



Msgr. Gutierrez

*Got Food and Drink?
.. p 11*



Dr. Ofelia Dirige

*Weight Control: Eat Right
and Be Active .. p 5*



Balik Tanaw

*Armando Goyena: A Rare
Breed of Movie Talent.. p 13*



Asian Journal

March 25 - 31, 2011

San Diego's First and only Asian Filipino weekly publication and a multi-award-winning newspaper!

550 East 8th Street, Suite 6, National City, CA, 91950 Tel. (619) 474-0588 Fax. (619) 474-0373 email: asianjournal@aol.com website: www.asianjournalusa.com

PRST STD
U.S. Postage Paid
Permit No. 203
Chula Vista,
CA 91910

Chinese automaker to invest \$8M in Phl assembly plant

Filipinos are # 1 charity givers in Asia, Mastercard says

(From Good News Philippines) Filipinos are the top charity givers in Asia and Africa. This is the result of the latest MasterCard Survey on Ethical Spending conducted from September 13 to November 11, 2010, involving 10,502 consumers in 24 countries in Asia and Africa.

In the survey, the Philippines topped the most charitable category at 68% followed by Hong Kong, 66%, Malaysia, 63% and Indonesia, 62%.

Among respondents from Asia-Pacific, the most charitable consumers are 55 years



A typhoon victim gets aid

old and above (57%) and married (51%).

Women (50%) tend to donate more than men (48%). Also, 61% of consumers in the Asia-Pacific bought items specifically because they were

(Continued on page 19)

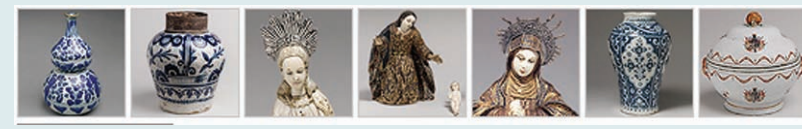
The Philippine-Mexican Connection: Priests, Soldiers and Seamen

by Riz A. Oades, PhD

The late Dr. Riz Oades was Professor Emeritus in the Department of History and Center for Asian Studies, San Diego State University. He pioneered courses such as AS 460, "Contemporary Issues in Filipino American Communities." He was also Co-Founder, President and CEO of Kalusugan Community Services; columnist in the Asian Journal; and Vice Chairman of the Council of Philippine American Organizations (COPAO).

Geographically and ethnically speaking, the Philippines is an Asian country. But the Filipinos' religious and political beliefs are based on Western culture. The Filipinos of today are a blend of four influences -- Malay, Chinese, Spanish, and American. Christianity has been the strongest influence in the Philippines, and this was brought to the islands by Spanish missionaries and conquistadores.

With Mexico as a base of operation, Spain gradually unified the islands administratively, introduced Catholicism in a massive scale with adaptations to local scene,



The so-called Manila Galleon ("Nao de China" or "Nao de Acapulco") brought porcelain, silk, ivory, spices, and myriad other exotic goods from China to Mexico in exchange for New World silver. (It is estimated that as much as one-third of the silver mined in New Spain and Peru went to the Far East.) On the return leg, the precious Asian wares traveled across the Pacific, via the Philippines (colonized by Spain in the late sixteenth century), to Acapulco on Mexico's west coast. -- Source: The Manila Galleon Trade (1565-1815) | Thematic Essay | Heilbrunn Timeline of Art History | The Metropolitan Museum of Art

and maintained a period of two-and-a-half centuries of political and commercial contacts - inevitably bringing the far-flung



Jar (Tibor), probably 18th century Puebla, Tin-enameled earthenware

colony into the orbit of Western civilization (education, arts, sciences, languages and customs) from which they have not departed since the 16th century.

Bureaucrats in Spain had a habit of treating the Philippine colony as if it were another province of Mexico. "Administratively the islands did form an autonomous branch of the viceroyalty of Mexico."

maintained J.L. Phelan. The Hispanization of the Philippines, "but local conditions often stubbornly resisted Mexican-oriented legislation." This proposition is true in many cases but not in all. There are two sides of the coin. Spanish activity in Mexico provided some experience that was profitably applied in the colonization of the Philippines. "The relatively peaceful character of the military conquest itself is an outstanding case in point." wrote Phelan. Mexican precedents also proved helpful in the organization of Filipino labor as some of the worst excesses of the encomienda and repartimiento (draft labor) were avoided when these institutions were transplanted to the Philippines.

The Mexican experience also provided the missionaries with pertinent models. The sacraments were introduced

(Continued on page 22)

Great Wall Motor, one of China's leading car makers will invest \$8 million for the assembly of Chinese vehicles in the country.



The Haval 5 SUV by Great Wall

The Board of Investments (BOI) announced that GWM's assembly facility will be done in partnership with Allen Roxas of State Motor Corp.

GWM is China's first private automobile enterprise listed in the Hong Kong Stock Exchange. The company has 30 subsidiaries.

There are already three Chinese auto manufacturers that are part of the Motor Vehicle Development Program (MVDP). The three firms who registered as participants of the MVDP for 2010 are Jianghuai Automobile Co. Ltd., GWM and Chongqing Astronautic Motorcycle Manufacturing Co. Ltd. (BASHAN).

JAC entered into a technical licensing agreement with JAC Automobile International Philippines Inc. for the supply of KD kits, KD parts and components for the assemble and manufacture of one ton to three ton light trucks. JAC said it will start full production by January next year.

Likewise, JAC said they will manufacture and assemble trucks and buses with Jianhuai Automobile. BOI said that if JAC will be successful in this venture and sell 1,000 units of buses and trucks annually then they will again partner with Jianhuai Automobile for the assembly and manufacture of passenger cars.

JAC is a company listed in the Shanghai stock exchange and has been a comprehensive automaker with full line independent brand vehicles in China. It has an annual production capacity of more than 500,000 units.

BASHAN on the other hand has Racal Motor Assembly Corp. as its local partner for motorcycles parts and components.

BASHAN has an annual capacity of 500,000 units with a market oriented to Argentina, Venezuela, Bolivia, Guatemala, Salvador, South Africa, among others. -- from GoodNews Pilipinas

Ilocos Norte is featured on TIME's Global Adviser

(From Good News Philippines) -- Ilocos Norte takes centerstage in TIME magazine's Global Adviser section in a feature article written by Hans Villarica entitled "Five Reasons to Visit Ilocos Norte."

The article reads as follows:

Bound to the west by the South China Sea and to the east by the imposing Gran Cordillera Central mountain range, the Philippine provinces of Ilocos Norte and neighboring Ilocos Sur combine the cultural allure of old Manila and the natural beauty of holiday hot spot



Paoay's Church of San Agustin

Boracay. Daily, hour-long flights connect Manila to Ilocos Norte's capital Laoag, but the area still manages to feel far from the tourist trail.

Here are five of the top attractions.

(Continued on page 19)

Radiation Monitors Continue to Confirm That No Radiation Levels of Concern Have Reached the United States

WASHINGTON, 3/22/2011 - During a detailed analysis of four west coast RadNet air monitor filters, the U.S. Environmental Protection Agency (EPA) identified trace amounts of radioactive iodine, cesium, and tellurium consistent with the Japanese nuclear incident. These levels are consistent with the levels found by a Department of Energy monitor last week and are to be expected in the coming days.



EPA's samples were

(Continued on page 6)



Virgin of the Immaculate Conception, 18th century. Hispano-Philippine Ivory, partly polychromed and gilded, with glass eyes and silver halo

Attend the free presentations of the affordable but luxurious housing developments in the Philippines! Presented in San Diego, Hemet and Temecula. Call 619-746-3416 for reservations.



Presidio at Britany Bay, near Laguna de Bay, Sucat, Paranaque, Makati and Taguig areas

Call for schedule of presentations for

SAN DIEGO

TEMECULA

HEMET

ORANGE COUNTY

Call (619)746-3416 for brochures and reservations



Luxurious single family homes beside Alabang

Baguio and La Union Beach properties.



Single family homes in Pangasinan, Pampanga, Bulacan, Batangas, Iloilo, Cebu, Davao, Cagayan de Oro

Retirement or vacation homes in Tagaytay

Single family homes in Antipolo; Bacoor, Imus and Dasmariñas, Cavite; Sta. Rosa and Cabuyao Laguna; and Las Pinas

For brochures and other info, call 619-746-3416.



Legal Buzz

by Atty. Aurora Vega-Buzon Esq.
Law Offices of Chua Tinsay & Vega
www.ctvattys.com

Read Atty. Aurora Vega's previous articles by visiting our website at www.asianjournalusa.com

What to Do If You Are Experiencing Problems at Work (Part 1)

Atty. Andrew Agtagma

In my previous articles, we looked at what constitutes workplace discrimination and harassment. This article discusses steps that you can take if you have problems, and common mistakes to avoid.

The most important thing to do if you feel that you are a victim of discrimination or harassment is to learn more about your rights. Employers are required to post notices of an employee's rights in a conspicuous place—the lunch area or breakroom, for example. Besides notices regarding minimum wages and overtime, workers' compensation and workplace safety, federal and state law requires antidiscrimination law postings to be posted as well. In California, you may have seen notices with titles such as, "Equal Employment Opportunity is the Law," and "Discrimination and Harassment in Employment are Prohibited by Law." (If you

have not seen these posters, that raises a red flag that your employer might not be abiding by these laws.)

Another place to look for guidance is your employee handbook, which should tell you where to turn if you are having problems. Generally, employees are encouraged to go to their supervisor, and/or their Human Resources department. In cases involving co-workers, failing to do so can greatly diminish the value of one's case.

Reporting to a supervisor or to Human Resources is straightforward when the problem is with a co-worker, or someone who does not manage you directly. However, sometimes the culprit is the supervisor, or someone with even greater authority. (To be clear, by "supervisor" I mean someone who, among other things, can hire or fire you, demote or promote you, deny a raise or promotion, give you a more onerous work schedule, or give you

a poor performance review.) Most employees are afraid to say anything under these circumstances, and rightfully so: a supervisor can retaliate against you for daring to complain. In California at least, the law recognizes the difficulties of complaining under these circumstances. It will hold a supervisor strictly liable for discrimination and harassment whether or not you complain to Human Resources Department or anyone else in the company. If you feel that your case is weakened because you did not complain, keep this distinction between regular co-workers and "supervisors" in mind.

Whether or not you choose to file a complaint with your employer, it is essential to file a complaint with either the Equal Employment Opportunity Commission or the Department of Fair Employment and Housing, or other state equivalent. The EEOC and DFEH are the federal and state agencies, respectively, tasked with investigating and enforcing anti-discrimination and anti-harassment laws. An employee cannot bring a lawsuit in court without first filing a complaint with these agencies, and the time to bring the complaints differs. For example, if an employee is fired, he has 300 days to file a charge of discrimination with the EEOC. But he has one year to file a charge with the DFEH.

Once a charge of discrimination is filed, both agencies will normally investigate the charge to see if it has any merit. These agencies have many charges to in-

vestigate, however, and are under enormous pressure to move cases along. For that reason, you will be invited to request an immediate "right-to-sue" letter. This letter does not mean that your case has merit; it merely means that you now have permission to file a lawsuit in civil court. I usually recommend that my clients allow the investigation to proceed, because these agencies can force the employer to answer allegations pertaining to the employee's complaints. This information would not otherwise be available or readily obtainable to a client unless and until a lawsuit is filed. Being able to get this information ahead of filing a lawsuit provides added time to investigate the case thoroughly.

About Atty. Agtagma

Atty. Andrew Agtagma is a graduate of U.C. Berkeley (Boalt Hall) School of Law. He works closely with the Law Firm of Chua Tinsay and Vega (CTV) and its clients to provide counsel in his areas of expertise, which include employment law, personal injury, and general civil litigation. He can be reached by phone at: (650) 589-5700, or e-mail at: contact@lawcenter-esq.com.

CTV is a full service law firm with offices in San Francisco, San Diego and Manila. The information presented in this article is for general information only and is not intended as formal legal advice, or to serve as the basis for an attorney-client relationship. CTV can be reached at: (415) 495-8088; (619) 955-6277.

Philippines is 3rd most optimistic country in the world

GoodNews Philippines | 3/25/2011 -- The Philippines is one of the world's most optimistic nations in a recent in a global survey on business optimism.

The results from the annual Grant Thornton International Business Report (IBR) showed renewed confidence of businessmen in the country's economic environment.

Filipino business leaders were ranked third in the world in terms of optimism with 87 percent of businessmen saying they were more confident about business prospects for 2011.

The Philippines came in just behind their peers from Chile with a 95% optimism rate and India 93%, and right behind the Philippines was Brazil at 78%.

The IBR—conducted locally by the group's affiliate Punongbayan & Araullo—is an international survey of the opinions of medium to large privately held businesses.

"Some may dismiss this rosy outlook of Filipino executives as simply in keeping with the Filipino's positive thinking," said P&A managing partner and COO Marivic Espano.

"This year, however, such optimism is backed by the 7.3-percent real GDP [gross domestic product] growth in 2010," she added. "That's the highest economic growth rate we have ever experienced, so I would say our optimism is well-founded."

The IBR results echoed similar findings released recently by the Bangko Sentral ng Pilipinas, which showed local businessmen having record-high confidence levels since the entry of the new administration last year.

The Makati Business Club, the group that brings together the country's biggest businesses, also agreed with the findings.

"We share that optimism," MBC executive director Peter Perfecto said, adding that the key now was to translate this confidence into concrete gains for the benefit of the broader population.

"We believe that the government can sustain the growth momentum of 2010, if the [Public-Private Partnership] projects begin rolling out this year," he said. "I understand that they are committed to rolling out at least 10 projects this year. This will be significant."

Since the Philippines began participating in 2004, optimism among local business leaders has always tracked an upward trend until 2009, when optimism dropped from a high of 95 percent to 63 percent in reaction to the global financial crisis, P&A said in a statement.

The following year, confidence level marginally improved to 68 percent as business leaders cautiously looked forward to a rebound, it added.

Survey respondents were also asked about their business expectations for this year.

Filipino businessmen reported improved confidence in the areas of employment, revenue, selling prices, exports, profitability, investments in new buildings, investment in machinery, and research and development.

(Story courtesy of Philippine Star and Philippine Daily Inquirer)

Follow @asianjournal on Twitter



CHUA TINSAY & VEGA

A Professional Legal Corporation

COMPETENT. CREDIBLE. COMPASSIONATE.

SERVICES OFFERED:

- Removal/Deportation Defense
- Labor Certification (PERM) Applications
- Nurses and Physical Therapists Petitions
- Fraud and Criminal Waiver Applications
- Investor's Visas
- Working Visas
- Student Visas
- Religious Worker Petitions

- Battered Spouse and Widower Petitions
- Immigrant Visa Petitions and Adjustment of Status
- US Citizenship
- Divorce
- Philippine Law Cases
- Bankruptcy

SAN FRANCISCO OFFICE
605 Market Street, Suite 1109
San Francisco, CA 94105
Tel: (415) 495-8088
Fax: (415) 495-0488

SAN DIEGO OFFICE
1901 First Avenue, Suite 142
San Diego, CA 92101
Tel: (619) 955-6277
Fax: (619) 955-6592

MANILA OFFICE
26th Floor, The Orient Square,
Ortigas Center, Philippines
Tel: (632) 470-1283
Fax: (632) 687-4745



AURORA VEGA-BUZON



JEAN S. TINSAY



DENNIS E. CHUA

www.ctvattys.com

Dr. Florabel F. Oliver-Badillo, D.M.D.

1ST ANNIVERSARY SPECIAL!!!

Email: dr_oliverbadillo@yahoo.com Phone: (858) 566-6099
10717 Camino Ruiz, Ste. 122 San Diego, CA 92126

- Cosmetic and Restorative Dentistry
- State-of-the-Art Technology and Sterilization
- Digital X-rays and Massage Dental Chairs
- Caring and Friendly Staff
- Affordable Fees
- Military Dependents Welcome
- Evening and Weekend Appointments Available
- New, Walk-in and Emergency Patients Welcome
- Most PPO Plans Accepted

Open:
Monday – Friday 9am – 6pm
Saturday 8am – 2pm

Credit Cards Accepted



\$34⁹⁹

Reg. \$238
Exam, Digital X-rays & Cleaning *

*Over \$200 in savings, in the absence of gum disease, new patients only. Limited time offer.

\$100⁰⁰

Towards Any Dental Service
\$550 or more

Cannot be combined with insurance. Limited time offer.

ZOOM!
\$298⁹⁹

Reg. \$600
In Office
Teeth Whitening
In Just an Hour!

Limited time offer.

DRIVING LESSONS

Michael V. Aguilar

Licensed Filipino Driving Instructor

Tel. (619) 482-1488

Int'l Driving School
ST. LIC. # 2790

Do you need a car for your DMV Road Test? Rent our car for it.
Call (619) 482-8603

\$7 OFF
ON FIRST LESSON
WITH THIS AD

- Free Pick-Up Service
- Free Sample Test
- Insured Dual Control Cars
- Inexpensive, Fast & Easy Lessons
- Drivers Ed. & Training For Teenagers Offered

Serving entire San Diego, Los Angeles & Orange Counties

San Diego News

Metropolitan Transit System Taxicab Committee Approves New Gaslamp Quarter Taxi Stands

Chairperson Marti Emerald heralds efforts to add alternatives for Gaslamp revelers

SAN DIEGO – The Taxicab Committee, which administers taxicab policy under the auspices of the Metropolitan Transit System accepted a report on Friday to add new permanent and temporary taxicab stands in the Gaslamp Quarter.

The new stands will make room for 16 more taxis to serve late-night and early-morning patrons of Gaslamp Quarter establishments.

“This is very positive news for all San Diegans,” said committee chairwoman and San Diego Councilmember (District 7) Marti Emerald. “With more taxi stands, people who may have been drinking will have more opportunities to take a taxi rather than get behind the wheel and endanger lives.”



Gaslamp Quarter.

- New locations include:
- 4th Avenue, westside, south of E St.
 - 5th Avenue, westside, south of F St.
 - 5th Avenue, eastside, south of G St.
 - 5th Avenue, eastside between J St. and Island Ave.
 - 5th Avenue, westside, south of Broadway
 - 5th Avenue, westside between Broadway and C St.
 - 6th Avenue, westside between J St. and Island Ave.
 - 6th Avenue, westside north of Market St.
 - 6th Avenue, westside between E St. and Broadway
 - J Street, northside between 5th Ave. and 6th Ave.



Emerald acknowledged the efforts of Gaslamp Quarter Association Executive Director Jimmy Parker and City of San Diego Senior Traffic Engineer Steve Celniker, P.E., to add the taxi stands.

“Positive actions in our communities are the result of hard work by individuals,” she said. “I want to thank Jimmy and Steve for their efforts to affect positive change in the



- Island Avenue, northside between 7th Ave. and 6th Ave.

Celebrating its 40th year The Centro Cultural de la Raza invites you to its 2nd Annual La Hermandad:

A Celebration of Chicano and Filipino Unity

Presented by Centro Cultural de la Raza, Anak-bayan San Diego and Talento Hispano. In honoring the birthday of Cesar Chavez we commemorate the show of solidarity among the Filipino Chicano communities. March is also International Woman’s Month so we shine a special spotlight on the empowered women of the past present and future.

The event will consist of an Art exhibition that runs from 3/22/11-4/15/11. There

will be live music, dance, spoken word and theatre. In addition there will be local food and merchandise vendors, as well as a membership drive and informational tables.

WHAT: 2nd Annual La Hermandad: A Celebration of Chicano and Filipino Unity

WHERE: Centro Cultural de la Raza at Balboa Park

WHEN: Saturday, March 26th from 7-10pm

WHY: To Commemorate Chicano and Filipino Unity and honor the history of Chi-

cana and Filipina activism in the art exhibition titled: “Mujeres de ayer... Hoy y siempre.”

Performers include:
 PDJ Kuttin Kandi * Pedro Gil *Danza Azteca Mixcoatl * Raymond Ferrer *AB Samahan Filipino Cultural Dance * Ivan Penetrante * Pakaraguian Kultintang Ensemble * Magos Vagos with Irene * Crol * Armando and company * Allie Moreno * La Danza de los Diablitos Mexican Cultural Dance * INTRIKT * MAAC Stu-

dents Music Band. In addition, Richard Ybarra will speak about his father-in-law Cesar Chavez and the UFW and Carlos Pelayo will discuss the Chicano Movement

The Centro Cultural de la Raza is a 501c3 non profit cultural arts organization. The Centro’s mission is to create, preserve, promote and educate about Chicano, Mexicano, Latino and Indigenous art and culture. The event is coordinated by volunteers and a collaboration of efforts of several community organizations. If you have any questions please email or call Enrique De La Cruz at 619-235-6135.

Perspectives on Japan: Dealing with the Devastation

A Panel Discussion Tuesday, March 29 - 5pm to 7pm Gill Auditorium, Museum of Man, Balboa Park

San Diego - March 29, 2011 - 5pm, Gill Auditorium Please join the San Diego Museum of Man (SDMoM) for a compelling panel discussion that attempts to unravel the high-stake complexities facing Japan in the aftermath of the recent earthquake, tsunami, and nuclear disaster. Consistent with SDMoM’s identity as a cross-cultural communication laboratory where people come to learn and talk about issues that are particularly relevant to the San Diego community and beyond, the goal of the panel is to provide an opportunity for local residents and visitors to better understand the situation in Japan from a variety of perspectives.

(Continued on page 5)

Blues and Arts Fiesta in San Felipe, BC



The San Felipe B.C. Lions Club is hosting the 2011 Blues and Arts Fiesta in San Felipe this weekend as a benefit fundraiser for local residents. The event features several band from both sides of the border.

“Agave Blues” band will again grace the stage at the “Blues & Arts Fiesta”. This great, award winning, band has headlined at the “Ensenada Blues & Rock Festival” and was invited to return last June. They received a standing ovation and a encore. This band is from San Felipe and will really get ya goin’. Arturo Esquivius Yee on Lead guitar, Derek Wile on Keyboards, and Jimmy Moore on drums.

Tickets to the event are \$20 per person.

To join the tour to San Felipe’s Ventana Del Mar Beach & Golf Resort for the weekend of March 26,-27,

2011, and enjoy the sights and sounds of San Felipe in Baja California, please call Darla Gogin, 714-812-5856.

Seafood City Food Court Rendevous



Myrna Reyes (far left), escrow officer of Coldwell Banker Premier, and Gen Silverio (far right) of Asian Journal enjoy a sampling of Filipino fastfood favorites at Seafood City in Orange Ave, Chula Vista. Dr. Bel Antioquia (second from left) and another dentist friend also met for lunch.

When was the last time you felt this good?

Not feeling like yourself lately? You are not alone. Depression, anxiety, post traumatic stress disorder and other emotional problems affect 1 in 4 adults in our community. Seek help and feel like yourself again.



MAGTULUNGAN TAYO

Up2SD.org

Link up for more information and local resources.



Perspectives



Contemporary Asian American Issues

by Dr. Ofelia Dirige

Founder, President & CEO Kalusugan Community Services.
www.filamwellness.org

Second of a Series

Weight Control: Eat Right and Be Active

"Calorie balance over time is the key to weight management. Calories consumed must equal calories expended to maintain the same body weight. Consuming more calories than expended will result in weight gain. Consuming fewer calories than expended will result in weight loss. This can be achieved by eating less food, being more physically active, or best of all, eat less and exercise." -- Dietary Guidelines 2010

Importance of Weight

Weight is such an important issue. It can affect one's self esteem. When we meet a relative, friend, acquaintance, or co-worker, the first thing they notice about us is whether we have gained or lost weight. We feel slighted when their comment is "O tumaba ka yata" (I think you gained weight). One feels happy when we say they have lost weight. Excess weight is highly visible and evokes some powerful reactions from other people and especially from those who carry the excess weight.

Some individuals especially women, would like to be slim for cosmetic reasons. They want to look prettier, be more appealing to their boyfriends or husbands, and some may even aspire to be a model, actress, actor or celebrity. There's nothing wrong

with this. In fact we know that we look prettier when we are at the right weight, when we can fit into more sexy clothes, and feel so light and energetic. It is when we go the other extreme of being underweight and anorexic (eating little and exercising a lot) that our body gets into trouble. I don't see much problem with underweight Filipinos; on the contrary we see more on the overweight side.

Most important of all, weight affects our health. Individuals who are overweight or obese have an increased risk of many health problems such as Type 2 diabetes, heart disease, and certain types of cancer. Ultimately, obesity can increase the risk of premature death. Reports show that health can be improved by a loss of 5-10% of your starting weight. It means that an initial goal of losing 5-10% of your

starting weight is both realistic and valuable.

Children are also affected by overweight and obesity. Conditions that were once only diagnosed in adults such as high blood cholesterol, hypertension and Type 2 diabetes are now increasing in children and adolescents. These conditions tend to persist throughout the lifespan so that prevention of obesity in childhood is an effective strategy for combating the obesity epidemic. Many children and teens that are obese are also often the objects of teasing and discrimination that may lead to psychological problems.

Factors contributing to the obesity epidemic

The current dietary intake of Americans have contributed to the obesity epidemic. The food supply has increased dramatically and so did the caloric consumption of each person. A survey of the eating practices of Americans showed a difference in eating habits between young people (2-18 yrs) and adults (19 yrs and older). Alcohol is a major source of calories for adults; whereas for children it is fluid milk. Sugar-sweetened beverages (soda) and pizza contribute greater calories for teens. For seniors age 70+, dairy desserts (ice cream, frozen yogurt, milk shakes, sherbert, pudding) and ready-to-eat cereals contribute more calories.

The overall environment has also contributed to the obesity epidemic. Choices are often limited by what is available in places such as grocery stores, restaurants, schools and worksites.

Communities with a large number of fast food places or quick-service restaurants tend to have higher weights. Chil-

dren who consume at least one or more meals at a fast food restaurant is at risk for obesity. Many Americans also spend most of their waking hours engaged in sedentary behaviors. The environment does not facilitate a physically active lifestyle such as the lack of sidewalks and parks close to where they live.

Weight control is a big business in our world today. There are so many diets that are being advertised that are quick ways to lose weight. I remember the Grapefruit Diet, Atkins Diet, South Beach Diet, High Carbohydrate Low Protein Diet, and many other fad diets. The trouble with these regimens is that it may be effective for the short term but is not guaranteed for the long term. You may lose many pounds for trying it for several months or years but once you stop it and go back to your normal eating habits, you gain back your former weight and even more. This "yo-yo" dieting is worse because you would gain more weight than your starting weight. And if you decide to go back to your diet, it will be much harder to lose weight.

The proper way to maintain or lose weight

Of course, the best, safest, and most effective way to control weight as we mentioned above is the traditional, old fashioned way that we have always heard, "Eat healthy & less and be more physically active." The trouble with this is that it a slow process and takes a long time to achieve. It is also a disciplined regimen of eating only the "good nutritious foods" and avoiding the tasty, pleasurable, "highway to heaven foods" such as lechon, chicharon, halo-halo, turon and bulaklak. Besides, there are so many

tempting dishes in fast food places that it is hard for us to resist the smell, aroma, and taste of it. When we go back home, we are tired with stomachs full and all we want to do is watch TV and then sleep.

The calorie balance way is a lifelong process but is an effective way. We slowly undo some of the bad habits we learned in childhood and substitute healthier practices. It takes time to change and it is a step by step way until we finally get it all together. So be patient.

Key Recommendations from the New Dietary Guidelines 2010

- Prevent or reduce weight through improved eating and physical activity
- Control calorie intake to manage body weight. Ex. If overweight, eat less calories from food and beverages.
- Increase physical activity or MOVE and reduce time for sedentary behaviors.

Maintaining weight is a lifelong process. It starts in childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age. Be patient and persistent.

Things helpful to know to follow the above suggestions:

Are you overweight, obese or of normal weight?

First, you need to know whether you have average weight, underweight, overweight, or obese. You can determine this from the Body Mass Index (BMI) that measures your weight against your height using a particular formula. When you visit your

doctor, they usually give you a BMI rating and so ask him or the nurse your BMI and whether you are overweight or obese. Ex. If you are an adult with a BMI of 25-29.9 kg/m squared, you are overweight and if your BMI is 30 kg/m squared, you are obese.

Second, you should have an idea about how many calories you need each day. Caloric level usually depends upon your gender, age, activity, and other factors.

You can ask a dietitian in the clinic how many calories you need each day. Of course, she/he will tell you how many calories (Ex: 1200-1600 cal/day) you need but this may be difficult for you to translate into what kind of foods, how much, and how often. Ex. If you are a male age 51+ and sedentary your estimated caloric need is 2,000-2200 calories per day. As one gets older (70 or 80 years), the caloric needs are lower.)

To make it simpler, dietitians usually suggest specific healthy foods rich in nutrients and low in calories and a sample dietary pattern you can follow to have an idea of what foods or dietary pattern you need to meet your caloric requirements.

Here are some of the foods suggested:

Eat more whole grains, vegetables and fruits. Adults who eat more whole grains, especially those high in fiber, have lower body weight than those who eat more refined grains. I think since whole grains are heavier in texture, you get full easily and you will eat less. Ex. whole grains include whole wheat pan de

(Continued on page 15)



At Large...

by Miles Beauchamp

Miles is Assistant to the Dean and Assistant Professor in the Shirley Hufstедler School of Education at Alliant International University where he teaches new media and diverse writing courses. He has been with the Asian Journal since the 1990's.

Boeing 747-8 Intercontinental Conducts Successful First Flight

Newest passenger member of 747 family touches down after four-hour, 25-minute flight

I can see it in your eyes: you're wondering, "What now? What's he up to? Why a column about Boeing?" Those are fair questions, I'll grant you. I did a column about Boeing



because:
1. I like the planes
2. How often do you hear about Boeing? Sure, you hear the name all over the place and you hear about airlines, but not much about the Boeing

Company itself.

3. My son likes planes and he and I like to play on their website.

So here goes: "The Boeing 747-8 Intercontinental successfully began its flight test program recently, taking off from Paine Field in Everett, Wash., before more than several thousand employees, customers, suppliers and community leaders. The airplane landed four hours and 25 minutes later at Boeing Field in Seattle. The 747-8 Intercontinental's first flight marks the beginning of a flight test program that will finish in the fourth quarter.

With 747 Chief Pilot Mark Feuerstein and Capt. Paul Stemer at the controls, the newest member of the 747 family took off at 9:59 a.m. and landed at 2:24 p.m. local time. "What a great privilege to be at the controls of such a great airplane on its first flight," said Feuerstein. "And what an honor to share this day with the thousands of men and women who designed and built this airplane."

The flight was the first of more than 600 flight hours in the test program for the new 747-8 Intercontinental. The airplane followed a route over Eastern Washington, where it underwent tests for basic handling and performance. The airplane reached a cruising altitude of 19,000 feet (5,791 meters), and a speed of up to 250 knots, or about 288 miles per hour (463 kilometers).

"This a great day for the 747-8 team and for all of Boeing. What an honor it is to see such a beautiful airplane fly," said Elizabeth Lund, vice president and general manager of the 747-8 program. "I want to thank



everybody who had a hand in designing, building and preparing this airplane for flight - our engineers, our manufacturing employees, our colleagues in Boeing Fabrication, our colleagues in Boeing Test & Evaluation, our external suppliers - for all their hard work."

