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THE NORTH AMERICAN

FILIPINO STAR

Vol. XXVIII, No. 3 March 2011 Montreal, Quebec, Canada <http://www.filipinostar.org>

A new cultural center announced

MONTREAL, Quebec - Mayor Michael Applebaum of the CDN-NDG Borough, was the guest speaker during the FAMAS assembly that was called to ratify the amended constitution and by-laws on Saturday, February 19 at St. Malachy's Church on Clanranald Avenue. He announced the good news about a cultural community center soon to be renovated on Barclay and Victoria which is located in the heart of the Filipino-Canadian community neighborhood. He said that he was making the announcement to the members of FAMAS who were the first ones to learn about it. According to the Mayor, the details would be finalized within the next seven months.

After the Mayor's speech, Au Osdon proceeded with the assembly by giving up the chair to Ramon Vicente so that she could participate in the discussions.



Borough Mayor Michael Applebaum was the guest speaker at the FAMAS general assembly that ratified the constitution on February 19, 2011 at St. Malachy's Church

Immediately before anything could be discussed, Fred Magallanes raised the question of a quorum stipulated in the constitution, and strongly suggested to set aside the ratification until the August elections. A heated exchange of opinions ensued among all those who wanted to reject Magallanes' argument and others who agreed with him. Practical interpretations of the Robert's Rules were made by Au Osdon, Melle Lugod, Andrea Neufeld and Budz Sarmiento. The gist of their arguments in favor of considering the actual attendance as a quorum was due to the fact that it had never been possible to assemble 1,200 people in one place, even for any other reason like a social dance. But Magallanes adamantly insisted on his point and demanded that Vicente should rule on it. Vicente then asked the assembly to make a decision by standing up to vote yes to go ahead with the ratification. The majority stood up and the motion to continue

See Page 4 Cultural Center

Women march for better life on international Women's Day



PARIS – Women took to the streets worldwide Tuesday, March 8 to mark the 100th International Women's Day, with protests against honour killings, their objectification in Italy and killings in Ivory Coast.

Drawing inspiration from the boardrooms of Finland and the toppling of autocratic regimes in Tunisia and Egypt, demonstrators staked their claim for equality, education and a better life.

A month before Silvio Berlusconi goes on trial over allegations he paid an underage prostitute for sex, hundreds of Italian women rallied in Rome. "Here, women have sex with someone powerful to get into

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COOPERATIVE NEWS

A new member from La Tuque, Quebec gives Marché Coop a boost of support



Maria Gallardo had her photo taken in front of the former location of Marché Coop on Van Horne during one of her visits in Montreal way back in June 2007.

On February 27, 2011, I received an e-mail asking how to be a member of Marché Coop. It was quite a surprise for me to know that the inquiry came from someone who lives 4 hours away from Montreal, in La Tuque, Quebec. I replied immediately and gave her all the information she wanted and asked her how she came to know about the Coop. Her answer even made me more surprised as I never expected that some one would be avidly following the news that I have been writing in the North American Filipino Star. She expressed her great desire to patronize the Coop and help it to overcome its problems which she had read about in the Star. Her name is Maria Gallardo who first arrived in Canada in 2006, and made her first visit in Montreal in June 2007. She plans to come to Montreal this coming April and shop at the Coop.

If only all Filipinos in Cote des Neiges will be like Maria, the Coop will soon be out of the red and achieve its objectives. There are approximately 25,000 Filipinos living in this district. If this gesture of Maria can affect other people to take notice of the Coop, and start shopping here, it will certainly be the beginning of greater things to come. We will be able to create one cashier's job right away as then we will need to keep the store open for longer hours. If we can sell our stock of merchandise faster, we will be able to

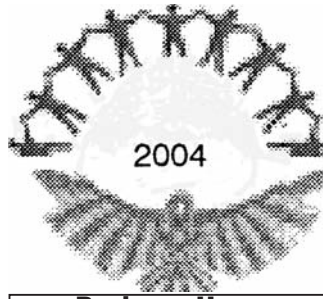
offer our members much lower prices as we can buy a bigger volume of stock and also offer more variety of products.

The general assembly will only be called when the 2009 financial statement has been submitted to the government. It is being delayed because of lack of volunteers to do the data entry and other accounting work necessary to complete the books. We are asking the Ministry of Economic Development for an extension of 60 days to produce the financial statement. An announcement of our general assembly will be made thereafter.

We have to remind our members who have moved to give us their new address, telephone number and e-mail. Visit our website: marchecoop.com to keep track of our activities and sales offers.

We would like to ask our members to send us an e-mail to: filipinocoop@gmail.com to inform us of competitor's prices of products they want to buy so that we can adjust our prices accordingly. Our objective is to give our members the best service and the lowest prices in town.

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Guest Editorial

Good for the team, but not too good for the truth

By Bernardo Sarmiento

The Encarta dictionary defines objectivity as the ability to perceive or describe something without being influenced by personal emotions or prejudices. From a journalist's perspective, objectivity means distancing yourself from friends, relatives, and the rest of the community so that you see all events and all viewpoints as equally remote and important or unimportant, as the case may be. For most journalists, to be objective is much easier said than practiced.

The true nucleus of journalism is objectivity — seeing the truth in its entirety and being fair about it. There is some dispute about whether objectivity really exists in journalism. How do journalists know the truth? It's the thing most journalists always fall short of, but the thing they always make their utmost to obtain. Opinion journalists, particularly, have to be objective just as much as standard reporters. They must be able to see reality wholly and truly. They have to face unpleasant facts just as much as anybody else.

There are a few stages of getting to objectivity. The first stage is the ability to suspend judgment while you're looking at the facts. Sometimes when we look at a set of facts we like to choose the facts that suit our thinking because it is compatible with our points of view. But if you're going to be objective — and this is not only for journalists but also for non-journalists — surely the first stage is the ability to look at all the facts, whether they suit your thinking or not.

The second stage is modesty. One of the excellent models of journalism is someone we just saw at the ratification of the new FAMAS Constitution and Bylaws on February 19, 2011 — Miss Aurora Osdon, the incumbent president of the Filipino Association of Montreal and Suburbs (FAMAS). As the chairperson of the FAMAS Executive Board, Miss Osdon was supposed to be the one to preside over the special general assembly called for the ratification of said constitution and bylaws. She did preside, but only for a few minutes until she relinquished the chair to someone else. She argued that since she was a member of the ad hoc committee that drafted the document about to be ratified, she felt that she was in conflict of interest. While we disagree that there was a conflict of interest, we acknowledge that there was a combination of modesty and fairness on the part of Miss Osdon. In our opinion, Miss Osdon yielded the presiding chair because her philosophy as a leader and as a moderator is not about self-exposure. It's about self-control. It's about playing a role in the association, in particular, and in the community, in general — a socially valuable role. Community leaders have to

hold back some of themselves in order to read the pulse of the people fairly and not impose their will on them.

The same thing has to happen for journalists. We live in an age of self-exposure. But journalists have to restrain their egos so that they can see the whole truth, whether they like it or not because it's not about them; it's not about narcissism.

The third stage of objectivity is the ability to process data — to take all the facts that you've accumulated and honestly process them into a mould. This is called judgment. How do you take all the facts that are in front of you and fit them into one mould? If you hear a nasty rumor about a certain person, one part of your brain senses how true it is. Another part of your brain senses how serious it is. Another part of your brain senses how it would affect the object of the rumor and the people around him or her. Another part of your brain knows that you're shocked in disbelief, which creates ripples across your surroundings. All these parts are disconnected and we have no idea how the human brain processes that information. But some people are really good at connecting the dots and seeing the patterns and other people are not. Surely that's the third stage of objectivity — the ability to take all the data, not just the data you like, and form it into a generalized whole.

The fourth stage of objectivity is the ability to betray friends. In both Washington and Ottawa, there's loyalty to the truth and loyalty to your team. In government, loyalty to your political party is sometimes more important than loyalty to the truth. If you're a U.S. Senator or a Member of Parliament, you can't tell the truth all the time. If you work for an administration, you can't tell the truth all the time because government is a team sport. If you are a member of the executive board of a community organization, such as FAMAS, you can't tell the truth all the time because you will be accused of not being a team player. The only way you can get something done is collectively — as a group. It takes a majority to pass a piece of legislation. It takes an administration working together to promulgate a policy. It takes a cohesive board of directors to realize a goal. That's all right. Politicians and community leaders betray the truth all the time in favor of loyalty to a higher good for them. But for journalists and for most citizens, loyalty to the truth should supplant loyalty to the team. Frankly, though, it rarely happens. For example, when this writer considered publishing a dissenting opinion about Miss Osdon's decision to yield the presiding chair to somebody else, he was deluged with equally unfavorable remarks from her friends and supporters that compelled him

to give up his comment. It was good for the team but not so good for the truth.

The fifth stage of objectivity is the ability to ignore stereotypes. This is the oldest rule of journalism. Walter Lipmann, who was twice awarded the Pulitzer Prize, once noted that most journalism is about the confirmation of stereotypes — pre-existing generalizations we all have in our heads. The ability to ignore these stereotypes is crucial to objectivity.

The last one, the sixth stage, is a willingness to be a little dull. It's easy to write a lambasting, vitriolic attack on

someone. But usually, unless that person is the notorious editor-in-chief of another local newspaper and who has the propensity for lying, that's not fair.

While we always strive to be objective, we realize that our ability to obtain the truth is compromised by many factors, most particularly in the level of community journalism. Some of those factors are psychological, some are economic, some are political and some are personal.



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From Page 1 Women's Day

parliament. Women are treated like objects. I'm ashamed to have a prime minister like Berlusconi", said protester Irene D'Onofrio, 62.

In Washington, Secretary of State Hillary Clinton said the United States will push for women to be included in the transition to democracy in Arab countries.

"In the coming months and years, the women in Egypt and Tunisia and other nations have just as much right as the men to remake their governments to make them responsive, accountable, transparent", Clinton said at an awards ceremony.

But in Cairo, hundreds of Egyptian women rallying for their rights on Women's Day were confronted by men who shouted at them to return home, according to media reports.

In Turkey, women chanted "Don't Turn Our Wedding Dresses into Shrouds", as they marched against so-called honour killings, when a male family member kills a woman deemed to have brought shame on the family.

Hundreds of women demonstrated in Ivory Coast, meanwhile, to condemn the shooting of seven women at a rally last week demanding that strongman Laurent Gbagbo quit the presidency after losing elections.

Mostly dressed in white and wearing red headbands, they marched to "pay homage to the women killed", an organizer said. "We are not going to stop demonstrating until Laurent Gbagbo leaves".

Brazilian President Dilma Rousseff, the first woman to lead the giant South American country, said eradicating poverty is her top goal, and can be achieved through policies designed to help women and children.

Revelers in Rio de Janeiro paid tribute to Women's Day as only they can -- with an irreverent celebration near a Carmelite convent, a tradition during Carnival.

Meanwhile in Guatemala, where a culture of impunity saw nearly 700 women killed last year alone, the head of a commission on "femicide" called for a specific statute on the killing of women.

In Peru, at least 123 women were killed in 2010 by their partners or former partners, authorities said.

A group of women in Venezuela participated in an event in Caracas honoring the heroines of the country's independence.

Palestinian women took to the streets of Gaza to call for an end to the Israeli occupation.

In the West Bank town of Beit Ummar, dozens of women blocked a major road for half an hour to protest Israeli roadblocks.

"Part of the women's rights issue is the harm caused by the Israeli occupation", said activist Fadwa Khader. "Can you imagine women being woken up and kicked out of their homes in the early morning so their homes can be demolished to make way for settlements?"

The European Union hailed women's "crucial role in bringing about change in northern Africa".

"Amidst violence, women have joined the struggle for change", said European Commission Vice Presidents Catherine Ashton and Viviane Reding in a joint statement. "Women must be at the heart of the discussions over the future order".

Whether in T-shirts and jeans or robes and veils, tens of thousands of women have recently made their voices heard on the streets, from Tunis to Cairo, from Manama to Sanaa, to demand reform in a region long ruled by autocracies.

"The situation of women in Afghanistan is improving in spite of a lot of challenges", said Maria Bashir, an investigative prosecutor in Afghanistan who accepted an award from the US State Department for showing courage in the face of Taliban threats.

Bashir said women now hold public office and girls have access to education in her country. But she added that "Afghan women feel alarmed" about the looming withdrawal of NATO forces.

Angel Gurría, head of the Organization for Economic Cooperation and Development, called gender equality "a moral imperative as well as an economic necessity".

Visiting Finland -- a country whose president, prime minister and opposition leader are all women -- US Vice President Joe Biden echoed the call.

"The single most significant thing we can do in the 21st century to improve the prospect of peace and security is to educate more women", he said.

His boss President Barack Obama celebrated women's "extraordinary gains" over the past century as he called for greater gender equality.

In Greece, where the economic crisis has thrown disproportionately more women out of work, feminists staged a flash mob dubbed "Three Minutes Without Women" in a central square of Athens.

In Norway -- the first country in the world to force large companies to gender balance their boardrooms -- officials said the quotas should be extended to more companies.

A Moroccan human rights group called for the kingdom to inscribe gender equality in the constitution. Laws protecting girls from forced marriages are poorly enforced.

The minimum age of marriage for women was raised to 18 from 15 in 2004, unless a judge grants special permission. Still, about 42,000 requests to marry minors were made in 2009, mostly in rural areas.

Cambodian women were unable to mark the day publicly, as authorities banned a rally amid growing concern about a crackdown on freedom of expression in the country.

