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Manuel becomes FAMAS president in another controversial election



Cesar Manue I(standing behind, 2nd from right) with his friends celebrating at his Pinoy Pansitan restaurant. (Photo posted on Facebook by S. Suarez)

W. G. Quiambao

Samahang Makabayan presidential candidate Cesar Manuel, whose term as FAMAS vice president ends this month, defeated Dante Tabamo of the MalayaTeam by a narrow margin of 22 votes.

He was involved in a controversial election for president in 2011. Although he garnered more votes than his opponent, Au Osdon, he still lost because of the implementation of the 150-vote deduction. One of his directors violated the COMELEC's

Rules and Regulations.

The August 6 election which was marred with allegations of irregularities and cheating was a déjà vu of what happened in 2011. The controversy started to brew when Julie Parado, the COMELEC chairman, discontinued the traditional advance voting without notifying the candidates. They found out about her drastic decision only after signing and submitting their candidacy forms. The reason given for discontinuing the advance voting was the high cost of



Dante Tabamo (on the left) shown here with his team in front of Famas building (Photo from their Facebook page)

doing it. Parado did not heed the appeal of the candidates and voters to reconsider her decision. Instead, she said that the COMELEC could not break its own rules but ironically, she broke them on the day of the election. For example, she had an altercation with Joseph Gonzales, a Malaya Team candidate for secretary. The COMELEC's Rules and Regulations stated that the election should start from 9 a.m. to 5 p.m. but she allowed the people to register and vote before the scheduled time. Besides, she

ordered another COMELEC member to distribute official ballots with numbers. She should not do this because the ballots could be photocopied and used illegally.

"The COMELC is illprepared," said Gonzales, shaking his head in disgust.

Budz Sarmiento, COMELEC chairman n 2011, posted his personal opinion in his Facebook. "The Filipino Community in Montreal has known better than expect any sound,

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FAMAS

Kian buried amid calls to end drug killings

By Ghio Ong (The Philippine Star) | Updated August 27, 2017 - 12:00am

MANILA, Philippines - Kian Loyd delos Santos was laid to rest yesterday at the La Loma Cemetery in Quezon City as thousands joined the funeral procession that called for justice for the 17-year-old student and an end to the drug war killings.

Delos Santos was dragged by plainclothes policemen to a dark, trash-filled alley in Caloocan City before he was shot in the head and left next to a pigsty, according to witnesses whose accounts appeared to be backed up by security video footage.

The death of the Grade 11 student has drawn attention to allegations by



ion for Grade 11 student Kian Loyd Delos Santos yesterday in Caloocan City. They demanded justice for Delos Santos, who was slain in a drug operation last week. Boy Santos

critics that police have been systematically executing suspected users and dealers, a charge the authorities deny.

Mourners, some of them wearing white shirts displaying the words "Justice for Kian," held flowers and small flags and placards denouncing the killing, as the procession moved out of Delos Santos' home in Libis Baesa, Caloocan City to the La Loma Cemetery.

Activists came in groups to express their support and sympathy.

Some people whose relatives were also killed by police joined calls to stop the summary killings under the war against

See Page 4 Drug war killings

OPINION ED.

Is the 'llocos Six' a proxy war?

Opinion, PerryScope PerryScope - By Perry Diaz

Duterte-and-the-MarcosesIn a major setback for Ilocos Norte Governor Imee Marcos, she failed to secure immediate relief from the Supreme Court (SC) against the House of Representatives' (HOR) inquiry into the Ilocos Norte's alleged misuse of P66.45 million in tobacco excise tax funds.

While the SC did not specifically reject Imee's petition, it was re-raffled since the justice in charge of the case, Associate Justice Diosdado Peralta, recused himself from the case. Interestingly, it was Peralta who administered the oath of office of former first lady Imelda Marcos and her son Ferdinand "Bongbong" Marcos Jr. as Ilocos Norte 2nd District representative and senator, respectively, in 2010. But

recusal.

With the three magistrates inhibiting themselves from the case, there will only be 12 justices who can vote on the case, which would require seven votes for approval of the petition. Does Imee have the support of at least seven justices? The fact that majority of the SC justices voted to allow the re-burial of the remains of the late strongman Ferdinand E. Marcos at the Libingan ng mga Bayani (Heroes' Cemetery), indicates the strong influence of President Rodrigo Duterte on the High Court. The interment of Marcos at the Libingan would certainly help Bongbong in his quest for the presidency. Indeed, Duterte had made it known that Bongbong was his preferred successor. But that was before the "llocos Six" scandal erupted, pitting Imee Marcos against Rudy Fariñas.



Duterte and the Marcoses

here's the rub: Peralta is a relative of Ilocos Norte 1st District representative and Majority Leader Rodolfo "Rudy" Fariñas, one of the respondents in the

In addition to Peralta, Chief Justice Maria Lourdes Sereno and newly appointed Associate Justice Andres Reyes Jr. inhibited themselves from the case. No reason was given for their

Ilocos Six

Majority Floor Leader Rudy Fariñas and Speaker Pantaleon Alvarez. Majority Floor Leader Rudy Fariñas and Speaker Pantaleon Alvarez.

The "Ilocos Six" controversy might seem complicated and complex in legal terms; but one can see politics at the crux of the matter. There are two groups

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of very powerful politicians who are involved in the imbroglio. One group is the powerful Marcos political clan of Ilocos Norte, which is led by the former First Lady and Ilocos Norte 2nd District Representative Imelda Marcos, her daughter Governor Imee Marcos, and her only son, former Senator Bongbong Marcos. The other group is led by a triumvirate of the top HOR leaders

are political protégés of the "Godfather" in Malacañang, President Rodrigo Duterte. They occupy their high positions because the Godfather placed them there to make sure that he has a grip on the HOR. Although nobody would admit to it, they serve at the pleasure of the Godfather. That is the reality of Philippine politics.



Associate Justice Diosdado Peralta administers the oath of office of former first lady Imelda Marcos and her son Ferdinand "Bongbong" Marcos Jr. as Ilocos Norte 2nd District representative and senator, respectively.

consisting of Speaker Pantaleon Alvarez, House Majority Leader Rudy Fariñas, and Surigao del Sur Rep. Johnny Pimentel, chair of the HOR's Committee on Good Government and Public Accountability.

While the Marcos siblings defer to their mother Imelda Marcos, who is used to wielding the power that she and her late husband had during the heyday of their conjugal dictatorship, the HOR triumvirs The system of "three independent government branches," as stipulated in the Constitution, doesn't work in Philippine realpolitik. What works is the "padrino" system that we had inherited from the Spanish colonizers. Duterte is the padrino or godfather of the HOR triumvirs. And by the same token, Imelda Marcos is the padrina or godmother of the Marcos clan.

Now the picture is crystal clear: the



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Come, be Empowered by the Holy Spirit ... Healed by The Word of God

"Ilocos Six" is a proxy war between Duterte and Imelda Marcos. But what is not clear is why are they fighting each other when not too long ago they were the best of friends?

There is chatter in the grapevine that the Marcoses and Duterte had a falling out. Speculation is rife that a "broken promise" might have been the cause of their estranged relationship. Well, like they say, "In politics you don't know who your friends or enemies are."

The presidential election is still five years away and loyalty could shift from one side to the other at the drop of a hat. And as usual there would be the

In my last column, "The politics behind the Ilocos Six" (July 21, 2017), I wrote: "It's interesting to note that both Imee [Marcos] and [Rudy] Fariñas will be termed out in 2019. Which makes one wonder what their political plans are in the 2019 midterm election? Imee could run for Fariñas' 1st District seat, after all she's now officially a resident of Laoag City, which is in the 1st District. Bongbong's eldest son Sandro is now primed to run for office in the province. Why not the governorship that Imee would be vacating? Bongbong's second son, Joseph Simon would be in a position to run for mayor of Laoag City against incumbent Chevylle Fariñas. And Bongbong's youngest son Vincent



Majority Floor Leader Rudy Fariñas and Speaker Pantaleon Alvarez.

balimbings – political opportunists – who would jump sides if it satisfied their own agenda.

Political opportunism

would qualify to run against Laoag City's incumbent vice-mayor and Chevylle's husband, Michael Fariñas. That would certainly stack up the cards against the Fariñas clan right in their own backyard.



Third generation of Marcoses:Bongbong Marcos, sons, and wife.

"Meanwhile, Bongbong's electoral protest against Vice President Leni Robredo is now before the Supreme Court convened as Presidential Electoral Tribunal (PET). If Bongbong wins and takes over the vice presidency, it would certainly make the Marcos clan the preeminent political body in Ilocos Norte. And this could cause the downfall of the Fariñas clan."

Duterte vs. Marcos

With the elimination of the Fariñas clan from the political power structure of llocos Norte, Bongbong can then work in securing the support of the Solid North. And with the Visayas and Mindanao getting behind whomever Duterte fronts in 2022, Bongbong is probably salivating right now because he is very confident that he is

Duterte's candidate - or as they say in

the street, "manok," a fighting cock — in the 2022 presidential election. And he was. What happened?

With the proxy war that is going on between Duterte and Imelda, the calculus for the presidential election in 2022 is going to change. And this begs the question: If Bongbong were not going to be Duterte's candidate, who would it be? Last June, amid speculations about his health, Duterte stressed that Vice President Leni Robredo will be his "only constitutional successor in case his term ends prematurely." Is that a veiled endorsement that Leni could be his anointed successor to the presidency? Why not?

And what's in store for Rudy Fariñas, who has loyally stood by his godfather?

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September 30, 2017

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From Page 1 **FAMAS**

encouraging and tenable Julie Parado, who last August 6 brazenly and unmercifully made a mockery of the 2017 FAMAS biennial election by taking to her home the ballot boxes without providing an ironclad against precautionary measure fraudulent activities on said ballot boxes. That is the latest distressing episode of her long history of sinister behaviours. Actually, this is more a search for the truth, particularly for an honest and clean election that will eventually redound, hopefully, to a truly progressive FAMAS, in particular, a significant peaceful and united Filipino community." Here are commentaries from Dick Ribaya, former COMELEC chairman, "In the 2013 and 2015 FAMAS elections, after all the ballots were counted, ballots were placed in their respective boxes, sealed with tapes, and signed by a representative of all political parties, the ballot boxes were stored in a room in FAMAS office and locked. Only the COMELEC chairperson can open the room when requested by a political party and witnessed by representatives of the political parties. In this manner, all the political parties were assured of the security of the ballot boxes and avoided suspicion of tampering of election results. The advance voting in the 2011 FAMAS election provided the voters with more time and opportunity to vote. Why was the regulation not adopted and implemented in the 2017 FAMAS election?

From the McKenzie King park where the election was held, the ballot boxes were brought and counted at FAMAS centre. According to the disgruntled Malaya Team supporters, the series of the events that took place at about 8 a.m. the following day cast a cloud of suspicion. When all the votes were counted, the people waiting outside for the result of the election heard Parado making an immediate announcement that the Malaya Team won by a landslide. Tabamo beat Manuel by 101. In addition, the scoreboard showed that Tabamo won. Parado congratulated and hugged Lulu Dahiroc. She even

From Page 1 Drug war killings

drugs.

"I came to support the family. I want justice for Kian and all victims, including my son," said Katherine David, whose 21-year-old son was shot dead by police with two other men in January.

Delos Santos' flower-draped coffin passed slowly through narrow streets on a flat-bed truck with two black and red colored tarpaulins containing the words "Run, Kian, Run" and "Stop the killings" displayed on each side.

The cortege made a brief stop in front of the Caloocan police community precinct where three police officers involved in the killing of Delos Santos were assigned before proceeding to the Sta. Quiteria Church where the funeral mass was held.

The militant group Bagong Alyansang Makabayan (Bayan) led the announced that she would attend the induction of the officers. In a hurry, she sent people home and asked Danny Florentino, a COMELEC member, to have her car loaded with ballot boxes after they were sealed and signed. She drove home with Angie Ogerio. There was a rumor that she was with Charito Canivel but that was not confirmed. Parado and Svetlana Suarez, the Samahang Makabayan vice presidential candidate and close friend of hers live in the same building. Canivel and Marlene Birao, a member of the COMELEC, live in the same area. It was also found out that one COMELEC member is a "kumpare" of Manuel. In her August 8 email to Dick Ribaya, Suarez said, "Both political parties were present. Samahang Makabayan and Team Malaya, when Danilo Florentino who is a staunch supporter of Team Malaya and member of the COMELEC, put all the boxes of the counted ballots in the car of the COMELEC chairman Ms. Julie Parado. "There were no questions of complaints coz at the time, we knew who won and lost because we have the unofficial counts provided by the Poll watchers." Did she mean after Parado announced the victory of Tabamo? But why was it immediately posted on her facebook that Manuel won? Where did the 22 votes come from, asked many Malaya supporters.

