the region.

270 Cities in 43 Countries Now Read Gensan Gazer eZines

Two-hundred and 70 cities across 43 countries and territories now read the *Gensan Gazer eZine*, according to statistics posted in *Google Analytics* on June 20, 2011. Newcomers Italy and Indonesia join the **GROUP OF 43**

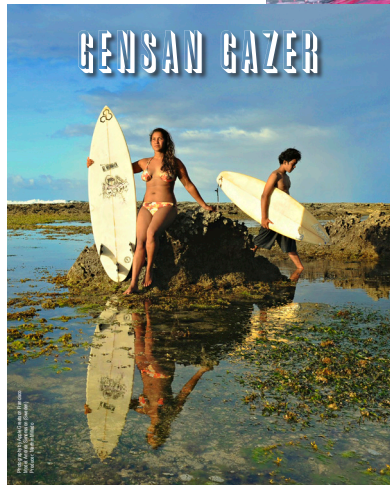
GG READER NATIONS, along with the Philippines, United States, Singapore, United Kingdom, Ireland, Germany, Canada, Saudi Arabia, Thailand, Netherlands, Australia, United Arab Emirates, Japan, South Africa, Malaysia, Israel, Russia, South Korea, Qatar, New Zealand, Colombia, Brunei, Croatia, Micronesia, Greece, Sweden, Vietnam, Guam, Bahrain, Brazil, India, Kuwait, Serbia, France, Hong Kong, Norway, Spain, and Turkey, **Chile, Portugal, and Switzerland.**

Of the Top 20 Reader Cities, Davao City remains in the first spot, besting 9 other cities elsewhere in the Philippines. General Santos moves down from second spot to 4th, an indication that more local readers are resorting to the eZine version as the printed magazines hit the stands.

Outside the Philippines, Singapore (7th spot) remains the top reader city, with New York (8th), Brooklyn (10th), Jeddah (11th), Los Angeles (15th), London (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
2. Quezon City
3. Manila
4. General Santos
5. Cebu
6. Mandaluyong
7. Singapore
8. New York
9. Makati
10. Brooklyn
11. Jeddah
12. Cagayan de Oro
13. Tacloban



14. Cotabato
15. Los Angeles
16. London
17. Houston
18. Dubai
19. Liverpool
20. Riyadh

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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.

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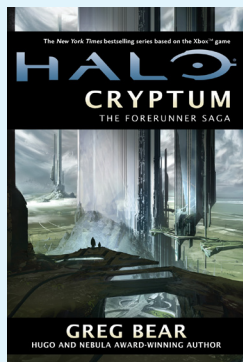


Romarie



www.romaries.com

Annihilation & a Price Tag



Halo: Cryptum by Greg Bear

Bestselling sci-fi writer **Greg Bear** has paired one of the biggest video game realms with his signature narrative style in **Halo: Cryptum**, which ushers the first in a trilogy that spins an intergalactic horror story about an alien civilization called **Forerunners**, builder of the Halos. Set over 100,000 years ago, it tells the tale of this supreme alien race, its rise to dominance, and subsequent disappearance. It is told through the young rebel

Bornstellar Makes **Eternal Lasting's** eyes as he comes of age, evolves, and experiences life's bitter lessons. **Halo: Cryptum** is a must read; it will surely entertain as much as the video game.

You Might Be A Zombie and Other Bad News by the Editors of Cracked.com

The people behind **Cracked.com** swear you'll "wish you never picked up this book," and they just may be right. **You Might Be a Zombie and Other News** is a rich, revealing, yet repulsive look at present-day lifestyles, diets, animals, drugs, science, and the functions of man. The book also bares that half



of humankind is hapless prey to a parasite that can feast on and take over the brain, alluding to a zombie apocalypse that may take place sooner than we think, since, as the book suggests, our brain makes our decisions 10 seconds before we do!

The Price Of Everything by Eduardo Porter

The Price of Everything is the true tale behind world economics, joy, and the actual price tag assigned to living. It offers a glimpse into the "motivating forces shaping our lives," and the effects of spending on business and the government. Educated in London and Mexico, and enriched by years of experience as a well-traveled reporter who honed his talents and world perspective in Japan, Mexico, South America, and the United Kingdom, **Eduardo Porter** reveals the currency that defines our humanity in a witty book that must be read at all cost.

THE PRICE OF EVERYTHING

SOLVING THE MYSTERY OF WHY WE PAY WHAT WE DO



EDUARDO PORTER

musicREVIEWS

Illumination in the Dark

The King of Limbs (2011), Radiohead | ★★★★★ -- Replete with chopped beats, fluid brass, and **Thom Yorke's** trademark falsettos, this album simmers more than soars, but it's exhilarating nevertheless. In **Morning Mr Magpie**, Yorke's quick breaths add percussive edge to a funk bassline with lyrics like, *Good morning Mr Magpie / How are you today / Now you've stolen all my magic / Took my melody*. Melody, however, remains and pervades. **Little by Little** and **Feral** are absorbed in the kinetic, looping pulses that became dominant several albums ago, with **Lotus Flower** unfolding before the rich piano and more conventional vocal to reach the album's high point. Sure, **Give up the Ghost** seems a tad flat to be a progression, but leave it



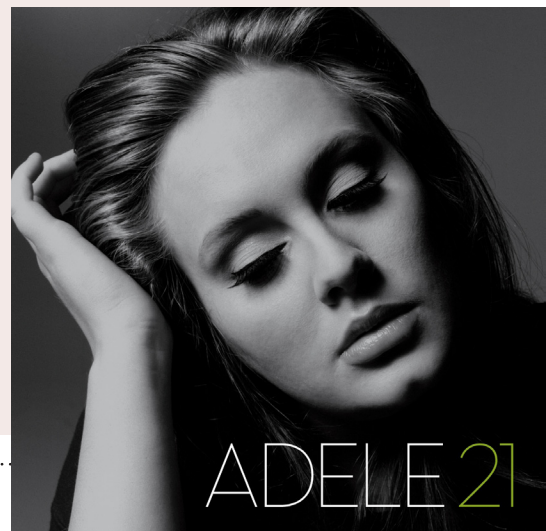
to **Separator** to burn in the tender and optimistic glow that warms the entire album. Darkness is present here, and so are light and brilliance.

Helplessness Blues (2011), Fleet Foxes | ★★★★★ -- Served with otherworldly harmonies, themes of growing old, free jazz even, this bolder album brims with both melancholy and sunshine. Shades of folk rock (think **Crosby, Stills, Nash & Young** and **Brian Wilson**) are apparent, as **Someone You'd Admire** clearly intones, and **Astral Weeks** slightly less so. **The Shrine/An Argument** moves from haunting folk to a deep groove to a flurry of brass, woodwind and strings. **Blue Spotted Tail** is a beautifully finger-picked ballad about love and death against a cosmic canvas. **Helplessness Blues** waxes pragmatic on the pains of old age and discovering one's place -- a thing of beauty for and despite its hopeful resignation -- with a blissful



exit pass. The exuberance of **Grown Ocean** (and the album, in general) shows that even in the less elated of times, wonder and hope live on.

21 (2011), Adele | ★★★★★ -- Profound and soulful, Adele's songwriting sparkles throughout, but it's her voice that shines brightest. **Rolling in the Deep** stands out, but four feel massive: **Fire to the Rain**, **I'll Be Waiting**, **Rumour Has It**, and **Someone Like You**. As richly deep this album is, it shows how simple layers/textures often mean completeness. Adele has proven that pursuing a more commercial sound while retaining integrity as an artist is possible.



ADELE 21

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SEMINARS	Date / Venue	Organizer
Trends 2012	June 29, 2011 9am-4pm Casa Luisa	DTI Gensan Imelda Salvador 5528385
Understanding Nutrition Labels for SMEs	June 29, 2011 9am-4pm Casa Luisa Restaurant	DOST 12 Dr Z.P. Hadji Raof-Laidan Nabil Hadji Yassin 5547997
Records-Keeping & Accounting for Small Businesses	June 29-30, 2011 9am-4pm Casa Luisa Restaurant	SMEDCI/CEMCDO Adelyn Yucamco/Ma. Lessa Barcelona 5538448
GMP & HACCP for Food Industry	June 30, 2011 9am-4pm Casa Luisa Restaurant	DOST 12 Dr Raof-Laidan Nabil Hadji Yassin 5547997
Shelf Life Determination of Food Products	July 2, 2011 9am-4pm Casa Luisa Restaurant	DTI Gensan Christi dela Rosa 5528385
Product Pricing & Costing	July 5, 2011 9am-4pm Casa Luisa Restaurant	SMEDCI/CEMCDO Adelyn Yucamco/Ma. Lessa Barcelona 5538448
Skills Training on Coco Coir Matting	July 7, 2011 9am-4pm Garden Center	DTI Gensan Christi dela Rosa 5528385
Starting a Business in Mushroom Production	July 8, 2011 9am-4pm TEMPC Conference Rm Dadiangas South ES	CEMCDO Adelyn Yucamco/Ma. Lessa Barcelona 5538448
Urban Aqua Culture (Pangasius Production)	July 12, 2011 9am-4pm TEMPC Conference Rm Dadiangas South ES	CEMCDO Adelyn Yucamco/Ma. Lessa Barcelona 5538448
Achievement Motivation Training	July 13-14, 2011 9am-4pm Casa Luisa	DTI Gensan Christi dela Rosa 5528385
Meat Processing, GMP/Food Safety (Beef/Chicken)	July 13-14, 2011 9am-4pm Casa Luisa	DOST 12 Dr Z.P. Hadji Raof-Laidan Nabil Hadji Yassin 5547997
Financial Analysis for Non-Acctg Execs	July 14, 2011 9am-4pm SunCity Suites	LEAD & Co. Karyl Garrido 0922-8181375
Mango Processing	July 14-15, 2011 9am-4pm TEMPC Conference Rm Dadiangas South ES	CEMCDO Adelyn Yucamco/Ma. Lessa Barcelona 5538448
Skills Training on Bayong Making	July 15, 2011 9am-4pm Garden Center	DTI Gensan Imelda Salvador 5528385
Fish Processing (Food Safety)	July 20, 2011 9am-4pm BFAR XII Office	BFAR XII Jocelyn Romasanta 0929-4043857

Fora / Congress	Date / Venue	Organizer
Coconut Business Opportunities	July 8, 2011 9am-4pm Casa Luisa Restaurant	PCA/DTI Gensan Christi dela Rosa 5528385
Banking and Finance Forum	July 8, 2011 1-4pm Phela Grande Hotel	CBAGS Manny Evangelista 5523337
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
Investment Forum	July 14, 2011 9am-4pm TBA	CEMCDO/DTI Gensan/ NDBRCFI Troy Torrecampo 5538338, 5538448
Business Leadership Conference	July 16, 2011 8:30am-5pm Family Country Hotel	GSC Chamber of Commerce Bench Tacumba 5546108
3rd Mindanao Halal Forum	July 20, 2011 9am-4pm TBA	Muslim Business Forum Atty. Kanda / Bai Ruby Kanda 0928-5212203, 3013266
Entrepreneurs' Forum	July 21, 2011 9am-3pm TBA	SMEDCI/NDBRCFI/DTI Gensan 5541929
10th Human Resource & Skills Development (HRSD) Summit	July 20-22, 2011 KCC Events and Convention Center, KCC Mall	TESDA SarGen Leonora A. Guiloreza 5532505, 3014775 Rey Albano 5525578, 5523905
Trade Fair	Date / Venue	Organizer
YG Trade Fair and Exhibit	July 1-3, 2011 10am-7pm Robinsons Place Gensan	DTI-Gensan Christi dela Rosa 5528385
Panga Fishtahan	July 1-16, 2011 4-10pm (Tentative) Tiongson Arcade	DTI-Gensan / BFAR Milda dela Peña 5528385
2011 YG Jobs Fair	July 6, 2011 9am-5pm Oval Plaza Covered Court	LGU-PESO Elisheba Valdez 5533479
Young Entrepreneurs Fair	July 18-20, 2011 10am-7pm Robinsons Place Gensan	DTI-Gensan Christi dela Rosa 5528385
Competency Assessment & Certification - June 27-July 1, 2011 9am-4pm TESDA SarGen Maisalam Macaibang 5532505, 3014775 4x4 Clinic/Exhibit/Off-Road Competition - July 15-16, 2011 (Tentative) Barangay Lagao Gensan 4x4 Fun Club Dennis Española Hon. Mayor Darlene Antonino-Custodio Wushu 1st YG Mindanao Open - July 17, 2011 9am-5pm Robinsons Place Gensan Wushu Federation of the Philippines 0908-5459809 Business Plan Competition - July 20, 2011 9am-4pm CEMCDO Troy Torrecampo 5538338 1st SunCity Suites Night Fun Run - July 23, 2011 5-8pm Macky Cruz 552333, 3033333		



A FICTIONAL SEAFRONT ENCLAVE IN THE PROCESS OF BEING DRAWN

Nothing captivates urban dwellers more than a beach promenade in the heart of the city. Think South Miami Beach or Sydney's Bondi or Honolulu's Waikiki -- locals and visitors gravitate toward such districts, giving business and social interaction a boost in the process.