Lower costs, less emissions

The 747-8 Intercontinental will have the lowest seat-mile cost of any large commercial jetliner, with 12 percent lower costs than its predecessor, the 747-400. The airplane provides 16 percent better fuel economy, 16 percent less carbon emissions per passenger and generates a 30 percent smaller noise footprint than the 747-400. The 747-8 Intercontinental applies interior features from the 787 Dreamliner that includes a new curved, upswept architecture giving passengers a greater feeling of space and comfort, while adding more room for personal belongings.

Korean Air and VIP customers have joined launch customer Lufthansa in ordering a total of 33 747-8 Intercontinentals. First delivery of the 747-8 Intercontinental is scheduled for the fourth quarter. Air China also has agreed to order five Intercontinentals, pending government approval.

Boeing Named ENERGY STAR® Partner of the Year

Boeing will receive an ENERGY STAR® Partner of

the Year award from the Environmental Protection Agency (EPA) for its ongoing commitment to protecting the environment through energy efficiency. Boeing is among 40 ENERGY STAR Partners of the Year - including 15 from the industrial category - that will be honored by the EPA during an awards ceremony on April 12 in Washington, D.C.

"Boeing's robust energy management program is a national model," said Elizabeth Craig, acting director of EPA's Office of Atmospheric Programs. "Effective energy management not only helps the bottom line, but it also is our most cost-effective climate strategy."

Boeing received the award after demonstrating an ongoing commitment to effective energy-management practices; enterprise-wide reduction in energy consumption; and employee engagement and awareness activities. The award honors Boeing for embedding energy conservation practices into all sustaining operations and using common tools, plans and performance metrics to drive improvements.

Boeing Chairman, President and CEO Jim McNerney credited employees. "This achievement is a testament to the innovation and creativity of the entire Boeing team, which simultaneously cut our energy usage, reduced our facilities' environmental footprint and drove improvements in our business performance. We are proud of our teams' efforts. This is a great honor for Boeing—one that will motivate us to keep improving our energy efficiency and

reducing our environmental footprint even further."

Boeing is making measurable progress to improve the environmental performance of Boeing operations. From 2002 through 2010, on a revenue-adjusted basis, Boeing has reduced energy consumption by 30 percent and CO2 emissions by 28 percent. On an absolute basis since 2002, Boeing has reduced energy consumption by 15 percent, which is equal to saving 2,121,643 MMBtus, or enough energy to power 54,168 average homes for a year in the United States. Additionally, five Boeing buildings have received ENERGY STAR labels for energy efficiency improvements, including the Boeing Corporate Offices building in Chicago.

ENERGY STAR was introduced by the EPA in 1992 as a voluntary, market-based partnership to reduce greenhouse gas emissions and other pollutants associated with energy use. Today, the ENERGY STAR label can be found on more than 60 kinds of products as well as new homes and buildings. Last year alone, Americans, with the help of ENERGY STAR, saved \$18 billion on their utility bills and prevented greenhouse gas equivalent to those of 34 million cars. Products, homes and buildings that have earned the ENERGY STAR prevent emissions by meeting strict energy-efficiency specifications set by the EPA.

Boeing has been an ENERGY STAR Industrial Partner since 1997, and this is its first Partner of the Year award since earning an award under the prior EPA Green Lights Program in 1999." (From the Boeing website)

ASIAN JOURNAL

The first Asian-Filipino weekly in Southern California
An award-winning newspaper, it is San Diego's most widely circulated Asian-Filipino newspaper!

Simon G. Silverio, Jr.
Publisher & Editor
Santi Silverio
Associate Publisher

Genevieve Silverio
Managing Editor
Miles Beauchamp
Associate Editor

Ashley Silverio
Assistant Editor

In Pursuit of Excellence

Eugenio "Ego" Osin, (1946 - 1994)
Joe Cabrera, (1924 - 1996)
Soledad Bautista, (1917-2009)
Dr. Rizalino "Riz" Oades, (1935-2009)

The Asian Journal is published weekly and distributed in all Asian communities in San Diego County. Publication date is every Friday of the month. Advertising deadline is Thursday prior to publication date at 5 p.m. For advertising rates, rate cards, or information, call (619) 474-0588. Subscription by mail is available for \$50 per year (56 issues). The Asian Journal is not responsible for unsolicited manuscripts and photographs but welcomes submissions. Entire content is © 2009 copyrighted material by Asian Journal. Materials in this publication may not be reproduced without specific permission from the publisher.

Quick Skin Care Tip For A Beautiful, Healthy Skin

Aimee@quattravia.com
 | SAN DIEGO, 3/25/2011
 -- Don't have a moisturizer? That's fine; you can use extra virgin olive oil. Yes, you read that right! Extra virgin olive oil has great benefits for your body and skin. Here are several reasons how to use extra virgin olive oil and why it is a great ingredient to use:



Aimee Lou Ocreto

It hydrates the skin and leaves it nice and soft (ex: great for elbows or dry bits of skin)

You can use this as a hair conditioner

Great for your cuticles which softens and treats the dry skin around your nail

Loaded with vitamins A and E that can help repair skin damage from sun exposure, cigarette smoke and

pollutants.

Phenomenal for removing eye makeup without stretching or pulling the delicate skin around your eyes. -- Aimee Lou Ocreto, Licensed Esthetician. Questions: Aimee@Quattravia.Com

Perspectives on Japan: Dealing with the Devastation

(Continued from page 3)

The event is co-sponsored by the Japanese Friendship Garden and the Japan Society of San Diego and Tijuana. The event is free to the public.

Our panelists will include:

Dr. Takeo Hoshi (Pacific Economic Cooperation Professor in International Relations/UCSD) - an economist who will discuss the economic implications of the disaster;

Dr. Stefan Tanaka (Professor of History/UCSD) - a historian who will speak about the lessons that can be learned from Japanese responses to prior disasters;

Dr. Joseph Hankins (Assistant Professor of Anthropology/UCSD) - an anthropologist who will discuss the uneven

distribution of the damaging effects of the disaster and the implications of the breakdown of supply chains for Japan and the rest of the world;

Dr. Michael Inoue (President Emeritus of the Japan Society of San Diego and Tijuana) - a member of the San Diego Consular Corps who will provide an analysis of the cultural implications of the disaster;

Mr. Kazuyuki (Kaz) Abe - a former Imperial Guard raised in Miyagi prefecture in Northern Japan who will speak about his connection to the people of the impacted region and their extraordinary resiliency.

Dr. Micah Parzen, SD-MoM's Executive Director, will moderate the panel discussion, which will include an ample question and answer period.

PLEASE RSVP BY MONDAY, MARCH 28 BY 5PM AT rspv@museumofman.org

For more information contact Cynthia Dillon at 619-239-2001x 25 cdillon@museumofman.org

OLD SCHOOLHOUSE SQUARE

"Your Little Manila Shopping Center"

500-600 E. 8th St. National City, CA 91950 (7-Blocks East of I-5)

Come visit us!

(619) 474-2300

Tulay Pa Raya

Villa Manila Restaurant
 • CLOSED ON MONDAYS •
 Tuesdays & Wednesdays
BUY ONE & GET ONE 50% OFF ON FRIED CHICKEN
 from 11:00am to 2:00pm ONLY
 *Some Restrictions apply. Void on holidays and special days like Valentines Day, Christmas Day, Father's Day etc.
 ACCEPTING RESERVATIONS FOR BANQUETS UP TO 100 PERSONS. CALL (619) 477-8512
 Fried Chicken and Filipino Cuisine None Can Compare.

振東超級市場
Chan Dong SUPERMARKET
 Oriental Seafood
 - Produce, Seafood, Meat -
 Open 7 Days a Week • 8:30 am - 7:30 pm
 (619) 477-7954

PINOY FIESTA
 Filipino Desserts & Turo-Turo Pan-de-sal Bakery & Barbeque
 Suite #9 (619) 434-6255

Vietnamese Noodle House
 Coming soon! Expansion & Frozen Yogurt
 Tel: (619) 477-5643 • Suite # 5

SUN LIFE MEDICAL CENTER
 EDNA M. BAY, R.P.T.
 (619) 474-3294 • Suite 14

Mabuhay Tailoring & Cleaners
 Specializing in: Military Uniforms, Embroidery Name Plates and Patches and Mounting Medals
 550 East 8th St. #16 (619) 477-1795

JUST FRAME IT Quality Custom Framing
 Manny I. Micalat Owner
 (619) 477-2010 Suite # 7

LUCKY MONEY
 24 HOUR REMITTANCE
 Tel: (619) 336-1112
 Hours: 9-6 M to F • 9-1 Sat.

AMY'S HAIR SALON
 Hair design • Coloring
 Nail service • Perms
 (619) 336-0761 • Ste. 15
 FULL SERVICE SALON • OPEN 7 DAYS A WEEK
 Permanent Make-up and Skin Care

ELVIE'S BOUTIQUE
 Nesty and Elvie Arbulante
 (619) 477-1666 • Fax (619) 477-1690
 Specializing in Women's Clothing and Gift Items
 SUITE 10

DYNAMIC Properties & Investments
 TESS R. REYES REALTOR
 (619) 477-4173 • FAX: (619) 477-4819
 CELL: (619) 252-8377

FilipinoPRESS
 Your Key to the Filipino Community
 Office: (619) 477-0940
 Fax: (619) 477-1024
 email: filipress@aol.com
 600 E. 8th St., Suite # 3

MSC Physician Billing Services, Inc.
 MELINDA S. CASAS Owner
 (619) 474-9640 • 550 E. 8th St. #17

Law Offices of A. Erwin Bautista
 Attorney at Law
 550 E. 8th St. #11
 National City, CA 91950
 (619) 474-7755 • Fax (619) 474-0051

IC HOME CHOICE REALTY
 ED PASIMIO ROSE PASIMIO
 Realtor - Broker Realtor - Owner
 (619) 336-1880 Office
 (619) 575-2598 Home
 (619) 336-1891 Fax
 600 E. 8th St., Suite #1

MANANSALA
 INSURANCE AND FINANCIAL SERVICES
 • BOOKKEEPING • TAX PREPARATION •
 • NOTARY PUBLIC •
 LOURDES B. MANANSALA
 AGENT/BROKER/REALTOR
 TEL: (619) 477-9709
 RES: (619) 428-4191
 SUITE # 2

San Diego Asian Journal LJ Printing
 (619) 474-0588 • Asian Journal
 (619) 474-1878 LJ Printing
 Fax: (619) 474-0373
 Suite # 6

Bernardita N. Lizan, D.M.D.
 General Dentistry
 550 E. 8th St., Ste. #12
 National City, CA 91950
 Tel. (619) 477-7570

NOBLE PREMIUMS, INC.
 GENERAL SUPPLIES/INDUSTRIAL PRODUCTS
 "Excellence through Quality and Service"
 Phone: (619) 477-4387
WORLD-CLASS REALTY, INC.
 Ellen Nobles-Sexson
 Tel: (619) 336-4885
 550 E. 8th Street, Suite #1

COIN LAUNDRY
 Fluff & Fold
 (619) 477-8613
 550 East 8th Street Suite 3

New Image Dentistry



Rossana T. Alfonso, DDS

Gentle & quality dentistry for children and adults

We accept most insurance
 Most insurance cover 100% of initial visit

Military Dependents Welcome

Senior Citizens Discount

Zero Interest Payment Plans

Service Offered:

- Preventive and Restorative Dentistry
- Porcelain crowns and bridges
- Cosmetic bondings & veneers
- Partial and complete dentures
- Valpast / Removable Non-Metal Partial Dentures
- Tooth Extractions
- Root canal treatment
- Gum treatment
- Teeth whitening - in office or take home kit

Walk - In & Emergencies welcome
 Open: Mon - Fri 9am - 7pm
 Saturday & Evening Appointments Available



619-470-2558

Mira Mesa Dental Care

Tel: (858) 451-7747 Fax: (858) 451-0731

6755 Mira Mesa Blvd. Ste. #142
 San Diego, CA 92121

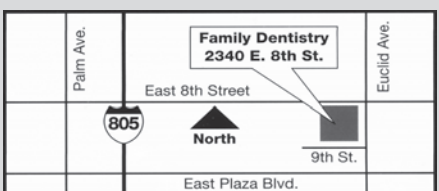


FREE Teeth Whitening
 (Take Home Kit worth \$200)
 With Complete Dental Treatment

Coupon Saver
New Client Special
 DENTAL EXAM & CLEANING
\$35.00*
 (or insurance payment) Reg. \$160.00

INCLUDES:
 • A Full Oral Examination
 • Individual Diagnosis & Consultation
 • Any & All necessary X-rays
 • Plus: One Thorough Cleaning & Polishing
 *Does not include periodontal treatment in absence of gum disease

Coupon Saver
Zoom
 1 hr. Teeth Whitening
\$299.00*
 Reg. \$600.00



We Speak Tagalog & Spanish

IMMIGRATION (619) 819-8648

Speak directly with an Attorney
The Law Offices of SUSAN V. PEREZ

offer the following services:

- Work Visas/Green Cards thru Employment
- Family Visas
- Student, Trainee, Tourist, Investors, Visas
- Reinstatement of Petition
- Deportation Defense
- International Adoption
- Appeals, Motions to Reopen/Reconsider
- Battered/Abused Spouse
- I-601 Waivers (Hardship)
- Consular Support in Manila



Atty. Susan V. Perez

"Se Habla Espanol"

We also handle ALL PHILIPPINE cases and have an office in Manila to service your needs there.

*Susan Perez is a licensed attorney both in the State of California and the Philippines. She has eighteen (18) years of combined experience in both jurisdictions in the areas of Immigration, Family, Appellate, Juvenile Dependency, Civil, Criminal, Labor, Contracts, Tax, and Business Law. She is also admitted to practice before the Ninth Circuit of the Court of Appeals, and the District Courts of Southern California and Central District of California.

Nagsasalita ng Tagalog asin Bicol.

By Appointment only from 9:00 to 5:30, Monday thru Friday.

San Diego Office:
 625 Broadway, Suite 1015
 San Diego CA 92101
 Tel. No. (619) 819-8648
 Fax No. (619) 923-9555
 Email: svplaw@aol.com

Manila Office:
 Suite 2502-A East Tower
 Philippine Stock Exchange Centre
 Exchange Road, Ortigas Center, Pasig City
 Tel. Nos.: (632) 687-2565 / 687-9851
 Fax No.: (632) 687-2565

Visit our website: www.law-usimmigration.com



Light & Shadows

by Zena Sultana Babao

Read Zena Babao's previous articles by visiting our website at www.asianjournalusa.com

The Heart of the Gospel

Standing alone on top of a hill looking at the vastness of God's creation, I am in awe of this overwhelming beauty and majesty I see before me. I feel insignificant, and yet profoundly blessed, as I gaze at the grandeur of it all!

Solomon's words in Psalm 8:3-8 (NIV) come to mind: "When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him?"

You made him a little lower than the heavenly beings and crowned him with glory and honor. You made him ruler over the works of your hands; you put everything under his feet: all flocks and herds, and the beasts of the field, the birds of the air, and the fish of the sea, all that swim the paths of the seas."

God made all these wonders for us! But best of all, God has promised eternal life in His kingdom at the end of our spiritual journey.

If we are now overwhelmed by the infinite possibilities of this world out there – how much more will it be when



Baptism in the Jordan River

we get to see the kingdom of God when Jesus finally comes back as "King of

kingdom of the world has become the kingdom of our Lord and of his Christ, and he



Kings and Lord of Lords?" The kingdom of God is the heart of the gospel of Christ. Mark 1:14-15 (NIV) says,

will reign forever and ever."

God holds out such wonderful and unimaginable promises of the brightest future possible. Yet to reach that future destination it is vital for us to persist in following Him – to continually repent when we stumble, remaining focused on God's words and the goal.

Despite the claims of many who teach that once we are saved we are always saved, it is always possible in this life to subsequently deny God and lose out on salvation. After all, we are only human, and time and again, we are led astray. Nevertheless, God speaks of our salvation as sure – as indeed it is as long as we don't come to a point of rejecting Him and His way.

As long as we actively seek God's will and allow His Holy Spirit to work in our lives, our eventual salvation is guaranteed. God promises

to help us every step of the way, through every turn in the road, if we will repent, have faith in Him for the forgiveness of our sins, and be baptized.

Repentance is the first step. What does it mean to repent? Definitions of repentance includes: a turning with sorrow from a past course of action; the changing of one's mind for the better; regret or contrition; sorrow for wrongdoing; and complete turning away from sin.

The Bible describes repentance as a profound realization of our sins and resulting sorrow that leads us to change our thoughts and actions. 2 Corinthians 7:10 (NIV) says: "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death."

Godly sorrow causes us to place our hopes in Him. It leads us to a deep, life-altering commitment. Worldly sorrow, by contrast, is shallow and superficial, producing no real commitment and permanent change. At its core, repentance is change!

Repentance was an integral part of the message of John the Baptist when he went into all the regions around Jordan, preaching a baptism of repentance for the remission of sins. His message connected baptism and repentance, which brings us to the next step in our walk of faith – baptism.

The word baptism is derived from the Greek verb baptizo, meaning "to dip or immerse." Dip means "to immerse and then quickly take out." Immerse means "to plunge under, or to cover completely." From these definitions, it is clear that immersion is the biblical method of baptism. Baptism by immersion symbolizes our death and burial, while rising out of the baptismal water symbolizes a resurrection to a new life in Christ.

Baptism in a Christian church is done when we are mature enough to understand repentance and the magnitude of committing our life to following God. The seriousness of baptism clearly makes it a decision for those who are mature, and not those who are still babies. Jesus did bless little children, but did not baptize them, because they were not mature enough to make it a decision to commit their lives to following God.

Of course, the water in baptism is only a symbol. In reality, the cleansing of sin and reconciliation to God are by the shed blood of Jesus Christ, our Savior. Without His sacrifice, our sins cannot be washed away. -- AJ



San Beda College Alumni Association
"For San Beda, our Country and God"

A San Beda College Alumni Association Fund Raising Event SBCAA of Southern California

invites you to the
2011 Induction &
Dinner Dance

Embassy Suites Hotel
11767 Harbor Blvd,
Garden Grove, CA 92840
Saturday, April 9, 2011

6:00PM

Donation: \$35

Please contact Manny at 213.4944175

Mabuhay po,
Manny Paez

Los Angeles, CA

USA Office (323) 478-1599

USA Cell (213) 494-4175

Manila Office +(632) 241.4462

*Insure your shipment for only \$5 for every \$100.

For All your shipping needs:

www.manilaforwarder.com

Radiation Monitors

(Continued from page 1)

captured by three monitors in California and one in Washington State on Friday, March 18 and sent to EPA scientists for detailed laboratory analysis. The data was reviewed over the weekend and the analysis was completed Monday night. The radiation levels detected on the filters from California and Washington monitors are hundreds of thousands to millions of times below levels of concern.

In addition, last night preliminary monitor results in Hawaii detected minuscule levels of an isotope that is also consistent with the Japanese nuclear incident. This detection varies from background and historical data in Hawaii. This isotope was detected at our fixed monitor in Hawaii, and it is far below any level of concern for human health. The sampling filter from this monitor is being sent to our national radiation lab for further analysis.

tion lab for further analysis.

In a typical day, Americans receive doses of radiation from natural sources like rocks, bricks and the sun that are about 100,000 times higher than what we have detected coming from Japan. For example, the levels we're seeing coming from Japan are 100,000 times lower than what you get from taking a roundtrip international flight.

EPA is in the process of conducting detailed filter analyses for fixed monitors located in Oregon.

EPA's RadNet filter results for San Francisco, Seattle, Riverside and Anaheim, California detected minuscule quantities of iodine isotopes and other radioactive particles that pose no health concern at the detected levels. Below are the results of the detailed filter analysis. All of the radiation levels detected during the detailed filter analysis are hundreds of thousands to millions of times below levels of concern.

All units are in Picocuries

(Continued on page 9)

SHORT SALE... FORECLOSURE.....

LOAN MODIFICATION....

HOMEOWNERS,

What ever option you may want to pursue, I would like to offer my professional service

FIRST TIME HOMEBUYERS,

Let me guide you to the process of buying what could be your biggest investment— your home

For free consultation, please call...

Daughlet B. Ordinario, GRI

Broker- Lic #00594739

Tel. 858.271.4600 Cell. 858.405.4600

Daughlet@realtyservicecenter.com



REALTY SERVICE CENTER

9420 Activity Road Ste. D, San Diego, CA 92126

A CONVENIENT WAY FOR OUR BALIKBAYANS AND BAKASYONISTAS

PICK-UP MULA SA BAHAY

FOR **\$55** PER PERSON
minimum 2 persons
72 hours Reservation

M'S TRANSPORTATION

15 Passenger Van / Town Car / Limousine



San Diego To LAX Airport Transportation

We Do Leisure Trips to Casinos
San Diego area only

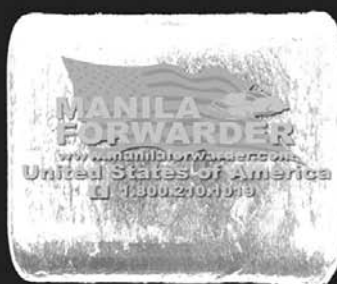
MARIO - 619-254-0800 24/7 OPERATION
ARNOLD - 619-788-3114 Fax: 619-422-5099
NOEL - 619-548-2302 TCP# 13369-P

Relax...Manila Forwarder yata yan.



Sarap magpadala pag maayos ang kumpanya.

Sa konting diperensya.. Manila Forwarder na!



MANILA FORWARDER



Ship, Travel & Remit
1.800.210.1019
www.manilaforwarder.com

TravelPH.Com

A Division of Manila Forwarder Group



Travel to
LA 18
KSCI-TV
Travel to
TACLOBAN
Philippines with Janelle So
Depart LAX - SFO 17 May 2011



Phil - Am Law 101

by Atty. Rogelio Karagdag, Jr.
Member, State Bar of California & Integrated Bar of the Philippines

Read previous articles by visiting our website at www.asianjournalusa.com

My Childhood Sweetheart Wants to Petition Me

Dear Atty. Karagdag,

I have been reading your articles about marriage in the Philippines and getting a divorce in the United States.

I have been married for twenty years here in the Philippines. I met my wife while I was nursing myself from a painful separation from my childhood sweetheart who left me to migrate to the United States with her family. Unfortunately, my wife and I are both unhappy with our marriage. We have tried our best to make our marriage work but it seems that our situation is hopeless. Indeed, there is truth to the Filipino saying that "kung hindi uukol, hindi bubuko!". We always fight and have long ceased to be intimate. For many years, we have been living a masked life for the sake of our two children, but now that they are grown ups, we feel that it is about time that we shed off our



mask and live a truthful life. In fact, we honestly feel that it would be better for everyone if we just go our separate ways and end our constant quarrels.

In my recent trip to the United States, I met my childhood sweetheart. She is now a U.S. citizen and divorced. We were surprised to discover that after so many years, we still love each other. I have never felt like this way before, not with my wife. I realize how beautiful life would have been if I married my childhood sweetheart instead.

The problem, of course, is that I am not legally free to marry her. Now, I am planning to finally take the necessary legal steps, but I am not sure which one to take. Should I file a petition for annulment in the Philippines, or can I divorce my wife in the United States? What are

the legal consequences? Can my childhood sweetheart petition me later on? Please advise me on what to do.

Thank you.

Igor

Dear Igor,

Thank you for your email. We regret that your marriage is not working well. I usually advise my clients to first explore all avenues for reconciliation but it seems this is no longer feasible in your case.

The first thing you must understand is that divorce here is covered by state law. This means that divorce laws are different among states, but in general, divorce is recognized all over the United States. For example, you must have lived in California for at least 6 months before you can file a divorce in California. Residency is shorter in Nevada, which only requires 6 weeks. This is relevant because if you are a tourist, your maximum stay is 6 months.

The immigration status of a person has nothing to do with the divorce. In fact, the US recognizes US divorces obtained by foreigners in the US. For example, a Filipino who gets a divorce here and then remarries a US citizen is eligible to be petitioned by his new wife. For as long as he stays in the US, he will have no problem about his marital status. Even if he overstays in the US, he can still be petitioned by his US citizen wife.

So in your case, your divorce and remarriage will be recognized by the US, and your new wife can file a green card petition for you.

The problem arises when you go back to the Philippines because Philippine law does not recognize foreign divorces (except under Article 26 of the Family Code, which does not apply to your case). So, you will be considered as still married by Philippine law. If you go back to the Philippines with your new wife, and then you live together as husband and wife there, you can be sued for concubinage. So if you plan to stay in the Philippines, you should get an annulment from the Philippine court.

I must caution you that these are general information on the subject. Your case may be different, so you must consult with an attorney before taking any legal steps.

Sincerely,

Atty. Karagdag

About Atty. Karagdag

Atty. Rogelio Karagdag, Jr. is licensed to practice law in both California and the Philippines. He practices immigration law in San Diego and has continuously been a trial and appellate attorney in the Philippines since 1989. He travels between San Diego and Manila. His

office address is located at 10717 Camino Ruiz, Suite 131, San Diego, CA 92126. He also has an office in the Philippines at 1240 Apacible Street, Paco, Manila, Philippines 1007, with telephone numbers (632)522-1199 and (632)526-0326. Please call (858)348-7475/(858)536-4292 or email him at rkaragdag@attyimmigration.com. He speaks Tagalog fluently. Articles written in this column are not legal advice but are hypotheticals intended as general, non-specific legal information. Readers must seek legal consultation before taking any legal steps.

Follow @asianjournal on Twitter

Walmart Commits \$5 Million in Response to Japan Earthquake

Funds to support emergency relief efforts throughout the country

Walmart announced an initial commitment of \$5 million in cash and in-kind donations for emergency relief efforts in response to the tragic earthquake and tsunami aftermath in Japan. In addition, Walmart operations around the world continue to plan or have implemented fundraising drives among associates and customers to provide additional relief funds for the victims.

With over 35,000 associates and 371 operations in Japan, Walmart, in the wake of the devastation, had quickly took action to help by setting up distribution points for relief items in store parking lots when the stores themselves were too damaged to open. Stores and distribution centers also provided in-kind donations to the victims including water, food and sanitary items.

BENTONVILLE, Ark., March 23, 2011 – On March 15, 2011, Walmart (NYSE: WMT) announced an initial commitment of \$5 million (USD) in cash and in-kind donations for emergency relief efforts in response to the tragic 9.0 magnitude earthquake and resulting tsunami that have left thousands dead and tens of thousands homeless in Japan. Also, Walmart operations around the world are planning or have implemented fundraising drives among associates and customers to provide additional relief funds for the victims.



A Red Cross relief worker

of water, acrylic blankets, tents, warm clothes, fleece, portable toilets, flashlights, batteries, and other necessary relief items.

"Our operations in Japan are actively engaged in providing assistance on the ground, and we're continuing to monitor the situation and look for additional ways that we can help with the relief efforts," added Toru Noda, president and CEO, Walmart Japan. He added that since the disaster struck Walmart associates were working around the clock to keep supply going to the Seiyu stores in Japan which had become a lifeline for local communities.

Walmart fully acquired Seiyu in 2008. Currently there are 35,892 associates, 371 Seiyu stores and 43 Wakana deli stores in Japan. There are 24 Seiyu stores and 1,877 associates in the Sendai area.

"Giving back to our communities, especially in a time of need, is part of our culture at Walmart," said Doug McMillon, president

and CEO of Walmart International. "A crisis only reinforces that commitment, and our thoughts are with those affected by this disaster." Walmart has long been recognized as a corporate leader around the globe in the area of disaster relief. Most recently,

Walmart supported flood relief efforts in Brazil, with cash and in-kind donations valued at more than \$1 million (USD). In addition, Walmart contributed more than \$3 million (USD) in cash and in-kind donations for the 2010 earthquakes in Haiti and Chile. Walmart also contributed \$3 million (USD) for the 2008 Sichuan earthquake in China.

About Philanthropy at Walmart

Walmart and the Walmart Foundation are proud to support the charitable causes that are important to customers and associates in their own neighborhoods. The Walmart Foundation funds initiatives focused on education, workforce development, economic opportunity, environmental sustainability, and health and wellness. From Feb. 1, 2009 through Jan. 31, 2010, Walmart and the Walmart Foundation gave more than \$512 million in cash and in-kind gifts globally, \$467 million of which was donated in the U.S. To learn more, visit www.walmartfoundation.org.

KARAGDAG & ASSOCIATES
U.S. IMMIGRATION AND PHILIPPINE LAW

LICENSED TO PRACTICE LAW IN CALIFORNIA & THE PHILIPPINES

858.348.7475

RKARAGDAG@ATTYIMMIGRATION.COM

ROGELIO KARAGDAG, JR., ESQ.

U.S. IMMIGRATION LAW
ACTIVE IMMIGRATION ATTORNEY
IN CALIFORNIA

Green Card & Citizenship
Deportation Defense
Consular Processing
Humanitarian Reinstatement
Aged-Out Children

PHILIPPINE LAW
ACTIVE TRIAL ATTORNEY
IN THE PHILIPPINES

ALL PHILIPPINE CASES
Nullity/Annulment of Marriage
Adoption
Land Cases & Inheritance

10717 Camino Ruiz, Suite 131, San Diego, CA 92126 (corner Mira Mesa Boulevard) | 1240 Apacible St., Paco, Manila 522-1199 / 526-0326

RONALDO R. SALDANA, D.D.S.

General and Cosmetic Dentistry

665 H Street, Ste. E, Chula Vista, CA 91910



WE OFFER:
INVISIBLE BRACES
(INVISALIGN)
NO BRACKETS / NO WIRES
/REMOVABLE

- Affordable Payment Plans / OAC
- Senior Discount
- Emergencies & Walk-ins Welcome
- State-of-the-Art Sterilization

NEW PATIENT CLEANING

\$40

WITH THIS COUPON (Regular \$115)

Includes full mouth exam, necessary x-ray & cleaning
This offer is for new patients without insurance.

COMPLETE DENTURES

Upper or Lower

\$715.00

WITH THIS COUPON (Regular \$1,250.00)

MOST INSURANCES ACCEPTED / MEDICAL WELCOME / DELTA / HEALTHY FAMILIES / TRICARE RETIREES / MILITARY DEPENDENTS / CDN / PLAN HANDLERS / FDM / METLIFE / GUARDIAN / ALL OTHER PPO'S

(619) 422-7252

Tagalog Po / Spanish Speaking

Office Hours:
Tuesdays to Fridays: 9 a.m. to 6 p.m.;
Saturdays: 9 a.m. to 2 p.m.;
Mondays and Sundays: Closed



CALL FOR DIRECTIONS





Take it from my barber

by Benjamin Maynigo

Read previous articles by visiting our website at www.asianjournalusa.com

MARCOS: To Be or Not To Be @LNMB (Part II)

(LIBING is LEAVING it to the LIVING)

My youth, my dreams, my early hopes, my ambitions and my politics intertwined with three Filipino political giants whom I called the 3Ms - Macapagal, Marcos and Manglapus.

As a young boy, I could never forget the first time I heard Raul Manglapus deliver a campaign speech for Ramon Magsaysay when the latter was running for President. Listening to him either as a Senatorial or Presidential candidate was always a joy for me. To date, I consider him the greatest Filipino orator, bar none. He graduated from the Ateneo University, Summa Cum Laude. My speeches as an AFS Scholar in U.S.A. were patterned after his.

Diosdado Macapagal was for me the most academically prepared candidate to become President - a holder of a Doctorate in Economics and a Doctorate of Laws. He placed No. 1 in the Philippine Bar Exams the year he took it. My Valedictory address in high school was inspired and influenced by his 5-year Socio-Economic Development Program.