Some of the troubling questions that need to be answered are: Why did Parado keep the boxes at her place, instead of a safe and neutral place?

The FAMAS computer was hacked July 27 (?). Why was Julie allowed to bring the boxes at her place? There was enough time to bring the ballot boxes in a safe and neutral place before the August 6 election. The boxes were sealed and signed but nobody knew what transpired at her place? In a few hours, rumors circulated that Manuel won by 22 votes. Where did she get this figure? Did Manuel ask for a recount that the figures were changed when all the people had gone? Why would he do it? If he ever asked for a recount, did Parado open the ballot boxes? Did she do it or with the help of other people. Mercy Sia, Malaya's vice presidential

protesters shouting "Justice for Kian, justice for all!" in front of the police precinct.

"The thousands who lined the streets and joined the funeral march of Kian delos Santos is a strong protest against Rodrigo Duterte's war on drugs and the poor," the group said in a statement.

"It is a sign that the people have had enough and are indignant over the impunity that prevails today. We call for accountability of the police officers directly involved in the killings as well as accountability of the commander-in-chief who sanctioned the killings."

At the funeral mass, Caloocan Bishop Pablo Virgilio David condemned the killing of Delos Santos as well as other victims of summary executions.

He said Delos Santos was not the only victim of the war on drugs as he mentioned by name the others who candidate, pummeled Suarez, the Samahang Makabayan presidential candidate, by staggering 353 votes. Could it be possible that Tabamo did not get at least 25 votes from Sia's supporters? Why did the COMELEC decline to grant interviews to the North American Filipino Star and Norberto Mandin and his wife of the Canadian Pinoy Radio? The unofficial results were released August 8 and the official results only August 13. The number of people who cast their ballots is 2866.

The latest report as of this writing is that Parado received a letter from the Malaya Team lawyer to answer their questions on what happened on the election day. Despite the controversy and the lawyer's letter, she proclaimed Manuel on August 13. In attendance was Pia Bautista, the only director from the Samahang Makabayan who won.

Bert Abiera, FAMAS erstwhile president, drew a conclusion, "As chairman of the COMELEC, Julie assumes that she makes all the decisions without consulting any of her members. That means she has the final say. She wants to beat Budz Sarmiento's record. She wants to make history, and she made it. She will be remembered for what she did this election. It's a fiasco. "

The election was held August 6 but the official results were released

PRESIDENT -	
Dante Tabamo	
TM	1422 vo
Cesar Manuel	
SM	1444 vo
VICE PRESIDENT (Int.)	
Mercy Sia	
TM	1583 v
VICE PRESIDENT (Int.)	
Svetlana Suarez	
SM	1230 vo
VICE PRESIDENT (Ext.)	
Romeo Remigio	
TM	1462
VICE PRESIDENT (Int.)	
Rey Balansi	
SM	1228
SECRETARY	

Joseph Gonzales vice Cristine Toca **TREASURER** Salvador Cabugao Lorenza Penular

TM

SM

Ind.

TM

SM

TM

1445 votes

1210 votes

352 votes

1244 votes

1057 votes

1480 votes

1144 votes

1303 votes

1306 votes

1417 votes

1274 votes

1345 votes

1274 votes

1488 votes

1111 votes

1377 votes

1261 votes

1385 votes

1258 votes

1414 votes

1262 votes

Jeanette Cortez **AUDITOR** Edwin Rosete Marieta Vinas **ACCOUNTANT** Cynthia Eau Pia Dulce Bautista

PRO

Leah Baldelovar

DIRECTORS

Pinky Pellejo

Evelyn Calusa

Glenda Lasaten

Raquel Trinidad

Emely Boado

Bryan Perona

Alona Amano

Michael Supan

Rowel Panganiban

Marc Alvin Simbulan

Dexter RossEstinozo

August 13. The list is as follows:

otes otes otes otes

32 votes 28 votes

also fell victim to suspected vigilante groups carrying out the killings for the police.

"Most of the families did not file cases... To whom would they charge if the suspects are wearing bonnets?" David remarked.

"Most of them, even if they witnessed that the victims were shot defenselessly, would be recorded on police reports that they fought back. Most of the witnesses would not dare testify for fear that they could be the next victims. Stop the killings, start

David comforted the grieving parents during his homily.

"Not only your family, but the heavens also cried for you early this morning," David said.

"Aling Lorenza and Mang Saldy, you are not alone. With you are parents who also lost their children."

Saldy thanked the crowd who joined them in mourning their loss. "I

have nothing else to wish for but for Kian to get justice and for his killers to pay for what they did," he said in Filipino. He also hoped that his son's

-000-

fate would not happen to others.

Protesters against human rights violations joined the funeral procession for Grade 11 student Kian Loyd Delos Santos yesterday in Caloocan City. They demanded justice for Delos Santos, who was slain in a drug operation last week. **Boy Santos**

"So that they would never feel how to lose a child as good as Kian," he said.

Public Attorney's Office (PAO) chief Persida Rueda-Acosta assisted the family during the funeral procession.

Among those who attended were former Education secretary Armin Luistro and Fr. Robert Reyes, the "running priest" who concelebrated the funeral mass with David.

David believes the response to Delos Santos' killing marks a turning

Philippine teenager's burial turns into protest vs killings

Saturday, August 26, 2017 10:15 AM

By BULLIT MARQUEZ, AP

MANILA. Philippines (AP) — A Filipino teenager at the center of the latest outcry against the president's bloody crackdown against illegal drugs was buried Saturday, with mourners turning his funeral into a protest against thousands of drug killings.

Hundreds of mourners and left-wing activists carried placards that read "Stop killing the poor" and "Justice for Kian" during a kilometerslong (miles-long) funeral march before Kian Loyd delos Santos was interred at a public cemetery in the Manila metropolis.

The 17-year-old student, who wanted to become a police officer, was one of more than 80 drug and crime suspects who were killed in purported gunbattles with police over three days this month in the bloodiest few days of President Rodrigo Duterte's anti-drug campaign. The killings sparked alarm and official investigations.

During a funeral Mass at a church, Roman Catholic Bishop Pablo David urged authorities to "stop the killings and start the healing.

The Rev. Flaviano Villanueva said that the slain student had become a symbol, and that his death and burial had "burst open the sleeping hearts and consciences of the Filipino people."

"This is proof that the country itself is screaming enough is enough, and we should end these killings," he

point in the opposition to the drug war.

A member of Rise Up, a Manilabased coalition of church-related groups opposing the drug war, said families of about 20 victims joined the funeral procession.

"There's been a big change. Before, police could kill and nobody paid attention. Now people are starting to show support and sympathy," she

The Philippine Council of Evangelical Churches (PCEC) issued a statement denouncing the killing of Delos Santos.

"We denounce in the strongest terms all unjust slayings and the rising culture of senseless killing and impunity that, to our very deep regret, have accompanied from its very inception the President's well-intentioned campaign against illegal drugs," PCEC national director Bishop Noel Pantoja said.

Outcry

PAO led the Delos Santos family in filing charges of murder and torture against the policemen involved in the killing.

Police claimed Delos Santos tried to flee when he saw the lawmen approaching him during a drug sting in his neighborhood on Aug. 16.

Policemen gave chase but Delos Santos allegedly pulled out a handgun and opened fire, triggering a brief firefight.

Delos Santos was killed during the exchange of fire, according to police who added Delos Santos had a .45 automatic and two sachets of shabu.



Residents watch the passing funeral procession of slain Kian Loyd delos Santos, a 17-year-old student, Saturday, Aug. 26, 2017, in suburban Caloocan city north of Manila, Philippines. The killing of Kian by police has sparked an outcry against President Rodrigo Duterte's anti-drug crackdown, which has left thousands dead since assuming office in June of last year. (AP Photo/Bullit Marquez)

said.

Murder and torture complaints were filed Friday against three police officers and their commander in the Aug. 16 shooting death of delos Santos in suburban Caloocan city.

"The thousands who lined up the streets and joined the funeral march of Kian delos Santos is a strong protest against Rodrigo Duterte's war on drugs and the poor," left-wing leader Renato Reves said. "The people are saving, 'Enough!"

Police say delos Santos was a drug dealer who opened fire with a pistol during a raid. His family, however, says he was mercilessly

His relatives, however, disputed the police claims, saying the gun and the drugs were planted.



SOCO probes into the controversial case of 17-year-old Kian delos Santos who was shot dead in a police drug operation.

The relatives showed barangay security video showing two men dragging Delos Santos.

Witnesses said the policemen handed the handgun to Delos Santos and ordered him to run before shooting him down.

The three policemen involved PO3 Arnel Oares, and PO1s Jeremias Pereda and Jerwin Cruz – were charged with murder and torture of a minor before the Department of Justice on Friday.

Their superior, Chief Insp. Amor Cerillo, commander of the Police Community Precinct 7 of Caloocan City, was included in the charges under the principle of command responsibility.

The complaint followed at least

killed by police as he was pleading for his life.

During a televised Senate hearing this past week, Commission on Human Rights Chairman Chito Gascon expressed astonishment at police claims that most of the more than 3,200 drug suspects they have gunned down since the crackdown began last year fought back, prompting law enforcers to shoot them.

Aside from those deaths, more than 2,000 others have died in drugrelated killings, including attacks by motorcycle-riding masked gunmen, who human rights groups allege are

two cases filed last year against police over President Duterte's war on drugs, which has killed thousands, outraged human rights groups and alarmed Western governments.

The Unity of Child Rights Advocates Against Inhumane Treatment and Neglect of Children (UNCHAIN Children) said more than 30 children have already died in connection with Duterte's drug war.

Duterte has expressed extraordinary support for police enforcing his crackdown, promising to pardon them if they are convicted to keep them out of jail.

Amid the growing outcry, however, Duterte ordered the arrest of policemen in disguise or their civilian hit men. Police deny such claims.

Delos Santos's grieving parents and some neighbors have pointed to a village security camera video that shows a man, who they say was delos Santos, being held by both arms and dragged away from near his home shortly before he was shot in a dark, muddy alley near a canal. They said the video showing him in police custody belies the police claim that he tried to escape and that he had a pistol with him.

Police officers linked to the killing acknowledged in the Senate hearing that they were the ones in the video, but said the man they were dragging away was a civilian informant who was trying to hide his face from villagers out of fear.

Duterte expressed has extraordinary support for police enforcing his crackdown, promising to pardon them if they are convicted to keep them out of jail. Amid the growing outcry, however, he ordered the arrest of the policemen linked to the killing of delos Santos and ordered an investigation.

"The president has clearly stated that the war against drugs is not a license to break the law," presidential spokesman Ernesto Abella said. "This incident, however, would not deter the administration from the task of reducing criminality and illegal drugs."

"The campaign against illegal drugs would continue," Abella said.

the policemen linked to the killing of Delos Santos.

Malacañang gave assurance that the proper authorities would investigate the killing of Delos Santos.

Presidential spokesman Ernesto Abella on Friday said Duterte has ordered an investigation into the killing.

He said the killing of Delos Santos is a wake up call for the police and other state agencies to review and reform their law enforcement procedures. - With Janvic Mateo, Emmanuel Tupas, Rhodina Villanueva. Reuters



Vice President Leni Robredo on Sunday went to Caloocan City to visit the wake of 17-year-old Kian Delos Santos. Office of the Vice President

Tagalog Seksyon Opinyon/Komentaryo ni Willie Quiambao

KAHALAGAHAN NG ANG KOMUNIKASYON SA BUHAY NG TAO

Noong Pista sa Nayon ay sinabi sa akin ng isang kandidato ng Malaya Team na hindi alam ng dalawang partido na walang advance voting sa FAMAS eleksyon. Pinatunayan ito ng isang kandidato mula sa Samahang Makabayan. Na-fill out na niya at napirmahan ang candidacy form nang sabihin sa kaniya ni Julie Parado, COMELEC chairman, na walang advance voting. Sa pagkabigla niya, hindi na siya nakapagtanong kung bakit at hindi na rin siya nakatutol. Dahil halos may tatlong linggo pa bago mag-eleksyon, pinayuhan ko sila na sabihin sa FAMAS Executive Board at COMELEC ang kanilang isyu. naman nila kailangang makipagsigawan o makipag-away. Idinagdag ko pa na ito ang pagkakataon upang ipamalas ang kanilang pagiging ider. Maging assertive sila.