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From Page 1 Cultural Center

the ratification was carried.

After listening to the debates and before leaving the assembly, Mayor Applebaum asked permission to speak again and made his final remarks. He mentioned that FAMAS has become a more credible organization than it has ever been under the current leadership and he

FAMAS.

Before proceeding further, Vicente asked the assembly to approve the proposed agenda. It was moved to accept the agenda as is and was duly seconded.

It was during the question and answer period that members were allowed to clarify certain articles and to propose some changes. However, after the question and answer period



People lining up to wait for their turn to express their opinions about certain articles of the constitution during the question and answer period.

wanted the people to recognize that a community leader of a strong organization "must be firm as there will always be some who will try to criticize you no matter what you do." Although

was over, the assembly was told that the constitution should be voted upon in toto. Some of the members who spoke about specific changes they wanted to be included were therefore



Natalie Pelousa proposing that the ratification be voted upon.

he admits that in a democracy, everyone has a right to speak and to disagree, he urged the members to be united and to speak with one voice as it is for the good of the community. He also spoke about what Fred Magallanes had told him when he won the election, that it was because of Magallanes that he won. Magallanes

disappointed. Nevertheless, 85 members voted in favor of approving the constitution and only 5 voted against it out of the total 120 signatures recorded in the official attendance register. Perhaps, some people did not vote or must have left before the votes were taken. The meeting was adjourned at around 5:30 p.m.



Councillor Marvin Rotrand speaking about the things that the City is doing for the community. Others in photo are: Au Osdon, president, Agnes Calgo and Teresita Calica, volunteers, who recorded the minutes.

interrupted the Mayor, denying that he had said this and then added that Applebaum should not be allowed to speak as he is not a member of

The whole meeting was videotaped by Al Abdon who donated his services.



Any Which Way ...

Bernardo "Budz" Sarmiento
badosarmiento@yahoo.com

If Fraud were a wild animal, what would he be?

FEBRUARY 19, 2011 A RED-LETTER DAY FOR 4,000 FILIPINOS – By an 85-5 vote, the new Constitution and Bylaws of the Filipino Association of Montreal and Suburbs (FAMAS) was ratified last February 19th, but not without acrimonious debates between a small group that wanted to postpone the ratification and a bigger group that was resolute to go ahead with it come hell or high water.

Right at bat, Fraud Crass Magallanes, the usual obstructionist, tried his darn best to derail the chugging ratification train by driving a wedge into its track with a point of order concerning the quorum. Citing Section 4, Article XVII of the old constitution and bylaws that states "Thirty percent of the regular members may request a special general assembly in writing and this percentage constitutes a quorum," he argued that since there were only about 100 members in attendance (out of 4,000), the assembly significantly fell short of the minimum 1,200 members required to have a quorum. Therefore, according to him, the ratification could not and should not proceed because doing so would be unconstitutional.

Apparently referring to the plain meaning rule of statutory interpretation, he reiterated at the assembly, as he did in his latest editorial, that the foundation of his argument was the "long-settled legal dictum that when the provision of the constitution is clear there is no need to interpret it." Obviously, Fraud doesn't know or has conveniently forgotten that there is another rule in statutory interpretation that takes precedence over the plain meaning rule. It's the Golden Rule, or British Rule, which states that the wording of the statute may not be honored when it produces an absurd or unreasonable result, calls for an impossible outcome, or yields an unconstitutional result.

If we followed the wording of the aforementioned Section 4 of Article XVII as Fraud insisted, the presence of at least 1,200 members would have been required to transact business legally. Hauling that many people in one place at the same time is absurd or unreasonable. That's one of the results referred to in the Golden Rule. And there's also the legislative intent. It's good that Rey Balansi, the lead framer of the controversial 2005 Constitution and Bylaws came forward and admitted that it was not their intention to make 1,200 members as the minimum number to constitute a quorum. So, in the final analysis, the recent ratification of the new constitution and bylaws is not unconstitutional after all.

WHERE'S YOUR SENSE OF HISTORY? – Fraud questioned the proponents' sense of history for changing the old FAMAS logo that I once harshly criticized into one that is more meaningful and truly representative of all Filipino expatriates in Montreal and

Suburbs. He would rather keep the old logo, which I likened to a cistern with the half-submerged sun as the float and the red and blue field as the water that's waiting and ready for the next flush, than adopt Mr. Manny Coquia's winning entry which the Executive Board aptly nicknamed "The Shield" or "Ang Kalasag" in Pilipino.

As my counter-argument, I cited the Americans for having changed their flag many times already. Of all the peoples in the world, the Americans cannot be accused for not having a great sense of history because they do. And yet they didn't have any problem changing their flag from time to time because they were forward-thinking enough to go along with the evolution of their great country. I also made example of the Filipinos for the same reason. Our own "watawat" or "bandila" has been changed on many occasions from the time of Andres Bonifacio to the time of Ferdinand Marcos. And no one can say that Filipinos don't have any sense of history, except perhaps in the twisted mind of Magallanes.

MONCHING VICENTE SAVED THE DAY FOR FAMAS – What many FAMAS officers and members wouldn't touch with a ten-foot pole, Monching Vicente, armed with the gallantry typical of most Caviteños, embraced without any reservation. I am referring to the difficult and thankless job of presiding over the Special General Assembly that was called for the ratification of the now-ratified FAMAS Constitution and Bylaws. To his credit, Monching did not shy away from the daunting task he was asked to perform.

Despite the barrage of questions coming from Magallanes, Parado, Ogerio, Felix Reyes and Dick Dahiroc, Monching stood his ground, soldiered on and remained unfazed by all the diatribes from all those people, more especially Magallanes, Reyes and Dahiroc whom I now call the Marx Brothers of the community.

Monching was cool, collected and unflinching despite the harangues hurled at him by the new Marx Brothers. And most of all, to borrow the words of his brother-in-law Bert Santos, he delivered the goods – the newly-ratified FAMAS Constitution and Bylaws. Thank you, Monching, for absorbing all the shocks and taking all the heat for all of us who rather be in the audience. As far as I'm concerned, Monching is a hero. I'm sure that only Magallanes and his ilk will begrudge him that honor and distinction. But most members of the community don't give a damn whatever Fraud may do, say or write anymore. If only they could send that douchebag into exile in Timbuktu or Siberia and burn his passport

IF FRAUD WERE A WILD ANIMAL, WHAT WOULD HE BE? – Buoyed by their overwhelming victory, a group of

people who supported the newly-ratified FAMAS Constitution and Bylaws had a hearty discussion shortly after the Ratification Day last February 19th.

They discussed the crassitude that Fraud Crass Magallanes had shamelessly displayed throughout the general assembly.

No one among them could come up with what wild animal they could convincingly compare Fraud to. One suggested "snake"; another, "skunk", obviously for its noisome smell. Monkey was also mentioned.

Someone thought that comparing Magallanes to either snake or skunk was a big insult to those animals. Monkey is not applicable, either, because he has already been likened to an 800-pound gorilla. So they decided that the editor-in-chief of the there's-nothing-like-it Filipino Forum was beyond compare. He's the only one of his kind in the world. And we all should thank God for that, shouldn't we?

While still at it, I would like to take great pleasure in congratulating Fraud Crass Magallanes for his well-deserved promotion from Pariah of the Community to Pariah of the CDN-NDG Borough. Thanks to the terribly rude and uncivilized treatment he had accorded Mr. Applebaum, who has always been there for our community, last February 19th. Before too long and as soon as Premier Jean Charest learns about Fraud's performance at the FAMAS Special General Assembly, he would be the Pariah of the Province of Quebec in the foreseeable future.

I am sure that Borough Mayor Michael Applebaum and Councilor Marvin Rotrand will be gracious enough to see to it that a resolution in Magallanes' behalf is passed by the Borough Council. After all, Magallanes once claimed that he had a hand in the good mayor's electoral victory. But, of course, it's one of Magallanes' biggest lies and delusions because all of the candidates whom he had supported in past elections lost, but could have won if not for his support. In fact, three Magallaneses – Fraud, Pat and Paul – had lost past FAMAS and/or Federation elections. It's an unassailable proof how much the community dislikes the head of that family. The name "Magallanes" seems to have become a synonym for (1) propensity for lying, (2) anything negative and undesirable, such as shameless, malicious, obstreperous, etc., and (3) a kiss of death.

Speaking of community pariah, I don't know what justified Fraud to call me "community pariah" in his article (The community pariah strikes out again, Page 35, January 16-February 15, 2011 edition, Filipino Forum). It is clear that he just wanted to copy me because it was I who first called him similar moniker – "community's lone pariah" – in my column (Any Which Way, January 2011 Edition, Filipino Star), and for a very valid reason. In case some readers don't know yet what it is, a pariah is somebody who is despised and avoided. Since Fraud is despised and avoided by Filipinos at Tim Horton's Van Horne, Plaza Cote des Neiges and elsewhere Filipinos frequent, he is indubitably a pariah, not persona non grata who is merely unwelcomed or unacceptable but not despised or avoided. Providentially, this writer is neither a community pariah nor a persona non grata despite what Fraud says or writes in his tabloid.

I wonder when was the last time

somebody offered Fraud a cup of coffee or a bottle of beer as a token of friendship or as a gesture of welcome. I've heard in such a way as to believe it that every time he arrives at Tim Horton's Van Horne or Plaza Cote des Neiges, Filipinos who are already there leave one by one because they cannot stand his presence.

"ATTY." FELIX REYES' CACOETHES FOR BRAGGING – While others are turned off by Felix Reyes' know-it-all attitude, I find it entertaining, especially when he starts opening his 'encyclopedic mind' to his audience. Admittedly, I don't know him long enough to really say with authority what kind of person or how cerebral he truly is.

We got introduced to each other at a mutual acquaintance's wake several months ago. After the initial shock, I found him nice, amusing and pleasant to talk to. Anyway, it took me just a few seconds to have my first impression of him. Right there and then, I knew – and I don't mean this in a pejorative sense – that I was dealing with a smart-alecky person who was given to sophistry.

During the FAMAS Special General Assembly, I saw more of Mr. Reyes' self-assuredness. He bragged that he knew Canadian laws well enough to be able to tell if a certain provision in the then-still-to-be ratified FAMAS constitution and bylaws was compatible with said laws or not. I didn't see the necessity of his assertion, but I guess that's part of being Felix Reyes. He even cockily dared anyone present to a debate on anything under the sun. For better or for worse, nobody was brave enough, or as smart-alecky as he was, to accept his challenge.

Come to think of it, he should be a contestant in JEOPARDY. Would someone contact Alex Trebek?

DICK DAHIROC LIVES UP TO HIS NICKNAME – I don't mean to sound ribald, but Dick Dahiroc lived up to his nickname when he querulously spoke at the special general assembly last February 19th. He did nothing but rambled on in esoteric Tagalog about his peeves concerning FAMAS and the new constitution and bylaws. He seemed ill at ease in articulating his thought although he was speaking in Pilipino, the language he always prefers to speak in.

I don't know if it's out of sheer patriotism or he simply does not savvy the English lingo, but Dick appears to resent those Filipinos who prefer English to Tagalog when they speak. I heard that he once stormed out of a community event because no Filipino music was played. He seems to be pointlessly over-enthusiastic about anything Filipino. It's interesting to know what he is trying to prove.

I hope that Dick will somehow realize that speaking in other languages, particularly English, is not being unpatriotic. Conversely, it doesn't necessarily mean that speaking only in Pilipino makes him more patriotic than the next Filipino who speaks English. There's more to patriotism than speaking one's own native language. So let us hear Dick speak in English once in a while. Better yet, let's ask him to

See Page 7

Any Which Way

EARTH TALK

Questions & Answers
About Our Environment

Dear EarthTalk: I heard someone say that the environmental benefits of natural gas for electricity generation were overstated and that it is not as green-friendly as the industry would have us believe. What is your take on this?

-- D. Montcalm, Brewster, NY



A 2007 life-cycle analysis of natural gas production, distribution and consumption found that when one factors in the total emissions associated with not only the end use of natural gas but also its extraction and distribution, it doesn't seem so much cleaner than coal after all. Pictured: a natural gas drilling well in Texas. Photo courtesy David R. Tribble, Wikipedia

In our increasingly carbon-constrained world, natural gas (also known as methane) does keep coming up as a potentially cleaner fuel source for electricity generation than coal, currently the nation's primary source of electrical power. Natural gas advocates argue that it generates 50 percent fewer greenhouse gases than coal when burned. And since natural gas is more widely available than ever, thanks to newer more efficient—though in some cases environmentally damaging—extraction techniques, some think it should be playing a larger role in a transition away from coal, the dirtiest of all fossil fuels. Today over 50 percent of electricity generated in the U.S. comes from coal; natural gas accounts for less than 20 percent.

But scientists aren't so sure natural gas should play any part in solving the climate crisis. A 2007 lifecycle analysis of natural gas production, distribution and consumption found that when one factors in the total emissions associated with not only the end use of natural gas but also its extraction and distribution—much of it can leak when it is pulled out of the ground and then

pipled to power plants and other customers—it doesn't seem so much cleaner than coal after all.

The U.S. Environmental Protection Agency (EPA) says that loose pipe fittings and intentional venting for safety purposes on natural gas lines cause annual greenhouse gas emissions rivaling that produced by 35 million cars each year. The World Bank estimates that emissions from natural gas extraction operations alone account for over a fifth of the atmosphere's total load of climate-changing methane.