Setting up such an infrastructure, making it grow without damaging the physical and cultural makeup of the area, and maintaining it for many years to come won't be a picnic, however. There's the urgency to secure the place and make it safe for residents and tourists alike, especially the children and senior community.

There's the need to keep the district clean and environmentally viable, especially the quality of beachfront seawater that visitors are exposed to.

Above all there's the importance of cultural sensitivity, as to set up a place of worship in relative proximity to a place of leisure could pose potential issues.

As with Hassan II Mosque in Casablanca, Morocco (albeit on a much grander scale), Gensan's seaside mosque could serve not only as a place of worship for the Muslim community, but as a tourist attraction as well.



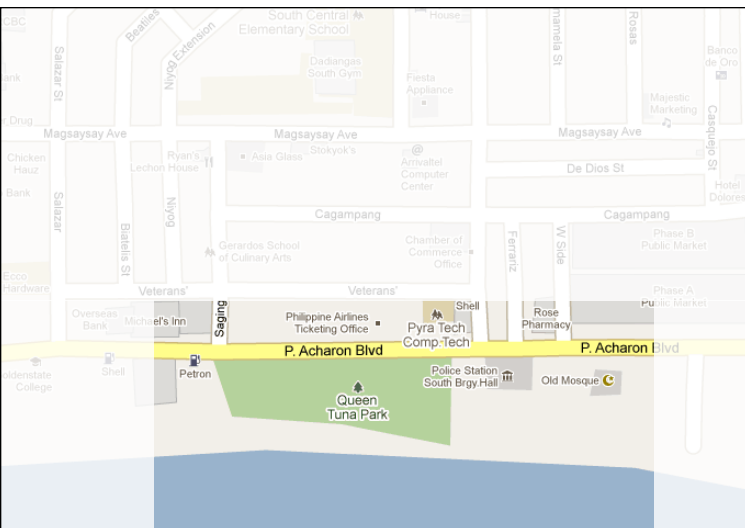
GEN WATERF

Drawn disproportionately here, this section could serve as a small plaza with a monument, say, for the local tribes of Gensan prior to the resettlement. Most importantly, this area should be noise-controlled for obvious reasons.

Rows of arcades could house booths selling swim paraphernalia, books and periodicals, souvenir items, and what-not, as well as spaces for sunning, *al fresco* dining, and even a small wading pool for children.



Disclaimer: This simplistic rendering by the author is executed solely for illustration purposes to complement this fictional article. No infringement on establishments, institutions, properties or existing plans is intended. The mixed media rendering is not drawn to scale.



Granted all these concerns would be addressed adequately, we're left to draw out the abstract and plan of Gensan Waterfront right in the district where Queen Tuna Park now stands along the seaside confines of very promising Acharon Boulevard. Like initial drawings go, this needs much rework.

SAN FRONT

All About Mosques

It would make sense to first run through the concept of a mosque (masjid in Arabic) in this case. The word masjid in English pertains to all types of buildings or structures dedicated for Islamic worship, although in Arabic there is a distinction

between the smaller masjid dedicated for the daily five prayers, and the larger masjid jāmi where the daily five prayers and the Friday congregation sermons are held with a high volume of attendance.

The masjid serves as a place where Muslims can come together for salat (prayer), as well as a center for information, education, and dispute settlement. The Imam (Islamic religious leader) presides the prayer. Masjids have developed significantly from the open-air spaces that were the Quba Masjid and Al-Masjid al-Nabawi in the 7th century. Many masjids have elaborate domes, minarets, and prayer halls. Though originated on the Arabian Peninsula, masjids are now found in all inhabited continents. Some of them are in direct proximity to the sea, such as the Kota Kinabalu City Mosque (Malaysia), Hassan II Mosque (Morocco), Ja'ama'a-el-Bahr Sea Mosque (Israel), Mosque of the Valide Sultan (Turkey), and the Floating Mosque (Saudi Arabia). Haji Ali Mosque in India is distinct in the sense that it perches



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**GENSAN
SUITES**

What's not to like? Our hotel is **high on quality, superior in service, tops on location, and extra low on cost.** (And yes, this is possible!) **Richeva Gensan Suites** is all four, and more!



Located at No. 11 Sampaguita Street between Laurel East and Rambutan, the brand new **Richeva Gensan Suites** is practically smack in the middle of the downtown district -- amid universities, government agencies, a bustling dining and entertainment enclave, and a short drive to the overland terminal,

passenger pier, and the international airport. Superior matrimonial and twin-bed rooms fetch for an affordable P950 only, with suites going for just P1450.



on an islet off the coast of Worli in Mumbai, and can only be reached on foot or by car at low tide.

Under most interpretations of Islamic law, non-Muslims may be allowed into mosques, as long as they do not sleep or eat there. Today, however, the decision on whether non-Muslims should be allowed to enter mosques varies. With few exceptions, mosques in the Arabian peninsula as well as Morocco do not allow entry to non-Muslims. The Hassan II Mosque in Casablanca, for example, is one of only two mosques in Morocco cur-

rently open to non-Muslims. However, there are many other places in the West as well as the Islamic world where non-Muslims are welcome to enter mosques. Most mosques in the United States, for example, report receiving non-Muslim visitors every month. Many mosques throughout the United States welcome non-Muslims as a sign of openness to the rest of the community as well as to encourage conversions to Islam.

The Badshahi Mosque in Lahore, Pakistan, built by Mughal Emperor Aurangzeb, is open to non-Muslims.

In modern-day Saudi Arabia, the Grand Mosque and all of Mecca are open only to Muslims. Likewise, the Masjid al-Nabawi and the city of Medina that surrounds it are also off-limits to those who do not practice Islam.

For mosques in other areas, it has most commonly been taken that non-Muslims may only enter mosques if granted permission to do so by Muslims, and if they have a legitimate reason. All entrants, regardless of religious affiliation, are expected to respect the rules and decorum for mosques, just like in Christian churches.

In modern Turkey non-Muslim tourists are allowed to enter any mosque, but there are some strict rules. Visiting a mosque is allowed only between prayers; visitors are required to wear long trousers and to remove the shoes, women must cover their heads; visitors are not allowed to interrupt praying Muslims, especially by taking photos of them; no loud talk is allowed; and no references to other religions are allowed (no crosses on necklaces, no cross gestures, and so on). Similar rules apply to mosques in Malaysia, where larger mosques that are also tourist attractions (such as

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the Masjid Negara) provide robes and headscarves for visitors who are deemed inappropriately attired. At different times and places, non-Muslims living under Muslim rule were required to demonstrate deference to mosques. In most cities of Morocco, Jews were required to remove their shoes when passing by a mosque.

Waterfront Promenade

The concept of a seafront promenade for outdoor leisure, recreation and dining in close proximity to a religious structure poses some challenges. But this is not without countermeasures or opportunities.

People pause however they can when they're within earshot or view of the singing of the national anthem, or the saying of the 3 o'clock prayer (for Catholics). Drivers naturally don't honk their horns unnecessarily within the vicinity of schools and churches. It's not difficult to assume that people would observe the same courtesy around the mosque in this fictional blueprint. It's not hard to enforce a city ordinance to

achieve this effect either.

Back to the waterfront promenade, three integrated components are involved in the plan: the miniature plaza with a central monument, the promenade directly facing and leading down to the beach, and the area where concession stands and shops are located.

Placing the open plaza closest to the mosque perimeter gives each structure mutual room to breathe. Signs that encourage the public to maintain serenity in this area may come in handy to achieve a scenario where, for example, early morning joggers run with earphones, or Tai Chi practitioners do their meditative exercises, or strollers converse without making a lot of noise.

The beachfront promenade is deemed the hub of the most frenetic activity during the day, and hence the area with the most noise, especially weekends, with children playing and running around, and youngsters spending time with their friends. With an open area such as this, the sea breeze and the lapping of the waves on the shore will help



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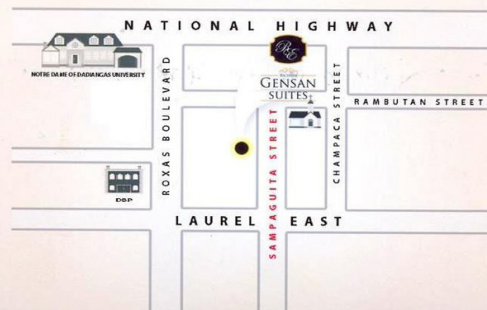
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disperse the noise somehow, and a no-horn policy for vehicular traffic on this boulevard would be most ideal. Needless to say, loudspeakers, if necessary (and this will require a closer scrutiny), should be placed strategically so the sound is toward the direction opposite the mosque.

The concessions area can be set up in a more straightforward manner. Three rows of arcades form a trio of curves at the rightmost end of the promenade, the shops within them facing sideways toward the beach. It would make sense to place the cafés and restaurants within the arcade row closest to the beach, where each concession could also place tables and sunchairs on the



sand by the stairs leading down to the beach from the arcade. The remaining arcades could house booths selling swim paraphernalia and sun protection implements, books and periodicals, souvenir items, take-out food and drinks, and what-not. Shops that

rent out and/or sell sun chairs, large umbrellas, beach mats, towels, coolers, sunglasses, sun hats, fans, floaters, and beach balls would be perfect here. A small wading pool and playground for small children of paying customers are not a bad idea either.

Beachfront

Beaches are both the easiest and hardest feature to set up and maintain in any recreational enclave or landmark. Nature takes centerstage here, and so does the history of

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urban waste disposal system the city has subjected our bodies of water through the years.

Lion Beach, a world-class urban beach? Why not! It's extremely expensive to relocate the city sewer systems that directly or indirectly contaminate the waters here, or rehabilitate the quality of seafloor and waters off the beach shores, let alone to clean up (and keep cleaning regularly) the existing landmark without any overhaul. But it's possible, no doubt.

Sentosa Island in Singapore is a living study of this possibility. Transplanting fully grown coconut trees to barren coasts, moving massive boulders for landscaping, importing hundreds of thousands of tons of white sand to cover the less desirable grayish beach, building islets for decorative purposes -- all feats that would seem extravagant, even unnecessary, at first. But look at the island's Siloso Beach and Palawan Beach right now: the landscape has become postcard-perfect, and has proven to be a boon to businesses and the community alike.

Other Considerations

The artist's impression rendered on page 8 clearly strays from the actual makeup and statistics of the given estate. For one, a barangay headquarters separates the beach and the mosque, which fortunately provides a crowd buffer and noise barrier of sorts between the two structures. The waterfront promenade is also much wider in real life, compared to the restricted space in the

illustration. A lot of other details nowhere to be found in the drawing need ironing as well. Parking space for private vehicles and a public transport terminal (or a roofed passenger shed at the very least) would have to be set in place within the plan, along with an adequate number of strategically located restrooms, showers and changing rooms. Lifeguard towers are a must here, as well as emergency clinics, security outposts and general information booths that attend to matters as diverse as directions, reservations, recovered items, and lost children, among others.

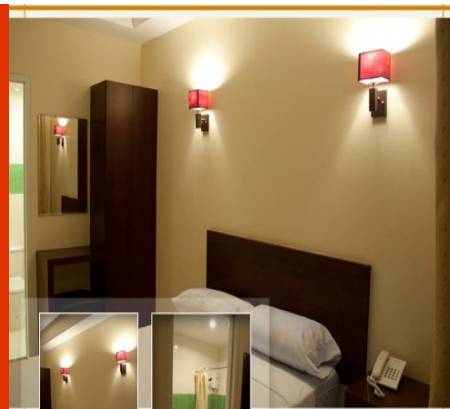
The actual area may not warrant it, but why not commission a space where independent private developers can build a medium-sized hotel or serviced apartments at the far end of the strip? This will complement the hotel business already thriving in the area, and provide the perfect add-on and diversion to the University Belt that starts where Acharon Boulevard (Gensan's future Ocean Drive, if you will) ends. (Needless to say, coming soon in our FutureScape Gensan Series would be the University Belt facelift, one that spans the length of Pioneer Avenue towards City Hall, the Oval Plaza grounds, and the campuses of Mindanao State University and Notre Dame of Dadiangas University beyond.)

Until then, ciao for now!

We are told never to cross a bridge until we come to it, but this world is owned by men who have crossed bridges in their imagination far ahead of the crowd.
(Anonymous)



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Going Green with Wind Turbines

by Adam King

Wind Turbine Energy: A New and Green Alternative -- When people think about finding green sources of energy, they often turn to solar power. While it is true that solar energy is a clean alternative to using traditional fuels, it is not the only green option available. Wind turbines are a method of generating energy, which is not new in theory since there are many who know how to generate electricity using wind. However, wind turbines are still a new form of powering an entire home.

