

# Newfoundland digs out of historic snowstorm

BY KERRI BREEN GLOBAL NEWS

Parts of eastern Newfoundland remain under a state of emergency as residents dig out from a storm unlike anything seen in decades or more.

Environment Canada says 76.2 cm of snow was measured at St. John's International Airport on Friday — the most for any day since records started being kept in 1942.

“This is incredible. Even by Newfoundland snow standards,” Global News Chief Meteorologist Anthony Farnell tweeted.

All flights in and out of St. John's were cancelled, and the airport remains closed until at least Sunday night.

Businesses in the capital city, as well as other municipalities in the Northeast Avalon Peninsula, were ordered to stay closed for a second day.

In St. John's, all vehicles except first responders remained



Drone photo offers a unique perspective on the massive snowfall that fell over parts of Newfoundland (msn)

# Scientists fear major volcanic eruption in the Philippines



Here's a nighttime photo by Domcar Lagto, ABS-CBN News

Activity on the volcanic island Taal has eased, but scientists say the threat is far from over.

Researchers in the Philippines are monitoring the Taal volcano closely for signs of a major eruption. The volcano's activity has eased since it began spewing steam and ash more than a week ago, but the threat of a large-scale eruption remains, say scientists. In addition to the immediate risk to life, such an event could contaminate water supplies and disrupt power generation for millions of people, and halt ground and air travel.

At 2:30pm local time on 12 January, Taal — which is on an island about 60 kilometres south of the capital Manila — started ejecting lava and blew a giant plume of rock fragments, known as tephra, up to 15 kilometres

See Page 4 Taal volcano erupts

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From the  
Executive Publisher's Desk

## Combatting climate change still depends on little acts of people

Zenaida Kharroubi

*"If there's a world here in a hundred years, it's going to be saved by tens of millions of little things."*

—PETE SEEGER

This quote is very inspiring if we all pay attention to what we can do as individuals. We see how much harm has been done to the planet and we see how much suffering people in different parts of the world have to endure. But it is never too late to start changing our attitudes and try to do something about the way we live and how we affect the overall weather patterns by simple things that we do like throwing plastics and other objects in the garbage instead of sorting them and putting them for recycling. A very useful article is reprinted below for our readers' guidance in helping contribute to the overall fight against climate change.

Rising sea levels. Raging storms. Searing heat. Ferocious fires. Severe drought. Punishing floods. The effects of climate change are already threatening our health, our communities, our economy, our security, and our children's future.

What can you do? A whole lot, as it turns out. Americans, (similarly Canadians) on average, produce 21 tons of carbon a year, about four times the global average.

Personal action is, of course, no substitute for meaningful government policies. We still must limit carbon pollution and aggressively move away from dirty fossil fuels toward cleaner power.

But we can't wait for governments to act. Join the growing list of cities, states, tribes, and companies who've pledged to take climate action. Then honor your commitment every day by following the tips below.

"Change only happens when individuals take action," Aliya Haq, NRDC's Climate and Energy special projects director, says. "There's no other way, if it doesn't start with people."

### In the Home - Use only LED bulbs.

LEDs use as little as 10 percent of the energy of incandescent bulbs. And because the average American home has around 40 to 50 lightbulbs, this is a simple swap that will reap huge rewards. If every

household in the United States replaced just one incandescent with an Energy Star-labeled LED, we would prevent seven billion pounds of carbon pollution per year. That's equivalent to the emissions of about 648,000 cars. Invest in energy-efficient appliances.

Since the Energy Star program's inception in 1992, the U.S. Environmental Protection Agency estimates it has reduced climate-altering pollution by more than 2.7 billion metric tons—equivalent to the annual emissions of 700 coal-fired power plants—while saving consumers \$430 billion in energy costs.

A 15-year-old refrigerator, for example, uses twice as much energy as a new, Energy Star-certified model. Replacing that old fridge could prevent 5,000 pounds of carbon pollution and cut your utility bill by as much as \$260 over five years. (The EPA offers a refrigerator retirement calculator to estimate the savings.)

### Recycle old appliances.

Recycling an old refrigerator through the EPA's Responsible Appliance Disposal Program can prevent an additional 10,000 pounds of carbon pollution because the global-warming pollutants in the refrigerants and foam would be properly captured rather than vented to the air.

Some utilities offer financial incentives for recycling old appliances or buying new, energy-efficient models. Consumers can search for incentives online or call their utility. The Energy Star site has information on rebates.

### Keep your electronics from drawing excess energy.

American homes, on average, have about 65 devices connected to a power source. Electric devices such as smart phones, cordless vacuums, and power tools use energy even when they're not charging. In the United States, that "idle load" is equal to the output of 50 large power plants.

Unplug rarely used devices, such as televisions in guest rooms. Plug others into power strips or "smart" outlets so they draw power only when needed. Use timers for items you might forget to turn on and off, like coffeemakers.

Set your computer to go to sleep after 30 minutes or less of inactivity, and turn it off when you're

finished using it.

Disable the "instant on" mode on your game console, and turn off the "quick start" option and automatic brightness control (ABC) sensor on your television.

### Adjust your washing machine settings, and clean the dryer lint filter after each cycle.

Water heating consumes a significant amount of the energy it takes to operate a clothes washer. Switch to cold as your default water temperature. Or, if you're not comfortable with that, at least try the warm setting: It can cut in half the energy used to heat the water.

Also, always wait until you have a full load. If you simply must wash a smaller load, adjust the water-level setting.

And be sure to clean your dryer's lint filter after each use. Along with being a fire hazard, a clogged filter impedes airflow and reduces a dryer's efficiency.

### Consider a heat pump water heater or a hybrid model.

Hot-water production accounts for 13 percent of residential energy use—second only to space heating. Even modest improvements can deliver large benefits.

Heat pump water heaters, which draw heat from the surrounding air, use less than one-third as much electricity as a conventional electric model, and hybrid heat pumps use less than half as much. They're both more expensive than conventional electric water heaters, but utility rebates and tax credits may be available. And remember, the efficiency will lead to lower utility bills.

### Insulate, insulate, insulate.

Up to one-third of home heat escapes through windows and doors, so if you're feeling a draft, weather-strip your windows and use caulk to plug leaks, then hang heavier drapes. Properly insulating your walls and attic will also help preserve heat, energy, and money—in fact, all these improvements could cut your heating bill by 25 percent. The U.S. Department of Energy provides weatherization assistance to low-income households. The program saves households an average of \$283 a year in energy costs and reduces carbon pollution by more than two million metric tons a year. Replace drafty old windows with double-paned, Energy Star-rated windows.

This upgrade could cut carbon pollution by 2.4 tons per year for

homes with gas heat, 3.9 tons with oil heat, and 9.8 tons with electric heat. A less expensive option is storm windows, which are temporary, install easily over existing windows, and can reduce heat loss by 25 percent to 50 percent. (If you're renting or can't replace your windows this year, you can apply low-emissive—also called low-E—film over them to reduce heat loss.)

Make sure your fridge and freezer doors seal tightly when closed. Try the dollar-bill test. If a bill shut in the door is easy to pull out, it's time to replace the gaskets.

### Use a programmable thermostat.

Automatically adjust temperature settings when you're away or sleeping. You could cut energy use by 20 percent to 30 percent, relative to always running your air conditioner or furnace. WiFi- or Bluetooth-enabled devices let you adjust settings from a smartphone.

### Check the air filter on your furnace every month.

A dirty furnace filter will slow airflow and make the system work harder, increasing energy costs and possibly leading to expensive maintenance. So if it's dirty, clean it or change it. You could cut 350 pounds of carbon pollution a year.

### Put down on snail mail.

Sign up for e-billing. Paper bills generate about two million tons of carbon pollution a year. Stop junk mail and free yourself from unwanted catalogs.

### Stop throwing away food.

Forty percent of the U.S. food supply is wasted. And that means that all the energy, water, land, fertilizer, and other resources that go into growing, storing, transporting, and preparing that food is also wasted. Once food reaches landfills, it gradually converts to methane, a powerful climate pollutant. The most important thing to do is shop wisely—buy no more than what you expect to use.

More tips to follow next issue  
Source: NRDC Website

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*The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.*



# Taal volcano eruption poses deadly dilemma for people living in its shadow

By Helen Regan and Jinky Jorgio, CNN Updated 12:12 PM ET, Sun January 19, 2020 Laurel, Philippines (CNN) - Maria Evangelina Tenorio Sarmiento struggles to wade through ankle-deep mud and debris to reach her house that's been inundated with thick sludge.

Inside, the 52-year-old mother of two finds the roof over her kitchen has collapsed under the weight of ashfall.

The once-blue walls are now smeared in a thick layer of gray ash. Her son is up on the roof scraping off the mud in an effort to stop the rest from caving in.

"It was totally destroyed. I only saw it yesterday. I saw our barangay (village) and can't help but cry," she told CNN from the ruined house in Laurel in the Philippine province of Batangas. Sarmiento's piggery -- a new source of income for her -- is gone. Her five pigs dead.

"How can we rebuild our lives? How can we start again? I don't have money to use as capital again," she said.

It's a bleak prospect faced by many families in Batangas and Cavite

and generating volcanic lightning. Heavy charcoal-like ash rained down on towns and villages, blanketing everything. Houses and trees buckled under the weight of it. Affected areas had no power or fresh water.

Outside Sarmiento's house, the once bustling markets are empty,

Manila on the island of Luzon, is like a time bomb. Volcanologists warn a bigger eruption could be yet to come - but no one can predict when, or if, it will explode or settle back down.

Sarmiento was at the local fish market when she heard a loud thunder-like sound followed by thick smoke. Her



Photo of an ash covered house (Ap Reuters)

the fields left untended, the lush trees now gray and lifeless.

Many people here made their living off the rich land around the

home lies within 10 kilometers (6.2 miles) of the volcano.

"We went home and I saw my children stuffing all our clothes inside our vehicle, forgetting to put them first inside luggage. We immediately went up to a higher ground," she said, adding that they stayed with her sister in the nearby town of Santo Tomas. Thousands like her fled their homes when Taal suddenly rumbled into life. Caught off guard, many sought shelter in temporary evacuation centers carrying only the clothes they were in with little to no possessions.

Seismic activity had been recorded at the volcano since March 2019, but that morning the alert level was at one -- meaning a hazardous eruption was not imminent.

"The speed of escalation was unexpected," said Mark Timbal, spokesperson for the National Disaster By 7:30 p.m. the alert was raised to four, with Philippine authorities warning that an "explosive eruption" could happen in the coming hours or days. It prompted authorities to urge a "total

evacuation" of people within a 14 kilometer (8.7 miles) danger zone of the volcano.

An explosive eruption could be extremely lethal. Ballistic fragments of magma could be violently expelled from the volcano, pyroclastic flows -- fast-moving currents of hot gas and volcanic matter -- could swallow anything in its path, and the volcano's slope slumping into the surrounding lake could create a volcanic tsunami. Residents would also be at risk from deadly toxic gases emitted from the eruption, and mud flows caused by ash mixing with water vapor in the atmosphere.