"When scientists evaluate the greenhouse gas emissions of energy sources over their full lifecycle and incorporate the methane emitted during production, the advantage of natural gas holds true only when it is burned in more modern and efficient plants," reports Abraham Lustgarten on the investigative news website, ProPublica. "But roughly half of the 1,600 gas-fired power plants in the United States operate at the lowest end of the efficiency spectrum."

He adds that, while the median U.S. gas-fired power plant emits 40 percent fewer greenhouse gases than a typical coal plant, some 800 inefficient plants offer only a 25 percent improvement. The fact that methane is an extremely potent greenhouse gas—the EPA says methane is 20 times more effective trapping heat in the atmosphere than carbon dioxide (CO₂)—makes it even less appealing as a replacement for coal.

"The problem is you build a gas plant for 40 years," James Rogers, CEO of Duke Energy, one of the largest power companies in the U.S., told ProPublica. "That's a long bridge. What if, with revelations around methane emissions, it turns out to be only a 10 or 20 percent reduction of carbon from coal? If that's true, gas is not the panacea." Rogers himself is an advocate for limiting greenhouse gas emissions.

But with the Obama administration still keen on mining domestic natural gas reserves versus upping our reliance on foreign oil, natural gas will likely continue to play a role in the energy mix for some time yet.

CONTACTS: ProPublica, www.propublica.org; Duke Energy, www.duke-energy.com.

Dear EarthTalk: Isn't it a waste that we buy water in plastic bottles when it is basically free out of our taps? Even health food stores, which should know better, sell it like crazy. When did Earth's most abundant and free natural resource become a commercial 'beverage'? -- A. Jacobs, via e-mail

Bottled water has been a big-selling commercial beverage around the world since the late 1980s. According to the Worldwatch Institute, global bottled water consumption has more than quadrupled since 1990. Today Americans consume over 30 billion liters of water out of some 50



According to the Earth Policy Institute, some 2.7 million tons of petroleum-derived plastic are used to bottle water around the world every year. Photo courtesy Ryan McVay, Thinkstock

billion (mostly plastic) bottles every year. The Beverage Marketing Association reports that in 2008 bottled water comprised over 28 percent of only bottled drinks Americans consume more of are carbonated sodas like Coke and Pepsi.

And frankly, yes, it is a ridiculous waste that we obtain so much of our drinking water this way when it is free flowing and just as good if not better for you right out of the tap. According to the Earth Policy Institute (EPI), some 2.7 million tons of petroleum-derived plastic are used to bottle water around the world every year. "Making bottles to meet Americans' demand for bottled water requires more than 1.5 million barrels of oil annually, enough to fuel some 100,000 U.S. cars for a year," says EPI researcher Emily Arnold. And just because we can recycle these bottles does not mean that we do: The Container Recycling Institute reports that 86 percent of plastic water bottles in the U.S. end up as garbage or litter.

The financial costs to consumers are high, too: According to the Environmental Working Group (EWG), bottled water costs up to 1,900 times more than tap water. And the Natural Resources Defense Council (NRDC) reports that 90 percent or more of the money consumers shell out for it pays for everything but the water itself: bottling, packaging, shipping, marketing, other expenses—and, of course, profits.

EWG is particularly appalled at the lack of transparency by leading bottled water sellers as to the sources

of their water and whether it is purified or has been tested for contaminants. According to a recent survey by the group, 18 percent of the 173 bottled waters on the U.S. market today fail to list the location of their source; a third disclose nothing about the treatment or purity of the water inside their plastic bottles.

"Among the ten best-selling brands, nine—Pepsi's Aquafina, Coca-Cola's Dasani, Crystal Geyser and six of seven Nestlé brands—don't answer at least one of those questions," reports EWG. Only Nestlé's Pure Life Purified Water "discloses its specific geographic water source and treatment method...and offers an 800-number, website or mailing address where consumers can request a water quality test report."

EWG recommends that consumer resist the urge to buy bottled water and go instead for filtered tap water. "You'll save money, drink water that's purer than tap water and help solve the global glut of plastic bottles," the group advises, adding that it supports stronger federal standards to enforce consumers' right to know about what's in their bottled water besides water. Until that day comes, concerned consumers should check out EWG's Bottled Water Scorecard, a free website that provides information on various bottled water brands, where they originate and whether and how they are treated to remove contaminants.

CONTACTS: Worldwatch Institute, www.worldwatch.org; The Beverage Marketing Association, www.beveragemarketing.com; EPI, www.earth-policy.org; EWG, www.ewg.org; NRDC, www.nrdc.org.

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From Page 5 Any Which Way

translate the new Constitution and Bylaws into Pilipino. If he refuses to do it, or gives excuses for not doing it, I would assume that his bark is worse than his bite.

I WAS A FORMER WOULD-BE CANDIDATE FOR VP-INTERNAL

A few months ago, I was listed down as a probable candidate for vice-president for internal affairs in FAMAS elections next August. But even before I could formally accept or refuse my inclusion, I was unceremoniously dropped from the line-up as quickly as I was eagerly drafted merely because someone, or a group of "someones," advised the drafter that I was a controversial figure who might only drag the political team down and eventually cause them their anticipated victory. The drafter, who was (and still is) considering running for the presidency, took the advice hook, line and sinker, and dumped me like a disenchanted master would dump an unwanted pet dog at the SPCA. The drafter and prospective presidential candidate wouldn't share with me who those advisers were.

I don't mean to come off like I have a sour grape attitude, but it might be a blessing in disguise that I was dumped because there were already at least two major proposals that we couldn't see eye to eye on. Just imagine what could have happened if both of us were on the same executive board. We are so opposite in so many ways that working together might have been mutually thorny, if not downright impossible.

DECIDED CASE? WHAT DECIDED CASE?

Fraud lied again about his son Paul's alleged criminal act. If Paul's case is indeed decided and he was exonerated from accusation of stealing from his former patient and the allegation is wrong, if there won't really be lengthy litigation as Fraud seems to be so cocksure of, and if the judge will just ask me if I have evidence to back up the

allegation that Paul stole from his patient and then simply make a judgment, what's keeping them from suing me in a court of law? Fraud should stop bluffing because I might call it.

Reportedly, the incident was settled out of court when the son of the patient threatened the owners and managers of the nursing home that he would go to the police if the suspect wasn't fired from his job right away. The management, not keen on bad publicity for their business, sensibly obliged and almost immediately terminated the suspect's employment. That belies Fraud's assertion that Paul continued working there until his graduation from university.

If Paul will listen to his NPD-afflicted father's bad advice and eventually sues me, there will really be a court case and every little detail of the incident will be scrutinized and the real truth will have to come out. Crucial evidence, including testimonies by witnesses, some of whom are Filipinos, will be subpoenaed. It defies logic and common sense that the judge handling the case would just hand down his decision without a certain number of hearings, which could last several months, if not years. It could also cost a lot of money for both litigants, not just for me as Fraud would like people to believe. Fraud even questioned my sense of space. I know my sense of space, but does he know his?

It's probably worth noting here that Fraud, being a Narcissistic Personality Disorder sufferer, doesn't care whatever happens to his family. All he cares about is his own interest; he lacks empathy and has a lot of disregard for others. And read what he wrote on Page 35 of the January 16-February 15, 2011 edition of his tabloid: "BS has had a bit of trouble distinguishing truth from fiction." With that statement, he's not only the King of Lies, but he's also the King of Chutzpah. The entire community knows who has trouble distinguishing truth from fiction, and certainly it isn't BS.

Common mistakes and confusing words in English

By Bernardo Sarmiento

STATIONARY/STATIONERY

The adjective stationary means remaining in one place. The noun stationery means writing materials.

Tip: Associate the er in stationery with the er in letter and paper.

Examples:

"The law is stationary. The law is fixed. The law is a chariot wheel which binds us all regardless of conditions or place or time." (Emma Goldman)

In his suitcase I found a hodgepodge of hotel stationery, postcards, and transit maps

SYSTEMIC/SYSTEMATIC

It is very easy to distinguish what is systemic and what is systematic. Perhaps

the confusion between the two words only arose because of semantics, spelling and sound. The two words have almost the same letters nevertheless. It's just the addition of two letter "a" and "t" for systematic, which make it longer. The pronunciation is also the same but there's obviously an additional syllable for the word systematic.

By definition, the two adjectives differ. Systematic, means something is well organized or arranged according to a set of plan and or is grouped into systems. Conversely, systemic means something matters to the entire system. This describes something that belongs to, works together with, or can affect the entire body or system as a whole. The two words further amplify its definition when used to describe other terms across various fields of study. For business, there

are systemic and systematic risks and also systemic and systematic circulations in the field of Science.

To concretely show the difference between the two adjectives, it is best to use them in sample sentences. In one common definition of Science (the study); it is regarded as a systematic and orderly arrangement of facts, principles, true happenings that governs our lives and the whole world. Science is systematic because it has order and its facts are arranged. You cannot say Science is systemic but Science is systematic for it readily follows a particular system or methodology. Thus, if you have a consistent method of cleaning the bedroom first, followed by the living room and lastly the dining room then more or less you can be described as cleaning your house systematically.

Systemic is very different because when the doctor tells his patient that he or she has a systemic lupus or a systemic infection then this means that the patient is experiencing a generalized infection all throughout the entirety of his or her body. The entire system (the human body) is affected that's why the case is already systemic. This also implies that the health prognosis is poor because the infection has spread.

In summary, the two words differ because:

1. Systematic is a longer word with four syllables compared to the shorter word (systemic) that only has three syllables.
2. Systematic is an adjective that's used to describe something as consistent, organized and well arranged whereas systemic means that something has or can affect the whole system.

RESPONSIBLE FOR / RESPONSIBLE TO / RESPONSIBLE WITH

Responsible for

Question:

I recently came across this sentence: We are responsible to ensure delivery of the program.

I thought that it would be better to write responsible for ensuring instead. What are the rules for using for and to with responsible?

Answer:

The sources we consulted (Canadian Oxford Dictionary, Collins Cobuild English Dictionary for Advanced Learners and The BBI Dictionary of English Word Combinations) agree that the following are

the accepted structures for the verb phrase "be responsible":

Be responsible for something or carrying out an action.

For example: We are responsible for ensuring ratification of the Constitution. (an action)

We are responsible for the program. (a specific thing)

Responsible to
Be responsible to a person or group of people.

For example: We are responsible to our clients (group of people) for the program.

The Filipino Star is responsible to its many readers for responsible journalism.

Responsible with
If you want your kids to be responsible with money, you have to be good with money yourself

Note, however, that be responsible to ensure is not wrong. Language evolves over time; what was once considered incorrect becomes acceptable. A quick check in Google revealed 82,800 hits for responsible to ensure and a whopping 970,000 hits for responsible for ensuring.

BORN/BORNE

This distinction is a bit tricky. When birth is being discussed, the past tense of "bear" is usually "born": "I was born in a trailer—but it was an Airstream." Note that the form used here is passive: you are the one somebody else—your mother—bore. But if the form is active, you need an "E" on the end, as in "Midnight has borne another litter of kittens in Dad's old fishing hat" (Midnight did the bearing). But in other meanings not having to do with birth, "borne" is always the past tense of "bear": "My brother's constant teasing about my green hair was more than could be borne."

CUT AND PASTE/COPY AND PASTE

Because "cut and paste" is a familiar phrase, many people say it when they mean "copy and paste" in a computer context. This can lead to disastrous results if followed literally by an inexperienced person. If you mean to tell someone to duplicate something rather than move it, say "copy." And when you are moving bits of computer information from one place to another the safest sequence is often to copy the original, paste the copy elsewhere, and only then delete (cut) the original.



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COMMUNITY NEWS

Mallari continues his crusade to educate children and youth

by W. G. Quiambao

For the past six months, 27-year old Arcie G. Mallari has been volunteering at the Philippine Community Center. Twice a week, he teaches Heritage classes to the children and provides leadership training to the youth in connection with FAMAS' Pagsibol project.



Arcie Mallari

Unfortunately, Mallari is going back to the Philippines next month. He came to Montreal last August as a scholar of Saueve Scholar Foundation, a project of former Governor General of Canada Jeanne Saueve. Launched in 2003, the goal of SSF is to help young leaders all over the globe who want to change the world.

Chosen from among 1,000 applicants from all over the world, Mallari is one of the 14 recipients of scholarship and the first Filipino to receive this honor.

My project is to design and plan Super Kids: Create Heroes, be a Hero! and to train modules for its

in the field of children and youth's development for twelve years now. He is not only the president but also one of the three founders of Silid Aralan, Inc. (SAI) or "Learning Room" that started in April 2, 2007. Its goal is to strengthen the educational services of underprivileged public school students in Rodriguez (Montalban), Rizal.

Mallari recalled the day he visited one of the dumpsites in the Philippines, called Payatas, to teach religion. But he did more than teaching religion when he saw the plight of children and youth. After graduating from the Polytechnic University of the Philippines with a BA in Political Economy, he decided to live in the dumpsite to be close to the people there.

"I witnessed children and youth scavengers," said Mallari. "My life became intimately intertwined with the lives of young men and women who lived on poverty. There, I met youth who dreamed of being jeepney drivers and women who wanted to become housemaids. I also met high school students who could not read or comprehend their textbooks. All of these inspired me to create advocacy and develop unique educational programs."

Mallari's endeavour paid off when three years later, the first set of scholars graduated. One of them is Romanicnic, who aspired to be a housemaid. After graduating from college and landing a job, she was able to take her family out of the dumpsite to live a decent life.