Wind Turbines vs Solar Panels -- Both solar panels and wind turbines generate power. Since solar energy and power generated using wind turbines are clean and easily renewable they can both be used by people who are looking for ways to reduce their carbon footprint by reducing the amount of fumes that are emitted into the atmosphere. It is believed that if the planet turned away from traditional forms of power such as oil and coal the greenhouse effect (the warming of the earth's climate) could possibly be reduced.

The problem is, people interested in clean power do not know whether they should choose solar or wind energy. When

making a choice think about your climate. If your home does not receive direct sun exposure regularly, you might want to consider wind turbines. Remember, energy stored by solar panels is depleted as electrical appliances are used, so if you can't constantly renew your solar energy, wind turbines are the best green alternative.

Saving Money with Wind Turbines -- The cost of installing a home wind turbine may be enough to discourage many homeowners. As using wind turbines to fuel homes is still new, manufacturers and installation specialists have not had enough time to



develop cheaper ways to build and install them. Having a wind turbine installed for private use can cost from hundreds to thousands of dollars.

The final cost is determined by the amount of energy your family will be using as this will influence how much power

your wind turbine will need to generate. However, it is important to remember that after the wind turbine is installed you will have a limitless amount of energy at your disposal. Once a wind turbine is working you will no longer have to worry about paying monthly electricity bills, which will save you thousands of dollars each year. In fact, your wind turbine should be able to pay for itself after only a year or two.

Going green is a choice that will help you and the environment. By switching to wind energy you and your family will be able to drastically decrease your monthly electricity costs. Also, switching to wind-generated energy will help the environment by reducing the amount of carbon released into the atmosphere. You might also be able to further help the environment by starting a conservation trend in your neighborhood.

To get more insights about solar panels and wind turbines, please visit my website at www.howtobuildsolarpanelinfo.com.

Top 5 Greener Kitchen Tips *by Danielle Downs*

A green kitchen saves tons of money. Disposable kitchen products simply put cash in the trash and grow our pollution problems. Here are five things you can do today to start saving money and the planet.

ONE: Green Clean -- Make your own non-toxic cleaners with simple ingredients you already have. Baking soda is a great gentle scrub that helps remove grease and dried-on particles. White vinegar helps remove streaks from chrome, stainless steel, and glass surfaces. Lemon juice will remove stains, and leave your kitchen smelling fresh. Salt is great for killing bacteria. Choose natural sponges or grow your own loofa to scour your counter tops.

For germ-free cutting boards, slice a lemon in half and dip in salt. Use the salted lemon as scrub. First rinse the board with hot water to remove surface debris, then scrub with salted lemon. Let the salt soak on the board 5 minutes. Rinse in hot water.

TWO: Compost -- Egg shells, coffee grounds, and veggie scraps can easily break down in a small compost bin. Apartment dwellers can compost in a container. With more space, you can build a large open-air compost with stakes and chicken wire. Add yard waste and fibrous material like dryer lint to a larger compost. Extremely aggressive composts can digest hardy organic garbage. If your backyard compost is big and hot enough, you may add things like pet refuse, paper towels, vacuum cleaner waste, and fatty food discards.

THREE: Recycle -- This seems like a no-brainer, but putting your recycle bin in a conspicuous location will help keep recyclables out of the trash. Check with your city or county waste management to be certain of what can get recycled. Many areas now offer curb-side programs for plastics, glossy magazines and junk mail, and even Styrofoam. If your bin fills up fast, ask the city for a second one. They are usually happy to drop one off during the next week's collection.

FOUR: Try Cloth -- Cloth napkins and kitchen towels are much better for your wallet and the planet. Make your own quick set by cutting jersey or other cotton material with pinking shears, even bed sheets or other fabric that need recycling. Cloth napkins are inexpensive and available at discount stores. Cloth dish towels and hand towels for the kitchen will save tons of paper towels. Try a microfiber cloth with your natural cleaning products for better cleaning. Microfiber is now being made from sustainable bamboo.

FIVE: Stop Leaching -- Some kitchen products from decades past are actually very toxic. Plastic containers, non-stick pans, and coated cans have all been shown to leach petrochemicals into our food. Jars are free of plastics and BPA that is in so many canned foods and storage containers. These jars come in a variety of sizes and shapes for storing dry goods, leftovers, and even for packing lunches.

Cast iron, stainless steel, copper, and enameled iron cookware are all safer choices than non-stick. In fact, cast iron has been shown to impart iron into foods, which can help people with iron deficiency anemia.

Danielle Downs regularly writes for GoingGreenToday.com. She invites you to visit goinggreentoday.com for more stories on green lifestyles.





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Ways to Tackle Snoring and Sleep Apnea

by Benjamin R. McCall

Both sleep apnea and snoring are closely related breathing disorders, the former being a more fatal complication. Though both stem from congestion in the airways during sleep, snoring does not affect the quality of sleep whereas sleep apnea can be not only dangerous to one's well-being but also affects comfort levels during our sleep. Poor quality of sleep directly results in fatigue and sleepiness during the day. These symptoms are not evident when dealing with snoring but with sleep apnea we find them clearly present. Once these symptoms are detected or suspected, one must directly avail of medical treatment.

Before resolving sleep apnea disorder, one needs to know

which type he/she suffers from. Sleep apnea is of three kinds: *obstructive sleep apnea* (caused by increased relaxation of the soft oral tissues), *central sleep apnea* (caused by imbalanced respiratory controls of the mind), and *complex sleep apnea* (mixture of the two aforementioned types). Once the type of sleep apnea is identified, you can start working on its resolution.

Tackling sleep apnea and snoring can be done in a number of ways. Some lifestyle changes can be beneficial in producing favorable results. Availing the services of oral dental appliances also help solve either of the problems. CPAP (continuous positive airway pressure) alternatives to sleep apnea remedies can also prove to be a good resolution to these breathing disorders. Finally, if

nothing else works or the situation is beyond critical, surgery is suggested.

The most popular snoring remedies include incurring some lifestyle changes such as losing weight, clearing the nasal passage with something like Neti pot or any other such decongestant, giving up smoking, establishing a regular sleeping pattern, moistening the bedroom air and/or repositioning sleeping posture as in elevating the head by four inches to assist the tongue and jaw to move forward and avoid any congestion whatsoever.

Sleep apnea remedies today usually deal with obstructive sleep apnea (OSA). Lifestyle changes that help tackle sleep apnea are the same as those used for snoring. Apart from such self help, you can also use mouthpiec-

es or oral appliances. A dentist or orthodontist can provide you with a pair of custom-made mouthpiece that prevent your soft oral tissues from collapsing or constricting the air passage. But the gold standard treatment for moderate to severe OSA is the use of CPAP. The treatment helps you with your breathing problems by providing a constant flow of air while you sleep. Many patients have complained about the devices but everyday new advanced features are added to it. Today the entire device is the size of a tissue box and much lighter, quieter and more portably comfortable. Surgery is the last resort when people are not able get any relief from the aforementioned remedies. During such surgical procedures, the excess tissues in the mouth and the throat are stiffened or made to shrink.



The bottom line is, once detected, this fatal breathing disorder should not be left untreated. The best way is to avail of minor lifestyle changes and oral appliances. If the situation deteriorates, CPAP alternatives to simpler remedies are the best way to go.

To learn more about Obstructive Sleep Apnea, Snoring Remedies and CPAP Alternatives, the author invites you to visit www.stopsnoringaustin.com.

Exercise for Stomach Fat

by James Taylor

With all the fast food we eat, only the fortunate few avoid a flabby gut without doing some sort of exercise for stomach fat. Two of the simplest types are planks and crunches. (Pregnant women shouldn't do these exercises. If you have back problems, doing crunches on a hard surface can aggravate those problems, so don't do that.) As always, warm up before and stretch afterward. Never stretch cold muscles.

Planks

For the ab plank, lie on the floor face down with your weight on your forearms and toes. Straighten your body, as rigid and straight as possible, from neck to



ankles for 30-second holds. Do three sets of 20 (or how many you can do to begin with). Gradually increase your hold time (from 30 seconds upward) as you grow more accustomed to the exercise. When this becomes too easy, do it with a stability ball under your feet. The more you do the more stomach fat you will burn.

Another intense exercise for stomach fat is the side plank. Start in the basic plank position (weight on toes and elbows), and roll to one side, placing all your weight on one forearm and placing your upper foot on your lower foot (the weight is now on the side of your foot), and extend your free arm straight upward. Hold that for 30 seconds, and then reverse, holding that for 30 seconds. This exercise can also be done with straight arms, weight resting on the palm of the hand. That's a little more challenging balance-wise, but like anything else, it gets easier with practice. Again, the goal is three sets of 20.

Continued on page 29 ➤

Pinoy Says



Tisay Says

Mandi



I'm confused: you say this "great guy" is "the one," and later add he's "the one and only," yet you admit you're infatuated with Johnny Depp? If your definition of infatuation is like Macmillan's, "a strong feeling of love that seems silly, especially because you do not know the other person very well," then I'm inclined to side with your guy.

We mere mortals have a child-like fascination with celebrity, and in that sense my girlfriend loves Johnny as well, the same way I've got the hots for Angelina Jolie. But that's all there is to it. In the real world, where real relationships exist and thrive, all of our daydreaming ends. Such is the world of grown-ups, where phrases like "the one" and "the one and only" are not taken ever so lightly.



I have been in a relationship with a great guy for two months now. We get along well and I think he is 'the one.' From time to time he can be jealous when other men notice me, but we have never had arguments about it. Only one thing really bothers him -- my infatuation with actor Johnny Depp. He is so upset about it he refuses to see any of Depp's films with me and freaks out when I mention the J word. What can I say to make him see that he is the one and only, and Johnny is just a fantasy? -- Charlotte

Nusha

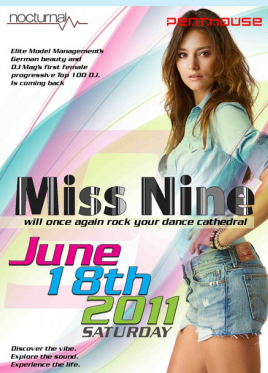


Come on -- being jealous of an actor? What is wrong with that guy? Okay, to be honest, it's hard to keep up with cute hottie Johnny, but being silly and childish doesn't make it better! It seems he lacks self-confidence; hopefully he does not take it to another level. Jealousy is never a proof of love, but tears relationships apart sooner or later. But that being said we may take an objective look at your behavior as well: is your apartment peppered with Johnny posters all over? Do you freak out, scream uncontrollably, and start sweating every time you watch one of his movies? Do you even consider getting a *Johnny Forever* tattoo? Maybe you are egging your great guy more than you realize and should reflect upon your own behavior.

Relationships require compromises and this may be one instance where you need to sacrifice: less Johnny fantasy and more real-life relationship. Hence, reconsider your own behavior, give your 'one and only' a chance, and see how it goes. But if he takes his jealousy to another level you may want to consider breaking free before he becomes controlling or even more possessive.

Now I have to rush -- *Pirates of the Caribbean* night! *The Immortal Captain Jack Sparrow*. It has such a lovely ring to it.

A little about Pinoy and Tisay: Mandi and Nusha met through a common friend when both had been looking around to share a pad in downtown Singapore in 2003. After a year of sharing a plush two-bedroom high-rise apartment off bustling yet homely Bencoolen Street and hosting a few of the grandest private parties in the island state, Nusha returned to university in Germany and went on to become a highly sought after specialist in wind energy at one of the world's key players in renewable energy sources. Mandi stayed behind six more years, and with Singapore as



base, did IT consulting work in Bangalore, Gibraltar, Hong Kong, Kuala Lumpur, London, Melbourne, and of course, Singapore. He quit the corporate rat race in 2009 and returned to General Santos to start his own magazine, at the same time advocating to promote his city to the world. After a reunion of sorts in Hamburg in 2004 and Singapore in January 2011, Mandi and Nusha again met up in Cebu to enjoy the beach and party at DJ Nine's show

at Penthouse at the IT Park. Between the beaches and the bars, the concept for this column was born.