Ferdinand Marcos was a well-known Ilocano like me who reviewed for the Bar Exams while in prison having been accused of killing his father's political opponent. He topped the Bar and defended his own



case and finally won acquittal after having been found guilty in the lower court. He was reputed to be a "war hero". During my college graduation he awarded me with a Presidential Award on Student Leadership and Academic Excellence.

In 1965, these three brilliant men ran for President against each other. I was part of the San Beda Debating Team that took the Macapagal side in a Marcos vs. Macapagal public debate. While we won the debate for Macapagal, Marcos won the elections while I was a young non-voting campaigner for Manglapus.

In 1969, I was chosen to be part of the San Beda Law Debating Team that faced the Ateneo Law Team. It was a Marcos vs. Osmena proposition. We were assigned to defend the Marcos side. We won it before a big crowd at the St. Scholastica's Auditorium. Marcos won the elections but I was then leading the YCSP, Young Christian Socialists of the Philippines, youth arm of Manglapus' Christian Social Movement, a social oriented but anti-Marcos movement.

As I have shown, in a debate, one could go against Marcos

and win. One could also take his side and still win. Of course, this is true in a more or less free environment where issues are debated freely and without fear.

When Marcos declared Martial Law and made himself a dictator with almost absolute powers, for freedom-loving Filipinos, it became untenable to take and defend his side. You would have to be a sycophant, a paid-propagandist, a loyalist, or a threatened and coward liar to defend the atrocities committed during his dictatorial regime.

I was sincere when I said in my previous article that for the sake of his father and his own, Senator Bongbong Marcos should let his father rest in peace and should instead fathom his own destiny and focus on his own achievements and family redemption through good deeds.

Imee Marcos earlier publicly declared, "If it were my call, I would want my father to attain peace and quiet at a proper grave just so this controversy will cease." She feared that her father's tomb could be vandalized at LNMB, in the same way that the giant bust in his likeness was exploded by dynamite at its Benguet site.

Imelda Romualdez Marcos also had previously indicated she had lost interest in having her late husband brought to LNMB a couple of decades after his death. She said, "There's always another place to bury FM. Besides, there's always divine justice when you are on the side of truth, so with Mr. Marcos' achievements as war hero, congressman, senator and president, there's sure to be another equally beautiful burial place for him."

There is wisdom to what the two Marcos women were saying as compared to Bongbong's stance at this time. Bongbong should realize that insisting on his father's burial at the LNMB would encourage those against it to revive what had been forgotten; remind everyone of all the gruesome details; state newly and freely discovered facts; and make them all available and accessible through modern communication technology and social media to the old and new generation not only in the Philippines but worldwide.

People only remember, forget, and forgive what they know. So far, Filipinos only know what was published and made known on a limited accessibility, availability and affordability basis. In fact, when some of the information came out, Marcos was in control of the Philippine media, and could detain anybody who published anything negative about his regime and who disagreed with him, his family or his cohorts.

If Bongbong continues to insist and persist, everything that brought dishonor during his father's dictatorial regime; the many offenses involving moral turpitude; would be known and spread up to the remotest areas that regular media, the internet and smart phones can reach.

Research made by the Movement for a Free the Philippines and other human rights groups shows that Ferdinand Marcos allegedly committed the following offenses:

Shutting down Congress and the independent media;

Imprisoning innocent nuns, priests, professionals, journalists, professors, students, labor leaders, and political oppositionists;

Detaining tens of thousands of others whose only offense has been to dissent and to speak for freedom;

Torturing prisoners with monstrous devices, including electric shocks to male and female organs, which our fathers and forefathers never experienced even under the Japanese Kempeitai, the American Military Police or the Spanish Guardia Civil;

Killing lesser known political prisoners in secret summary executions, trusting that their lack of prominence will invite no attention to his vile act;

Castrating the judiciary, emasculating the labor unions, prostituting the teaching profession by making cheaters out of them in farcical elections; disgracing the journalism profession;

Assaulting the minds of the young, scheming like Hitler, Stalin, and Mao to kill their innate passion for liberty with vicious techniques of regimentation;

Indulging in an orgy of foreign borrowing, mortgaging future generations beyond redemption;

Causing, by brute coercion, to be transferred to his name, or that of his relatives and cronies, commanding shares in every significant industrial, agricultural and mining enterprise in the land;

Looting Philippine coffers of billions of dollars; and

Many other offenses which we obviously do not want current and future generations to emulate.

Marcos built his political life on being a "War Hero" claiming to have earned 33 Awards, Medals and Decorations. This is more than what Audi Murphy, the most decorated American hero, earned.

On December 18, 1983, John Sharkey of the WASHINGTON POST opened a long article by saying, "However, 18 months of effort to verify Marcos' claims to high American decorations raises serious doubts that he actually was awarded those medals." He then proceeded expounding on the results of his



Cielito says

by Maria Cielito Bejarin

Read Maria Cielito Bejarin's previous articles by visiting our website at www.asianjournalusa.com

Your Right Under Federal Bankruptcy Law

Bankruptcy is about getting a Fresh Start

The Law Offices of Kenneth M. Cooke is dedicated to serving the community's needs with excellent and ethical legal representation in the areas of Bankruptcy, Immigration & Divorce.

We understand that the key to our firm's success is to establish outstanding client relationships. We listen to each and every client's concerns. We do our best to offer great service.

Client's experiences differ with each scenario. We can put a stop to your financial worry. This is your right under Federal Bankruptcy Law.

A CA debtor has the option to use the Federal or State California exemption to protect their personal and real estate property. We will work with you to choose the most beneficial plan to protect all or most of your property.

If you choose to file Chapter 7 Bankruptcy, The following debts can be eliminated. You're Debt Free.

- Credit Cards/Store Cards
- Medical/Dental Bills
- Overdraft owed to Bank
- Cash Advances from Payroll Advance Company
- Personal Loans

Certain Tax Obligation Lawsuits Judgments

Under Chapter 13, the law allows you to eliminate of your 2nd Mortgage. While you repay only a part of your debts under a 3 to 5 years payment plan.

Our final goal is for you to get a permanent discharge order from the court. When we get a permanent discharge it will prevent creditors from pursuing to collect from you.

We stand by you even after the Bankruptcy is complete to protect you from post Bankruptcy collection efforts that many creditors continue to pursue in violation of the Law.

Attorney Kenneth M. Cooke has 19 Years of Experience in the Bankruptcy field. Give us a call for a FREE Consultation! You should not go through this alone. We are here to help.

Bankruptcy is about getting a Fresh Start. The Law allows you to start over and get back in control of your financial future. Give us a call to get pre-qualified and schedule for an appointment with our specialist.

research.

In 1982, WE FORUM in the Philippines and the PHILIPPINE NEWS in the United States published a series of articles by Bonifacio Gillego debunking the bases for the award of the numerous Philippine military medals and decorations of Marcos. Many of the medals were awarded on the same day of December 1963 almost 20 years after the end of World War II and several medals were awarded for the same alleged action and no reliable record could be obtained for the heroic action alleged as the justification for these awards. Marcos summarily shut down the WE FORUM and detained its Editor and staff accusing them of "sedition".

On January 23, 1986, the NEW YORK TIMES demolished the myth that Marcos led a major guerilla unit of more than 8000 men against the Japanese called "Maharlika". The WASHINGTON POST also published a day later revealing that the U.S. Army documents suggest that instead of fighting the Japanese, Marcos actually worked on behalf of Philippine politicians who were in collaboration with the Japanese.

Many of the offenses allegedly committed by Marcos mentioned above were not only crimes involving moral turpitude, offenses that brought shame and dishonor but most especially, crimes against hu-

manity. Under the latter, following the doctrines enunciated in Yamashita and several cases and under International Criminal Law, there is no Statute of Limitations, there is International Jurisdiction, and that Command Responsibility is an accepted principle.

Marcos may have died preventing an international trial ala the Nazi criminals, Iraq's Saddam Hussein, Chile's Pinochet, Rwanda's Kagame and other fallen dictators. But many of his co-conspirators, cohorts, cronies, co-principals, accomplices, and accessories are still alive.

Reviving, discovering, detailing, and uncovering the atrocities under Marcos could lead to unintended consequences that Senator Bongbong Marcos might regret just for insisting that his father be buried at the LNMB.

Instead, in the words of Facebook friend Bettina Bonnevie Obias, "His children should make a remarkable act of atonement, if they want the sordid mark on their name untarnished and not to contrive further use that further impugns their name and Pres Marcos' memory. After all, we Filipinos are compassionate & magnanimous people."

LIBING is LEAVING it to the LIVING! Or is it Living > Leaving > Libing?

EVELYN SALAZAR D.D.S. FAMILY & COSMETIC DENTISTRY



EVELYN SALAZAR D.D.S.

Looking For A Gentle Dentist?

- Personalize Attention
- New and Modern Office
- Most Insurance accepted
- Payment Plans (Zero Financing)
- Digital x-ray (very low radiation)
- Cosmetic (Veneers-lumineers)
- Crown and Bridge, Dentures
- Children and Adult Braces

Medical Insurance Accepted

GET ACQUAINTED OFFER!

\$39 Reg. \$125
\$25 for children

Includes: A full oral examination, Necessary X-Ray Cleaning (in absence of existing periodontal disease) Plus FREE Toothbrush and Toothpaste. For new patients without insurance Limited time offer only

EXTRACTIONS (Bunot)

from **\$60**

For new patients without insurance Limited time offer only

COMPLETE DENTURES
UPPER OR LOWER **\$750**

For new patients without insurance Limited time offer only

TEETH WHITENING \$289

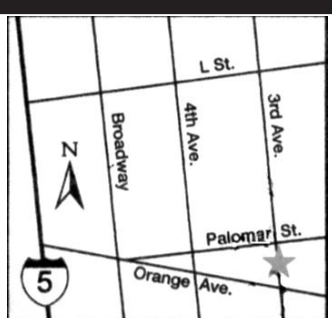
(Special 1 Hr.) In Office Whitening "ZOOM" as seen on TV
For patients without insurance, Limited time offer only

(619) 426-2040 We Speak Tagalog

Office Hours:

Monday to Friday 9:30AM to 6:00PM
Saturday 9:30AM - 3:00PM

1339 3rd Avenue, Chula Vista, CA 91911
Right next to Union Bank



1828 Coronado Ave. San Diego, CA 92154
Madona Illeto - Proprietor (619) 429-5778



Insurance Matters

by Jerry Salcedo

Read Jerry Salcedo's Insurance Matters series by bookmarking the link www.asianjournalusa.com/insurancematters

How Much Homeowners Insurance Do You Need?

Because your home is probably the biggest investment you'll ever make, you'll want to take measures to safeguard that valuable investment. The best way to protect your home investment is through homeowner's insurance. However, you shouldn't settle for just any policy. The type and amount of insurance you need depends on your specific home,

what's in it and your personal requirements. But how much insurance is enough? Here are a few ways to you determine just how much insurance coverage you need:

Market value may not be enough

While you may be tempted to purchase just enough homeowner's insurance to cover the market or resale value of your home, this may not be enough. While the market value may be enough coverage for some homeowners, that's typically

not the case. Your home's market value is not the same as what's known as its "replacement cost." The replacement cost of your home is the amount of money you would need to rebuild your home to its previous condition if a loss were to occur. This amount is different from your home's market value, purchase price or the outstanding amount of your mortgage loan.

Especially right now, when property values are falling throughout much of the nation, the market value of your home is probably much lower than its replacement value. Therefore, you should not use the market value to determine how much insurance coverage you need.

Calculate the replacement cost

So, how do you figure out the replacement cost of your home? Your homeowner's insurance company can calculate how much it would cost to rebuild your home based on the following:

- Square footage of your home
- Type and quality of your

- home's construction
- Any updates, special features or add-ons to your home
- Quality and cost of materials used in your home

Read the fine print

Before you purchase a policy, read all the fine print so you know exactly what the policy covers. Homeowner's insurance generally covers damages to your home and "other structures" on your property, such as a shed, detached garage, gazebo or pool. In most policies, the amount of insurance coverage you receive for other structures is 10 percent of the amount of coverage you receive on your home. For example, if your insurance policy covers \$100,000 on your home, the coverage you would receive for your other structures would be \$10,000 combined. If you believe that the structures on your property are worth more than 10 percent of your home coverage, you may want to request additional coverage.

Take a look at your personal liability coverage

Most homeowner's poli-

cies also include personal liability and medical expense coverage. Liability covers you in the event there is a civil claim against you for an injury that occurred on your property. For example if you had \$100,000 in liability coverage and someone slipped and fell down your stairs and broke their leg, your liability coverage will likely pay the claim. However, this still may not be enough to cover a major lawsuit such as someone drowning in your pool. You might consider purchasing a separate personal umbrella liability policy, which can offer additional protection. This type of policy offers a higher level of liability coverage and ensures that you and your family's assets will be protected if someone sues you for damages. Umbrella policies typically pay up to a predetermined limit, which is usually \$1 million, for liability claims made against you and your family.

Protect your valuables

If you have particularly valuable jewelry, artwork or collectibles in your home, you may want to opt for even more homeowner's insurance coverage for additional protection. You may assume

your valuables are fully covered by your homeowner's insurance, but that's not always the case. It all comes down to what's called the "sublimit"-this is the limit on the amount the insurance company will pay for specific types of personal property. Although your policy's total personal property limit may be \$75,000, the sublimit for jewelry may be as low as \$1,500. Read through your contract and find your policy's sublimit for artwork, jewelry and collectibles. If your valuables are worth more than the sublimit, you may want to purchase additional insurance to cover them. You can purchase what's called a "floater or schedule" and have this worked into your homeowner's policy. Insurance floaters typically cover one specific item, so if you have multiple valuables, you may need to purchase floaters for each item you want to insure.

Talk to a professional

Discuss your unique homeowner's insurance needs with your Nationwide Agent Jerry Salcedo. I can be reached at 877-260-7104 for a free consultative review of your policies.

Radiation Monitors

(Continued from page 9)

per meter cubed.

- Filter results for Anaheim, Calif. found:
Cesium-137: 0.0017
Tellurium-132: 0.012
Iodine-132: 0.0095
Iodine-131: 0.046

- Filter results for Riverside, Calif. found:
Cesium-137: 0.00024
Tellurium-132: 0.0014
Iodine-132: 0.0015
Iodine-131: 0.011

- Filter results for Seattle, Wash. found:
Cesium-137: 0.00045
Tellurium-132: 0.0034
Iodine-132: 0.0029
Iodine-131: 0.013

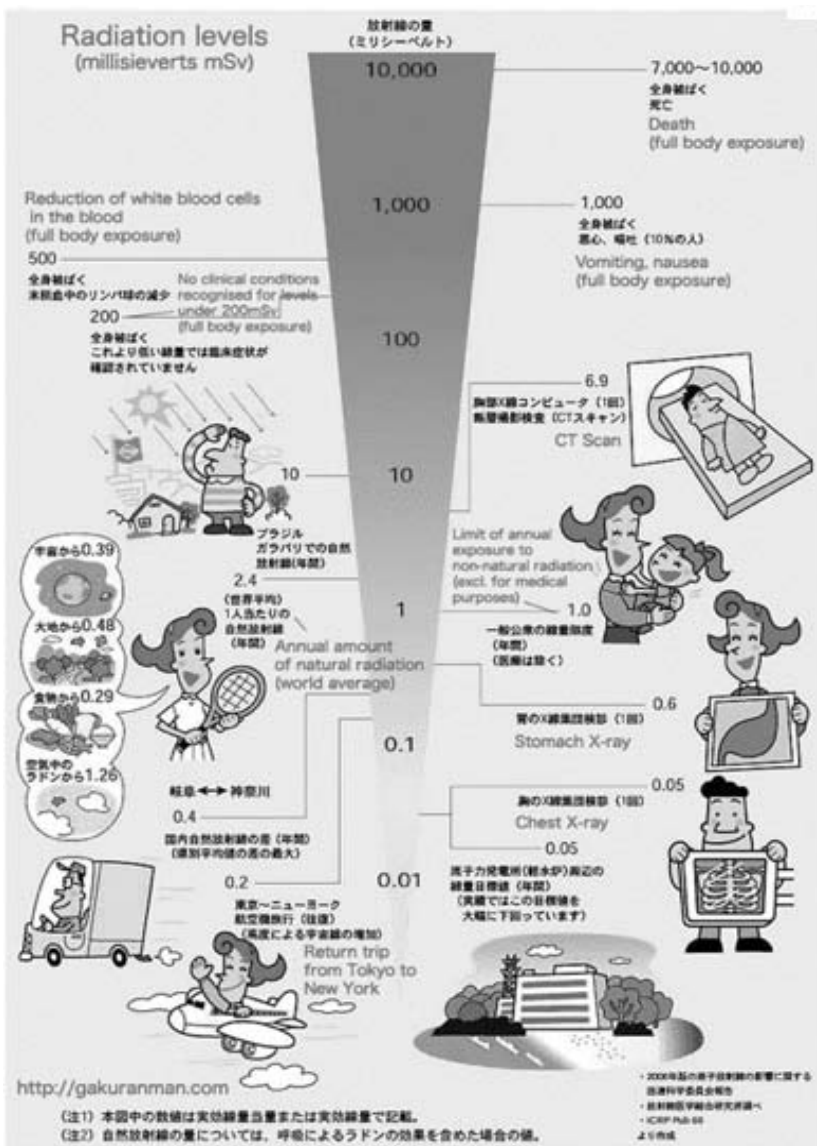
- Filter results for San Francisco, Calif. found:
Cesium-137: 0.0013
Tellurium-132: 0.0075
Iodine-132: 0.0066
Iodine-131: 0.068

EPA's RadNet system is designed to protect the public by notifying scientists, in near real time, of elevated levels of radiation so they can determine whether protective action is required. In addition, an analysis of the filters in the monitors can

identify even the smallest trace amounts of specific radioactive isotopes.

As part of the federal government's continuing effort to make our activities

and science transparent and available to the public, EPA will continue to keep RadNet data available at: <http://www.epa.gov/japan2011/>



A Radiation Chart shows levels of radiation in millisieverts from various sources in environment. Source: <http://gakuranman.com/>

AUTO. HOME. LIFE.

Nationwide

BUNDLE & SAVE UP TO 25%

When things work together, they just work better. Bundling your auto, home and life insurance with Nationwide could save you up to 25%.

Make your policies sing. Ask us how.

Jerry Salcedo - Lic OD86120
Jerry Salcedo Agency
162 S Rancho Santa Fe Ste E100
Encinitas, CA 92024
Phone: (877) 260-7104
E-mail: salcedj@nationwide.com

Nationwide Insurance

The Law Offices of Kenneth M. Cooke
"We are a debt relief agency helping people eliminate their debts through bankruptcy"

BANKRUPTCY

Free Consultation!

Immigration Divorce

Excellent payment plan! Walk ins accepted

19 Years of Experience in Bankruptcy

619-696-7196

Maria Cielito Bejarin
cielito@kcookelaw.com

We speak Tagalog and Ilocano.

San Diego Chula Vista Calexico Riverside

Attention: Denture Wearers or Missing Teeth

Revolutionary Same Day Teeth Replacement!

Have you been told that you don't have enough bone for implants and need extensive and painful bone grafting? Implant treatment will take too long? Too expensive? You can now have beautiful and secure smile right away!

You may be a perfect candidate for this exciting, minimally invasive implant technique and have anything from a single tooth to multiple teeth replaced in 1 or 2 short visits with almost no discomfort without destroying healthy enamel, and without the long healing time or high cost typically associated with regular dental implants - all without extensive bone grafting. You can also lock in your loose and flopping dentures, enjoy no-palate upper dentures and no-clasp partials. Dentures can also look not only beautiful but so natural and youthful that no one will know you wear dentures.

Dr. Andrew Chan, a graduate of UCLA School of Dentistry, is experienced in this new technology and has helped many mature patients regain comfort and confidence in their smile for the last 10 years.

ACTUAL PATIENT OF DR. CHAN: I used to wear a removable partial denture that I had to take in and out but replaced it with a mini-implant secured crown. It was fast, painless, and now I can smile with confidence. Thank you Dr. Chan! I wish I had done this sooner! -- S. Sieber

Call Today for Your Complimentary Consultation

C & C Smile Solutions
Dr. Andrew Chan, DDS
(858) 527-0365 www.drsmilesolutions.com

9750 Miramar Road, #320, San Diego CA 92126 Ph. (858) 527-0365 & 925 E. Pennsylvania Ave., #D, Escondido CA 92025 Ph. (760) 747-1701



Complicated Affairs

by Simeon G. Silverio Jr.

Read the series *Complicated Affairs* by Sim Silverio by bookmarking the link www.asianjournalusa.com/complicatedaffairs

That Guilty Feeling

Chapter 10

It took a while for Danny to realize what had just happened. The words of the embassy's clerk were clear. He was entitled to a \$1,400 a month pension from his deceased ex-wife Betty, despite their being divorced for a long time and even remarried to other people. When everything finally sunk in his mind, he nervously asked the clerk: "What should I do?"

The clerk smiled and joked: "Treat me to dinner."

Danny wanted to do more than that. He wanted to hug and kiss him even though kissing another man would be repulsive to him ordinarily. But that day was different, for Danny owed him a big favor. If not for the clerk's enterprising and helpful attitude, he would not be getting \$1,400 a month the rest of his life. That made his day, no, the rest of his remaining days. This bounty would affect not only

his future but also the members of his family who were still under his care. His legs were wobbly when he stood. He extended his hand to the clerk: "I don't know how I can thank you enough."

"Just doing my job," the clerk replied.

The clerk's helpful attitude was new to Danny. He was used to people in the Philippines asking bribes in return for a service even though they were merely doing their official duty. But here was a different guy, a different breed. Perhaps things were different because he was inside the American embassy, which was foreign soil, and the culture that prevailed in it was not that of corruption and bribery, but instead the good 'ole American incorruptible spirit.

The clerk handed him the papers to fill out and told him how to proceed. After a few months, Danny started getting his monthly stipend. It was a big help. In addition to the meager earnings he made through his racetrack winnings and off-track business, he had plenty of money to spare, considering he was spending them in the Philippines where the cost of living was low. He started paying off the money his son JR had lent him through the years.

"What's this, Dad?" JR asked him over the phone upon receiving the first payment by mail. When he gave his father money, he did not expect payment in return. He knew his father was irresponsible enough to forget about his debt, especially to his children. It was as if one was listing the debt in water.

"*Ilista mo sa tubig* (Write it in water)," was a popular Filipino saying. It meant that by doing so, the writings would be erased in an instant, as

if there were no debt to list at all.

"Just keep it," Danny told his son. "I made a killing on the racetrack."

He did not tell JR and his other children with Betty about the bounty he got from their mother; rather, he vowed to help his children as far as he could afford. Betty would have wanted him to give all the money to their children, but Danny knew he could not afford to do so. He was the one who needed the money the most.

DANNY MAY NOT HAVE BEEN A GOOD PROVIDER TO HIS FAMILY. He may have been a philandering husband



but not one without a conscience. He thought Betty might have been turning over in her grave because her worst fear happened. Instead of leaving her hard-earned pension to her children, her irresponsible husband would get it the rest of his life. This thought bothered Danny for a while; at one point, he wanted to fess up and tell everything to his children and hand them the loot. But as always, his dire need for the money prevailed. He knew he was getting old, with no secure income ahead of him to tide him over until his death. He hung on to the money, and thought he would hand it over to his kids if another bounty - say, lottery winnings - would come his way.

"BUT YOU EARNED IT, IT'S YOURS," his friend Bobby, assured him when they discussed the dilemma. Bobby was the most successful among his childhood friends, which included Mandy and Monte as well. Their other friend, Val, had passed away in his twenties. The four of them, together with a thug, Jimbo, spent an exciting and adventurous summer in 1969 that closely bounded them together the rest of their lives. Bobby became a medical doctor who had a practice in San Diego, California. Bobby was responsible and level-headed, which is why Danny

always sought his advice. He knew every detail of Danny's life since they were close since childhood.

"But Betty hated me," Danny told Bobby over the phone. "This is the last thing she wanted to happen."

"But that's not for her to decide, it's not her money to give away" Bobby assured him. "It is the law. You did not bend the rules; the money came freely your way. You did not cheat or violate any law. It was perfectly legal. So get over it and enjoy the money. You deserve it."

Still, there were lingering doubts in Danny's mind. To him, the lifelong pension was blood money. Fortunately, his friend Bobby was a medical doctor. He knew something about psychology. And he psyched out his friend.

"Look, didn't you tell us Betty was giving you a hard time when you were married?" he asked Danny.

"Yes," Danny replied.

He remembered how Betty tricked him into marrying her. Betty was a friend of his elder sister and often came by their house in Manila. Because Danny was handsome, she had a crush on him, an infatuation she did not hide. She would give him gifts whenever she visited their house. One day he took advantage of her interest in him and borrowed her father's car to see another girl. Betty drove the car to Danny's house and let him use it for the night. She stayed with Danny's sister, waiting for him to return the car later in the evening. Unfortunately, Danny had an accident and crashed the car. When Danny returned with the damaged car, Betty didn't know what to do. She knew her father would be very angry as she did not even have permission to use his car. Betty took the blame and the punishment. Out of guilt, Danny was forced go out with her until she got pregnant. There was nothing he could do other than marry her.

But Betty turned into a "Mr. Hyde" once they got married. She was very insecure, aware that Danny didn't love her and had been forced into marriage. She was very possessive, always jealous. The fact that Danny was handsome and attractive to women made it worse. She always suspected him of having an affair. Even after they had migrated to America, her mistrust of him did not stop.

"Where have you been?" she would ask whenever he came home late.

"I met a friend, and we had a few drinks," he would reply.

Betty would not believe him. She would smell his shirt for any trace of perfume from another woman. She would check the pockets of his pants for

any suspected love notes from his perceived girlfriends. She would check the house for any remnants of love trysts by her husband.

"Whose panties are these?" she asked him one time.

"I don't know," Danny replied. "Maybe they are yours."

"I don't own these kinds of panties," Betty said.

For months, the issue cropped up in their daily arguments. Danny suspected the panties were left behind in a dryer of a public laundry he had used and were accidentally mixed with their clothing. But Betty would not believe it. She was convinced Danny was having an affair. Betty's jealousy went out of control. Their marital spats became a daily affair until Danny would rather stay out of the house than be with his wife and children. The fact that Danny lacked the drive to pursue a solid career and instead would rather spend his time on his gambling vice did not help the relationship. Eventually, Betty would say hurtful things to him.

"You are a nobody," Betty would insult her husband. "If not for me, you would not be here in America. You would rot in the Philippines."

It was she, after all, who had petitioned for him to get a permanent resident visa in the U.S. She conveniently forgot the fact that marrying her was not Danny's choice. Coming to America was not even his preference. He would rather spend a carefree, easy-going life in the Philippines where the pressure to make money and work hard was not much.

She would even insult Danny's relatives and falsely accuse them of perceived transgressions. In the end, they would not even dare approach her, much less attend family reunions with Betty present.

"It's not you, Danny," they would tell him. "It's that we cannot stand your wife."

Danny understood them. He would do the same if he were in their place.

But Betty would not let Danny neglect his duties as a husband. She would demand sex from him, and he would comply mechanically just to avoid her reproach.

ONE DAY, DANNY THOUGHT OF DOING SOMETHING GOOD FOR HIS FAMILY. It had been a long while since they all went out together, when his eldest child had graduated from elementary.

"Get ready," he told his wife and children. "We are going out to watch a movie."

"Yeahhh!" the children shouted with joy.

Betty was pleased. She was still dressing in her room upstairs (Danny slept in a bedroom downstairs) when the children, all dressed up, asked, "Where are we going, Dad?"

"Wherever you want," he replied.

"Let's go to a drive-in movie!" they chorused.

They had never been to a drive-in movie, a novelty for them.

He told this to Betty.

"What?" Betty cried aloud. "No, I don't want to go to a drive-in movie!"

"But that's what the children wanted."

"No, you all go yourselves. I will not go with you!"

With that, Betty threw an inexplicable tantrum and stormed back to her room. Danny could hear the banging and the noises of things being thrown around. He could not do anything but leave with his children, for there was no way he could appease his wife. As they left, he heard her shout from the window of the house: "I hope you get into an accident!"

The thought she would wish harm to her family remained ingrained in Danny's mind. Her outburst convinced him that he truly deserved and earned the lifelong pension he got from her after the hardships and emotional turmoil he had suffered during their marriage in hell.

- AJ

(To be continued)
(Editor's Note: To read the previous and weekly installments of this series, visit www.asianjournalusa.com. Once there, click the "Editorials" heading, then click "Complicated Affairs by Simeon G. Silverio, Jr." title to see the list of all previous chapters of the series. Click the title of the chapter you want to read and the article will appear.)

SHIRLEY M. HUFSTEDLER SCHOOL OF EDUCATION
Alliant International University

When you're driven to make a difference

Phone (866) 825-5426
www.alliant.edu

The Shirley M. Hufstedler School of Education at Alliant International University

IQ

INGENUITY QUOTIENT:

How Filipino are you?

Filipinos like their mangoes green and served fresh in a shake.

True or false?

Dive into the Filipino mind with the Asian Journal.

ASIAN JOURNAL

Still a San Diego original.

Attend a Free Presentation in San Diego and Temecula on SM Properties, condominiums located near SM Malls in Metro Manila.

Call (619) 746-3416 for reservations.

The SM condo locations are as follows:

SEA Residences - Macapagal Ave (near Mall of Asia; **JAZZ** - Bel-Air Makati (with 2-level SM hypermart at the grd floor); **FIELD** - Sucat Paranaque (beside SM Sucat); **LIGHT** - along Boni Edsa; **SUN** - Welcome Rotonda in E. Rodriguez Manila; **BLUE** - Katipunan, QC; **My Place** - Mother Ignacia, QC (near ABS-CBN); **GRASS** - North Edsa QC (beside SM City); **PRINCETON** - New Manila, QC; **MEZZA** - Sta Mesa (near SM Centerpoint); **HAMILO** - Batangas City (by the beach)

Attend a free presentation for MONTELUCE - the high point of Tagaytay



Condo units in Tagaytay. While you are away, you can rent out your unit as a condotel and make money on your investment. Presentations available in August, 2010, from 10 a.m. to 5 p.m. at the *Asian Journal* office at 550 East 8th Street Suite 6, National City, CA 91950 (in Old Schoolhouse Square). Call (619) 474-0588 or e-mail asianjournal@aol.com for more information.

Spiritual Life



Lower Your Nets

by Msgr. Fernando G. Gutierrez
Read Monsignor's previous articles by visiting our website at www.asianjournalusa.com

ing water at the wrong time (women used the well only in the morning and evening). The woman, uninvited by a group of men, went and told the men what she had heard and seen. The ways Jesus unconventionally deals with the practices of his time show a new beginning and the dawn of God's kingdom.

Reflections: The Creator has implanted in our nature a desire for food and drink. The first reason why he did that is for our survival. Without food and drink, we die. This is a human condition that we cannot deny. The second reason is that our desire for so many things in life, such as food, clothing, fortune, health, security, could lead us to desire for one that can fully satisfy our desire. St. Augustine said that our hearts are continuously restless until they rest finally and fully in God.

Got Food And Drink?

Joke of the week: In this particular monastery it was a strict rule the brethren were never to complain about the food. The only exception had to be a matter of concern for one of the other brethren. Well, it happened one day that Brother Tom found a mouse in his soup. What to do? He called over the brother waiter and whispered as he pointed to the monk on his right, "Brother John doesn't have a mouse in his soup."

of bread" (Exodus 16: 3). In the parched land of Palestine water is a life-sustaining element that people and animals need. Dependence on water is a matter of life and death. Second Reading: Romans 5: 1-2; 5-8.