But it was not a smooth sailing for SAI in the beginning. Mallari and the other two founders were questioned about their qualifications because none of them were trained in education. For example, Mallari is a graduate of political economy. In addition, fund raising was difficult. Prospective donors hesitated to invest in low-performing students. Also, SAI had difficulty convincing parents of students to

local businesses, has changed the lives of thousands underprivileged to academically-challenged students in the Philippines. No longer low-performing students, they are now academic achievers.

Building ten Silid Aralan centers, training around 5,000 students, employers and volunteers nationwide, mobilizing 500 parents volunteers and affecting thousands of children is daunting. Throughout these programs, like SAI, Mallari's greatest accomplishment is

leading the way towards empowerment, creating heroes and mobilizing others to educate and empower the children.

Meanwhile, he wants to develop a Super Kids module for academically-challenge or low-performing students in the Philippines. "To do this, I have to spend time as a Saueve Scholar learning about children and youth motivation and leadership," said Mallari.

To support SAI, go to www.silidaralan.org and click donate

Pangasinan Association of Quebec, Inc.

By Bernardo Sarmiento

The organized Pangasinenses of Montreal and Suburbs, known as the Pangasinan Association of Quebec, Inc., held their induction of officers on November 20, 2010 at the Ganesh Party Palace at 300 Marcell Laurin Boulevard in St. Laurent, Quebec.

On that same occasion, Miss Digna Montano was crowned as Miss Pangasinan 2010. She was escorted by Miss Belen Papa, first runner-up, and Miss Rhea Cubar, second runner-up.

The officers of the Pangasinan Association of Quebec, Inc. for 2010-2012 are the following:

Gerry Danzil – President; Dario Boco – Vice-President; Esperanza Manaog-Balansi – Secretary; Julie Tabamo –

Treasurer; Claire Boco – Asst. Treasurer; Ramon Posadas – Public relations Officer; Peter Danzil – Asst. Public Relations Officer; Bernadette Posadas – Auditor; Estela Bajoyo – Business Manager; Rey Ballares – Sergeant-at-Arms
Board of Directors: Helen Racuya (Seniors); Josie Velasquez (Assistant – Seniors); Rey Balansi (Intergovernmental Affairs); Juanito Ortaleza (Youth); Ted Olivar (Sports); Angelito Posadas (Assistant – Sports); Nexson de Vera (Membership); Luli Garcia (Assistant – Membership); Marina Ocumen (Socio-Cultural Affairs); Lorie Palisoc (Assistant – Socio-Cultural Affairs). Dante Tabamo, Ex-officio; Salvador Cabugao, Adviser.



The reigning Miss Pangasinan, Digna Montano (center) and her escorts Belen Papa, 1st runner-up (left), and Rhea Cubar, 2nd runner-up (right)

Ataxia: it's time to talk about.

Helen has an unstable step and uncoordinated movements. When walking, she limps. When standing still, she trembles and sways. At some point, perhaps in a few months or sometime this year, Hélène will start using a cane, a walker, or a wheelchair. But today, she's encountering mocking and scornful looks, and enduring comments made audibly behind her back: "That girl has obviously had too much to drink."

Helen suffers from a rare medical condition, one of the numerous forms of ataxia. But she's also suffering from the lack of sympathy and understanding of those she encounters every day.

Familial ataxias are comprised of diseases of the nervous system, programmed into the genetic code. Forms of ataxia are distinguished by various symptoms and handicaps, but all those who suffer from ataxia share a lack of coordination of voluntary movements. These diseases are progressive and involve a gradual loss of physical faculties, often until the sufferer is rendered a complete invalid. Familial ataxias can manifest themselves at any point during the life of an individual, sometimes very suddenly, without any discrimination of age. Anybody can be a victim. There is no cure. Do you know someone suffering from ataxia?

There may be some individuals in your community in Montreal, or in Quebec, or anywhere else in Canada. They all have to deal with the mocking looks, and the lack of sympathy and understanding experienced by Helen. They suffer despite the sympathy of those close to them, and often end up alienating their friends and isolating themselves to avoid misunderstanding.

There is a general lack of information regarding rare diseases, and ataxia in particular. The Canadian Association of Familial Ataxias (CAFA) has been raising awareness for more than 38 years. CAFA was founded in 1972 by Claude St-Jean, who suffered himself from Friedreich's Ataxia. He was an example of courage, determination, and tenacity his whole life, and knew how to inspire hope for those suffering from ataxia, those who were handicapped and sick. He was a source of inspiration for everyone, no matter what their physical condition.

Today, like yesterday, CAFA is a small team devoted to the help and comfort of ataxic people and financing medical research. Please help them win the fight against familial ataxias!

To make a donation or to find out about opportunities to volunteer, please visit www.lacaf.org or call us at 514-321-8684.

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Silid Aralan (front center)



Ugnayan Session

facilitators," said Mallari. "The focus is on developing skills and confidence through heroism. Why heroes? Heroes achieve success by believing in power of ideas, having the confidence to take risks and to fail, persevering and overcoming obstacles."

Mallari was chosen because of his impressive background. He has been

believe that their children are intelligent and can make a difference in the community.

"We give importance to value formation," said Mallari. "If a student loves what he does, it will help him get good grades in school."

Now, SAI, in partnership with the local government, corporations and other



Wikang Pambansa: Nanganganib na Sari (Blg. 4 - katapusan)

"Nais mag-ambag ng Sentro ng Wikang Filipino sa mga proseso ng pagtiyak sa anyo at hugis ng ating wika, sa estandardisyon ng Filipino upang tunay ng magamit itong kasangkapan sa iba't ibang lebel ng pagkatuto. Ang totoo, hindi lamang problema ang mga dagdag na letra kundi maging ang dati nang mga usapin sa pagbabaybay kahit noong gamit lamang ang 20 letrang **abakada**. Ilan dito ang pagbaybay ng mga salitang may **ng**, pagbaybay ng mga salitang hinuhulapihan, pagbaybay ng mga tinipil o pinaikling salita, pagbaybay ng mga salitang may reduplikasyon, pagbuo ng plural, paggamit ng linker na **na** at **ng**, paggamit ng **nang** at **ng**, at iba pa. Ang ilan sa mga usapin sa pagbaybay ay may kinalaman na sa usapin ng gramatika. Sa panghihiram pa rin, bukod sa paggamit ng walong dagdag na letra, kailangan din na tuntunin sa pagbaybay ng mga salitang may kambal-patinig o diptonggo, salitang may digrapo, salitang nagsisimula sa E-I at may O-U, at iba pa."

"Inaakala ng SWF na taglay nito ang mayamang karanasan para maghain ng isang *Patnubay sa Pabaybay*. Itinaguyod ng SWF ang *Aklatang Bayan*, isang programa ng pagsulat at paglilimbag ng mga teksbuk sa iba't ibang disiplina sa wikang Filipino. Simula noong 1994, nakapaglalathala na ang SWF ng mahigit sa 70 aklat. Naglalathala rin ang SWF ng journal sa wikang Filipino, ang *Daluyan* ay ginawa nang

refereed journal at tumatanggap ng mga ambag na artikulo tungkol sa wika, panitikan, kultura, at iba pa mula sa mga larangan ng arte at humanidades, agham panlipunan, at agham at matematika. Ang paglalabas ng SWF ng *Gabay sa Pagbaybay*, kung gayon, ay hindi lamang pagsangkot nito sa mga proseso ng estandardisyon kundi pagtugon din sa praktikal ng pangangailangan nito sa mga proyektong pampublikasyon."

"Ang *Gabay sa Pagbaybay* na ito ay nabuo sa pakikipagtulungan ng mga editor ng SWF sa marami nitong proyektong pampublikasyon, gayundin, sa tulong ng mga piling konsultant. Ilang ulit nagpulong ang mga editor para talakayin ang iba't ibang suliranin sa ispelang na naeengkuwentro sa pag-eedit ng mga nakasulat sa wikang Filipino. Samakatuwid, hindi nakapadron ang gabay na ito sa mga buo nang manwal ng estilo na karaniwang nakabatay sa wikang Ingles kundi nakabalangkas ayon sa mga kongkretong karanasan sa paggamit ng pambansang wika. Ibinunga ng mga talakayang ito ang borador ng *Gabay sa Pagbaybay*. Iniharap ang borador sa Departamento ng Filipino at Panitikan ng Pilipinas, at kinatawan ng Departamento ng Linggwistiks, dalawa sa kabalikat ng SWF sa mga gawaing pangwika, upang mapakinggan at mailahok ang kanilang mga mungkahi. Nagpadala rin ng mungkahi ang UP Press. Umaasa ang SWF na sa pamamagitan

ng ganitong demokratikong proseso, mas madaling mapalalaganap ang *gabay sa Pagbaybay* na ito sa ibang tanggapang pampublikasyon sa loob at labas ng UP upang maging mapino at mapayaman pa at mag-ambag sa estandardisyon ng pambansang wika." (Prof. G. S. Zafra)

Dito at sa mga naunang artikulo ay maliwanag na hindi na maaabot ng mga aralin ang mga Pilipinong lumisan na sa sariling bayan upang maging imigrante.

Bagama't nagpupunyagi pa rin ang mga asosasyon dito sa Montreal at karatig pook sa pagtuturo ng Wikang Pambansa ay hindi

nakatitiyak na ang itinatuturo ay tama sa dami ng rebisyon. Balikan natin ang nabanggit na buhat noong 1994 ay mahigit na 70 aklat ng ang nailathalang *Aklatang Bayan* sa programa nito ng pagsulat at paglilimbag ng mga teksbuk. Bihirang mabasa rito kung nakarating man upang gamiting kasangkapan sa pagtuturo ng wasto ng Wikang Pambansa na nanganganib na sari.

Basahin sa mga susunod na labas ng sulok na ito ang isang magandang kuwento na nagdaan sa panunuri ng mga batikang editor.

Ratipikasyon ng Konstitusyon

Sariwain natin ang mensahe sa unang labas ng *Sariling Dila, Sariling Diwa* Aking sinulat: "Nasaksihan niya ang pagkakaisa ng Pinoy Sapagkat ang iilang ayaw makiisa ay di pumunta."

Nangyaring muli, sa ratipikasyon, ang eksena ng lalong matunog na pagkakaisa nang dumalo ang lima ay natalo sa dami ng walumpu't lima.

Pati ang alkalde ay nagpanting ang taynga, nagpahayag ng sariling karanasan, pakutya o pabuya, na kaya siya nagwagi sa halalan ay dahil sa lider ng lima.

Palakpakan! Ugong! Padyak! Galak! Panig sa katwiran! Napikon ang lider, sinugod ang 'chairman,' kung bakit pinayagan magsalita ang alkade ng bayan.

Boo! Boo! At sunod-sunod na Boo pa rin! Kaya't may isang nasa tamang pag-iisip na tumawag ng pulis upang tumahimik ang matatapatang sa miting.

May mga puntos na kung isasaad nang mahinusay ay sapat na dahilan upang ang ratipikasyon ay ipagliban. Ngunit nalunod na ang katwiran ng pasindakan.

May isang nagwala, "magkakamatayan na tayo at hindi matutupad ang nais ninyong bilang." Bagama't panig sa nakararami ay wala sa lugar.

Sa kabila naman ay may isang tumayo sa gitna ng bulwagan At pinauwi na ang lahat. Wala namang umuwi. Lalong naipon ang ngitngit ng mga miyembro.

Ang pagtitibay ng Konstitusyon ay naganap ng dahil sa inis at hindi dahil sa husay at depekto nito. Ang susunod na pamunuan na ang magwawasto.

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Reasons to Upgrade to a DSLR (Digital Single Lens Reflex) Camera

Ever since the DSLR camera were introduced, I was skeptical about its use in the professional level. Meaning using these cameras to shoot video even at 1080i (High-Definition Television Video Mode) wide screen aspect ratio of 16:9 with a frame size of 1920x1080 pixels.

My main reason is that these cameras have a limit amount of storage space on their memory stick and cannot last on a full days wedding compared to a dedicated video camera using DV tapes. Another reason is that the audio is not reliable to have a clean signal because there is no XLR input to the body of the camera.

At WEVA (Wedding Event Videographers Associations) Convention held at Orlando, Florida held last summer, there were huge amount of talks and seminars about DSLR. Then I saw stunning footages of wedding Same-Day-Edit by Jason Mayuga from the Philippines because he was one of the star speaker of the convention. I crave for more information.

My conclusion was DSLR should be used only for journalistic approach of wedding such as SDE (Same-Day-Edit) or short film scenario when you need to control exposure values, depth of field and enhancing colors. The rest of the shoot should be done with standard video camera and just edit them to make a story.

Here are the reasons for upgrading to DSLR

1. Image Quality – Due to the larger

Ask the Video Guy

Al Abdon

size of image sensors in DSLRs which allows for larger pixel sizes – DSLRs are generally able to be used at a faster ISO which will lead to faster shutter speeds and less grain (ie shoot at 1600 ISO on most DSLRs will have less noise than shooting at 1600 on a Point and Shoot). DSLRs also have built in noise-reduction when generating JPG images which also helps cut down on noise.

2. Adaptability – DSLR's ability to



CANON 5D

change lenses opens up a world of possibilities for photographers. While my point and shoot has a nice little 3x Optical Zoom (and many these days have longer ones) my DSLR can be fitted with many high quality lenses ranging from wide angle to super long focal lengths depending upon what I'm photographing (and of course my budget). Add to this a large range of other accessories (flashes, filters etc) and a DSLR can be adapted to many different situations. It should be noted that when it comes to lenses that the diversity in quality of lenses is great. Image quality is impacted greatly by the quality of the lens you use.