Ballet

With a nickname like *Home of the Cham-*

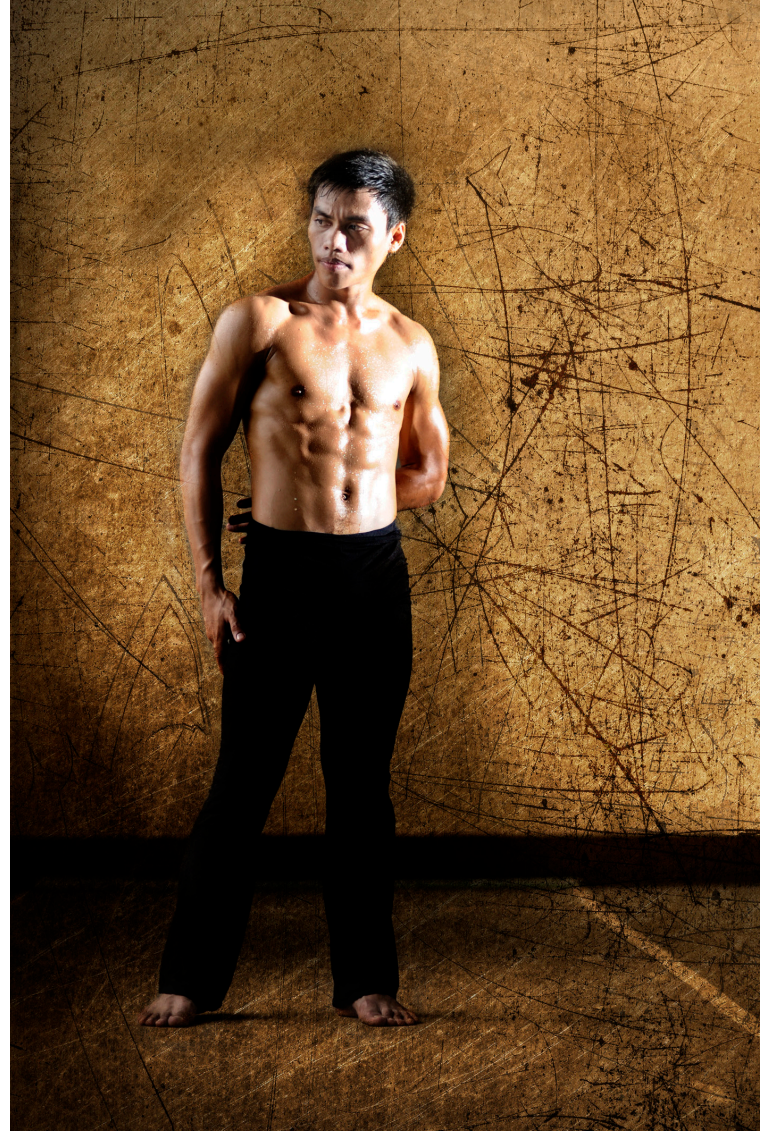
pions, Gensan is more at home with the likes of eight-division world boxing legend **Manny Pacquiao**, star dance crews **XB Gensan** and **True Colors**, and Miss Universe Philippines **Shamcey Supsup**.

But unbeknownst to many in this world-class roster of boxers, boy crews and beauty queens, is a ballerino. Here is a story to be told about a young man, and against all odds, his passion for dance, and a glimmer of ballet excellence in the unlikelyst of places.

Born the third in a brood of three brothers and two sisters on July 17, 1984 to a middle-class family in Gensan, Julius Lagare grew up a small, frail child with simple dreams. His family came from Bohol and set foot in Mindanao as settlers in the once-backwater town of Dadiangas. His father passed on when he was a

senior in high school. An extremely generous man, Cesar Lagare supported their family of seven and at least three more distant relations and friends under one roof, that it was common for the household to consume a sack of rice every week. Sadly, very little help came after he died. His widow Nimpha was a plain housewife, and the children had to fend for themselves somehow. They barely survived.

Julius was a senior in high school at the Ramon Mag-saysay Memorial Colleges when his fondness for hip hop was at its peak, but it was his rapping skills that caught the attention of his most significant mentor and benefactor, now a trusted friend, Bing Cariño. Bing heard in him (as a rapper), and later saw in the lanky yet intense dancer, a raw energy that deserved harnessing and a singleminded persistence to be tapped. From the early beginnings of the aspiring dancer's tutelage under RMMC Teatro Ambahanon Contemporary Dance Company, Bing knew that he heard and saw the boy right, and so he solidly set him off on the two-way path from hip hop to contemporary dance. It didn't take long before Julius caught the ballet bug.



The young protégé, often misunderstood by his peers for his sombre looks and introverted demeanor, had other pressures to contend with apart from going to school while making do with a substinence lifestyle.

Head-on he faced the gay stereotype attached to being a contemporary/ballet dancer, unfazed, and doggedly honed his craft whenever he could despite the lack of any formal training whatsoever.

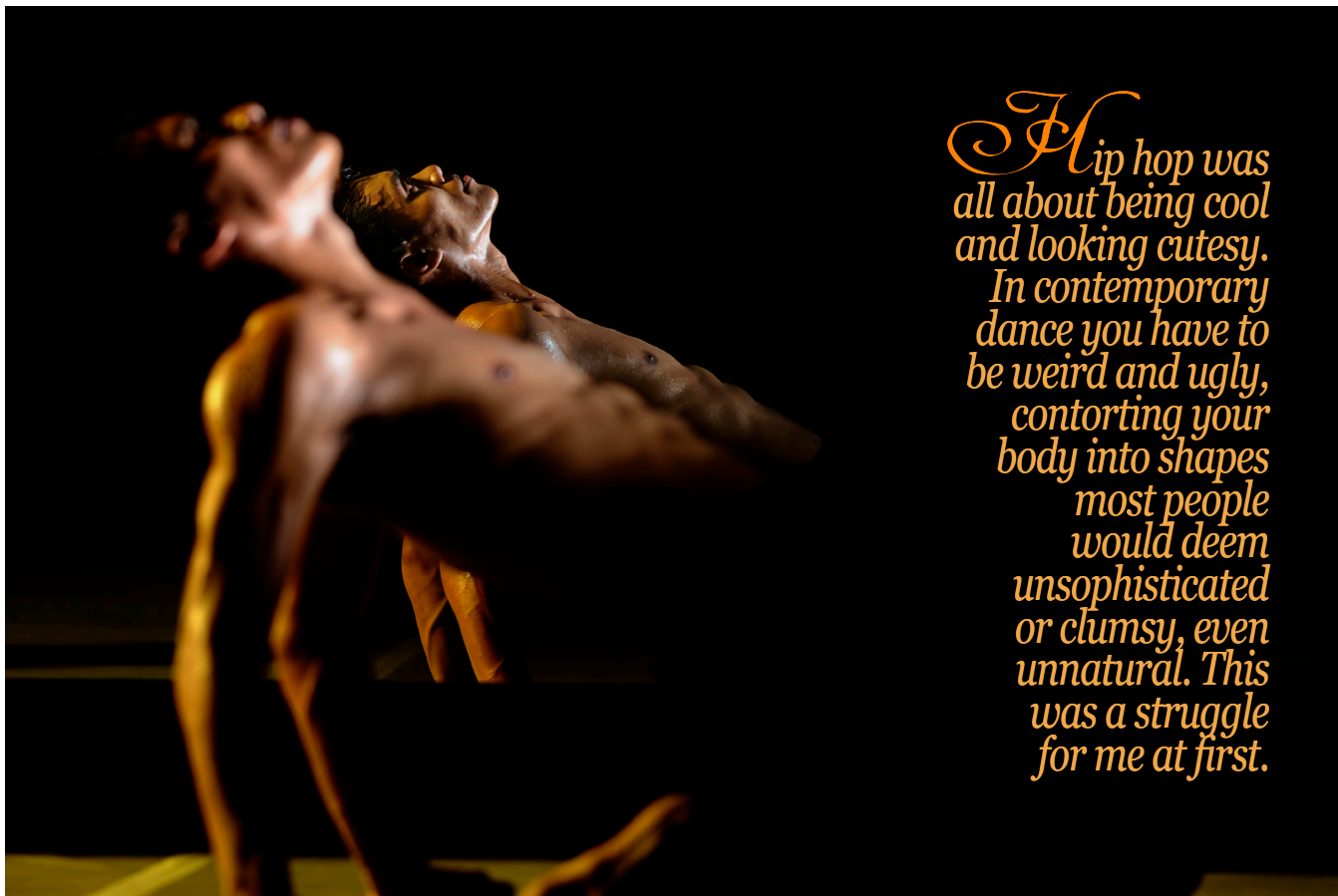
Danseur extraordinaire **Julius Lagare**, Gensan's son, talks about making do, making ends meet, and making it big.

Text by **Armando Nicolas PJ**

Photography by **Apple**

Greatson Francisco

in the Unlikeliest of Places



Hip hop was all about being cool and looking cutesy. In contemporary dance you have to be weird and ugly, contorting your body into shapes most people would deem unsophisticated or clumsy, even unnatural. This was a struggle for me at first.

Finances for dance lessons, equipment and paraphernalia didn't come easy either, let alone for college tuition and pocket money, so Julius would occasionally wash cars for some cash.

His entry into Teatro Ambahanon during his senior year wasn't a walk in the park to say the least, as he believed in and was pressured by the notion that he had to prove to his peers, who had been with the group much longer, that he was every bit as good as them, if not better. Learning the ropes, mastering every style and technique, perfecting every routine, virtually chanting the mantra "train, train, train" -- these were the order of the day when he rehearsed with the group for an event opening production or a school program, for

example, while attending classes and keeping watch of his grades at the same time.

When Julius was only 20 years old, he fathered a child with his long-time girlfriend Leslie Ann, a budding singer at that time. Julius and Leslie Ann tied the knot on March 6, 2005, and have been together ever since. Their daughter Zak Jabes, not surprisingly, is an aspiring dancer.

Affair with Dance

After attending West Elementary School, Julius went to RMMC High School, where his hip hop craft took off. First enrolled in and quit a Radio Operator course at the General Santos City Institute of Technology, Julius returned

to RMMC for college, this time picking a degree most recommended by his father. "You should really take up Mass Communications when the time comes," he remembers his father saying. And so he did, but become a MassComm practitioner he did not.

College was where Julius first tested the ballet waters nearly a decade ago now, first improvising from hip hop (frenetic freestyling, mixed gymnastics and breaking) and some pop, and morphing into contemporary dance and a lot of cross-form experimentation still later. As a result, he said in a much later review for a publication in Atlanta, Georgia in the United States, he had become a better overall dancer, pursuing ballet without abandoning his dance roots.

"Hip hop was all about being cool and looking cutesy. In contemporary dance you have to be *weird* and *ugly*, contorting your body into shapes most people would deem unsophisticated or clumsy, even unnatural. This was a struggle for me at first," he spoke of his *growing pains* as a dancer.

Apparently he found his way to his very first ballet camp, the Cultural Center of the Philippines Summer Dance Workshop in 2003, for less profound reasons, it turned out. "I desperately wanted to visit Manila at all cost, and the CCP thing was as good as any opportunity to do so. In fact, it was the only ticket I had at the time to see the capital."

With the help of Bing and Mayor Darlene Antonino-Cus-

todio, a staunch supporter of the performing arts (she was South Cotabato representative at the time), Julius made his way to the big city, toward his first brush with CCP's critical eye. At the auditions for summer scholarship there, the jury was quick to see his fevered talent, raw intensity and unpolished energy, but they took their time to deliberate his fate. After much discussion, he eventually got in, his six weeks of intensive training ahead of him. Only then did he realize that he just might have a shot at becoming a real ballet dancer after all.

That particular summer didn't have a happy ending, however. Recital day came, and Julius couldn't perform: he came down with chicken pox of all days. Disappointed

but not disgraced, he got on a Super Ferry headed for Gensan a day after he was refused entry to a flight booked ahead of schedule after he got sick.

The succeeding summer dance workshops saw Julius and his fellow scholars go through most of the summer training hard and subsisting on severe rations -- one instant noodle pack split among 6 people on occasions, canned sardine sauce-sprinkled cooked rice tightly packed in grocery bags at others -- if only to train, until an insider got wind of this and the organizers made the necessary arrangements.

Four summers later, in 2008, Teatro Ambahanon was invited to perform with the country's top dance companies at the CCP Complex

in Manila. That same year, Julius prevailed over Manila's top dancers to win the CCP-Japan Foundation Young Choreographers' Competition at Wifi Body (Philippine Independent Contemporary Dance Festival), was conferred the General Santos City Youth Achiever Award with two other Teatro peers, and won a training stint in the United States.

Atlanta Connection

After graduation in 2006, Julius began teaching hip hop at the Ballet Center in Cebu, the oldest ballet school in the Philippines. The stint came naturally after he trained at the center under the world-renowned Nicolas Pacaña and Gregory Aaron. Teaching hip hop worked beautifully

with his ballet regimen: the two classes he gave allowed him three ballet classes every week gratis. Day by day not only his physicality matured as a dancer, but also his mind and spirit as an artist.

When time came for Nicolas to select a protégé to take his place as principal dancer at the Atlanta Festival Ballet Company, where Nicolas and Gregory serve as artistic directors, choosing Julius for the part was inevitable. Perhaps fearful that Julius would get offers in Japan had he made it to the invitational performance there, Nicolas and Gregory made him an offer he couldn't refuse.

