

THE NORTH AMERICAN

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## Gilmore College marks 25th anniversary

### First Filipino-Canadian owned college improves the lives of its students through education

By W. G. Quiambao

When Zenaïda Kharoubi founded the Gilmore Business Institute, the first Canadian Filipino-owned college, in 1989, her friends didn't believe that it would last. But she proved them wrong.

On November 1, her school is celebrating its 25th anniversary at the Hellenic Community Centre.

She started the Gilmore Business Institute, now known as Gilmore College International, primarily because she wanted to be free from bureaucracy. "I'm a free thinker. My philosophy is recognizing the potential of every individual to go to the top. He can learn a lot to improve himself through education. Education improves society and facilitates the character development of a person. As head of a school, I'm able to share my values with my students. My belief is that we can live in harmony and peace



Ambassador Jose Brillantes, the guest of honor speaker during the 20th anniversary celebration held at the Hyatt Regency Hotel in downtown Montreal on October 31, 2009 is seated beside the founder and director-general, Zenaïda Kharoubi. Standing behind are the teachers: Edith Fedalizo, Sophie Toledo, Clarice Mackay, Amy Manon-og and Terry White. Others in the photo are students who are nursing aide graduates (PAB).

in the world. We can help people in need. Everyday I teach, I share my values with my students. They're like my family."

Education has been a part of Kharoubi's life. She has a degree in business education from McGill University and M.A. in Education from Concordia University. Before coming to Canada, she graduated in a Bachelor of Arts degree in English literature from the University of the Philippines. For twenty five years, she taught English and special education at the Montreal Catholic Commission before retiring.

But despite her impressive background, she found out that it wasn't easy to pursue and achieve her dream to have her own school. In fact, a friend once asked her, "Why did you

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Lester B. Pearson Chair candidates Chris Eustace, Angela Nolet, Susan Stein Day pictured here with Senior Anchor Jamie Orchard (3rd from the left).

## Quebec school board election candidates face off in debate series

Global Montreal is collaborating with the Quebec English School Boards Association to broadcast a series of debates by candidates for the position of Chairman of the four Montreal-region school boards.

The Education Minister will question each of the candidates during the debates, and Global Montreal has also collected questions from stakeholders in each school board, as well as from parents, teachers and administrators.

EMSBC Parti Québécois applauds English Montreal School Board's decision to defy government

Suanne Stein Day, the chairman of the Lester B. Pearson School Board, told Global News that dress codes are very important. Complainants to contest LBPSB conflict-of-interest ruling

This election is a critical one for the English community as Minister Yves Bolduc has said publicly that the upcoming school board elections will represent "a test of credibility" for the province's 69 boards.

"If you think school boards are

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# Editorial

## What it means to celebrate a silver anniversary

Reaching the 25th year of foundation of a business is something to celebrate for it is not often that a business lasts this long, especially when it is founded and maintained single-handedly by one person.

Gilmore College International, as it is now known, opened its doors to the public as Gilmore Business Institute on Wednesday, November 1, 1989 on 4246 Girouard Avenue in NDG. At that time, I was still a full time high school teacher. I was motivated to open my own school by my desire to be my own boss, to practice my philosophy that education is the only way to improve society. I took a big risk to have a private school in spite of all the public colleges that offer free services. Some people even wondered if students would come to my school at all as there are just too many other schools already well established. In other words, there were many nay sayers who believed that there was no room for my school simply because I was competing with the big leagues, private colleges that are capitalized by big investors. As I could recall, what I did was really risky; perhaps, I would have to give up and would not even last more than a year.

But that was 25 years ago. I have remained small, but happy in my own little school because I made great friendships with all my students. They are like my family, and they remained close to me even though they may be living far away. My school has not grown bigger as I have been involved in too many things. I could not help it nor able to say no to people who asked me for help. As soon as I took an early retirement to devote to my school, I was asked to serve in community organizations where I served for more than 4 years before I quit when I realized it was hurting my business. One project after another came my way - starting with being the officer in four community organizations from 1997-2001, reviving the Filipino Star in April 1998, establishing the first Scout group for Filipino Youth in July 2003 until September 2010, helping the Filipino Solidarity Cooperative for its financial troubles since July 2006 until the present time, and lately, embarking on another risky business - television production since August 2013 until the present time.

As I reflect over the past 25 years, I also question myself whether I

made the right decision to keep doing many different things instead of focusing only on one. It is like an addiction - it's not easy to give it up, the challenges being the incentive to go on working hard everyday. Because of my busy schedule, I forget that I am also growing older. I feel as if I am still in the prime of my life because I have a lot of energy, and do not seem to get tired from the long days and sleepless nights. In fact, I feel as if I am being given greater strength and vitality because of my dream to make Gilmore College an institution of learning for many more years to come.

I was once told by my mentor, Mr. Isaac Goodine, an international educator and author, that I only have to decide what I want to do in life and our Creator will send everything I need. I have proven this to be true as I have had several challenges that I was able to overcome simply because I never gave up until I found the solution. It would seem as if indeed there is that Universal Source that has always provided me with everything I needed to solve my problems.

I believe that marking the silver anniversary of Gilmore College will open many doors to prove that there is a time for everything. I have not had the time to work on what could have made my silver anniversary more meaningful but perhaps it was not yet the right time. In the next year or two, Gilmore College International will develop new programs to meet the needs of foreign graduates who are unable to practice their professions. With the help of people who have started to offer their help and expertise, I am confident that the next time I celebrate is to announce to the community the power of collaboration, partnerships, and team work.

Even though I still have not fulfilled all my dreams, I am optimistic that they will be realized in the near future. Perhaps, there will be another reason to mark the next anniversary when Gilmore College International has become a place where education is made relevant to everyday life and where a great body of knowledge is generated for the benefit of all. After all, a school's role is to teach people life skills needed in creating the society we all want.

Zenaida Ferry Kharroubi

## Letter to the Editor

Dear Editor

As elected officials, community leaders, citizens actively involved in our neighbourhood we wish to publicly commend and openly endorse the good work of Ellie Israel, the English Montreal School Board Commissioner (EMSB) who is a candidate for re-election in District 1 (Snowdon-Cote des Neiges - TMR - Outremont - Park Extension) on November 2.

Ms. Israel has been a model of what a Commissioner should be. Always available to the parents and school committees at the schools she represents, she has epitomized a non-partisan collegial approach to stabilizing Quebec's English School system.

We support Ms. Israel's efforts to augment the EMSB's enrolment and revenues by encouraging foreign students to register.

We laud her work that has benefited adult students working toward skill enhancements. We note her close relationship with the many different communities in her district and her work to improve programs that provide language courses to students in the language of their heritage.

We are proud of her involvement in the Coronation School steel pan band that has led to the band participating in many community events. We note her support of the Filipino community at the time of the terrible Typhoon Haiyan. She is present when we need her and she deserves re-election.

At the October 26 advance poll or the November 2 regular poll, we urge voters in the district to re-elect Ellie Israel.

Anthony Housefather

Marvin Rotrand

Nida Quirapas

Mendy Zirkind

Noel Alexander

Me. Avrum Neuwirth

Salvacion De Vera

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Samuel Johnson



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# Peace, Love and Hope promotes anti-bullying

by W. G. Quiambao

Peace, Love & Hope is a unique anti-bullying project that spreads a global message by getting children aged 5 to 15 involved in exchange through art. Avy, a Montreal-based artist and art educator, was inspired to found this in 2007 when she saw the impact of bullying on her then 7-year old daughter's emotional, physical and everyday life. Peace, Love and Hope has so far reached more than 25,000 children.

The organization promotes anti-bullying through art workshops, public presentations, personal story exchange, outreach and exhibitions. Children are invited to participate in batik workshops, where they are taught the techniques and have the opportunity to create individual pieces on the theme of peace, love and hope. The pieces are assembled into large-scale quilts which Avy tours and exhibits at museums, cultural centres, schools and international children's festivals, raising awareness and visibility for the anti-bullying cause.

The Peace, Love and Hope project is now a part of culture at school. MELS (Ministere de l'Education du Loisir et du Sport) sponsors culture in the school which makes financial assistance available to school administrators and teachers to support the organization of

arts and culture projects at school. The program targets all public and private English and French schools - offering preschool elementary, and secondary education (youth sector) with various art project/program which the school can join.

The objective of the program is to form citizens who are actively involved in cultural life by increasing the number of cultural experiences offered to students through the collaboration of the artists, writers and professional cultural organizations listed in the Repertoire de ressources culture-education (please click: [Anthy Loftus, Avy](#)).

You may contact Avy Loftus at (514) 982-9111.

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From Page 1 School Boards

important, then we are asking you to express that by going and voting."

"If the turnout is very anemic, then we will need to ask ourselves some questions," the minister said.

The debates will be hosted and moderated by Global Montreal Senior Anchor, Jamie Orchard, and will air on Focus Montreal over the next three Saturdays at 5:30 p.m. and on Sundays at 8:30 a.m., 11:30 a.m. and again at midnight.

Debate 1: Riverside School Board

Watch: Candidates Dan Lamoureux and Tanveer Naseer from the Riverside School Board face off.  
Debate 2: Sir Wilfrid Laurier School Board

Watch: Candidates from the Sir Wilfrid Laurier School Board, Steve Bletas and Jennifer Maccarone take on the issues.

Debate 3: Lester B. Pearson School Board

Watch: Candidates from the Lester B. Pearson School Board, Chris Eustace, Angela Nolet and Suanne Stein Day are all vying for the job of Chair.

Debate 4: English Montreal School Board

On October 18, English Montreal School Board Chair candidates Anne Lagace-Dowson and Angela Mancini will debate the issues.

Turnout for Quebec school board elections has been very low over the years, hovering just below eight per cent for the last election in 2007, although the turnout for English school boards was more than double at 16.7 per cent.

Will you register to vote for English school board elections?

YesNo  
VoteView Results

Officials with the Quebec English School Boards Association, and the candidates themselves, are very vocal about the fact that school boards are the English community's last democratically elected institution.