3. Speed – DSLR's are generally pretty fast pieces of machinery when it comes to things like start up, focusing and shutter lag.

4. Optical Viewfinder – due to the reflex



CANON 7D

mirror DSLR's are very much a what you see is what you get operation.

5. Large ISO range – this varies between cameras but generally DSLRs offer a wide array of ISO settings which lends itself to their flexibility in shooting in different conditions.

6. Manual Controls – while many point and shoots come with the ability to shoot in manual mode, a DSLR is designed in such a way that it is assumed that the photographer using it will want to control their own settings. While they do come with good auto modes the manual controls are

generally built in in such a way that they are at the photographers finger tips as



Olympus E 5 Body

they are shooting.

7. Retaining Value – some argue that a DSLR will hold its value longer than a point and shoot. There is probably some truth in this. DSLR models do not get updated quite as often as point and shoot models (which can be updated



PENTAX K5 BODY

twice a year at times). The other factor in favor of DSLRs is that the lenses you buy for them are compatible with other camera bodies if you do choose to upgrade later on (as long as you stay with your brand). This means your investment in lenses is not a waste over the years.

8. Depth of Field – one of the things I love about my DSLR is the versatility that it gives me in many areas, especially

depth of field. I guess this is really an extension of its manual controls and ability to use a variety of lenses but a DSLR can give you depth of field that puts everything from foreground to background in focus through to nice blurry backgrounds.

9. Quality Optics – I hesitate to add this point as there is a large degree of difference in quality between DSLR lenses but in general the lenses that you'll find on a DSLR are superior to a point and shoot camera. DSLR lenses are larger (more glass can add to the quality) and many of them have many hours of time put into their manufacture (especially when you get into higher end lenses).

And for those who are eager to buy these toys I strongly advice DSLR buyers to buy the best quality lenses that they can afford. It's the difference between a high end lens on a medium range camera or a medium range lens on a high end camera I'd go for quality lenses every time as they add so much to photos.

The most popular and reliable DSLR cameras at the moment are:

Canon EOS 1D Mk4 Body \$2499

Nikon D7000 Body \$1299

Olympus E5 Body \$1700

Pentax K5 Body \$1500

Canon EOS 7D Body \$1549

These are not the end of the new line of DSLR. Canon & Nikon have lots of plans on their drawing board and plenty of surprises too!

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Cotler marks 100th Anniversary of International Women's Day, unveils agenda for Women's Equality women's equality

Irwin Cotler, M.P. for Mount Royal, Critic for Human Rights and former Minister of Justice & Attorney General of Canada marked the 100th anniversary of International Women's Day today (March 8, 2011), setting forth an agenda for gender equality both domestically and internationally:

1. Restore the early learning and childcare agreements that would both make childcare affordable and enhance women's participation in the workforce;

2. Secure women's right to pay equity by ensuring equal pay for work of equal value;

3. Enhance equal voice by increasing the number of women represented in parliament, appointed to public office, and serving on the boards of corporations;

4. Implement the unanimous resolution of the House of Commons to establish a national prevention strategy to combat violence against women, while addressing, in particular, the endemic violence against aboriginal women and girls;

5. Restore the Court Challenges Program so as to help secure equal access to Charter rights in general and equality rights in particular;

6. Mainstream gender analysis in decision-making, particularly in the budgetary process;

7. Combat gender inequality in general, and the incidence of poverty in particular, by addressing the intersectional dimension of disadvantaged women – the unique circumstances and systemic inequality of ethno-cultural, racialized, immigrant, and disabled women;

8. Establish a comprehensive and coordinated affordable and adequate housing strategy for the four million Canadians, a disproportionate number of whom are single older women, single mothers, aboriginal women, and immigrant women;

9. Combat international violence against women, including, in particular the trafficking of women and girls – the new global slave trade – the fastest growing criminal industry in the world – and the growing crisis of violence against women in armed conflict;

10. Enhance the government's maternal health initiative in developing countries so as to support access to family planning and reproductive health services.

Since his election to Parliament in 1999, Prof. Cotler has been the longest serving male member of his Party's women's caucus.

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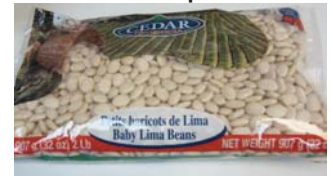
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Filipino recipes using Corned beef on sale at Marché Coop, a Filipino cooperative store



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Corned Beef Hash

Ingredients:

- 1 Can of Corned Beef
- 2 Small sized potato, diced in 1/4 inches
- 1 Small onion, sliced thinly
- 1 Small bay leaf
- 2 Cloves of garlic, smashed
- 1 Teaspoon MSG
- Salt & Pepper to taste (S&P)

Directions:

In a skillet saute garlic until golden brown and then add onion and cook until it hits the shiny stage. Add corned beef and break it apart. Cover and let it cook for 3 minutes on medium low heat. Add potatoes, bay leaf, MSG, and pepper. Stir, cover, and let it simmer for 12 more minutes on medium low heat. Stir again and add salt just before serving. Enjoy!



Filipino style corned beef hash sandwich

- 1 can corned beef,
- 1 small onion, finely diced
- 2-3 small red or yellow potatoes
- olive oil and unsalted butter
- sea salt and freshly ground black pepper to taste

Peel the potatoes and boil them until they are fairly cooked but not mushy. Cook them unpeeled, if you prefer. Set aside to cool and then finely dice the potatoes.

Heat the olive oil and butter in a large pan or skillet over medium-high

heat. Sauté the finely diced onions until soft. Add the potatoes and corned beef. Add salt and pepper to taste. Stir well, lower the heat, cover the pan and cook for 5 minutes. Uncover, stir, cover again, and cook for another 5 minutes.

If you prefer your corned beef hash crusty, raise the heat to medium-high and cook uncovered. Stir, let the hash sit for a while and then stir again and continue cooking until it becomes crusty but not burned.



Shepherd's pie corned beef

Ingredients:

- * 2 tablespoons butter
- * 1 onion, chopped
- * 2 cloves garlic, minced
- * 4 carrots, sliced
- * 2 cups chopped green cabbage
- * 1 pound diced cooked corned beef
- * 3 tablespoons flour
- * 1-1/2 cups beef broth
- * 1/3 cup ketchup
- * 2 tablespoons mustard
- * 2 tablespoons Worcestershire sauce
- * Salt and pepper to taste
- * 3 cups water
- * 3 tablespoons butter
- * 1/2 cup milk
- * 3 cups instant mashed potato flakes
- * 1/3 cup sour cream
- * 1/2 cup grated Parmesan cheese
- * 1 cup frozen baby peas, thawed
- * 1/2 teaspoon paprika

Preparation:

Preheat oven to 375 degrees F. In large skillet, melt 2 tablespoons butter over medium heat. Add onion and garlic; cook and stir 4-5 minutes until crisp-tender. Add carrots; cook

and stir 4 minutes. Then add cabbage; cook and stir 4-5 minutes until crisp-tender.

Add corned beef; cook and stir for 3 minutes. Add flour; cook and stir for 3 minutes. Add broth, ketchup, mustard, Worcestershire sauce, and salt and pepper to taste; simmer 10 minutes.

Meanwhile, combine 3 cups water, 3 tablespoons butter, and 1/2 cup milk in large saucepan; bring just to a boil. Remove from heat and beat in potato flakes until combined. Add sour cream and Parmesan cheese.

Add peas to beef mixture and pour into 3 quart casserole dish. Top with mashed potatoes and spread to cover, then run a fork over the potatoes to make shallow furrows. Sprinkle with paprika.

Bake for 25-35 minutes until filling is bubbly and potatoes are golden brown. Let cool 10 minutes, then serve. Serves 6

NOTE: Marché Coop is located on 5710 Victoria Avenue near Côte-St-Catherine Road (basement of the Cuisine de Manille Restaurant), Tel.: 514-733-8915 (See ad on page 2)

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Libya: Médecins Sans Frontières is extremely concerned with the plight of the wounded; calls for unhindered access to medical care.

Geneva, 12 March 2011 – As conflict intensifies inside Libya, the international medical humanitarian organisation Médecins Sans Frontières (MSF) is extremely concerned with the situation of the wounded caught in the middle of violent clashes, and calls for urgent unhindered access to medical assistance, irrespective of any political considerations.

For the past three weeks, the MSF teams based on the Tunisian border and in Benghazi have been providing medical supplies to health facilities in Libya and actively working to access areas in the western part of the country, where violent fighting is taking place.

In several conflict zones, such as Zawiyah and Misrata, large numbers of people are cut off from any external assistance, while critical medical needs and shortages of medicine and materials are reported.

"We are deeply concerned with the denial of access to medical care and the plight of patients in public health facilities within government-controlled areas", says Bruno Jochum, director of operations at MSF.

As an emergency medical humanitarian organization, MSF

reaffirms the importance of being able to respond effectively to the people's urgent medical needs, regardless of their side or origin.

"Our main challenge today is to gain immediate access to the people affected by violence inside Libya", continues Bruno Jochum. "Despite ongoing intense fighting, our medical teams, which have been deliberately blocked at the Tunisian border in Ras Ajdir for weeks now, do not see any injured patients authorized to cross into Tunisia. It is essential that people have the possibility to flee combat zones to find refuge in safe areas inside Libya or abroad."

Following medical ethics and international humanitarian law, it is crucial that all belligerent parties respect medical facilities, vehicles and personnel, as it is the only way patients will receive the urgent medical care they need.

MSF continues to assist the civilian population through the delivery of medical supplies in Libya. Since the first MSF team was able to enter eastern Libya on 24 February, twenty-two tons of medical supplies have been distributed in the areas where the most acute needs have been identified. Eleven more tons of medical materials are ready to be delivered where ongoing fighting has created supply shortages and needs. For more information Gregory Vandendaelen : 1.514.895.0405 gregory.vandendaelen@msf.org

Montrealers defy frigid temperatures to celebrate International Women's Day

Montréal, Québec -- On Tuesday, 8th March 2011, Montréalers took to the streets to celebrate International Women's Day. Despite freezing weather condition, close to 400 Montréalers marched along Ste-Catherine street, in the downtown heart of the city. The demo organized for the tenth year in a row by the 8th March Committee of Women of Diverse Origins drew in an array of groups, some of whom are members of the 8th March Committee – PINAY (the Filipino Women's Organization in Québec), the South Asian Women's Community Centre, the Immigrant Workers' centre, the Iranian Women's Association, Proletarian Feminist Front, and the Movement Against Rape and Incest. There were many women joined by male supporters and allies. The were elders and many youth. The groups represented local and international issues – Palestine, aboriginal women who have been disappeared, working-class women of Montréal, migrant workers from the Philippines and Latin America, violence against women, students and workers.

Catching many eyes along the route of the demonstration were large cut-outs of women with their arms raised, trailing brightly-coloured ribbons of fabric. They symbolized uprising to make real the slogan for this year in Montréal, "The Slaves of

the Slaves Rise Up!" an historic slogan adopted by women struggling for change and equality in different parts of the world at various historic junctures. It is a call from brave women, oppressed in their own societies, who have been at the heart of their people's struggles against regimes and tyrants who themselves were servants to imperialist masters. The slogan was selected because it spoke to the inspiring and historic revolts sweeping North Africa and the Middle East where women are on the frontlines, the backbone of resistance.

Different speakers at the start and at the end of the demonstration spoke to local and global realities, with a good mix of feminist, left and radical perspectives, drawing attention to women's struggles for peace and justice all over the world. Those gathered were reminded that women are still 1/2 of the world's people who do 2/3 of the world's work, earn 1/10 of the world's income and own 1/100 of the world's property.

Slogans in several languages reverberated along the route of the demonstration: "Mujeres unidas jamas seran vencidas!" "So-so-so solidarité avec les femmes du monde entier", and "Save the planet, Smash the System, Put an end to imperialism!" Some groups sang and at times all you could hear was loud sound without any identifiable word or phrase. What came through was the force of the voices and the collective sense of solidarity and struggle. This was again visible when at the end of

Thia Megia reminds "Idol" judge of Michael Jackson

By ROWENA JOY A. SANCHEZ

March 3, 2011, 4:08pm

MANILA, Philippines – Fil-Am Thia Megia has just gotten what may be one of the biggest compliments ever given by an "American Idol" judge to a contestant.

During the semifinals held March 2 that featured the Top 24 contestants, record producer Randy Jackson did not hide his astonishment at the quality of Megia's voice, which reminded him of King of Pop Michael Jackson.

"It's been said and it is definitely true that the mark of a great singer... is the quality of the tone of the voice.... [and] your tone when we first heard you reminded me so much of the late great Michael Jackson," he declared.

Megia, one of the youngest hopefuls on the US show, garnered rave reviews from Jackson and his co-arbiters Steven Tyler and Jennifer Lopez, as well as a standing ovation from the audience for her intimate performance of the "Fame" song "Out Here On My Own."

"I love it, it's infectious... It doesn't matter what age you are. This is what hot singing is about!" Jackson added.

Tyler lauded Megia's "perfect" pitch, a quality he could not believe a 15-year-old could have.

"Sometimes a person's pitch can be so perfect it doesn't matter what song they sing. And you just did that. I can't believe you're 15!" the Aerosmith front man exclaimed.