Like the Israelites in the desert the author of this letter feels that sufferings and trials can lead to justification because of the love of the Holy Spirit that is poured out like water that quenches

Scripture: First Reading: Exodus 17: 3-7. After their deliverance from Egyptian slavery, the Israelites are led through the desert. After a while, the Israelites who are used to having food and drink in Egypt complained to Moses of hunger and thirst. Their weak faith in God led them to say, "Would that we had died at the Lord's hand in the land of Egypt, as we sat by our fleshpots and ate our fill



man's thirst for holiness. Gospel: John 4: 5-42. Jesus' ministry goes beyond the conventional ideas and practices of his day. Jesus, a Judean, talks to a Samaritan woman; the woman draw-

Yet it could happen that our innate desire might end up with the means and not reach the goal for what it is intended. Experience shows that one one's desire for

fame and fortune could replace God in people's hearts. Money could be one's god. Beauty and fame could be one's ultimate desire in life.

One of our basic problems is not to realize that God is thirsty and hungry for us more than we thirst and hunger for him. When people find happiness only in things of this world, God is no longer the water and food that can only satisfy our hungry and thirsty hearts. Since God is not acknowledged as the One who can fully satisfy our desires, we neglect too the other forms of hunger and thirst in life. We close our eyes to the plight of others who are hungry for justice, love, peace, equal participation for the goods of this earth. When God is removed from our search for what can satisfy our desires, it matters less to most people the thirst and hunger of others.

So we keep on trying to satisfy our desires with different forms of addictions for instance to drugs, sex, violence, alcohol, until we feel exhausted and dying because of our misguided longings. We are thirsty.

So we quench our thirst with passing pleasures, fragile human relationships. We are hungry for what is beautiful, so we possess things and even people. Let us take the example of the Samaritan woman. Her desire for ordinary water led her to Jesus who gives her "living water," that quenches forever man's thirst. Her listening to Jesus' words made her hunger for real love and peace became a reality. She who had been a great sinner found in Jesus real joy and true life.

Quotation of the week: "Here is bread, which strengthens men's heart, and therefore called the staff of life." Matthew Henry.



Balintataw

by Virginia H. Ferrer

Read Virginia Ferrer's previous articles by visiting our website at www.asianjournalusa.com

Sa Munti Naming Bayan (1)

Ito ang nakagisnan naming isang munting tahanan sa dulo ng baryo naroon at malapit sa daan dalawa lamang ang kuwarto na sa ami'y tama lang wala kaming reklamo masaya kami sa araw-araw.

Sa maliit na kusina laging abala si ina naghahanda ng pagkain namin sa tuwi-tuwina masustansyang gulay ang wika niya ay mahalaga dagdagan pa ng prutas na bagong pitas sa tumana.

Sa munti naming salas duon kami nagkakagulo sa paggawa ng aralin at pagbabasa ng libro habang si ama naman ay abala sa kanyang dyaryo at itong si inay nakadikit ang tainga sa radyo.

Nilangang kamote ang s'yang madalas naming meryenda na hinukay namin sa likod-bahay tanim ni lola masarap at malinamnam at talagang masustanya mabilis itong makabusog, sariwa na'y libre pa.

Kung Sabado sa bahay lahat kami ay may trabaho at minsan di naman namamasyal sa karatig-baryo sa pagsisimba naman naukol araw ng Linggo bilang pasasalamat sa lahat naming natatamo.

(May karugtong)

©2010 Virginia H. Ferrer. All rights reserved.

About the Author: Virginia H. Ferrer is a Filipino Language Teacher at Otay Ranch High School in Chula Vista.

LAW OFFICES OF E.B. ALEJO

"20+ Years Experience"
Been living in San Diego since 1977

*Member, California State Bar
Licensed to practice before the US Federal District Court Southern California and California Supreme Court

*Author, "How to Apply for the US Tourist Visa" as listed by worldwide bookseller Amazon.com Bookstores

*Former San Diego Regional Coordinator for U.S. Immigration Amnesty for Catholic Community Services, Catholic Diocese of San Diego

*Legal Advisor, Los Chabacanos of Cavite City Association, Inc., San Diego, California

*Juris Doctor law degree, University of San Diego (1985), Diploma; Oxford Institute on International and Comparative Law (USD), Oxford, England (1984); Bachelor Degree, University of Southern California (1983); Montgomery High School, San Diego (1979)

*Born in the Philippines (Cavite)



For your convenience, walk-ins accepted especially between 2:00pm - 8:00pm Business days Monday to Friday

IMMIGRATION LAW • DIVORCE • WILLS & TRUSTS • CRIMINAL DEFENSE • BUSINESS LAW • CREDIT/DEBT DISPUTES and PROBLEMS • WAGE & HOUR VIOLATIONS • UNEMPLOYMENT APPEALS • WORK CONTRACTS • LANDLORD - TENANT DISPUTES • BANKRUPTCY ASSISTANCE • FORECLOSURES • TAX PREPARATION

We can accept the following on a Contingency Basis

(CASE BY CASE BASIS):

AUTO ACCIDENT or PERSONAL INJURY • WRONGFUL TERMINATION • SEXUAL HARASSMENT/HOSTILE WORK PLACE • WORK DISCRIMINATION (Racial, Age, Gender, Disability)

FAIR PRICES/COURTEOUS AND FRIENDLY SERVICE

Attorney is available daily on regular business days at the San Diego Office

Also Featuring:
Debt Negotiation
Bankruptcy Assistance
Loan Consolidation

For free consultation call (619) 203-5782

We can help you stop worrying about your legal problems.

240 Woodlawn Avenue, Suite 11, Chula Vista, CA 91910

Convenient location and plenty of free parking;

Near Chula Vista trolley station. Nagsasalita kami ng Tagalog

Don't miss an issue of your favorite newspaper...
Receive a copy of the Asian Journal at your doorstep every week...

For only \$25 a year, you can subscribe to the Asian Journal.
Call (619) 474-0588 or send a check payable to the Asian Journal with your name and address to:

Asian Journal
550 East 8th Street, Suite 6
National City, CA 91950

My Dentist

NATIONAL CITY

Affordable General Family & Cosmetic Dentistry

ART PALAGANAS, D.D.S.

ALELI AMOS PALAGANAS, D.D.S.

Lumineers



AFTER

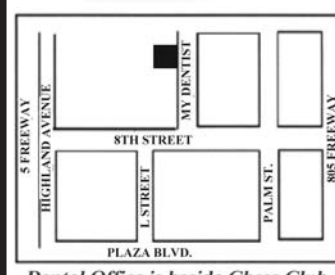
1 HOUR ZOOM TEETH WHITENING \$225.00
EXTRACTION (BUNOT) \$75.00
COMPLETE DENTURES UPPER OR LOWER \$700.00



Dr. Art Palaganas
Dr. Aleli Amos Palaganas

Crowns • Veneers • Dentures • Zoom Whitening • Invisalign • Implants • Orthodontics (Braces) • Root Canal Treatment • Teeth Cleaning • Restorative Dentistry • Denture Reline & Repairs.

DISCOUNT AVAILABLE FOR LUMINEERS & IMPLANTS



FREE CONSULTATION

Please call for appointment

(619)

474-8441

1341 East 8th St. Suite D National City, CA 91950

- Children of all ages welcome!!!
- Most Insurances Accepted
- Military Dependents/Military RETIREE
- Senior Discount Available
- Medical / Tricare
- Dental emergencies / Walk-In Welcome



Nagsisimula ang excitement pagka-order ko nito.



3 buns na hawak lahat ng gusto ko.

2 100% pure beef patties, dobleng kasiyahan.

1 everlasting joy, mainit at masarap.



Entertainment

Is Willie and Shalani On?

PNS, 3/11/2011 -- ANNA-BELLE Rama hosted one of the last presscons of 2010 for Pops Fernandez and her concert for Ogie is the first one we attended for 2011. Is it true she's doing a reality show with daughter Ruffa Gutierrez for TV5?

"May offer but I'm still thinking about it kasi biro mo, may kasama kaming camera 24 hours a day. Actually, ayaw ng mga anak ko. 'Wag na lang daw. Lagi kaming nag-aaway ni Ruffa, makikita pa 'yun sa TV."

She spent the holidays with her family in Boracay and Willie Revillame. Is Willie now on with Shalani Soledad? "Sa tingin ko, oo. Kasi kasama ko si Willie sa yacht niya, tinawagan si Shalani noong Dec. 30: O, pupunta rito si Gov. Chavit bukas, sumabay ka na sa plane niya. Kinabukasan nga, nandun, sumunod



Shalani Soledad

na si Shalani. Earlier, nag-show sila sa Dagupan, tapos silang dalawa lang, nagpunta na sa Baguio. Makikita mo naman sa 'Willing Willie', dati, ni ayaw pahawak ni Shalani sa kamay, pero ngayon, hinihimas-himas na ni Willie ang braso niya, okay



Willie Revillame (left). Annabelle Rama (right)

lang sa kanya." She says the title of her son Richard Gutierrez' Valentine film has been changed from "Suddenly It's Magic" to "My Valentine Girls." "Everyone thinks 'My Valentine Girls' is the better title kasi marami talaga siyang girls na kasama sa movie, from Jillian Ward and Eugene Domingo to Lovi Poe, Rhian Ramos and Solenn Heussaff. They're now shoot-

ing in Subic. Tuwing makikita ko si Solenn, nagsisisi ako kasi nagpapa-manage sa'kin, di ko kinuha, binigay ko kay Leo Dominguez kasi sabi niya gusto niya maging singer as she can't act. Pero ngayon, may kontrata sa GMA at sa Regal at may four new commercials na ginagawa. Dapat sana, sa'kin ang komisyon

(Continued on page 20)

Luane Meets BF on New Series

PNS, 3/11/2011 -- LU-ANE Dy is happy to do her first acting role in GMA-7's

"I Heart You Pare" as the girlfriend of Dingdong Dantes. Luane feels lucky to be with tops stars like Dingdong and Regine Velasquez in the new series.

"Maganda rin ang exposure ko rito kaya suwerte talaga. I really want to be an actress. Gusto kong umarte kasi maarte talaga ako," she laughs.

So which is harder and which does she prefer more: hosting or acting? "Sanay na ako sa hosting, so new challenge for me ang acting kasi kailangan mong araling mabuti ang role mo. Sa ABS before, I already did 'The Wedding' with Anne Curtis, so this is not exactly new for

me. But I find my role in 'I Heart You Pare' much more exciting. As to what I prefer,

pareho, puwede naman silang pagsabay-in. Actually, gusto ko talaga, maging international supermodel. Problema lang, I



lack the height."

"I Heart You Pare" will always be memorable for Luane as this where she met her boyfriend, Carlo Gonzalez, the cousin of Dingdong who plays an assassin out to kill Regine in the show. "Bago pa lang kami. One month pa lang kasi January lang kami nag-on. We've known each other for quite a time pero na-develop lang kami working together sa taping."

Bianca not insecure with Venus

PNS, 3/11/2011 -- NILI-NAW ng bida sa Juanita Banana na si Bianca Manalo ang isyu na diumano'y insecure siya sa pagpasok sa ABS-CBN ng kapwa beauty queen na si Venus Raj. Hindi rin daw niya alam kung bakit may ganu'ng isyu.

"Friends kami ni Venus. Wala kaming problema. Pareho kaming produkto ng Binibining Pilipinas kaya naloloka ako sa sinasabi ng iba na may isyu sa amin ni Venus," katwiran ni Bianca.

Hindi rin daw totooang insecure siya sa pagpasok sa Kapamilya network ni Venus.

"Wala namang ganu'ng. Bakit naman ako mai-insecure. Hindi naman kami naglalabanan dito. Nagtrabaho lang naman kami



Venus Raj (left) and Bianca Manalo (right)

pareho. Sana huwag na nila kaming intrigahin, kasi wala talagang isyu," pagdidiin pa ng dating Bb. Pilipinas-Universe.

SAMANTALA, huling dalawang linggo na lang ng Juanita Banana sa ere at hindi maitago ni Bianca ang lungkot at saya sa nalalapit nitong

pagtatapos.

"Hindi po ako makapani-wala na 'eto na nga po, patapos na ang Juanita Banana. Ang dami-dami ko po talagang natututunan dito mula sa direktor ko hanggang sa mga nakasama kong artista.

"Malungkot na masaya ang pakiramdam ko dahil nairaos namin nang mahusay ang show pero mami-miss ko nang sobra ang mga taping days namin," pahayag ni Bianca.

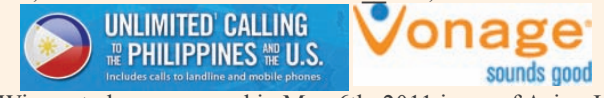
Sa Juanita Banana naha-asa ang talento sa pagpapatataw na rin ang dalaga sa mundo ng komedya. Pagkatapos ng Juanita Banana, may

(Continued on page 20)

San Diego Residents: Mail this coupon to Asian Journal 550 E. 8th St., #6, National City CA 91950 for a chance to win a raffle for a **3-Month, FREE Unlimited International Calling Plan to the Philippines and the US** from VONAGE. (Limit 1 entry per name)

NAME: _____
 ADDRESS: _____
 EMAIL: _____
 PHONE 1: _____
 PHONE 2: _____

I understand that the VONAGE set-up requires a phone & an internet connection.
 YES, I have an internet connection. NO, I do not have a connection.



Winner to be announced in May 6th, 2011 issue of Asian Journal.



Para kayong nag-family reunion!

PHILIPPINES UNLIMITED¹ CALLING PLAN

Only \$64.99 a month!

Plus Taxes and Fees

FIND OUT MORE at these SEAFOOD CITY LOCATIONS!

National City, CA
 1420 E. Plaza Blvd., Bldg. C
 (619) 477-6080

Mira Mesa, CA
 8955 Mira Mesa Blvd.
 (858) 549-0200

Chula Vista, CA
 285 E. Orange Avenue
 (619) 621-2050

March 25-27 10am – 6pm

Vonage - Kabalikang Filipino Community

- Unlimited¹ Long Distance Calling to Landline and Mobile Phones in the Philippines
- No Annual Contract, No Commitment

For more information on Vonage products and service plans, please call 888-666-1352

¹Unlimited calling and other services for all residential plans are based on normal residential, personal use by single-family household members. A combination of factors are used to determine abnormal use, including but not limited to: the number of unique numbers called, international calls forwarded, minutes used and other factors. See our Reasonable Use Policy and Terms of Service at www.vonage.com.

High-speed Internet required. Rates exclude Internet service, surcharges, fees and taxes. Gift certificate offer good while supplies last. Gift certificates are subject to all terms and conditions found thereon. See sales associate for details. Alarms, TTY and other systems may not be compatible. Vonage 911 service operates differently than traditional 911. See www.vonage.com/911 for details. Excludes certain call types such as calls to non-geographic and premium numbers. See www.vonage.com for details.

Activate a New Vonage Account in Store and Get a \$20 Seafood City Gift Certificate

SIMPLE DIALING!

No access codes or calling cards needed!

Includes New Home Phones



Balik-Tanaw: The Filipino Stars of Yesteryears

by Dr. Romy R. Protacio

Read Dr. Romy Protacio's previous articles by visiting our website at www.asianjournalusa.com

Armando Goyena: A Rare Breed of Movie Talent

A few weeks back, I started writing about another famous matinee idol in the fifties, Armando Goyena. Like many movie stars of yesteryears, Armando was one of the finest actors in Philippine cinema. Like his contemporaries in the industry, he evolved into one of the most loved iconic stars of the Philippine movie industry.

I've tried many times to interview Armando Goyena, but I was told that the family would like to keep Armando's privacy. Like the late Paraluman, he had Alzheimer's disease, a brain disorder named after German physician Alois Alzheimer



ARMANDO GOYENA

who first described it in 1906. It is a debilitating disease that can cause memory loss, and I respected Armando's family's wish not to have him interviewed. However, I still felt that Armando belong to the roster of stars that would be featured in the sequel of my book about the movie stars of yesteryears because of his contributions to Philippine cinema.

It's unfortunate that Armando passed away before this article about him made it to the press. With the help of his friends in the movie industry like Delia Razon, Lilia Dizon, Jim de la Rosa, and Simon Santos of Video 48.com and the voluminous articles written about him, here is my loving tribute to another movie icon who once made many hearts flutter with his stunning looks, rare charisma and excellent acting talent.

Who is Armando Goyena?

Jose Goyena Revilla, Jr., better known by his screen name, Armando Goyena, was born in Manila on December 7, 1922. His parents, Jose Revilla, Sr. and Florentina Goyena were well placed in the "high society" of Manila back then. Pinggoy, as Jose was lovingly called by his friends and family, said in an interview with Ricky Lo (Dec. 23, 2001, Philippines Star Entertainment Section) said that "high society" didn't really mean an exclusive group of rich millionaires. In those days, money was not the only ticket that provided you an entry to "high society". It was really whom you knew that mattered. His parents were members of prime exclusive membership clubs such as the Philippine Columbian Club and the Club Filipino and they moved in circles of famous people in the society.

It was an idyllic life for Jose and his family, that was, before the Japanese came and started wreaking havoc all over the city. His father was one of the casualties of war, and his death was a painful experience for Jose, because he witnessed the enemy's brutality which caused his father's life.

In his conversation with Ricky Lo, Pinggoy recalled how his father died. Pinggoy said, "It happened in 1945. We were living in a chalet in the Manila district.

That night, the Japanese rounded up the men in our area, tied their

hands at the back, marched them down the street and threw

them, all 70 of them, inside the public toilet. How did I know? Well I was one of the 70, including my father."

Pinggoy described the incident when he and his father were captured by the Japanese as somewhat similar to the scenes at a concentration camp in the movie, "Schindler's List." In his conversation with Ricky Lo, he said,

"You know what the Japanese did? They broke the two small windows in the toilet and threw three hand grenades inside, throwing the door.

Those who were not hit started scampering for safety. I could hear machine guns being fired all around. But many were killed, one of them my father. A grenade exploded behind him. I ran to him and I pleaded him not to die, to be strong. I hugged my father while the Japanese were hitting the survivors with bayonets, especially those who refused to bow."

Armando's father was brought to the hospital but died two days later. He himself was pierced with



a bayonet. He was slapped several times for refusing to bow. At that time, schools were suspended. He was about to be sent to Bataan as an ROTC student of La Salle when news came that Bataan had fallen. The war broke out in 1941 and in 1943, Manila was declared an Open City. Pinggoy recalls that they were always living in constant fear until that infamous rounding up of the men happened.

Because he was orphaned at the age of 22, Pinggoy became the head of the family and the sole breadwinner. He was suddenly faced with too many responsibilities, that he needed to find a job immediately. His first job was as a night watchman in a big compound of heavy trucks. He often gave all of his meager salary of P180 a month to his mother to support their living expenses.

When his mother died in 1947, Pinggoy became the sole supporter of his younger sister and brother. Yet through very trying times, his spirit never dwindled. He worked his way through college and eventually earned a Commerce degree from De La Salle College in 1948. Armando was a loyal Lasallite from grade school to college. Even when he was already a movie star, he was still a regular sight at La Salle-Ateneo basketball games.

His Movie Career

After the liberation, Pinggoy worked for Gregorio Araneta, Inc. which had a small department store near Carriedo in Sta. Cruz, Manila. He managed the department store and it was here that his doors to show business opened up. Inside the department store was a coffee shop, where he met the playwright, Wilfredo Ma. Guerrero. They became good friends and it was this friendship that led him to play the lead role in Guerrero's stage play, "Women Are Extraordinary." It was a challenging first role on stage, especially for Armando who didn't have any previous acting experience. Through Guerrero's constant prodding, Armando accepted the lead role in the 35-minute one-character play. Guerrero was very persistent to get him in the play, and convinced him to play the role of a philandering married man. Pinggoy described his role as "pilyo" and "babaero." In true life, he was never a philanderer, so it was quite a challenge to give life to that role.

Pinggoy also did a play for Lam-berto "Bert" Avellana, one of our national artists. (I was privileged to work with Bert Avellana when we did the "Kasaysayan ng Lahi" which was orchestrated by then First Lady Imelda Marcos when the Miss Universe pageant was first held in Manila). Pinggoy did for Avellana the Tennessee Williams' "Sum-

mer and Smoke." He also did Nick Joaquin's "Portrait of the Artist as Filipino" where he played the male lead, Tony Javier.

Through those experiences, Pinggoy fell in love with the theatre, and more often than not, would accept roles not really for money but more for artistic expression. Pinggoy's stage appearances were not for money. He did stage plays for the love of it. If the play made money, he would treat his friends to the pan-criteria. If ticket sales were bad, he would simply share with them some siopao and siomai.

When Armando was given the chance to work in the movies, he felt he could deliver the roles given to him with confidence, because his theatre experiences prepared him for the big screen. It was Doña Sisang, matriarch of LVN, who discovered Pinggoy. Doña Sisang knew his



mother who once played the "pang-gingge" with her.

Pinggoy was chosen by Doña Sisang to be part of the cast of "Puting Bantayog" with Leopoldo Salcedo and Norma Blancaflor. His love team would be Tessie Quintana who was also starting her movie career at that time. After doing his fourth movie, Pinggoy was promoted to full stardom. Doña Sisang allowed Pinggoy to choose his screen name. Pinggoy had always loved the name "Armand." Soon, he became known as Armando Goyena (Goyena was his mother's maiden name).

Within a span of 10 years, Pinggoy made about 50 movies. He was best remembered as "Tia Loleng" (1952) and "Kapitan Kidlat" (1954).

It was the movie "Tia Loleng" that Armando made quite a fortune. In a way, he was a "revolutionary" in accepting a gay role, despite him being considered a matinee idol. Yet his portrayal of a "bading" role was so successful that people would call him "Tia Loleng" even in the streets.

During my time, it was only Dolphy who lorded the big screen with his portrayal of gay roles. Dolphy was not even gay. In those days, the gays were either "alalays" of movie stars or the studio's make-up artists. Today, we see more gays making names for themselves on television and the big screen. They usually enter the business as stand-up comedien-nes in comedy bars and end up as TV hosts of well-known TV shows. Among them are Alan K, Pooh, and now Vice Ganda.

Very few may remember that before Armando Goyena became a blockbuster movie actor, he played the role of a woman in the 50's. He played the title role in the 1953 comedy "Tia Loleng" with Tessie Quintana as his lading lady. The

movie was conceptualized three decades before Hollywood actor, Robin Williams played a similar role in the movie "Mrs. Doubtfire." In an interview, Armando said, "They (Hollywood) imitated us. The movie (Tia Loleng) became a big hit, and that's how I made some money."

In "Kapitan Kidlat," Pinggoy again played the title role. "Kapitan Kidlat" is the Philippine version of America's "Captain Marvel". The story was first introduced to Filipino viewers in the 50s. "Kapitan Kidlat" was created by Leonardo Abutin for the popular DZRH radio program. Armando played the character of Inocencio Santos, a shy, humble man who worked at a police station. Inocencio was granted incredible powers by Zeus, the Greek mythology's Supreme God." Because of his powers, he was able to defend the innocent and helpless against criminals. By uttering the phrase,



ANSWERED PRAYERS Lonia Tolentino wins her second Best Actress award for "Abakada... Ina" which she says is in answer to her prayers, during the 89th FAMAS awards. Armando Goyena is Best Actor for "Yamashita, The Tiger's Treasure" and Jim Manio is Best Child Actor for "Bajang Buwan."

"Kidlat Ngayon" or "Kapitan Kidlat, Ngayon!" he would transform into the heroic "Kapitan Kidlat" and would fight crime with his super-powers.

Another of Pinggoy's memorable movies was "Welga," a trilogy, where he played a pier hand who wanted desperately to change not just his life but the society around him. In "Welga," he was nominated for the FAMAS award in the Best Actor category. Unfortunately, he was disqualified for the Best Actor category because the role he played was not for a full length movie, but for a trilogy.

Although I did not have the opportunity to meet Pinggoy personally, I had the privilege of meeting in person some of his leading ladies, such as Lilia Dizon, Delia Razon, Rosa Rosal, Carmencita Abad, Cecilia Lopez and Nita Javier. Except for Nita Javier who is also now suffering from Alzheimer's disease and Cecilia Lopez (she died last year in California before I could interview her) Lilia Dizon, Delia Razon, and Rosa Rosal were all featured in my book, "Balik Tanaw: Movie Stars of Yesteryears," Volume I. I had the opportunity to meet Carmencita Abad at the birthday party of Aling Bading (daughter of Doña Sisang who also passed away this year) last year, but she declined to be a part of my book. All four, Lilia Dizon, Delia Razon, Rosa Rosal and Carmencita Abad may not be that active in show business anymore, but they are still well remembered by their fans.

Pinggoy's leading lady in "Harana sa Karagatan," (1951) and "El Robo," (1957) was Delia Razon. In "Dalawang Ina (1957), Carmencita Abad played one of the leading female roles together with Emma Alegre. Rosa Rosal and Charito Solis were Pinggoy's leading ladies in

"Sanga-Sangang Puso" while Lilia Dizon and Cecilia Lopez teamed up with him in "Tucydides," (1954). Nita Javier and Nenita Vidal will be remembered as Pinggoy's love interests in the movie "Banda Uno," (1955).

Among his leading ladies, it was Tessie Quintana who was the most associated with him. He made 15 movies with her, and most of them became big hits. His first movie with Tessie was when they were introduced in "Puting Bantayog" (1948). Other movies followed such as "Talisman" (1951), "Abandonado" (1956), "Hawayana" (1953), and "Tia Loleng." In one of his interviews, he remembers Tessie Quintana with kind words. Pinggoy said, "Tessie Quintana is a very nice lady, a good person." Tessie died of cancer at the young age of 48. As she laid dying in the hospital, Pinggoy said that all the LVN stars were gathered around her bed except for him. He was still in a Rotary meeting when his wife told him that Tessie was dying and was looking for him. Pinggoy immediately rushed to the hospital to be at her bedside. It was almost like the finale scene in a movie where the lead actor would arrive late to be at the dying lead actress' bedside. Pinggoy arrived too late. Tessie died five minutes before he arrived.

In 2002, Pinggoy was honored as FAMAS Best Actor in a ceremony held at the Manila Hotel. At age 80, he won the Best Actor Award for his performance in MAQ Films' "Yamashita: The Tigers Treasure." When his name was called, his only son, Johnny Revilla accompanied Armando to receive his FAMAS trophy. In his acceptance speech he raised his trophy and said, "Paquita, this is for you!" Paquita had often told him in the past that one day, he too, would receive a FAMAS trophy. It was Pinggoy's last public appearance, before his physical condition worsened. Philippine filmdom finally rewarded Pinggoy, who well deserved it, albeit the recognition came quite late.

When Pinggoy was asked about the difference in the movie industry between then and now, he told Nina Valera (Philippine Daily Inquirer, August 7, 2003) that the big difference was the fact that movie stars then were managed by a studio and were made to abide by strict rules of propriety on and off screen. He said, "There was no jealousy among us contract stars, we were all good friends." Pinggoy recalled that as a contract star of LVN, he was part of a big family. He was paid a salary and a bonus if his movie made money, like his film, "Tia Loleng" did.

After nine years in the movies, Pinggoy decided to retire in 1957. In his conversation with Ricky Lo, he said he wanted to quit while the quitting was good. "You know how it is in showbiz, then and now," Pinggoy said. "I was getting older and younger stars were taking over. The turnover was fast, just like now."

For 30 years, Pinggoy did not appear in any movie. It was in the late 90s when Regal got him for a role in "Mahal Kita Walang Iba" with Kris Aquino and Christopher de Leon. He did "Yamashita: The Tiger's Treasure" in 2001, under

MaQ Films, a sister company of Regal Films owned and operated by Mother Lily Monteverde.

His Love Life

Pinggoy was married to Francisca Roces or "Paquita" as she was fondly called by her family and friends. For 48 years, Armando lived a happy life with Paquita together with his 8 children: Maritess, Cecilia, Pita, Rosario, Malu and Cita and the only boy, Johnny. Alya B. Honasan (Sunday Inquirer Magazine, Father's Day Cover Story, June 20, 1999) described Armando as "a rare bird: someone who survived showbiz without a taint of scandal to his name, retired in the prime of a hot career and went on to become a successful business man and quintessential paterfamilias." Two of Paquita's brothers, Gerardo and Gabriel, were also studying at La Salle. During the De La Salle-Ateneo NCAA basketball games, Armando often saw Paquita in the crowd. He would stare at her from across the stadium.

When Pinggoy met Paquita, she was only 13 and he was 20. Paquita's father was pure Spanish and her mother, a mestiza. That blend gave her such stunning features which eventually landed her the privilege of being the first Camay soap model. It was this beauty that caught Armando's eyes and in his heart, he knew she was destined to become his wife.

In one of his escapades, Pinggoy had the chance to run into Paquita with some friends at the Sky Room, the society hangout during those times (my sisters, ASte Meding and Ditse Letty, used to go to Sky Room, located adjacent to the old Jai Alai building in Taft Avenue. I remember how my sisters would often go to Sky Room wearing long gowns with spaghetti straps). Paquita was seated with her friends at one corner and she had to pass by Pinggoy's table to go to the dance floor. Every time she would pass by Pinggoy, he would pretend to put his leg in her way so she would stop going to and coming from the dance floor. Paquita would say, "Excuse me" and Armando would respond, "Sorry."

That evening Pinggoy told Lonia Delgado, the wife of Rogelio de la Rosa, who was seated beside him, that Paquita will be his girlfriend in six months. Pinggoy made true with his words. They were married in 1951, and a year later, their first daughter, Maritess was born. Pinggoy said he never wanted to have a big family. Many times, he would jokingly tell people that he had eight children because there was no television during those days.

Two of Pinggoy's daughters were also in the movie industry, Maritess Revilla, took after her mom and became another Camay soap endorser. Another daughter, Tina Revilla, became a well known TV host. Pinggoy and Paquita had 28 grandchildren, one of them is Bernard Palanca of the famous group, "The Hunks" (I had the opportunity to interview Bernard when "The Hunks" had a concert in Seattle).

It was a marriage made in heaven, which was sadly disrupted

(Continued on page 23)

Now Available! Balik Tanaw: The Filipino Movie Stars of Yesteryears

Only P595 a copy in the Philippines,
\$12.95 a copy outside the Philippines!