School board elections will be held across the province on November 2. Residents must be 18 years old and over to be eligible to vote. (reprinted from Global News)

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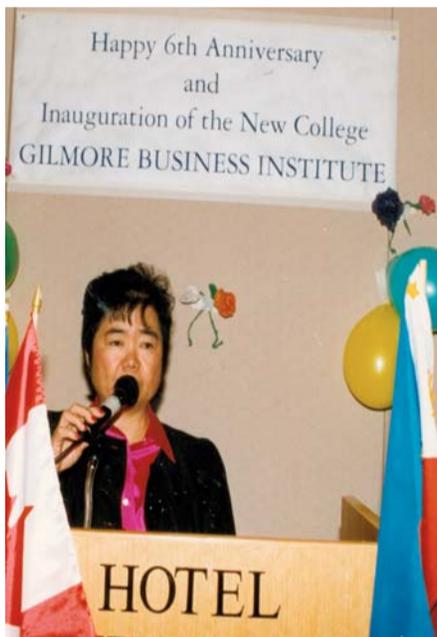
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From Page 1 Gilmore College

establish Gilmore Institute? There are so many big schools in Montreal. Can you face competition? Do you think students will go to your school?"

Instead of getting discouraged, she worked harder to prove that her school would be a place devoted to the development of an individual. "Of course, there are other schools and even free courses in government-run schools but, I believe that there's something that I could offer which is not found anywhere else - a truly individualized approach to teaching which is based on my view that a well-rounded education is important and necessary to live a full life. In big schools, the human relationship is lost. There's no chance to develop it with students. In a small school, it's much easier to recognize individual differences and nurture the latent abilities of students. Also, in my school, I can offer not only individualized personalized service but also flexibility."

Initially, Kharroubi admitted, she didn't intend to teach any government prescribed curriculum. She opted for Image and Personality Development,



**Inauguration of the new college permit on the 6th anniversary celebration at Ruby Foo's Hotel, October 28, 1995.**

Executive Secretarial Procedures and World History and Current Event that she wanted to offer as finishing courses for secretarial students who would have graduated from other business schools. Even for these courses, she had to obtain a permit for self-improvement education from the Ministry of Education. In 1993, rules had changed and it wasn't necessary anymore to get an education permit for self-improvement courses which are non-credit. However, people often asked if the courses were credited and if they could get government bursaries.

She realized then that she had to give what people wanted in order to get them interested to enroll. Hence, she had to get an application for credit programs in Office Systems

Technology, Accounting, and International Trade. It took two years of waiting but she finally got a permit in October 1995.

Although she already had an education permit, she continued teaching at the Montreal Catholic School as she was able to hire teachers who would teach for her at Gilmore Institute during the day and night. Although the advertisements she had in the Gazette brought in many calls, she had to rely on an answering service company to handle them during the time she was teaching in high school. Despite this problem, she managed to receive different kinds of students who came from various countries like the Philippines, Greece and Japan.

"I taught English as a second language to an airline pilot, keyboarding to an engineer and a university professor and Gregg shorthand to secretaries," recalled Kharroubi. "Even after so many years, they still come back to me to say I've helped them. That's the reward I get."

Placing ads in the Yellow Pages was very costly but became a source of students and prospective employers. She also received students recommended by friends and their relatives. Over the years, the students have come from different walks of life and ethnic backgrounds.

Looking back now, she said that in order to succeed in business, one has to take a risk. For example, she anxiously waited for the first call of a student to enroll and when it came, it was very gratifying. It did not take long before she started the first Introduction to Computer Course and a French class that started in the same month she opened the school but it took almost two years before she received the first Filipino students. May Drillon, the president of the Filipino Homemakers then asked her to offer her members French classes. "May asked me to give her members French courses because of a change in government policy. Due to my desire to help out, I even lowered the tuition fee from \$6.50 per hour to \$6.00 and stayed at this rate for 24 years. It was only last year that I raised the rate slightly to \$6.25, making a 45-hour course increase from \$270 to \$295 per level."

As she is reminiscing over the past, she remembers a Canadian friend who made an observation: "Your school plays an important role in the community but it seems that Filipinos have not really recognized the value of education that you are offering. Once they do, they would enroll in greater numbers."

Kharroubi, a recipient of several awards including One of the Twenty Outstanding Filipinos Abroad (TOFA) in Washington and One of the Ten Outstanding Filipinos in North America, has big plans in the near



**16th anniversary celebrated on Nov. 27, 2005 at College Prep International on Sherbrooke West, Montreal. Hon. Jose Brillantes, (seated 2nd from the left) Philippine Ambassador to Canada, just arrived at this time and was the guest speaker.**

future. "One is to have a linkage in the Philippines so students can go to schools there and get a certificate from Gilmore College International. Instead of spending money coming to Canada, they can study there via satellite. They still can come here for a visit though. According to the person who is helping me now, education via satellite can be done through modern technology. Plans are underway and it won't be long before this can happen."

always room at the top, says, "Nothing is impossible. You've to act on your dream. To do it, you need patience, sacrifice and determination to succeed."

Gilmore College International's 25th anniversary will be held on Nov. 1 at the Hellenic Community Center. All present and past students as well as teachers are urged to attend this party together with the community leaders and members of different associations.



**A surprise belated birthday party by the Laging Handa Scouts Group 0592 for Zenaida Kharroubi on March 17, 2007 during one of the Scouts training sessions in the CRC Building.**

Another plan is to retire as soon as Gilmore College is set up to be more profitable. "I give myself about 5 years more to be active in the business," Kharroubi continued. "Then I'll have somebody else manage the college. I'll probably devote my time to writing a book about education and about establishing your own business. I'd like to share my knowledge and give others an idea that they too can be their own boss."

Kharroubi, who believes that there's

The new Philippine Ambassador has been invited to be the guest of honor and speaker. Some municipal government officials and MPs have also been invited.

Please call 514-485-7861 or 514-506-8753 to get your dinner tickets ahead of time in order to have proper seating arrangement.



# IMAGE & FASHION

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## Renew and recover your skin this Fall

Autumn is a time of transition. The days grow shorter, the temperatures drop, and the air gets drier—making your skin rough and dehydrated. So fall is a time to pay special attention to your skin, to correct any summer damage, and to prepare your skin for winter.

### EXTERNAL MEASURES

1. Ditch the soap. Fragrant soapy scrubs might feel (and smell) wonderful after a day at the beach, but they leave your skin dry. When fall arrives, switch to a soap-free hydrating cleanser. It's time to put away the gels and bring out the creamy body wash.

2. Exfoliate with an oil-based scrub. Summer damage can result in cellular build-up on the skin's surface. To effectively remove dead skin cells and leave the skin smooth, it is advisable to frequently exfoliate, a crucial aspect considering our skins have been exposed to several aggressions during summer. Oil-based scrubs are wonderful because they exfoliate and hydrate.

Otherwise, use mildly acidic, natural formulations. pH balanced exfoliates support the skin's natural functions and prep the skin to better absorb nutrients without causing irritation. So do exfoliate, but be gentle.

3. Moisturize Every Single Day. If you want to keep dry skin at bay, you must hydrate your skin on a daily basis. The best time to apply your lotion is right after you've dried off after your shower or bath. The lotion will help seal in the moisture that's already been absorbed into your skin.

4. Protect your lips. Start moisturizing now to prevent dry, cracked lips this winter. Use a non-petroleum based lip balm for best results.

5. Invest in hand cream. Hands often become dry and cracked during fall and winter. An ounce of prevention really is worth a pound of cure. Start moisturizing your hands now to ensure soft, supple hands all winter long.

6. Don't ignore your feet. If you have serious scaling or dry skin issues on your feet, you may want to try an overnight moisturizing routine. Simply coat your feet in cocoa butter, then put on a comfortable pair of cotton socks. The socks will hold the cocoa butter against your skin and keep it from getting all over your sheets. In the morning, the skin on your feet will be much softer.

7. Shield your skin. Although sun radiation is less intense, you should continue protecting your skin against damaging UV rays. Use daily a sunscreen with an SPF of at least 15 and remember to re-apply it every 2 hours.

### INTERNAL MEASURES

1. Super hydrate. Drinking at least 8 glasses of water per day will keep your skin moisturized and help eliminate toxins effectively. Have an extra glass of water for every glass of alcohol/cup of coffee you take to prevent possible dehydration. Try to get as much water as possible from fresh fruits and vegetables.

2. EAT your cosmeceuticals. Foods rich in Omega-3 essential fatty acids and antioxidants such as polyphenols, Vitamins A, C and E can help reverse summer damage, prepare it for the challenges it will face during winter and boost the skin's

immune system while preserving its quality and restoring its natural glow. displaying Renew and recover your skin this Fall.

## Six Daily Habits that are ruining your skin

We all know that a daily skin care regimen can make a huge impact on the health of our skin. But when it comes to skin health, it's important to remember that our skin is our body's largest organ. Many of the habits we do on a daily basis can affect our skin's health—even if that habit has nothing to do with our skin!

There are quite a few daily habits that have detrimental effects on our skin. If you want flawless skin, make sure your habits aren't silently undermining you! Here are 6 habits that could be ruining your skin.

There is no excuse for not knowing this by now, but smoking has absolutely no benefits whatsoever. (Duh!) However, many people still make this lifestyle choice every day, and are consequently severely damaging their skin. Smoking is one of the best ways to get wrinkles—lots and lots of wrinkles. It doesn't matter how many anti-aging creams you use, if you smoke, you are going to get more wrinkles than if you didn't smoke, period. Smoking, even socially, can cause premature aging.