In October 2008 Julius arrived in Atlanta to begin a career in professional ballet.



I desperately wanted to visit Manila at all cost, and the CCP thing was as good as any opportunity to do so. In fact, it was the only ticket I had at the time to see the capital.

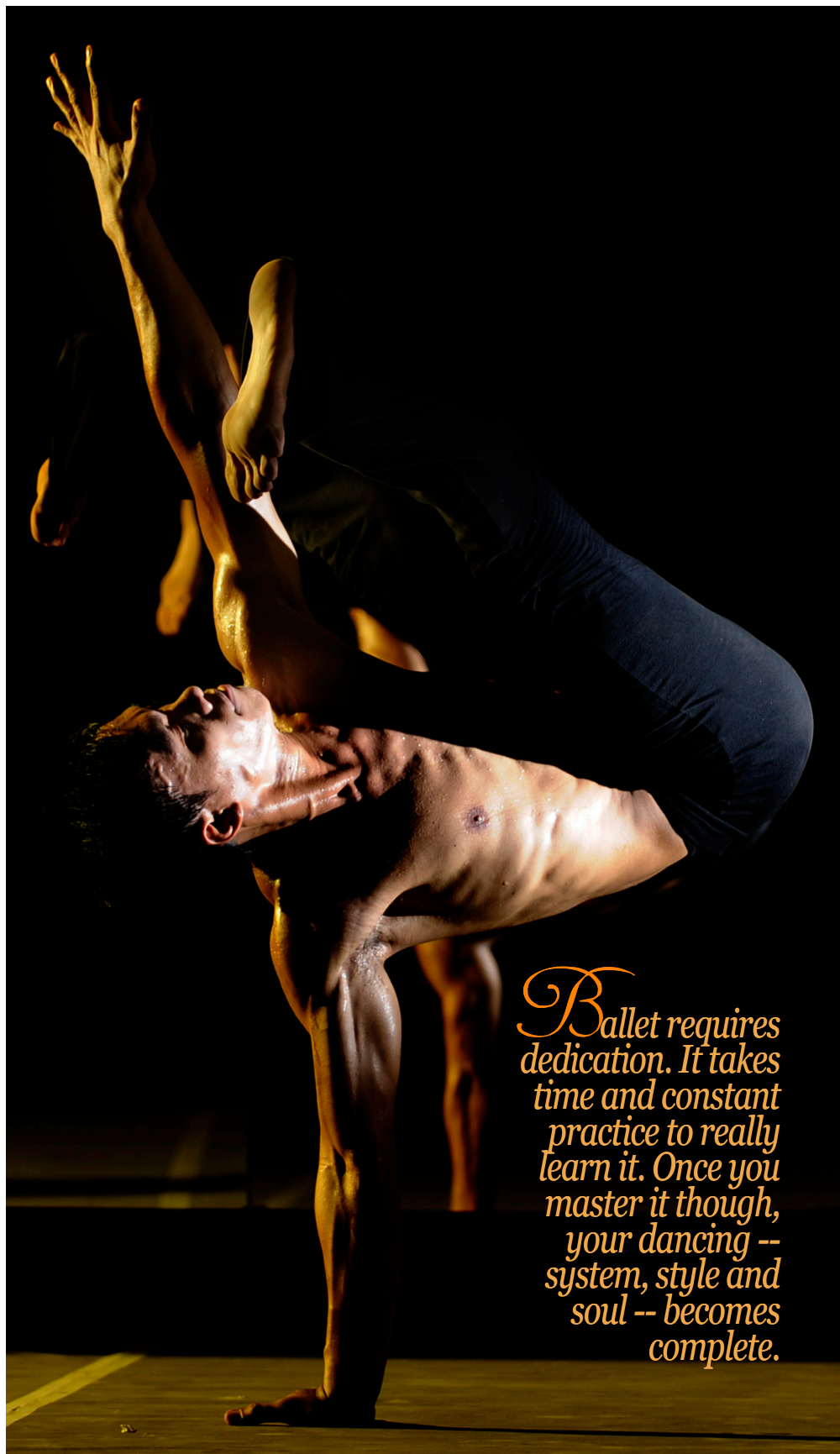
This was a turning point in his life: for the first time he believed that he was a real *ballerino*. To everyone else, of course, he was *danseur extraordinaire* right from the very beginning.

Apart from playing dance leads in Tchaikovsky's *The Nutcracker* (as Cavalier) and Kipling's *The Jungle Book* ballet adaptation (as Mowgli) among others, he also guested outside Atlanta Festival Ballet Company productions, making appearances in Tennessee as guest lead and Ballethnic Dance Company's original production, *Leopard Tale*, as supporting cast.

Today the 26-year-old prodigy is pleased with being a more refined and controlled dancer. "Ballet requires dedication. It takes time and constant practice to really learn it. Once you master it though, your dancing -- system, style and soul -- becomes complete," he said in the same Atlanta interview.

He went on to add that "performing ballet is much more difficult than its stereotype may suggest. Many people see ballet as a feminine form of dance. I think it's more athletic. Being a male, I have to do more lifting in the dance. And I have to take care of my partner. We do a lot of turns and jumps, too. It's a very athletic dance."

Julius noted that a growing number of career dancers in other forms and professional athletes in various disciplines have started to take up ballet because of what it provides in body control, strength, and coordination. The proper techniques in ballet, he stressed, help



Ballet requires dedication. It takes time and constant practice to really learn it. Once you master it though, your dancing -- system, style and soul -- becomes complete.

Ten Dance Career Tips from Professional Dancers

by Alex Ferguson

Dance careers can be difficult to jump-start, so why not listen to some advice from professional dancers?

Recently we had some additions to our usual group of friends, professional dancers. After I got over my initial sense of awe, we began to talk about their dance careers. I've always been fascinated by how people rise to the top of their profession. Professional athletes, movie stars and bands--they all have a unique story, but there are usually some core similarities. This article outlines the basic things you should do to start your career in dance to become a professional dancer. Now, you'll need a little bit of luck, good timing and connections as well, but you could get all of that while getting a Big Mac at your local McDonalds. Natural talent is a good base, but it won't take you to the top. You need to nurture that talent, develop it, and present it to the right people. This article shows you the basics. Some are more obvious than others. Most of you just need some reassurance that you're taking the right steps to reach your goal, while others have no idea where to start. I believe that not all people "in the know" have the level of talent they need, and not all people with talent are in the know. I want to change that, so let's start!

1 People do not become professionals in anything by reading a few articles or practicing a few hours a week. They become students of their profession. Students go to school. This goes for professional dancers as well. Now, there are a select few that push themselves on their own and have developed a wonderful ability, but that is still not enough. Their talent is rough and unrefined. Regardless of how many years you've practiced in your basement, everyone needs some formal training. Nothing can replace a veteran dancer showing you right from wrong, critiquing you and encouraging you. Start by going to a dance studio. Obviously, the sooner you do this the better. You'll rack up experience; the younger you are the more receptive you are to learning. A good rule of thumb is the bigger the dance studio the better the dance professionals. However, a good teacher has experience, but also a connection with their pupil. This relationship can be forged at smaller, local dance studios as well. Remember, this is just the beginning. There are many professionals that reminisce about a grade school teacher that influenced them the most. Of course, it was probably some Julliard professor that trained them

the most, but the person who taught them passion and desire is usually someone they met earlier in their dance career.

2 Dance camps and other supplemental dance institutions are a great way to increase your exposure to various aspects of the dance industry. You will network, learn techniques and be exposed to different teachers and performances. Going outside your comfort zone is a great way to build independence, character and a sense of responsibility as a dancer.

3 When you graduate high school, you'll be looking to go on to college. This decision should be well thought out. You're going to trust them with your education that will play a significant role in life after college. As an aspiring,

professional dancer, you will want to attend the most prestigious dance school you can find. Try to find an accredited dance school, but at the very least any dance school is better than none. Make sure you start planning before it's time to apply, like well before. You should begin your research about dance schools while you're



lessen, if not avoid injuries in sporting activities and physical regimens altogether.

In July this year Julius returns to Atlanta after a three-month working break in Gensan (he served a part-time detail at the City Mayor's Office, performed with Teatro Ambahanon in several tour performances, and conducted a number of dance workshops in the meantime) to take on his fourth season with the Stockbridge-based Atlanta Festival Ballet Company.

Artists and Dancers' Plight

Maniya Barredo, proclaimed as Prima Ballerina by one of this century's most-loved ballerinas, Dame Margot Fonteyn, is now the artistic director of Metropolitan Ballet Theatre based in Alpharetta, Georgia, where Julius occasionally worked as part-time dance teacher to young students.

No one could have captured the plight of Filipino artists and dancers better than

Maniya, who feared that "the sad fate would be that doors would close all over the country. The threat to the arts threatens all of us. We need to be tenacious as artists, keep pushing those boundaries, get people fired up, and not diminish the product. We need to educate people. Art needs to be part of education, and we need dance that's challenging to the audiences."

Back in Gensan, where schools for the finer arts are wanting, individual institutions of learning eke out

some artistic form on their own, somehow making some semblance of artistic revolution simmering in sporadic productions not entirely embraced by the local community at large. Still, it's better than nothing.

The real tragedy is finding another untapped Julius Lagare who's not as ably supported or well connected or thoroughly rooted for, and losing him to a dead-end job he's not meant for in a place where the arts are either an afterthought or a most unlikely way of life.

still in high school. Find out what requirements they are looking for in a dancer. Do whatever you can to better your chances at being accepted.

By the end of your formal training, you should, if you haven't already, be narrowing down your dance techniques to a few select, specialized styles. You need to seek out the best dance teacher(s) you can find in those styles and train, train, train. Like any profession, it's all about education, and for a professional dancer, you never stop learning and practicing. Once again, if you are serious and want to advance in your dance career, at this point you need an expert, a real professional dance teacher.

4 You need good head and body shots, and for that you need a good photographer. Yes, it's about actor headshots, but there are some valid and transferable tips for dancers as well. The important thing to remember for your body shots as a dancer is that you should take pictures of yourself in various dancewears. Don't wear flashy jewelry, use lighting or shadows to create illusions, or distract the observer with a complex or interesting background. You should be the

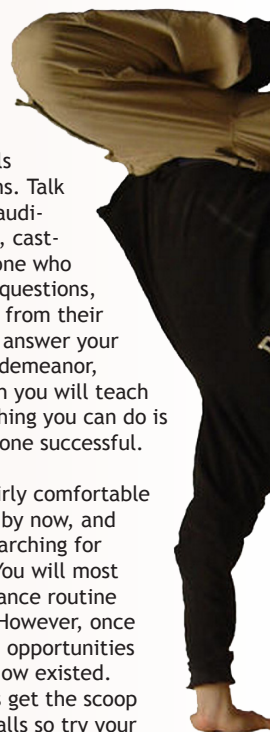
focus and the subject of interest, nothing else. Good photographs can really help you further your dance career by grabbing the attention of those who should be watching.

5 At this point, you should already have been to minor dance auditions and castings, just to get your feet wet and some sort of experience. Now you are ready for some serious work... and it is work. Don't ever forget that this is your job, your profession. This new level of dance might come as a shock or seem like foreign territory, but you must believe that you are good enough to be here; you are. This is a higher standard. It will be difficult, but that is what makes it so much greater when you succeed. You've come this far. This is what you've been training for, and others have found potential in you, enough to accept and train you. You belong here. The more of these auditions and casting calls you attend, the more comfortable you will become.

6 Those networking and people skills you picked up during your days at dance camp and college will now come into play. You're in the deep end

of the pool now, playing with the big kids. Time to mingle and make new friends. You have to start talking to those professional dancers you see walking the studio halls during your dance auditions. Talk to other dancers who are auditioning. Talk to the judges, casting directors, agents, anyone who will talk to you. Ask them questions, pick their brain, and learn from their stories. Even if they don't answer your questions, their behavior, demeanor, and way of conversing with you will teach you something. The best thing you can do is become friends with someone successful.

7 You should be fairly comfortable with auditioning by now, and ready to start searching for a dance agent or agency. You will most likely have to perform a dance routine for them to be accepted. However, once you're in you will be given opportunities you otherwise wouldn't know existed. These agents and agencies get the scoop on auditions and casting calls so try your



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 *Don't you?*
GENSAN GAZER



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ing in the middle across the board. You'll have plenty of time later to expand your horizons, but for now you need a job so you can gain valuable experience... and money. Also, stop and take a breath. Look around, you're becoming a dancer, and your dance career is beginning to take shape. Enjoy it!

best to get represented by one. Once you are in, your career will be given wings. However, this is no time to take it easy and coast on through. Now is the time to step it up.