Call (619) 474-0588

Balik Tanaw: The Filipino Movie Stars of Yesteryears

Featuring the profiles and rarely
seen photographs of your Filipino
movie stars of yesteryears including:

Tessie Agana
Robert Arevalo
Perla Bautista
Bernard Bonnin
Robert Campos
Charlie Davao
Myrna Delgado
Lilia Dizon
Dolphy
Linda Estrella
Bella Flores
Amalia Fuentes
Eddie Garcia
Shirley Gorospe
Liberty Ilagan
Anita Linda
Mona Lisa
Lisa Lorena

German Moreno
Oscar Obligation
Paraluman
Barbara Perez
Delia Razon
Boots Anson Roa
Susan Rocas
Pepito Rodriguez
Ramil Rodriguez
Gloria Romero
Rosa Rosal
Caridad Sanchez
Gloria Sevilla
Luz Valdez
Norma Vales
Nova Villa
Zeny Zabala
Marita Zobel

Published by Green Mango Books,
a division of Asian Journal San Diego,
the original and first
Asian Journal in America,
U.S. Address:
550 East Eight Street, Suite 6
National City, CA 91950
E-mail: asianjournal@aol.com
Tel. No.: (619) 474-0588
Website: www.asianjournalusa.com
Philippine Affiliate:
MEG Silverio Press, 436 Platerias, Quiapo,
Manila, Philippines, Tel. No. 733-5455

Tidbits from this book
inquiring minds want to know:

How many children does Tessie Agana have?
Who are the two movie star cousins of Robert Arevalo?
Seeking an autograph from what famous comedian led Perla Bautista to become a movie star?
What physical attributes did Bernard Bonnin have that made him a top printer in college?
Who is the other movie star brother of Robert Campos?
Who was the Manila couturier instrumental in making Charlie Davao a movie star?
Who was the top actor with whom Myrna Delgado had a love child?
Who was the legendary actor who gave Dolphy his first break in the movies?
What is the relationship of Linda Estrella to Judge Jose Vera, the famous founder of the Sampaguita Pictures?
With which famous Sampaguita Pictures movie star did Bella Flores have a rift that led to a hair-pulling incident?
How did Amalia Fuentes get her last name?
To which military outfit did Eddie Garcia used to belong?
What sports makes Shirley Gorospe stay in good shape these days?
What other talent does Liberty Ilagan have?
Who is the legendary movie director who gave Anita Linda her screen name?
Who was the first screen name of Mona Lisa?
What was Liza Lorena's profession before she became a movie star?
What was German Moreno's first job at the once famous Clover Theater?
What comic strip characters did Oscar Obligation portray in the movies?
Who was the famous Hollywood star Paraluman is always compared with?
Why was Barbara Perez asked by a famous couturier to tone down her attire?
How much was Delia Razon paid for her first dance number in a movie?
Who was the top government official Boots Anson Roa considered as her "little sister" in high school?
What was Susan Rocas' first lead role in the movies?
What kind of business Pepito Rodriguez is involved in these days?
How was Ramil Rodriguez discovered?
Who was the movie star brother of Gloria Romero?
What prestigious award did Rosa Rosal receive for her public service deeds?
Why was Caridad Sanchez considered not a typical movie star?
Who was the ambassador husband of Gloria Sevilla?
In what Manila public market did Luz Valdez sold wares before she was discovered?
What was the connection of Norma Vales with top Hollywood entertainer Mitzi Gaynor?
Who was the famous comedienne and next-door neighbor of Nova Villa who introduced Nova to the movies?
Which top Sampaguita Pictures actor and the drinking buddy of Zeny Zabala's father was instrumental to Zeny's movie career?
What title did Marita Zobel win that earned her the lead role opposite Lou Salvador, Jr. in the movie "Bad Boy?"

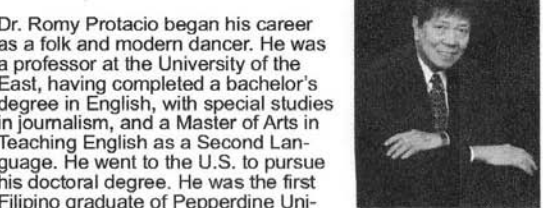
Get all the answers in this entertaining book, "Balik Tanaw: The Filipino Movie Stars of Yesteryears!"



The book author, Dr. Romy Protacio (second from left) with movie stars Perla Bautista, Gloria Romero, Delia Razon, Pilita Corrales and Myrna Obligation (wife of the late Oscar Obligation)



Photo on left shows Marita Zobel, Anita Linda and Suzette Ranillo.



About the Author:

Dr. Romy Protacio began his career as a folk and modern dancer. He was a professor at the University of the East, having completed a bachelor's degree in English, with special studies in journalism, and a Master of Arts in Teaching English as a Second Language. He went to the U.S. to pursue his doctoral degree. He was the first Filipino graduate of Pepperdine University in Malibu to receive a doctorate

in Education in Institutional Management. He worked in various positions in Human Resources shortly after. In 1999, he moved to Seattle, Washington and became the Personnel Manager of the City of Marysville.

In 2003, Dr. Protacio became a Certified Nurse Assistant. He established Homecare Resource Services that provides the family with a caregiver for a set fee. Dr. Protacio concentrates solely on private custodial homecare.

Doc Romy, as he is fondly called by his friends and associates, writes a regular column for One Philippines, "Fair & Balanced."

Health

Group mulls support to young Fil-Ams with mental ailment

Limited access to health care is one of the reasons that AAPIs fail to get treatment for mental ailments, the NAMI report said. It said that "among Asian Americans with a depressive disorder, 69 percent did not receive mental health treatment" in 2010.

by ISAGANI DE LA PAZ
OFW Journalism Consortium | MANILA, 3/25/2011
—YOUNG Filipino-Americans are among Asian-American and Pacific Islanders in the United States that a group said would be included in a seven-point program addressing mental health.

The report by the Washington, D.C., United States-based National Association on Mental Illness (NAMI) released February is packaged as a road map "as NAMI moves forward to becoming more inclusive of AAPI [Asian-American and Pacific Islander] communities."

The report by Jei Africa and Majose Carrasco forwarded recommendations including developing "culturally competent materials on AAPI mental health" and featuring "a workshop on AAPI mental health at the NAMI 2011 Convention, spotlighting this report and the efforts that have taken place to date."

The recommendations come after the NAMI discussion last year that revealed "Asian American teenage girls have the highest rate of depressive symptoms of any racial, ethnic or gender group."

Citing several studies, the report noted that Filipinos, Koreans and Japanese posted high rates of "frequent mental distress... while rates for Chinese, South Asians and other Asians are lower."

The vow to support these AAPI in the US comes from NAMI's admission that "little is also known about the mental health needs" of the youth."

The only data the report acquired was from the Office of Minority Health that said "suicide was the fifth leading cause of death among Asian Americans, compared to the ninth cause of death for white Americans."

"But studies suggest that there are higher rates of depression, anxiety and suicide among this group. Generational differences and conflict regarding family values and beliefs often cause additional strain, stress and anxiety problems for AAPI youth."

Citing data from the National Asian Women's Health Organization, the report noted that "stress related to immigration and acculturation may also be a factor in developing depression."

"For example, suicide rates are higher for foreign-born Asian Americans than for those who are American-born."

The report noted that economic and language barriers prevent Asian Americans from accessing health care in the US.

"As a largely immigrant and refugee population, [these barriers]... make them more vulnerable to advanced depression and other mental health disorders."

AAPI
OFTEN lumped together as a community, Asian American and Pacific Islanders (AAPI), nonetheless, are described by the report as representing "one of the fastest growing and most diverse populations in the US."

"This practice of 'lumping together' often hides the richness, diversity and complexity of experiences of this population, as well as the many barriers and challenges they face."

The report said there is an estimated 15 million, "reflecting a dramatic increase from 2.1 percent in 1960 to four percent in 2010."

Filipinos form the second-largest community of AAPIs at 19.3 percent after the Chinese (25.4 percent). Asian Indians follow at 17.6 percent of the total population while the Vietnamese community with 11.7 percent of the AAPI population remains as the fourth-largest.



Hence, the three most commonly spoken AAPI languages in the US are Vietnamese, Tagalog and Chinese, the Nami report said, citing US Census data.

The Vietnamese, to note, lead the number of persons five years or older who do not speak English at home (62 percent).

The NAMI report added that 50 percent of Chinese, 24 percent of Filipinos and 23 percent of Asian Indians are not fluent in English.

"Approximately 66 percent of AAPIs speak an Asian or PI language at home and about 35 percent of AAPIs remain linguistically isolated."

"A majority of Asian Americans are foreign born—nearly two-thirds of AAPIs arrived in the US since 1965—but Native Hawaiian and Pacific Islanders (NHPIs) are predominantly born in the US."

The report noted AAPIs are largely concentrated in California, New York, Hawaii, Texas and New Jersey, with California having "the largest and most diverse."

"The largest number of Asians and Pacific Islanders are in Los Angeles County (13.8 percent and 0.4 percent, respectively), while San Francisco County and Yuba County have the largest percentage of Asians (33.5 percent) and Pacific Islanders (1.6 percent)."

Amok, Hiya

OTHER findings of the NAMI report include the level of risk of Filipino men in terms of substance abuse.

"Filipino men were at a greater risk than Chinese men for a lifetime substance abuse disorder."

Citing data from the National Asian Pacific American Families Against Substance Abuse, the NAMI report noted that "immigrants from Japan

and Korea had a higher prevalence of past-month alcohol use than those from the Philippines, China, Vietnam and India."

The psychiatric disorders experienced by AAPIs aggravated by what the NAMI report said are a "culture-bound syndrome."

"For many AAPI, mental illness is so stigmatized that emotional and psychological distress is often expressed as more acceptable physical aches and pains."

It noted cultural nuances like "amok," which it said is from the Philippines and Indonesia.

The report describes "amok" as "a dissociative disorder involving violent, aggressive or homicidal behaviors towards people or objects."

The NAMI report said this nuance can be pinpointed if issue stakeholders understand the "cultural-bound syndromes."

Limited access to health care is one of the reasons that AAPIs fail to get treatment for mental ailments, the NAMI report said.

It said that "among Asian Americans with a depressive disorder, 69 percent did not receive mental health treatment" in 2010.

Many AAPIs—about 21 percent—also don't have health insurance coverage, the report added.

It added that compounding this situation is the immigration status of an AAPI.

Some two percent of AAPIs from the Philippines who are undocumented are among those marginalized from health care and insurance.

"Immigration status, especially for those who are undocumented, deters many individuals from accessing care."

Likewise, attaching a social stigma to persons suffering from mental illness is cited by the NAMI report as one of the "major obstacles preventing AAPIs from seeking help."

"Shame, known as hiya among Filipinos, mentz among the Chinese, haji among the Japanese and chaemyun among Koreans, is a concern about saving face that motivates individuals and families in the AAPI community."

The NAMI report admitted these behaviors "are both very difficult to address because they are intimately tied to AAPI values." -- OFW Journalism Consortium

World Water Day, March 22



UNICEF Project Raises Money For Water, Sanitation. VOA News reports on an effort by UNICEF to help bring clean water to children around the world, by asking patrons at American restaurants this week to pay at least \$1 for orders of tap water. The campaign, known as the Tap Project, has grown from 300 participating restaurants in New York City five years ago to an estimated 3,000 across the country this year (Elmasry, 3/22). "Since its inception, TAP has raised \$2.5 million," Fast Company reports in an article that describes several other outreach efforts to raise funds through the project. "The TAP Project supports UNICEF's water and sanitation projects around the world. This year, the initiative will focus on Togo, the Central African Republic, and Vietnam," according to the news service (Schwartz, 3/22). Kaiser Family Foundation

Second of a Series Weight Control: Eat Right and Be Active

(Continued from page 4)

sal and breads, brown rice, & whole wheat pasta. Children, teens and adults who eat more fruits and vegetables protects them from gaining weight.

Drink water instead of sugar-sweetened beverages (soda) and 100% fruit juices. Children and teens who drink soda and 100% juices have higher body weights than those who do not consume them. Let them drink water instead.

Drink less alcohol. Adults who drink heavily over time gain more weight. Drink less alcohol especially those mixed with other beverages.

Eat low calorie foods such as low fat, saturated fat and added sugars. Foods loaded in fat have higher calorie density and should be avoided.

Eating patterns that help promote calorie balance and weight management are:

High intake of fruits and vegetables and dietary fiber.

Low intake of total fat, saturated fat and added sugars.

Other helpful suggestions for maintaining weight:

Eat smaller serving portions.

Prepare, serve, and consume smaller portions of food and beverages especially those high in calories.

When eating out, choose smaller portions or low calorie options, share a meal or take home part of the meal. Review the calorie information on the menu. Cook and eat more meals at home.

Be more aware of what and how much you eat and drink. Monitor your food intake. When in the grocery store, read food labels and compare calories, fat, cholesterol,

sugar. Buy the ones with lesser amounts.

Finally, the high rates of overweight and obesity in our population including Filipino Americans show that we are in an state of "calorie imbalance", i.e., we eat more calories than we expend. We need to make efforts to eat less and healthier and exercise more or be physically active.

The other component of maintaining weight is PHYSICAL ACTIVITY and this will be covered in the next issues of the Asian Journal.

About Dr. Ofelia Dirige

Dr. Dirige is a graduate of the University of the Philippines (BS), University of Hawaii (MS) and UCLA (DrPH). She is a registered dietitian (RD) and currently the President and CEO of Kalusugan Wellness Center. She is also faculty member in the Center for Asian Studies and Adjunct Professor in the Graduate School of Public Health, SDSU.

KCS EVENTS THIS WEEKEND!!!!
"TASTE OF HEALTHY FILIPINO MEXICAN CUISINE"

March 26, Saturday, 11:00 AM to 1:30 PM
FILAM WELLNESS CENTER
1419 East 8th Street, National City 91950

Taste and learn how to prepare delicious and healthy FilMex dishes

Prepared by Rudy Liporada, Saladmaster Chef and Victor Paz, Mexican Chef, Nutrition Network for Healthy California.

ENTERTAINMENT NEW DIETARY GUIDELINES 2010 RECIPE HANDOUTS HEALTHY FILIPINO & MEXICAN FOOD MENU:

COLESLAW
CORN & GREEN CHILE SALAD
FISH SINIGANG
ALBONDIGAS
10 MINUTES PANCIT
VEGETABLE QUESADILLA
CHICKEN ABOBO
MOLE CHICKEN
PINAKBET
TROPICAL FRUIT PLATE
FRUIT WITH YOGURT
MEXICAN RICE
WHITE & BROWN RICE DRINKS

SPONSORS:
AMERICAN CANCER SOCIETY, MANILA SUNSET, NUTRITION NETWORK FOR A HEALTHY CALIFORNIA, POINT POINT RESTAURANT, SALAD MASTER, & KALUSUGAN WELLNESS CENTER

TICKETS ARE \$10 FOR ADULTS AND \$5 FOR SENIORS. CALL KCS (619) 477-3392 FOR TICKETS

KALUSUGAN COMMUNITY SERVICES FILAM WELLNESS CENTER INVITES YOU TO THE 2ND Dr. Riz A. Oades Memorial Community Forum to Commemorate the 76th birthday of the late: DR. RIZ OADES
March 28, 2011, 5:00-6:30 PM
National City Library
1410 National City Blvd, National City, CA 91950

SPEAKER: Manuel Puig Llano, M.D
"Historical Perspectives of Philippines-Mexican Relations"
And Book Presentation for the Philippine Corner of the National City Library
RSVP to (619) 477-3392
Attire: Business Casual

DRIVING LESSONS

International Driving School

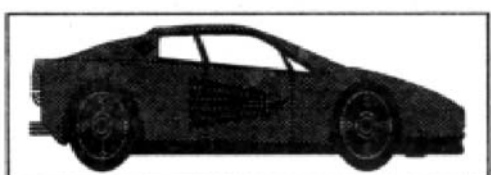
GERRY E. PEREZ

Driving Instructor License # 12790005

1-858-689-8985

1-619-571-9159

Highest Quality Instruction for the Most Affordable Rate



Dual Control Cars with Full Insurance Coverage
Teen Drivers ED & Training Also Offered

I've learned to appreciate

Simple Things

That's why I planned a Simple Tribute® Funeral.

- Affordable • Clear Choices
- No Surprises

Let the Simple Tribute plans free you from the high prices and high pressure of traditional funeral homes. By offering complete funeral and cremation options with straightforward pricing, we make it easy to get the services you want — so you can get on with your life. It's that simple.

Call for your FREE Personal Expressions Guide.

Finally, a better waySM



Call us at 866.747.9776
www.elcaminomemorial.com

Exclusive provider of the Simple Tribute plan in:

San Diego
Sorrento Valley, FD-1260
Imperial Ave, FD-670
Pacific Beach, FD-815

Other Area Locations
Encinitas, FD-857
La Mesa, FD-296
National City, FD-284



From Antique to America: Memoirs of a Filipino American Doctor Friends Reunion In Aptos, California

By Dr. Cesar D. Candari
46th in a series of articles

A wedding of Dr. Art and Rica Basa's son was held in a winery resort in the beautiful hills of Southern California. Twenty members of FRIENDS attended the beautiful Basa-Mavity garden wedding at Byington Vineyard up in the hills of Los Gatos. Just minutes from the commotion of Silicon Valley, Byington Winery is a rejuvenating destination in the Santa Cruz Mountains. The winery was established in 1987 by entrepreneur Bill Byington and the family is still actively involved in the day to day operations of the winery.

We were there to escape from the stress, to breathe in the tranquility of panoramic views, super crafted wines and clean mountain air. The group danced and sang their hearts out in this wedding party. Some of us felt the effects of tannins the next morning.

The next day was our get-together in Aptos, a memorable one that will be remembered for the rest of our lives. It was three days of fun and frolic, relaxation, wining and dining. FRIENDS just had their regular reunion and get-together on August 3-5 (I can not recall the year). The most hospitable and utterly entertaining couple--Dr. Lenny and Chuck Granthom of Aptos, California, who were very close friends of Drs. Reggie and Carmel Tobias--hosted the event.

Aptos is an unincorporated area of Santa Cruz County, consisting of several communities. Located on the California coast between Santa Cruz and Watsonville, Aptos offers residents and visitors a magnificent scenic beauty, a rich history and outstanding recreational amenities. It has a strong golfing tradition, which thrives today at the famous Seascapes Golf club. The charming Aptos Village with its old train station recalls the scrappy 19th-century logging era. Sea Cliff Beach, dominated by a fishing pier leading to a sunken cement ship, also recalls West Coast's efforts in WW I.

The rural setting of what gradually gives way to the communities of APTOS, CAPITOLA and SANTA CRUZ, are a mix of retirees, students and academicians, rednecks, and farmers. The surroundings, landscapes and seascapes are simply very invigorating and fascinating, all of which we saw when they afforded the FRIENDS a tour of what represents North-

ern California--water, wind and earth--the essential elements of California coast being exemplified at Big Sur. The rivers and the sprawling Elkhorn Slough relate one of the richest habitats of birds along the coast. These rivers turn into a sandy beach as they follow the curve of Monterey Bay northward and southward. The rivers here meander to the sea through a coastal plain where artichokes, Brussels sprouts, and other crops flourish under foggy early mornings that eventually turn into clear blue skies.

Lenny and Chuck prepared the buffet luncheon, a culinary adventure that satisfied everyone's discriminating taste, grilled giant prawns, salmon, and king crabs. It was a seafood delight that matched very well with the vintage 5-liter bottle of white wine that soothed our palates, washing away the sulfites from the Byington winery. We were lucky to have two "master sommeliers" in our group, Dr. Renato Ramos and Dr. Ching Baquiran, who recommended the best wines from Chuck's collection to pair with our food. A professional pianist relished all these with background music.

That late afternoon, we were at the Palo Alto Room of Seascapes Resort listening to the highly-intellectual delivery and dissertation of Dr. Carmelo "Boy" Dichoso on "Carlos Bulosan and his poetry" and Ching Baquiran's perspective on wine and its medicinal effects in general. This program (a new agenda in the FRIENDS program of events) had certainly elevated everyone's level of knowledge about Filipino history in California and the virtues of wine. For those of us who enjoy wine, we found ourselves in the midst of good company.

Dinner was at the Casablanca restaurant at Santa Cruz overlooking Monterey Bay. The girls enjoyed a limousine ride to and from Casablanca that evening. It was simply a demonstration of the great hospitality of the host. The food was again fantastic at Casablanca. The red wine was from Chuck's 5-liter bottle collection. This was a celebration of wine and food and enjoyment to the extreme.

After the dinner drinks and karaoke singing, which continued past midnight, we finally settled at the Seascapes Resort, a block away from the Granthom's residence. The early morning stroll at the beach was tremendously relaxing in the foggy, breezy and invigorating surroundings.

A native breakfast was served, and more singing ensued while Dr. Sarie Laserna was on the Yamaha. Later, an air-conditioned tour bus picked us up for a tour to the redwood forest and wine tasting at the Bruce Davis Winery, high up in the mountain

Estancia Chardonnay was the order of the day.

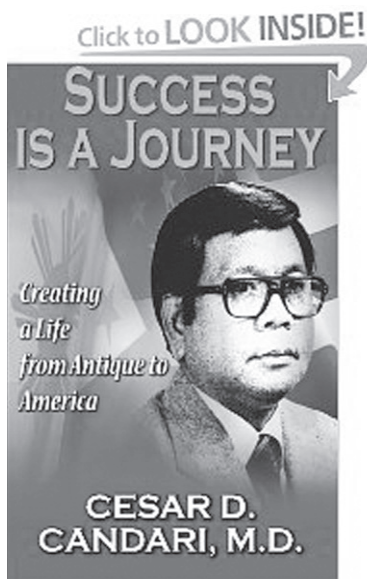
The FRIENDS who came to APTOS were a bunch of intellectuals getting respite from the rigors of managed care-capitation market forces, competition, buy-outs and mergers of practices. FRIENDS, in those memorable three days, took life in style.

The reunion of FRIENDS at the Granthom's surely lived up to everyone's expectations, with so much camaraderie, relaxation, and fellowship. Above all, it deepened a hopefully lasting friendship.

On October 18, 2004, we at FRIENDS were stunned and saddened by the unexpected passing of Rolly Santos. Saying goodbye to Rolly was not an easy task. We lost a great man, a dear friend, a colleague, and a father who was vibrant, vigorous, active, full of exuberance, and at the forefront of his profession. The two of us had traveled together in several states in the United States when we both ran for senior positions in the APPA. If there was anyone who was a super worker, organizer and a doer, it was our own friend Rolly. Just what else can I say about Rolly, who loved life and enjoyed people.

How can you describe such a person who is a friend to everyone? His unexpected passing leaves a void in me, in all of us. I'm sure that many of his friends in the Fairfax Medical Society feel the same way. I have been searching the question why it has to be this way. And finally, I found these answers. I finally found comfort in believing that God has a reason for calling back our dear friend Rolly and our heavy heart shall be lifted. So we thank the Good Lord for blessing and enriching our lives and lives of his family with such a wonderful and compassionate human being. The Good Lord may not give us all the answers we seek now, yet with faith, He will give us find peace and comfort every time we long for Him. Where else can we find one willing and eager to lend a helping hand whenever it is needed? He was a very active leader of the Fairfax County Medical Society that propelled him to the Presidency, and many more. To Charito, his lovely wife, and to his children, Katherine Rose, Rolando Jr. and Cecily Rene here's what I have to say, "God has a purpose for every season of life, Ang ating kapalaran, tanging Dios lamang ang nakaka-alam (Only God knows of our fate and destiny in our life). God works in this world, a world that never stays the same." To Rolly, many thanks for the precious memories we had shared with you.

"FRIENDSHIP"
LIFE ASKS SO MUCH
FRIENDS GET OUT OF
TOUCH
BUT IN OUR HEARTS,
DEEP, TRUE, UNSEEN
FRIENDS STAY
FOREVER GREEN"



range of Santa Cruz. Dr. Davis, a retired OB/GYN, and wife Jeannette were astounded to be visited by a bunch of MDs who possessed in-depth knowledge about tannins and the like. To the delight of Mrs. Davis, we alluded up ordering our case of Chalone, Russian River Pinot Noir and Estate Reserve Chardonnay. Dr. Dichoso could not help but express his exciting and sensual observation of Jeannette Petite Syrah and, lo and behold, everyone got a free cork's screw.

The tour of the towering redwoods as narrated by the tour guide was interspersed with the off-colored greener coverage of Dr. Dominador Ong.

Our dinner was a picnic shindig at the Seascapes Resort beach around a bonfire with a spectacular sunset in the background. Food was superlatively "super-native", lechon (roasted whole pig), kilawen (sushi), lumpia sariwa, (fresh lumpia) and, of course, more wine from Chuck's cellar. We opened the 1992 Bruce Davis Chardonnay that Dr. Davis, the wine maker, couldn't believe still existed. Chateau Longueville/au Barron de PICHON LONGUEVILLE 1985 was just right for the lechon. Someone quoted the Bible, "Wine that maketh glad the heart of man" (Psalm 104:15), and I further stated a philosopher that once said, "From wine what sudden Friendship springs." Chuck and Lenny were indeed genuine and real FRIENDS

The final day was a tour of Carmel, a 17-mile coastline drive with stops at the famous Pebble Beach Golf Course where the land was blanketed in grass and pine and the Santa Lucia range receding into the mist along the rugged Big Sur coastline. Once again a sumptuous meal was waiting at the Big Sur restaurant, where the ambiance was the beauty of the breakers crashing against the northern coast. The twilight glowed in the evening and transformed the sky above southern California into a palette of pastels. Once again,

Food for thought

Read previous articles by visiting our website at www.asianjournalusa.com

Bill Cosby for President

"There are four boxes to be used in defense of liberty: soap, ballot, jury, and ammo. Please use in that order." - Bill Cosby

Bill Cosby has a great way of "distilling" things. Looks like he's done it again!

I HAVE DECIDED TO BECOME A WRITE-IN CANDIDATE FOR PRESIDENT IN THE YEAR 2012..

HERE IS MY PLATFORM:

(1). Any use of the phrase: 'Press 1 for English' is immediately BANNED!!! English is the official language; speak it or wait outside of our borders until you can.

(2). We will immediately go into a two year isolationist attitude in order to straighten out the greedy big business posture in this country.

America will allow NO imports, and we'll do no exports.

We will use the 'Wal-Mart's policy, "If we ain't got it, you don't need it." We'll make it here and sell it here!

(3). When imports are allowed, there will be a 100% import tax on it coming in here.

(4). All retired military personnel will be required to man one of the many observation towers located on the southern border of the United States (six month tour). They will be under strict orders not to fire on SOUTH BOUND aliens..

(5). Social Security will immediately return to its original state. If you didn't put nuttin in, you AIN'T getting nuttin out.. Neither the President nor any other politician will be able to touch it.

(6). Welfare. -- Checks will be handed out on Fridays, at the end of the 40 hour school week, the successful completion of a urinalysis test for drugs, and passing grades..

(7). Professional Athletes -- Steroids? The FIRST time you check positive you're banned from sports ... for life.

(8). Crime -- We will adopt the Turkish method, i.e., the first time you steal, you lose your right



Bill Cosby

hand. There is no more 'life sentences'. If convicted of murder, you will be put to death by the same method you chose for the victim you killed: gun, knife, strangulation, etc.

(9). One export of ours will be allowed: wheat; because the world needs to eat. However, a bushel of wheat will be the EXACT price of a barrel of oil.

(10). All foreign aid, using American taxpayer money, will immediately cease and the saved money will help to pay off the national debt and, ultimately, lower taxes. When disasters occur around the world, we'll ask The American People if they want to donate to a disaster fund, and each citizen can make the decision as to whether, or not, it's a worthy cause.

(11). The Pledge of Allegiance will be said EVERY day at school and every day in CONGRESS.

(12). The National Anthem will be played at all appropriate ceremonies, sporting events, outings, etc.

My apology is offered if I've stepped on anyone's toes nevertheless....

GOD BLESS AMERICA !

Sincerely,
Bill Cosby

Follow @asianjournal on Twitter

BREAD DELUXE

"The Best Pan De Sal in Town"

Several bread line of products to choose from

- Puto/Putopao-rice galapong
- Carioca
- Cheese Rolls
- Pancit Malabon-party trays available
- Ensaymada

(619) 474-2624



Nandy &
Felma
Vargas

owners

1420 E.Plaza Blvd., S-D1 National City CA 91950

JOCHI-RESTO GRILL

Del - Chit Rivera
Proprietor

289 E. Orange & Melrose Chula Vista, CA 91911

(619) 426-7804
(Alongside Seafood City Supermarket)

Pary Trays - Fast Food - Food to go - Lechon

Mabuhay! welcome!

AMERASIAN CUISINE

Kumain ka na ba?
"have you eaten yet?"

Open Everyday!
14897 Pomerado Road - Poway, CA 92064
M-F 10am-8pm/Sat 7am-8pm/Sun 7am-4pm
Breakfast Sat/Sun 7am-1pm
Phone: 858.679.0644
Visit Us @ www.amerAsiancuisine.com

*Menu changes daily

Bring in this Flyer to Receive a **Free Medium Entrée**
*with a purchase of a regular Combo.

Maraming Salamat Po
"thank you very much"

Housing & Real Estate

Freshen Your Look and Home This Spring

(Family Features) 3/18/2011 --With the cold lifting and new spring collections hitting the shelves, it's the perfect time to change up your home and wardrobe with fresh new styles that reflect the joyful mood and bright colors of spring. Glade has partnered with style expert Giuliana Rancic to help women transform their look and surroundings for the new season. Together they are sharing what's in this season and intro-



ducing two new limited edition home fragrances — Bring on the Blossoms and Sparkle of Spring.

As an entertainment journalist and co-host of E!'s "Fashion Police," Rancic is an expert in today's fashion and aims to inspire women to celebrate the season by updating their look this spring. From home décor to wardrobe, Rancic shares firsthand how surroundings, especially in the home, can affect mood.

"Spring is my favorite time of year because it's a new awakening in the fashion world. I love exploring all the new trends and updating my surroundings with bright, happy colors that lift my mood," says Rancic. "With a few new accessories and the limited-edition fragrances from Glade, your home will look as fresh as it smells."

In order to help other women rejuvenate their look and sur-

roundings, Rancic shares her top five tips to stay on-trend and feel fresh and exhilarated in time for spring:

—Reinforce Ruffles. Spring is all about feeling pretty and feminine, and designers are pumping up the volume with ruffles. Whether on a throw pillow, journal or jacket, this season we'll be seeing gorgeous fabrics and textures draped and ruffled into fabulous creations.

—Revitalize Home Fragrance. Glade Limited Edition Spring Collection fragrances refresh the home and wipe away the doldrums left behind when winter fades. The Glade Sparkle of Spring Premium Room Spray looks as good as it smells, and the hints of citrus help you create an energized vibe during the day.

—Bright Colors, Fresh Look. What's more perfect for spring than bright, cheerful colors? Take advantage of the season's uplifting hues and make lips pop with orangey pink lipstick.

—Wake Up Happy. Start the day with colors that awaken your senses. Make your bedroom environment happy with a bright, cheerful new duvet or throw.

—Go for Geometric Jewels. Cool, geometric shapes are everywhere this spring. Clean, straight lines and bold color accents make a perfect pair. Added perk? You don't have to spend a lot to achieve this look — Giuliana recently discovered a pair of bold emerald green earrings for just \$8!

For more information on the Glade Limited Edition Spring Collection, visit www.glade.com. -- Photo courtesy of Getty Images

More than 1,400 Celebrate Del Sur Grand Opening of Three New Neighborhoods, Two New Parks

SAN DIEGO (March 22, 2011) – More than 1,400 visited Del Sur over the weekend to celebrate the grand opening of three new neighborhoods and two new parks at the San Diego master-planned community off Camino Del Sur, just north of state Route 56.

Nine new model homes are now open featuring more expansive floor plans, larger backyards and the new "Del Sur room."

"The debut of the Del Sur room was a highlight of the weekend events, with home shoppers really connecting with the concept of expanded indoor/outdoor living space," said Bill Ostrem, president and CEO of Black Mountain Ranch, developer of Del Sur (www.delsurliving.com).

Showcased in all three new Del Sur neighborhoods, the Del Sur room is a covered extension of the home. With one to three sides enclosed, the room provides the best of both indoor and outdoor living. The added square footage is ideal for casual living and entertaining within the coastally cooled La Jolla Valley.