The lake that fills the caldera was another concern. Any water that intersects with the hot lava could immediately flash into steam and create an explosive system.

"We just had little time to prepare. From the first eruption at 2:30 p.m. on Sunday to the alert level four, we barely had time," said Francis Tolentino, Senator and former mayor of Tagaytay, which overlooks the volcano and its lake.

Another bigger eruption could potentially send ash -- which carries microscopic shards of glass -- 100 kilometers (62 miles) away or more, contaminating the air and water supplies in distant locations. More than 25 million people live within 100 kilometers of the volcano.

The priority was to get almost half a million people living within the danger zone to safety. Towns around the banks of Lake Taal were placed under police lockdown and evacuations enforced.

By the following Saturday more than 70,000 people had sought shelter in 300 temporary evacuation centers. Many more are staying with relatives or friends in other provinces.

But in the days since Taal began erupting, a number of people have risked their lives by refusing to leave or returning home to tend farms and livestock or fetch personal belongings, even though a powerful eruption could happen at any time.

For many residents whose



Animals are seen aboard a boat after being rescued on January 14(Reuters)

who lost their homes and livelihoods when the Taal volcano -- one of the Philippines' most active -- began erupting last Sunday, spewing ash up to 14 kilometers (9 miles) into the air

volcano, from fishing in the lake or from the many tourists that visit each year.

The volcano, about 37 miles (60 kilometers) south of the capital

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See Page 6 - Taal volcano eruptions



From Page 1

Newfoundland

banned from the streets.

Premier Dwight Ball announced Saturday afternoon that the province has requested assistance from the federal government — including the Canadian Armed Forces — to handle the aftermath of the blizzard.

That request was granted. Public Safety Minister Bill Blair said he is in touch with the premier, as well as Liberal MP Seamus O'Regan and Defence Minister Harjit Sajjan, to determine “how best we can help.”

Given the high levels of snowfall — Ball said there are some cases of snow drifts as high as 15 feet — the extent of the damage is not known at this point.

The kind of support the province will be seeking is still being determined, Ball said, but it could include help for those stranded in their homes and relief for workers.

“There will be a number of things that they could be engaged in,” he said in an interview with Global News. “They could be just supporting individual residents within our province.”

Though Newfoundland and Labrador is no stranger to heavy snowfall and high winds, Ball described it as a very “different” weather event.

On Saturday, people started

digging out their homes and vehicles and surveying the winter wonderland.

highway in the St. John's area that appeared unrecognizable.



**Two all-terrain vehicles cruise through downtown St. John's on Saturday, Jan. 18, 2020. THE CANADIAN PRESS/Andrew Vaughan**

As shown in images posted to social media, some residents opened their doors to find walls of snow.

One man said that the snow against his door was so heavy his doorbell rang on Friday night.

In St. John's, a few people were seen riding snowmobiles and ATVs on city streets.

And a few even took advantage of the steep downtown streets for skiing and snowboarding.

In a jaw-dropping photo, plows were shown cutting through a sea of snow on Pitts Memorial Drive, a

The provincial government said snow drifts of 12 and 15 feet high have been reported on some highways.

Many lost electricity due to winds that exceeded 120 km/h in St. John's.

The premier said 21,000 people were without power as of early Saturday morning.

Newfoundland Power said in some cases its crews were out on foot to assess the damage caused by the storm.

Authorities urged the public to

check on their neighbours, take safety precautions to prevent carbon monoxide poisoning and be careful not to overexert themselves while shovelling.

On Friday night, the Red Cross arranged hotel stays for four families in the Battery neighbourhood at the base of Signal Hill in downtown St. John's.

They were evacuated after snow rushed down the cliff and into a home, and there were fears it could happen again.

“People were in the living room, and the snow came through the window,” Platoon Chief Dean Foley of the St. John's Regional Fire Department told the Canadian Press.

Nobody was injured but firefighters had to walk through chest-high snow to reach the scene, Foley said.

Fire officials recommended the evacuation of 10 homes in the area.

While residents of four homes agreed to leave, those in the other six decided to stay put, according to Foley.

—With files from Nick Logan, Global News, and The Canadian Press

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From Page 1 Taal volcano erupts

high. Ash travelled as far north as Quezon City, some 70 kilometres away, forcing tens of thousands of people living on Taal's Volcano Island and in nearby provinces to evacuate.

The volcano's activity has stalled, but this does not mean the worst is over, says volcanologist Mariton Bornas, who heads the division responsible for monitoring and predicting eruptions at the Philippine Institute of Volcanology and Seismology (PHIVOLCS), a government agency in Quezon City, just north of Manila.

The volcano remains at level 4, the second-highest level on the country's volcano-alert system, which means a hazardous eruption could happen in hours or days. Scientists say the threat of a major eruption remains high because PHIVOLCS has reported some 450 volcanic earthquakes in the past 24 hours, as well as the emergence of fissures, and receding of the surrounding lake. The ongoing seismic activity suggests that magma is continuing to rise to the volcano's surface from deep within the Earth, says Bornas.

A hazardous past

Since the sixteenth century, Taal has erupted about 30 times, including four major events. Increased seismic activity, like that seen since 12 January, preceded most of those eruptions, says Perla Reyes, a volcanologist at PHIVOLCS who, with Bornas and others, recently published an assessment<sup>1</sup> of Taal's eruptions. But she says not all cases of increased seismic activity have resulted in a major eruption.

Reyes's study also reconstructed a major eruption that occurred in 1754, and mapped the extent of the damage. The researchers found that tephra had dispersed as far as Manila.

A repeat of the 1754 eruption would be the worst-case scenario, says Bornas. That event involved almost seven months of activity: the volcano cycled through low-key unrest, escalated to a highly explosive eruption, and then activity lulled before repeating the process. An eruption that lasts that long today would be devastating for the locals displaced from their homes, she says. Some 2 million people live within 35 kilometres of the volcano.

Jacques Zlotnicki, a geophysicist at the French National Centre for Scientific Research (CNRS) in Aubi re, says that he does not think the crisis will de-escalate any time soon. “This eruption may last months or more,” says Zlotnicki. His studies suggest that the volcano is due for a large eruption. “Large plumes expelled at [heights of] 10 to 15 kilometres or more could reach Manila within a few hours, depending on the winds,” he says.

The current lull has given many locals a false sense of security, says Reyes, and some of the more than 6,000 people living on Taal Volcano Island have returned to their homes and animals. “Unfortunately, people tend to return in quiet times,” she says. “This is very unsafe.”

Delos Reyes, P. J. et al. Earth Sci. Rev. 177, 565–588 (2018).



**A general view shows a church covered in ash by the eruption of the Taal volcano, near Agoncillo in Batangas on January 20, 2020.**



**Aerial view of Taal Volcano island (TheCoffee Mike Gonzalez /Wikipedia)**



# Prime minister's cabinet snack sparks online doughnut debate

Kayla Rosen

Editorial Producer

@KayRachelRosen Contact

Published Tuesday, January 21, 2020  
WINNIPEG -- A Winnipeg-based doughnut shop is defending a decision to buy local after Prime Minister Justin Trudeau was criticized over some sweet treats from the business.

On Monday, Trudeau tweeted a picture of himself at Oh Doughnuts, picking up seven boxes of doughnuts from the Winnipeg-based store. He is in Winnipeg for a three-day cabinet retreat which began on Sunday.

Trudeau's tweet prompted criticism from some Twitter users, who alleged he is using taxpayers' money to buy these desserts and that he should have gone to Tim Hortons, where the prices are lower.

Oh Doughnuts, which was tagged in the Tweet from Trudeau and many of the criticism, decided to speak out.

"I mean obviously it's a bit sad that a lot of folks would've preferred he spend less money, which of course we all would as taxpayers, less money at a not-locally owned business for an inferior product," said Amanda Kinden, owner-operator of the store.

Kinden said people on Twitter seemed to be going to website, picking out the most expensive items, and saying Trudeau spent about \$50 on the doughnuts.



**Picked up some of Winnipeg's best to keep us going through another full day of Cabinet meetings. Thanks for the fuel, @OhDoughnuts. #shoplocal**

"That's not really accurate. That's certainly not what they ordered when they ordered the doughnuts," she said, noting the prime minister picked up some gluten-friendly treats and regular variety doughnuts.

"I also think there's way more important things that we should be working towards and focussing our energy on rather people who are doing work. These are cabinet members who are employed and they are in meetings and they're long, and I think that probably it's nice that they got a nice, local treat."

## THE PRICE POINT

As for the complaints that Trudeau overpaid and could've gotten a dozen doughnuts for around \$10 at Tim Hortons, Kinden said she recognizes her doughnuts aren't for everybody.



**Amanada Kinden holds a box of doughnuts at one of her two locations (Jamie Dowsett/CTV News)**

"It's a product that we put a lot of time and good ingredients into and the price reflects that," she said.

Kinden notes the store donates doughnuts to community groups and charities, with the aim of allowing people who can't typically afford the product the chance to enjoy them.

## HOW DID TRUDEAU END UP AT OH DOUGHNUTS

Kinden said the order for the doughnuts was placed online.

She was not at the shop at the same time as the prime minister, but her staff informed her Justin Trudeau came to the store. Kinden immediately went and looked at the security camera and realized he had in fact been there.

She said when she saw Trudeau's tweet about Oh Doughnuts she thought it was great to see a person of influence shopping local.

"I thought 'Oh, oh, I don't know what's going to happen now, look at all the followers he has. This is going to be really interesting for a little, humble

doughnut shop,'" Kinden said.

"I thought it was really cool actually that, you know, he's obviously a person of influence and shopping local, it's become a bit of a trend, a catchphrase, but there is a lot behind it and it's a really important thing that people should be aware."

## THE BENEFITS OF SHOPPING LOCAL

Kinden said it's important to shop local because it keeps money in the community, noting Oh Doughnuts uses local flour, eggs and butter.

"All of these things help support other families in the community. That's really what it's about."

She said she didn't realize when she started her business how many people she would end up employing.

"So by shopping at our two doughnut shops, people are supporting 30 other people. It's a really easy way to make a significant impact on our community."

And Winnipeggers seem to want to support local businesses as well.

Since Trudeau's tweet, Kinden said a lot of people who've never been to Oh Doughnuts have been coming in because of the viral moment -- #doughnutgate is trending across Canada Tuesday afternoon.

CTV News Winnipeg has reached out the prime minister's office for comment. A spokesperson said they are going to let the tweet, hashtagged #shoplocal, speak for itself. (Source: Twitter/Justin Trudeau).