Minsan, tayong mga Pilipino ay nahihiyang magsabi ng ating saloobin. Pero kung kinakailangan, dapat tayong magsalita kung alam nating tama tayo. Kung hindi tayo magsasalita, paano malalaman ng iba ang ating saloobin. Hindi sila manghuhula.

Naalaala ko nang itulak akong maging kandidato ng FAMAS sa pagkadirektor maraming taon na ang nakalilipas. Nang basahin ko ang candidacy form, sinabi ko sa COMELEC chairman na hindi ko sasagutin ang ibang personal na tanong, tulad ng Have you been convicted of a crime? Do you have any police record? Have you filed for bankruptcy? Puro "No" and sagot ko sa mga ito pero hindi ko mafill out ang candidacy form dahil kahit sa job application form, hindi na itinatanong ang mga personal na bagay na tulad nito. Sumagot ang COMELEC chairman na formality lamang ang mga tanong na iyon pero pinangatawanan ko ang aking desisyon. Hindi na siya nagpilit dahil siguro, naisip niya na tama ako. Isa pang halimbawa ng kahalagahan komunikasyon ay nang tulungan ko ang isang kaibigan na mag-appeal sa Unemployment Insurance Commission. Natanggal sa trabaho ang aking kaibigan na caregiver dahil napagbintangan siyang nagnakaw kaya hindi siya binigyan ng benepisyo ng UIC nang halos limang buwan. Binasa kong mabuti ang regulasyon ng UIC na nagsasabing walang benepisyong makukuha ang isang taong natanggal sa trabaho kung siya ang may kasalanan. Sinamahan ko sa tribunal ang aking kaibigan upang mag-appeal. Ang argumento ko ay hindi pa naman napatunayan na may kasalanan ang aking kaibigan. May abogado siyang nagtatanggol sa maling bintang sa kaniya. Pagkalipas ng mga dalawang linggo, binigyan siya ng benepisyo.

Kung hindi ako nakipag-usap sa COMELEC chairman, hindi ako nakatakbo bilang direktor ng FAMAS at hindi ako nagkaroon ng personal na kasiyahang isipin na kahit pala bago pa ako sa komunidad, naging panglabintatlo ako sa tatlungpong kandidato. Kung hindi ako nakipag-usap sa UIC, hindi nakakuha ng benepisyo ang aking kaibigan.

ANG DESISYON BA NG FAMAS **EXECUTIVE BOARD AT COMELEC NA HUWAG MAGKAROON NG ADVANCE VOTING AY SA KAPAKANAN NG MGA** KANDIDATO AT BOTANTE O SA KAPAKANAN NILA?

Nagulat ang mga botante ng FAMAS nang malaman nila na walang advance voting noong bago mag-eleksyon. Ayon sa kanila, ngayon pa lamang mangyayari ito. Narinig ko na ang dahilan na ibinigay sa mga kandidato ay ang malaking gastos. Tinanong ko ang isang dating opisyal ng FAMAS kung totoo ito at sinabi sa akin na halos meal allowances lamang ang gastos. Marami ang nagsasabi na makatitipid nga ang asosasyon pero malaki rin ang mawawalang pera dahil marami ang hindi makaboboto. Iniisip ko naman na puro pera, hindi ang karapatan at kapakanan ng mga kandidato at botante ang hangad ng FAMAS. Sangayon ako sa mga dahilan ng mga kandidato at botante na magkaroon ng advance voting: Marami sa mga tao ang nagbabakasyon pa, marami ang magtatrabaho at magsisimba muna at hindi nila magagawang bumoto kung isang araw lamang at ilang oras gagawin ang eleksyon. Uunahin muna nila ang mahahalagang bagay sa kanila kaysa pagboto. Mahihirapan din ang matatanda at may kapansanan sa mahabang pila.

Nang mag-email ako kay Julie Parado, COMELEC chairman, upang ipaalam ang pagtutol ng mga kandidato at botante sa ginawa niyang walang advance voting, sinabi niya na igalang ang kanilang desisyon. Sumagot ako na paano namin igagalang ang kanilang desisyon at ang mga taong gumawa nito na sa aming palagay ay mali. Sinangguni ba nila ang mga kandidato at mga botante nang gumawa sila ng mahalagang desisyon? Sa mga naririnig ko, ang Executive Board at COMELEC lamang ang nag-usap. Sinabihan din ako ni Julie, "We can not break our own rules". Ganoon pala, bakit nilabag nila ang konstitusyon ng FAMAS na nag-appoint sa kanila. Sinasabi sa konstitusyon ng FAMAS na ang isa mga karapatan ng mga miembro ay makaboto. Paano nga nila magagawa iyon sa isang araw at ilang oras lamang na botohan?

Na-insulto pa ako nang sabihin ni Julie na basahin ko ang FAMAS Constitution na parang hindi ako nagbabasa. Ilang ulit ko itong binasa pero talagang wala namang nakasaad doon tungkol sa advance voting. Ang argumento ko: Kung walang nakasaad na magkaroon nito, may karapatan sila at ang Executive Board na hindi gumawa ng advance voting. SUBALIT may karapatan din ang mga kandidato at botante na humiling na magkaroon nito. Ito ang sinasabi kong isa sa mga loophole na puedeng pagdebatehan. Ang anumang bagay na dapat at hindi dapat gawin ay kailangang nakasulat nang malinaw. Dapat ay in black ang white. Dahil nga walang nakasaad tungkol sa advance voting, sa pagkakataong tulad nito, common sense ang dapat pairalin o mangibabaw. ISIP. Mas mahalaga nga ba ang napakalaking gastos ng FAMAS na matitipid kung walang advance voting kaysa sa kapakanan at karapatan ng mga kandidato at botante? Napakababaw ng kanilang dahilan. Baka may gustong patunayan ang Executive Board at COMELEC na sila ang makapangyarihan o mas marunong sila.

Ayon sa nakaraang administrasyon, wala ngang nakasaad na walang advance voting sa konstitusyon pero nag-usap sila, ang COMELEC at mga kandidato. Lahat ay nagkasundong magkaroon ng advance voting. Tama ang ginawa nila pero ang kasalukuyang administrasyon at COMELEC ay hindi isinaalang-alang ang mga kandidato at botante na nagbayad ng candidacy at membership fees. Nagemail ako kay Julie bilang kinatawan ng mga kandidato at maraming botante na ireconsider ang desisyon ng Executive Board at COMELEC pero hindi pa rin sila nakinig. Ipinaalaala ko pa sa kanila na baka maulit ang nangyari noong 2011 na nagkagulo. Sa gobyerno, maaaring magappeal ang isang tao tulad ng aking kaibigan na noong una ay hindi nabigyan ng unemployment benefits pero ang FAMAS at COMELEC ay hindi man lamang binigyan ng pagkakataon ang mga kandidato at botante na mag-appeal. Sinabi kaagad na hindi nila mababago ang kanilang desisyon. Hindi man pinagbigyan ang aming kahilingan, ang mahalaga ay nasabi namin ang aming argumento at bahala ang mga bumabasa na magsabi kung sino ang tama o mali.

Gusto kong maniwala sa sinabi ni Budz Sarmiento, dating COMELEC chairman, na ang desisyon ng Executive Board at COMELEC ay batay sa kanilang "whims at caprice", hindi sa kapakanan o karapatan ng mga kandidato at botante.

Sa bagong administrasyon na nakaupo ngayon, maraming pagbabago silang gagawin. Kung magta-trabaho sila. Ang isa sa mga ito ay kung paano nila maibabalik ang pagltiwala ng mga tao sa FAMAS. Pero sa nangyayari ngayon, mahirap na o matatagalan pa. Nagsasalita na at sawa na ang "madlang

MGA KOMENTO AT OBSERBASYON NG MGA TAO SA NAKARAANG **ELEKSYON**

Nagtatawa si Budz Sarmiento, COMELEC chairman noon 2011, kapag nababalitaan niya ang gulong ginawa ni Julie Parado, COMELEC chairman ng FAMAS ngayon. Ang hindi lamang gusto ng mga tao noong chairman si Budz ay ang ginawa niyang pagbabawas sa boto ng mga kandidato na nakalagay naman sa Rules and Regulations. At binigyan niya ng pagkakataong magkaroon ng hearing ang mga kandidato. Bukod doon, organized ang eleksyon. Sa eleksyon noong Aug. 6, hindi kaagad sinabi ni Julie sa mga kandidato at mga tao na walang advance voting. At hindi niya pinakinggan ang kanilang appeal. Sa nakaraang eleksyon, umaga pa lamang ay

nagkakagulo na ang mga tao.

Ang mga sumusunod ang ilan sa mga

nakita ko at sinabi sa akin: 1.Pagkakalituhan - Pagkatapos kong mag-register, hinihintay kong may magturo sa akin kung saan pupunta. Wala kasing sign. Pinagsabihan ako ng presidente ng FAMAS, "Umurong ka, Willie." Para bang nakasasagabal ako sa mga nasa likuran ko. Sumagot ako, "Walang nagsasabi sa akin kung saan pupunta." Itinuro ako sa kasunod na tent subali't hindi naman pala doon. "Akala ko ba ay trained na ang mga staff," nasabi ko na lamang." 2) Pagsisigawan - Nang sumulat ako sa COMELEC upang ireconsider ang desisyon na walang advance voting, ang sagot ni Julie, "We can not break our own rules and regulations." Nakatatawa dahil noong araw ng eleksyon, siya ang lumabag sa sarili niyang rules. Ang simula ng botohan ay 9 a.m. hanggang 5 p.m. Nagsisigawan si Julie at Joseph Gonzales, kandidato ng Malaya Team, dahil pinabayaan ng una mag-register at bumoto nang maaga ang isang grupo ng mga botante kahit wala pang 9 a.m. Nagutos siyang mamigay ng mga official ballot sa labas. Dapat gawin iyon sa loob ng tent, pagkatapos mag-register ng mga botante. 3) Pagtulong ng kasalukuyang presidente sa pag-paparegister -"Conflict of interest." sabi ni Fredo, isang miembro ng FAMAS na madalas makita sa mga pagtitipon. "Marami namang makukuhang volunteers. Ang dapat ay magmasid na lamang ang presidente." 4) Paghahanapan ng mga nawawalang registration cards. - Malas na lamang kung kaninong team ang nawalan ng mga registration cards. Kung nag-register ng personal ang isang botante, nawala niya ito. Bakit hahanapin sa COMELEC? Matagal ko nang sinasabi na dapat ay personal na mag-reregister ang botante upang matiyak na siya nga ito. 5) Pagbabago sa lugar ng botohan -Papasok na ako sa video store ni Ed Dumandan nang may tatlong lalakeng tumatakbo at nagtanong sa akin kung saan ang botohan. Naalaala ko na dapat ay sa Van Horne nga pala pero na-ilipat sa MacKenzie King Park. Ang pagbabago ay nalathala sa isang diaryo pero hindi sa North American Filipino Star. Hindi pa lumalabas ang NAFS nang malaman ang pagbabago ng lugar at may panahon pa upang ilathala ang bagong impormasyon sa NAFS. 5) Pagsisikap ng may mga kapansanan na makaboto - Nakita ko at nakausap ang isang supporter ng Samahang Makabayan na may hospital bracelet pa pero lumabas para lamang makaboto. Isa namang matanda na hirap na hirap sa paglalakad ang akay ng anak ang papunta sa tent ng Malaya upang makaboto. 6) Pagpapaalis sa media -Hindi raw pinapasok ni Julie si Norberto Mandin ng Canadian Pinoy Radio Pagpapa-guilty kay Dick Dahiroc na dating miembro ng Samahang Makabayan pero lumipat sa Malaya Team 8) Pagtatanong sa akin ng isang botante kung posibleng magkaroon ng dalawang puso ang isang tao. "Willie, pareho kong kaibigan ang dalawang kandidato sa presidente ng FAMAS. Anong gagawin ko? Ang aking sagot, "Magtanong ka sa mga tao kung sino talaga ang magtatrabaho. O kaya, huwag ka nang bumoto para hindi ka guilty. Itago mo na lamang ang \$7 mo." 9) Pagkawala ng karanasan ng COMELEC - Sabi ng isang nagmamasid, "Dalawa sa miembro ng COMELEC ang naging presidente ng FAMAS kaya dapat alam na nila ang gagawin ng COMELEC sa eleksyon. Pero



IMAGE & FASHION

Michael Davantes B.A. Specialization in Communication

Fight for Natural Beauty

Finally, the latest and most effective beauty technology is in Montreal introduced by a Filipina nurse Angelita Velez. Concerned about excessively aggressive, unnatural anti-aging techniques with unpredictable results, Angelita built a spa that features a technology called LPG Endermologie - a NO RISK, NO SIDE EFFECT device that battles to slow the unaesthetic effects of passing time.