One grand opening day visitor said he appreciates that the Del Sur room is built in and not something a homeowner would need to add in order to enjoy its benefits. Offering protection from the sun or rain, the Del Sur room

allows homeowners the option of more time outdoors.

With prices expected to start from the low \$600,000s, here is an overview of Del Sur's three newest neighborhoods:

- Carleton at Del Sur by Standard Pacific offers three floor plans spanning 2,621 to 3,059 square feet, with four to five bedrooms plus optional craft or bonus room and three baths.

- Valencia at Del Sur by California West Communities features three floor plans with 2,996 to 3,495 square feet, four to five bedrooms plus optional craft room, office and tech space and three bathrooms.

- Presidio at Del Sur by Standard Pacific's three floor plans range from 3,461 to 3,748 square feet and offer four bedrooms plus bonus to five bedrooms plus office and bonus and three to 4.5 baths

In other Del Sur neighborhoods:

- The Sentinels by Davidson recently released four homes in Phase 3A.

- Model homes now selling at Madeira by Shea Homes.

- Pasado at Del Sur by William Lyon Homes is nearing sell-out with just six homes available in the neighborhood.

- Mandolin by Shea Homes released homes in Phase 2 for sale recently.

Del Sur also opened two new parks in the community March 19.

- Kristen Glen Park features the community's first lap pool as well as a hand-crafted stone labyrinth.

- Old Stonefield Park includes a swimming pool and playground with swings, and an off-leash dog park is nearing completion.

For more information regarding Del Sur, visit DelSurLiving.com or call 858-481-4200.



The Law that Matters

by Atty. A. Erwin Bautista

Read Atty Bautista's previous articles by visiting our website at www.asianjournalusa.com

Immigration: Humanitarian Reinstatement

Why, When and Where do you file Humanitarian Reinstatement Application?

THE LAW THAT MATTERS By Atty. A. Erwin Bautista | SAN DIEGO, 3/25/2011 -- Question: My U.S. Citizen Father petitioner died before my petition became current, why, when and where do I file a Humanitarian Reinstatement?

Answer: You can file the Humanitarian Reinstatement Application once you are notified by USCIS that it received the petition back from the NVC. You have to file it because your petition was revoked at the death of your father.

Automatic Revocation of Approved Petitions Call for Humanitarian Reinstatement Application.

The Code of Federal Regulations implementing the Immigration and Nationality Act states that approved petitions are automatically revoked if the petitioner dies, among others.

In 8 CFR Section 205.1(a)(3)(i)(C)(2) states that:

"TITLE 8--ALIENS AND NATIONALITY CHAPTER I--DEPARTMENT OF HOMELAND SECURITY PART 205 REVOCATION OF APPROVAL OF PETITIONS --Table of Contents Sec. 205.1 Automatic revocation.

(a) Reasons for automatic revocation. The approval of a petition or self-petition made under section 204 of the Act and in accordance with part 204 of this chapter is revoked as of the date of approval:

(3) If any of the following circumstances occur before the beneficiary's or self-petitioner's journey to the United States commences or, if the beneficiary or self-petitioner is an applicant for adjustment of status to that of a permanent resident, before the decision on his or her adjustment application becomes final:

(i) Immediate relative and family-sponsored petitions, other than Amerasian petitions.

(C) Upon the death of the petitioner, unless:

(2) U.S. Citizenship and Immigration Services (USCIS) determines, as a matter of discretion exercised for humanitarian reasons in light of the facts of a

particular case, that it is inappropriate to revoke the approval of the petition."

The automatic revocation of an approved petition necessitates the filing of a Humanitarian Reinstatement in order for the beneficiary to become an immigrant in light of 8CFR 205.1(a)(3)(i)(C)(2).

How you can start the process?

You need to inform the National Visa Center (NVC) that your father petitioner has died. This is the first step so that the NVC will no longer continue to process your petition once it becomes current. You also don't need to wait for your petition to become current before you inform NVC, because it will just cause further delay in processing your application for Humanitarian Reinstatement (HR).

If you decide to wait for your petition's priority date to become current you might even have to pay the Affidavit of Support Fee and the Immigrant Fee Bill which are non-refundable and comply with the medical exam requirement and the police clearance requirement before being told at the embassy interview that the embassy cannot continue with the processing because the petition was automatically revoked at the death of the petitioner. That would be waste of time and money because that's the only time the petition will be returned to the USCIS because the embassy, and the NVC does not have the power to grant HR, but only the USCIS office that originally approved the petition.

Once the NVC learns of the death of your father it will then return the petition to the U.S. Citizenship and Immigration Services (USCIS) Office which originally approved the petition.

Timing is very important when filing the application.

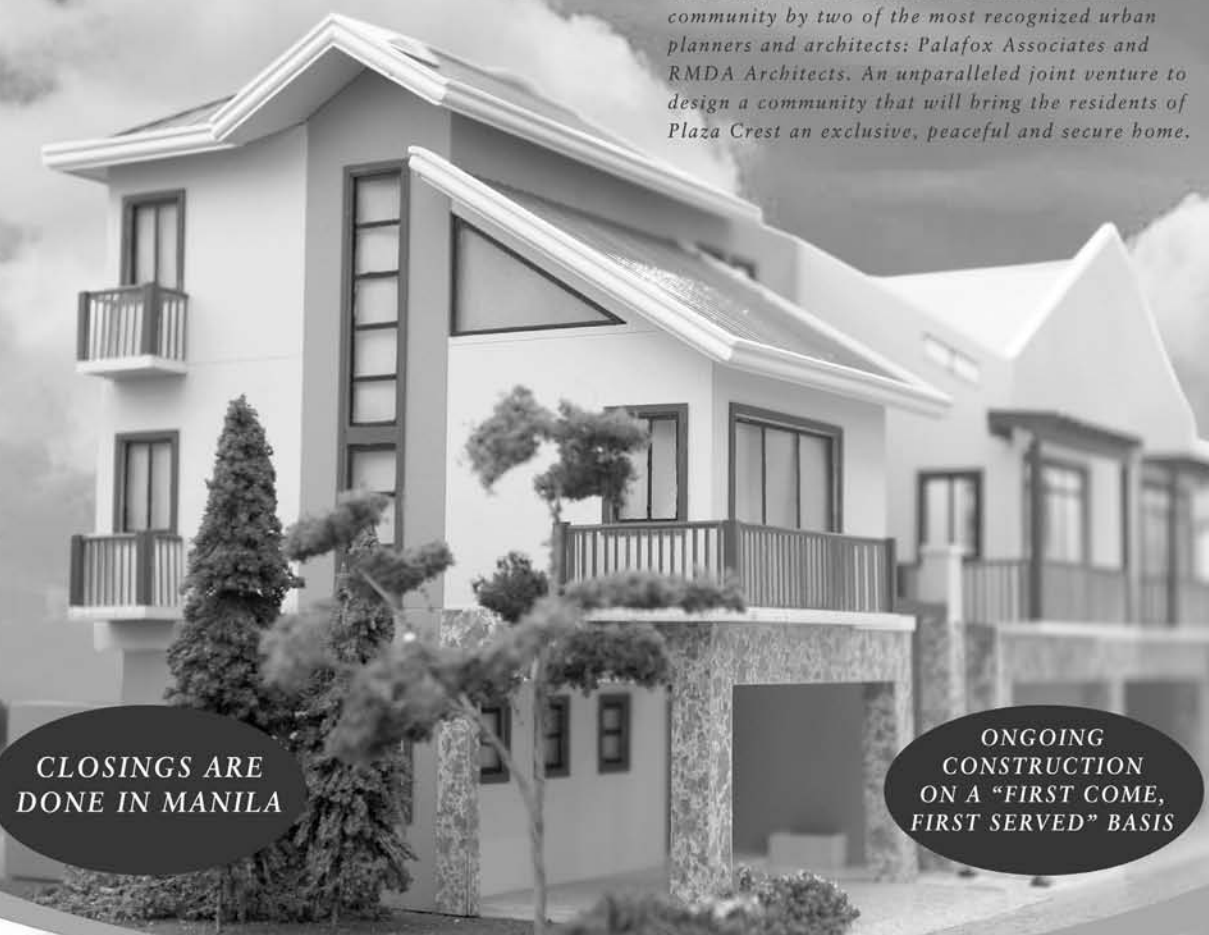
The USCIS will send a notice to the address used by your father when he filed the petition in your behalf. So it's always good to maintain good relations with your relative where your father used to live when he filed your



Live Luxuriously.

The life of laid back comfort in the heart of the city. The Plaza Crest is a private, intimate enclave of superbly master-planned homes that will provide you and your family peace, security and ease of living.

The Plaza Crest is a master-planned residential community by two of the most recognized urban planners and architects: Palafox Associates and RMDA Architects. An unparalleled joint venture to design a community that will bring the residents of Plaza Crest an exclusive, peaceful and secure home.



CLOSINGS ARE DONE IN MANILA

ONGOING CONSTRUCTION ON A "FIRST COME, FIRST SERVED" BASIS



TOWNHOUSE

The two-storey Townhouse has two styles you can choose from and has a Total Floor Area of 1,563-1,769 sq.ft. It has 2-3 bedrooms, attic provisions, kitchen and dining areas, 2-3 toilet and bath, maid's room with toilet and bath, and two parking slots.



GARDEN

The spacious Garden Apartment has two styles you can choose from and has a Total Floor Area of 2,045-2,345 sq. ft. It has 3-4 bedrooms, kitchen and dining areas, 3-4 toilet and bath, and two parking slots.



WALK-UP

The convenient Walk-Up Apartment has two styles you can choose from and has a Total Floor Area of 619-1,408 sq.ft. Each style has 2-3 bedrooms, 2-3 toilet and bath, maid's room with toilet and bath, and a parking slot.

FOR INQUIRIES, PLEASE CONTACT THE FOLLOWING:

"For information, Brochures and reservations in future presentations, call (619) 746 -

Visit our website at:

www.plazacrest.ph or www.philippinepropertycenter.com

WARNING: THE CALIFORNIA DEPARTMENT OF REAL ESTATE HAS NOT EXAMINED THIS OFFERING, INCLUDING BUT NOT LIMITED TO THE CONDITION OF TITLE, THE STATUS OF BLANKET LIENS ON THE PROJECT (IF ANY), ARRANGEMENTS TO ASSURE PROJECT COMPLETION, ESCROW PRACTICES, CONTROL OVER PROJECT MANAGEMENT, RACIALLY DISCRIMINATORY PRACTICE (IF ANY), TERMS, CONDITIONS, AND PRICE OF THE OFFER, CONTROL OVER ANNUAL ASSESSMENTS (IF ANY), OR THE AVAILABILITY OF WATER SERVICES, UTILITIES, OR IMPROVEMENTS. IT MAY BE ADVISABLE FOR YOU TO CONSULT AN ATTORNEY OR OTHER KNOWLEDGEABLE PROFESSIONAL WHO IS FAMILIAR WITH REAL ESTATE AND DEVELOPMENT LAW IN THE COUNTRY WHERE THIS SUBDIVISION IS SITUATED.

PALAFIX ASSOCIATES ARCHITECTS • URBAN PLANNERS • CONSULTANTS

RMDA ARCHITECTS ARCHITECTS • INTERIORS • PLANNING

D.O. PLAZA ESTATES, INC. For more information please visit www.plazacrest.ph or www.philippinepropertycenter.com

Act Now! Avoid Foreclosure Now!!!

Are your loan payments going to increase soon?
No longer able to afford your monthly mortgage payments?
Are you unable to refinance because your property value is upside down?

Let an ATTORNEY vigorously negotiate with your lender so you could keep your home.

YOU MUST ACT NOW OR YOU COULD LOSE YOUR HOME THRU FORECLOSURE!

Understand your legal rights and consequences. Hurry, call for a private consultation or reserve your seats for our group seminars.



Law Offices of Ashley G. Abano

225 Broadway, 21st Floor San Diego, CA 92101

(619) 702-3051



Mga Tulang Tagalog

Ni Romeo Nicolas

Read Romeo Nicolas's previous poems by visiting our website at www.asianjournalusa.com

Ang "Death Penalty"

Ang Parusang Kamatayan ay "FIESTA" ng masasama, 'Pagkat ito'y "BULA" na lang kaya KRIMEN ay lumala. Mayrong tutol, mayrong panig, ang dapat ba ay... ano nga? Hahayaan na lang nating, sa ibang bansa'y mapahiya.

Ano nga ba tayo ngayon, bakit tayo parang PAKO? Sa TALAMAK na PROBLEMA, saka tayo tumatayo, At kung kayang tiisin pa, KUNTENTO na nakaupo, Kapag 'di na makayanan, MAGSISIKLAB, maglalaho.

Para tayong mga DRAMA at SARSUWELA nuong una, Mga taong nanunuod, 'pag nagsawa, lalayas na. NINGAS KUGON sa usapin, sa simula RUMARATSA, Matapos ang mga DRAMA, ang usapin, malamig na.

Masdan ninyo ang usaping ang SHABU LAB nasakote, Ang PDEA, siyang bida, ang hinuli "small fish"...pwe!!! Nasaan ang pasimuno at mayari nitong TIANGE? Bayad na ba o kulang pa, kaya sila'y naka LIBRE.

Wika ko nga, nuon pa man, kung patuloy tayong TANGA, KASAMAANG walang bawas, darami at may dagdag pa. Mamamayang dapat BIDA, sa PULIS ay natakot na, Ang AHENSYA ng Gobyerno ang panalo at PUWERA ka.

Hanggang kailan magtitiis maidilat itong mata, "Death Penalty", kailangang ang KRIMINAL bawasan na. Dapat pa bang ARUGAIN, PARAMIHING lumobo pa? Kapag ito'y 'di napigil, ang sisihan ay huli na.

BOTSANG KARNE ay bawal na maibenta sa palengke, Sa takot na magkasakit, mapasama itong suwerte. KRIMINAL na PINALAYA, ano ang 'yong masasabi? 'Di ba ito ay katulad din, OK lang ang BOTSANG KARNE?

Bakit nga ba NABOBOBO itong ating mga utak, Sa maraming tamang bagay, pinipili yaong PALPAK. Sa USAPING KUMIKINANG, KUMAKATI yaong PALAD, Ang resulta, hahayaang yaong TAMA ang MALAGLAG.

Sige, sige, magpatuloy, pasamain itong bayan, Hintayin ang mga tao, maghimagsik at lumaban. Tatal naman, karamihan ang akala, sila'y "BIGTIME" Darating din sa panahong, TALAMAK na ang patayan.

Napapanahong Tula: Romeo S. Nicolas
2/19/2011

KCS Events: March 26 & 28

"TASTE OF HEALTHY FILIPINO MEXICAN CUISINE"

March 26, Saturday, 11:00 AM to 1:30 PM
FILAM WELLNESS CENTER at 1419 East 8th Street, National City 91950
Taste and learn how to prepare delicious and healthy FilMex dishes!

Prepared by
Rudy Liporada,
Saladmaster Chef and
Victor Paz, Mexican Chef,
Nutrition Network for
Healthy California.

ENTERTAINMENT!!
NEW DIETARY GUIDE-
LINES 2010
RECIPE HANDOUTS
HEALTHY FILIPINO &
MEXICAN FOOD
MENU:

- COLESLAW
- CORN & GREEN CHILE SALAD
- FISH SINIGANG
- ALBONDIGAS
- 10-MINUTE PANCIT
- VEGETABLE QUESADILLA
- CHICKEN ABOBO
- MOLE CHICKEN
- PINAKBET
- TROPICAL FRUIT PLATE
- FRUIT WITH YOGURT
- MEXICAN RICE
- WHITE & BROWN RICE
- DRINKS

TICKETS ARE \$10 FOR ADULTS AND \$5 FOR SENIORS.
CALL KCS (619) 477-3392 FOR TICKETS

KALUSUGAN COMMUNITY SERVICES
FILAM WELLNESS CENTER INVITES YOU TO THE
2ND DR. RIZ A. OADES MEMORIAL COMMUNITY FORUM
to Commemorate the 76th birthday of the late:
DR. RIZ OADES

March 28, 2011, 5:00-6:30 PM
National City Library
1410 National City Blvd, National City, CA 91950
SPEAKER:
Manuel Puig Llano, M.D
"Historical Perspectives of Philippines-Mexican Relations"
And
Book Presentation for the Philippine Corner of the National City Library
RSVP to (619) 477-3392
Attire: Business Casual



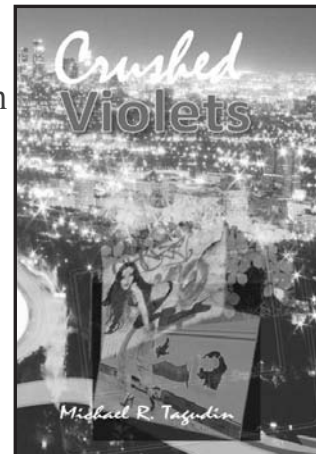
Street Poetry

by Michael R. Tagudin

Read about Michael's upcoming book of poems "Crushed Violets" by visiting our website at www.asianjournalusa.com

Hungry Masses

Babe! What about our dreams!
We can't just let them die!
Remember what I said before
It goes like this...
Yo have a dream!
That someday...
We are going to open up
A restaurant in Beijing!
I am the cook
You are the waitress
And a lot of things are happening
Inside the kitchen!
And it's not necessarily cooking!
I saw a multitude of hungry masses
Half-crazed mad waiting for their orders!
The scenario was surreal!
An arena size crowd
Shouting in one resonance
"Come out! Come out now!"
Universally understandable that I know they are pissed
I replied, "Wait a second!"
Though I know it will be more than seconds!
I replied again, "Wait several minutes!"
Though I know it will be way more than several minutes!
Finally I said, "Maybe in an hour or more giving maybe
Thirty minutes plus or less after an hour depending upon...!
All hell broke loose! The crowd went wild!
Deja vu ala' Tienamen Square rumble!
I woke up sweating like crazy! It was a wild dream!



©2010 Michael R. Tagudin. All rights reserved.
About the Author: **Michael R. Tagudin** Educated as an engineer in the Philippines, the City of Los Angeles employee hopes his legacy of poems will provoke a dialogue about the human condition. He is donating the proceeds from the book "Crushed Violets" to the "Coalition to Abolish Slavery & Trafficking (CAST)", a non-profit that provides public awareness and advocacy efforts against human trafficking in the City of Angels. To learn more, visit www.castla.org. To help, call the CAST 24 hour hotline 888.KEY2.FRE(EDOM) or 888.539.2373. Contact asianjournal3@aol.com for more information about ordering the book "Crushed Violets."

Follow @asianjournal on Twitter

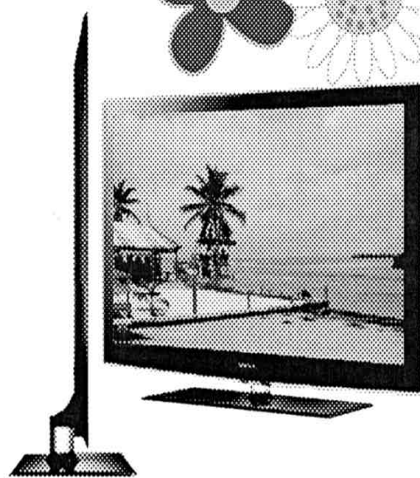
SPRING SALE

Metro Manila\$48.00 per Box

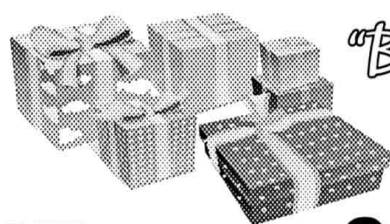
Luzon \$58.00 per Box

Visayas & Mindanao\$68.00 per Box

Be the first to own an LCD, Plasma, LED or 3D Television in your neighborhood in the Philippines. It cost more than 3 times in the Philippines!



LIMIT ONE PER CUSTOMER



"Basta Kahon Pentagon"

FOR MORE INFORMATION & PICK-UP PLEASE CALL:

619.474.0767

3200 Highland Ave. #201 • National City, CA 91950

March 15th to April 15th, 2011 ONLY • San Diego County Only

LJ PRINTING

est. 1989

550 E. 8th St. #6 • National City, CA 92139

(619) 474-1878

We Do:

E-mail: Ljprinting@gmail.com

- Souvenir Programs
- Business Cards
- Letterheads
- Envelopes
- Brochures
- Flyers
- NCRs
- Banners
- Posters
- Magnetic Signs
- T-Shirt Printing
- and more

HOLIDAYS SPECIAL

SPECIAL OFFER!

GOLFSHIRT

WITH 2 COLOR SCREENPRINT LOGO FRONT ONLY (APPLIC. MIN. OR 4 DOZEN)

\$9.99 EACH.

For more info: call (619) 474-1878 cell(619) 962-5144 ask for Santi Silverio

CUSTOMIZED:

EMBROIDERY & SCREENPRINTING

GOLFSHIRT/ T-SHIRT

SWEATSHIRT

JACKET

BALL CAP

1ST QUALITY T-SHIRT

WHITE WITH ONE COLOR SCREENPRINTED ON FRONT & BACK, FOR JUST:

\$5.99 EACH

AND NO SET-UP CHARGE. (48PCS. MIN OR 4 DOZEN)

NOTARY & CONSULAR SERVICES

Philippine Consulate Authentication of Legal Documents

- General Power of Attorney
- Special Power of Attorney
- Cerifications of Original Documents (that the copy is the same as that of the original)

Assist in the preparation of Philippine Legal Documents

- Extra Judicial Settlement
- Deed of Absolute Sale
- PVAO/GSIS Suveys
- Philippine Passport Renewal
- Dual Citizenship

SANTI SILVERIO, NOTARY PUBLIC

ACCREDITED BY THE PHILIPPINE CONSULATE OF LOS ANGELES

(619) 962-5144

Ilocos Norte is featured on TIME's Global Adviser

(Continued from page 1)

Earthly Wonders

Lured by gold, Chinese and Japanese merchants sailed to the area centuries ago to barter with the predominantly Malay inhabitants. These days, travelers still go to Ilocos Norte, not so much to acquire its natural treasures as to experience them. The province's dynamic coastal topography lends itself to thrilling pursuits like sand-boarding and four-wheel driving at La Paz Sand Dunes. Time in a tethered balloon can also be arranged at nearby resort Fort Ilocandia for those who want to see this 45-hectare expanse from above. For a breathtaking example of the sculpting powers of seawater and wind, visit Burgos' Kapurpurawan — a magnificent rock and coral formation, reached after a trek across sand, loose rocks and algae-covered coastline. (See 50 essential travel tips.)

Church Architecture

When the first Spaniards went to Ilocos in 1572, local warriors thwarted their militant attempts to extend colonial authority north of Manila. So, to win over the rural populace, they resorted to a more peaceful means: religion. Conquered by the pomp and circumstance of Roman Catholicism, Ilocos eventually became the seat of evangelization in northern Luzon. Today, Ilocos Norte is home to dozens of the Philippines' grandest churches, including Paoay's Church of San Agustin. Other must-sees include Laoag's Italian Renaissance-style Cathedral of St. Williams, Sarra's 105-m-long Santa Monica Church with its exposed wooden roof trusses and Bacarra's red brick St. Andrew's Church.

Bucolic Beaches

Forget Bali and Boracay. World-

wear travelers wishing to escape the crowds should head to Ilocos Norte's pristine sands. Pagudpud's stunning Saud and Maira-ira beaches are ringed by lush green mountains and feature clear emerald waters (neck-deep, you can still count your toes). Midway to Pagudpud, stop by the historic Cape Bojeador Lighthouse. First lit in 1892 to facilitate the Manila-Acapulco galleon trade, this hilltop tower guides ships approaching the Pacific coast through the Babuyan Channel to this day.

Characterful Cuisine

Among Filipinos, Ilocanos are known for frugality, and the cuisine of this farming society features ingredients shunned elsewhere in the country, from velvety popoklo seaweed to slightly sour buos ant eggs. If you're after more conventional fare, head to the Laoag City Public Market and try the Ilocano version of the Spanish empanada. You can also take home some longanisa (peppery pork sausages) and a bottle of the famous local black vinegar, sukanog Iloco. Don't forget to try authentic Ilocano dishes at La Preciosa restaurant, tel: (63-77) 777 5130, just a few minutes away. Start your meal with a salad of tomatoes, onions, mango and ar-arosep seaweed that bursts with brine when bitten, before indulging in the deliciously tender pork-belly dish known as bagnet.

Historic Vigan Drive south for about an hour to neighboring province Ilocos Sur to get to Vigan, the Philippines' only UNESCO World Heritage city. Stroll along Calle Crisologo, the main street of this well-preserved Spanish trading post, for glimpses of the Philippines' colonial origins and gaze at one-of-a-kind architecture that combines 16th century Chinese aesthetics with European planning. Take in Syquia Mansion Museum, full of centuries-old furnishings from Europe and Asia, and pay a visit to the old pottery factory at Pagburnayan, where techniques introduced over 500 years ago by the Chinese are still practiced by local artisans. *Source: TIME.com* <http://www.time.com/time/travel/article/0,31542,2049939,00.html>

Filipinos are # 1 charity givers in Asia, Mastercard says

(Continued from page 1)

environment-friendly.

The result comes as a surprise since the respondents from most of the countries surveyed are considered better off than those in the Philippines.

"Consumers from these countries have lots to spare if they choose to share and yet, they fail to figure prominently in the charitable works department.

"It is encouraging to see that shopping with a conscience has taken root. Our latest research shows that Asia-Pacific shoppers are not

just focused on good buys; they are just as focused on doing good," says Georgette Tan of MasterCard Worldwide.

Incidentally, the result of the MasterCard survey jibes with the spirit of charity and generosity of the Philippines as Asia's predominantly Christian country. It exemplifies the heartwarming generosity of the poor widow in the gospel, who was praised highly by the Lord.

Despite her dire poverty, she could still drop two copper coins, "all she had to live on," into the temple treasury. (Read Luke 21,4)

Sa Lilim ng isang Punungkahoy

Kuwento ni Alberto Segismundo Cruz

Ako'y isang punungkahoy... Nguni't hindi ako namumunga. Hindi ako namumulaklak. Ang silbi ko'y magbigay lamang ng lilim sa dampa at sa bakurang aking kinaroroonan. Masibol na akong punungkahoy nang ipagbili ng dating may-ari ang dampa at bakurang iyon kay Mang Sendong, isang lalaking dayuhan sa aming pook, walang nakaalam kung saan galing... at dala ang isang sanggol na wala pang anim na buwan.

— Nabalitaan kong ipinagbibili ninyo ang inyong dampa at bakuran... at ang inyong bukid sa libis, — narinig kong wika ni Mang Sendong sa dating may-ari. — Ibig ko pong bilhin kung... tayo'y magkakasundo. Nguni't naging madali ang pagkakasundo.

Sa halagang itinuring ng may-ari'y hindi na tumawad si Mang Sendong.

— Ang aking anak ay ulila na sa ina... — narinig kong sinabi ni Mang Sendong, upang kaipala'y sagutin ang pagtatanong na ipinahihiwatig ng may-ari sa pagtingitang sa sanggol na nasa bisig ng kausap.

— Namatay ang kanyang ina nang siya'y isilang... at ako ngayon ang ina at ama niya! --

Makailang araw lamang ay lumipat na ang mag-ama sa dampa. Mula noon ay napaukol ang aking pansin kay Mang Sendong at sa kanyang anak. Nakita ko kay Mang Sendong ang dapat hangaan sa isang lalaki -- ang siya'y maging ama't ina ng kanyang anak. Maaga siyang bumabangon upang gumatas sa kanyang mahin — iyon ang ipinasususo sa sanggol. Masipag siya. Habang gumagawa siya sa kanyang bukid ay pasaglit-saglit siya sa bahay upang tingnan ang kanyang sanggol. Ang mga halaman sa kanyang bakuran ay alagang-alaga rin niya - ang mga puno ng mangga, bayabas, santol at tsiko, na sa masinop na pagpapala niya'y masaganang nagsisipamunga. Ang kaliit-liitang sulok ng looban ay napapakikinabangan ng mga alaga niyang mga baboy at manok.

Kahanga-hanga ang pag-sisikap niya sa kabuhayan, at sa palagay ko, ang lahat ay ginagawa niya alang-alang sa kinabukasan ng kanyang sanggol. Madalas na si Mang Sendong ay nagpapahingalay sa aking lilim. Hindi nakakaila sa akin ang kanyang kalumbayan.

Naririnig ko ang kanyang mga bunting-himaga. May pangalan ng babaeng lagi niyang tinatawag-tawag: — Priscila! Priscila! — Naririnig ko rin ang may pamambitan niyang sambitin: — Ano ang nagawa kong pagkukulang at nilisan mo ako? — Sa simula'y hindi ko maunawaan kung ano ang kahulugan ng kanyang mga binibigkas.

At sa maraming pagkalagag ng aking mga dahon at sa pagsusupling na muli ng aking mga sanga, ay nasaksihan ko ang unti-unting pagbibig ng anak ni Mang Sendong. Priscila ang kanyang pangalan, Ngayon, ang kanyang malilikot at mumunting paa'y naghahabulan na sa bakuran. At nasaksihan kong tila unti-unting nagkakakulay ang buhay ni Mang

Sendong. Sumasaya na siya.

Kung hapon, hindi na si Mang Sendong lamang ang nauupo sa aking lilim. Kapiling na niyang nauupo sa paanan ko si Priscila. Matabil si Priscila. Marami siyang itinatanong; mga tanong ng kamusmusan. Kung minsang naghagilap si Mang Sendong ng maisasagot...

— Bata ka pa, anak... minsang narinig kong sabi ni Mang Sendong sa kanyang matabil na anak. — Marami ka pang hindi maintindihan. Nguni't paglaki mo'y saka mo malalaman ang mga sagot...

Marami akong narinig na ikinuwento si Mang Sendong kay Priscila — ang kuwento ng Sanggol na ipinanganak sa sabsaban, ang pastol na si David na nakikipaglaban sa higante, ang batang si Jose na ipinagbili ng kanyang

biglang pamumula ng mga pisngi ni Priscila, at parang isang mailap na ibong nagipit kaya lamang hindi agad nakalipad sa malayo.

— Ipagpatawad ninyo ang paglapit ko, Binibini... — sabi ng binata na nakapamintana sa mga mata ang paghangang di maikaila sa pagkatitig kay Priscila. — Malungkot lang talaga ang walang kakilala sa isang pook, kaya di man dapat ay nangahas na akong lumapit upang makipagkilala...

-- Aba, e... e... — at di magkamtututo sa pagsasalita si Priscila. — tatang ko po e... — at napaurong siya at tinanaw si Mang Sendong na lumalakad na palapit at iniwan ang ginagawa sa dula-han nang makitang may kausap si Priscila.

Magalang na nagbigay ng magandang umaga ang binata.



mga kapatid.

Sa kabaitan iginising ni Mang Sendong ang anak.

— Ibig kong maging mabait ka, anak... — narinig kong sabi pa ni Mang Sendong, na napabuntung-himaga at napatingin sa malayong parang may nagugunita. — Nguni't ikaw ay maganda... mabibilog ang iyong mga mata... maitim at malago ang iyong buhok... maganda ka, nguni't... hindi ka rin magiging maganda kung di ka magiging mabait.

— Magiging mabait ako, Tatay... magiging mabait ako... — sagot ni

Priscila at yumapos siya kay Mang Sendong. Nakita kong nangingilid ang luha sa mga mata nang hagkan ni Mang Sendong ang anak.