He added that although he, Jackson and Lopez selected "so many people that are so good it's gonna be hard for the American public to pick," Megia "[made] it easy for [me]" because of her performance.



Thia Megia performing 'Out Here On My Own' on 'American Idol.' (Photo from Michael Becker/FOX) Michael Becker/FOX

Lopez marveled at how Megia pulled off her performance---starting off a capella, with the piano accompaniment entering after a few verses.

"It was just so beautiful. It's such a quiet moment in the middle of all these very big performances to come out there, stand still, sing with no music in the beginning and just captivate every single person in this room was really, really special," the pop singer enthused.

Megia has been making quite an impression on the judges since her audition last January during which she did a cover of Adele's "Chasing Pavements."

Many predict that Megia will make it to the Top 12, which will be unveiled on March 3 (US time). Some 10 finalists---five girls and five guys---will be determined through public voting, while the judges will pick two "wild card" contestants.



the demo, standing to hear the closing speeches, the banners of many groups were held in what seemed a solid wall of different women's organizations, standing together in solidarity to celebrate and affirm the strength of women to continue to make change for a better society for

their families, communities and themselves.

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SHOWBIZ GOSSIP

Luis clears mom Vilma's involvement in car ambush



Gov. Vilma Santos-Recto

Luis Manzano clarified speculations that his mother, Batangas Governor Vilma Santos-Recto, was the target of a car ambush that killed her executive assistant and his driver last March 12.

The TV host-actor told "The Buzz" on March 13 that he had spoken with his mother about the incident.

"Tinawagan ko 'yung mommy ko... habang ongoing ang 'E-Live.' Tinanong ko [siya], 'Nangyari ba na ikaw 'yung target na may nadamay lang?' Sabi niya hindi talaga. Sabi niya, 'Ako pauwi. Completely iba ang pupuntahan nila.' So, I guess iba 'yong rason kung bakit nangyari 'yon. I don't think may kinalaman sa mommy ko," Manzano related.

Text messages and online posts circulated earlier alleging that Santos-Recto was victimized in the ambush. Luis dispelled the rumor on "E-Live" Saturday.

"I just want to clarify na hindi po totoo na ina-ambush ang mommy ko. Ang unfortunate incident po ay nangyari po sa kanyang executive assistant," he said.

Manzano reiterated in his interview with "The Buzz" that the actress-politician is "a-okay." He also wished that "justice be served" for the victims of the ambush namely Cesar Guce, Santos-Recto's executive assistant and the supervising administration officer in Batangas' budget office, and his driver Randy Reyes.

The two, together with a 17-year-old boy, were heading to Cuenca, Batangas aboard a Toyota Land Cruiser when three masked men on a motorcycle fired at them along Barangay Banay-Banay at around 6:30 a.m. Sunday, reported ABS-CBN News.

The vehicle, according to witnesses, then lost control and smashed into a watermelon stall. The boy reportedly survived the grim incident but Guce and Reyes did not even when reportedly rushed to the Mary Mediatrix Hospital by bystanders.

Santos-Recto was "shocked" at what happened to her executive assistant.

"He's a good man at wala akong alam na dahilan para siya patayin," she told ABS-CBN News.

While Manzano thinks the motive behind the ambush was likely "personal," the Batangas governor is clueless if the incident involved work.

"I have no idea kung may nasasagasaan siya sa trabaho niya, and knowing him, he's not the type na nakikialam sa interes ng ibang tao," she said.

The Batangas police, headed by Senior Superintendent Albert Supapo, has launched a special task force to investigate the incident upon Santos-Recto's orders.

"Hindi ko sila pababayaan, gagawin ko ang lahat para mahuli ang mga gumawa sa kanila ng bagay na ito," said the governor. ■

Kris quiet on James' rumored romance with Isabel



Kris Aquino

Bong Revilla

It seems like TV host Kris Aquino has truly changed in that she no longer wants to stir any more controversy by commenting on the rumored romance between her ex-husband James Yap and model-actress Isabel Oli.

In a rare display of controlled emotion, Kris refused to react on James' love life except to say he's free to do as he pleases because "he has his freedom already, although not [yet] legally."

"Wala pa naman 'yung papeles naming dalawa. Tutal hindi na naman kami sa isang bubong nagsasama at kung gusto na niyang umibig muli, by all means. Kasi ano, eh, I believe talaga everybody deserves a chance at happiness," she said on "Showbiz News Ngayon," March 9.

Even when pressed to say her piece, the TV host still refused to do so.

"Wala akong comment sa buhay niya. Ang pinoproblema ko lang buhay ko at buhay ng mga anak ko. Kailangang maging happy ako at 'yung mga kids ko. Kung happy kami, eh, 'di okay na 'yon."

Not even serious prodding could make Kris talk about it.

"Ayoko... ayoko. Mag-aaway na naman kami," she insisted, adding, "nag-promise ako sa kanya na ano, sa-shut up ako para peace, love, harmony. Ayun ha, James, hindi ako nag-comment, ha. Be happy."

Revilla siblings unveil monument for Revilla Sr.

If Kris was adamant in not talking about her ex-husband's new romance, the Revillas, Sen. Bong Revilla and Cong. Lani Mercado, are proud to talk about the recent monumental birthday celebration for the Revilla patriarch, former Sen. Ramon Revilla, Sr.

As the family's gift to the elder Revilla, they unveiled a monument made by a National Artist Eduardo Castrillo in honor of the actor-politician.

"Ang monument na ito ay gawa ni Mr. Ed Castrillo. Siya 'yung napili namin na gumawa nito dahil unang-una sa lahat, National Artist siya. Pangalawa, taga-rito siya sa Cavite," Cong. Mercado said.

Coinciding with the unveiling of the monument is the opening of a coffee shop and mini gallery called Memo-Revilla, also in honor of the senior Revilla.

Bong shared how they came about putting up a gallery for their father.

"Ito 'yung pinag-usapan naming magkakapatid dahil, siyempre, ano pa ba ang ireregalong [namin] sa aming ama? Nasa kanya na lahat. Ito 'yung isang bagay na hindi niya makakalimutan. Para maibigay... kumbaga, habang nabubuhay siya. Alam mo lahat naman ng tao, siyempre, may hangganan. Alam niya nandyan na 'yung memories niya na hindi mawawala," he said. ■

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Kim Chiu graduates from high school



Kim Chiu

Young star and alternative learning student Kim Chiu has realized one of her dreams by graduating from high school recently.

She was teary-eyed when she gave her commencement exercise speech. "Lagi nating tatandaan na ang kahalagahan ng buhay ay hindi lang natin mararating sa ating sarili. Libre hong mangarap... pinangarap kong makapagtapos ng pag-aaral at ito, natapos ko na kaya

congratulations po sa ating lahat," she said in a clip aired on "Showbiz News Ngayon," March 10.

She related how her grandmother wished for her to finish school even while she's in show business.

"Ang sarap ng pakiramdam. Ayan na siya. Parang ang saya niya. Ang tagal ko nang gustong maka-graduate. Ito talaga 'yung pinangarap ng lola ko sa akin bago ako pumasok ng showbiz, sana matapos ako kahit high school man lang," she said.

Earning a high school diploma entailed a lot of hard work and sacrifices for Chiu. "Pag dinner break nag-aaral na lang or after kong basahin 'yung buong script nagbabasa na lang ako ng mga lessons ko."

Chiu wanted to prove something to herself, that "hindi biro 'yung showbiz to education. Parang ang baba ng tingin sa akin ng mga tao. Parang easy money, ang dali so hindi na sila nag-aral. Sabi nila parang ang bobo-bobo or walang pinag-aralan, ganyan. Pero ako, gusto ko ipakita na nag-aaral din naman kami. May mga pangarap din naman kami na makapagtapos."

Chiu intends to pursue a business course in college. ■

Lovi wants to move on from 'stressing' chapter



Lovi Poe

Young actress Lovi Poe has decided to move on from a "stressful" chapter in her life involving her rumored boyfriend former Ilocos Sur Representative Ronald Singson.

Singson has resigned from office after being sentenced by a Hong Kong court to an 18-month prison term for possession of illegal drugs.

In a report by abs-cbnnews.com, Lovi said, "Now it's time to move forward and be positive. Embrace the things that I have right now. Be positive. I don't want to dwell on the bad things."

Singson pleaded guilty to drug trafficking prior to his verdict. Lovi, who was with Singson when the verdict was read, was saddened by the turn out of events. A statement passed by Lovi's manager Leo Dominguez to Bulletin Entertainment stated that Lovi flew to Hong Kong weeks back to give support to Singson.

The young actress, who is the daughter of the late Fernando Poe Jr., wants to focus on work for the meantime and will not "use" her heart for a while.

"I'll just be working a lot," she stressed.

However, one thing Lovi can't promise is keeping her relationship with Singson.

"I can't say anything. I just wanna go on with the flow, do my job and make sure that I won't step on other people."

Lovi dismissed reports that the Singsons are against her. She pointed out that accusations are not true. She will keep silent out of respect for the Singsons.

"I don't want to talk about it anymore because there are a lot of people involved. I don't want to drag them into this... Hindi sila showbiz na tao. Respeto ko na lang 'yon na hindi sila pag-usapan in public," Lovi said. ■

Charice resumes taping for 'Glee'



Charice on the set of 'Glee' with fellow cast members Lea Michele and Darren Criss. (Photos courtesy of Lea Michele's and Charice's Twitter accounts)

It can finally be said that Sunshine Corazon will definitely be back soon on US musical TV series "Glee."

"Look who's back!! @officialcharice!!! So happy!!!" actress Lea Michele posted via Twitter on the morning of March 9, Manila time, along with a photo of her and her "rival" Charice on the set of "Glee." Michele plays New Directions' resident diva Rachel Berry on the show.

Moments later, Charice retweeted Michele's post and added, "You're so sweet. <3"

The international singing sensation then followed up these tweets by putting up a picture of her with fellow cast member, Fil-Am Darren Criss.

"Filipino power!!!! Blaine Anderson and Sunshine Corazon!!!!" she gushed. Criss plays Anderson, member of New Directions rival choir Warblers and love interest of Chris Colfer's Kurt Hummel character on the show.

These on-set photos and updates surfaced on the same day as the "Sexy" episode of "Glee" aired locally. Recall

that it was reported on Friday by ew.com that Charice will be making her comeback on this episode but this, as it turned out, was just a false alarm.

Prior, the pop star was also rumored to return to "Glee" via the Superbowl episode on Feb. 6, but that proved to be untrue as well.

Charice as Pinoy exchange student Sunshine Corazon first appeared on the second season pilot episode of "Glee" in October last year. Her recurring character originally auditioned for a spot in New Directions, McKinley High's glee club, but jumped ship to rival Vocal Adrenaline by the end of the episode after Berry intimidated her. She has not been seen since.

Meanwhile, Charice's comeback episode is yet to be announced as of this writing. The singer is slated to appear in five more episodes towards the end of the current season, as mentioned in an interview by ABS-CBN with "Glee" creator Ryan Murphy aired in January. ■

Lea touched by her husband's B-day surprise party



Lea Salonga

When Lea Salonga got the surprise of her life a day before she turned 40 last Feb. 21, she was gifted a complete beginner's golf set from her husband Rob Chien.

Lea was so touched by her husband's effort to make her 40th birthday so special. Her friends, mostly from theater, were gathered at the Palms Country Club in Alabang for the surprise party.

Her brother Gerard was a co-conspirator. He told Lea he was not available for her birthday dinner on Feb. 22 that's why they had to have dinner that night. The unsuspecting Lea said yes and got a pleasant surprise seeing her friends, old and new, converging for her special occasion. Name-droppables at the party were Aga Muhlach, Charlene Gonzales, Freddie Santos, Bobby Garcia, Menchu Yulo, Chari Arespacochaga, Richard Poon, Calvin Millado, among many others.

The golf set will help her master the sport that her husband loves so much and she can't wait to get started. ■

Youtube sensation Maria Aragon duets with Lady Gaga in Toronto



Lady Gaga with Maria Aragon

Lady Gaga calls Fil-Am YouTube sensation Maria Aragon 'Lady Maria' during the hitmaker's sold-out Toronto show. (Photo from Twitter)

TORONTO, Canada--Ten-year-old singing sensation Maria Aragon of Winnipeg performed with her idol, outrageous chart-topping singer Lady Gaga, during a sold-out concert in Toronto on Thursday night (Friday, March 4, Manila time).

The grade-school student, who caught Gaga's attention after posting a cover of "Born This Way" online, sang the American pop star's hit single with her about an hour into the show at the Air Canada Centre.

Maria strode out dressed in shiny black pants, a pink shirt and a white hat.

"I'm really excited that Maria is here today, because Maria represents what this song is all about," Gaga said.

"It's all about the next generation and the future, and no more divisiveness."

The 10-year-old sat on her idol's lap at the piano and the pair

performed to a roaring, cheering crowd.

Gaga, who called Aragon "Lady Maria from Winnipeg," was in tears after the young performer left the stage.

"Lady Maria really belted it out," CBC reporter Sheila North Wilson said from the concert. "The crowd loves her."

Maria Aragon says it was "so great" to sit at the piano with Lady Gaga. She says Gaga's Toronto fans made her feel welcome onstage.

After the duet, Maria thanked her family and friends for their support before heading offstage.

"I'm just really grateful to all of you."

The young singer popped out again during the encore, joining Gaga for a final dance. At a news conference after the show, Aragon said the dance was spontaneous and hadn't been rehearsed.