8 Like I said, "you never stop learning and practicing." It's time to train, train, train. Practice makes perfect--you've heard that before. This intense training period isn't about learning new styles; it will focus on honing your existing skills and techniques down to a sharp, crisp point. You need to be awesome in what you do, not mediocre in a broad range of areas. A professional dancer needs to be at the top of their specific field, not hover-

9 When you think you're ready, and don't wait too long at this point, research some choreographers you would like to work or train with as a pupil. Most dance choreographers will offer dance classes at their own studios. You have to wait this long before you attempt to train with a professional choreographer, because they are just that, professionals. They only work with the best dancers so you have to be at a certain point of your career for them to take interest in you. There are many benefits to working with a choreographer. You become familiar with the way this aspect of the industry works. They will begin to recognize you and perhaps throw some work your way. You will also be updated and trained in the most current dance techniques and trends. The fewer things that surprise you during a dance audition the better.

10 In the end there is one important thing to remember, which usually separates those who make it and those who don't. If this is truly what you want, and you've dreamt about it all your life, never give up trying. Every successful person in the world has one thing in common. They were relentless in their pursuit of happiness. If you want to make the most out of your career, it will take a lot of hard work so don't get discouraged. You'll get rejected. Everyone does. Being a dancer is not easy for anyone, but people do it. Why not you?

These tips are not set in stone or by any means in exact order. Everyone is different and some people might jump ahead or start one step later in their career. The important thing is that you have a clear plan with goals, and you work hard to achieve them.

About the Author

Alex Ferguson has been writing and blogging for a while. With the help of his friends in the entertainment industry, he has written a series of blogs and articles to help aspiring artists. Check them out at talenttrove.com/theferg.

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Panasonic Lumix GF2: Micro Gets Smaller

by Ibra Rasheed

Compact and lightweight with interchangeable lenses, Lumix GF2 is Panasonic's signature DSL micro compact system camera in its mirrorless lineup, and it's the smallest and lightest model on offer, while still offering the superb image quality expected from Lumix. Comparing to its predecessor GF1, GF2 is 19% smaller, 7% lighter, yet retains its built-in flash and all-metal body.

Future-Proof with 3D Technology -- GF2 has been future-proofed with 3D shooting support without compromising ease of use or image quality. 3D shooting can now be easily accomplished with the addition of Panasonic's new 3D interchangeable lens (Lumix G 12.5mm/F12). Images can be printed in 2D or 3D and can be easily displayed on Viera 3D TVs for in-home enjoyment. (MPO 3D file format can be displayed on most 3D-compatible TVs.)

Intuitively Easy with a Touch Controlled LCD -- GF2 is extremely easy to operate for consumers at any level, thanks to a newly designed user interface, which allows for the focus to be set, or shutter released, by simply touching the large 3-inch touchscreen LCD with a 460,000-dot-resolution that makes taking great photos intuitive. Once a user locks on a subject by touch, GF2 tracks the subject with the AF tracking function even if the subject moves, making it easy to take photos of children playing, for example. The contrast AF system adopted by GF2 is not only accurate and easy to use, but also very fast. Users can choose from a wide range of AF (Auto Focus) modes, including multiple-area AF with up to 23 focus areas, 1-area AF with a selectable focus area, Face Detection, and AF Tracking.

Q-Menu for Quick Menu Navigation -- The touch operation also dramatically shortens the time spent navigating the menus. With the LUMIX GF2's newly-designed Touch Q-menu, the user can customize the camera's shortcuts with the most commonly used settings. Together with the simple button components, including the dedicated buttons for movie recording and iA (Intelligent Auto)

mode that lights up in use, users can operate the camera intuitively with ease.

Intelligent Auto Quick Access Button -- With the Intelligent Scene Selector in iA mode the camera automatically switches to the appropriate mode according to the subject touched. Say, a touch on a human face switches to the portrait mode and a touch on the background or scenery to the scenery mode, while a touch on the subject close to the camera to the close-up mode. With the MF assist mode for manual focusing, users can enlarge the subject by just a touch to select 1x, 5x or 10x and smoothly move the subject by dragging it on the screen. In iA and Peripheral Defocus mode, the range of defocus can be adjusted by just moving the slider by a finger, something not possible with larger, more complicated DSLR cameras that don't feature touch control.

Venus Engine FHD image Processing -- While achieving breakthroughs in compact design and outstanding photo and video quality, GF2 can contribute its professional-level imaging performance to well-balanced engine and sensor technologies. For the image processor, the Venus Engine FHD is incorporated, featuring exceptionally high performance signal processing capabilities in both photo and movie recording. With the advanced noise reduction system employing the 3D NR and CNR (Chromatic Noise Reduction), users can capture clear, naturally-balanced images even when shooting at high ISO sensitivity levels to help prevent color bleeding. Venus also allows for the Intelligent Resolution (IR) technology, which means that three areas (outlines, detailed texture areas and soft gradation) are auto-detected. Then, the outline parts are enhanced effectively to give edges more clearness while giving a moderate accentuation to the texture areas to look more finely detailed. To the soft gradation part, noise reduction system is applied to make it smoother. Apart from the uniform enhancement of sharpness,

the innovative IR technology precisely performs signal processing pixel by pixel, resulting in images that are naturally clear and crisp in both video and photos. The 12.1-megapixel Live MOS sensor featured in GF2 offers the best of both worlds: CCD sensor's superb image quality, and CMOS sensor's lower power consumption.

HD Movies in Stereo at the Touch of a Button -- The red button next to the shutter button allows quick switching between still and video shooting. GF2 shoots professional-quality full-HD videos as well as handling stills photography. GF2 can record 1920 x 1080 videos at 60i or smooth HD 1280 x 720 movies at 60p in AVCHD. For those needing better compatibility with computers, GF2 can also record HD Motion JPEG in 1280 x 720 and QVGA, VGA and WVGA. A dedicated video record button makes it easy to start shooting videos and high-quality sound is recorded with the stereo microphone for Dolby® Digital Stereo Creator. Panasonic's iA mode extends to video recording, with the following features: Optical Image Stabilizer, Face Detection, Intelligent D-range Control and Intelligent Scene Selector.

No Dust, No Worries -- All of Panasonic's Lumix G-Series DSLM cameras are equipped with highly-efficient Dust Reduction System, so if dust gets inside the camera when the user changes lenses, it could cling to the image

sensor and show up as a spot in photos. The Dust Reduction System helps to reduce this by placing a supersonic wave filter in front of the Live MOS sensor. Vibrating vertically around 50,000 times per second, the filter repels dust and other particles.

Creativity Controls bring out your Creative Side -- GF2 is artistic not only in form, but also in function, as it provides an array of features that lets users capture true-to-life images while also creating their own expressive, beautiful images. GF2 features My Color mode, which is integrated with the conventional Film mode. My Color mode offers a total of eight preset effects: Expressive, Retro, Pure, Elegant, Cinema, Monochrome, Dynamic Art, Silhouette, plus Custom mode, which lets users manually set the color, brightness, saturation and contrast levels. Also, with the Full-time Live View function, users can see how these settings will affect the images before they shoot, which makes it easier to capture the exact effect desired. GF2 has 17 Scene modes, most of which can be used during video shooting, too. The exposure meter can be displayed in the P/A/S/M shooting modes for entry-level users to learn the correlation between shutter speed and aperture visually to enhance their photography skills.

Continued on page 29 ➤





by Van Almeria

DO YOU ANNOUNCE YOURSELF EVERY TIME YOU WEAR STATEMENT T-SHIRTS? WHEN DO YOU WEAR STATEMENT T-SHIRTS? HOW DIFFERENT IS IT FROM OTHER CLOTHES/STYLES?

T-Shirt Talk

Fashion is never silent. It has always been a clear-cut expression of a person's individuality. It speaks. It has various invisible mouths.

In the previous months, we unveiled stories and exclusive interviews about Asian Fashion and Cosplay. Exploring numerous fashion styles is never new to me. In fact, for this month's issue, I just took the challenge of discovering another common yet unique fashion style, wearing a Statement T-shirt.

T-shirt never went out of style since the 1980s. Though fashion has been undoubtedly evolving through times, T-shirt remains as the most common style worn either as an undergarment or just as a casual clothing among people of all ages. It evolved as a standard for expression and advertising, artistically emblazoned with words, graphics, and photographs. If you are passionate about a certain type of artist or perhaps with an author, adorn yourself with a t-shirt that expresses your interests and you will surely draw the attention of other people with similar tastes. Indeed, such style of t-shirts is admirable and perfect as conversation starters.

T-shirts have become influential. It instills ideas into the minds of society. It's possible to wear a shirt, show one's personal philosophies and ideologies, and belong to a group all at the same time. It is still the most economical tool of spreading information, advertising, and promoting, which greatly influences how society buys, thinks, or lives.

Graphic T-shirts and T-shirt design slogans do not only make fashion statements, but are they really meant to display your attitude? Let's ask three t-shirt lovers what they think of the lowly tee.

VAN: Do you *announce* yourself every time you wear statement t-shirts? When do you wear Statement T-shirts? How different is it from other clothings/styles?

JOHN CONRAD: Not really. I consider fashion as self-expression. Whatever style I wear, I show off a portion of myself to the public. I am comfortable wearing Statement T-shirts when I am at home and whenever I have *gimmicks* with friends. Statement T-shirts or T-shirts in general plainly fit my personality -- simple.



John Conrad

MARWIN CARLO: No. I wear Statement T-shirts because I just like to. My choice of style does not necessarily reflect my attitude. For me, when a person wears the kind of style he wants, he welcomes criticisms by letting people react to *messages* shown on what he wears. I find it more comfort-



Marwin Carlo

able when I wear it during weekends. Statement T-shirts are more comfortable to wear. It's plain and simple.

KAUTHAR T. HASHIM: No. Not at all. I wear them at home and when I go out with family and friends. Statement T-shirts are cool. Compared to other fashion styles, wearing-statement T-shirts helps those who cannot verbally express themselves about a certain situation or event.

Each individual has his own opinion regarding which style means to him/her and to its audience. Whether we realize it or not, we show off our personality and not just convey something through the clothes we wear.

T-shirt is more than a must-have. I am certain that no closet is complete without a t-shirt. People who value fashion wear clothing as a statement -- to let the world know how they feel, what they love, and what they stand for.



Of course, some people wear them out of necessity, or for lack of other options. Still others wear them just for kicks. As in life, personal statements can be as whimsy as your mood at a particular time and place.

Kauthar Hashim

So, what's your t-shirt story?



A Lot of Aloha



Just one lazy week in Oahu, Hawaii, with nary a tourist itch to scratch, was as good as any visit to this Pacific pearl. Or better! No itinerary here, no expectations either -- just the Kerouac-*esque* free-wheeling abandon, and a limitless capacity to absorb panoramic vistas, endless beaches, and even more boundless skies. True to this purposeful aimlessness, let's recount this first Hawaiian encounter in the same thread. Just follow the narrative based on the photos counter-clockwise from left... with much ease and a lot of aloha!

First stop, **Waikiki Beach** in downtown Honolulu -- technically not the Hawaiian islands' best beach, but a great place to immerse in the throng of locals and visitors under one sun. Think South Miami Beach or Ibiza or Cancun or Boracay -- real beach aficionados love it or hate it -- but saying *aloha* on the way to your sun chair and getting *mahalo* back and exchanging *ciaos* and chit-chat over *piña colodas* with fellow travelers from Europe are way worth the hour's outdoor scorch.

Speaking of the better seafront refuge, **Waimanalo Beach** has three miles of it, lots of pines standing in for palm, and an unescapable view of an island called **Chinaman's Hat**. (Recognize it?) No cafés or shops here though, so your own stash of bites and gulps are in order, which makes for a great picnic any day. We actually managed a much-needed nap here

(huge party the night before, long story), until a busload of tourists from China arrived -- a flurry of camera clicks and pre-/post-pictorial chatter, some laughter and a lot of rushing coming and going in no more than five minutes. Snooze!

Highly discouraged unless you have a harness or a parachute, doing the one-leg crane stance atop a deserted bunker at the peak of **Makapu'u Point** was not as easy as it looks. Mild gusts of wind blow from behind you, playfully fake-nudging a half-mile throw-drop into the rocky bed below. You've been warned!

Wake up to the view of **Kaneohe Range** outside my window before my morning coffee? Sure! My temporary residence in Kaneohe, courtesy of my friend Morris, provided a welcome retreat from the hustle and bustle, if at all possible, of Honolulu. (Between you and me, a home is no match for a hotel anywhere in the world!)

Back to Makapu'u Point, which is a short, rocky hike from the road side by the way, breath-taking views of the ocean and the many islands that dot it can be had. I was told plying the seas to the right of this vantage point would almost always result to sightings of humpbacks and dolphins, if you're lucky that is, as is always the case with such ventures. To the left of this view are a couple of paragliders, one even doing somersaults to the delight of onlookers from his cliff launch. No luck getting a clear shot of that though. (The compromises we make between compact ease and DSLR function! Sigh...)