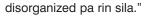
The experience of LPG's team in treating the most serious skin conditions (scars, fibrosis, lymphedema. burns, etc.) and studying connective tissue for over 30 years only strengthened their belief in the skin's intrinsic abilities. Intelligently stimulated, the skin is capable of undergoing amazing transformations: boosting the production of rejuvenating substances (collagen, elastin, hyaluronic acid) for firmer skin, activating fat cells' elimination process to reshape your figure, stimulating fluid exchanges for a deep detox effect.

Finally, the latest and most effective beauty technology is in Montreal introduced by a Filipina nurse Angelita Velez. Concerned about excessively aggressive, unnatural anti-aging The endermologie® technique was developed to make the most of this natural potential in a completely non-invasive, non-aggressive, pleasurable, and safe way.

Technological innovation for beauty

LPG Endermologie's patented technologies are the result of continuous research conducted by engineers and researchers who are part of a SCIENTIFIC RESEARCH COMMITTEE, and thousands of practitioners throughout the world. The technology is designed to naturally improve health and beauty while perfectly respecting the skin's ecology and the human body's physiology.

LPG advocates Beauty that looks like you. NATURAL. HEALTHY. SUSTAINABLE. The technology is available at **Beauty and Health Aesthetics** by Angelita Velez located at 5692 Victoria Ave. Montreal.



SA PAGBABAGO NG PANAHON, KAILANGAN PA RING SUNDIN ANG BUSINESS AT SOCIAL ETIQUETTES (PERO HUWAG SOBRA)

Kamakailan ay ginamit ng pamangkin ko ang aking komputer upang gumawa ng sulat sa pag-hahanap ng trabaho. Hindi man maganda ay sumilip ako. Nakita ko na walang salutation at complimentary close ang kaniyang ginagawang sulat kaya hindi ko napigilang magtanong, "Is that how you do it now?" "Yes, uncle." Napailing ako. "When you enter a house, don't you knock first and when you leave, don't you say goodbye as signs of respect?"

Hindi sumagot ang pamangkin ko at hindi na rin ako kumibo. Siguro, talagang ganoon ang uso ngayon lalo na halos lahat ay ginagawa sa komputer. Maraming pagbabago sa paligid na hindi ko na alam pero para sa akin, may mga bagay pa rin, tulad ng business etiquette, na dapat mapanatili. Ang paggalang ay hindi dapat nawawala lumipas man ang panahon.

Sa Pilipinas, noong kapanahunan ko, maraming babae at lalake ang nagtatrabaho bilang sekretaryo. Tulad ko, ito ang stepping stone nila para magkatrabaho habang nag-aaral. Karamihan sa kanila ay graduate ng dating Philippine College of Commerce kung saan itinuturo ang steno-typing. Hindi ako kumuha ng kursong ito pero self-study ang ginawa ko. At bumibili ako ng mga libro tulad ng How to Compose Effective Business and Personal Letters. Isa sa mga natutuhan ko

sa paggawa ng business letters ay ang paggamit ng salutation at complimentary close. Kadalasan ay ginagamit sa pormal na sulat ang Dear sir at punctuation mark na colon. Pero hanggat maaari, alamin natin ang pangalan ng iyong susulatan. Halimbawa, Mr. Smith. Mas may appeal iyon sa kaniya kaysa Dear sir o To whom it may concern. Kung impormal o personal ang sulat, tulad ng Dear John, ang punctuation mark ay comma. Kailangan din ang salutation at complimentary close ay magkatugma. Halimbawa, kung gumamit ka ng inpormal na Dear John sa kaibigan, huwag kang gagamit ng pormal na complimentary close na Yours truly o Respectully yours. Tama na ang Best regards o Sincerely.

Ang isa pang natutuhan ko ay ang tamang pagsagot sa telepono sa opisina na hindi na binibigyan pansin ng marami ngayon. Kailangan sabihin ang pangalan ng kompaniya, Good morning or Good afternoon, at pangalan ng sumagot. Ang ilan sa mga dahilan ay upang kung ang sumagot ay bastos o nagbigay ng maling inpormasyon, madali siyang matunton ng tumawag.

Subalit kung minsan, hindi lahat ng tama ay mabuti. May nagkwento sa akin na nagpunta siya sa bahay ng isang dating opisyal ng FAMAS. Nang mag-ring ang telepono, sumagot ang opisyal, "Good morning, it's John,FAMAS vice president (hindi totoong pangalan at title)." Kamuntik nang matawa nang malakas ang aking kaibigan. Pati pala sa bahay, kapag sumasagot, ginagamit ang title sa asosasyon.



Filipina nurse Angelita Velez demonstrating LPG Endermologie



Tenne Rose Dayandante sampling the latest beauty technology called LPG

ANG MAGANDANG KULTURANG PILIPINO AY GINAGAWA PA RIN

Noong Pista sa Nayon ay nabigla ako ng biglang nagmano sa akin ang isang dalagita. Natatandaan ko na nakita ko na ito sa FAMAS centre noong mga direkctor pa sina Joseph Gonzales at Romy Remigio. Tinanong ko si Joseph kung anak niya ito. Sinabi ni Joseph na baka nga sa kaniya o kay Romeo dahil parehang nagmamano pa rin ang kanilang mga anak. Ang pagmano ay isang kulturang Pilipino na tanda ng paggalang sa matatanda. Bagamat nabigla ako sa pagmano sa akin ng dalagita dahil hindi ko inaasahang mayroon pang gagawa nito, hindi ko mapigilang humanga sa kaniyang mga

magulang. Ito ay pagpapatunay na maganda ang pagpapalaki sa kaniya ng kaniyang mga magulang.

KUNG MINSAN, KAUNTING PRENO SA ATING BUNGANGA

Katatapos lamang ng eleksyon kaya naalaala ko ang isang pangyayaring nagpapangiti sa akin tuwing sumasagi sa aking isip. Nasa isang pagtitipon ako ng mga Pilipino at kasama ko sa mesa si Budz Sarmiento na dating COMELEC chairman. Isang kaibigang babae ang nakaupo rin sa aming mesa. Masaya naming pinag-uusapan ang malapit na

See Page 13

Tagalog Seksyon



Ask the Video Guy

Technological Tidbits by

Al Abdon

WHAT ARE HD & SD?

What are high definition?

What are HD: high definition, or HD, generally refers to images displayed in a 16:9 aspect ratio at a size of 1280 pixels by 720 pixels or 1920 pixels by 1080 pixels.

The images can be displayed in either interlaced (alternating upper and lower fields playing sequentially at a speed great enough to trick our eye into seeing one image – commonly referred to with an "i", e.g. 1080i), or progressive (showing a full image in each frame – commonly referred to with a "p", e.g. 1080p). Common HD displays include plasma, LED and LCD televisions, flat panel computer monitors, and most mobile devices.

Standard definition, or SD, isn't as wide and sexy as our current flat screen televisions and monitors. It is generally an interlaced image with a much smaller number of pixels – in North America it is 640 pixels by 480 pixels to be exact (480i). When imagining a 4:3 viewing area, think back to your old, wood-cabinet television in the attic. It not only contained a cathode ray gun or three and weighed as much as my Aunt Edna, but it also had a screen that was pretty darn close to square, right? That's a standard definition screen.

Though there has been a shift towards digital, high definition and TV broadcasting, both HD and SD standards still exist. Depending on the service provider and delivery method they use, 1080i or 1080p.

What that means video to professionals, is that the shift from SD to HD and the lack of a single video standard has forced us to become masters of many aspects of shooting, editing, converting, encoding, delivery and transmogrification, OK, not so much that last one, but we've definitely had to embrace a steep learning curve to keep up with formats, pixel aspect ratios, codecs, and a multitude of Web, film and broadcast technologies and standards.

Let's try to shed some light on one aspect of this challenging changeover, and that is learning a bit about editing HD video for SD delivery.

Before we get into the editing, however, it's important to know why one might choose to shoot HD video when he or she knows it's only going to see the light of day as SD video.

Why Choose HD Footage for SD Projects

- 1. Color depth and compression newer HD cameras capture more color per pixel, offering options to record their footage fully uncompressed
- 2. Zooming and panning when we put our videos together there are times where we wish we framed a bit tighter, zoomed in a bit on the action, or were able to do a slower zoom in or out. HD footage will allow editors to zoom in and out and pan side to side without falling out of the SD frame.
- 3. Cost the equipment is so cheap and so good now, it doesn't make sense to spend good money on older technology. The reality is that most studios want to stay on top of the latest technology, and simply learn how to meet the needs of different clients as projects come in.
- 4. Learning clients looking for SD now will likely be looking for HD in the future, and in the meantime you can learn to refine your HD workflow for SD. So what part of the workflow needs refining?

Highway to the Safe Zone

The most obvious thing we notice when comparing HD and SD footage is that SD is far narrower than HD. Even in HD there are boundaries for what is safe to display. These are called the title safe and action safe zones, and they sit 10 percent and 5 percent from the edge of your footage, respectively. There is also a third zone, called the center cut safe zone. The center cut safe zone refers to the 4:3 section of a video frame that fits inside the center of 16:9 HD footage. We'll get into these in a sec.

When discussing shooting, center cut safe shooting describes shooting footage in HD, but keeping your area of interest centered in the middle 4:3 section of your shot.

Sounds easy enough, but as an editor how do you make sure you're playing within the barriers? Let's take a closer look at these safe zones. Start by turning on the action safe and title safe guides in our editing software. While these are for HD footage, they can help

The outside rectangle is called the "action safe" zone, meaning you are safe to have your action (actors acting, pipers piping, geese a laying, etc.), take place within this zone without risk of losing it on certain screens or

monitors.

The inner rectangle is called the "title safe" zone. For television you'll want to keep all of your titles within this zone to avoid them disappearing off the side of certain displays.

Note: For Web the rule of thumb is to keep your title text within the action safe zone versus the title safe zone for television. Most hosting sites won't crop videos.

Slightly within the title safe zone there is our center cut safe zone. Many shooters and editors will use the title safe zone as their center cut safe zone, but the true 4:3 area sits within the title safe zone.

An Editing Software has historically included center cut safe guides, so if you're using a current editing program or earlier, you should be able to turn on center cut safe guides and adjust your footage within that zone. As of this printing, it seems that more editing packages than not, no longer ship with these safe guides. They will, however, include title and action safe guides, and a quick look online should help you track down a guide image with an alpha channel to drop over your project layers to use as a guide.

Handling Footage

Worrying about all of these safe zones is enough to give us wrinkles, so let's worry about something simpler: editing and cropping footage.

Assuming that your footage is center cut safe you'll have a straightforward job as an editor. It is then as simple as creating a standard definition sequence in your editing software, dropping your HD footage dead center of the frame, and then editing as usual. Your action should look just fine for SD output, and the HD edges will be cropped away.

Things aren't always as simple as having perfectly shot footage, but that's OK - HD footage in an SD timeline can be a good thing for a few reasons. As an editor, no matter how the footage has been shot you may not want what landed in the middle of the frame. Maybe you want to punch in on a shot. Maybe you want to do a mild dolly motion. Not only will you have latitude to slide your footage in any direction without falling out of frame, but you will also be able to zoom in a bit on shots without worrying too much about image degradation.

What if you still want to present your footage in glorious widescreen, but you are required to output to SD? Again working in an SD timeline, drop your HD footage in and scale it to the SD frame width. You'll see an immediate drawback, which is the introduction of black bars top and bottom, meaning your footage doesn't fill the entire frame. Regardless, some content providers may choose this format. I guess it's why VHS tapes used to come in full screen and widescreen. It's nice to have choices. An added bonus is that as editor you can use the black areas to include text

or graphics. Lower thirds, subtitles and other content can go in these spaces without being superimposed over an image.

FLICKERS

At some point you've probably come across one or more of the common issues with interlaced footage, such as interlace flicker or combing. Maybe you've transferred old VHS tapes to digital and watch them on a progressive display, or maybe you have an older interlaced camcorder and edit the footage on a current laptop. Either way, you've seen flicker and/or combing.

An Interlaced Flicker is also called interline twitter. Therefore, in 140 characters, interline twitter is "the aliasing effect created by fine lines and certain details in great enough frequency to be near the horizontal resolution of the display."

To get around the issue of flicker or interline twitter, fine and ultra-sharp details are generally avoided when creating or broadcasting interlaced content.

Combing, is the result of viewing interlaced footage on a progressive monitor. What you are actually seeing is the movement of content in interlaced footage containing the two distinct fields that would be alternated when viewed on an interlaced display. The two fields are technically captured at a different time and then played sequentially fast enough that we cannot differentiate them and see only smooth playback, progressive displays with little or no de-interlacing and have no option but to show both fields at the same time.