"She got me all pumped up and she made me so comfortable, so I just started dancing," Maria said. "It was for the crowd."

The self-taught musician said she was comfortable onstage, but the whole experience was a bit overwhelming.

"Lady Gaga is really big and she's so amazing," the Winnipegger told reporters after the show. "Being supported how she was supported up there made me feel really great."

Maria's catapult to fame began last month after she posted to YouTube a simple video of herself singing and playing keyboard to "Born This Way."

Gaga herself viewed the video and shared it with her millions of Twitter followers, noting: "Can't stop crying watching this. This is why I make music. She is the future." ■

Young actress Kahtryn Bernardo eager to comfort crying fan after death of her TV character



Kahtryn Bernardo

Actress Kahtryn Bernardo is keen to soothe a fan who cried over her "death" on national TV recently.

So "touched" that the young fan took to heart the seeming "passing" of her character in the hit TV series "Mara Clara," Bernardo wishes to assure her that she is very much alive and well.

"Sobrang na-touch po ako sa bata," said she in an interview with PEP. "Hindi ko ine-expect na magiging ganoon ang response niya sa 'Mara Clara.' Kaya lang, medyo naawa rin po ako sa kanya kasi talagang nagwawala po siya. Parang siya talaga yung namatayan."

And how. The fit of bawling that the fan—simply identified as "Pam"—displayed via a video posted on YouTube was too much to bear for some that they actually went out of their way to assure her that it was just

Dawn Zulueta hits critics of Sharon billboard



Dawn Zulueta

Megastar Sharon Cuneta has found an ally in veteran actress Dawn Zulueta.

Zulueta lambasted those who have been criticizing the controversial Marie France billboard of her co-endorser, Cuneta.

Speaking to ABS-CBN News, the comebacking Kapamilya star defended the megastar.

"Let's just wait and see because Sharon is really starting to lose weight and she already has. Abangan lang nila gaya rin naman ng sa billboard ko, there was a before-after and then second after, so 'di pa yan tapos" she said.

"Well, you know, it's expected din siguro. How nice it is naman to have the Megastar in our family. I think it's a good thing that Marie France was able to get Ate Shawie, so siguro 'yong mga nangi-intriga, wala lang silang magawa," she added.

Showbiz comeback

Meanwhile, Zulueta said she is thrilled to be back on ABS-CBN 2 years after she gave birth to son Jacobo.

"The movie I'm doing is also with Star Cinema and now that I'm back on television, it's for teleserye here with the Kapamilya station, ABS-CBN, and I feel thrilled because I couldn't do it with any better station," she said.

"Matagal-tagal akong nawala, pero

ngayon happy na 'ko because I'm finally home," she added.

Zulueta will play Magda, mother of lead character Olivia Pereira in the remake of "Mula Sa Puso."

When asked what made her accept the role, Zulueta replied: "It's not hard naman to convince me because I like working with ABS-CBN and then of course, the project is also



Sharon Cuneta

wonderful. It's been a hit for the last 11 years when it was last shown."

"And now they're doing it a little better, mas i-enhance daw 'yong crucial characters ng storya and then of course aside from that siyempre it's really wonderful to be a Kapamilya naman talaga so I love being back," she ended.

Aside from this, the alluring actress is also part of Star Cinema's upcoming film, "Catch Me... I'm In Love" starring Sarah Geronimo and Gerald Anderson. ■

make believe.

"Stop crying baby....Mara is alive," said one.

"Naiyak naman ako sa kapatid mo... naawa ako sa kanya," said another.

The video was apparently uploaded on the popular video sharing site by the fan's sister. It became an instant hit with over 954,103 hits as of this writing.

To assuage the fan, Bernardo has since uploaded a video on the same site dubbed, "Pam, this is for you." Explaining her action, Bernardo said, "Gusto ko pong ma-comfort siya dahil baka hanggang ngayon, depressed pa rin siya."

More, Bernardo plans to meet up with the fan via Skype—the fan is

based in Chicago—and together with her co-star Julia Montes.

"Gusto ko talaga siyang ma-meet kasi dahil nakita ko kung gaano napamahal sa kanya si Mara so sana ma-meet namin [she and Montes] siya," said she in a separate interview with absbnnews.com.

"Tatanungin ko kung okay na siya, feeling ko mabait siya. Bata, so casual lang namin siyang kakausapin para hindi din siya mailang," she added.

Bernardo plays the character of Mara in the ABS-CBN remake of the series "Mara Clara." Her character was made to appear to have died in the March 3 episode of the show. ■

Cesar Montano's son ventures into showbiz



Diego Loyzaga

Diego Loyzaga, the son of Kapuso talent Cesar Montano, has opted to bloom on the other side of the fence by signing a three-year exclusive contract with ABS-CBN. He will be managed by Coco Martin's manager, Biboy Arboleda.

Both Diego's parents are actors (and Teresa's sister Bing Loyzaga is also in showbiz) but he says joining show business was his choice.

"I enjoy acting po. At school, we have theater po, I really enjoy being part of it. That's one of the reasons, besides my parents po, that I want to try if I am capable of being what they have achieved," Push quoted him as saying.

Diego got his father's nod by promising him that his studies will remain top priority.

In apparent assurance that he will keep his word, Diego said his showbiz workload is "organized."

"They'll be scheduling times when I can work and not work because of my school, so it's very timed and organized po," said he.

For his first project with ABS-CBN, Diego is cast in the primetime series "Mara Clara," where he will teamed up with Julia Montes, who plays Clara. ■

Judy Ann Santos says she's now on a diet



After giving birth, actress Judy Ann Santos is taking on a new challenge – losing weight.

Santos, wife of actor-host Ryan Agoncillo, gained weight while pregnant with their first child, Juan "Lucho" Luis.

Santos said she is already on a diet and has started jogging and gym works.

"Lucho is now 5 months old. I started going back to gym when Lucho turned 3 months. On the 3rd month, doon pa lang ako nagtatakbo ng paunti-unti para hindi mabinat, nag-gym, nagda-diet pero unti-unti," she said.

She said she is doing it "to be comfortable with myself" and regain her confidence.

"I just really want to feel good.... You want to dress up the way you used to be. Kasi ngayon very limited and clothes na susuutin mo kasi marami kang itinatago. Since malaki pa ang tiyan ko akala nila buntis pa din ako. So medyo nakaka-hurt ng slight 'yong 'buntis ka na naman.' Hindi po, sadyang may fats lang ako," she told reporters during the launching of her

first endorsement as a mother, "Lactum."

She added: "Kung mataba ako at mataba din ang nagsabi sa akin na mataba ako, ang tanong ko na lang, 'Nabuntis ka na ba para sabihing mataba ako?'" she said.

Showbiz comeback

The actress said she's enjoying married life. She also had a blast during her long break from show business.

"I promise myself nai-e-enjoy ko naman itong nangyayari sa aking ito. Ilang years nag-trabaho naman ako so ito lang talaga ang first time na nagpahinga ako ng ganitong kahaba, parang kulang pa nga," she said.

After her 10-month leave, Santos is now preparing for her upcoming show on ABS-CBN, "Junior Master Chef."

"Mag-start kami ng audition sa March 31 for the first 100 kids, then down to 50 then to 20. Excited ako kasi ang daming batang magagaling na nag-au-audition," she said.

The actress admitted that she's also excited to do acting projects. Santos said she might do a film before the year ends and a television series

next year.

Reports said she will do a movie alongside "showbiz sisters" Megastar Sharon Cuneta and Pop Star Princess Sarah Geronimo.

"Hindi ko alam, naririnig ko lang pero di ako sure kung matutuloy. Ako hoping na matuloy 'yon kasi once in a

lifetime chance na makasama ko ang dalawang magaling kumanta. Tuturuan ko silang bumelt, bobongga kami ng tili," she said.

Meanwhile, Santos, a contract star of ABS-CBN, also denied talk that she is moving to a rival network. ■

Mariel, Robin's Catholic wedding set in June



Mariel Rodriguez & Robin Padilla

Celebrity couple Mariel Rodriguez and Robin Padilla will have their second wedding in June of this year.

In a press conference for "Tum, My Pledge of Love" on Saturday, the 2 stars, who had a secret wedding in India, announced that Rodriguez will be a "June bride."

"Gusto ko maging June bride siya," said Padilla.

Rodriguez and Padilla initially planned to tie the knot on February 14, but decided to move it to a later date to give way to their upcoming movie.

"Hindi umabot noong galing sa India. Ito naman pong dapat Valentine's Day, kami ay nabigla sa play date namin kaya po hindi namin nabigyan ng sapat na atensyon 'yon," Padilla said.

Meantime, the veteran action star assured that they will not keep their upcoming Catholic wedding a secret.

"Sa pagkakataong ito, ayaw na namin na kami lang ang nakakaalam kasi ayaw na naming may magtampo. Gusto namin sa pagkakataong ito, 'yong kasal namin sa simbahan ay lahat kayo ay nandoon," he added.

When pressed for other wedding details, however, Padilla said: "Meron na kaming [venue ng wedding pero] sorpresa ko sa kanya 'yon, huwag na muna." ■

Thia Megia fails to impress American Idol judges



March 17, 2011

Following her strong performances in the past week, Filipino-American Thia Megia, the 15-year-old "American Idol (AI)" finalist, on Wednesday night (US time) failed to impress the judges of the talent competition.

According to an Associated Press report, Megia received not so flattering remarks from judges Randy Jackson, Jennifer Lopez and Steve Tyler after her rendition of Vanessa Williams' "Colors of the Wind."

The finalists sang tunes from the year they were born.

Jackson, for one, said it felt like he was at "some pageant somewhere" after watching her performance, the report added.

The report said finalists Haley Reinhart and Karen Rodriguez also



failed to wow the 3 judges.

One of the 12 remaining AI finalists will be eliminated on Thursday ■

Showbiz Gossip *Continued from p.19*

Christian Bautista bumps into Bruno Mars inside LV store



Christian Bautista outside the Louis Vuitton store in Paris where he met Bruno Mars (photo by Carlo Orosa from Christian's Facebook fan page)

Fresh from winning Favorite Remake and Favorite Mellow Video in the 2011 Myx Music Awards, Christian Bautista talked about his travels in Europe—including bumping into Bruno Mars in Paris on March 4.

"Bumibili ako ng belt sa Louis Vuitton store when I saw him trying out some clothes. So, I approached him and said, 'Are You Bruno Mars?' Sabi niya, 'Yes, it's me.' Sabi ko, 'I'm Filipino and I know you're going to the Philippines soon. Can I have a picture with you?'" Bautista said.

Though the singer behind the hit songs "Grenade" and "Just The Way You Are" acknowledged the greeting, Bautista was barred from realizing the photo opportunity because the

international star's bodyguards stepped between them.

"No," saging ganun nung bodyguard," Bautista recounted, laughing. "Naintindihan ko naman. Busy yung tao sa pag-sha-shopping."

Bautista visited several European countries including Norway, Vienna, Italy and France in the span of 11 days. Though he was there for a concert tour with Erik Santos, he made time to visit some of the tourist spots including the Eiffel Tower.

He also mingled with his OFW fans in those places; spending more time with them than usual knowing that they only see Pinoy celebrities once in a blue moon.

"Kaya naman napaka-warm ng pagtanggap nila sa amin. Nililibre pa nga nila kami," the singer recalled.

Bautista plans to return to Europe as he was impressed with the unique character of its cities. On his tick list for next time are stops in Greece, Spain and Germany.

"And when I return to Paris, sana with a girlfriend na," he said.

Those countries (and that girl, whoever she is) will have to wait. In the coming weeks, Bautista will be busy promoting his first international movie, "Jayden's Choir." He said the movie will be shown in Indonesia and the Philippines, and maybe in Malaysia and Singapore, too. Aside from his acting, fans can look forward to hearing the movie theme song which he sang, titled "I'm Already King." ■

'Eat Bulaga' stays with the Kapuso network



That's what John Lloyd Cruz "Eat Bulaga" will bring cheers to noontime viewers still via GMA-7.

TAPE Inc. President Tony Tuviera and Executive Vice President Malou Choa-Fagar, two of the big bosses of the show, recently renewed their contract with GMA-7. In a report by "24 Oras" on March 15, Atty. Gozon expressed amazement at the longevity the noontime show enjoys. "Ang 'Eat Bulaga' ay hindi lang isang institusyon. Bihira ang variety show na tumatagal ng alam kong ganyan kaya't tayo'y talagang nagagalak na they chose to

stay with us."

He added, "Alam kong maraming may gusto diyan. Parang magandang babae 'yan, eh."

Mr. Duavit said there exists respect between the network and the show, which is why "nakapagtaba siyempre ng puso lalo na well... ang tibay ng samahan, 'yung respeto sa isa't isa, ang kahalagahan sa isa't isa. Mahirap isipin na ang Kapuso na hindi kasama ang Kapusong Bulaga."

Tuviera likened the renewal of contract to "renewal lang ito ng marriage vows." ■

Bea is the new face of Lactacyd



Bea Alonzo

That's what John Lloyd Cruz reminds everybody in a pain-reliever commercial.

As the new face of Lactacyd, which has been the feminine-wash expert these past 20 years, Bea Alonzo (photo) is saying, "Di bale na lang!" if

it's not Lactacyd, a product as wholesome as her image.

Despite the effort of her detractors to besmirch that image, Bea remains unperturbed, confident as she is that what she owes the public is a good performance whether on the small screen or the big screen.