### Not Wearing Sunglasses

Sunglasses aren't just for sunny days! Grab them even when the clouds are out - in the long run, it is what's best for your skin (and eyes)! Sunglasses protect your eyes and the skin around them from UV rays, which can even penetrate through cloud cover, damaging your skin on sunny and overcast days alike. Wearing sunglasses will also prevent you from squinting. Squinting causes premature

wrinkles and crows feet to form around the eyes. Get a good pair of trendy sunglasses that say 100% UV protection on them and wear them! (How to get rid of crows feet)

### Not Drinking Enough Water

Water is essential for a healthy body and not getting enough can leave you dehydrated, which can affect many parts of your well-being. Drinking enough water will keep you hydrated and feeling healthy, but you will also look healthier. Adequate water consumption helps keep the skin plump and youthful, as well as healthy because it flushes away all of the toxins we consume on a daily basis. Did you see this article with before and after pictures showing how much one month of regular water consumption changed this woman's skin? Drink up!

### Not Wearing Sunscreen

SPF is absolutely essential for healthy skin. You need to wear SPF every day—it doesn't matter if you get your SPF from your moisturizer, a foundation or BB cream, or from a separate sunscreen. You need it on sunny days, cloudy days, and every day in between. Exposure to the sun's rays, much like exposure to cigarette smoke, causes premature aging and wrinkles. You can also get sun spots, which can be hard to fade. Choose a foundation or BB cream with an SPF of at least 30. Don't forget to protect the skin on your lips too with an SPF lip balm! But the most important thing to remember is that you have to reapply every two hours. One dose in the morning won't cut it all day. (I never burn - do I still need sunscreen?)

### Eating Too Much Sugar

Sugar has been shown to damage collagen and other cells that help keep skin looking young and healthy. A diet rich in

**See Page 12 Six Daily Habits**

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# EARTH TALK™

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E - The Environmental Magazine

Dear EarthTalk: What's the latest on efforts to ban plastic bags? How many U.S. locales have instituted some kind of ban, and have these initiatives made a dent in the amount of plastic litter? -- Melinda Clarke, New York, NY

California made big news recently when it announced the first statewide ban on plastic shopping bags set to kick in during the middle of 2015. Beginning in July, large grocery stores, pharmacies and other food retailers in the Golden State will no longer be able to send shoppers home with plastic bags, while convenience markets, liquor stores and other small food retailers will join the ranks a year later.

Back in 2007, San Francisco became the first U.S. municipality to ban plastic shopping bags. In intervening years upwards of 132 other cities and counties in 18 states and the District of Columbia instituted similar measures. Of course, Americans are late to the party when it comes to banning plastic bags: The European Union, China, India and dozens of other nations already have plastic bag bans or taxes in place.

But the trend here toward banning plastic shopping bags comes in the wake of new findings regarding the extent and harm of plastic in our environment. Since plastic isn't biodegradable, it ends up either in landfills or as litter on the landscape and in waterways and the ocean. Plastic can take hundreds of years to decompose and releases toxins into the soil and water in the process.

Littered plastic is also a huge problem for the health of wildlife, as many animals ingest it thinking it is food and can have problems thereafter breathing and digesting. The non-profit Worldwatch Institute reports that at least 267 species of marine wildlife are known to have suffered from entanglement or ingestion of marine debris, most of which is composed of plastic; tens of thousands of whales, birds, seals and turtles die every year from contact with ocean-borne plastic bags. A recent European Commission study on the impact of litter on North Sea wildlife found that some 90 percent of the birds examined had plastic in their stomachs.

Another reason for banning plastic bags is their fossil fuel burden. Plastic is not only made from

petroleum—producing it typically requires a lot of fossil-fuel-derived energy. The fact that Americans throw away some 100 billion plastic grocery bags each year means we are drilling for and importing millions of barrels worth of oil and natural gas for a convenient way to carry home a few groceries.

It's hard to measure the impact of pre-existing plastic bag bans, but some initial findings look promising.

A plastic bag tax levied in Ireland in 2002 has reportedly led to a 95 percent reduction in plastic bag litter there. And a study by San Jose, California found that a 2011 ban instituted there has led to plastic litter reduction of "approximately 89 percent in the storm drain system, 60 percent in the creeks and rivers, and 59 percent in City streets and neighborhoods."



Credit: Taber Andrew Bain, courtesy Flickr  
Beginning in July 2015, large grocery stores, pharmacies and other food retailers in California will no longer be able to send shoppers home with plastic bags; convenience markets, liquor stores and other small food retailers will join the ranks a year later. Pictured: a collection of not-yet-reused plastic grocery bags.

Environmental groups continue to push for more plastic bag bans. "As U.S. natural gas production has surged and prices have fallen, the plastics industry is looking to ramp up domestic production," reports the Earth Policy Institute. "Yet using this fossil fuel endowment to make something so short-lived, which can blow away at the slightest breeze and pollutes indefinitely, is illogical—particularly when there is already alternative: the reusable bag."

CONTACTS: Worldwatch Institute, [www.worldwatch.org](http://www.worldwatch.org); Earth Policy Institute, [www.earth-policy.org](http://www.earth-policy.org).

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Dear EarthTalk: A friend of mine recently stopped using skin and beauty products with parabens in them. What are parabens and should

we all be avoiding them? -- Betsy Johnson, Port Chester, NY

First commercialized in the 1950s, parabens are a group of synthetic compounds commonly used as preservatives in a wide range of health, beauty and personal care products. If the product you are using contains methylparaben, ethylparaben, propylparaben, butylparaben and isobutylparaben, it has parabens.

These ingredients are added to deodorants, toothpastes, shampoos, conditioners, body lotions and makeups, among other products, to stop the growth of fungus, bacteria and other potentially damaging microbes. Researchers have also found that some 90 percent of typical grocery items contain measurable amounts of parabens, which is why even those who steer clear of potentially harmful personal care products also carry parabens around in their bloodstreams.

What worries public health advocates is that while individual products may contain limited amounts of parabens within safe limits set by the U.S. Food & Drug Administration (FDA), cumulative exposure to the chemicals from several different products could be overloading our bodies and contributing to a wide range of health problems. "Of greatest concern is that parabens are known to disrupt hormone function, an effect that is linked to increased risk of breast cancer and reproductive toxicity," reports the non-profit

Campaign for Safe Cosmetics (CSC). "Parabens mimic estrogen by binding to estrogen receptors on cells." Research has shown that the perceived influx of estrogen beyond normal levels can in some cases trigger reactions such as increasing breast cell division and the growth of



Credit: Rice and Danielle, courtesy Flickr  
Synthetic compounds called parabens are added to toothpastes, deodorants, shampoos and other products to stop the growth of fungus, bacteria and other potentially damaging microbes. Individual products contain limited amounts within safe limits, but cumulative exposure could be overloading our bodies and contributing to a wide range of health problems, including breast cancer and reproductive toxicity.

tumors.

CSC cites a 2004 British study that detected traces of five parabens in the breast tumors of 19 out of 20 women studied. "This small study does not prove a causal relationship between parabens and breast cancer, but it is important because it detected the presence of intact parabens—unaltered by the body's metabolism—which is an indication of the chemical's ability to penetrate skin and remain in breast tissue." According to the group, a more recent study found higher levels of one paraben, n-propylparaben, in the axilla quadrant of the breast where the highest proportion of breast tumors is found. CSC reports that parabens have also been linked to reproductive, immunological, neurological and skin irritation problems.

Health advocates are pressuring the FDA to ban parabens in products sold in the U.S.—like the European Union did in 2012—but concerned consumers must take matters into their own hands for now by reading product labels and avoiding products with parabens.

"Many natural and organic cosmetics manufacturers have found effective alternatives to parabens to prevent microbial growth in personal care products," reports CSC. "Some companies have created preservative-free products that have shorter shelf lives than conventional products (six months to a year), but if used daily are likely to be used up before they expire." Readers can check out Breast Cancer Action's list of over 100 cosmetics and personal care product makers committed to avoiding parabens in their products. Also, see if your favorite products contain parabens or other risky ingredients via Environmental Working Group's free online "Skin Deep" database.

CONTACTS: FDA, [www.fda.gov](http://www.fda.gov); Campaign for Safe Cosmetics, [www.safecosmetics.org](http://www.safecosmetics.org); Breast Cancer Action, [www.bcaction.org](http://www.bcaction.org); EWG's Skin Deep Database, [www.ewg.org/skindeep](http://www.ewg.org/skindeep).

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# Tagalog Seksyon

## Opinyon/Komentaryo ni Willie Quiambao

### Puwede palang magkasundo ang mga Pilipino - kahit ilang oras lamang.

Nang tanungin ako ni Nida Quirapas, presidente ng FAMAS, kung pupunta ako sa pagtitipong inihanda ng mga Pilipino para sa bagong ambassador sa Canada, Petronila Garcia, noong Sept. 18, sinabi ko sa kaniya na hindi dahil baka magkagulo na naman tulad noong dumating ang mga negosyanteng galing sa Pilipinas. Tiniyak ni Nida na hindi mangyayari iyon. Sinabi niya sa mga kababayan natin na kung mayroon silang hindi pagkakaunawaan, kalimutan na iyon.

At totoo nga. Walang nangyaring gulo nang gabing iyon.

Kahit nahuli nang kaunti ang pagdating ni Ambassador Garcia, masaya siyang sinalubong ng mga lider at miyembro ng ating komunidad. Naroon sina Ed Tupas, Felix at Ella Reyes, Jojo Nicolas, Josefa Nicolas, Julie Parado, Angie Ogeio, Fred at Pat Magallanes. Naroon din sina James de la Paz, Felix de Juna, Rey Balansi, Dario Boco, Zeny Kharroubi, Norma Vohra, Vicky Laya at marami pang iba. Puno ang basement ng FAMAS.

Kung mayroon man hindi pagkakaunawaan ang mga ibang Pilipino na dumalo sa pagtitipon, hindi nila ipinakita. Isang papuri sa kanila.

Si Ambassador Garcia lamang pala ang kailangan para magkasundo ang mga Pilipino. Sana, ganoon silang lagi kapag nagkakasama-sama sa mga pagtitipon. Para masaya ang lahat.