Fortunately, there are great options for editors who need to deal with interlaced footage on a regular basis. Every major editing platform has at least one tool - and sometimes more than one – to reduce or eliminate issues arising from interlacing. Any encoding or compression suites offer the option to de-interlace footage when re-encoding your footage as well.

Conclusion

SD or HD, interlaced or progressive, action safe, title safe, center cut safe, flicker, combing ... there are a lot of things to learn about footage and how to interpret and work with it. This article is by no means the definitive guide, but hopefully the next time you're faced with a project requiring you to take high definition footage and edit it for delivery in standard definition, that lump won't form in your throat.

Again working in an SD timeline, drop your HD footage in and scale it to the SD frame width. You'll see an immediate drawback, which is the bottom, meaning your footage doesn't fill the entire frame. Regardless, some

As in life, with every editing project it's always up to you which route you take to achieve your goals. Some will work, and some will need some tweaking along the way, but these journeys are what define us as editors. Happy Editing Folks

The Video Geeks of Arizona





Recipes compiled from Philippine cuisine sites by **Zeny Kharroubi**

Simply delicious recipes



Chicken adobo with coconut milk

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Ingredients

2 lbs. chicken, cut into serving pieces

1 head garlic, crushed

1 tablespoon crushed peppercorn

2 cups coconut milk

5 pieces dried bay leaves

6 tablespoons soy sauce

5 tablespoons white vinegar

3 tablespoons cooking oil Instructions

Combine chicken, soy sauce, half of the crushed garlic, and crushed peppercorn in a bowl. Mix well. Marinate the chicken for 20 minutes. Heat oil in a cooking pot.

Once the oil is hot enough, saute the remaining garlic until it turns light brown.

Add the chicken (including all the marinade ingredients) and dried bay leaves. Cook until the chicken browns. Pour vinegar into the pot. Let boil. Stir and continue to cook for 5 minutes. Pour the coconut milk. Let boil. Cover and simmer until the chicken becomes tender. Note: you can continue cooking until the sauce reduces to your desired consistency.

Transfer to a serving bowl. Serve.



Pork Estofado

Ingredients:

2 kg pork, balanced fat:meat ratio, preferably from the shoulder, cleaned and cut into 2 inch thick cubes

Marinade

1/4 cup Worcestershire sauce

1/4 cup soy sauce

a dash or two of freshly cracked pepper Sauce:

oil for frying

2 tablespoons red pepper flakes (optional; I like mine with a subtle amount of heat)

three 200 gram packs tomato sauce one 425 gram can whole or diced tomatoes, drained

1/4 cup breadcrumbs, or more if desired

2 whole garlic bulbs, minced 1 large onion, sliced

2 medium-sized carrots, cubed 5 small potatoes, cubed one 113 gram can pimentos, drained

and roughly chopped (optional) OR 2 -3 large red bell peppers, sliced into thin strips

salt and pepper to taste Instructions:

1. In a large bowl, combine the marinade ingredients. Mix in the pork and leave for at least 30 minutes. 2.In a frying pan, heat enough oil to coat the bottom of the pan. Add the carrots and potatoes and fry until slightly brown and potatoes are tender. When done, remove from heat and set

3.In a large pan or wok, heat oil and add the garlic and onions over medium heat. Fry until garlic is slightly toasted but not brown, and onions are slightly limp. Add the red pepper flakes.

4.Add the pork with the marinade. Mix everything together. Cover and allow to cook over medium heat for around 30 -40 minutes or until pork is tender. If everything dries up too soon, add a few tablespoons of water.

5. When pork is cooked and tender, add the tomato sauce and tomatoes. Using your spatula or spoon, crush the tomatoes. Stir everything together. Add the potatoes, carrots and pimentos. Reduce heat to medium - low. 6. Add the breadcrumbs and stir to incorporate. Adjust taste by adding more salt and pepper. Adjust consistency by adding more breadcrumbs or water. Cover and cook for another 15 - 20 minutes with occasional stirring.

7. When done, remove from heat. Place it in a large bowl, garnish with more red pepper flakes and serve it with an even larger bowl of rice. Enjoy!



Beef caldereta

Ingredients

Ingredients

2 lbs. beef chuck sliced into cubes 2 medium carrots, sliced

1 large potato, sliced into cubes

1 small green bell pepper, sliced 1 small red bell pepper, sliced

1 Knorr Beef Cube

1 can (8 oz.) tomato sauce

5 tablespoons liver spread

3 cloves garlic, crushed 1 medium yellow onion, chopped

1/4 teaspoon red pepper flakes Salt and ground black pepper to taste

1 ½ cups water

6 tablespoons cooking oil

Instructions

Heat a pan or wok and then pour 3 tablespoons cooking oil. Stir-fry the bell peppers for 3 minutes. Remove the bell peppers and put in a plate. Set aside. Using the oil in the pan (add more if necessary), pan fry the carrots and potato for 3 to 5 minutes. Put these in a plate and then set aside. Heat the remaining 3 tablespoons of oil

in a clean pot. Sauté the garlic and onion Add the beef. Cook until it turns light

brown. Pour -in tomato sauce and water. Let

Add the Knorr Beef Cube. Stir. Cover the pot. Continue to cook in low heat for 60 minutes or until the beef gets tender. Add more water if needed. Stir-in the liver spread and then add

some salt and pepper. Put the pan-fried potato and carrots in the pot. Stir. Add the bell peppers. Cover the pot. Continue to cook for 5

Add the red pepper flakes. Stir and cook for 3 minutes more. Transfer to a serving plate. Serve. Share and enjoy! **Nutrition Information** Serving size: 4

The North American

Filipino Star Photo Gallery

Maria Criselda "Ding" Alzate and Randy Guerzon Wedding August 18, 2017 Reception at Plaza Volare, Crowne Plaza



The happy couple, Ding & Randy on the dance floor



From left- Philip Masse, his wife Malin Dizon, Budz Sarmiento, Steve Austin and Mary Joy Lizarondo. Occasion: Budz' 70th birthday on August 20th. Many happy returns of the day and best wishes, Budz.



Third group of photography students with the QACFT president Trans Liganor and Vice-President/Instructor, Al Abdon during their graduation on August 25, 2017 at Gilmore College International



Selfie photo of the newly wed couple, Randy and Ding Alzate with Zenaida Kharroubi, a guest at their weding.



The traditional throwing of the bouquet - Ding getting ready to throw the bouquet to a line up of young and single ladies.



Second group of photography students with the guests during their graduation on May 18, 2017 held at Gilmore College International

Α

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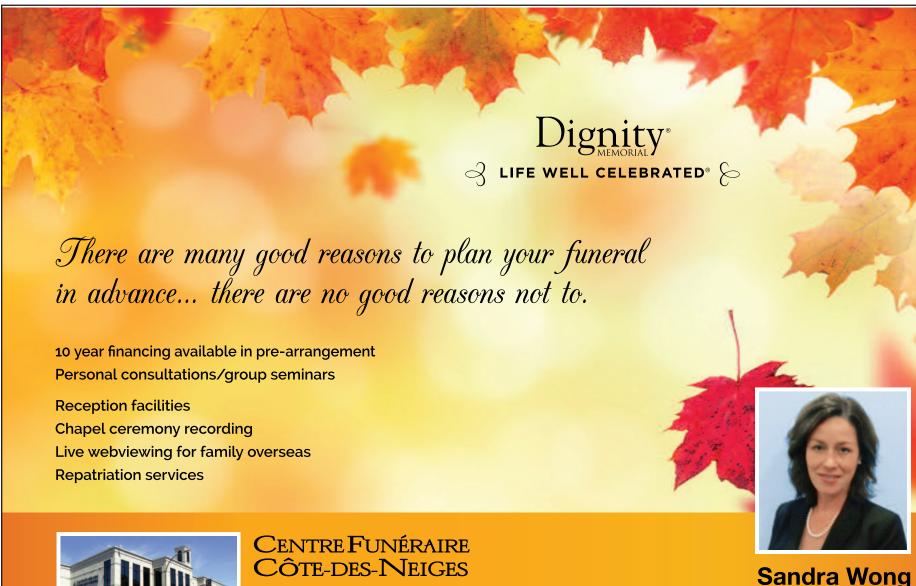
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Social **Tidbits Fely Rosales Cariño**

Be Happy! Finally, summer is here! It's time to enjoy backyard barbecues. If you pass by Mackenzie King park down Decarie way, you'll see different associations having Filipino barbecues in different corners and pockets of the park.

Did you know that for the last 2 or 3 months, the favorite subject of Filipinos is about politics? Having been requested and appointed by the Executive Board of the Filipino Association of Montreal and Suburbs (FAMAS) to serve as a member of the Commission on Election (COMELEC) for the past 3 consecutive election years, I have witnessed a lot of things. If I were to write a book, my treasure trove of memories would include the good, the bad, the beautiful, and the ugly people I have met. But for now I will leave the Filipino Montreal politics and go to our own native Philippine political news. A recent visitor from the Philippines was Cabinet Secretary Leoncio Badilla Evasco Jr., Chairman of Housing and Urban Development Coordinating Council of President Rodrigo Duterte's administration. Secretary Evasco was born in Maribojoc, Bohol. He graduated with a Bachelor of Arts Degree in Theology in Seminario Mayor de San Carlos in Cebu City. He was ordained as PRIEST and served as a parish priest in

CTVNews.ca Staff

2:20PM EDT

darkness.

Published Friday, August 25, 2017

A Quebec woman has become the first

in her province to receive "a bionic

eye" implant that lets her see light and

shadow where once she saw only

Sandra Cassell was diagnosed 16

years ago with retinitis pigmentosa, or

RP, a rare incurable eye disease that

But last spring, Cassell underwent

surgery at Maisonneuve-Rosemont

Hospital in Montreal to implant a

device called the Argus II Retinal

slowly took away her eyesight.

Prosthesis System.

Blind woman becomes first in

Quebec to try 'bionic eye'

three different towns (Dauis, Baclayon, and Catigbian). An interesting note was a moment in 1974 when his convent was raided. He was captured while he was performing a wedding ceremony by the Communist Party of the Philippines.

Secretary Evasco was the principal speaker at a forum held at the 6767 Community Center at Cotes des Neiges, Montreal. After his speech, there was a question period where people wanted to know what's going on in their individual provinces. He answered their queries successfully. And he elaborated on some of the achievements of President Duterte. On the war on drugs, 1,007,153 drug users and pushers surrendered to the government. On transportation, 401 colorum vehicles were impounded and 5738 sidewalk vendors were cleared. On labor, 2,531 workers found to be under abusive and end-of-contract system were helped. In foreign relations, the Department of Foreign Affairs secured the release of five Filipino seafarers among the crew of Omani ship hijacked by Somali pirates. In education, 600,000 out-of-school youths were allowed to complete either high school or college under the Alternative Learning System Program of the Department of Education. In social welfare, 9.1 million pesos worth

the implant and converted into

electrical pulses. These pulses are

turned into images, which are

of relief assistance were given to victims of national disasters. I have yet to hear about negative reports from friends who recently visited the Philippines. Actually, upon their return, they only have high praises on the positive changes they have seen at home. Everyone should visit the Philippines to see the beauty of our homeland. On this note, why not join annual Winter Escapade sponsored by the Philippine Embassy this coming February 2018!

Back to the local scene. Let me start with the summertime Social Bingo fundraising sponsored by the Federation of Filipino Canadian Associations of Quebec (FFCAQ) under the leadership of Federation President Ed Tupaz. The Social Bingo is always held at Centre de Resources Communitaire at 6767 Cotes des Neiges. Prizes were awarded and everybody had a fun time. Watch for the next one!

My social calendar is full of happy events of my favorite people. First, there was the beautiful 25th wedding anniversary of Larry and Alice Panado last July 23, 2017. It was held at the Filipino Mission Church in the east. The sanctuary looked ethereal with the tastefully decorated aisles. Reception followed at the church's social hall which was elegantly decorated! In formal attires, the very young looking couple could pass for being newlyweds !!! Their three children gave individual testimonies about their parents' devotion to each other. They spoke lovingly of their differing personalities. The whole evening was to recreate their wedding day and I must say, mission accomplished !!! The traditional money dance was held after which Larry dedicated a love song to a smiling and beautiful Alice. The audience felt their love as they gazed at each other as if they were the

impulse is sent to the brain and patient

understands as images," he said.

The four-hour operation to install the device is a medical first in Quebec. Now, thanks to the implant, Cassell



The system has two parts: the first is a prosthesis the size of a pencil eraser that was surgically implanted onto Cassell's left retina. The second part involves a pair of eveglasses that have a built-in video camera.