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# Tagalog Seksyon

## Opinyon/Komentaryo ni Willie Quiambao

### MATANGGAL KAYA SA PAGKAPANGULO SI TRUMP PAGKATAPOS MA-IMPEACHED NG HOUSE OF REPRESENTATIVES?

Noong Dec. 18 ay na-impeached ng House of Representatives si Pangulong Donald Trump dahil sa abuse of power at obstruction of Congress. Marami ang nalungkot, marami ang natuwa. Ayon kay Trump, politika ang nagtulak sa Democrats upang ma-impeached siya. Nang mahalal siyang pangulo ng USA noong 2016 ay gusto na siyang paalisin ng Republicans upang hindi nga siya makatakbo sa 2020. Ngunit hindi pa maaalis sa tungkulin si Trump. Sa buwang ito ay haharapin muna niya ang House of Senate na siyang gagawa ng desisyon kung matatangal siya sa posisyon o hindi. Subalit malayong mangyari iyon dahil marami ang Republicans kaysa Democrats. Kung makatakbo uli sa pagkapangulo si Trump sa taong ito, baka manalo pa siya uli. Halimbawa ay si Sen. Bong Revilla sa Pilipinas. Nasangkot siya sa Pork Barrel scam at nakulong pero nahalal pa uli. Marumi ang politika.

### MAAARING MAGING REGAN NG PILIPINAS SI MORENO

Naisulat ko kamakailan ang paghanga ko sa bagong alkalde ng

Maynila na si Isko Moreno dahil nasundan ko sa internet ang kaniyang paglalakbay simula sa pagiging basurero sa Tondo, artista, konsehal, alkalde, at bise alkalde ng Maynila. Nang makita ko sa internet ang Napaiyak at Napatawa ako sa speech ni Isko Moreno sa mga nagtapos sa Emilio Aguinaldo Colleges at interview ng entertainment editor na si Ogie Diaz, hindi ko mapigilan ang makinig. Noong maliit pa siya, ang tawag sa kaniya ay mayor dahil may isang mayor sa Tondo na nag-uutos sa mga tao na likumin ang mga basura at linisin ang kanilang lugar. Sampung taon pa lamang siya ay iyon na ang kaniyang ginagawa dahil isa siyang basurero. Nang maging artista siya, umibig siya kay Claudine Baretto pero nilait siya ng ina nito dahil mahirap lamang siya. Hindi siya nagtanim ng sama ng loob. Tuloy ang buhay. Upang makatulong siya kahit sa isa man lamang bata sa Tondo, tumakbo siya bilang konsehal. Nilait na naman siya. Artista lamang siya at wala namang magagawa kundi magpa-cute cute. "Kasalanan ba ang maging cute?" biro niya. Isa sa mga panuntunan niya sa buhay ay huwag palagpasin ang pagkakataong dumarating sa iyo. Alanganin siyang tanggapin ang alok na mag-aral ng kursong Executive Program sa Harvard pero naisip niya, "Kung

bumagsak ako, walang makaaalam kundi ang asawa ko at eskuela." Tinanggap niya ang alok at pumasa siya. "Madali lamang pala ang mag-apply sa Harvard," nagtatawang sabi niya. "Dalawa lamang ang tanong – pangalan at address."

Napakinggan ko rin ang interview ni Ogie Diaz, entertainment reporter, na ang tawag kay Moreno ay "addict" – addict sa trabaho. Kahit Sabado ay nagta-trabaho. Inuuna pa ang pagpapaganda sa Maynila at pagsusugpo sa krimen.

Kung ipagpapatuloy ni Moreno ang mabuti niyang ginagawa. Hindi ako magtataka kung balang araw ay maging presidente siya. Baka siya ang maging Ronald Regan ng Pilipinas. Artistang naging Presidente ng bansa.

### SINO ANG LUMILITO SA KOMUNIDAD?

Ang layunin ng diaryo ay mag-ulat ng katotohanan ngunit hindi iyan ang ginagawa ng The Filipino Forum at ni Fred Magallanes. Sa Dec. isyu ng Forum ay mga kasinungalingan na naman na dapat ituwid ang nakasulat. "Willie Quiambao ...is at it again – trying to confuse people again about the illegality of turning the Filipino Association of Montreal and Suburbs' board of trustees into an executive board despite the existence of duly proclaimed and sworn-in new executive board," sabi ni Magallanes. Ayon kay Dick Dahiroc, chairman ng kasalukuyang Board of Trustees, hanggang Sept. 1, 2020 pa ang tungkulin nito kaya ito pa rin ang nagpapakatabo sa asosasyon. Ang kahulugan ng DULY ay "in a way that is correct or expected according to law" Paano na-proclaimed ang bagong executive board ay hindi naman ito duly elected dahil sa ginawa ng COMELEC chairman na si Glenn Opendo na paglabag sa sarili niyang Election Rules and Regulations? Hindi tuloy ma-

withdraw ng EB ang 2019 membership fees at patuloy pa ring pinagtatalunan ng mga abogado ng FAMAS Board of Trustees at Cesar Manuel kung sino ang legal na pangulo ng asosasyon. Pinagsabihan daw ng BOT at abogado nito ang Samahang Makabayan na huwag gamitin ang pangalan ng FAMAS kapag tinutukoy ang kanilang Executive Board sa ano mang transaksyon. Malapit ng lumabas and desisyon ng korte sa problema ng BOT at Samahang Makabayan. Sa kabilang dako, tuloy pa rin ang kaso ni Dante Tabamo at Manuel dahil sa alegasyong dayaan sa eleksyon. Iniuwi ng COMELEC chairman na si Julie Parado sa kaniyang apartment ang mga kahon ng balota noong FAMAS eleksyon 2017-2019. Isinulat din ni Magallanes na hindi ko alam ang pagkakaiba ng opinion at fact. Si Magallanes ang hindi nakaiintindi ng fact at opinion dahil siya ang napatunayan ng Quebec Press Council na ilang beses ng lumabag sa Journalistic Code of Ethics of Quebec. Pinababa ko raw ang tiwala ng komunidad sa Forum at nililito ang mga tao, ako raw ang dahilan kaya kaunti ang bumabasa sa NAFS. Si Magallanes na rin ang gumagawa ng dahilan kung bakit nawawalan ng tiwala ang mga bumabasa sa The Forum dahil sa patuloy niyang pagsulat ng kasinungalingan na isa sa mga paglabag sa Journalistic Code of Ethics of Quebec.

Sa mananal, gawin nila ang mga ipinangako nilang trabaho. Sa matatalo, tumulong pa rin sila sa ikabubuti ng komunidad. Kay Magallanes, huwag niyang pangunahan ang desisyon ng mga abogado at Supreme Court. Kalimutan niya muna ang analysis niya sa ginawa ng Board of Trustees. May malaking problema pa siyang hinaharap pagkatapos matalo sa demanda ni Felix Reyes.

### From Page 3 Taal Volcano eruptions

living depends on fishing the lake, a good harvest or for those who live hand to mouth doing odd jobs, staying in an evacuation center for an unknown period, while fields spoil or animals die, is a death sentence of its own.

When the Taal volcano erupted in 1754 it lasted six months. The deadliest eruption took 1,335 lives in 1911, and it lasted a few days.

Renz Mateo, 20, is from a small lake-side barangay in Agoncillo and said he sneaks past police every day to return home from a shelter because he said there is not enough food there.

"Most of the people here went to the evacuation center. I live in a very remote area. We also need water. Whatever we get from evacuation area, we try to maximize it. We lack food and water," he said.

While government and NGO agencies are working to provide shelters with mats, food, water, clothing and hygiene kits, the conditions are cramped and stifling. The evacuation centers are often schools, gymnasiums, or even basketball courts and families sleep on the cold, hard floor or on folded-up cardboard boxes.

Because of the unpredictability of the volcano, no one knows how long they will have to stay there or whether there will be enough supplies to last the weeks or even months.

When the mud and ash started falling from the sky, he scrambled to get

his mother out of the house and they ran to high ground in the mountains.

"We just take what is given to us. Our house was destroyed, we have nothing, no more house to go back to. We were only able to salvage few personal items," he said.

The alert level for the volcano remained at four out of a possible five on Saturday. Fissures caused by the pressure from magma moving below the ground have opened up in several areas



**Children at an evacuation center in Batangas show off the new toys they received from The SM Store "Share the Magic of Giving. Donate A Toy" program which encouraged shoppers to share toys last Christmas.**

and deep cracks could be seen carving through roads.

Tremors are also ongoing. Some 666 volcanic earthquakes were recorded since Sunday, according to the Philippine Institute of Volcanology and Seismology (PHIVOLCS.)

"All these activity increases tell you that something is happening. But none of this says exactly what will happen in exactly what timeframe," said Joseph Michalski, director of the Earth and Planetary Science division at the University of Hong Kong.

"That's frustrating for people who want to evacuate or people who need to make decisions."

At a checkpoint between Laurel and Agoncillo towns, one Batangas

the law to implement whatever our higher ups told us but we cannot help and also sympathize with these people because they are the victims of this eruption. They are worried about their livelihood and get whatever is left from their properties," said Police Senior Master Sergeant Mar Carabeo.

The whole town of Agoncillo, on the banks of Lake Taal, is a no man's land due to the extent of mud and ash. it clings to clothes and hair and the smell of sulfur lingers in the air.

Haunting images from those who went back to the Taal volcano island show a desolate landscape of destroyed houses and snapped trees covered in a thick layer of heavy ash. Half-buried bodies of horses and cows that could not escape the island lay in black sludge or floating in the surrounding lake.

PHIVOLCS has designated the entire volcano island as a "Permanent Danger Zone" and recommends strongly against permanent settlements there.

Nevertheless, people have inhabited the island. Some locals living on or near the volcano, many of them laborers or farmers, made money from offering horse rides to tourists. Others built their livelihoods farming the mineral-rich fertile soils that are associated with many volcanoes or fishing tawilis or "live sardines" only found in Batangas province.

The area is known for growing sweet pineapple, coffee called Kapeng



barako, and for a dish of thick lomi noodles cooked with garlic. The busy international seaport of Batangas is close by.

Lake Taal is also a popular attraction and many of the towns in the vicinity are tourism hot spots. There are several amusement parks, lakeside resorts and yacht clubs nearby. And the holiday town of Tagaytay is a popular getaway for Manila residents who often take boats onto the lake and hike up the volcano.

"Eruptions are actually relatively rare, in the greater scheme of things," said David Phillips, head of the School of Earth Sciences at the University of Melbourne, Australia. "Many of these landscapes are very beautiful and people want to go visit them."

"It's beautiful but it's also potentially deadly -- it's that fatal attraction," he continued.

Taal Volcano sits on the Ring of Fire -- a horse shoe shaped belt in the Pacific Ocean basin where most of the world's active volcanoes lie. It's also where 90% of earthquakes happen as tectonic plates push against each other, causing tremors.

The "ring" stretches along a 25,000-mile (40,000-kilometer) arc from the boundary of the Pacific Plate, to smaller plates such as the Philippine Sea plate, to the Cocos and Nazca Plates that line the edge of the Pacific Ocean.