### Ang paglulunsad ng Filipino Cultural Center

Kamakailan ay ipinahayag ni Bert Abiera sa isang pagtitipon ang kaniyang pangarap na magkaroon tayo ng Filipino Cultural Center. Ito ay upang pagtanggahan ng mga palabas na may kinalaman sa Pilipinog kultura at sining tulad ng mga katutubong musika at sayaw at makasaysayang buhay ng ating mga bayani na pinangungunahan ni Dr. Jose P. Rizal. Tama ang sabi ni Bert, walang hindi imposible kung tayo ay magkakaisa, kikilos at gagawin natin ito. Sino nga ang mag-aakalang magkakaroon tayo ng busto ni Rizal, isa ay sa Mackenzie King Park at at ang isa

ay sa Clanranald, Queen Mary Rd. Sino ang mag-aakalang pagkatapos ng dalawampung limang taon ay magkakaroon tayo ng center? Kung maging katuparan ang mangarap ni Bert na magkaroon ng cultural centre, mananatiling buhay ang ating kultura at sining.

Para makalikom ng sapat na pera, ito ang binabalak ni Bert: Kung ang bawat asosasyon, tulad ng Knights of Rizal, Kababaihang Rizal, mga ibang asosasyon at mga Pilipinong nagmamalasakit sa ating kultura, ay magbigay ng kahit magkanong donasyon para sa Pilipino Cultural Center, balang araw ay matutupad ang ating pangarap. Hindi maaaring kunin ang perang ito hanggat hindi maging sapat para ibili ng gusali para sa nasabing center.

Simulan mo na Bert, Ang perang matatanggap mo sa iyong ika-80 kaarawan sa Nobyemro 14, ilagay mo na sa pondo ng Filipino Cultural Center. Pagdating ng araw, saan ka man naroroon, maa-alaala ka pa rin.

### Ang pagkakaiba ng balita at opinyon

Nang isulat ko ang aking opinyon tungkol sa maigsing kasaysayan ng FAMAS Centre, may nagsabi sa akin na hindi niya ito nagustuhan. Idinagdag niya pa na ina-atake ko ang mga taong hindi ko gusto. Natawa na lamang ako dahil kahit paano, binabasa niya pala ang isinusulat ko. Ito ang layunin ng sumusulat ng opinyon. Upang makuha ang atensyon ng mga bumabasa. Maaaring sumang-ayon sila, maaaring hindi.

May mga pagkakaiba ang balita at opinyon. Halimbawa, ang balita ay sinasagot ang limang Ws - what (ano), where (saan), when (kailan), why (bakit), who (sino). Ang layunin ng mga reporter ay ibalita (to inform) ang mga bagay na nangyayari, nakikita o naririnig niya sa kaniyang kapaligiran tulad ng pulitika, ekonomiya at kalamidad. Kailangang isulat ng reporter ang buong katotohanan, hindi gawa-gawa lamang. At dapat ay wala siyang kinikilingan (objective). Tulad ng pagbabalita, ang manunulat ng opinyon ay kailangang isulat din ang katotohanan. Pero ang opinyon niya ay batay sa kaniyang damdamin o emosyon (subjective). Maisusulat niya ang kaniyang interpretasyon o opinyon sa mga bagay na nangyayari sa kaniyang paligid. Ang layunin niya ay hikayatin o himukin (to persuade) ang

mga mambabasa. Tulad din nga mga balita, ang kailangang maging paksa niya ay napapanahon. Hindi siya kailangang humingi ng paumanhin sa mga bumabasa dahil lahat tayo ay may sariing opinyon. Asahan niya na hindi silang lahat ay sasang-ayon sa kaniyang isinusulat. Pero bago niya maisulat ang mga opinyon niya, kailangan alam niya ang kaniyang sinasabi at suportohan niya ang mga ito. Hindi ito tulad ng pagsasalita na minsan, ang isang tao ay nagbibigay ng opinyon na hindi alam ang sinasabi.

Mahalaga sa manunulat na malaman ang pagkakaiba ng balita at opinyon. Kailangan niyang ihiwalay ang balita at ang kaniyang opinyon. Isa ito sa mga etika ng pamamahayag. Kapag nilabag ng reporter ito at may nagreklamo, mahahatulan siya ng paglabag sa etika ng Quebec Press Council. At sira na ang kaniyang kredibilidad bilang reporter.

### Igalang at sundan ang konstitusyon ng asosasyon

Sa kasalukuyan ay nahahati at nagkagulo ang mga asosasyon sa ating komunidad tulad ng Federation of Filipino Associations of Quebec, FAMAS, FNAQ at UPS. Dalawa ang Federation at dalawa rin ang UPS. Halos dalawang dekada na akong aktibo sa ating komunidad at naging direktor din ako ng Federation noon 1998 kaya alam ko isa sa mga dahilan ng pagkagulo. Unang una, karamihan sa mga tumatakbo sa posisyon ng isang asosasyon, mula sa pagkapresidente hanggang sa pinakamababang posisyon, hindi binabasa at iniintindi ang konstitusyon. Kung ginagawa man nila ang mga ito, hindi nila iginagalang at sinusunod ang konstitusyon. Pagdating ng eleksyon, gagawin nila ang gusto nilang gawin na makabubuti sa kanilang kandidatura. Sinisiguro nila angt kanilang panalo sa hindi tamang paraan.

Halimbawa, nang tumakbo ako ng pagka-director sa tiket ni Carlos Reyes halos labinlimang taon na ang nakararaan. Binigyan ako ng candidacy form ng COMELEC. May ilang katanungan doon na kailangang sagutin tulad ng mga, "Have you been convicted of any crime?", "Have you filed for bankruptcy?" at "What is your religion?" na hindi ko sinagot. Wala akong criminal record, hindi ako nag-file ng bankruptcy at katoliko ako, pero ang mga tanong na ito ay personal. Kahit sa pag-aaply ko nga ng trabaho sa opisina, hindi na itinatantong ang mga ito sa posisyong tinatakbuhan ko. Ang sagot sa akin ng COMELEC, "Pormality lang iyan." Pero pinangatawanan ko ang aking paninindigan at hindi ko sinagot ang mga tanong sa candidacy form kaya pinabaya na rin akong tumakbo. Kung hindi ako pinatakbo, handa akong dumulog sa Human Rights. Walang katiyakan kung mananalao o matatalo ako kung sakaling ginawa ko iyon pero ipinaglaban ko ang prinsipyo ko.

Nabanggit ko ito dahil hanggang ngayon ay pinag-uusapan pa rin ang gulong nangyari sa FAMAS eleksyon noong ilang taon na ang nakararaan. Nagreklamo ang mga miyembro ng Samahang Makabayandahil nadaya raw sila ng Mabuhay Team. Siguro, hindi mangyayari ito kung sa una pa lamang, sinabi na ng mga miyembro ng Samahang Makabayan ang kanilang saluobin o problema sa COMELEC o kinauukulan. Kahit hindi ako kandidato, nang makita ko ang konstitusyon, sinabi ko na maganda ito subalit hindi ako sang-ayon sa ibang probisyon. Halimbawa, isinasaad ng Artucke XV111 - Penalties and Complaints, Section 2 - Standard Practices: Second strike : Candidates will lose from 100 to 300 votes, depending in the manner of the COMELEC choosing. Section 3 - Penalties shall be strictly enforced by the COMELEC, and all candidates are strongly advised to consult the Committee if they are unsure of the rules. Penalties will generally be applied to all candidates who gain benefit or who are culpable by the action that are contrary to the Election Rules and Regulations. Ang argumento ko ay ito: Bakit ako parurusahan kung lumabag sa konstitusyon ang isang kasama ko sa tiket. Matanda na siya at alam niya ang kaniyang ginagawa at hindi ko siya kasama at nakikita ang kaniyang ginagawa 24 na oras sa isang araw. At mabigat ang parusang alisan ng 100 hanggang 300 boto. Sa akin, ginawa ang konstitusyon ng FAMAS para maging gabay, hindi upang pahirapan ang mga kandidato. Lahat tayo, mga volunteers. Ang problema, hindi nagreklamo ang mga kandidato ng Samahang Makabayan at nagsipirma kaagad na siguro, hindi man binasa at naintindihan ang konstitusyon. At nagreklamo sila nang matapos na ang eleksyon.

Nagreklamo rin ang Samahang Makabayan sa Registry des enterpriises. Ang desisyon nito ay walang nagawang kasalanan ang Mabuhay Team. Hindi sang-ayon ang Samahang Makabayan sa desisyong ito pero minsan, ganoon ang buhay. Hindi makatarungan. Tulad ng kaso ni O. J. Simpson. Halos lahat ng Amerkano, alam na may kinalaman si Simpson sa pagpaslang sa kaniyang asawang si Nicole. Pero napawalang sala ni Judge Lance si O.J. Walang nagawa ang mga kamag-anak at kaibigan ng kaniyang asawang si Nicole kundi tanggapin na lamang ang desisyon.

Sa susunod na eleksyon, basahing maigi at intindihin ng mga kandidato ang konstitusyon. Kung hindi ito naintindihan, magtanong sila dahil wala namang nakahihiya. Ang nakahihiya ay ang magkunwaring naintindihan nila ang isang bagay pero hindi naman pala.

**Advertise your business on MMTV's weekly show every Friday at 7 p.m. and everyday on Videotron Channel 16/616HD, or Bell Fibe 216/1216 HD**



# Ask the Video Guy

Technological Tidbits  
by

Al Abdon

## Handheld Rigs

These are very simply constructed units with no more than amounting point for your camera and a handgrip or two. The advantage to this design is that it easily puts the screen at eye level, directly in front of your face, allows for good hand separation for better stability, and by tucking both elbows into your body, you can achieve a pretty stable base.

The VariZoom CineGrip (\$700) has a nice, wide, dual-grip configuration for good stabilization. The grips swivel and the entire unit can be reconfigured into a rifle-style shoulder format. The Camtrol Sniper 1080 KS (\$259) has a rather unique design, which lends itself to a great deal of versatility.