She drinks, so what? Everybody does — social drinking, you know.

"Pero hindi naman ako nagpapakalasing," said Bea good-humoredly, shrugging off the "blind items."

A product carefully studied by Sanofi-Aventis, Lactacyd has active ingredients that promote all-day freshness and cleanliness in a woman's most intimate area.

"Just what I need," said Bea, "considering the hectic schedule that I keep every day."

So, kung hindi alagang expert, repeated Bea, "di bale na lang!" ■

Baby James celebrates 4th bday with orphans



Kris Aquino with son "Bimby"

This coming April 19, the only son of Kris Aquino and James Yap will be celebrating his 4th birthday. And as an early celebration, Kris made sure that her son won't be the only one who will enjoy the special event.

On Thursday, both Kris and son, fondly called "Bimby," went to Bahay ni Maria orphanage to share their blessings with other children.

Spending time with and giving gifts to the lesser fortunate were also part of how Kris celebrated her 40th birthday last month.

Disney Cruise

Kris revealed that this will be Bimby's only party because next month, they will all be leaving for a cruise as her gift to her son.

"May Disney Cruise, that was my promise to them," the celebrity mom and presidential sister said.

"Ten nights ang cruise, all-Disney. Family lang talaga ito," she added.

Aside from the Disney Cruise, another gift of the TV host for Bimby is a good relationship with her estranged husband.

According to Kris, she and Yap are maintaining a good friendship for the sake of their only child together.

She also disclosed that they have already settled all their financial issues as a couple.

"Lahat ng aspetong pinansyal tapos na talaga. Na-settle namin nang maayos, amicable, fair," she explained.

Meanwhile, the Queen of All Media evaded the question when she was asked about Isabel Oli's denial as the rumored girlfriend of Yap.

"Kung ayaw nila umamin -- kung may aaminin man sila -- it's up to them. Ayaw ko makialam sa kanila para he will be nice to me," she said.

As for her part, Aquino said the process of their annulment is still pending, thus she is not yet ready to love again. ■

In good terms with ex

www.filipinostar.org

36 EMPLOYEURS RECHERCHENT MAIN- D'OUVRE, 4e JOURNÉE CONTACT EMPLOYEURS/PERSONNES HANDICAPÉES

Montréal, le 9 mars 2011 – 36 employeurs participeront à la 4e Journée Contact employeurs/personnes handicapées le jeudi 7 avril prochain. Les étudiants, les finissants, les diplômés et les personnes actives sur le marché du travail, qui ont une limitation fonctionnelle (incluant les difficultés liées à la santé mentale ou aux troubles d'apprentissage), sont invités à se brancher sur le réseau de l'emploi et à venir rencontrer les employeurs pour des postes à temps plein et à temps partiel, des emplois d'été et des stages. La 4e Journée Contact est organisée par le Comité d'adaptation de la main-d'œuvre (CAMO) pour personnes handicapées en collaboration avec le Comité Action Personnes Handicapées Intégration Travail (ÇAPHIT) de Laval et le SEMO Montérégie.

DES EMPLOYEURS

- Aéroports de Montréal

- Agence de revenu du Canada
- Air Canada
- Alimentation Couche-Tard
- Astral
- Banque Nationale Groupe financier
- CBC/Radio-Canada
- Cégep Marie-Victorin
- Centre de services partagés (fonction publique québécoise)
- Cirque du Soleil
- CGI
- Collège de Maisonneuve
- Commission de la fonction publique du Canada
- Conseil québécois des entreprises adaptées
- Desjardins
- Hydro-Québec
- Les Services Ménagers Roy Ltée
- MétéoMédia
- Postes Canada
- RBC Banque Royale
- Samson Bélair/Deloitte et Touche ...2
- Santé Canada
- Service correctionnel du Canada
- Société de transport de Laval (STL)
- Société de transport de Montréal

- (STM)
- Société du Vieux-Port de Montréal
- Société québécoise d'information juridique
- Statistique Canada
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Agents kept tabs on workers

Didn't advise Three Amigos of requirements, lawyer contends
10/02/2011 8:46 AM

By: Carol Sanders

Three Canada border services agents who got the so-called Three Amigos busted in Thompson last summer will have some explaining to do when they appear in court next month.

An Immigration and Refugee Board adjudicator on Wednesday granted human rights lawyer David Matas's motion to question investigators in the case. The Winnipeg-based agents were in Thompson last spring watching the three temporary foreign workers dubbed "the Three Amigos" long before they were in violation of the 90 days' grace allowed to have work permit status restored by a new employer, the court heard.

"If my clients had known what to do, they would've done it," said Matas, who is representing the three Filipino workers through Legal Aid Manitoba. "It's a form of entrapment," he said after the admissibility hearing.

Antonio Laroya, Arniso Gaviola and Ermie Zotomayor were making \$10 an hour at the Thompson gas bar until they were arrested last summer for working without valid work permits. They were laid off from jobs in Alberta and said they were told by their new employer in Manitoba he'd take care of the labour market opinion and other documents needed to restore their work permits. Meanwhile, Canada Border Services Agency investigators declared they'd been watching them work in March and April. They didn't counsel them on what was legally required of them. Their 90 days' grace expired in May, and the Filipino foreign workers were arrested in June by police.

Their admissibility hearing Wednesday was put over to March 15, when the three Canada Border Services Agency investigators can appear in court. The three men's status remains in limbo and they can't work to support their families in the Philippines or themselves. They're getting financial help and moral support from friends, church groups and Filipino labour organizations like Damayan Manitoba and Migrante Canada.

The men came to Canada from the Philippines after paying recruiters hefty fees to work in low-paying service jobs in Alberta. When they were laid off, they had 90 days to restore their work permits but were ineligible for benefits from the Employment Insurance to which they'd contributed. They found jobs in Thompson.

The Three Amigos, like many low-skilled temporary foreign workers, were caught in a jam, Matas said at press conference after court.

"What we're seeing now is the problem of abuse of migrant workers," he said. Matas said workers are paying placement fees when they should not be charged. "You shouldn't have to pay to get a job," said Matas, adding foreign workers are also being exploited by employers when it comes to transportation costs.

The employer is responsible for their airfare home at the end of their contract but the workers are laid off and the cost is passed along to the next employer. "It creates a termination incentive."

Matas said workers can restore their status within 90 days of losing a job

but it puts them in a vulnerable position. With no income, they have to find work, apply for the work permit and hope their employer is registered in Manitoba to hire temporary foreign workers and fills out their end of the paperwork.

"These people were trying to deal with the system as best they could," Matas said of the three Filipino men. "It shouldn't have happened this way." The border services agents should have said "stop" and told them the proper procedures to follow, not lain in wait for them, he said.

He's hoping the Filipino men receive temporary residence permits that will allow them to stay in Canada to get their affairs and work permits in order. "We are frustrated," Gaviola said at the news conference. "We've been waiting a long time since we (were) arrested. Our families in our country are affected."

He said his family back home is down to two meals a day, and they can't afford to buy the youngest one milk. Instead, they rely on water.

At one point, he felt like giving up and returning to the Philippines but, with extremely high unemployment there, he wants to stay and work in Canada.

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Sam Milby contacts Marié Digby in quake aftermath



Marié Digby

A worried Sam Milby immediately called up international singer Marié Digby upon learning that a magnitude 8.9 earthquake struck Japan on March 11.

"All my friends are reaching out to me because all of the cellphone lines were down and no one could get in touch with us. Sam is one of the people who reached out and made sure that I was okay and my family was all right," Digby related in an exclusive interview by ABS-CBN News on March 14.

Recall that Milby admitted last year that he and Digby used to date, but decided to remain good friends because of distance. He's based in Manila, while she shuttles back and forth from Los Angeles to Tokyo.

Apparently, Digby was in Tokyo that time. The former Youtube sensation revealed that she and her mother were inside an elevator when the ground started shaking.

"We were lucky to be in a secure building but many people weren't and they ended up dying either in the earthquake or as a result of the tsunami," Digby continued.

Asked how she felt then, the American-Irish-Japanese singer said,

"It's kinda like panic, but at the same time you're in survival mode. It's a feeling I've never had before and I'm just really, really grateful that we were unharmed."

Digby also managed to document the earthquake as it happened via tweets she posted Friday afternoon.

"woaaaa!! big earthquake in tokyo!!! still moving here... starting to hear sirens outside... :/ we are fine here though...."

"we just had a big earthquake!! 7.0 !! my building is still shaking !"

"we are still shaking. We've been advised to remain in our building however. We are safe. praying for everyone in Japan #prayforjapan"

Arriving in Manila Monday morning, the 27-year old singer is in the country for a project. According to her, Milby was one of the people of convinced her to do a project here.

After her job here is done, Digby



Sam Milby

intends to focus on coming up with ways to help her countrymen.

"I'm really coming to the Philippines with a heavy heart because my heart is still back in Japan for the people who lost their homes, their lives, their friends and families."

"So it's my goal, as soon as everything settles, to figure out how I can give back to my community and how I can help all the people who were part of the destruction," said she. ■

Rhian Ramos reveals rules she observes when online



Rhian Ramos

In the time of Twitter and Facebook wars and other Internet scandals, Rhian Ramos has kept her hands clean by sticking to certain Dos and Don'ts whenever she's online.

She told Bulletin Entertainment and other members of the press during her relaunch as PLDT MyDSL endorser that she only tweets about things she is comfortable sharing publicly.

"If I want to send a private message, I use the email," she said.

The actress uses her social networking accounts to keep her followers updated on goings-on in her everyday life, to share with them her random thoughts, and to answer their questions.

She rarely responds to bashers—not that she has a lot. "Halos wala [akong haters]," she said. "Merong isa, dalawang 'hate' accounts na isa lang din ang follower, dalawa lang, ganun."

However, Ramos points out that just because she is a celebrity, doesn't mean she no longer has the "right" to defend herself from criticisms especially the below-the-belt ones.

"Especially when people judge us just because of our jobs! We are not just our jobs. It may be part of who we are but it does not---should not---define us."

She has this advice for celebrities who can't help but respond to such attacks: Don't be personal nor judgmental in addressing your hater.

"Don't be rude to them [haters] but just correct them," she quipped.

Rhian doesn't have a Facebook account but she utilizes a different platform apart from Twitter and that is Skype.

"I have friends from far away places kasi and syempre, masyado namang magastos kapag lagi kang mag-overseas sa kaniila," she said.

Other things she uses the Internet for is to research on fashion, her roles, and countries she wants to visit; and to download videos.

On reading about places, she explains that she has made it her mission to visit a new city every year. So far, Rhian has gone to USA, Singapore, China, Europe, Korea, among others.

"I collect mugs from every city I visit," said she, who recently did a shoot for PLDT MyDSL with her good friend George Schulze.

The actress summed up the importance the Internet has become to practically everyone.

"Nowadays, people have become so reliant on the Internet that they can't move without it. They have to check everything online before they make any decisions." ■

Pacman rebukes alleged fake Pacmom on Twitter



Manny Pacquiao

Only weeks before his fight with Shane Mosley, Pinoy prized pugilist Manny "Pacman" Pacquiao is

getting a good workout—online, that is.

After admonishing a fellow Twitter user who criticized his English a few days prior, Pacman has taken on another adversary—this time, a Twitter user whom he alleged is pretending to be his mother.

Using his official Twitter account @CongMP, Pacquiao admonished the person who goes by the account name @OfacialDionisia.

"Sorry but Mommy D don't have twitter account so please stop pretending that you're mommy mahiya naman kayo na gumagamit ng iba thank you."

The eight-division world champion went on to harangue the user for hiding behind his mother's name deeming the act, "plastic."

"Kung ako man mahiya akong

gumamit ng iba kasi parang wala tayong tiwala sa sarili natin plastic kong tawagin nagtatago sa ibang anyo ty."

Seemingly realizing that he might have been too harsh with his words, Pacquiao explained his stand after a bit.

"Pasensya na kaya lng ayw ko ksi ng taong hndi totoo sa sarili ksi ako kong ano man ako, ako to totooong tao ako hndi ako marunong mag pangap."

The Twitter user is seemingly unperturbed, however, tweeting the Sarangani congressman directly in a manner consistent with the seeming speech characteristic given to the boxer's mother.

"Subrang nahihiya ako kay Manny kasi di ko nasabi na may tweter ako. Piro Manny mas madaming piki sa totooong buhay

kisa sa tweter."

The user even calls Pacquiao "anak," and advised him on how to deal with online critics citing him for his English grammar.

"Wag mo na pansinin mga nigatib kumint anak. Depressed sed kanina sa misa sa simbahan, 'we mas olways be hambol."

When the Pacman announced that he has finally learned how to block off critics, @OfacialDionisia managed to sneak in a rejoinder, "Manny anak, uki lang na blak mo mga walang mudu dito kisa blak eye ang maga bigay mo sa kaniila. O drenk yur Magnulya Melk ferst."

Pacquiao's mother, Dionisia, has yet to issue a statement about the matter. ■



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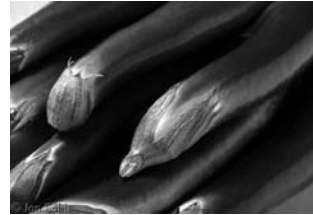
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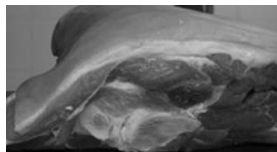
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Mrs. Clarice Mackay (seated) poses with her students in the PAB course

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