Life for millions of people living around the Ring of Fire can often be precarious as they live and work under the constant threat of earthquakes, volcanic eruptions or tsunamis.

On any given day there could be around 20 volcanoes erupting at any one time, according to the Smithsonian Institute's Global Volcanism Program. And perhaps hundreds of earthquakes, according to Earthquake Track.

As one of the most disaster-prone regions in the world, the Philippines experiences more than its share of earthquakes, typhoons and other natural disasters.

"We have had a severe year," said Richard Gordon, Chairman of the Red Cross Philippines.

A series of deadly earthquakes between October and December rattled the southern Philippines, leaving 600,000 people in need of assistance. Two typhoons in December killed at least 26 people and caused millions of dollars of damage.

Even without a potential second eruption of Taal -- which could prove devastating for the local economy -- the financial effects are already taking their toll.

The ash fall has damaged crops in the area such as corn and coffee, and continues to threaten fish stocks. In Batangas and Cavite provinces, 74,549,300 Philippine pesos (\$1.5 million) worth of damage has been caused to agriculture, according to the NDRRMC.

Those in the evacuation zone face an agonizing wait to see if the volcano will explosively erupt, in which they will prepare for disaster, or if Taal will go back to sleep and they can slowly rebuild.

"I don't know what to do," said Sarmiento. She hopes the government will be able to "help us rebuild our lives and this barangay."

# Asean accepts Trump invite to US meet



By: Dona Z. Pazzibugan - Reporter / @dpazzibuganINQPhilippine Daily Inquirer / 04:57 AM January 21, 2020

MANILA, Philippines — The Philippines has agreed with the rest of its Southeast Asian neighbors to accept US President Donald Trump's proposal for a special summit to be held in the United States in March.

Foreign Secretary Teodoro Locsin Jr. said he and his nine counterparts in the Association of Southeast Asian Nations (Asean) reached this consensus during their meeting in Vietnam over the weekend.

He made the announcement on Monday, after Malacañang said Trump renewed his invitation to President Duterte to attend a summit he would host for the 10 Asean leaders.

Trump attended the Asean leaders' summit hosted by Mr. Duterte in Manila in November 2017 but skipped the 2018 and 2019 summits.

In the last gathering, most of the Asean leaders did not show up at the Asean-US discussion in Bangkok where the United States was represented by Trump's national security adviser Robert O'Brien.

Sanctions

"The Asean Foreign Ministers' Retreat adopted the consensus to hold the Asean-US Summit with US President Trump," Locsin said on Twitter.

Presidential spokesperson Salvador Panelo released on Sunday a copy of Trump's Nov. 1, 2019, invitation.

On the other hand, the Palace responded critically to planned US sanctions against Philippine officials behind opposition Sen. Leila de Lima's detention.

The sanctions are in accordance with a provision in the US national budget for 2020 which Trump had signed, barring those officials from entering the United States and freezing their US assets.

De Lima on Monday maintained that Trump's invitation to Mr. Duterte did not contradict the recent actions of the US Senate, which denied entry into the United States to Philippine government officials behind her detention.

Global Magnitsky Act

She said the invitation would not also influence the enforcement of the

Global Magnitsky Act, which authorizes the American government to freeze assets in the United States of foreigners involved in human rights abuses.

The senator said it was still up to Trump to invite Filipino officials to the United States since the US Department of State had yet to finalize a list of people responsible for her situation.

"In my humble view, the reported invitation of US President Trump to President Duterte simply means that the US government is not yet implementing the entry ban as this could still be undergoing some internal process," De Lima said in a handwritten statement.

"I understand it will take some

time to operationalize this policy and anticipate that we will see this implemented in the near future, regardless of any standing invitation," she said.

Trump, a populist leader like Mr. Duterte, had publicly made known his admiration for the Philippine leader, who serenaded the American president at the 2017 Asean summit. —WITH A REPORT FROM MARLON RAMOS INQ

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## Best Careers for the Future

### 1. Solar Energy Technician

Like wind energy, solar power will continue to be a major part of humanity's transition toward a clean-energy future. The cost of solar energy keeps dropping year after year, so it's becoming much more affordable for businesses and homeowners. In cities all around the world, solar energy technicians are enjoying stable employment in a growing industry that makes a positive difference. In the U.S., about 30,000 solar technician jobs may become available over the decade from 2016 to 2026. Median yearly pay for this occupation was \$42,680 in 2018.3

### 2. Wind Energy Technician

With climate change threatening to severely damage the world as we know it, it will become more important to move to clean energy sources. Reducing carbon and methane emissions means transitioning away from fossil fuel sources like oil, coal, and natural gas. That means wind energy will likely be a big part of the future. It's already an industry that's grown a lot. And it will likely grow a lot more, meaning that skilled technicians will be needed to help with the installation, maintenance, and repair of giant wind turbines. About 14,000 job openings could be generated for wind energy technicians over the decade that ends in 2026. The median salary in this field was \$54,370 in 2018.3

### 3. Nurse Practitioner

Because of an aging and longer-living population, the health care system may have trouble keeping up with the growing influx of patients. Many regions could experience severe shortages of doctors. They'll need

more non-physician health professionals with the ability to diagnose and treat patients with various acute and chronic conditions. Registered nurses who get the right kind of advanced education at the graduate level can become nurse practitioners and help fill that void. In 2018, median yearly pay for nurse practitioners was \$107,030. And between 2016 and 2026, they could benefit from about 144,000 job openings.3

### 4. Software Developer

Computers, robots, and mobile devices are useless without the well-engineered software that gives life to the sophisticated hardware it runs on. As the Internet grows and machines get smarter and more connected to us and to each other, the need for talented software developers will expand. Mobile app development, especially, is considered one of the best careers for 2020 and beyond. In fact, almost 1.2 million total job openings are projected to become available in the software development field between 2016 and 2026. The median yearly pay for application software developers in 2018 was \$103,620.3

### 5. Physical Therapist

With more seniors in our communities, the need for physical therapy professionals will increase. Many seniors end up requiring some form of physical rehabilitation, pain management, mobility assistance, or therapeutic treatment as they age. From 2016 to 2026, about 177,000 jobs may become available for physical therapists. An additional 147,000 jobs could open up for physical therapist assistants. In 2018, the median salary

for physical therapists was \$87,930.3

### 6. Registered Nurse (RN)

In total, more than two million jobs are expected to become available for RNs between 2016 and 2026.3 That number shouldn't be surprising given how quickly the senior population is growing in most regions. In all likelihood, RNs will continue to be in high demand for decades to come, even if their roles change a little because of technological advances and medical breakthroughs. The median salary for RNs in 2018 was \$71,730.3

### 7. Health Services Manager

The health care sector may undergo more changes over the coming decades than most other industries. Every health and medical organization will need highly knowledgeable leaders and managers to help them adapt to legal, regulatory, and technological changes while still improving the quality and efficiency of the services they deliver. Health and medical services managers earned median yearly pay of \$99,730 in 2018. And about 367,000 job openings may become available in this field over the decade that ends in 2026.3

8. Data Analyst Thanks to computing advances and a cultural shift toward more tracking and measuring, the amount of data that gets collected every year grows by an astonishing amount. Organizations of every type now have the ability to gather so much detailed information that it's becoming more and more difficult for a lot of them to figure out what it all means. They need professionals who can not only collect the data they need, but also spot patterns, identify past and current trends, and forecast future probabilities. The median salary for data analysts is \$58,987.5

### 9. Digital Content Specialist

One of the major cultural revolutions that keeps getting more entrenched is the move toward more dynamic, digital, interactive, and on-demand media. Because of digital devices that keep us constantly connected to almost any kind of information or entertainment we want to consume, the need for fresh content that breaks through the noise is never-ending. Organizations in every industry are discovering that generating new digital content is becoming a major key to sustaining their effectiveness. That's why digital content specialists—with all kinds of different job titles and abilities—are increasingly in high demand, especially with the growing popularity of remote work and freelance gigs. To prepare for this type of position, it's smart to get training in areas like Internet marketing, writing, and multimedia and digital arts.

### 10. Information Security Analyst

- As our modern way of life gets more intertwined with computers and dependent on information technology (IT), we all become more vulnerable to cyberattacks. So far, we've been lucky that criminal hackers haven't shut down critical infrastructure on a very large scale or for an extended period of time. But that day is probably coming unless we have enough computer security specialists to help the

government and essential organizations protect their networks and IT systems. Cybersecurity is a world-wide issue, and the bad guys keep getting more sophisticated in their attacks. From 2016 to 2026, about 104,000 jobs are expected to open up for information security analysts. In 2018, they earned median yearly pay of \$98,350.3

### 11. Computer Systems Analyst

The reasons for getting an education in computer science will probably continue to multiply as information technology grows more complex and intertwined with everything in our lives. That growing complexity is why more and more organizations will likely need systems analysts going forward. Companies will need help choosing and implementing the best hardware and software, including (potentially) robots and artificially intelligent machines. From 2016 to 2026, computer systems analysts could benefit from 449,000 job openings. In 2018, the median salary in this field was \$88,740.3


### 13. Mechanical Engineering Specialist

Do you want to help develop some of the most exciting emerging technologies? Increasingly, mechanical engineers and mechanical engineering technicians are involved in the design and testing of things like advanced robots, automation equipment, 3D-printing machines, and clean energy devices. It's projected that, between 2016 and 2026, about 212,000 jobs could open up for engineers in this field and roughly 42,000 jobs could open up for technicians. In 2018, mechanical engineers earned median yearly pay of \$87,370. The technicians who helped them made \$56,250.3

### 14. Electronics Engineering Specialist

-Like mechanical engineering pros, a lot of people in this field get to help design, test, and evaluate leading-edge technologies. As electronic circuitry and other components get smaller, more complex, and more powerful, it's up to these professionals to figure out how to take advantage of the latest technological advances. They may help develop things like better computers, automated machinery, handheld medical devices, and navigation and communications equipment. Going forward, some of them may even get to work on things like self-driving cars. From 2016 to 2026, job openings are expected to total 51,000 for computer hardware engineers, 92,000 for other electronics engineers, and 120,000 for electronics engineering technicians. In 2018, median salaries were \$114,600 for computer hardware engineers, \$102,700 for other electronics engineers, and \$64,330 for technicians.


Source: Trade-Schools.net



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## Rotrand and Perez propose place name for Warren Allmand



**Marvin Rotrand**

Montreal, January 22, 2019 - Snowdon City Councillor Marvin Rotrand and Darlington Councillor Lionel Perez today announced they have tabled a motion urging Montreal to recognize the important contributions made to Canada by former NDG Member of Parliament and former City Councillor Warren Allmand.