It has a grip handle with a post for mounting accessories, a stabilizer bar for two-handed use and three variable locking ball joints. Loosening and tightening the joints allows you to change the device's configuration very quickly for low, medium or high level shooting.

## Shoulder Mount Rigs

Shoulder rigs come in several flavors: those that press against the shoulder (rifle-style), those that are worn over the shoulder as single or dual-shoulder units and those that come with additional body support.

The VariZoom StingShot (\$450) is a basic model that rests against the shoulder, with one hand holding the camera. The articulated shoulder stock rotates out for pistol grip handheld use or as a kickstand for tabletop use.

Cinevate's Proteus Simplis Solo (\$400) comes with an articulating shoulder stock as well as an articulating handgrip. Over-under hand positioning on the grip allows the stock to be pulled firmly into the shoulder for a very stable base. The Proteus Simplis Dual (\$575) adds a second grip for good hand separation.

Over-the-shoulder rigs are similar in design but actually rest on the shoulder rather than against it. Often equipped with dual handgrips, these models sometimes come with dual-

## Hold it Steady

While smaller and lighter cameras have their advantages, there are some disadvantages too. For one, smaller camcorders are more difficult to stabilize. While proper handheld technique goes a long way toward achieving a more stabilized shot, these cameras cannot be shouldermounted like their larger, heavier counterparts, to create a solid base. And, those highly popular DSLR by virtue of their form factor, are not inherently well-suited to handheld video use at all.

As a result, a completely new breed of stabilizing devices has evolved to meet the needs of this new and emerging market.

Of course, if all you want is to simply grab-it-and-go and you're not too concerned about a few bumps and bobbles here and there, then you probably don't need to worry much about stabilizing devices. These tools are among the most unique shapes and sizes, so you'll need to plan accordingly for when they aren't in use.

However, if your interest is more commercial in nature, or perhaps you intend to channel your inner filmmaker, then you'll want to move your camera in creative ways while maintaining maximum stability.

In some cases, such as running a fight scene, or running through the forest while trying to evade an approaching alien horde, a certain amount of camera shake and jiggle is acceptable, even expected. And many of the handheld devices will give you that, while still establishing a smooth scene that won't throw a viewer's stomach. In the majority of cases you'll want your images to remain rock-steady

and silky smooth.

Of course, you can always mount your ultra-compact camera onto your favorite tripod or jib and have at it. But where's the excitement in that? Besides, your existing support equipment may not be the most suitable for today's smaller cameras.

In light of these considerations, we'll take a look at some of what the world of ultra-compact stabilization has to offer. There seems to be about as many different stabilizer designs as there are designers so we've put together a list of rig makers. You'll want to examine the way in which the product is used, whether handheld, shoulder mounted, or hands-free. Don't be surprised to find devices designed for horizontal and vertical motion.

See Page 12 Ask the Video Guy

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# Philippine Cuisine and Favorite Food

Compiled by Zenaida Ferry Kharroubi

## Filipino cuisine's historical influences

Cuisine in the Philippines is as rich as its culture and history. Having been a colony of Spain for 300 years and of the U.S.A. for several decades, the Filipino cuisine can be considered a salad bowl of Spanish, American and Malayan cooking influences. Due to their frequent interaction with Chinese people then and now, there is also community know-how on cooking Chinese dishes—with a Filipino touch.

Even with various external influences at play, there are still original Filipino dishes that can be considered as regional specialties. In the agricultural lands of the Northern Philippines, the people of the Ilocos region take pride of their vegetable dish Pinakbet (or meat vegetable stew with shrimp paste). A simple yet nutritious dish, pinakbet consists of bitter melon, squash, okra, tomatoes, onions, long beans, and cubes of pork simmered in a combination of water and tasty shrimp

paste.

In the same way, the Bicol region boasts of its Bicol Express, a mouth-watering pork belly dish that is simmered in coconut cream and shrimp paste. The dish is typically added with liberal amounts of chilli pepper to make it spicy and fiery hot. Since it's hot and spicy, Bicol Express is best served with a lot of rice and cold water.

One of the most popular Filipino dishes is the Adobo. Although the term "adobo" is Spanish for sauce, seasoning, or marinade, the way of cooking the dish is indigenous to the Philippines and was in the country long before any colonists came. The world-famous dish is either chicken or pork marinated in a mix of vinegar and garlic. The meat is browned or fried in oil and then simmered with spices like bay leaf, black pepper and chilli pepper.

Another national pride in the Philippines is its Lechon (or roasted pork), hailed by some chefs as the finest-tasting pork dish in Asia. The dish is cooked by roasting a whole pig—stuffed with lemongrass, tamarind and other spices—over charcoal until it is tender and cooked to near perfection. The well-loved lechon is usually reserved for special occasions like weddings and birthdays.

The following recipes are examples of the mixed influences from various cultural groups.

A Filipino dish inherited from the Spanish (relleno), crab shell are stuffed with vegetable and crab meat.

- 1 tsp of curry paste
- 3 tbsps of oil
- ¼ cup of water

### Instructions

Heat up oil in a saute pan. Add the garlic, ginger, onions, and tomatoes to cook for a minute or 2. Stir in the pork cubes, then cover the pan and cook until pork cubes are tender. Add water, curry paste, and bitter melon. Stir everything around, cover the pan then cook for a few more minutes to soften the bitter melon. Stir in the pink alamang (shrimp paste) and cook for another 2 minutes.



Rellenong Alimasag

### Ingredients;

- 4 blue crabs
- 1/2 carrots, cut into small cube
- 1/2 cup potato, cut into small cubes
- 2 eggs beaten
- 1 large tomato
- 1 small onion
- 3 cloves garlic
- 1 stalk of green onion
- 1/2 red bell pepper
- Salt and pepper to taste
- Cooking oil

### Cooking Directions:

In a deep pan cook the crab in water. Separate the meat and clean the shell. In a pan, add a small amount of cooking oil then saute' the garlic and onion. Add tomato, carrots and stir fry for minute. Remove from the pan and let it cool. In a mixing bowl, mix the potato, red pepper, crab mixture, salt, pepper and eggs. Add the spring onion and stuff the crab shell with crab mixture and set aside. In a deep frying pan add oil, bring heat to medium high, then deep fry stuffed crabs.



Sauted Bitter Melon with Shrimp paste



Guinataang Kuhl (Scargot with coconut milk)

### Ingredients:

- 3 kilos kuhl (snail)
- 1 thumb-size fresh ginger, chopped
- 5 cups coconut milk
- 1 cup onions, chopped
- 2 cups coconut cream
- 1 to 2 pcs finger pepper (Jalapena)
- 1/3 to 1/2 cup bagoong alamang
- 1 thumb-size fresh turmeric (luyang di law), chopped
- 2 cloves garlic, chopped
- 1 to 5 pcs hot chilis for spicy hot escargot

Wash and scrub river snails thoroughly. Saute garlic until golden brown then add ginger, turmeric, onions and cook until mushy.

Add in bagoong and cook. Wait until all are well-blended.

Add kuhl and coconut milk. Cover pan tightly and cook over low heat.

When kuhl is tender, pour coconut cream and continue cooking.

Drop in finger pepper. If you prefer hot, add in chilis.

Wait for the sauce to thicken and oil comes to the surface.

Add water in case the mixture dries out. Continue cooking until kuhl is tender. Serve hot.



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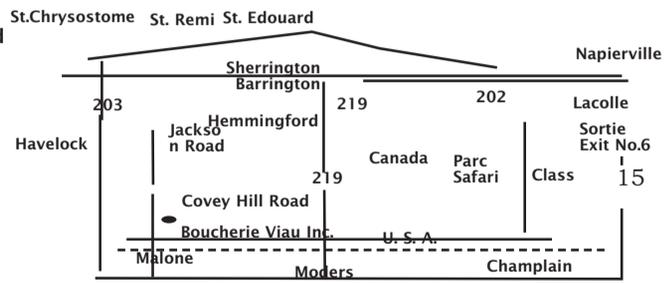
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# The North American Filipino Star Photo Gallery

## Mabuhay Montreal TV celebrates its 1st anniversary



Guests and members of the MMTV crew seem to enjoy themselves as they pose for a colorful souvenir photo of the Hawaiian party held on October 10, 2014

by W. G. Quiambao

The weather was a bit cool but the Hawaiian atmosphere like the bending coconut tree, the small seashells on the tables, the lilting

Zenaida Kharroubi, the producer of the television show, introduced and thanked the members of her MMVV crew. "Without them, there would not be a Filipino TV station in Montreal,"

songs and dance and the MMTIV beauties performed a fascinating hula dance to the excitement of the guests. Winners of the raffles went home with bottles of wine and gift

We, the Mabuhay Montreal TV crew, are blessed to have you in our midst as our producer.

You strengthen our resolve to move forward. You encourage us to



This is a candid shot of the TV crew enjoying the cutting of the anniversary cake.

music, the women wearing eye-catching muumuu dresses and a few man wearing Hawaiian floral shirts warmed the spirit of the guests attending the first anniversary of the MMVT last Oct. 10 at the 6767 Cotes de Neiges.

Mabuhay Montreal TV produces a weekly show that showcases the Filipino community.

she said.

Gracing the occasion were Porfiirio M. Mayo, Jr, First secretary and Consul, and Florida P. Mayo, Minister and Consul, promoting the winter festival in the Philippines. Mariel Dimayuga, former FAMAS Ambassador of Goodwill, and Mishael Thea de la Cruz rendered electrifying



Abouquet was presented to Zenaida Kharroubi, executive producer of the MMTV show during their Hawaiian party at 6767 Cote des Neiges in Montreal.

certificates.

Some of the highlights were the blowing of the first anniversary cake and singing of everybody wishing the MMVV a happy first anniversary.

A surprise presentation was made by Fely Rosales Carino who read a card that stated:

Dear Zeny:

believe in ourselves. You impart words of wisdom when we doubt ourselves. You are our rock in our TV work.

Hence, this bouquet to show our appreciation.