Information from the camera is wirelessly transmitted to electrodes in

transmitted to the brain, explained ophthalmologist Dr. Flavio Rezende. "It's like a piece of computer that we put in the retina, and then according to whatever stimulus she is receiving from her camera, the electrodes stimulate the retina cells and this

can see light for the first time in years. She doesn't have full vision but she does see things in black, white and grey, much like an ultrasound picture. "I can finally see the silhouettes of my children for the first time. That has no price," she said in a statement.

only two people at the moment. What a ROMANTIC evening!

Another wedding anniversary was celebrated August 13, 2017 at the residence of Mr. & Mrs. Mario and Puring Bamba in Dollard des Ormeaux. This began with a rosary prayer followed by one of the most delicious barbecues I've ever tasted. There was more food than we could handle. Some of the invited guests were Deacon Pete Tapia, Carlito & Thelma Arlegui and their friends Dulce and Helen, Espie Marcos, and everloyal friend Maria K. Anniversary, Mar & Puring!

Not to be forgotten is the newly formed Canadian Filipino Seniors of Montreal (CFSM) headed by President Josie Tapia. Luz Domingo, the founder, remains as one of the Vice Presidents. Guests were requested to come in western garbs. Every officer was assigned a certain task. Little did I know that Delia Daniel of the Ladies of the Knights of Rizal was the caterer. She delivered a gourmet fare! And one of the highlights of the evening was the line dancing. Everybody left their chairs when they heard the line dancing music was on! Prominent guests were mostly from the Knights of Rizal. Sir James de la Paz introduced Councilor Lionel Perez who came to say hello. Also present were Sir Felix de Luna, Sir Ramon Posadas, and Sir Bert Abiera, among others. Ladies present were Lady Rose de la Paz, Lady Marilyn de Luna, and Warly Basbacio, among others. Invited friends were Adoree Silva, Hans Hilgehoff, Ciony Nueva, Valent Lloyd Hughes, Cesa Gladych, Cely Dagsaan, Lilia Avendano and John Megley. Luz Domingo, thanks for the invitation!

God Bless! See you next issue!!!

The device will now assist Cassell with everyday tasks, helping her recognize people and distinguish the outlines of large objects. For Cassell, who had known only darkness for more than a decade, relearning to see again was not simple. She needed to work with a rehab team for weeks to learn how to make sense of what the implant was allowing her to see. Because of the amount of rehab involved, only a few patients with RP would make good candidates for the bionic eye, which costs more than \$150,000 per patient to implant Doctors at St. Michael's Hospital in Toronto have also successfully implanted the device in patients. Maisonneuve-Rosemont Hospital says they are now searching for the next patient with the right cognitive and vision characteristics who would make a good candidate for the

With a report from CTV Montreal's Vanessa Lee

Quebec's language law, Bill 101, turns 40

Published Friday, August 25, 2017 10:25AM EDT

MONTREAL -- Following the Parti Quebecois' first election victory in November 1976, editorial cartoonist Terry Mosher drew premier-designate Rene Levesque, his right hand stretching out holding a cigarette, saying, "O.K. Everybody Take A Valium!"

Mosher's cartoon in the Englishlanguage Montreal Gazette reflected the fears of anglophones, many of whom assumed the worst: that Quebec would soon be leaving Canada.

While that scenario never materialized, the PQ victory did lead to the landmark Charter of the French Language, which became law on Aug. 26, 1977.

Commonly known as Bill 101, the charter was widely seen as either a cornerstone piece of legislation that would ensure the survival of the French culture and language, or the cementing of second-class citizen status for hundreds of thousands of people.

And while Bill 101 was a continuation of previous legislation seeking to strengthen the French language, it was also a radical departure from the status quo.

French was to become the official language of business, government, commerce and the courts. Immigrants would only be able to school their children in French, including out-ofprovince Canadians moving to Quebec, and commercial signs would be in French only.

"Bill 101 dramatically altered the mindset and psyche of the anglophone community, which had never seen itself as a minority," said Robert Libman, a leading anglophonerights advocate in the '80s and '90s and a former member of the legislature for the Equality party.

"The law clearly, clearly, established the fact that we were now secondclass citizens."

But Bernard Landry, who was a cabinet minister in the Levesque government in the '70s and '80s before eventually serving as premier between 2001 and 2003, said Bill 101 was a much-needed piece of legislation.

"I remember from that time, practically all the children of immigrants went to English school," he said an interview. "It was bad for them, bad for us, bad for Quebec society. It was time to act." Francophones, who had begun taking over the levers of power during the Quiet Revolution of the '60s, believed if nothing was done to stem the influence of English, Quebec would become anglicized -- and become a northern Louisiana.

Giuseppe Valiante, The Canadian Forty years on, Pauline Marois, PQ premier between 2012 and 2014, calls Bill 101 a partial success.



Quebec Premier Rene Levesque attends a meeting in New Orleans, Wednesday, Jan. 10, 1979. (THE CANADIAN PRESS/AP)

"It perfectly reached its goal of integrating, welcoming and educating young kids of immigrants," she said in an interview.

"It partly reached its goals of preserving the French nature of society and French as the common language because there is a decline in the use of French."

Marois' comments represent the ongoing legislative and cultural battle between the province's linguistic groups over Quebec's identity.

The fight started with a series of court challenges almost as soon as the law was adopted.

In 1984 the Supreme Court ruled it was a violation of the Canadian Charter of Rights and Freedoms to force children instructed in English elsewhere in Canada to be forced into French schools in Quebec. The court also ruled that same year Bill 101's rejection of English storefront signage was a violation of freedom of speech.

In 1985, Quebec's anglophones thought they had "dodged a bullet" when the Liberals were ushered back into power under Robert Bourassa, said Libman.

"There was a sense of relief," he said. "People thought the tide had stemmed and the Liberals would undo some aspects of Bill 101."

In fact, Bourassa did the opposite.

premier used Canada's notwithstanding clause -- which allows provinces or the federal government to override the charter -- to maintain French-only outdoor signs.

"Bourassa and his wife were profoundly trancopnone Quebecois and they saw the catastrophe that was coming," Landry

The premier's actions reinforced the notion that regardless of the political party -- sovereigntist or federalist -- the language laws were there to stay.

Bourassa's government relented somewhat in 1993 and passed a law allowing English to be included on

"Very few fought back," he said. "And as it wore on, those who stayed just decided to roll over and play dead."

lettering was at least twice as large.

Libman said Anglo-Quebecers had two

choices faced with the consensus

imposed by the majority: fight back or

Many anglophones did end up leaving. A 2016 study by the Fraser Institute revealed that between 1971 and 2015, roughly 600,000 more people left Quebec for other parts of Canada than moved in.

Libman says today's anglophones are more bilingual, but the community "has been decimated."

He said Mosher's cartoon was interpreted correctly by those who feared the worst.

In 1971 there were 250,000 children in English schools across the province, while today there are fewer than half that number.

"Friends, relatives, our best and brightest left," Libman said. "And the opportunities here are limited for anglophones."

But Marois says she isn't worried about Quebec anglophones, for whom she has "profound respect."

"They are part of a large majority on the continent, which is not the case for francophones," she said.

If Jean-Francois Lisee, the current PQ leader, had his way, Bill 101 would soon be a thing of the past because it would be replaced by tougher legislation.

Lisee said recently that if his party wins new, stricter language law -- within 101 days -- to stem what he called a pangulo ng FCCSC ay si Manny worrying trend in the use of French in Lagasca. Quebec.

The legislation would be called Bill 202 and would force all companies in Quebec with 25 employees or more to conduct all business in French, which is currently the case for firms with 50 people or more.

Concerns about the perceived decline

outdoor signs -- but only if the French of French in the province are also shared by Partenaires pour un Quebec francais, a group that defends the French language and is urging the Quebec government to do more to enforce Bill 101.

> It argues the government is failing in its mission to adequately defend the language.

> "Unfortunately, the government is doing nothing to make sure that French is the language of the state," said Christian Daigle, head of the union that represents civil servants in various departments and government agencies.

> "On paper, everything is fine and dandy, but in reality it's not."

From Page 7 - Tagalog Seksyon

eleksyon ng FAMAS noong 2011 nang galit na itanong ng aking kaibigan, "Sino ba ang luku-lukong gumawa ng Rules and Regulasyon na iyon na gawing indoor ang eleksyon." Nabigla ako at hindi kaagad nakasagot pero nang makita ko si Budz na nakatawa lamang ay natawa na rin ako. "Itong katabi ko," itinuro ko si Budz sa kaniya. Namula sa hiya ang aking kaibigan. Hindi naman nagalit si Budz lalo na at babae ang katabi niya. Humingi ng paumanhin at nagpaliwanag ang aking kaibigan kung bakit niya nasabi iyon. "Sanay na raw kasi ang mga tao sa Mackenzie Park ," Si Budz naman ay sabi niya. nagpaliwanag din kung bakit ganoon ang kaniyang ginawa bilang COMELEC chairman." Gusto kong maging propesyonal ang botohan. Mabawasan ang dayaan," sabi naman niya. Hindi iyon ang naging huling pag-uusap ng dalawa pagkatapos ng nakahihiyang pangyayari. Hanggang ngayon ay magkaibigan pa rin sila. (Paalaala sa mga botante ngayong buwang ito: Magiingat kayo ng pagsasalita kung hindi ninyo nagustuhan ang trabaho ng COMELEC ngayong eleksyon dahil baka katabi ninyo ang isa sa mga miembro

MANGAHAS AT AGUIRRE NG FCCSC NANALO SA CHESS TOURNAMENT **SA TRI-CITY**

Maligayang bati sa Filipino-Canadian Chess and Social Club of Montreal na nanalo sa ikatlong sunud-sunod na taon sa chess tournament na ginawa sa Long Sault, Ontario. Ang iba pang kalahok sa tournament ay galing sa Ottawa at Kingston, Ontario.

Ang mga sumusunod na manlalaro ng FCCSC na nanalo ay sina: the 2018 election, it will introduce a Mangahas, 1st place at Jojo Aguirre, 2nd place. Ang masipag at matiyagang

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SHOWBIZ GOSSIP

Let's hear it from Miko & Gab



Miko Juarez and Gab Umali are the newest members of the Asian Artists Agency, Inc. family who recently signed a recording deal with Star Music

When was the last time you heard about a popular singing duo in the country? Perhaps, the most recent was in the early '90s when Ana and Soraya, popularly known simply as Fire, were dominating the airwaves with their hit songs aside, of course, from their live stage performances on TV and on the concert stage. Fire was last heard during a reunion concert nine years ago.

Nowadays, singing duo is seemingly not under the radar of this generation called millennials. That's because boybands have become the center of adulation of music aficionados. No problem about that but still, it would be a welcome addition in the music scene to hear the refreshing voices of Miko Juarez and Gabriel Umali or simply known as Miko and Gab.

Miko and Gab are the newest members of the Asian Artists Agency, Inc. (AAAI) family who recently signed a recording deal with Star Music. The contract signing was the first public appearance of Miko and Gab as a duo.

Miko and Gab are no strangers to vocal performing. Those who tuned in to Pinoy Boyband Superstar on ABS-CBN will definitely remember them. Gab reached the Top 20 spot in the competition while Miko lasted until 12 aspirants remained. Both never stopped trying to realize their dream after they bid the contest goodbye.

"We've become close during the contest because Gab was with my siblings watching me perform after he got eliminated," Miko shares. "Then nung ma-out ako madalas na kaming magkasama manood ng mga shows and we do covers together with my brothers and sister." Miko belongs to a musically-inclined family with his dad as his greatest influencer. His aunt from paternal side, Beverly Juarez, was a popular singer in their hometown Cebu before she settled down. Dionne Monsanto (known for her role as Lucy Villadolid in Tubig at Langis for which she earned the moniker, "Bida sa Sampalan") is Miko's aunt from his mom's side.

Entertainment (Article MRec), pagematch: 1, sectionmatch: 1 "Bata pa lang talaga kami, ang hilig naming panoorin ay hindi cartoons kundi mga MTV. Lahat kaming magkakapatid ganun at kahit noong nasa Canada pa kami hilig lang namin gumawa ng covers sa bahay," relates Miko. "We also perform during Canada Day."

He was in Canada when he learned about the singing search on the Kapamilya network. He wasted no time flying back to Manila to audition, hoping to get a spot and realize his dream to be a singing star.

"When I got eliminated, I told myself to continue because maybe that's not for me until fate led me to be an Asian Artists talent. Naglakasloob akong magpresinta ng sarili ko (laughs). I'm happy where I am now."