Allmand passed away December 7, 2016. Rotrand and Perez says they speak for many when they say that Warren Allmand was a great Canadian. They note that as a member of Parliament for thirty two years Allmand served his constituents in Notre Dame de Grace with both devotion and passion and that his work as a Cabinet minister with various important portfolios helped shape the tolerant welcoming country that is



**Lionel Perez**

modern Canada.

"Many of Warren's achievements as a Federal minister and later as President of the International Centre for Human Rights and Democratic Development (Rights & Democracy) would arguably have made him a very credible nominee for the Nobel Peace Prize." says Councillor Rotrand.

"Warren Altman's illustrious public service to help redefine the relationship between the Government of Canada and First Nations, improve race relations and promote local democracy merits recognition in the place names of the City of Montreal." says Councillor Perez.

The motion to asking City Council to formalize the request for a place name to be named for Warren

Allmand was tabled with the City Clerk on December 16 and will appear on the January 27, 2020 Council agenda asking that Montreal act before December 7, 2021, which will be the fifth anniversary of Warren's death.

The Councillors say they are disappointed that the City has not yet moved to make a significant gesture to assure that Warren Allmand's name lives on in Montreal's place names. They note that a meeting was held with Rose Nolan Allmand in the spring of 2018 with the Cote des Neiges - Notre Dame de Grace Borough Council members but no action has taken place since.

The Councillors point out that by any yardstick that Warren Allmand is worthy of a significant gesture by the City.

"If anything, time has given us the perspective to see how important Warren's work was," says Rotrand. "It is time that Council takes action."

### Fund-Raising Drive for Taal Volcano victims

In a facebook post, Mr. David Birnbaum expressed his support for the fund raising drive organized by Michele Vargas Lao at St. Kevin's Hall on Sunday, January 19, 2019. In his message, he stated:

I had the pleasure to confirm last night that my colleague Dominique



**David Birnbaum, MNA  
D'Arcy McGee**

Anglade and I contributed \$ 500 each to support our Filipino community for relief following the eruption of the taal volcano in their country of origin. Donations, which come from our volunteer support budget, were announced at a community gathering last night. Beautifully organized by activist Michelle Vagas-Lao, and on short notice, the event was just an example of the solidarity and determination of this exciting community. We are proud to make our contribution.



**Dominique Anglade, MNA  
St. Henri-Sainte Anne**

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# Star Photo Gallery



**Panday Tinig Choral Ensemble singing the National Anthem during the 30th anniversary of Gilmore College International, Hotel Ruby Foo's. December 14, 2019.**



**Souvenir photo at the 30th anniversary of Gilmore College International L to R: Dolores Belandres, Mrs. Rotrand, Minda Mazzone, Councilor Marvin Rotrand and Cristy Hunter (who headed the decorations committee for Gilmore College. Thank you very much)**



**Astrid Torrico (8th from the left) poses for souvenir with students of Gilmore College International, December 21, 2019.**



**Gilmore College students in French - Adela Silverio, Christine Gulay, Reyna Reginio, Malou Ermino, Joan Mendoza. Rocelle Grospe (3rd from the right) an alumni who took accounting approximately 14 years ago.**



**Gilmore College International alumni, Juvy Vales (left) and Cristy Blanco (right) pose with the Founder & Director-General, Zenaida Kharroubi.**



**Eliza Lanuzo and Remedios Monteagudo pose for souvenir with Councilor Marvin Rotrand at the 30th anniversary of Gilmore College Intl.**

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**The 30th anniversary cake was overlooked during the dinner dance party held on December 14, 2019 at Hotel Ruby Foo's, hence, it was the main feature of the appreciation and fellowship party for students held on the following Saturday, December 21st at the headquarters of Gilmore College International. L to R: Madelyn Raposas, Christine Gulay, Rocelle Grospe, Reyna Reginio, Divina Grospe, Adela Silverio, Malou Ermino, Joan Mendoza, Remy Monteagudo, and friends of Astrid Torrico who helped in bringing up the food from the car. Thank you to Maria Lene Catedrilla who took this photo.**

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### Thai Chicken Thighs

**Ingredients**  
8 bone-in chicken thighs (about 3 pounds), skin removed  
1/2 cup salsa  
1/4 cup creamy peanut butter  
2 tablespoons lemon juice  
2 tablespoons reduced-sodium soy sauce  
1 tablespoon chopped seeded jalapeno pepper  
2 teaspoons Thai chili sauce  
1 garlic clove, minced  
1 teaspoon minced fresh gingerroot  
2 green onions, sliced  
2 tablespoons sesame seeds, toasted  
Hot cooked basmati rice, optional  
Buy Ingredients  
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**Directions**  
Place chicken in a 3-qt. slow cooker. In a small bowl, combine the salsa, peanut butter, lemon juice, soy sauce, jalapeno, Thai chili sauce, garlic and ginger; pour over chicken. Cover and cook on low until chicken is tender, 5-6 hours. Sprinkle with green onions and sesame seeds. Serve with rice if desired.

**Editor's Note**  
Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

**Nutrition Facts**  
1 chicken thigh with 1/4 cup sauce: 261 calories, 15g fat (4g saturated fat), 87mg cholesterol, 350mg sodium, 5g

carbohydrate (2g sugars, 1g fiber), 27g protein. Diabetic Exchanges: 4 lean meat, 1 fat, 1/2 starch.



**Tonkatsu (Breaded Pork Chop)**

**Ingredients**  
4 boneless pork loin chops (6 ounces each)  
3 tablespoons all-purpose flour  
1 tablespoon garlic salt  
2 large eggs  
2 cups panko (Japanese) bread crumbs  
Oil for deep-fat frying

**SAUCE:**  
1/4 cup ketchup  
2 tablespoons Worcestershire sauce  
1 tablespoon sugar  
1 tablespoon reduced-sodium soy sauce  
2 teaspoons prepared hot mustard  
Buy Ingredients

Powered by Chicory

**Directions**  
Flatten pork chops to 1/4-in. thickness. In a shallow bowl, combine flour and garlic salt. In a separate shallow bowl, whisk eggs. Place bread crumbs in a third bowl. Coat pork with flour mixture, then dip in eggs and coat in crumbs. In an electric skillet, heat 1/4 in. of oil to 375°. Fry pork chops until crisp and juices run clear, 2-3 minutes on each side. Drain on paper towels. Meanwhile, in a small bowl, combine the sauce ingredients; serve with pork.

**Nutrition Facts**  
1 pork chop with 2 tablespoons sauce: 527 calories, 29g fat (5g saturated fat), 188mg cholesterol, 1271mg sodium, 25g carbohydrate (9g sugars, 1g fiber), 39g protein.



**TEX-MEX MEATBALLS (U.S.)**

**Ingredients**  
1 1/2 lb. ground beef  
2 c. shredded Mexican cheese blend, divided  
1/2 c. panko bread crumbs  
2 tbsp. freshly chopped parsley, plus more for garnish  
2 cloves garlic, minced  
1 jalapeño, finely chopped  
1 large egg  
1 tsp. ground cumin  
Kosher salt  
Freshly ground black pepper  
1 tbsp. extra-virgin olive oil  
1/2 large onion, chopped  
1 oz. (15-oz.) can crushed tomatoes  
2 tbsp. chopped chipotle chiles in adobo sauce

**Directions**  
In a medium bowl, combine ground beef, 1 cup of cheese, bread crumbs, parsley, garlic, jalapen pegg, and cumin and season with salt and pepper. Mix until combined, then form into meatballs. In a large skillet over medium-high heat, heat oil. Add meatballs in a single layer and sear 2 minutes per side. Transfer to a plate. Add onion to skillet and cook, stirring, until soft, 5 minutes. Stir in crushed tomatoes and chipotle in adobo and bring mixture to a boil. Reduce heat to medium-low and return meatballs to skillet. Cover and simmer until meatballs are cooked through, about 10 minutes. Top with remaining 1 cup cheese, then cover with lid to let melt, about 2 minutes. Garnish with parsley before serving.



Pastel de Nata (Baked pudding)

**Special Equipment:** Mini-muffin tin with 2-by-5/8-inch wells;

**INGREDIENTS**  
For the pasteis de nata dough  
2 cups minus 2 tablespoons all-purpose flour, plus more for the work surface  
1/4 teaspoon sea salt  
3/4 cup plus 2 tablespoons cold water  
2 sticks unsalted butter (8 oz), room temperature, stirred until smooth  
For the custard  
3 tablespoons all-purpose flour  
1 1/4 cups milk, divided  
1 1/3 cups granulated sugar  
1 cinnamon stick  
2/3 cup water  
1/2 teaspoon vanilla extract  
6 large egg yolks, whisked  
For the garnish  
Confectioners' sugar  
Cinnamon

**DIRECTIONS**  
Make the pastéis de nata dough In a stand mixer fitted with a dough hook, mix the flour, salt, and water until a soft, pillowy dough forms that pulls away from the side of the bowl, about 30 seconds. Generously flour a work surface and pat the dough into a 6-inch square using a pastry scraper. Flour the dough, cover with plastic wrap, and let it rest at room temperature for 15 minutes. Roll the dough into an 18-inch square. As you work, use the scraper to lift the dough to make sure the underside isn't sticking to your work surface. Brush the excess flour off the top of the dough, trim any uneven edges, and, using a small offset spatula, dot and then spread the left 2/3 portion of the dough with a little less than 1/3 of the butter being careful to leave a 1 inch plain border around the edge of the dough. Neatly fold the unbuttered right 1/3 of the dough (using the pastry scraper to loosen it if it sticks) over the rest of the dough. Brush off any excess flour, then fold over the left 1/3 of the dough. Starting from the top, pat down the dough with your hand to release any air bubbles, and then pinch the edges of the dough to seal. Brush off any excess flour. Turn the dough 90° to the left so the fold is facing you. Lift the dough and flour the work surface. Once again roll it out to an 18-inch square, then dot the left 2/3 of the dough with 1/3 of the butter and smear it over the dough. Fold the dough as directed in steps 4 and 5. For the last rolling, turn the dough 90° to the left and roll out the dough to an 18-by-21-inch rectangle, with the shorter side facing you. Spread the remaining butter over the entire surface of the dough. Using the spatula as an aid, lift the edge of dough closest to you and roll the dough away from you into a tight log, brushing the excess flour from the underside as you go. Trim the ends and cut the log in half. Wrap each piece in plastic wrap and chill for 2 hours or preferably overnight. (The pastry can be frozen for up to 3 months.) Make the custard In a medium bowl, whisk the flour and 1/4 cup milk until smooth. Bring the sugar, cinnamon, and water to a boil in a small saucepan and cook until an instant-read thermometer registers 220°F (100°C). Do not stir. Meanwhile, in another small saucepan, scald the remaining 1 cup milk. Whisk the hot milk into the flour mixture.