Nasubaybayan ko ang paglaki ni Priscila. Pinapag-aral siya ni Mang Sendong at nakarating hangang ikalawang taon ng haikul. Si Mang Sendong ang matiyagang naghahatid at sumasalubong sa anak sa pagpasok sa paaralan sa kabayanan. Nang magdalaga si Priscila ay iningatan ni Mang Sendong ang anak na tulad sa isang mahalagang, hiyas. Iminulat niya kay Priscila na ang kanilang ng isang dalaga ay "maningning pa sa mga bituin sa langit kung ang puri ay dalisay at walang bahidungis."

Nguni't isang araw, sa tahimik na pamumuhay ng mag-ama na tila hiwalay sa labas ng daigdig, ay may napaligaw na isang binata. Nakaupo isang umaga sa aking lilim si Priscila nang lumapit sa kanya ang binatang iyon at magalang na bumati. Nakita ko ang

Nagpakilalang siya'y si Milo Verdeflor, isang manunulat. Nagbabakasyon sa pook na iyon. Walang kakilala at nasasabik magkaroon ng kausap.

— Kayo ang pinakamalapit sa aking kinatitirahan... — nasabi pa ng binata, at sinulaypan si Priscila na nasa likuran ng ama. --Natanaw ko kung gabi ang liwanag ng inyong ilaw, kaya naisip ko pong magsadya naman dito sa inyo upang makipagkilala... --

Mula noon, si Milo ay madalas nang dumalaw kina Mang Sendong, Madalas silang nag-uusap sa aking lilim.

-- Mabait at magalang si Milo. Madaling nagkahulihan sila ng loob ni Mang Sendong. Maraming naibabalita si Milo — ang matuling pag-unlad ng Maynila, ang malakas na pagsulong ng karunungan, at ang mga nagaganap na pangyayari sa iba't ibang panig ng daigdig. Kung dumaratang si Milo na si Mang Sendong ay gumagawa sa kanyang bukid sa libis, ay si Priscila na ang tumatanggap sa binata. Nahalata kong si Milo ma'y madaling kinulungan ni Priscila. Madalas na namamasyal sila sa bukid at kung umuwi'y may dalang mga bulaklak na ligaw. Kung nauupo sila sa aking lilim ay napapakinggan ko ang kanilang pag-uusap, Ikinukuwento ni Milo kay Priscila ang buhay sa Maynila, ang mga kasayahan, ang sine, ang mga naiklub. Nakikita kong kumikislap ang mga mata ni Priscila sa kaligayahan.

— Nguni't lahat ng inyo ay pagsasawaan mo... — minsang narinig kong sinabi ni Milo. — Hahapuin ang buhay mo sa walang tigil na pag-inog ng buhay roon. Sa palagay ko'y naririto ang tunay na buhay... walang ingay na nakababagot, nakakausap mong palagi ang iyong sarili sa katahimikan... Malapit sa kalikasan, kaibigan ng punungkahoy na ito, ng bukid, ng mayayamang lupa... walang pagbabalat kayo ang lahat ng bagay...

— Oo nga, Milo... — at napabuntung-himaga si Priscila.

— Naiigaya ako sa ibinabalita mo sa aking Maynila. Nguni't sa puso ko'y nakatanim ang lahat ng naririto. Ito ang aking daigdig...

Katulad ko ang punungkahoy na ito na kapag binunot sa kinatatamnan ay walang salang mamamatay...

At nakita kong hinawakan ni Milo ang isang kamay ni Priscila.

— Kung mapaniniwalaan mo lamang... — anang binata. — Mula nang makilala kita, ang daigdig mo'y inari ko na ring aking daigdig. sapagka't kung saan ka naroroon ay naroroon ang aking ligaya...

Nanatili si Milo na hawak ang kamay ni Priscila. Kapwa nakasandig ang kanilang likod sa aking puno at nakatingin sa malayo at tila nangangarap. Nguni't hindi ko sila mapagpagunitaang lumalapit si Mang Sendong.

Nang makita ng matanda ang kanilang ayos na magkahawak ang kamay ay napatigil si Mang Sendong, at pagkatapos ay yuko ang ulong tumalikod.

Hinatinggabi si Mang Sendong sa pag-iisip sa tabi ng aking puno nang gabing iyon. — Kalikasan ng buhay ang umbig... — narinig kong ibinuntung-himaga niya. — Hindi ko siya mahahadlangan kung hangad ko rin lamang ang kanyang kaigayahan.

Hindi nagtagal at nasaksihan ko sa bakurang iyon ang isang tahimik na kasal. Walang hangad si Mang Sendong liban sa kaligayahan ni Priscila. Ang tanging hinihingi ni Mang Sendong kay Milo ay huwag lamang ilayo sa kanya ang anak na tanging aliw ng kanyang kaluluwa.

— Iyan po ang napagkayarian naming talaga ni Priscila, — sagot ni Milo. — Naririto po ang kanyang kaligayahan at di ko siya maiiaalis dito...

Paminsan-minsan lamang kung lumuwang ng Maynila ang mag-asawa. Ilang araw lamang kung mamalagi sila roon at bumabalik na muli. Kung naiwang mag-isa si Mang Sendong, ang kanyang mga sandali'y madalas na paraanin sa pag-upo sa aking lilim na parang may malalim siyang inisip, at madalas tuloy na manasa kong matunghayan ang tunay na laman ng kanyang puso.

Isang araw na wala ang mag-asawa, isang babaeng may katandaan na ring katulad ni Mang Sendong ang tumawag sa dampa. Nang walang sumagot ay nauupo ang babae sa hagdan. Mula sa bukid ay dumating si Mang Sendong at gayon na lamang ang pagkagulat niya sa pagkakita sa babae.

— Priscila! — nabigkas ni Mang Sendong.

— Oo, Sendong... — anang babae na parang mapapaiyak, — hindi mo akalaing matatagpuan kita rito. Nguni't marami nang taong naghahanap ako... ipinagtatantong kita... salamat na lamang at may nakapaghimatong din sa akin...

— Nguni't bakit pa, Priscila? Bakit pa? — nagugulumihanang sagot ni Mang Sendong.

— Nagkasala ako sa iyo't sa ating anak. Panahon ang nagpakilala sa akin sa malaking pagkakasalang aking nagawa. Maikil na lamang ang aking buhay. Ibig kong makahingi ng tawad sa iyo at makilala ang aking anak...

— Matagal ko nang natutuhang patawarin ka, Priscila... — sagot ni Mang Sendong na gumagaralag ang tinig. — Napawi na ng panahon ang pagdaramdam ko sa iyo... Nguni't ukol sa iyong anak, kay Priscilang iyong anak... — patuloy ni Mang Sendong, — hindi ka na dapat pakilala sa kanya. Akala niya'y matagal ka nang patay. Maligaya siya sa piling ng isang marangal na lalaking ngayo'y kanyang asawa. Hindi siya magiging maligaya kung malamang ang kanyang ina'y may madilim na kahapong pinagdaanan...

— Nguni't hindi na niya kailangang ako'y makilala pa, Sendong... — at malungkot na napaiyak ang babae. — Ibig ko lang mapalapit sa piling niya. Mapaglingkuran siya kahit paano... ibig kong madama kahit sa maikling panahon ang kaligayahan ng isang pusong-ina na aangkin sa kanya kahit sa sarili ko man lamang...

-- Hindi ko maipagkakait sa iyo iyan, Priscila... malungkot na sagot ni Mang Sendong.

— Nguni't ingatan mong huwag kang makilala niya...

Minsan pang ipinakilala ni Mang Sendong ang kadakilanan ng puso niya. Nguni't sa ibabaw ng kanyang pagpapatawad ay sinikap niyang maingatan ang kaligayahan ni Priscila.

Nang magbalik sa bahay ang mag-asawang Priscila at Milo ay ipinakilala ni Mang Sendong sa anak ang matandang babaeng dinatnan. — Si Silang ay kama-ganak kong malayo... — anang matanda. — Dito siya maninirahan sa atin upang makatulong mo. At pagkaraan ay nanaog na si Mang Sendong. Pinabayaan niyang nagkakaharap ang mag-ina. Saglit siyang napatigil sa aking lilim. May kalungkutan akong nabakas sa kanyang mukha.

-- Ina rin siya ng aking anak — narinig kong usal ni Mang Sendong. — At di ko maipagkakait sa kanya ang kaligayahan ng pusong-ina. Maiingatan din niya ang kaligayahan ng aming anak...

At lumakad na si Mang Sendong na patungo sa kanyang bukid-sa libis. Sa pagkakatalikod niya'y nakita kong may pinapahid siya sa kanyang mga pisngi. - AJ

**For Your Satisfaction and Saving
We Do Our Best !**

PHAN GARDENING SERVICE
Specializing in Landscaping
Design - Installation - Maintenance

TREE SERVICE :

- STUMP, TREE, PALM REMOVAL
- PALM TRIMMING, PALM SHAVING, PRUNING, TOPPING

YARD SERVICE :

- YARD & SLOPE CLEANUP - IVY TOPPING
- PLANTING - HILLSIDES CLEANED
- GROUND COVER - WEEDING, ETC. ...

SPECIAL LANDSCAPING

- INSTALL & REPAIR SPRINKLER SYSTEM
- LANDSCAPING AND RELANDSCAPING
- RESEED, SEEDING, LAWN MOWING
- RESED, SODDING, AERATION
- CONCRETE WALLS, FENCING

Maintenance Service

Yard care

- 2 Times Monthly :
- 4 Times Monthly :

Total care

- 4 Times Monthly :

(For A Large Sized Yard)

WE ARE WAITING TO SERVE YOU

PLEASE CALL: PHAN

Tel.: (619) 262-8168
Cell: (619) 405-3731

**24 HOUR SERVICE
SUNDAYS & HOLIDAYS**

ALL WORK GUARANTEED, FREE ESTIMATES

**SURVIVE A
CRITICAL ILLNESS
WITHOUT A
FINANCIAL CRISIS**

A critical illness can mean lost income, unreimbursed medical expenses, caregiver costs—extra stress at a time when you can least afford it. American General Life and Accident Insurance Company (AGLA) has critical illness coverage that supplements your existing health insurance so you can focus on important things—like getting well.

AGLA, the critical difference when it comes to your peace of mind.

Gen Silverio, Agent
619.851.9547
#0G86915

Tess de la Pena, Agent
619.565.4633
#0G48375

AGLA
American General Life and Accident Insurance Company

The underwriting risks, financial and contractual obligations and support functions associated with products issued by American General Life and Accident Insurance Company (AGLA) are its responsibility. American International Group does not underwrite any insurance policy referenced herein. AGLA does not solicit business in the states of New York and Wyoming.

© 2009 All rights reserved.

**Follow @asianjournal
on Twitter**



Showbiz Watcher

by Ogie Cruz

Read Ogie Cruz's previous articles by visiting our website at www.asianjournalusa.com

Aminado Si Sarah: "Hindi Ako Kasing Galing Ni Charice Sa Biritan"

Starbiz Watcher By Ogie Cruz | SAN DIEGO, 3/25/2011
-- Aminado si Sarah Geronimo, na hindi raw siya biritera at alam daw niya ang limitasyon ng kanyang lalamunan. Hindi naman daw ganon katindi ang kanyang lalamunan tulad nina Charice Pempengco, Rachel Ann Go, Angeline Quinto at Regine Velasquez.
Dalawang intriga ngayon ang kinasasangkutan ni Sarah, una ang pagbabati nila ni Cristine Reyes kesyo, ginamit lang daw niya kanilang pagbabati dahil ipalalabas na ang kanyang movie with Gerald Anderson, para mapag-usapan. Mahinahon na itinanggi ito ni Ms. Geronimo, sa puso raw niya totoo na matagal na niyang gusto humingi ng sorry kay Cristine kaya nung makita niya ito sa "ASAP" siya pa mismo ang lumapit at yumakap kay Cristine para magkabati lang sila.
Nagkataon lang daw yung movie niya ay 2 days more bago ipalabas, wala raw sa isip niya yun para lang mapag-usapan. Wala raw plastikang nang nilapitan niya si Cristine. Ginawa niya yun para huwag ng lumaki at masali pa ang iba niyang kaibigan. Sana raw huwag na lang bigyan ng kulay, totoo raw ang kanyang paghingi ng tawad.

siya, dahil na rin sa mga sinasabi niyang dahilan at natutuwa naman siya pinagbibigyan naman siya ng taga-ASAP sa kanyang request, at hindi raw demanding yun kundi nakikiusap.

Sa totoo lang, natutuwa naman kami kay Sarah Geronimo



Sarah Geronimo

ing na mangyayari sa March 30, 2011 sa Hotel Rembrandt Timog (at the back of ABS-CBN).

Ni wala man lang representative si Sarah para tangapin ang nasabing award, yun ang hindi nagustuhan ng mga samahan ng mga teachers. Sana makarating ito, sa pamamagitan ng kanyang no. 1 na tagahanga na si Donna Seachon, tatal close naman kayo ng idol mo.

JOHN APACIBLE NAPATAY NA KANYANG TYUHN! Dalawang bala ang pumatay sa magaling na actor na si John Apacible nung linggo ng madaling araw 3am.

Walang kakwenta-kwenta ang pagkamatay ng nasabing actor, nagkainuman hanggang sa binatukan ang tiyuhin ng tito para kumuha ng baril na sinundan naman ni John. Pumatok ang baril ng dalawang beses at tumama sa puso ni Apacible habang nag-aagawan sila, na ikinamatay ng actor.

Yung nanay naman ni John ay kapatid ng sumukong tito sa pulisya pero hanggang ngayon wala pang nasasampang kaso sa naturang suspect. Ang bilis talaga ng buhay, natatandaan pa namin nang first time namin ma-interview si John Apacible niyaya niya kami sa isang restaurant kasama ang isang rin movie reporter.

Mabait si John at galante, sayang nawala kaagad siya. Kaya nakikiramay kami sa kanyang mga naiwanan.

ARA MINA TINULUNGAN SI LALA MONTELIBANO! Natatandaan nyo ba ang sikat na dating sexy star na si Lala Montelibano, tinulungan siya ni Ara Mina para magkaroon ng trabaho.

Ginawa niya isa sa mga tumao s kanyang business, sabi nga ni Ara handa naman siyang tumulong para makaahon ulit si Lala kung baga binigyan ng



Charice Pempengco

dahil napakababa ng loob nito kahit may intriga ang kanyang sinasagot, parang hindi nga marunong magalit ito. Tipong walang masamang tinapay sa kanya, at isa pang kinatu-tuwa namin yung dati naming student sa Central Colleges of Phils. Ay Vice President pala ng Fans club ni Sarah na si Donna Orgasan Seachon.

Kaso may isa pang intriga na hindi pa nasasagot ni Sarah na gusto namin idagdag. Ang PASADO (Pampelikulang Samahan ng mga Dalubguro), na dati kong kinaaaniban noong nasa Pilipinas palang kami noon, ay inisnab daw ni Sarah para tanggapin ang tropeo para sa Pasadong Kabataang Artista. Ayon ito sa pahayag ng aming kaibigan at Chairman ng Pasado na si Emmanuel Gonzales, at ni Mr. Arthur Pizaro ng FEU. Ayon sa kanila, yung handler daw ni Sarah ang kanilang kausap, na parang hindi interesado sa award at sinabihan na sila na hindi makakapunta si Sarah at ipadala na lang daw ang trophy sa kanila, nagmamadali pa raw ang kausap nila.

Siempre sumama ang loob ng mga Professors dahil sa kanilang nakuhang sagot mula sa kampo ni Sarah, to think na binoto siya ng mga teachers na ito mula sa ibat-ibang Unibersidad pagkatapos hindi man lang binigyan ng importansiya ang nasabing event or award-

Is Willie and Shalani On?

(Continued from page 13)

nu'n. Sabi ko nga kay Leo, pinayaman ko siya."

Who's Bea Tantoco, a guest in the "I Valentine U" concert of Ogie and Pops? "Anak ng owner ng Rustan's. Maganda, sexy, magaling kumanta. First appearance niya sa concert na ito."

What can she say to Heart Evangelista whose "Dwarfina" is starting on Monday? "Wala akong masasabi, sobrang busy ko sa mga alaga ko, may concert pa akong inaasikaso. Good luck na lang."

Bianca not insecure with Venus

(Continued from page 13)

mga nakaabang na agad na proyekto para kay Bianca.

Sa ilalim ng direksyon nina Jeffrey Jeturian at Mervyn Brondial, nabusog nga ng masarap na kuwento ng serye ang mga Kapamilya viewers.

Sa nalalapat na pagtatapos nito, mas sararap pa at mas tatamis ang takbo ng istorya. Sa huling dalawang linggo ng panghapong serye, harapin ni Juanita ang mga pagsubok sa loob at labas ng punso.

Makakatuluyan kaya nito si Rikitik (Matt Evans) at tuluyan nang magiging prisa nito? O magiging sila pa rin ni Joaquin (Rodjun Cruz) at mananatiling Reyna ng Maruya?

Kasama rin nga pala sa Juanita Banana sina Dulce, Lito Pimentel, Katya Santos, Isay Alvarez at marami pang iba.

Ang sweet finale ng Juanita Banana ay mapapanood Lunes hanggang Biyernes pagkatapos ng Malparida sa ABS-CBN.

naman mayroon din namang maganda pa rin ang buhay itoy walang iba kundi ang kaibigan naming si Ramona Revilla na nasa San Diego California. Say mo Jhun Bombay?

Balita naming, uwi ngayong May this year si Ramona Revilla para asikasuhin niya ang kanyang kasal sa September. Wag nyong isnabin at isang Engineer ang kanyang ka-partner ngayon.

Donyang-donya pa rin si Ramona, kailan lang galing siya sa Virginia pero ngayon nandito na siya sa San Diego at take note si Arnel Pineda ang kanyang napili para sa kanyang kasal para kumanta at sa Shagrila gagawin ito.

Congratulations Ramona Revilla !!!



Lifestyle

by Joe Son

Read J'Son's previous articles by visiting our website at www.asianjournalusa.com

Lifestyles of the Rich and Influential People



In the Bahamas. The world's most expensive charter yacht

In sociology, lifestyle is a term that best describe the way a person lives, which usually characterizes on different behaviors that are applicable to everyone and oneself in a given time and place, including social relations, consumption and including fashion. The behaviors and practices within individual lifestyles are a mixture of habits, conventional ways of doing things either in actions or in words. Individual lifestyles deals more broadly when used in politics, business and entertainment.

The term lifestyle in politics can often be used in conveying the idea that society be accepted of a variety of different ways of life, from the perspective that differences are always anticipated and may change at any given time superficially, rather than realistically. In the field of business and entertainment lifestyles may both provide means by which advertisers and marketers, and entertainers endeavors to target and match consumers aspirations with products relevant to their needs and wants.

Lifestyles of the rich and influential people typically features the extravagant lifestyles on the fabulous life of these elite group like the wealthy politicians, business moguls, entertainers and athletes as the role models, rather than the lifestyles on the average and impoverished sector of our greater society.

Lifestyles of the rich and influential people basically focused into their cozy mansions in a gated community, ideal destinations and references on famous vacations and tourists spots.

It is natural for us to dream of having large sum of money to buy all the the material things we need, but unfortunately dreaming seldom come true. However, no one can stop us from dreaming,, we need not be filthy rich, just dream to have enough for the family, to pay your debts and bills, who knows, that one day your luck will strike and you win the lotto, you might end up like them.

A Mc Buddy friend, Albert Francisco provided me some copies that were sent to him through his internet, for us to dream about.

These are:

- "The World's 10 Richest Men,"
- "Ten Most Richest Filipinos,"
- "Ten Most Richest Filipino Celebrities," and
- "Ten Most Influential Filipinos."

The World's Richest

Men are:

1. Carlos Slim Helu of Mexico, \$74 billion,
2. William Gates of United States, \$56 billion,
3. Warren Buffet of United States, \$50 billion,
4. Bernard Arnault of France, \$41 billion,
5. Larry Ellison of United States, \$39.5 billion,
6. Lakshmi Mittal of India, \$31.1 billion,
7. Amancio Ortega of Spain, \$31 billion,
8. Eike Batista of Brazil, \$ 30 billion,
9. Mukesh Ambani of India, \$27 billion,
10. Christy Walton of United States, \$26.5 billion.

The Richest Filipinos are:

1. Henry Sy, \$4.0 billion,
2. Lucio Tan, \$2.3 billion,
3. Jaime Zobel de Ayala, \$ 2.0 billion,
4. Eduardo Cojuangco, \$840 million,
5. George Ty, \$830 million,
6. John Gokongwei, \$700 million,
7. Tony Tan Caklong, \$575 million,
8. Andrew Tan, \$ 480 million,
9. Emilio Yap, \$350 million, and
10. Oscar Lopez, \$315 million.

The 10 Richest Filipino Celebrities are:

1. Manny Pacquiao, Php 1 billion,
2. Sharon Cuneta, Php 800 million,
3. Willie Revillame, Php 600 million,
4. Vilma Santos, Php 500 million,
5. Ricky Reyes, Php 200 million,
6. Dolphy, Php 150 million,
7. Kris Aquino, Php 120 million,
8. Lucy Torres, php 100 million,
9. Bong Revilla, Php 100 million and
10. Vic Sotto, Php 100 million.

Ten Most Influential Filipinos are:

1. Emmanuel Dapiran Pacquiao,
2. Rodolfo Imperial Lozada,
3. Gloria Macapagal Arroyo,
4. Francis Escudero,
5. Jessica Soho,
6. Juan Ponce Enrile,
7. Miriam Defensor Santiago,
8. Henry Sy,
9. Jaime zobel de Ayala, and
10. Kristina Bernadette Aquino-Yap. -- ### AJ Joe C.Son bigdads619@yahoo.com San Diego, CA



Ramona Revilla

chance ang dating boldstars. Di ba maraming bold stars dati ay naghihirap ngayon?Mabuti naman at tinulungan siya ni Ara, kaya nga saludo kami kay Ara. Pero kung may naghihirap

Happy Sun Travel & Tours
美國陽光國際旅行社 SOT# 2065240-40 24Hrs Daily
WWW.HAPPYSUNTRAVEL.COM * Headquarters: Manila *
San Diego: (619) 618-1288; (858) 380-5598
LAX: (310) 787-8688; (562) 735-0891; (909) 895-3889
Toll Free: (866) 923-3588 * Email: us@happysuntravel.com

WOW Manila Promo
Roundtrip Ticket
\$488 to Manila
PER ROOM PER NITE
This rate requests a valid in conjunction with the purchase of an airline ticket from us.
Tulungan Namin Kayo Makatipid! Tawag Na Po Kahit Saan Kahit Kelan
3Days 2Nights Package Tours With Dom. Tkt *Boracay...\$149 *Cebu...\$178 *Bohol...\$199 *Davao...\$198 *Palawan...\$218
3Days HongKong Package Tour \$30
Promotion Limited Seats Next Fare \$ 621 Up & Next Fare \$ 690 Up
Please call for other Hotels, Packages, Tours, Cruises, Air Tickets. We accept all major Credit Cards. All prices are subject to change without prior notice. All taxes are not included.

Now Available:

Tawa't Tula ng mga Piling Katatawanan

By Joe Cabrera

A Collecton of Jokes Written in Pilipino Verse \$10.00 a copy

Call Asian Journal San Diego 619-474-0588



As the Bamboos Sway

by Rudy D. Liporada

Read Rudy Liporada's previous articles by visiting our website at www.asianjournalusa.com

Two Short Stories

In this issue, I give way to my granddaughter, Leilani Liporada who is eight years old. She has written the two stories: Luke and the Mystery of the Missing Kitten and Alley, the Odd Ladybug with the former now being published with Amazon.com -- Rudy D. Liporada, AS THE BAMBOOS SWAY, Asian Journal San Diego, 3/25/2011

voice. "Let's find Pebbles and bring her home!" They cried together at the same time. So, Luke and Natasha walked toward the forest. At a bend, they saw two sets of footprints. One was that of a human and the other, of a kitten.

"Let's follow them," said Luke.

"But it is dark in this forest," said Natasha, worried.

"I know," said Luke. "But we have to do it," he said.

"You're right," said Natasha. "We're doing this for my Pebbles."

Deeper into the forest, Natasha heard something behind them. "What was that?" she said.

"I don't know but I think it is following us," said Luke.

Natasha. "We must make sure of what you are thinking."

They kept walking until they reached a little cottage in the middle of the forest. They knocked at the door.

"Come on in," said a gentle voice.

When they entered, at the middle of the room, they saw a woman holding a cat. "Pebbles!" exclaimed Natasha.

The cat jumped off from the woman's arms and jumped onto Natasha's.

"Excuse me, ma'am, but you had my Pebbles," said Natasha. "It says so on her collar tag."

"And you have Sunny," the woman said, seeing her cat cuddled by Luke. She squinted. "Please excuse my failing eyes."

When Luke handed Sunny to the old woman, she cried. "Thank you, little boy."

"His name is Luke."

"Thank you, Luke, for finding Sunny for me," said the old woman.

"Thank you, too, for helping me find Pebbles," said Natasha. "You are a very smart and brave boy."

So, Luke went home feeling good. He had made Natasha and the old woman happy. He had helped find their cats and he was smart and brave, indeed.

odd she named her new baby Alley.

Alley was a girl ladybug.

When Alley first started preschool everyone laughed. Alley's cheeks started to burn. But instead of fighting back she went to the teacher and said. "Some ladybugs are making fun of me because I look so different. What am I going to do?"

"Who's making fun of you?" the teacher asked.

"Everyone in the whole class," she said.

"I'll go talk to them, Alley," the teacher said.

"Thank you," she said, feeling much better.

When she got home, her mother was making her cookies. "I made these for you, Alley," she said.

"Thanks Mom," Alley said.

"How was school?" her mother asked.

"People made fun of me because I looked different," Alley said.

"What did you do?"

"I told on them."

"Who'd you tell?"

"I told my teacher."

"That's a very good thing to do, Alley," her mother said. "Now eat your cookies and go to bed."

"No story?" she asked.

"Sorry, but no story tonight because I'm busy," her mother said.

So Alley ate her cookies and went to bed. The next day Alley found pancakes and a note. Alley read the

note.

Dear Alley,

I hope you're reading this note. I made you pancakes. I won't be home for a long time so you need to start taking care of yourself.

Good luck, Alley.

Love, Mom

Alley was sad. She missed her mom. But as Alley grew older she forgot about her mom, though sometimes, when she does remember, she wondered why her mom had to leave her.

When Alley was in college she had to go to Virginia. When she got there she saw an old ladybug. The old ladybug looked familiar. Alley tapped on the old ladybug's arm.

"What's your name?" Alley asked the old ladybug.

"My name is Molly," the old ladybug said.

Molly? Alley remembered her mom's name was Molly, too.

"Are you the ladybug who made me pancakes and wrote me a note?" Alley asked her.

"Yes." The old ladybug replied. "What is your name?" the old ladybug asked. "My name is Alley," she said.

"Your name is Alley?" the old ladybug asked as if trying to remember something in the past. "You're my daughter!" she said happily.

"And you're my Mom!" Alley said. "It's good to see you again!" they both said. And, they both lived happily ever after. -30-



This two-month-old kitten was found burrowed in 8" of snow shivering and freezing in Cleveland, Oklahoma February 1, 2011. Photo courtesy Natasha Schroeder. Copyright 2011 Scripps Media, Inc

Luke and the Mystery of the Lost Kitten

By Lelanie Liporada

Once upon a time, there lived a little boy name Luke. He was very smart.

One day, Luke went for a little walk. When he was walking, he saw a little house down the road. Luke wondered what was inside it. So Luke opened the door and heard a loud creak. He went up the stairs and when he opened the door, he saw a lady crying.

"Who are you?" asked Luke.

"I am Natasha," said the strange woman. "I need your help. Will you try to find my lost kitten?"

"Of course, I would," said Luke. "Where was the last time you saw it?"

"I saw it in my barn when I was milking my cows. Then I saw my apple tree branches move. My kitten, Pebbles, must have climbed

the tree and disappeared in thin air."

"Disappeared? Wow that's impossible!" said Luke.

"I know but you need to help find my missing kitten," said Natasha.

"Let's go find Pebbles!" said Luke.

"Okay, let's be brave because we might have to look in the dark forest," said Natasha in an even louder

When they turned around, they saw a kitten.

"That's funny," said Natasha "This looks like Pebbles but it is not she. This is Sunny. I know who owns her and where she lives. I wonder why she is wondering in these woods."

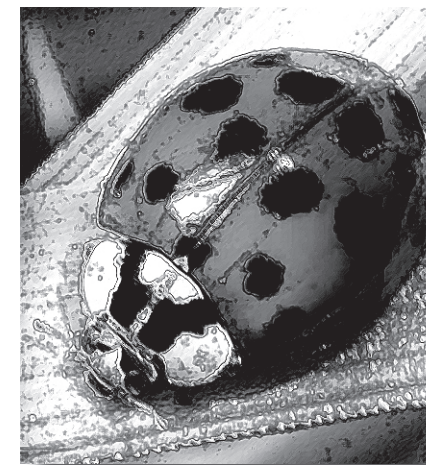
"I think the mystery is solved," said Luke, picking up the cat.

"No, not yet," said

Alley, the Odd Ladybug

By Leilani Liporada

Once upon a time, there lived a mama ladybug. One day, she was going to have a baby. When the baby was born she was shocked. The baby did not look anything like a ladybug. The baby had white spots instead of black spots. And instead of having a red body it had a black body. Since the baby was



to do, Alley," her mother said. "Now eat your cookies and go to bed."

"No story?" she asked.

"Sorry, but no story tonight because I'm busy," her mother said.

So Alley ate her cookies and went to bed. The next day Alley found pancakes and a note. Alley read the

Advertisement for Asian Journal showing various digital and print editions: online edition, e-mail edition, digital print edition, search ads and stories, iPhone friendly.

Read the most interesting Filipino American newspaper today online, digital and in print

Advertisement for Asian Journal online edition featuring news articles like 'Manny Pacquiao comes to San Diego; gears up for epic fight against David Diaz' and 'Chasing the Dream'.

Advertisement for Asian Journal print edition with text: 'Your message delivered via local newsracks www.asianjournalusa.com digital print edition e-mail Pick up a copy and see for yourself why people prefer the San Diego Asian Journal over other newspapers, why thousands all over the world visit www.asianjournalusa.com. The San Diego Asian Journal contains selected articles interesting to all kinds of readers; not merely a hodgepodge of copied and pasted stories from other newspapers. Read the difference. Visit our website, sign up for email delivery, or subscribe for a mailbox delivery of San Diego Asian Journal every week. Call (619) 474-0588.'

Advertisement for Asian Journal TV reporter, crew kidnapped in Mindanao, featuring a photo of a man and text: 'Manny Pacquiao comes to San Diego; Gears up for epic fight against David Diaz'.

Large advertisement for Asian Journal with a line graph showing pageviews from May 19, 2008 to June 8, 2009, reaching 23,335 pageviews. Text: 'Dive into the Filipino mind with the Asian Journal. Still a San Diego original.'