Gab, on the other hand, was a member of a dance troupe in his school in Quezon City. They were supposed to join in a dance contest in Sydney then but the group lacked in funds. Gab had no money for an airfare. "It was my team captain who suggested to me that I audition in Pinoy Boyband para kung manalo, may pang ticket na ako," Gab says.

He continues, "Hilig ko na din dati pa yung pagkanta lalo na mga songs of One Direction. My parents are good singers, they were both

choir members before they got married. My father is now working in Australia but until now he has yet to find a regular job there."

Since Gab and Miko constantly meet to do covers at the latter's place and both are talented, becoming a duo became a natural progression. Their voices blend perfectly well and they have excellent rapport. Miko and Gab have a debut single Hugot, released by Star Music. Hugot is now being played on MOR 101.9. Soon it will be released on Spotify and iTunes. Also forthcoming is a music video of the song, Hugot. Miko and Gab are also slated to do a campus tour and will be guesting in mall shows of Star Music.

"Hugot is about anything that can make you smile," relates the 21-year-old Miko who already gained over 20,000 followers on Instagram. "Ito yung mga hugot lines na dinaan sa kanta."

Miko, too, already has fans, the Mikonatics, who share their happiness over Miko and Gab's recording debut.

"We both love pop and R&B. So expect us to be doing more of those kinds in the future," says Gab.

Chris Brown, Justin Bieber, Backstreet Boys, N'sync and One Direction are on the list of Miko and Gab as their musical influences.



Miko & Gab (Facebook)

Miko also admires his brother Anton who composed Hugot, and Song for Marawi, a musical piece dedicated to the people of the warravaged city in Mindanao. The song is set to be performed by Kapamilya artists, including Miko and Gab. "Of course, we are proud to be singing alongside Kapamilya artists," adds Miko.

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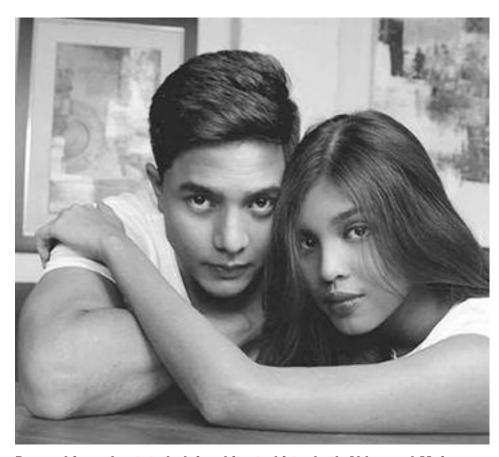
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ALDub now action stars



Dressed in understated plain white-t-shirts, both Alden and Maine attract attention without even having to try.

Phenomenal love team time, is an action flick. "AlDub," composed of Alden getting out of its comfort zone

"We're really preparing for Richards and Maine Mendoza, is the movie na gagawin po namin this year. It's really different from through its new movie, which this what we've done. Hindi na s'ya

Angelica Panganiban's heartfelt birthday message for Pokwang



SAngelica star Pokwang, who is celebrating her 42nd birthday on August 27.

She thanked her for being like a mother to her and she's very excited for Pokwang's baby to arrive.

"Happy birthday mamang @itspokwang27 salamat sa pagiging mabuting kaibigan at ina sa amin. Mahal na mahal kita. Isa

Panganiban ka sa mga tao na hindi ko took to Instagram to express her hahayaang saktan ng kahit sino o love for her Banana Sundae co- ano. Pasensya ka na wala ako today. Madami lang akong labada. Para sa ikabubuti ng future natin to magingat ka lagi konting tiis na lang, makakaraos ka din sa pagbubutis. Excited na ko makita ang kapatid ko. Love you mamang!!" Angelica's Instagram

rom-com. It involves a lot of action kasi ayun po yung napagisipan ng creatives and producers. It is an interview.

Alden admitted that it is a challenging movie because it is new to them. "It is a new challenge for us kasi we've been used to rom-coms. We already did drama dun sa 'Destined To Be Yours.' Ito yung isang side ng craft na hindi pa namin na-explore together."

The movie, which is planned to be released later this year or early next year, will be shot here in the Philippines unlike their last movie, "Imagine You & Me," which was shot in Italy.

"The film will be shot here in the Philippines kasi the producers have in mind parang ang daming nangyayari sa Pilipinas. Parang what we can do more for the country is to showcase its beauty through this movie," Alden said.

The "Pambansang Bae" said that he is happy that Maine adjusted well in the industry through the projects they did. "S'ya unsung heroes deserve to be talaga 'yung malaki 'yung tinalon

eh. I've been here for years before we've met and mas nakakabilib 'yung adjustment n'ya sa mundo action love story," Alden told in an namin...I can't do what she's doing nu'ng nagsisimula ako. Kasi ang laki ng tinalon n'ya eh, from a regular girl to an actress. It's really commendable."



Recently, Alden, together with SnowCaps, treated over 30 hardworking street sweepers and traffic enforcers to a spa to give them the best day of their lives. To cap their special day, beneficiaries went home with the brand's glutathione supplements.

Alden said that these pampered and more.

After running away from them, Alden Richards bonds with fans



To prove that he loves his fans and is not appalled by them, Alden, together with SnowCaps, treated over 30 hardworking street sweepers and traffic enforcers to a spa

Last July 30, actor Alden after a meet and greet with his fans in a mall show. Videos of him running away and going out of the mall in a haste went viral.

When asked for comments on his viral video where he is shown as running away from fans, Alden told the press: "The security got out of hand during that time. Medyo kailangang i-control 'yung

He clarified that he ran Richards reportedly ran for his life away not because he is "diring diri" or feeling disgusted with his fans, contrary to reports.

> "I was running out from the crowd to prevent congesting even more. It's the only way that came out of my mind kasi even the getting people are hurt, nasasaktan na sila, naiipit. I opted to do something na mas ma-lessen 'yung casualty," he explained.

Showbiz Gossip Continued from p.15

Ruffa Gutierrez shares her advice for her daughters: 'I want you to learn from my mistakes'



Ruffa Gutierrez

With the start of the latest season of her cable reality show It Takes Gutz to be Gutierrez earlier this month, Ruffa Gutierrez said that she is enjoying keeping her life worry free. "You know what I just stay away from negative people. I stay away from negativity. There's already so much bad things happening around the world so I just want to surround myself with good people that will lift me up, amazing people that will bring me to new heights and not bring me down," she shared during the Watsons Time to Renew event held last August 22 in Ortigas.

As a doting mom, Ruffa said she doesn't spoil her daughters when it comes to technology and wants them to have a regular childhood. "Lorin is already 14 and Venice is 12 turning 13. Venice doesn't have Instagram yet and everyone in her class was actually shocked this year because the teacher said, 'Please bring out your smartphones' and she was the only one without a smartphone. And so she cried to me, 'Mommy I'm the only one without a smartphone!' And I'm like, 'Really? Venice when I was 17 dun lang ako nagkaroon ng unang phone.' Sabi ko I was able to live a great life. I embraced my childhood na wala akong phone. Dapat ikaw din 17. Sabi niya, 'Mommy that was nung

araw! Iba na yugn panahon ngayon!' So finally I gave her one of my old phones so ang promise ko sa kanya pagdating niya ng 13 ilo-launch na ang kanyang Instagram account," she shared.

Having also recently moved into her own home with her daughters, Ruffa admitted they are enjoying having their own personal space. "Yeah they're enjoying their own rooms but sabi ko huwag sila maglock. Para alam ko rin kung anong ginagawa nila sa room di ba? O very Annabelle Rama right? (laughs)" she said.

When it comes to giving them advice, Ruffa hopes that when they grow older they will be smarter about their decisions especially when it comes to love. "You know what, it's actually the courtship, the dating is much younger di ba? So naalala ko nung araw nung 14 ako pinipingot ako sa tenga ng mommy ko. So sabi ko, 'Girls, I just want to make sure na you guys use your brain. Nagpakahirap ako, nag-sacrifice ako para mapaaral kayo kahit ako lang mag-isa so gamitin niyo naman yung pag-aaral niyo and huwag ayo ma-in love right away.' Sabi ko, 'You can fall in love any time any day huwag lang bata. I want you to learn from my mistakes," she added.

What is Iza Calzado's birthday wish?



Iza Calzado loves the great outdoors

With her critically acclaimed film "Bliss," her successful TV series "A Love to Last," and with her handsome, long-time boyfriend Ben Wintle by her side, Iza Calzado has so much to be grateful for this 2017.

With her birthday just around the corner, Iza shares that there is one thing she is wishing for. "Happiness, more projects, and the best of health, yun lang talaga," beams the radiant, 35-to-be actress who graced the World Wide Fund for Nature (WWF) Philippines' recent event, the Green Wanderer Travel Fair.

As one of WWF's national ambassadors, Iza also hopes and encourages everyone to take up their roles as responsible stewards of the environment. "I wish for a better world for everybody, where nobody has to starve or go through life in strife. It makes me so sad seeing (the poverty and the struggle that many of our countrymen are go through.) Bakit kailangan ganito yung disparity?" she says.

She admits that all of us could greatly benefit if we were to treat each other with a little more compassion and kindness –that goes as well with how we treat the environment. "Thankfully, people have grown more aware about environmental protection and such, so what we need now is action," she says

It is never easy; making the right choices takes daily commitment, she reveals. "Even as one of the national ambassadors, I need to improve and make more conscientious choices everyday.I often have to remind myself – is this the best choice that I can make?"

Whether it is using sustainable steel straws instead of plastic ones, or swapping out plastic bags for more eco-friendly canvas bags to carry her gym stuff, she

says, "You can always start small. I start with small choices that will have a big effect on Mother Nature...If you can become a more responsible, conscientious consumer, that's all that matters."

At home, Iza practices living green by turning off lights and appliances when not in use, and being more conscious of her water usage. "Running water is my ultimate pet peeve," she reveals.

But even outside of the home, while exploring other countries, you can still live out the "clean and green philosophy" as a green traveler, she insists.

At the Green Wanderer Travel fair, held last August 11 to 13 at Central Square, Bonifacio Global City, travelers, including Iza, were treated to an exhibit of partners who are committed to providing an ecofriendlier, sustainable traveling experience. A project led by the National Youth Council of WWF-Philippines, in partnership with the SSI Group, Inc., the Green Wanderer Travel Fair featured sustainable travel options with uniquely curated itineraries at discounted prices, as well as products made by local artisans. The three-day affair gathered exhibitors, including El Nido Resorts, Skyjet Airlines, Banana Peel, and the Circle Hostel, among others.

"Travel fairs are common, but WWF-Philippines wanted to put a twist on this one... Travel takes on a whole other level of significance when done in a way that not only reduces harm, but is beneficial to the environment and local people and animals," says Nikki Huang, fellow National Youth Council Member and active green traveler. "We hope through this event we can better bring together our passions of travel and eco-sustainability," she ends.

Toni Gonzaga talks about how having a baby has helped improve her acting



Toni Gonzaga

As one of the country's most sought after talents, Toni Gonzaga admitted there was a complete change in her life after starting her own family. The 33-year-old actress said that even her acting has changed with the arrival of her baby Seve. "I think as a person now I have more depth. Parang everything has a new meaning to me. Parang before when I cry parang I'm crying because of the scene. Ngayon yung mga iyak ko parang ang lalim na ng pinaghuhugutan. Yung pinaghuhugutan ko lahat, yung life na talaga. Kasi I've experienced what it's like to be a mom and what it's like to live and live for someone. Alam mo yung hindi ka na nabubuhay para sa sarili mo, yung there's finally a purpose. Yung nabuo yung purpose ko sa buhay. Kaya ang sarap ng feeling. Ngayon when I attack a role

parang mas malalim na yung pinaghuhugutan," she shared.

Toni also admitted that if ever there was something she misses about her life before becoming a mom, it would be the luxury of time. "Time (laughs). Yung time for ourselves. Yung ganun. Wala ng time. Actually eight months na akong hindi nakakanuod ng sine. Yung talagang pumupunta sa movie house mag-teten months na. Parang hindi na talaga nakakapanuod ng sine. Unlike before na may random kang maiisip and you can just go out. Ngayon hindi na kasi I have to think of Seve kung sinong kasama niya tapos pag dinala mo siya production number kasi yung stroller, gatas, yung pump, lahat dala. Para kang mag-te-taping so ibang-iba na talaga. It's different in a good way," she explained.

Fans want to see Angel Locsin on TV; ask ABS-CBN to give her new show



Angel Locsin

Marami kaming natanggap na text messages mula sa grupo ng mga tagahanga ni Angel Locsin, na ang ilan sa mga members nito ay mula pa sa ibang bansa, na nananawagan sa ABS-CBN 2 na mabigyan ulit ng serye ang kanilang idolo.