There goes Morris, my host and guide on my first of a few Hawaiian holidays, and hopefully many more to come. There are many more sights in Oahu, as well as the other islands in this ring of paradise in the Pacific, where volcanoes and Versace, surf and Scotch, hula and hip-hop all blend under one endless sky. Aloha!



➔ Continued from page 16

Crunches

For a more old-school exercise for stomach fat, do crunches. Lie on your back with your knees bent and your feet flat on the floor. Position your feet as wide as your hips, hands behind your head, and tuck hands behind your ears. Use your stomach (not your hands) to lift your head, neck and shoulder blades off the floor. Don't pull your head forward with your hands. Keep your chin off your chest. Hold that position until it starts to burn, and then count to five before lowering. Do three sets of however many you can do, and keep going until failure (i.e., until you can't do anymore).

An oblique crunch adds rotating slightly with your shoulders, moving one of your elbows toward the opposite

knee, while doing the crunches. To increase the intensity of your stomach fat exercise, add a stability ball to the mix.

Stomach fat exercise should be part of your daily routine. It not only makes you look better, but it also remedies back pain caused by extra weight imposing on weak muscles in your stomach and back. You don't get as tired because you aren't hauling around extra stomach fat. Working your abs helps your posture and eliminates stress. All in all, you couldn't do yourself a bigger favor.

James Taylor is a fitness nut and absolutely has the best abs ever. Head to his site www.abtrainingonline.com to learn how to get the six-pack you've always wanted.

➔ Continued from page 26

GF2 vs GF1 Major Changes -- Here's a brief summary of the major changes between the GF2 and GF1:

- Smaller and lighter body
- LCD screen now touch-sensitive, with added anti-reflective coating
- Fewer external controls (mode dial, drive mode lever, AEL and DOF preview buttons removed)
- Completely revamped, ully-customizable Quick Menu designed for touchscreen operation
- Built-in stereo microphone
- 1080i 60fps full HD video (from 25p sensor output)

- Continuous shooting at 2.6fps with Live View
- Increased maximum sensitivity (ISO 6400)
- iAuto button on top plate
- Variable Peripheral Defocus control in iAuto mode, with live preview
- Full support for F-FT012 3D lens
- No remote release socket
- 2nd curtain sync and flash exposure compensation no longer available
- New smaller DMW-BLD10 battery with slightly lower capacity (7.3Wh vs 9 Wh)

The author invites you to visit newgadgetsreview.com.

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the prefect sentence

In the wake of the Dominique Strauss-Kahn scandal, as more Frenchwomen venture sexual harassment charges against elite men, the capital of seduction is reeling at the abrupt shift from can-can to can't-can't.

(Maureen Dowd)

See www.nytimes.com/2011/06/01/opinion/01dowd.html for the full story.



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Darna, Superman, and Me

At some point in our childhood, we've become *Darna* or *Superman*. We pass through a stage where we fantasize and *become* a superhero. The charade would usually start with finding a costume -- a red sheet as cape, a shiny ribbon on the wrist, dad's shoes as boots -- and we'd be ready to fly. With a cousin or younger sibling as villain, the "battle between good and evil" would follow, say, inside the house (breaking stuff in the living room) or in the backyard (stomping on garden rows, messing up shrubbery), until the enemy is defeated.

At times, we get so carried away that we beat our villain until he'd wail, and Mother would come running to disentangle the fight. Either way, the superhero wins.

I was always Darna while a cousin would be Wonder Woman, at times Valentina. There's hardly any Filipino who does not know Darna or Superman. Superhero characters are part of childhood. Back then, I knew nothing about the heroes' resumé, except that they had powers and were champions of the oppressed, saviors of the distressed.

With Darna, it was *Vilma Santos* who introduced me to her world. I first had a glimpse on how she flew, kicked and crushed the one-eyed giants and the planet women on black-and-white TV. Comics came much later. After that, the superhero role-playing in the living room and backyard took form.

Childhood came to pass, then adolescent years, and early adulthood. *Michael Jackson* and *Madonna* reigned supreme; *Topsider* and *Lady Boston* were pranced; the *Sharon-Gabby* tandem flourished; *Marcos* fell. I outgrew the teeny-bopper episode and explored varied interests including literature and the performing arts. Through all these, my fascination with superheroes has not waned. Every now and then, I still hear an inner child whisper, "Ding, ang batol!" Darna is still here.

It would take three decades before I finally encountered Darna in the flesh, via "Darna" the dance-musical at the Cultural Center of the Philippines Main Theater in August 2003. With a brew of techno-music, neo-Filipino dance movements, midi-triggered video sound bytes, flying, swinging, and swiveling on metal grids, and of course the magical stone, Darna was a spectacular, dazzling magical stage piece. (Minus the flying, it was close to the way I imagined how Darna fought her enemies at home). I loved Darna even more.

Just as Darna's fictional exploits were magical, the icon's journey was just as impressive. It was in the late 40s when the heroine's inception began. At a time when the country was recovering from the ruins of World War II, *Mars Ravelo* created a comic character that would serve as a salve against

in a war-devastated Philippine milieu. Ravelo said he wanted to impart "the highest form of value to the lowest tier of society with the lowest form of literature." With how Darna captured the Filipino's collective fantasies, he succeeded in his vision. Darna has emerged more than just a comic super character. For half a century now, Darna still flies, portraying a relentless spirit, defying every odds coming her way. Very much a Filipino.

Before Darna, the first heroine Mars Ravelo created in 1947 was *Varga*, whose adventures were serialized in *Bulaklak Magazine*. But *Varga's* exploits were short-lived. After a misunderstanding with the publication, her creator left *Bulaklak* but brought with him the image of *Varga*. The super heroine's rebirth took place in *Pilipino Komiks* in 1950, this time with the magical stone and the name Darna.

On the pages of *Pilipino Komiks* and on the silver screen (Darna was portrayed by nine actresses and one actor in twelve different films), Darna became more than a fantasy icon, the flying avenger of the weak and the downtrodden, who defeats evil, and became a symbol of hope and inner strength. If I may, perhaps the way *Erap*, *Da King*, and *Shawie* have influenced the Filipino perspective on overcoming obstacles. Mars Ravelo accomplished imparting a strong positive value. We have identified with Darna: a Filipino cultural figure who is a favorite of the young and old, straight and gay, rich and poor.

Darna was not based on Wonder Woman, as the American super heroine had not made her way yet at the time. Darna was Mars' answer to the already popular Superman. While Darna is my favorite heroine, Superman is my much-loved male superhero. Growing up in the 70s through the 80s -- a fretful time I must say, as the Martial Law regime was graduating into a restless conclusion toward the mid-80s -- Superman was there, easing the anxiety.

The first two instances I "saw" Superman were on the big screen in full color. *Pepsi Cola* had a mobile movie bus stationed at a neighborhood basketball court one night and showed various films including *Superman*. A weekend after that, *Dole Philippines* in

Calumpang also showed the same Superman movie on a wide screen mounted on a vacant lot nearby. On those two instances, I was literally rapt as Superman flew before my dreamy, adolescent eyes.

Superman, the man of steel, was a product of two young men's imagination -- *Jerry Siegel* and *Joe Shuster*. A comic character during the Great Depression in the 30s, Superman proved to be a comfort during the hard times. Economic and social realities were becoming dismal, and Superman became the light at the end of a dark tunnel.

His creators approached different newspapers to publish their comic strip and it ended up with DC Comics, which saw promise in it. Superman was re-crafted for the comic book, and was thus introduced to the world. The rest, as the cliché goes, is history. From comic strips, Superman became an American hero of troubled times. The hero's journey from comic illustration to the hearts of Americans and the world was a feat altogether remarkable.

Darna and Superman. They have the speed of light and they can fly. They are both legendary characters created during the hard times. They are guardians of the oppressed. We have nothing in common, but fictional they may be, they fall in love when they are Narda or Clark. There is innate goodness in them that tells of a thousand stories. This dimension makes them as human as I am. That makes me identify with them.

I wish I could fly, too, so I can fight the evils vexing my spirit, including the villains of the world. I wonder what would best fit me -- the blue tight suit with the S insignia, red cape and boots to match, or the crimson bikini with knee-high stiletto boots and winged cap. Hmm.



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Scratching this Itch Called Dance

Dance has always fascinated me since I was young. Outside being asked to be in the cotillion in some friends' swanky debuts, my dancing opportunities were limited to folk dances during *Linggo ng Wika* and intramural competitions of the latest dance craze on TV: the swing, *Rock Baby Rock*, the shuffle and whatever the *Wea Twins*, *Aldeguer Sisters* and *Gelyn Eugenio* came up with on lunchtime TV shows and Sunday evenings on *Nora Aunor's Superstar* variety show. My enthusiasm was fed by the appearance of *The Leyte Kalipayan Dance Co.* and *Lisa Macuja* whenever the city enjoyed these rare treats. You had to be somewhere else to be trained properly -- even the fad on TV, I later learned, called jazz, had classes for proficiency in this form.

I wanted to train early but unfortunately, arts education in Dadiangas have been found wanting in the early days. When dance schools were established in the early 80s no one in my family was interested so no one bothered. When everyone, except my eldest sister, quit the piano, it was decided then that the arts will never flourish in our lineage, that aside from the occasional song-and-dance numbers during parties and reunions, we just left our sister *Deanna* to be the savior in the requisite performance during these soirées.

I was 18 when I finally trained for dance intended to be performed before a paying audience. I was an Interior Design student at the University of the Philippines when I had the opportunity to train under *Corazon Iñigo* when I joined the *U.P. Filipiniana Dance Troupe*. Starting late, I was told to take all the dance classes in the dance program: Folk and Modern under Iñigo, and Classical Ballet under *Jeng Halili*. I'd take the bus to attend the evening classes at *Halili-Cruz Quezon City Ballet School* under *Shirley Cruz*. After not making it to *Filipiniana* after a year of rigorous training, Mrs Iñigo got me a scholarship at the *Cultural Center of the Philippines in Ballet Philippines'* annual summer dance workshop. I became better and got the nerve to audition for *Filipiniana's* European Tour in 1992 just in time before I graduated from college.

Before joining the real world, I toured all around France and Germany dancing on all kinds of stages for all sorts of audienc-

We are a small studio in one corner of a college, sweating days and nights to be on stage another time.

es: in important theaters and historic landmarks with dance connoisseurs in attendance and in less prestigious spaces like homes for the aged, orphanages and even atop a container van dancing for factory workers, the elderly and common people. This is where I learned that the quality and professionalism of a dance performance is never selective. My dance career was cut short when I went back to General Santos, now a bigger city but still arts-starved.

I started my Interior Design practice and established a small restaurant when I temporarily gave up on dance. Occasionally I'd direct and choreograph for groups, but that was it. When I joined the *Ramon Magsaysay Memorial Colleges* as a Humanities teacher I found that the school nurtured a stable of very good artists who were unlucky to be stuck in a city yet unready for the arts. We founded *Dulaang RMMC* and "laboratoried" new repertory works. We wrote and staged original musicals, and in a short time the artists found a home. We renamed *Dulaang RMMC* to *RMMC Teatro Ambahanon* when we got established as a musical theater group.

Being a believer in proper training, my apprenticeship to many dance masters and dance schools was put to good use. I started the *Teatro Ambahanon Laboratory* and trained dancers for future projects. I sent dancers for training off-season; we

created dances during the season. Soon we were winning local and regional accolades, and in four years we won our first national competition. Ambahanon's success can be measured in a singular event -- in 2008 we were invited to perform with the Philippines' top dance companies at the Cultural Center of the Philippines. In the same year, Ambahanon's principal dancer, *Julius Lagare*, won the *CCP-Japan Foundation Young Choreographers' Competition* at *Wifi Body* and an invitation for the group to perform in Fukuoka, Japan.

Three of *RMMC Teatro Ambahanon* won the *General Santos City Youth Achiever Award*: *Julius Lagare*, *Jan Robert Acharon*, and *Deejay De Vera*. *Julius* won a training stint in the United States, *Jan Robert* went on to establish *XB Gensan*, and *De Vera* now leads *Ambahanon* as its new dance master. *Teatro Ambahanon* is now at the forefront of contemporary dance in the region and continues to be the training ground for up-and-coming choreographers. I may have not succeeded as a performer, but I struggle to succeed as a dance pedagogue.

Oftentimes I am asked: what is *Teatro Ambahanon's* place in the *General Santos City arts scene*? I always find myself saying, "We are a small studio in one corner of a college, sweating days and nights to be on stage another time."

RMMC Teatro Ambahanon just recently completed its *6th Summer Dance Workshop* and is touring its dance training module *Dance+Site*. In October *Teatro* will be opening its regular dance season with *Invocations: Dance the Spirit, Dance the Soul*. *XB Gensan* is still making waves on national TV after three seasons of *It's Showtime*, and *Julius Lagare* was in town for new projects before flying again to the US in July. Bing Cariño writes for *Gensan Gazer* in between dance and travels.