Business Directory

ATTORNEYS

Abano, Ashley
Law Offices of Ashley Abano
225 Broadway, 21st Floor
San Diego, CA, 92101
Tel. (619) 702-3051

Alejo, E.B.
240 Woodlawn Ave., Suite 14
Chula Vista, CA 91910
Tel. (619) 203-5782

American Legal Center
Atty Erwin Bautista
550 East 8th Street, Suite 11
National City, CA 91950
Tel. (619)365-7690

Carrasquillo, Lorna M. Marquez
Free Consultation
Tel. (877) 639-4529

Chua, Tinsay, Vega Law
Atty. Aurora Vega
1901 First Avenue, Suite 142
San Diego, CA
Tel. (619) 955-6277

Cooke, Kenneth
c/o Maria Cielito Bejarin
240 Woodlawn Avenue #15
Chula Vista, CA 91910
Tel (619) 696-7196

Karagdag, Atty. Rogelio
10717 Camino Ruiz # 131
San Diego, CA 92126
Tel. (858) 348-7475

Perez, Atty. Susan
625 Broadway, Suite 1015
San Diego, CA 92101
Tel (619) 819-8648

BAKERIES

Bread Deluxe
1420 E. Plaza Blvd. S-01
National City, CA 91950
Tel. (619) 474-2624

CAREGIVERS

Home Care Assistance
162 S. Rancho Santa Fe Rd. B-10
Encinitas, CA 92029
Tel. (760)635-3646

Horizons ADHC
1415 East 8th Street Suite 5
National City, CA 941950
Tel. (619) 474-1822

CARGO FORWARDERS

Manila Forwarder
3104 East Plaza Blvd.
National City, CA 91950
Tel. (619) 434-7191

Pentagon Cargo
3200 Highland Avenue #2-B
National City, CA 91950
Tel (619) 474-0767

Willex USA Cargo, Inc.
Main Street, No. 14
Chula Vista, CA 91911
Tel. (619)866.6151

CASINOS

Barona Casino
1932 Wildcat Canyon Rd,
Lakeside, CA
(888) 722-7662

Sycuan Casino
5469 Casino Way, El Cajon, CA 92019

DENTISTS

Badillo, Dr. Florabel F. Oliver
10717 Camino Ruiz, # 122
San Diego, CA 92126
Tel. (858) 566-6099

Chan, Andrew
925 East Pennsylvania Ave. # D
Escondido, CA 92025
Tel. (858) 527-0365

Lazaga, Dr. Myrna
914 East 8th Street, #208
National City, CA 91950
Tel (619) 477-0570

Largoza, Dr. Nita
1040 Tierra Del Rey
Chula Vista, CA 91910
Tel. (619) 482-1992

New Image Dentistry
Dr. Rossana T. Alfonso
2340 E. 8th Street
National City, CA 91950
Tel. (619) 470-2558

Palaganas, Aleli
1311 E. 8th Street, Suite D
National City, CA 91950
Tel. (619)474.8441

Salazar, Evelyn
1339 Third Avenue
Chula Vista, CA 91911
Tel. (619) 426-2040

Saldana, Ronaldo
665 H Street, Suite E
Chula Vista, CA 91910
Tel. (619) 422-7252

DRIVING SCHOOLS

Aguilar Driving School
2371 Forest Meadow Court
Chula Vista, CA 91915
Tel. (619) 482-1488

Perez, Gerry
6985 Westleigh Place
San Diego, CA 92126
Tel. (619) 571-9159

COMMUNITIES, NEW HOMES

Sentinels Del Sur
by Davidson Communities
Paseo del Sur, Poway, CA
Tel. (858) 756-4283
www.sentinelsdelsur.com
Luxury 2- to 3-story homes

HOUSING DEVELOPERS

Canyon Woods Tagaytay
Condos, Tagaytay,
Philippines
Tel. (619) 746-3416

Presidio at Brittany Bay
Condos, Lakefront @ Laguna Bay
Sucat, Metro Manila
Tel. (619) 746-3416

SM Properties
Condo units @ SM Malls
in the Philippines
Tel. (619) 746-3416

INSURANCE

Jerry Salcedo Agency
Nationwide Insurance
162 S. Rancho Santa Fe, Ste E100
Encinitas, CA 92024
Te. (877) 260-7104

Laughing Matter

Read previous articles by visiting our website at www.asian-journalusa.com

Holy Humor ! (Part 2)

A minister waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him. Finally, the attendant motioned him toward a vacant pump.

"Reverend," said the young man, "I'm so sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip."

The minister chuckled, "I know what you mean. It's the same in my business."

People want the front of the bus, the back of the church, and the center of attention.

Sunday after church, a Mom asked her very young daughter what the lesson was about.

The daughter answered, "Don't be scared, you'll get your quilt."

Needless to say, the Mom was perplexed. Later in the day, the pastor stopped by for tea and the Mom asked him what that morning's Sunday school lesson was about.

He said "Be not afraid, thy comforter is coming."

The minister was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building. Therefore, he was annoyed to find that the regular organist was sick and a

substitute had been brought in at the last minute. The substitute wanted to know what to play.

"Here's a copy of the service," he said impatiently. "But, you'll have to think of something to play after I make the announcement about the finances."

During the service, the

minister paused and said, "Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected and we need \$4,000 more. Any of you who can pledge \$100 or

more, please stand up."

At that moment, the substitute organist played "The Star Spangled Banner."

And that is how the substitute became the regular organist!

Give me a sense of humor,

Lord,

Give me the grace to see a

joke,

To get some humor out of life,

*And pass it on to other folk!**



New rice varieties released for irrigated lowlands

PNS -- The Philippine Rice Research Institute (PhilRice) bred two inbred varieties giving rice farmers in irrigated lowlands more options in choosing varieties suited for their area.

The Rice Technical Working Group of the National Seed Industry Council recommended the release of NSIC Rc224 (Tubigan 19) and NSIC Rc226 (Tubigan 20) after the varieties showed better performance than the check varieties, PSB Rc82 and PSB Rc18, during the multi-location adaptation trials.

Emily C. Arocena, one of the varieties' breeders, said NSIC Rc224 yielded an 11.5 and 7 percent advantage over PSB Rc82

and PSB Rc18, respectively.

Yielding an average of 5.7-5.8 t/ha across season, the variety was recommended for its adaptation in 18 of the 22 trial sites, wherein it yielded 9 t/ha in one of the sites. Trials showed that the variety has significantly higher yield in Isabela, Palawan, Bohol, Davao del Sur, Zamboanga Sibugay, Bukidnon, and Northern Samar.

With 111 maturity days, the variety has eating quality better than IR64, strong lodging resistance, and good milling and head-rice recovery.

The long and slender grained-variety is moderately resistant to green leafhopper, brown planthopper, blast, and stem borer. How-

ever, Thelma F. Padolina, principal breeder and project leader of the development of rice varieties for irrigated lowland, noted that NSIC Rc224 is not suited for areas regularly stricken with tungro and bacterial leaf blight.

On the other hand, NSIC Rc226 is an early maturing variety that produces an average harvest of 6.2 t/ha across season. It matures in 112 days when transplanted and 104 days when direct wet-seeded.

The variety is also moderately resistant to green leafhopper, brown planthopper, and yellow

stem borer. Unlike NSIC Rc224, Rc226 could moderately withstand tungro attacks.

A long and intermediate grain, NSIC Rc226 also has very good grain quality and milling recovery.

The Institute's Income Generation Office supplies and maintains the seeds and seedstock of the newly released varieties.

DA-PhilRice is a government-owned and -controlled corporation that aims at developing high-yielding and cost-reducing technologies so farmers can produce enough rice for all Filipinos.

The Philippine-Mexican Connection: Priests, Soldiers and Seamen

(Continued from page 1)

into the islands with a minimum of controversy largely, according to Pbelan. "because of the lessons learned in Mexico were profitably applied. Political experience among the Mexican Indians proved equally useful to the Spanish authorities in setting up local self-government in the islands. It is apparent that Mexican experience was both a help and an obstacle in the Philippines. It became a hindrance when "special regional conditions were ignored."

The Manila-Acapulco Galleon Trade

The link between Mexico and the Philippines was made possible by the famous Manila galleons. Every year these galleons crossed the Pacific bringing Asian goods (e.g. Chinese silk textiles, porcelain wares and Philippine products) to Acapulco for sale in Mexico and Peru - and even for onward shipment to Spain itself. On their return voyages, they carried Mexico's silver, export goods (e.g. Taxco silverwares, Saltillo wool, tapasco cacao, and Jalisco ro Guadalupe wine) official dispatches, royal subsidies, and passengers. The passengers consisted mainly of new officials and their families and priestly reinforcements.

Many Mexicans, both Indians (native Indians), Mestizos (half-breeds), and Creolos (Mexican-born Spaniards) came with the galleons to the Philippines. Most of them served in

Spanish troops. Others were missionaries, government employees, and colonial officials. A few were political exiles and adventurers. A number in these groups married Filipino women and settled in Manila, Cavite, Pampanga and Zamboanga.

One notable Mexican-Filipino mestizo was Juan Cailles, a well-known revolutionary general and former governor of Laguna province. The Macabebes of Pampanga are said to be descendants of Mexican soldiers. Out of this interracial marriages, the unique chabacano emerged, based on Mexican and Spanish languages.

Chabacano is part of Philippine Mexican heritage. It is a unique "bastardized" language from the mixture of vulgar Spanish and Filipino vernacular which existed in Malate and Ermita (Manila), Cavite, Zamboanga, and other places where the Mexican soldiers settled, married Filipino women, and reared their Mexican-Filipino families.

Another fateful result of the galleon trade was to convert Manila into a prime metropolis. That position in the archipelago has never been seriously challenged from early Spanish times to the present day.

To the galleon trade must be ascribed the beginning and the continuance of Chinese immigration, which has substantially changed

the ethnic composition of the island Republic.

Filipinos in the New Spain

During the days of the galleon trade, Filipinos served as skilled crew members, deckhands, and common seamen. Others worked as navigators, marine officers, helmsmen, quartermasters and boatmen. Several thousands in one way or another, made up the crews of the galleons. The number of Filipinos in the crews varied, but as a rule there was one Filipino to five Spaniards. The Filipino's natural affinity to the sea made him a superior crew member.

Many of the Filipino seamen, however, deserted their ships and lived permanently in Mexico. Their descendants are now found in Acapulco and other pueblos (towns), such as San Blas, first landfall of the galleons in Mexico. Filipinos are said to have taught Mexicans how to make wine from coconut palm. Some of these Filipino colonies, however, must have been absorbed by native population since the termination of the galleon trade in 1825.

Filipino's First Venture into California

Pedro de Unamuno, on an exploratory voyage to find a suitable station for the Manila galleons, brought a "few Luzon Indians" (apparently the first Filipinos) to California, and set foot on this soil in 1587. Two Luzon

Indians, because of their color, served as scouts, along with two Spanish soldiers to make contact with the local Indians. One Filipino lost his life to subsequent skirmishes with the local natives.

Out of this initial exploration, a continuing line of missions was established from San Diego to Monterey in 1776, and after its discovery, to San Francisco. All of these mission settlements provided ideal way stations for the Manila galleons. Filipinos came with the Spaniards on these trading voyages and many stayed to make a new life in the New World. Filipinos were with the Franciscan missionaries as they went about establishing their chain of missions, according to L. Crouchett, Filipinos in California. Filipinos were actively engaged in the task of opening California for further development;" ... but they were to play an even more important role in the exploitation of its resources, as they became an integral part of the economic life of the Philippines and California."

The First Settlement in the U.S.

The first immigrants in America, or Pinoys arrived in 1760s when Filipino sailors deserted the Spanish vessels bound for American ports to build wooden houses in the bayous of Louisiana. This settlement of around 100 men was called St. Malo. These "Manila men" deserters (and perhaps desperate refugees from Spanish justice), reportedly came and settled there to avoid payment of heavy taxes and forced labor in the Philippines. They found St. Malo a

(Continued on page 23)



Bags of Seeds at National Genebank in the Philippines. Bags of seeds hung up in Philippines. Credit: Global Crop Diversity Trust/ Cary Fowler -- visit us online: www.croptrust.org

The RIVER of FAITH CHURCH

Come...Live...Share...With Us!

Sunday Service
@ 10:00 am - 11:30 am
(Sunday School Available for ages 12 & under)

11271 Camino Ruiz
San Diego, CA 92126
619.861.1424

Ptr. Joseph Ilustrismo
Asst. Pastor

Ptr. Bert Mata
Asst. Pastor

Ptr. Ray-Ann Dela Fuente
Sr. Pastor

**WANTED MARKETING ASSISTANT
CALL (619) 474-0588**

Classified Ads



Stay Comfortable at the **Comfort Suites® I-15 Miramar** and be inspired by our brand new renovated suites. Come experience this Miramar hotel for business or pleasure, friendly service and unbeatable location north San Diego, just one mile from Marine Corps Air Station Miramar and within walking distance to a variety of shopping, dining and entertainment venues. Sea World San Diego is 15 miles from the hotel, while San Diego Zoo Safari Park and downtown San Diego are only 16 minutes away.

Accommodations and Amenities

- Free full Hot breakfast including waffles and eggs
- Free wired and wireless Internet access in all rooms
- Brand New Renovated Suites with Living Room
- Smoke-free hotel
- 24-Hour Business Center
- In-Room Coffee Maker, Hairdryer, Iron & Ironing Board
- Outdoor Heated Pool & Spa
- 24-Hour Fitness Room
- Complimentary Parking
- All Room Feature Microwave & Refrigerator
- HBO & Sports Channel
- Denny's Restaurant On Site

Bring this add and receive our-opening special starting at \$ 79.00
Offer available for a limited time only
WWW.COMFORTSUITES.COM/HOTEL/CA122

CAREGIVER NEEDED
for our beautiful 6-bed
elderly facility in
San Marcos.
Full or part-time.
Documentation required.
619-252-2929

The Most Responsible Thing to Do

Fr. Shay Cullen, PREDA Foundation | Olongapo -- If it is true that a piece of latex can be used to prevent the transmission of a death-dealing disease and save lives, now then it was also true for the past decades. What a shame we did not know it. Had the Church said it long ago, thousands of lives might have been saved. The silence or ignorance of this truth by some conservative church theologians brought much suffering on innocent men, women and children. The recent headline-grabbing statement of Pope Benedict that the use of condoms in certain circumstances is morally responsible if it would prevent sexually-transmitted diseases and save life is welcomed. The church insists that there is no change in the teachings on contraception.

Now that we are enlightened, those who campaigned against the condom as a means to prevent incurable HIV infection have to reverse the harm done and educate the people misled that it is reasonable

and right to use condoms to prevent harm and save lives. Irresponsible, immoral or abusive sex acts must never be condoned.

The Pope's statement to be published in a book soon is an acknowledgement of the long held moral principle that we are bound to choose the lesser of any two evils. Needless to say, for the most of humankind, that using a condom is not a wrong or evil act. The church has long banned its use as a contraceptive and as a device that promotes promiscuity and champions self-discipline and abstinence as a way to avoid unwanted pregnancies and HIV aids. But the Pope says there are some circumstances when it can be a responsible choice.

Some people are asking if a HIV or STD positive husband must follow his conscience and use a condom to prevent him from infecting his wife. The question is asked if it is right for a husband to use a condom to save the life of his spouse from certain death when it has been

BABYSITTER / NANNY
Experienced with kids
Prefer Live-In
\$1,000 a month
40 years and up
PLease call
858-525-5554

medically proven that a pregnancy would kill her. Church theologians will advise and explain the many circumstances where life must be saved.

However, using a condom is not evil. To use it to prevent contraception is against church teachings. But now the Catholic Church will explain how using the condom to prevent the transmission of HIV-AIDS or other deadly sexually transmitted diseases as a life protection can be a responsible act.

Thousands of young children are infected ever year and in other countries with high rates of incurable HIV infection and with other sexually-transmitted diseases. The Philippines has an increasing rate of reported cases. Much of this could be prevented with the responsible use of condoms. All of us working for child-safe world free from violence against women and children have to take direct educational, social and moral action to advise the youth about their rights and human dignity and morally correct responsible sexuality. We have to oppose sexual abuse and help victims and persuade sex tourists, abusers, and others to turn away from abusing poor and vulnerable women and

children to a life of self-control, respect for self and others.

The story of little four year-old Jenny is one you may not want to read about. It's horrific, disturbing and shameful to all good living people especially Filipinos. Her father was a local sex tourist frequenting the dens of depravity and slavery where young boys and girls are trafficked with impunity and sold as sex objects. He became a sex addict and picked up a deadly infection. If only he had used a condom he would not have done so much harm to his daughter.

He committed an incestuous sex crime against his 4 year-old daughter who became infected with syphilis and was traumatized. It took courageous Filipino human rights workers to bring the abuse to light and the Preda rescue team saved Jenny. Her mother, a victim of domestic violence had abandoned the child to the abusive father. Jenny, like hundreds more, was saved and is recovering at the Preda Home for abused children. But thousands more are left victims of terrible abuse and sex tourism which destroys the moral fabric of the community. The church must speak out and act for justice and a moral society. [preda@info.com.ph]

Caregivers needed IMMEDIATELY

- Highest Pay, paid vacation
- Weekly Pay, Flexible Hours
- We speak Tagalog
- Call first for required documents
- High Profile Clients in Rancho Santa Fe, Del Mar, Beach areas and La Jolla

Interviewing all day Mon.-Fri., 10am-4pm
No appointment required

HomeCare Assistance

Rancho Santa Fe Plaza
162 S. Rancho Santa Fe Road, B-10 (facing Manchester)
Encinitas, CA 92024 (877) 254-4860
www.HCA-sd.com

Armando Goyena

(Continued from page 14)

when Paquita succumbed to ALS (Amyotrophic Lateral Sclerosis). ALS is a debilitating disease that causes muscle atrophy or loss. It starts with nerve damage along the spinal cord which results to "sclero-

sis" or hardening of the scar tissues. It is also called Lou Gehrig's disease in the US, named after Lou Gehrig, who suffered and died from the disease in 1941. For several years, Paquita was bedridden in their condo unit which occupies almost all of the

10th floor of a high-rise in Ortigas Center, Pasig City. Her condition worsened and she eventually succumbed to the disease.

Before he got ill, Pinggoy used to work out in the gym for two hours, twice a week. Even after he had two open-heart surgeries, he was able to regain his health and continued to lift free weights (although he used to joke that he could still lift anything, except sacks of rice).

He would often show off his arm muscles and say, "I am fit!"

He was also a seasoned businessman and he managed the Makati Medical Center's restaurant, Floating Island for many years.

A Life Well Lived

Armando "Pinggoy" Goyena passed away last Wednesday (March 10, 2011) afternoon due to pulmonary embolism. He was 88 years old. In his life's journey, he went through the ordeals of the war times, he had a happy marriage and had always considered his children and grandchildren his treasures. He was a successful businessman, had all the luxuries other people can only dream about and he was a glorified movie actor. Indeed, it was a life well lived and now will be well remembered.

One more silver screen idol gone, but not for good. His legacy of fine acting, lasting friendships in the industry and most of all, memorable life experiences with his family will remain immortal in the hearts and minds of those who had the privilege of knowing him on and off screen.

The Philippine-Mexican Connection: Priests, Soldiers and Seamen

(Continued from page 22)

good place for fishing, with a climate very much like that of the islands.

A terrible hurricane destroyed this settlement in 1893. Other successor Filipino settlements around New Orleans were subsequently founded.

Our Mexican Heritage

The Mexican Revolution against Spain cut off the Philippine relations with Mexico -- but not without lasting contributions to the development of Filipino life and culture.

Philippine flora was enriched with new plants from Mexico. Among these were beans, camote, guava, achuete, cacao, coffee, maize, wheat, maguay, and tobacco. Flowers introduced to the islands included amarilla (marigold), azucena, cadena de amor, calachuchi, poinsettia, and kakawate.

Certain animals also came from Mexico -- cattle, horses, sheep, oxen and fighting roosters. Species from Mexico such as the mayas, the doves (palomas) and culasisi were also introduced.

Many images of Saints that are now venerated in the

Philippine churches came from Mexico. Most famous of this is the miraculous Black Nazarene of Quiapo Church in Manila. Other lesser images include Our Lady of Guadalupe (National Patroness of Mexico), and our Lady of Peace and Good Voyage (installed in Antipolo, Rizal).

Mexico's Spanish influence is also revealed in music. The first guitars, violins, drums, trumpets, and other Western musical instruments were brought to the country by the early Spanish colonizers who came from Mexico. The Mexican soldiers brought with them to the Philippines the songs and dances of that nation. Popular among these songs were La Paloma Azul (The Blue Dove), La Mananita (Birth-

It is estimated that as much as one-third of the silver mined in New Spain and Peru went to the Far East. - The Metropolitan Museum of Art

day Song), and El Rancho Grande.

Some folk dances, notably the Jarebes, the cucarachas, and the Pandanggo sa Sambalilo, have Mexican flavor. The Filipino jarabe folk dance is definitely patterned after jarabe Tapatio, Mexico's national dance. Whereas such popular folk dances as the polka, the lanceros, the rigodon, the carinosa, and the surtido came from Spain.

Industries of Mexican origin were also introduced in the Philippines. These

include bookbinding, quarrying of adobe for construction purposes, the making of panocha (brown sugar loaves from sugarcane), the ranching of cattle and sheep, the manufacture of colorful masks and paper-maches of various designs for festival purposes and the manufacture of cigars from dried tobacco leaves.

Mexican Influence on Filipino Customs and Traditions

The Christmas pageant portraying the birth of Jesus called Panawagan among the Tagalos, Tagkarong in Bikol, Panaret in Waray, and Igoy-Igoy in Boholano obviously originated in Mexico. Filipinos prepare traditional holiday cuisine, hang lantern-like stars called parols

in front of their homes, and celebrate Misa de Gallo, the nine-night ritual of masses and feasting similar to the Latino Las Posadas observance. Additionally the Moriones mask festival celebrated during Lent in Marinduque is of Mexican origin as is the annual celebration of Todos Los Santos (All the Saints) which was from Mexico's Dia de Los Muertos (Day of the Dead).

Certain Mexican influence can also be seen in town fiestas honoring Patron Saints with shows and fire-

works. The Flores de Mayo or Santa Cruzan fiesta and the parties that follow often have a blindfolded child trying to strike an earthen pot filled with goodies called pabitin with a long pole. This pabitin seems to have come directly from Mexico's pinata game.

Creollos and Mestizos

As in Mexico, Spanish mestizos and Espanoles-Filipinos played important roles in the Philippine economic development and politics. With the opening of Manila to world trade, they engaged in commercial agriculture and manufacturing industries, shipping, transportation, banking, and the like. They also became the first modern nationalists -- Rizal, Del Pilar, Fr. Burgos, Paterno, Pardo de Tavera, Arellano -- not to mention Manuel L. Quezon, first President of the Philippine Commonwealth, and Manuel A. Roxas, first President of the Republic of

Human Study Shows Removing Canned Food from Diet Significantly Reduces BPA Levels

On Wednesday, March 30, a peer-reviewed study will be published in Environmental Health Perspectives that suggests that food packaging is a substantial source of exposure to the endocrine-disrupting chemical bisphenol A (BPA), which laboratory studies have linked to serious health problems including breast cancer, infertility and early puberty. In this human study, scientists at the Breast Cancer Fund and Silent Spring Institute discovered significant drops in levels of BPA when study participants ate a diet that avoided contact with BPA-containing food packaging, such as canned food and polycarbonate plastic.

The study, "Food Packaging and Bisphenol A and

Bis(2-Ethylhexyl) Phthalate Exposure: Findings from a Dietary Intervention," tested the levels of BPA in the urine of five San Francisco Bay Area families of four who had a high likelihood of regular exposure to food packaging containing BPA. Next participants ate the low-BPA diet for three days, and another sample was taken. Finally they were evaluated after returning to their normal eating habits. The BPA levels dropped significantly during the dietary intervention. In addition to BPA, participants were tested for several phthalates, plastic chemicals with known links to reproductive problems. Levels of the phthalate DEHP, found in some plastic food packaging, also dropped significantly.

the Philippines.

The Spanish program in the Philippines aimed to radically transform the native Philippine society through a sweeping social reform -- a reform which was religious, political, and economic in scope. In this ambitious design to reorganize Filipino society, Spanish successes were striking. So were their failures. "The Filipinos," asserts Phelan, "were no more passive recipients of the cultural stimulus created by the Spanish conquest. Circumstances gave them considerable freedom in selecting their responses to Hispanization." Their responses varied from acceptance to indifference and rejection. Filipinos selected and adapted many Hispanic features to their native culture on their own initiative -- developing what is today a uniquely Filipino culture. In another sense, Filipinos are unique for being the only Asian nation to have profoundly and consistently been influenced

by Western culture since the 16th century.

As Alejandro Roces, my former dean at FEU College of Arts and a famous Filipino Espanol short story writer, argued: "Spain oppressed us politically; but let us never forget -- she was also our mother, who gave us our true name, our truest identity as a people." And Mexico played no small role in this process!

* "The Philippine-Mexican Connection: Priests, Soldiers, and Seamen" is a speech delivered by the late Riz Oades, then a Professor of History at San Diego State University at the Tri-Cultural Festival: Dance and Music of the Philippines, Mexico and Spain -- Special Project of the Samahan Dance Company, co-sponsored by the Centro Cultural de Raza on September 9, 1990 at 2 p.m. at Balboa Park, San Diego.



SEAFOOD CITY SUPERMARKET

Lent HQ

Your Lent Headquarters

Storewide Kabalikat SAVINGS

VALID March 2011
 THU 24 FRI 25 SAT 26 SUN 27 MON 28 TUE 29 WED 30
 Valid only at Seafood City National City - Mira Mesa
 Manila Seafood - Chula Vista

Kabalikat SAVINGS
Golden Pompano Limit 4 lbs.
\$2.99 per lb.
 Was: \$3.99 per lb. You Save 25%

Quality Guaranteed!

Kabalikat SAVINGS
Raw Oysters
2 \$1
 Was: .79¢ each You Save 36%

Kabalikat SAVINGS
Oyster in net bag
\$11.99 per bag
 Was: \$16.99 per bag You Save 29%

Save even more when you buy 2 dozen!

FRESH SAVINGS

<p>Kabalikat SAVINGS LARGE! White Shrimp Head-On Limit 4 lbs. \$3.99 per lb. Was: \$5.99 per lb. You Save 33%</p>	<p>Kabalikat SAVINGS Fresh Asparagus 99¢ per lb. Was: \$2.99 per lb. You Save 60%</p>
<p>Kabalikat SAVINGS Squid (in 3 lb. box) \$3.99 per box Was: \$5.99 per box You Save 33%</p>	<p>Kabalikat SAVINGS Indian Mackerel \$1.29 per lb. Was: \$1.99 per lb. You Save 35%</p>
<p>Kabalikat SAVINGS LARGE! Red Globe Grapes \$1.49 per lb. Was: \$2.49 per lb. You Save 40%</p>	<p>Kabalikat SAVINGS Long Bean Stir Fry 99¢ per lb. Was: \$2.99 per lb. You Save 66%</p>
<p>Kabalikat SAVINGS Pacific Surf Basa Swal Fillet \$3.99 per pack Was: \$5.99 per pack You Save 33%</p>	<p>Kabalikat SAVINGS Pacific Delight Tilapia Fillet \$2.99 per pack Was: \$3.99 per pack You Save 25%</p>
<p>Kabalikat SAVINGS Ripe Mango (in box) \$6.99 per box Was: \$10.99 per box You Save 36%</p>	<p>Kabalikat SAVINGS Chayote 2 \$1 Was: .99¢ per lb. You Save 49%</p>

STOCK UP ON SARDINES

<p>Kabalikat SAVINGS Tomí Sardines Regular/with Chili 5.5 oz 6 for \$2 Was: .79¢ each You Save 58% *Price valid for any 6 items.</p>	<p>Kabalikat SAVINGS 555 Sardines Hot & Spicy / with Black Beans 5.5 oz 4 for \$2 Was: .79¢ each You Save 36% *Price valid for every 4 items.</p>
<p>Kabalikat SAVINGS Martin Purefoods Spanish Sardines Regular/Spicy 4.37 oz 2 for \$3 Was: \$2.29 each You Save 34%</p>	<p>Kabalikat SAVINGS Century Tuna Assorted Flavors 6.4 oz 99¢ each Was: \$1.49 each You Save 33% SAVE EVEN MORE when you buy this item w/ Red Ribbon Original Pandesal. Only \$2.39 for bread & tuna bundle. Save 14%.</p>

SEASONED & READY-TO-COOK FISH

<p>Kabalikat SAVINGS Pamana Whole Bangus Deboned \$2.49 per lb. Was: \$3.49 per lb. You Save 28%</p>	<p>Kabalikat SAVINGS Pamana Marinated Bangus Deboned \$2.88 per lb. Was: \$3.69 per lb. You Save 21%</p>
<p>Kabalikat SAVINGS Pamana Smoked Bangus Deboned \$2.99 per lb. Was: \$3.79 per lb. You Save 21%</p>	<p>Kabalikat SAVINGS Martin Purefoods Smoked Tilapia \$2.99 per lb. Was: \$4.49 per lb. You Save 33%</p>
<p>Kabalikat SAVINGS Century Marinated Baby Bangus Deboned \$2.99 per lb. Was: \$3.99 per lb. You Save 25%</p>	<p>Kabalikat SAVINGS Century Marinated Bangus Deboned \$2.99 per lb. Was: \$3.99 per lb. You Save 25%</p>

NEW!

<p>Kabalikat SAVINGS Orient Gourmet Ginataang Hipon 20 oz \$5.99 per pack Was: \$7.29 per pack You Save 17%</p>	<p>Kabalikat SAVINGS Orient Gourmet Sweet & Sour Fish 14 oz \$5.79 per pack Was: \$7.29 per pack You Save 20%</p>	<p>Kabalikat SAVINGS Angelina Marinated Galunggong Calamansi/Vegetarian/Chili/Vegetarian 1 lb. \$2.99 per pack Was: \$3.99 per pack You Save 25%</p>
--	--	---

RELIGIOUS CANDLES

Kabalikat SAVINGS
Aroma Religious Candles
5 for \$5
 Was: \$1.29 per lb. You Save 22%



GENERAL OFFICE
 2883 Surverver St. Pomona (909) 525-9500

WEBSITE
www.seafoodcity.com

NEVADA
 SeafoodCity 3890 S. Maryland Parkway Las Vegas (702) 851-0021

SEATTLE
 SeafoodCity 1368 South Center Mall Tukwila (206) 318-2270

MANILA SEAFOOD
 2220 E. Plaza Blvd. National City (619) 477-6080

SAN DIEGO
 SeafoodCity 1420 E. Plaza Blvd. National City (619) 477-6080

SEAFOOD CITY
 131 Carson St. Carson (310) 834-9700

SEAFOOD CITY
 1525 Amur Road West Covina (626) 963-4863

LOS ANGELES
 SeafoodCity 8231 Woodman Ave. Panorama City (818) 994-5553

SEAFOOD CITY
 2700 Colorado Blvd. Eagle Rock (323) 543-2660

NORTHERN CALIFORNIA
 SeafoodCity 3180 Alvarado Blvd. Union City (510) 428-8739

SEAFOOD CITY
 3495 Sonoma Blvd. Vallejo (707) 654-1972

SEAFOOD CITY
 8955 Mira Mesa Blvd. San Diego (619) 549-0200

SEAFOOD CITY
 2030 Diamond Blvd. Concord (925) 771-2470

SEAFOOD CITY
 1533 Landmark Ave. Milpitas (408) 240-0160

WE ACCEPT FOOD STAMPS **FREE Fish Frying**

ATM VISA DISCOVER MasterCard

We reserve the right to terminate the sales promo without prior notice. We also reserve the right to replace items with products of approximate value. No rainchecks. Promo good while supplies lasts. Not valid with any other coupon or promo. Prices may change without prior notice.