## Social Tidbits

**Fely Rosales Cariño**

What can we say about winter? Embrace it. We have no choice. It will mercifully leave us sometime in March or April if we are lucky. Anyway it is not too far back to write about December socials. Let me start with the Christmas parties thrown by the Council of Canadian Filipino Association of Quebec (CCFAQ) and the Malaya team. The CCFAQ under President Dario Boco was held on December 21, 2019 and that of the Equipe Malaya under its leader, Dante Tabamo, was held on December 20, 2019. Both had the same venue, at the grand salon in 6767 Cotes des Neiges, Montreal. Since they were Christmas celebrations, food was in abundance. Gifts were the order of the night and line dancing captured the enthusiasm of the crowd.

The Seniors of the West Island and Suburbs (SWIS) chairman Connie Fabro decided on a January brunch at the Pekin Garden, a Chinese restaurant along St. John Boulevard, DDO. Since our usual Wednesday bingo at the Spring Garden Chalet was canceled, some of us agreed to join. Those who attended where Cesar and Amy Bayan, Connie Fabro, Roger Ajero, Lydia Fielding, Cely Dagdaan, Vangie Salvador, Elvi Maximo, Andy & Lolit Odulio, Lucy Salazar, Evi Magajes, Ellen Avila, Flor Rillo, Rose Rillo, Roger & Lita Sandoval, Jeannette Perignon, and yours truly. While waiting for our orders, I wondered about some 'noisy' customers on the other side of the

restaurant so I went to take a look. And guess who I found having lunch too - Carlito & Thelma Arlegui, Manny & Purita Fausto, Rudy & Pina Loresca, and other members of the Couples for Christ group! When I returned to my table, I found out the hot topics of the day: selling their houses, downsizing, going back to the Philippines, traveling, etc. Well, empty-nesters and retirement bring all these discussions.

The Knights of Rizal (KOR), Eastern Canada region, celebrated the 123rd commemoration of Dr. Jose Rizal's martyrdom at the Saint Kevin social hall, 5600 Cotes-des-Neiges, Montreal last December 28, 2019. Sir Johan Bireno, Sir Stephane Morin, and Sir Francisco Bernabe held the flags for the Parade of Colors while the anthems were performed by Sir Edmour Valdez and Leny, substituting for her daughter Astrid who had a sore throat at the time. Sir Dante Tabamo recited the Pledge of Allegiance after which Father Greg Nunez gave the Invocation. The part one of the program ended with Sir Jerry Denzel welcoming the guests.

Inspirational messages were delivered by Sir Jose Damasco (KCOR, LM) KOR Canada Region Commander and Sir Francisco Noel Fernandez (KCR) Philippine Consul General. Sir James de la Paz (KGOR, LM) Eastern Canada Area Commander, delivering the closing remarks. The rest of the program was the conferment and awarding ceremonies. So the public

a thickness of about 1/16 inch, then smooth the dough up the sides and create a raised lip about 1/8 inch above the pan. The pastry bottoms should be thinner than the tops.

Fill each cup 3/4 full with the cool custard. Bake the pastries until the edges of the dough are frilled and brown, about 8 to 9 minutes for the mini-muffin tins, 15 to 17 minutes for the classic tins.

Remove from the oven and allow the pasteis to cool a few minutes in the pan, then transfer to a rack and cool until just warm. Sprinkle the pasteis generously with confectioners' sugar, then cinnamon and serve. Repeat with the remaining pastry and custard. These are best consumed the day they're made.

### EDITOR'S NOTE:

The recipes above are selected on the basis of personal favorites and tastes. We hope you also like them and if you have any favorite recipe to share, please send it to: [filipinosar2@gmail.com](mailto:filipinosar2@gmail.com)

Thank you.

may know, there are now six KOR chapters: the KOR Central Chapter under Sir Gerry Danzil, (Commander), McKenzie Chapter under Sir Ramon Posadas (Commander), Gatineau Chapter under Dr. Formoso (Commander), Maharlika Chapter under Sir Willy Passion (Commander), and the NDG Chapter under Sir Dante Tabamo (Commander).

Do you know that Nenita Licyayo, a member of the Bibac Organization, and an active member of the Filipino Heritage of Montreal auxiliary is a writer in her own right? You should see her work in print and in pictures. They are worth reading and looking at. her latest December issue is entitled "Merry Christmas and Happy New Year to all. The backdrop of the front page cover is the Mount Pulag, Banaue Rice Terraces, with the sunset over the terraces. Keep writing Nenita!

Last January 17, 2020, an Art Workshop facilitated by Amanda Gutierrez of Concordia University and assisted by colleagues Horencia Sosa Ray, Joanna Guillaume, and Veronica Moakler, was held at the FAMAS Center, Van Horne, Montreal. This workshop focused on Filipino memories in the Montreal neighbourhood and reflected on the positive experience of living in Montreal as an immigrant. Participants were to map or draw how far they were from their place to the FAMAS Center. Then, movement was introduced where you actually 'walk' the space and show how to navigate from your entrance door to the different nooks in your house. Here, you have to indicate your favourite spot in your house. Prior

to this was a sort of paired interviews where one related what she knows about the other. Besides Al Abdon, Chairman of the Filipino Heritage of Montreal (FHM), others who helped organize the workshop were Thelma Castro, Elma Bolatao, Rebecca Aguilar, Warlie Basbacio, Dolly Arjona, Valent Lloyd Hughes, Rosalia Tran, Filomena Fabia, Lilia Esguera, Amelia Manon-og, Dolores Belandrez, Nenita Licyayo, and yours truly. Every participant found this workshop enjoyable!

In memoriam- January 18, 2020 marked the first death anniversary of the late Sir Remigio Villamor (KCR, DSC) at the FAMAS Center. His wife, Cherry Palmos, invited friends to celebrate his life. Warlie Basbacio led the prayer. Many from the KOR were in attendance because Sir Reggie was the holder of the Distinguished Service Cross (DSC). If you could see his smiling picture displayed for the occasion, one can only surmise what a happy life he had! The FAMAS Center Social Area was packed to capacity. The food, from the lechon to the kare kare, from pinapaitan to the pinacbet, and many more was a sight to see. In spite of the blizzard-like weather, everyone was there for Cherry and loved ones! RIP, Reggie!

Erratum: Two issues ago, I mistakenly listed Ric Cosico among the deceased FAMAS presidents. Sorry Ric, I heard you're happy living in Toronto! Enjoy your I-o-n-g life!

Until the next issue and May God Bless You All!

From page 12 Cooking with love

Remove the cinnamon stick and then pour the sugar syrup in a thin stream into the hot milk-and-flour mixture, whisking briskly. Add the vanilla and stir for a minute until very warm but not hot. Whisk in the yolks, strain the mixture into a bowl, cover with plastic wrap, and set aside. The custard will be thin; that is as it should be. (You can refrigerate the custard for up to 3 days.)

Assemble and bake the pastries

Place an oven rack in the top third position and heat the oven to 550°F (290°C). Remove a pastry log from the refrigerator and roll it back and forth on a lightly floured surface until it's about an inch in diameter and 16 inches long. Cut it into scant 3/4-inch pieces. Place 1 piece pastry dough, cut side down, in each well of a nonstick 12-cup mini-muffin pan (2-by-5/8-inch size). If using classic tins, cut the dough into generous 1-inch pieces. Allow the dough pieces to soften several minutes until pliable.

Have a small cup of water nearby. Dip your thumbs in the water, then straight down into the middle of the dough spiral. Flatten it against the bottom of the cup to

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# FILIPINO STAR

## SHOWBIZ GOSSIP

### How theater helped Rachelle Ann Go find her purpose - By Allan Policarpio



**Rachelle Ann Go during a performance of Miss Saigon**

Growing up, all Rachelle Ann Go ever wanted was to sing, record albums and headline her own concerts—that was the ultimate dream.

“I want to become a famous singer someday,” Rachelle would always write those words on slam books being passed around in class back in high school. “It was all about fame,” she admitted. But that changed when theater beckoned eight years ago. “Once I was here in this field, I began to find my purpose. It made me realize why I do what I do; that singing isn’t just about being technically perfect, but being able to tell a story,” the singer-actor said at a press conference for her Valentine’s Day concert, “Rachelle Ann Go: The Homecoming.” Impressing the viewers, she pointed out, shouldn’t come at the expense of connecting with them.

“You shouldn’t be scared or worry too much about pleasing everyone. Sometimes, you wonder about the applause after your performance. As long as you give your best, that’s all that matters,” said Rachelle, whose first foray into theater was playing Ariel in a local staging of “The Little Mermaid” in 2011. Three years later, she secured a spot in the West End production of “Miss Saigon,” as the jaded bar girl, Gigi van Tranh—a role she reprised on Broadway in 2017. That career-changing break led to another: She would go on to play Fantine in “Les Misérables” on Broadway from 2015 to 2016 and Elizabeth Hamilton in “Hamilton” from 2017 to 2019.

After doing theater work for almost a decade now, Rachelle

believes that she has grown to become a more emotive singer, who’s no longer as reliant on producing vocal fireworks as she once was. “It was all about belting, especially when I was young. Pang-contest—that was what I was accustomed to. So, when I first did ‘Saigon,’ I went all-out. I had only one song, so I might as well do it as if it was the last performance of my life,” Rachelle told the Inquirer.

While that doesn’t seem as vocally taxing, it all adds up, she pointed out, when you have eight shows a week in a country with a climate so different from the Philippines. “I wasn’t used to the winter cold, so I had to take care of my body. Otherwise, I wouldn’t last and get sick,” she related. “More importantly, I had to learn different vocal placements. What would happen to your voice, say after 10 years, if you’re always belting? Even I must admit that it’s harder for me to sing one big song after another, now that I’m older.”



Her training, Rachelle added, also rid her of her bad singing habits. “I used to eat my words. Luckily, we have vocal coaches there, who make sure we have clear diction,” she said.

The 33-year-old theater artist is set to return to London on Feb. 20 and begin preparations for another run of “Les Misérables.” But before that, she will serenade Filipino fans on Feb. 14 at the Marriott Grand Ballroom at Resorts World Manila (call 8891-9999).

“I will be performing love ballads and songs from musicals. It’s going to be a relaxed evening. I’m so excited, because this is my first show in a long while where I don’t have to dance!” jested Rachelle, who will be joined by guests Lea Salonga, Erik Santos and Zephania Dimaranan. Who said one can’t juggle a successful career and a healthy love life? Rachelle and her husband, Martin Spies, recently moved into their new four-bedroom house in London.

“When he was still pursuing me in New York, I warned him that I would have to return to London. Then, he told me that he would go where I go. He did honor his words. Haba ng hair ko!” she said, laughing. “Luckily, the company he works for (a luxury fitness center) was also very supportive and transferred him to London.”

Now that they have a home, Rachelle can finally see herself starting her own family with Martin. Will she continue working in theater then? “Maybe my priorities will change once I have a baby. I don’t think I would be able to do so many shows while raising one,” she said. “But I’m taking things one day at a time.” ■

### Megan Young and Mikael Daez married after 9 years



**Megan Young & Mikael have wed.**

Miss World 2013 Megan Young proudly unveiled her newest title on Saturday — the wife of actor-model Mikael Daez.