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 N O 1 Bar - Live band, ice-cold beers, best live guitar by Gifford (Mezzanine, Marietta's Bldg, Magsaysay Ave., Gen. Santos)

GGPick Pacman Sports Bar - Five pool tables/dart boards, The Pacman himself if you're lucky, lots of lounge space (JMP Bldg 2, Aparte, 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)

GGPick 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, quiet retreat from the crowd (Gaisano Mall, Gen. Santos)

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

GGPick Choca Loca - Pasta, sandwiches, specialty hot/cold chocolate drinks, shakes, halo-halo (South Osmeña-Quirino Sts across from DTI-XII Bldg, Gen. Santos) [wi-fi]

Coffee Club 101 - Coffee, pasta, desserts, free PC stations for patrons (Laurel East, Gen. Santos, +63-83-5535430) [wi-fi]

GGPick 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]

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

GGPick Fagioli Coffee Shop - Great after hours haunt, tends to get really crowded at night (Petron 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



RICHEVA GENSAN SUITES

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 Ave., Gen. Santos, +63-83-5540880)

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]

Residencia Heneral Travelers Inn - Prime location, affordable rooms -- Your home in Gensan (RD Bldg, Pioneer Ave., Gen. Santos, +63-83-3020533, +63-922-8420103)

GGPick Richeva Gensan Suites - Minimalist-modern, centrally located, offers affordable quality accommodations (11 Sampaguita St, Gen. Santos, +63-83-5540410, +63-919-7936227, +63-932-3753001, gensansuites@gmail.com) [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 worldclass dive site (Tinoto, Maasin, 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

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 Propriedad Bldg, Nuñez Street, Purok Malakas, Gen. Santos, 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)

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

Gio's Mongo Grill - One of Tiongson Arcade's main draws, Gio's has great tasting barbecue (Tiongson 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]



LITTLE DUBAI KEBAB GRILLS

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. Book in advance to play it safe! (National Highway, Gen. Santos, +63-83-5539298)



RED TRELLIS SEAFOOD GARDEN

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

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

GGPick Taps & Mix - Healthy meals, relaxing atmosphere, eclectic crowd, affordable price 24 hours a day, 7 days a week (Roxas East across from NDDU campus, Gen. Santos, +63-83-5542846, +63-83-5523878) [wi-fi]

GGPick Tricia's The Coffee Pot & Tables - Coffee and pastry, buffet meals twice a week, homey atmosphere in semi al fresco setting (20 Champaca St, Gen. Santos, +63-933-9411941, +63-933-3536555, tcoffeepot@yahoo.com) [wi-fi]

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

resto-bars

Drill Shack - Aussie staples such 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, the one place you're most likely to have a drink with Manny Pacquiao -- if you're lucky. (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, free intimate KTV rooms up to your total food/drinks bill, friendly staff, *al fresco* heaven (Robinsons Place, Gen. Santos, +63-83-5542139) [wi-fi]



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Wellness Worries & Wonders

We are now in the wellness revolution. People value health and wellness. Being healthy is now the trend. That's why according to *Paul Zane Pilzer*, economist, author of 9 bestselling books and economic adviser of two US presidents, "Wellness business is the next trillion-dollar industry."

No wonder there are lots of health and beauty products that are coming out in the market. And sometimes we have a hard time choosing which product we should use. Let me share to you some of the wellness products that are out in the market and some of their benefits.

Glutathione serves as my daily dose of antioxidant; it whitens my skin, too. (From all the water sports I did last summer I need to *lighten up*!) Contrary to what others think (i.e., that glutathione is bad for our health), based on researches and my own experience, it is the mother of all antioxidants and it is not foreign to our body as we already have certain levels of glutathione. Over time, however,



it tends to get depleted because of our exposure to toxins and our unhealthy lifestyles. Nowadays we need to supplement our body with vitamins, minerals and antioxidants. Note that glutathione's main purpose is not skin whitening; it is only the side effect. Don't forget your *Royale-C*; it helps in the absorption of all vitamins and minerals. Vitamin C is also known to be the mother of

all vitamins. Prevention is always better than cure, right?

I have just started changing my lifestyle and am now a little more active. I enrolled in a gym and started boxing lessons. I also started taking *Fit-shape*, which gives me extra energy for doing weights, cardio and other physical activities. The L-carnitine in *Fitshape* converts my stored fats to energy, which I need to do boxing. I also drink *Richarge* for the energy to survive my daily weights and cardio program.

Yes, it's hard work; sacrifices and changes were made when I decided to take on an active lifestyle. But all the sweat and hard work really pay off once you get on the weighing scale to see you're 9 pounds lighter, not to mention the compliments you get from family and friends. Thanks to the extra energy, I thoroughly enjoyed the summer doing extreme marine sports like

water ski, water rafting and wake boarding.

A change in lifestyle is a whole-package deal so that means a change in my eating habits, too. I trimmed down my carbohydrate intake and revved up on greens. Taking *Spirulina* also helps me; it's one of the highest source of protein. *Spirulina* is known to be the *super food*; it's actually a complete meal, and it's what astronauts eat in space.

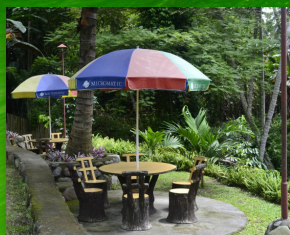
I encourage everyone to hop in and join the wellness revolution. It feels great to be active and healthy. Eat right, exercise regularly, and take your vitamins. At the end of the day this famous quote remains eminent, "Health is Wealth."

Back 2 Back
by Donna Mae
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Romarie Ivy
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Working Woman's Wisdom

Whether you're a hard-boiled career chick on the fast track or just trying to make a living, you and your fellow working girls have plenty in common -- from dealing with work-related stress to finding the energy to make the most of everyday. Here I offer tips on professional productivity, personal fulfillment, and fun!

1 Remember how your mother used to tell you that breakfast was the most important meal of the day? With the exception of power lunches that help you move up the chain of command, she was right.

2 Get lathered and get going. You can cut shower time down to two minutes flat. Its benefits aside from shorter primp time? Better skin! Beauty experts swear that slathering on to cure dry skin is only half the equation: short cold showers help your skin to retain more moisture.

3 Master sixty second make-up. Keep essential in small zippered pouch. It'll not only help you find everything in a pinch, but it's easier to throw into your bag for touch-ups later. Basic make up: powder, blush-on and lipstick.

4 Start your engines; maintain a vehicle you can count on to. The number one rule in car ownership is similar to body ownership: get your checkups. Every 3,000 mile you should plan to take your car for an oil change, warm up your vehicle and make sure not to overheat it.

5 Organize your Day-timer to save time, money and your career. Make a daily to do list, cross off items as you accomplish them. At the end of the day move the unaccomplished goals to the next page.

6 Make your desk clean and avoid being a piler. Try holding file technique and label

them *Important Act Now*, *Review by Friday* and *Low Priority*.

7 Learn how to say *I love my job*. And mean it!

8 Flash your sweetest smile as you say goodbye to your office mates and boss.

9 Go out if you still have leisure time. Meet your girlfriends and shop with them, visit your guy friends and talk about NBA, eat out with your family, download new songs to your iPod or hit the gym. Unwind somewhere or do the things you love to. You deserve it, girl.

10 Moisturize, get a good sleep, and don't forget to thank God for a beautiful day.

I balance my career and my passion. I work hard and on the other hand I see to it that I do the things I love whenever I get the chance. I love fashion, styling clothes, and photo shoots. Recently I had a pictorial with renowned photographer *Leonard Pe*, also a web designer, systems analyst, developer, adventurer, traveler, blogger, and scuba diver. Above all I treat him as my brother. He writes for his own blog, *Photographic Saga*, a record of his journeys in life,

travels, experiences, technology, gadgets, commercial works, and his growth in photography as art. See www.LeonardPe.com for more. (Credit also goes to Wendy Burt and Erin Kindberg for valuable inputs to the article.)



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by Apple
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Salon |
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Donna Mae
Congson





by Armando
Nicolas PJ

Error Terror

Dyslexic I'm not -- unlike *Tom Cruise*, *Keira Knightley*, *Thomas Edison* and *Leonardo da Vinci* -- who all had some traits associated with dyslexia. If time and again you see me scramble my letters and put words in the wrong order, blame it on bad typing or just lazy editing. These two I'll own up to without any reservation. (See dyslexia.learninginfo.org/symptoms.htm to know more about the condition.)

So when I referred to *John Angelo Dayatan* as *Datayan* in last issue's credits for the featured GenSkyway drawings, one might think I showed some symptoms. But then again, not really. (Before I forget, our apologies for that error, John Angelo.) It was an error in ignorance, which is a whole lot of deal in journalism. Or is it? The news clip below may be funny to you, but definitely not to the US President.

Osama Bin Laden is dead, but on countless Twitter feeds, TV graphics, and even from some poor television anchors, the news came out like this: "Obama Bin Laden Is Dead." One news anchor in D.C. even said, "...the President, telling the nation President Obama is in fact dead." He, of course, immediately corrected himself saying, "I'm sorry... Osama Bin Laden is dead." Both CNN and FOX News made the mistake of saying *Obama* when they meant *Osama*. (*Brandon M. Mercer*, 2 May 2011, FOX40 News)

Typographical errors, on the other hand, are mistakes

made in the manual type-setting of printed material in the early days of the printing industry, or in the typing process in the present time. Typographical errors, also known as typos, include mistakes due to mechanical mishaps or slips of the finger (while typing) or hand (while writing using a pen). Typos, it is important to note, do not include errors of ignorance such as misspellings and mistakes in grammar.

Duplicating, omitting, and transposing letters and/or words, and incorrectly substituting characters are typos commonly seen in written media. (Try scanning this magazine for typos, if you dare, and tell us how many you can find. Better yet, check out other local publications and compare. While you're at it, check for grammatical lapses as well. That should be fun.)

Welcome to the amazing world of pedantry! (Giggle.)



n the more sombre aspects of the subject, human error caused

the world's most expensive accident of all time. The Chernobyl disaster (April 26, 1986) is called the largest socio-economic catastrophe in peacetime history -- contaminating 50% of the area of Ukraine in some way, with over 200,000 people relocated and 1.7 million people directly affected. The death toll, including people who died from cancer years later, is estimated at 125,000. The steel shelter (the New Safe Confinement to be completed in 2013) for Chernobyl's Reactor No. 4 alone will cost \$2 billion. The accident was officially attributed to power plant operators who violated plant procedures and were ignorant of crucial safety requirements. (*Chernobyl facts from ExpensivePoint.com*)

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Camella General Santos is a premier subdivision known for prestige and quality, the first Caribbean-themed community in Gensan, which boasts of a wide range of house designs, land space dimensions, and price brackets.



Camella

Unveils its Prized Home Collection

Over the course of its birth, growth and expansion, Camella General Santos has perfected its most esteemed *Home Collection*, which showcases designs masterfully crafted to perfection in style and elegance in function with all of the different homeowner types in mind.



Camella Home Series

The Camella Home Series features elegant house models ideal for start-up families and young professionals with business or work assignments in Gensan. Available at a price range of PHP 1.1-M to 2.5-M, it offers floor area options from 40 to 96 square meters, with two to five bedrooms.



Crown Jewels Series

The Crown Jewels Series is best suited to established individuals who have worked hard for their accomplishments whether abroad or within the country. These premium homes, ranging from PHP 2.6-M to 3.5-M, combine maximum comfort and superlative elegance into one offering you don't want to miss.



Luxuria Series

The Luxuria Series, a testament to ultimate personal accomplishment and high success, a badge of achievement declaring, "I made it" – without compromise – combines luster, luxury and lifestyle in one irresistible package. The Luxuria Series comes in the PHP 4-M and 5-M price range, for the select few who has made it far and big.

Camella also offers Lot-Only Packages, an appealing addition to the portfolio of forward-looking investors, as well as the perfect personal luxury for discerning individuals who prefer to build their own dream house within the impeccably designed, naturally landscaped, and reassuringly secured Camella estate.

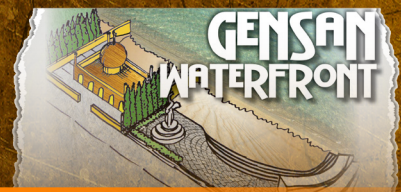
Camella General Santos is a development of Camella, a subsidiary of Vista Land and Lifescapes, Inc., the country's largest homebuilder. It has 35 years of experience, built more than 200,000 homes through 87 projects, and maintains a strong presence in Mega Manila and 19 other key provincial destinations and 44 cities and municipalities, while expanding to other regions. For more information, call (083) 5533377 or log on to www.camella.com.ph.



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