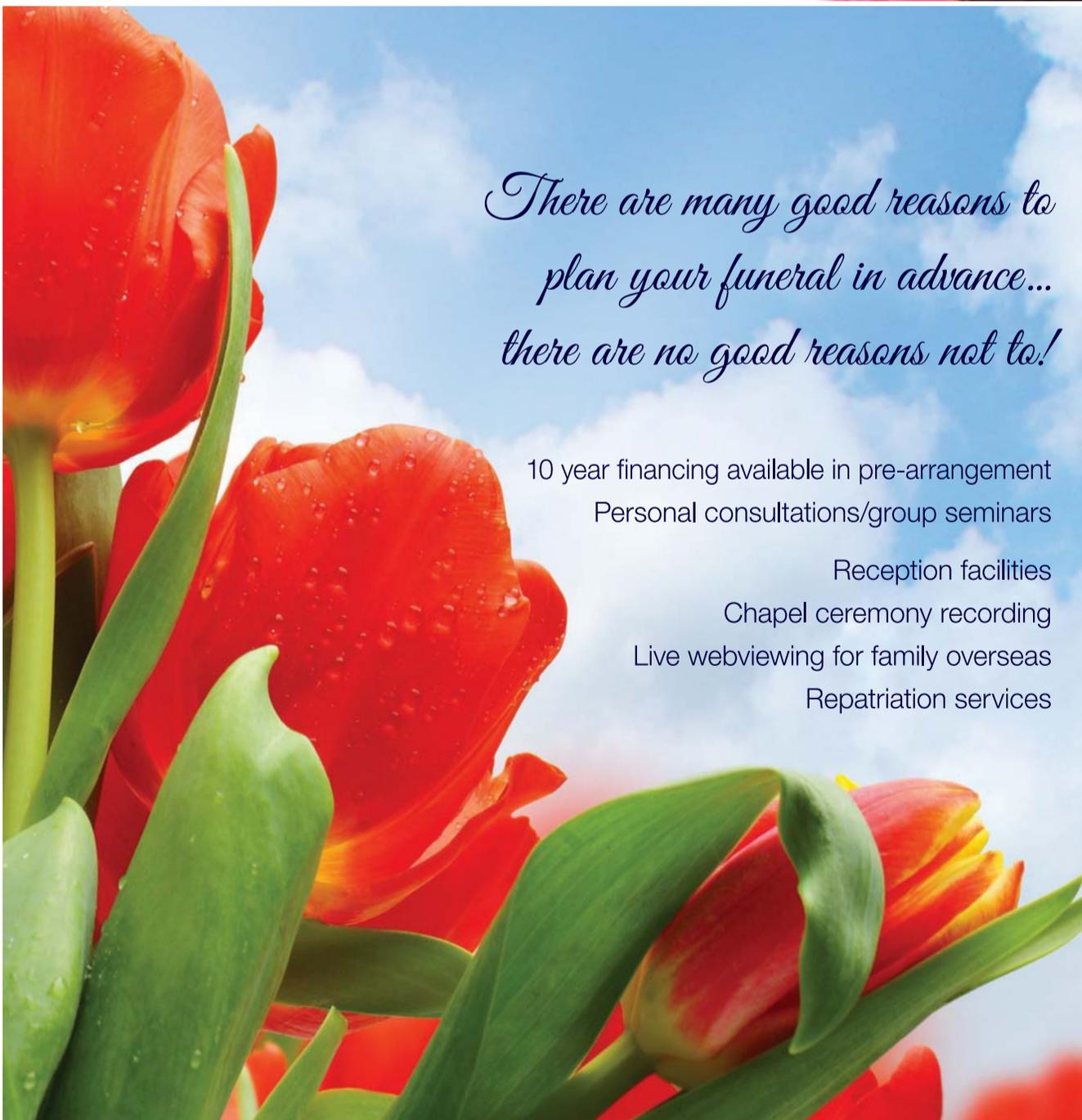
Signed: The MMTV Crew



Masquerade ball costumes that you can wear to attend Gilmore College International's Silver Anniversary Dinner Dance Party, November 1, 2014 at the Hellenic



These masks are good examples of what you can wear to a masquerade ball



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From Page 8

Ask the Video Guy

shoulder mounts for even greater stability. VariZoom's VZ1Shooter (\$130) is their most affordable unit for small- to-medium cameras. Made out of aluminum and with loads of adjustment possibilities, it's lightweight, inexpensive and easy to use. The Proteus Simplis DSLR Rig can adapt to a single-shoulder mount design with thick shoulder pad and fillable counter balance. A rail system is included with 11.8-inch (30cm) long, 15mm diameter, carbon rods. If you want to crank it up a few dozen notches, Cinevate's Doc Bundle (\$3,355) is a packaged deal, consisting of a singlehandgrip, single-shoulder mount unit with fillable, adjustable counter weight, Titan Swing-Away Mattebox, Durus FollowFocus and Proteus Quick Release System.

Finally, there are the shoulder mount rigs with body support. VariZoom's Zero Gravity Rig (\$1,600) combines a dualhandgrip, single-shoulder mount design with an abdominalbelt and support rod for added stability. The shoulder mount is configurable for either side, high or low angles and up-close or further away mounting positions. An extra long accessory mount is included for adding monitors, lights, microphones and other accessories.

Hands-Free Rigs

A few hands-free designs are on the market today. Some utilize a padded shoulder mount, bracket, spring steel chestharness, adjustable platforms and straps, to achieve hands-free stability. The chief



advantage of this design is reduced fatigue because the weight of the rig is fully supported by the body. juicedLink offers a simplified, yet effective, design that you can build yourself with the help of their Hands-Free Rig. juicedLink save DIY-ers money, as well as the time and trouble of traveling up and down parts aisles, wondering what will and will not work, by providing kits consisting of critical, hard to find parts, such as milled aluminum components, and/or alternative designs, with instructions on how to assemble them. The customer provides aluminum rods or tubing as required by the particular design, along

with time and a little elbow grease. Before you know it, a consumer has his or her very own, highly effective stabilizer rig. The products offered by juicedLink include cost-effective

Sliders/Table Top Dollies

Dolly shots long been a mainstay in Hollywood cinema. Packing around several sections of track and a dolly for use with your favorite DSLR probably isn't too practical though, particularly when you're out trekking around through the woods. You can still achieve the smooth-moving look you want with a slider dolly. These dollies

are very compact by comparison, some only a couple of feet in length. When mounted to your tripod or a short set of legs they can deliver beautiful results.

Cinevate's Pegasus DSLR Table Dolly (\$795) can be used with a rail system or stand-alone as a table top dolly. Its wheels may be configured for straight runs or to track in a circular motion. Their Atlas 10 Camera Slider (\$680) is a 40-pound, easy to set up slider system for achieving both horizontal and vertical

From Page 5 Six Daily Habits

sugar is really bad for your body as well. It's fine to enjoy some sugar in moderation, but resist that urge for late night sugary snacks and drinks. Cut out as much sugar as you can and eat more fruits and vegetables. This will keep your skin healthy and young, as well as your body. (About.com's Sugar-Free Cooking site)

Excessive or Routine Drinking

Alcohol is fine when consumed in moderation, however, drinking too much of it is bad for your body and your skin. Drinking alcohol dehydrates the skin, and like anything that is dehydrated, wrinkles and fine lines are more prominent. People who drink are also more likely to suffer with red skin due to the blood vessels enlarging. Wrinkles and red skin? Not worth the nightly glass of wine! Limit yourself to drinking only socially, and your skin will definitely thank you!

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Annie Signey, Josie Bingayen, Ethel Tugna and Annabelle Allosa pose for souvenir of their graduation, October 7, 2012.

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# FILIPINO STAR SHOWBIZ GOSSIP

## Anne-other experience

**Anne Curtis knows there is still more to learn about filmmaking despite 18 long years in the business**



Anne Curtis and Alexander Dreymon

Working with the international cast and crew of her first-ever Hollywood indie film "Blood Ransom" gave Anne Curtis a better understanding of how foreign productions work.

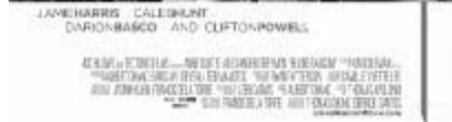
For one, doing kissing scenes had proven itself to be trickier. She learned that, unlike in local productions, the kiss should be real and "passionate."

"Dapat (French kiss)... I mean in real life, when you're kissing someone that you love and attracted to, that's how you (should) kiss (your reel partner)," she explains. "Well that's how it's supposed to be done. Malay ko ba? 'Di ba? I've watched those movies but when you're there, you'll realize na iba pala."

Anne admitted it took them several takes to nail her first kissing scene with her leading man, Germany-born actor Alexander Dreymon.

Although she thinks her co-star is "amazing," she still felt the experience was "very uneasy and embarrassing in the beginning." She eventually got the hang of it, thanks to Alexander's patience in coaching her.

Aside from seemingly taking a crash course in making intimate scenes look real, the "It's Showtime" host was also exposed to how shooting schedules and work hours are maximized by their Hollywood counterparts.



"Yung kunwari puro gabi lang kami (magta-trabaho). We'll start at 6 p.m. then (work again after) another 12 hours. And you can't start working unless you got 12 hours of sleep. Ang galing," she says.

### That's the man

Ever in demand and eager to always challenge herself, Anne is thankful that boyfriend Erwan Heussaff has always been understanding of her work and does not even mind her doing intimate scenes.

"He always knew about (the French kiss in 'Blood Ransom') and, you know, it's not an issue for him - he's half-French. It's (the) Filipinos (that) are really



"Blood Ransom" is a crime thriller film produced by Tectonic Films and under the direction of Fil-Am Francis dela Torre (the same people behind the romantic movie "Subject: I Love You" starring Jericho Rosales )

conservative," she relates.

Away from the glare of the spotlight, Anne and Erwan enjoy an easy-going relationship and neither

feel the pressure to take the big plunge despite the recent spate of celebrity engagements, from Marian Rivera and Dingdong Dantes, to John Prats and Isabelle Oli.