Sabik na raw kasi silang mapanood si Angel sa sarili nitong serye, hindi raw yung guest lang. And in fairness naman daw kay Angel, lahat ng serye na ginawa nito sa Kapamilya Network ay laging panalo sa ratings. Kaya sana raw ay mapagbigyan ang kanlang kahilingan/panawagan.

Ang pagkakaalam namin, ang huling serye na ginawa ni Angel sa Dos ay ang The Legal Wife na ipinalabas noong 2014 pa. Pero lumabas sya sa pilot episode ng La Luna Sangre na pinagbibidahan ng KathNiel

Oo nga naman, sobrang tagal nang walang sariling serye si Angel kaya sana nga ay mabigyan na siya ng ABS-CBN 2.

At tama naman ang Angel Locsin Supporters, na ang lahat ng ginawang serye ni Angel ay mataas ang nakuhang rating, na hindi natalo ng nakatapat nitong serye sa Kapuso network. Kaya deserved talaga ng mahusay na aktres na magkaroon ulit ng sariling serye.

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Ariana Grande brings entire gym to Manila concert



Ariana Grande performing at her Manila concert on Aug 21, 2017

Everyone can sing or spin, but not everyone can sing while spinning, a stunt Ariana Grande effortlessly pulled off even if she was reportedly sick at last night's Manila concert at the Mall of Asia Arena.

As part of her "Dangerous Woman World Tour," the American pop star brought an entire gym into the stage. She sang her hit single "Side to Side" while spinning a stationary bike — on high heels.

While her backup dancers worked on other gym equipment, Ariana wowed the crowd with her powerful vocals that seemed uninterrupted even as she moved



from biking to dancing.

Grande opened the concert with her more mellow songs like "Be Alright" and "Moonlight" before transitioning into her more upbeat and bigger hits "Into You," "Bang Bang" and "Break Free" halfway through the concert. She sang around 20 songs both from her third and latest album, "Dangerous Woman," and second album, "My Everything." Her collaborators in the songs such as Nicki Minaj for "Side to Side" were flashed on the giant LED screen backdrop. Apart from a live band, the concert featured smoke effects, confetti and pink balloons showering over the crowd.

Ari, as she was fondly called repeatedly by her fans in the

concert, presented a wide repertoire of songs and hymns for everyone of all ages to enjoy. Besides dancing to the beat of her "very millennial" and hiphop-rap anthems, she also sang a lounge-like cover of the Judy Garland classic "Somewhere Over the Rainbow." She is really among those "small girls with big voices" that do not need spectacular sets or costumes because her talent and belting prowess alone is enough to make it all worthwhile to watch her on a stormy day and despite stricter-than-usual security measures. More than half of the concert was carried out without backup dancers or singers, only Ari showcasing her raw, unedited, live voice.

Although, of course, people also saw her for her sexy curves, costumes, bit of bravura, and signature long hair that has a life of its own. Ariana did not disappoint with her several costume changes that include her trademark cropped tops and leather knee-high boots. Oversized jackets and bottoms augmented her stage presence. She looked like as if she won the plum role of Princess Jasmine in the live action adaptation of Disney's "Aladdin" as her highly pony-tailed hair swagged along with her jodhpur pants. Occasionally, she indulged fans with a naughty playing of her tongue and by repeatedly sending flying kisses together with the Filipino way of saying I love you, "Mahal kita!"

Entertainment (Article MRec), pagematch: 1, sectionmatch: 1 Judging by the cheers and the active dance-and-sing-along the sold-out crowd gave back, Filipinos are also so into you, Ariana!

Son of a Filipino farmer gets accepted to Harvard University

After graduating as a scholar from International School Manila, Romnick Blanco was offered a full scholarship by Harvard University.



Romnick Blanco during his visit to the city of Chicago, USA

Romnick Blanco's story is proof that with hard work and perseverance, dreams do come true.

The son of a vegetable and fruit farmer, Romnick did not allow poverty to hinder him from achieving his dreams. This year, he got accepted to one of the most prestigious universities in the world - Harvard.



The soon-to-be lvy league student came from the foothills of Sierra Madre Mountains. According to GreenEarth Heritage Foundation, Romnick started English and computer-literacy lessons in January of 2011 as their beneficiary. He also took Bible lessons. Romnick needed to brave a bridgeless river to

attend his classes. Despite the difficulties, he did not give up on his education.

Through the mentorship he received from the foundation, Romnick qualified for a scholarship at International School of Manila (ISM) in 2012 and started schooling there.

Five years later, he graduated from ISM and was offered four scholarships for his college education —Harvard College, the King Scholarship of Dartmouth College, the Freeman-Asian Scholarship of Wesleyan University and New York University-Abu Dhabi. Romnick chose Harvard.

"This is an honor and momentous occasion for us all who have been bound together by our mission/ vision. The Lord has lifted up the entire rural poor community that we serve at GreenEarth, of which Rom is a part of. With Rom's enormous blessings, the Lord has shown us a mere glimpse of what He has in store for our people at GreenEarth ahead. The best is yet to come!" GreenEarth wrote on its website.





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How asylum seekers make refugee claims, and why they take so long

By Andrea Bellemare (CBC)

Asylum seekers who come to Canada are often able to make their claim for refugee status on the same day they arrive. But in Quebec the process has been disrupted by the recent influx of asylum seekers from the U.S.

Here's a closer look at how that process normally works and how its been affected by the sudden increase in demand.

Eligibility interviews

Asylum seekers crossing the border illegally at Roxham Road are met by the RCMP, and then taken to a Canada Border Services Agency office where they fill out a Basis of Claim form.

In the past, an eligibility interview would usually take place on the same day to determine if the seeker is able to proceed with their refugee claim in Canada.

But because of the massive influx this summer, asylum seekers could have to wait up to ten months to have their eligibility interview, said Montreal immigration lawyer Stéphane Handfield.

That eligibility interview is conducted by an officer from either the Canada Border Services Agency or Immigration, Refugees and Citizenship Canada.

The officer's task is to verify whether the asylum seeker meets certain basic conditions, such as not having made a claim in Canada in the past or having a criminal record.

"In almost 98 per cent of files, of cases, the claim is eligible," said Handfield.

Once the claim is found to be eligible, it is referred to the Immigration and Refugee Board (IRB) for a hearing.

Waiting for a hearing

Under normal circumstance, once a claim is determined to be eligible, a case must be heard by the IRB within



© CBC Asylum seekers were allowed to begin enrolling their children into Montreal schools Monday.

60 days

While they wait for their IRB hearing, asylum seekers have access to a range of government services.

"Normally you would then be told you could do your medical and then after that, apply for a work permit," said Rivka Augenfeld, who works with TCRI, a group of 140 social services organizations in Quebec that help refugees and immigrants.

But the backlog, she said, "prolongs everything."

It's not clear what government services are currently accessible to asylum seekers still waiting for their eligibility interview.

Asylum seekers are "being given, exceptionally, some health-care coverage" by the federal government, said Augenfeld.

"All of this is a work in progress," said Augenfeld. "Literally it's evolving."

Housing and school

As they wait for their eligibility interviews, asylum seekers in Quebec who don't have family to stay with are put into temporary housing and can apply for

social assistance.

Once they start receiving social assistance — \$649 per month, per person, or \$1189 for a family of four — they are encouraged to find a more permanent place to live.

But with the government unable to mail cheques to many asylum seekers in temporary housing or shelters, the next round will be handed out at the Palais de congrès, Montreal's massive convention centre.

"Asylum seekers have always received welfare," Immigration Minister Kathleen Weil said Friday. "What is exceptional about this situation is the number of people that have come in in a very short time."

The next step for asylum seekers is to get a work permit, but that can take months. Weil has asked Ottawa to speed up that process.

Parents wanting to send their children to school face the additional barrier of needing a home address to enrol their children.

Montreal's largest Frenchlanguage school board, the Commission scolaire de Montréal (CSDM), said some Haitian families have signed up for school, and that it was working to ensure others who have arrived would also be able to register.

At the hearing

When asylum seekers finally do get their hearing, they must demonstrate they face a "well-founded fear of persecution in their country of nationality" in order to receive refugee status.

According to the federal government, they have to show that if they return to their country of nationality they face a risk of torture, a risk to their life, or cruel and unusual punishment or treatment

That could mean they face persecution because of:

- Race.
- Religion.
- Nationality.
- Political opinion.

- Membership in a particular social group, which can include sexual orientation, gender identity, HIV status or domestic violence.

If the refugee claim is accepted, the person may start the process of obtaining permanent residency. If refugee claim is rejected, there is an opportunity to appeal to the IRB or the Federal Court, or the claimant may be deported.

Handfield said many of the clients he works with are getting bad information in the U.S. about how easy it is to come to Canada.

"The very big majority of these people are surprised when we explain to them the process they've embarked on," said Handfield.

"Many were unaware they had to appear in front of a refugee board member to explain why they're afraid to return to Haiti."

Montreal's fashion industry hopes to keep NAFTA provision

Jacob Serebrin, Montreal Gazette, published August 22, 2017

Members of Montreal's fashion industry are trying to make sure they're not forgotten as the North American Free Trade Agreement is renegotiated.

"Everybody thinks the industry disappeared and we're all off-shore," said Elliot Lifson, the vice-chair of Montreal-based Peerless Clothing, which makes suits for a variety of brands. "But there's lots of jobs."

His company employs 1,200 people in Montreal and still has a major factory here.

Even when manufacturing jobs have moved overseas, administration and distribution positions have remained in Canada, Lifson said.

Industry members say the current NAFTA

In particular, Lifson said he wants to see a specific provision maintained. Called the Tariff Preference Level, it allows Canadian garment manufacturers to use fabric, yarn and wool imported from outside the NAFTA zone in Canadian-made clothes.

As long as the final product is manufactured in Canada and inputs from outside the NAFTA zone are within certain quotas, those products won't incur tariffs when exported to the United States.

Without that exception, all inputs used to make clothes in Canada would have to come from a NAFTA country for those clothes to have tariff-free status under the agreement.

But Lifson said that's impossible. Some types of wool, for example, have to be imported and other inputs just aren't produced in North America or are not produced in large enough quantities.

Lifson said that having a Montreal factory is Peerless's biggest strength.

"Your factory is a repository of knowledge, it allows you to change, move with the times and be swift," he said. "It's a big advantage to have a factory here."

In 2015, more than 10,000 people were directly employed making clothing in Quebec, according to a Desjardins Economic Studies report.

That year, the sector exported \$420.4 million worth of clothing to the U.S., according to the report.

"For the fashion industry, the United States represents a very important partner. Between 70 and 80 per cent of our trade is done with the U.S., so it's very important to make sure that we have the right conditions to be able to have our companies be prosperous and be able to grow," said Debbie Zakaib, the executive director of mmode, a group that



Boisbriand on June 29, 2017. Other local garment makers are calling on the government to protect a NAFTA provision. DAVE SIDAWAY / MONTREAL GAZETTE

represents Quebec's fashion industry.

Including retail, the industry employs about 90,000 people in the province, she said.

Lifson would like to see some tweaks made to NAFTA. His company employs several hundred people in Vermont and he would like it to be easier

Zakaib said she's optimistic about the NAFTA renegotiations.

"Of course there are uncertainties, but what we have to remember is the measures that are now in place are very good and positive for both sides, the companies in the U.S. and the companies in Canada are very satisfied and like the agreement as it is," she said. "I'm sure we'll come to an agreement that will please both."

Lifson would like to see some tweaks made to NAFTA. His company employs several hundred people in Vermont and he would like it to be easier for people to work on both sides of the border. He would also like to see the process of shipping goods between NAFTA countries simplified.

No matter what happens, though, he's optimistic about the future of his company.

"We were in business before the (Canada-U.S. Free Trade Agreement) and before NAFTA," he said.

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International Students studying French at Gilmore College pose with the Director General, (center) Zenaida Kharroubi, on the left: Erleen Bureros, and on the right: Kris Alvarez.

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Batch 6 PAB students who did their practicum at St. Margaret CHSLD. Seated in front: Clarice Mackay, Nina Schiff and Zenaida Kharroubi, director-general and founder.



Gilmore College International provides immigrants the tools for a successful career change. The training and the skills that I learned gave me the confidence to work as a nursing aide. Adele Lascano (October 2009 graduate)



The knowledge and skills I learned at Gilmore College gave me the edge to work in the health care field where one needs to show willingness to render service to the sick and the elderly. (Ethel Tugna, March 2011 graduate)