“Megan Young-Daez & Mikael Daez-Young,” Megan comically posted on social media with a stuck-out tongue emoji.

The Kapuso stars revealed their fabulous church wedding through photos uploaded on their official Instagram accounts.

The couple, who celebrated their ninth anniversary and Mikael’s 32nd birthday earlier this month, look elegant against the stained glass window backdrop, as seen in the lucky man’s photos.



“Hello to Megan Young-Daez and it’s time for me to get used to Mikael Daez-Young,” the “Amaya” lead actor posted with the hashtag #Finally. ■



# Catriona Gray shares message of hope for troubled times



Catriona Gray

Taal Volcano eruption, Australia bushfires, USA versus Iran... Miss Universe 2018 Catriona Gray has a message for everyone amid everything that is happening in the Philippines and the world today.

During a recent interview with Philstar.com for her birthday celebration in “It’s Showtime,” Catriona said that while she cannot say if the end times are near, “I always believe in the power of prayer and I always believe that there’s always hope.”

“It’s not too late for us to take constructive actions in repairing our broken world,” added the singer-model, who marked her 26th birthday last January 6.

Gray is kickstarting the new chapter of her life by bringing her signature charm to noontime TV in ABS-CBN’s “It’s Showtime,” serving as one of the special hosts of its new segment “Mini Ms. U.”

“Mini Ms. U” is a pageant for little girls who want to unleash their inner beauty queen and showcase their wit, talent and passion for their chosen causes.

“They’re really cute. And just to see them really performing so well on stage and having such

high confidence at that age — it’s really amazing to see,” said Catriona, who is also taking lessons to improve her Tagalog.

Each day, three charming young beauty queens will compete to become the daily winner, who will then have a shot at pursuing her advocacy or getting her wish come true in the weekly finals. The grand winner of the competition will have a chance at becoming ABS-CBN’s next child superstar.

“It’s Showtime” also brings good fortune to its madlang people with the new segment “Piling Lucky.” Every day, the show opens its doors to fans who line up at the ABS-CBN Audience Entrance, from which the Lucky 100 will be drawn. From the Lucky 100, the Lucky 20 players will be brought to the studio to carry out challenges using their chosen lucky items in successive rounds.

In the end, only one out of the 20 players will remain to play the ultimate game of luck and win the jackpot prize of P50,000. If no one wins the prize, it will be added to the accumulated jackpot prize money the next day.

Catriona is also co-hosting “Tawag ng Tanghalan,” which kicked off its fourth year on air as it continues to scour the country and other parts of the world to look for the singing superstar who will follow in the footsteps of grand winners Noven Belleza, Janine Berdin and Elaine Duran.

The competition boosts the stakes for all contenders in its fourth year, which will place the daily winner or defending champion under the threat of the gong in the daily faceoff round. Apart from the “punong hurado,” other judges can also “gong” a contender if four of them press their buzzers during the performance – a new feature called “power of four.”

Moreover, four industry legends will also be introduced as new members of its esteemed panel of “hurados” soon. ■

## Kris Aquino gives update on her health: ‘Not healthier but not worse’



Kris Aquino took to social media to give her followers an update about her health a year after she revealed that she is battling an autoimmune disease.

On Instagram on Wednesday, Aquino shared that she had an “inflammation in my right hand, coughed badly for 3 straight weeks and had blood tests last night.”

Aquino said she has reason to be grateful for because her results back in November are still the same this month.

Nonetheless, she said: “I still need to battle anemia, control my thyroid issues (explanation for my weight loss), and other stuff (some hereditary, others environmental) BUT a positive attitude is so beneficial to wellness.”

Aquino also said she takes comfort knowing that while “I may not be healthier, but I’m not worse.”

The former TV host also shared that she will be going back to work on Thursday and Friday following her doctor’s go signal.

“I’ve stopped asking why, but rather THANK YOU because each new day is a blessing... and a good friend’s birthday on Monday is a chance to help his outreach for those still displaced in Batangas,” she said.

To end her post, she wrote: “There’s good in this world, we should never get tired of finding it.” ■

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**Showbiz Gossip** *Continued from p.15***Two Sarahs wed in March****Sarah Lahbati and Richard Gutierrez**

Wedding bells will be ringing for two Sarahs in March.

Sarah Lahbati and Richard Gutierrez will start sending invitations to their wedding on March 14 right at home and not, as previously rumored, out of the country. It is expected to be an engrande event and their two children might be included in the entourage (Zion as Bible Bearer and Kai as Ring Bearer?).

somewhat secretive about their wedding which is also set in March, according to the STAR source who is close to the sweethearts. If we are to believe Matteo, it will be a 'simple and small wedding with the family' as he told The STAR in an interview in May last year at about the time he and Sarah got engaged abroad. The source didn't mention the venue and the exact date. 'There might be last-minute

**Sarah Geronimo and boyfriend Matteo Guidicelli**

Sarah Geronimo and boyfriend Matteo Guidicelli are changes, though,' she added. ■

**Gazini Ganados to lead judges for national modelling search****Miss Universe Philippines 2019 Gazini Christiana Ganados**

Miss Universe Philippines 2019 Gazini Ganados will lead distinguished members of the board of judges who will select the winners for Jams Top Model Philippines 2019 which will be held at the Mall of Asia Arena in Pasay City on January 28.

Other judges in the nationwide modelling competition area: Miss Asia Pacific International 2018 Sharifa Akeel, Man of the World 2019 Daniel Georgiev, Mrs. Universe Philippines 2019 Maria Charo; and Noble Queen Ambassador of Hope and Pretty Looks Endorser Kate Brios.

Jojo Flores and Maricar Flores, CEO/founders of Jams Artists Production said that the modelling competition aims to promote culture, tradition and tourism of different places through talented models.

The competition has three

categories: Category 1: 5 – 9 years old, Category 2: 10 – 15 years old, and the Category 3: 16 – 25 years old where they will be judged based on poise and bearing, overall-look, X factor, and audience impact.

This competition will also promote youth empowerment by showcasing their skills in modelling.

Prizes at stake: P500,000 for the grand winner each category; P300,000 and P100,000 for the 1st and 2nd runners-up respectively of each category plus modelling contract.

Jams Top Model Philippines is home to diverse pool of artists and has been accredited by ABS-CBN.

"With this kind of event, the youth can move forward and share the advocacy of nationalism in upholding culture, tradition and tourism of our country." ■

**'Love you Sarah G': Sandara Park joins 'Tala' dance craze****Sandara Park & Sarah G**

Korean pop star Sandara Park is the latest celebrity to join the "Tala" dance craze.

On Instagram on Sunday, Park shared a clip of her dancing to the Sarah Geronimo hit, along with G-Force's Georcelle Dapat-Sy.

"Thank you Teacher Georcelle for the time & love!!! Super fun!!! Love

u Sarah G!!!" she wrote in the caption. Park has declared time and again that she is a huge fan of Geronimo.

In 2014, Park took a time off from the world tour of her group 2NE1 to watch the concert of Geronimo in Singapore.

Geronimo's concert in the city-state at that time coincided with the Singapore leg of 2NE1's "All or Nothing" show.

On Twitter, she shared several photos of her at Geronimo's Singapore show where she also expressed how much she loves the singer-actress.

They also had a mini-reunion in 2016, a photo from which she shared on Instagram. ■



# Dave Chappelle donates P1 million to Taal relief operations



(From left) Martin R. Garcia and Ana Garcia Zubiri of Rayomar Outreach Foundation Inc., Dave Chappelle and Katrina Razon

American comedian Dave Chappelle did more than just dish jokes during his stay in the Philippines—he also contributed to aid for victims of the Taal Volcano eruption.

Chappelle, stating, “Dave not only sent audiences here into hysterics, he also demonstrated how kindness and wisdom prevail the way.”

“He joined us at @solaireresort in a donation to the



Dave Chappelle with Katrina Razon

Chappelle donated P1 million to Rayomar Outreach Foundation, a nonprofit established by Rayomar Management Inc., which has companies in industries such as shipping and logistics. The comedian’s contribution was announced by venture capitalist Katrina Razon, the daughter of billionaire Enrique K. Razon, via Instagram on Thursday, Jan. 16.

Katrina was all praises for

## A slice of Dave Chappelle in Manila

By Giselle Sanchez

Hollywood comedian Dave Chappelle came well-prepared to his stand-up comedy show at The Theater at Solaire few days ago. He was funny, witty, and he researched his material well for audience comprised of 80 percent Filipino.

His opening line was, “We are in the Philippines right? Sorry, I just can’t help noticing these four black guys in the front seats.” That was enough to set the mood for what

turned out to be an enjoyable night.

I was expecting borderline racist jokes because most of his materials on Netflix are like that. But, no, he wrote new material and spoke more about his Filipina wife than anything or anybody else.

Lots of celebrities watched the show. Seated next to me was Cristalle Belo, heiress of the Belo Medical Group, who was with her Australian husband, Justin Pitt. Iza



Dave Chappelle

Calzado was in the front seat together with her half-Filipino, half-British husband Ben Wintle. The comedian also called out to a celebrity couple and asked for their nationalities — KC Montero said he was half American-half Filipino, while his fiancé Stephanie Dods is half Kiwi-half Filipino.

The famous comedian did not

allow for a meet-and-greet session, not even signing autographs. The minute the show ended at Solaire, the comedian and his crew left for the airport and rode a private jet en route to Bangkok for the next leg of his tour. Apparently, the comedian and his management were worried Taal Volcano might fully erupt anytime and they didn’t want to get stranded.



## Ara Arida plays the other woman in film debut



**Ara Arida**

Former Miss Universe 2013 third runner-up Ara Arida never imagined it would be like this: she would appear in movies.

"Hindi ko akalain na magkakaroon talaga ako ng movie. Lately lahat ng mga nangyayari sa career ko unexpected," said Ara during the press conference for the film "Coming Home" held at Discovery Suites in Ortigas, Pasig City recently.

Ara, 31, thanked former Senator Jinggoy Estrada for inviting her to join the film which is expected to be shown in summer.

"Thank you Senator Jinggoy dahil nakapasa ako sa taste mo, hahahaha! I will really do my best," the beauty queen said.

Asked if there were kissing scenes, Ara joked and said: "Love scenes nga eh. Kung ano iyong sabihin ni Direk, gagawin natin."

In the movie, Ara plays the reluctant mistress to Jinggoy whose original wife in the film is portrayed by award-winning actress Sylvia Sanchez.

Ara said that she could never relate to the role of a mistress (because she was never a mistress

and would never be) but she knew what it felt like to be a breadwinner.

Ara also thanked the beauty queens who appeared in the movies and television series ahead of her.