Should Erwan propose, Anne would prefer to keep it private because "I'm already an open book..."

### 'Ate' Anne

Aside from her film and love life, Anne's undeniable support for her younger sister, Jasmine Curtis-Smith, is also of interest to the public.

Note that recently, Anne took to social media to defend Jasmine from netizens criticizing the latter for supposedly exchanging text messages with Daniel Padilla, an issue that stemmed from a leaked audio-video clip with the teen actor's voice.

"She's my sister. So I will really defend her with my life," she shares. "I think I'm not the only one. Any ate would do that."

Not one to meddle in Jasmine's relationship with Sam Concepcion, Anne says, "Whatever makes her happy, I'm happy."

"Blood Ransom," a film about vampires directed by Filipino-American Francis dela Torre, opens locally on Oct. 29. ■

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## Angelica Panganiban OK with being overweight for role



**Angelica Panganiban**

There are no roles, big or small, for Angelica Panganiban. In fact, she is even willing to take on roles that poke fun on her weight problems.

In her upcoming movie entitled "Beauty In A Bottle," Angelica plays Estelle, an actress who will start losing her popularity because of her increasing girth.

Angelica joked that it is a role tailor-made for her.

Turning serious, she said, "I like it that the movie talks about how people are quick to judge celebrities based on their looks."

Angelica continues to appear in the gag shows "Banana Nite" and "Banana Split."

She admitted that her immersion

in comedy helped her a lot in portraying her role as Estelle in "Beauty In A Bottle."

Contrary to what people might think, comedy, Angelica maintained, is hard.

"In comedy, you have to be quick and witty. You also need to have timing," said Angelica.

From Quantum Films and Skylight Films, "Beauty In A Bottle" which opens nationwide on Oct. 29, is directed by Antoinette Jadaone who also co-wrote the script with Chris Martinez.

Also in the cast are Assunta De Rossi, Angeline Quinto, Tom Rodriguez, Empress, Ellen Adarna, Carmi Martin and Nanette Inventor. ■

## Valerie Weigmann: From 'housemate' to beauty queen



**Miss World 2013 Maegan Young crowns Valerie Weigmann as the new Miss World Philippines 2014**

Valerie Weigmann credits her stint in "Pinoy Big Brother (PBB)" for helping her gain the confidence she needed to win as Miss World Philippines 2014.

"(I learned doon na) basta 'pag ikaw 'yun, pakita mo lang," she told ABS CBN News.

Weigmann says she grateful for her many unforgettable experiences inside the "PBB" house. "Hindi ko makakalimutan 'yung mga natutunan ko at 'yung mga naging friends ko (sa loob ng Bahay Ni Kuya)," she said.

Weigmann joined the teen edition of "PBB" in 2008, from which Ejay Falcon, now an actor, emerged as Big Winner.

After her stint on the show, Valerie

became an in-demand commercial model on her way to earning a slot as co-host of the long-running noontime show "Eat Bulaga."

During the Miss World Philippines coronation night, the Filipino-German-Danish stunner also earned several special awards including Best in Long Gown, Best in Swimwear, Best in Fashion Runway, Miss World Camsur, Miss Solaire, Miss Figlia, Jessie Mendez Salon Ambassador, Miss Reducin, Miss Bluewater Day Spa, Miss Bench, Miss Olay and Miss Hana.



Weigmann related that her main priority as beauty queen is to raise awareness for the needs of the Aeta community of Tarlac.

"I want to use my power and my compassion to help them," she said.

Weigmann succeeded Megan Young, the first Filipina to win the Miss World title. She will compete at this year's Miss World pageant to be held in December in London. ■

## Bela and Marian hug it out for a reconciliation



**Bela Padilla**

Actress Bela Padilla expressed happiness over her recent reconciliation with Marian Rivera, with whom she had a rift after she supposedly became too chummy with the latter's fiancée, Dingdong Dantes, while working on "Endless Love" in 2010.

"I wanted closure na rin kasi. Medyo matagal na namin 'yun

inaantay. Kasi tapos na kung ano man 'yung naging issue dati," she told the press when she attended the premiere night of the Nicholas Sparks romance film "The Best Of Me."

The actress shared that the reconciliation happened some months back with Marian herself asking common friend Sarah Lahbati to mediate between them.

"It's so nice nu'ng nalaman ko na nag re-reach out siya sa akin," she said.

Testament to their newfound friendship is Bela's appearance on Marian's eponymous dance show together with the actress-model Sam Pinto, who incidentally also had a past issue with Marian.

"When I went to the studio for the rehearsals, nu'ng nakita ko siya, we just smiled at each other and she kind of opened her arms for a hug and I hugged her back," she recalled.

Bela went on to congratulate Marian and Dingdong for their



**Marian Rivera**

upcoming nuptials, saying, "Sana maging masaya kayo on your wedding day."

### Private life

Although she has appeared in public with his non-showbiz boyfriend, Bela still wants to keep their relationship private.

"As much as possible I try not

to (post a lot of) pictures with him on social media. Kasi gusto ko parang may something pa ako that I can keep (to) myself," she said.

The FAMAS best supporting actress ("10,000 Hours") is happy with the relationship, relating, "Hindi kami masyadong nag-away kasi malawak 'yung understanding namin, and if something's wrong we get to the matter right away."

Her boyfriend was with her during the movie premiere and Bela couldn't hide her excitement. "Kasi romance tapos Nicolas Sparks (ang nagsulat)..." she said.

Distributed by MVP Entertainment and Viva International Pictures, "The Best Of Me" is about former high school sweethearts who were reunited after 20 years following the death of a common friend.

"The Best Of Me" opens in cinemas nationwide on Oct. 22. ■

**Showbiz Gossip** *Continued from p.15***Rachelle Ann living it up in London****Rachelle Ann Go**

She returned briefly to the Philippines a few days ago and made time to share with members of the press how different her life has been since conquering the West End with "Miss Saigon."

Rachelle Ann Go credited the challenges posed by the show in helping her evolve as a performer. "Mahirap at first kasi maraming adjustments, pero ngayon siguro nag-i-enjoy na ako sa ginagawa ko. Kabisado ko na 'yung role ko," she said.

It's been seven months since left for London to join the cast of "Miss Saigon" and it has been a personal journey of growth for Rachelle. "Ang dami kong natututunan na mag-isa ako, wala 'yung pamilya ko. Marunong na akong magluto kasi ako lang," she said.

The singer maintained that she is more or less used to the independent life now and has learned to deal with homesickness. Her newfound independence has also made her value her family more.

"Nu'ng medyo nagka-free time ako, du'n ko na naramdaman na nami-miss ko 'yung family ko. Pero ngayon okay na kasi mero namang Skype, Facetime, every day. Sanayan lang kasi opportunity na 'to eh," she said.

Rachelle said that the past months have been memorable for her and that she considers her duet with Lea Salonga during the "Miss Saigon" 25th anniversary performance a career highlight.

"Sabi niya sa akin, 'This girl is so amazing.' Tapos kilig na kilig ako tapos umiyak ako sa tuwa," she said.

Playing the bar girl Gigi required Rachelle to wear a two-piece bikini and fishnet stockings. Asked what she feels about her sexy costumes, she answered, "Hiyang-hiya ako. Nu'ng rehearsals nandu'n lang ako sa corner nu'ng una. Pero after ng ilang shows dun na nawala 'yung hiya ko. Nag-grow na ako."

The good reviews they have

received has also given her morale a big boost. "Nakakatuwa kasi hindi ko ini-expect na mapapansin 'yung role. Thankful ako na nakikita nila 'yon," she said.

She is also thankful to all the Filipinos in London who are constantly supporting her in the show.

"Nu'ng nagsimula na ang 'Miss Saigon' every night nag-aabang sila, walang gabing wala akong nakitang Pinoy."

**More opportunities**

While her contract doesn't end until May 2015, Rachelle said that extending her stint in the musical production has already been on her mind.

"Next month tatanungin kami kung sino ang gustong mag-stay at ano 'yung gustong role na gawin or kung may gusto kaming gawin na ibang musical. So let's see," she said.

However, she pointed out that she will definitely stay in London to do more theater work. "Kasi eto na 'yung opportunity eh. Parang nagbukas na 'yung pintuan... (Nagkaroon ako ng) recording tapos concert na hindi ko in-expect," she said.

Given a chance, Rachelle said that she would like to audition for the musical "Les Misarables" and "Wicked," noting, "Yun palang 'yung nakikita kong pwedeng salihan."

Meanwhile, Rachelle was named as one of the "15 of the Hottest Women in the West End" in a list published by the Pocket Size theater blog.

"Natuwa naman ako na napasali ako. Nakakatuwa lang kaso nakakapressure din kasi every night kailangan maganda ka," she said.

**No love life**

Considering how busy she is and how her world is still in flux, the last thing in Rachelle's mind these days are matters of the heart. She even noted that suitors are out of the picture.

"'Yung kasama ko sa cast puro mas babae pa sa akin, mga pogi talaga sila lahat, matipuno pero wala..." she said.

Recall that in April, actor Slater Young has confirmed that his romantic relationship with Rachelle has come to an end, but maintained that they are friends.

"Nag-uusap kami. Kumbaga kung ano 'yung napag-iwanan namin noon tapos na 'yun. Move forward, that's it," she said.

For now, Rachelle wants to stay focused on her career. "Kasi I enjoy doing theater eh. Sampung taon ako sa industriya at na-enjoy ko 'yung ginagawa ko."

"Miss Saigon" tells the tragic tale of a young Vietnamese girl, orphaned by war, who falls in love with an American GI. It will run until April 2015 at the Prince Edward Theatre in London. ■

**Heart, Chiz share wedding details****Senator Chiz Escudero and Heart Evangelista from the behind-the-scenes video of their magazine cover shoot**

Newly engaged couple Heart Evangelista and Sen. Chiz Escudero have already named the principal sponsors for their Feb. 2015 wedding at the exclusive island resort of Balesin.