"It opened doors for us. Mas napasalamatan ko sila kesa isipin ko na rival sila dahil sila ang nauna. Because of them, nagka-idea ang production na puwede naman palang paartehin ang beauty queens hindi lang focused sa ganitong image. I'm so thankful sa mga nauna kaya ginalingan nila at nagkaroon kami ng chance now," she also said.

Ara admitted that she is not so much conscious about her looks these days as compared to several years ago.

"Noong una, after my reign, mga 3 to 4 years, may ganyan akong naiisip. Pero on second thought, it helps kasi paglalabas ka kailangan mo rin mag-ayos. Dati dapat talagang naka fully made-up. Now, nakakalabas na ako kahit walang make-up. Kahit simpleng shorts and shirt okay lang sa akin. Lumalabas din ako na naka-pang gym at pawis-pawis but I don't mind. Basta maayos lang siguro," she added. ■

## Dingdong Dantes now Philippine Navy Lieutenant Commander



**Commander Jose Sixto G. Dantes III**

Kapuso actor Dingdong Dantes is now officially a lieutenant commander of the Philippine Navy.

In Marian Rivera's Instagram account, the Kapuso actress posted a photo of Dingdong at the donning of the ranks at the Philippine Navy Headquarters on Monday.

"Lieutenant Commander Jose Sixto G. Dantes III PN (Res). Super proud of you my husband... Salute!" Marian wrote in the caption.

Dingdong enlisted as a Navy reservist in 2017.

He will play a soldier in the upcoming Kapuso teleserye "Descendants of the Sun," a remake of the Korean series with the same title.

Prior to this, Dingdong reacted to his different memes circulating on social media.

In an interview with the media during Dunkin' Donuts' recent launch of its newly renovated store in Aurora Boulevard, Quezon City, Dingdong recalled already getting sleepy on set until he saw the memes.

"Ang dami kong favorite. Pero pinakapaborito ko yung 'Done Test'," Dingdong said.

"Sa akin it made my day e, nakakatuwa. Pero pinakamagandang take away don e naging social

experience siya e. Iba-iba 'yung feeling while looking at it. Ang mahalaga para sa akin ay sumaya ako, nagising kami sa taping at nagkaroon ng interaction because of the memes," he added.

Dingdong said that he and his team all created different memes while on the set.

"Anyway, nangyari kasi 'yon, nagte-taping kami, inaantok na kami mga 10 p.m., tapos biglang nagdadatingan so biglang nagising kami lahat e. Gumagawa kami ng version namin sa set kaya medyo sumaya kami noong gabi na 'yon,' he shared.

When asked what's his wife's reaction was to the memes, Dingdong said: "Si Marian tawang tawa din siya. Gumawa na rin siya ng version niya. Lahat sila meron sa bahay pero pang sa amin lang."

But while Dingdong was happy with Filipinos' creativity, he reminded them to be responsible when posting online.

"Nakikita mo yung creativity ng Pinoy. Pero ang mahalaga din d'on, pag minsan ay nag-overboard na, sila sila rin ang nagsasabi nang 'O parang sobra na.' Nand'on pa rin 'yung responsibility," he said. ■

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# Woman born in concentration camp begs youth not to forget Holocaust

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Published Sunday, January 26, 2020  
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OSWIECIM, POLAND -- For Angela Orosz, life began in a concentration camp in 1944.

Between 1941 and 1945, Nazis and collaborators systematically murdered some six million Jews across German-occupied Europe and Nazi Germany. More than two-thirds of Europe's Jewish population were killed.

When Orosz visits the infamous Auschwitz concentration camp today, she's troubled by the fact that she was born in a death camp. She told CTV Chief News Anchor and Senior Editor Lisa LaFlamme, "I thought the more times I come (back), it would get easier but it doesn't get easier."

Auschwitz II-Birkenau is also the place where her father was murdered.

Her mother Velska was three months pregnant and when she was rounded up by the Nazis and taken to the camp. When she and her husband arrived in May 1944, she along with the Jewish people were immediately separated by gender.



**Angela Orosz, who was born in the infamous Auschwitz concentration camp in 1944, implores the younger generations not to forget the Holocaust.**

The ramp they arrived on was the last time Velska saw him.

Orosz said she was constantly reminded of the word "Auschwitz" growing up.

word, Auschwitz, at home," she said, adding it was only when she was older that she fully understood the word and what had happened there.

The horrifying facts trickled out over time, including how Orosz's mother was one of four others sharing a bed. Orosz said the beds like her mother's typically didn't have mattresses but were made of plain straw.

"I was one pound when I was born, so therefore I didn't have any energy to cry," Orosz said. The newborn's inability to cry likely saved her life, her mother would go on to tell her.

recounted. "Then they discover us and that's the end of her and me." AFTER GIVING BIRTH, MOTHER FELT A 'FIRE' TO SURVIVE

Orosz said her mother told her that a mere three hours after giving birth, she had to be standing for the camp's regular roll calls.

She said her mother told her it was very cold that day, but that she didn't feel it because, after giving birth, there was a "fire" in her.

Orosz said her mother thought: "I am responsible. I have to save the baby."

The infant was hidden on her mother's top bunk for six weeks. She didn't even officially have a name until the Soviets liberated the camp exactly 75 years ago.

Orosz explained that her mother and those around her felt the baby was on living on borrowed time. "This one will be an angel -- she's going to die so let's give her the name, Angela," she said.

But Angela, who was born in Auschwitz on December 21, 1944, fortunately proved them all wrong.

As one of the youngest survivors from the Holocaust, she has no tattoo but an indelible mark on her life that she shares for a reason -- to teach the younger generations.

"Please I beg you, prove me wrong that the Holocaust won't happen again. And it's your duty to fight against (prejudice) and to speak up and to not judge people."



**Velska and her husband arrived in a concentration camp in May 1944**

"I knew always Auschwitz. There was no day I didn't hear that

"Because if I cried, then they (the Nazi guards) hear it," she

## NBA legend Kobe Bryant dies at 41 in a helicopter crash

Jeff Zillgitt USA TODAY

Kobe Bryant, one of basketball's greatest players and most masterful scorers of all time, was among the passengers who died Sunday in a helicopter crash in Calabasas, California.

Bryant was 41.

Los Angeles County Sheriff Alex Villanueva said in an afternoon news conference the passenger manifest for the helicopter indicated nine people were on board. There were no survivors. Early reports said five people were aboard.

Villanueva declined to confirm any identities, saying he would wait for the coroner.

Bryant's 13-year-old daughter Gianna was also killed in the crash, a person with knowledge of the situation told USA TODAY Sports. The person, who was granted anonymity because they were not authorized to speak about the matter, said Gianna and her father were en route to an AAU basketball game Sunday morning when the helicopter crashed.

In a statement released by the league, NBA commissioner Adam Silver mentioned Bryant and his daughter by name, though, saying, "The NBA family is devastated by the tragic passing of Kobe Bryant and his daughter, Gianna.



**Kobe Bryant and his daughter Gianna. New York Post**

... We send our heartfelt condolences to his wife, Vanessa, and their family, the Lakers organization and the entire sports world."

Calabasas, a city of about 25,000 people in the Santa Monica Mountains, is about 30 miles northwest of downtown Los Angeles.

Bryant retired in 2016 as a five-time NBA champion, 11-time All-NBA first-team selection, 2008 MVP, two-time Finals MVP, 18-time All-Star and four-time All-Star MVP who spent his 20-year career with the Los Angeles Lakers. He also

won gold medals with USA Basketball at the 2008 Beijing Olympics and 2012 London

Olympics. Six Kobe Bryant quotes that define NBA legend's career Amid the news that Los Angeles Lakers legend Kobe Bryant and his daughter had died in a helicopter crash Sunday in Los Angeles, the NBA basketball world said goodbye to one of the game's greatest players of all time.

Bryant played the game of basketball with a flair that no one before or since has displayed. But he also never held back with his words --

pushing himself, his teammates and the game of basketball to new levels.

Here are some of Kobe's most memorable quotes, ones that gave his fans a look at what defined him as a player.

### The Michael Jordan comparisons

Shortly after he entered the NBA, the comparisons between Bryant and Michael Jordan began. But Bryant did his best to deflect them, as he did in 1997:

"When I have the chance to guard Michael Jordan, I want to guard him. I want him. It's the ultimate challenge."

"I don't want to be the next Michael Jordan, I only want to be Kobe Bryant."

After scoring 81 points

On January 22, 2006, Bryant scored 81 points against the Toronto Raptors, an accomplishment even he wasn't sure he was capable of reaching:

"Not even in my dreams. That was something that just happened. It's tough to explain. It's just one of those things.

### Introducing the Black Mamba On creating his alter-ego, Black Mamba:

"I had to organize things. So I created the 'Black Mamba'. So Kobe has to deal with these issues, all the personal challenges. The Black Mamba steps on the court and does what he does. I'm destroying everybody that steps on the court."

(Abridged version of quotes)





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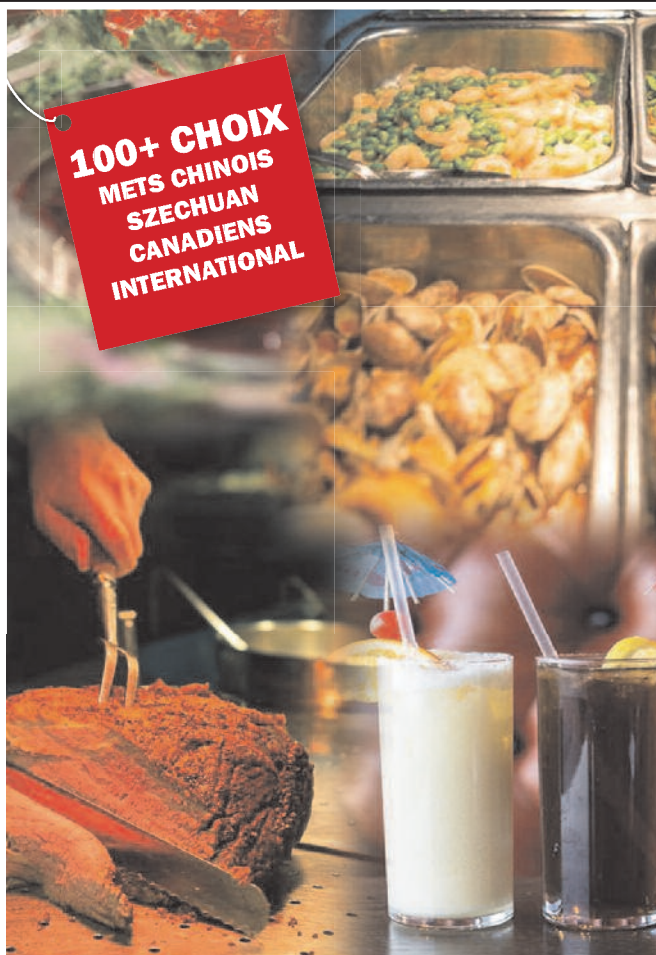
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