Among the godparents are GMA Network's COO Gilberto Duavit Jr., CEO Atty. Felipe L. Gozon, former congressman Gilberto Duavit Sr., Viva's big boss Vic del Rosario, actors Eddie Garcia, Susan Roces and news anchor Mel Tiangco.

The senator told "24 Oras" on Thursday that, "(Sila 'yung) nandun nung nagsisimula pa lang kami."

Speaking about Gozon in the same report, Heart noted, "Siyempre naman kasi inalagaan ako niyan."

The actress also shared that she

already has the list of her bridesmaids, which includes actress Carla Abellana, Jennylyn Mercado, Lovi Poe, Solenn Heusaff, Alessandra de Rossi and some of her high school friends.

Her sister, Camille Ongpauco, is the maid-of-honor and her two other married sisters are the matrons-of-honor.

"70 percent na kaming kumpleto sa wedding (preparations)," she said, adding that for their color motif, "may touch ng peach, blush at pastel."

Sen. Miriam Defensor Santiago, who served as the bridge between Heart and Sen. Chiz, would not be present during the wedding.

"Ang role niya ay absent siya, kasi siyempre kahit sabihin niyang she's okay, she's still very much recovering from her cancer, so imposible talaga na makasakay siya ng eroplano to go to my wedding," Heart noted.

She may be giving up the single life but Heart said she has no plans of leaving showbiz. She added that she would also be happy should they be blessed with a baby after the wedding.

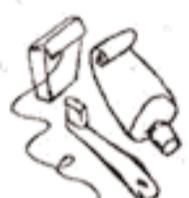
"Dati nga, sinasabi ko (after) four years, pero okay na rin sa akin ang (magkaroon ng baby at) 31, 32," the 29-year-old said.

The couple got engaged in Sorsogon last Aug. 23. ■



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# Singing makes Jennylyn Mercado forget she's loveless

It's some kind of therapy for Jennylyn Mercado to sing her blues away. After all, at an early age she learned that singing makes bad memories in her life go away, at least temporarily.

That is why when she joined the first edition of StarStruck in which she won the female survivor (along with the male winner Mark Herras who became her boyfriend for sometime) she has always wanted to focus on singing, that is despite the fact that the network has seen her potentials as an actor.

Recently, Jennylyn Mercado met with members of the press to tell them that she has an album on the GMA Records label. It is called Never Alone.

Why did she call her album that? That was the prevalent question during the roundtable interview with her.

The singer/actor simply smiled and said, "I am always with my son, that's why!" Naturally, the members of the press at the interview had all their eyebrows raising to the ceiling of the GMA Executive Lounge.

Are Jennylyn and Dennis Trillo back in each other's arm? Someone wanted to know. But Jennylyn immediately cut the writer, politely though saying, "Let's not talk about that please. That's an old issue. Let



Jennylyn Mercado' with her new album "Never Alone"

him be."

But a reliable source intimated to me that the estranged lovers are in constant communication? As friends or as a come-backing couple?

Nevertheless, Jennylyn will serenade the Filipinos with her soulful

voice via the release of her newest album.

Considered as one of the brightest Kapuso stars, Jennylyn continues to shine not only in drama series, but also in music. Her singing career made a significant mark when

her first album, Living the Dream, turned Gold for CD sales exceeding 15,000 units.

Jennylyn's newest album marks her comeback to GMA Records as well as her 10th anniversary in the entertainment industry. It contains 11 songs, three of which are revivals including Ella Mae Saison's "Till My Heartaches End," and a duet with Janno Gibbs and Dennis Trillo for the songs "Never Gonna Let You Go," and "After All," respectively.

Her album's promotional single, "Basta't Nandito Ka," will surely leave her fans humming the tune and memorizing the lyrics as it was beautifully crafted by Vehnee Saturno, the same songwriter of her very first single, "Kahit Sandali" in 2004, which became a hit.

Other OPM songs such as "Sa Hatinggabi," the theme song of, Rhodora X, and "Kaya Ko Na," the secondary love theme of the drama series, My Destiny, are also featured in the album.

Jennylyn Mercado's newest album, Never Alone, under GMA Records is already out on CDs nationwide at Astroplus, Astro Vision, Odyssey Music and Video, The Landmark, and SM Music and Video record outlets and on digital format worldwide via iTunes, Amazon, Spotify, and Deezer. ■



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By Perry Diaz

## Alan Purisima and P-Noy

When President Benigno “P-Noy” Aquino forced then-Philippine National Police (PNP) Director General Nicanor Bartolome into retirement prior to the 2013 mid-term elections, little did he know that Bartolome’s replacement would also be pressured to retire early in 2014. Yes, the current PNP Chief Alan Purisima is being eased out to make way for his would-be successor to take over in time for the 2016 presidential elections. That was the same reason why Bartolome was pushed out the door; that is, to make way for Deputy Director General Purisima to take over police matters at the soonest to prepare for the May 2013 elections, which makes one wonder: Why was it necessary to elevate Purisima to the top job when P-Noy could have allowed Bartolome to stay on the job until the ban on appointments during the election season had passed, which was just a few weeks after Election Day. Why the rush? Could it be because of Purisima’s close personal relationship with P-Noy while Bartolome’s relationship with P-Noy was purely professional?

It is interesting to note that Purisima’s ties with the Aquinos go back to the time of P-Noy’s late mother and then-President Cory Aquino, whom Purisima served as a member of the Presidential Security Group (PSG).

Friend and protector  
P-Noy shows bullet wound.

P-Noy shows bullet wound.

But what sealed the strong bond between P-Noy and Purisima was when P-Noy’s vehicle was ambushed near Malacañang on August 28, 1987. It was said that Purisima was part of P-Noy’s security convoy when it was ambushed by rightwing rebels led by then-Colonel (and now-Senator) Gregorio “Gringo” Honasan. Five bullets hit and wounded P-Noy, but three of his bodyguards were killed. And who would have been the “best” replacement for Bartolome but someone whose ties to him were as tight as the Gordian knot? But “best” didn’t necessarily mean possessing unmatched qualifications and unquestioned integrity. Purisima’s “vacation house” in San Leandro, Nueva Ecija

Purisima’s “vacation house” in San Leandro, Nueva Ecija

When Purisima started his stint as PNP Chief, he seemed to be doing just fine and staying out of trouble. But barely a year on the job, allegations of irregularities and corruption surfaced. And when pictures of his “vacation house” in Nueva Ecija made it to the

front page of major newspapers, all hell broke loose!



Alan Purisima and P-Noy

Immediately, Purisima’s friend and protector — P-Noy — came to his rescue and vouched for his character, saying that Purisima is “not capricious” despite the so-called “White House” inside the PNP compound where he resides and the pompous “vacation house” in San Leandro, Nueva Ecija and his fleet of expensive cars that he purportedly purchased at a discount. Built on a 4.7-hectare estate, Purisima’s “vacation house” includes a separate pavilion, separate four-car garage with quarters, a huge swimming pool, and luxurious features and amenities. Purisima claimed that his property was valued at P3.7 million as declared in his Statement of Assets, Liabilities, and Net Worth (SALN); however, his complainants say that the property’s actual price could be more than P50 million. The question is: How did Purisima amass such wealth when his salary was only P107,000 a month?

In spite of P-Noy’s defense of Purisima, some powerful people want his head chopped. And these are people who belong to P-Noy’s Liberal Party (LP). They want him to retire early to accommodate another member of the Philippine Military Academy (PMA) Class of 1981 to which Purisima belongs, which begs the question: Why do they want to get rid of Purisima one and a half years before the 2016 elections? Could it be that his incompetence and expensive lifestyle might hurt the LP during the campaign that they want him out of the limelight?

Scandals galore  
“Hulidap” cops arrested.

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One of the scandals that is eroding the people’s confidence in the PNP is the widespread “hulidap” cases where an increasing number of police officers are involved in kidnapping for ransom activities. Purisima is perceived to be too lax in stopping these criminal

activities in the police force. Masonic Grand Master Alan Purisima (wearing Masonic hat) receives gavel

of authority.

Masonic Grand Master Alan Purisima (wearing Masonic hat) receives gavel of authority.

Another scandal was the controversial renovation of the “White House,” which is Purisima’s residence inside Camp Crame. What is being questioned was the source of the P25 million Purisima used to upgrade the White House. He claimed that three donors contributed “building materials” while some sources said that Purisima’s fellow Masons donated the money.

Happier days: Erap and Chavit

Happier days: Erap and Chavit

But what is not being discussed today is: Who are the government officials — from the President down to the Barangay captains — who are receiving jueteng payolas? One President who had received jueteng payola was former President Joseph “Erap” Estrada who was exposed by his former “bagman,” ex-governor

Chavit Singson.

In the early days of P-Noy’s presidency, allegations of jueteng payolas were made against then-Deputy Secretary of Interior and Local Government Rico Puno. The payolas were supposedly for P-Noy; however, Malacañang denied the allegations and that was the end of the controversy. But one thing that happened in P-Noy’s administration was that jueteng thrived. And according to many anti-jueteng activists, the PNP can stop jueteng in a day! But the order must come from the PNP Chief.

Happier days: Bartolome and Purisima.

Happier days: Bartolome and Purisima.

While previous PNP chiefs were involved in scandals and controversies over the years, the degree to which they’re linked to criminal activities varies. But in the case of Purisima, in the short time that he’s been PNP Chief, he had waded into the murky waters of corruption. As of today, he’s facing three plunder and graft charges over his luxurious “vacation house” in Nueva Ecija, the questionable renovation of the controversial “White House” inside Camp Crame, and a scandalous deal with a courier service. However, like his predecessors, Purisima would most likely beat the charges against him, which begs the question: How do corrupt PNP officers pay for their betrayal of the public’s trust? As someone once said, “Nothing escapes the Law of Karma. You get from the world what you give to the world.” And thus far, Purisima has gotten a lot from the world but has yet to give back. That’s bad karma.

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