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# MANILA UP!

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INTERNATIONAL MAGAZINE  
February - March 2017 Issue

MISS UNIVERSE  
IN MANILA

STEVE MARABOLI  
"THE MOST  
QUOTED MAN  
ALIVE"

HYPERBARIC  
OXYGEN THERAPY

BALUARTE  
- FORTRESS OF  
VIGAN



Luis "Chavit"  
**SINGSON**





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**Sonia Dionela Bermejo**  
Publisher/Executive Editor

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# THE COVER STORY

**The Man  
with the  
Golden  
Touch and  
a Heart to  
Match** ▶

## Publisher's Note

**E**very now and then an event of magnanimous proportions makes headlines that make me wonder how and who could have been so influential as to effect such a “sit up and take notice” upon me?

When a man of humble origins whose phenomenal rise over his colorful life happens to be that power behind the throne (literally speaking, the Miss Universe throne) it is nothing short of imperative to dig a bit deeper. The focus of this month’s “Manila Up” cover and main subject, Luis Chavit Singson, stands out as a giant despite odds stacked against him to make “it” happen. There were Goliaths to be slain.

What began with the honor of winning the coveted title evolved into an epic journey of Herculean magnitude. Pia Wurtzbach (2015 Miss Universe) was the pivotal reason for the project to be hosted by her native country. The last ever held in the Philippines happened some 23 years ago. With that as a starting point, the next and even more vital matter came in with that basic but ‘uber’ requisite of spearheading the multi million dollar endeavor.

Enter Luis “Chavit” Singson. He with the self made fortune and a political leader of note in his country, with his typical style and courage went ahead to take the reins to not only spend the money to pursue the project but to do so with the passion of a knight in a shining armor. And that he did without the least bit of hesitation. Details of his travails, adventures and misadventures

throughout this exciting story is told within the pages of the magazine you now hold in your hands.

His inspirational aspirations to determinedly thrust the country’s image as a beautiful landscape with an enormous potential for global business investors was risky business, but, nothing fazed the intrepid visionary. Transformation for the betterment of life is within reach for millions of Filipinos and this was that once in a lifetime opportunity to showcase the place and the people. He has redefined giving as a “flow” by becoming an instrument of God for good showing forth a progressive image to present to the rest of the world. As the saying goes, Luis “Chavit” Singson” is one who “comforts the afflicted and afflicts the comfortable”. Read all about it...

Another man of note, Dr. Steve Maraboli, who lives and breathes the mantra of how to live a purpose filled life is world renowned and recognized as a guru of gurus. His approach to the philosophy of living is emulated and tapped into as a resource for guiding life coaches themselves. His humble beginnings are parallel to that of our featured cover, Luis Chavit Singson. You may glean similarities in their stories and this is what makes our magazine so universal. We all have unique tales of our own, but in the end, we have bonds that link our experiences and times when we have that “Aha!” moment, theirs gave me one, that is, after I did a “sit up and take notice” moment.

*Sonia*



LUIS



# CHAVIT" INGSON

# “THE MAN WHO MADE IT POSSIBLE”

## Filipino Tycoon, Luis “Chavit” Singson

By Sonia Dionela-Bermejo



**SB: Word has it that you purchased an airplane specifically to accommodate the Miss Universe entourage, what came of it?**

LCS: When we were negotiating, I already prepared for it, so I bought a 148 seater Boeing 737, we didn't use it because Philippine Airlines (PAL) sponsored and we used 4 smaller 32 seater plane.

**SB: You also have your own private yacht, why did you buy a larger yacht?**

LCS: It was bigger with a passenger capacity of 200 to fit all the candidates, it is an all aluminum luxury party yacht with 16 bedrooms. Made in Italy I bought in Spain.

**SB: How did you get the Miss Universe project?**

LCS: It was offered to several businessmen, but they were reluctant to accept it because of the amount involved. Some \$12M, and a \$1M non refundable deposit upon signing of the contract, Miss Universe Organization (MUO) wanted to make sure we were serious. I and my company, LCS Funding studied it and we concluded that we will not be losing much if the government would support us, but the government doesn't have money. I collaborated with Tourism Secretary Wanda Teu. The government spends billions to promote the country. My company knows we might not get back the money that we will initially put up, but we can help promote tourism in

our country. If ever I lose, I will not lose much, but I can help tourism.

However, after the U.S. Election, the MUO owners officially cancelled our contract. It became political. I wrote a letter of reconsideration. Friends and connections convinced them to give the contract back to the Philippines. It was granted back, but we lost time - we were short of time, and money - many supporters and sponsors backed out.

**SB: Who were your biggest supporters and sponsors?**

LCS: Japanese Billionaire Kazuo Okada, owner of Okada Hotel and Casino, Solar Entertainment, Philippine Airlines (PAL) and (SM) Shoe Mart. Meantime, MUO representatives kept



coming and checking, inspecting, there were around 300 of them. We paid for all their fares.

**SB: Were you expecting Return on Investment (ROI)?**

LCS: We were not even considering earnings. We just wanted that we kept a little loss as long as we can help the country. We did this for our country. Our country will gain popularity that will be good for the tourism industry. Many will benefit.

**SB: Why did you choose Richelle Singson-Michael, your daughter, to be the Chairman of the Host Committee? To handle the Miss Universe pageant is a huge task and responsibility, does she have the experience needed?**

LCS: Richelle did a huge part as the Chairman of the Host Committee. Many of my children have their own businesses. Some handle the transportation business, some are busy with the hotel business. I have many companies that each of my children takes care of. Richelle, on the other

hand, I had to pull out from my airline company and from the LCS funding company. Richelle, was trained and is very familiar with the other businesses we handle, she presents herself in all our meetings with confidence and leadership, and she works well with the team.

**SB: I spoke with Richelle and asked if she had been organizing events, or events of this magnitude, to my amazement, she said this is the first time she handled such a gigantic event.**

LCS: She was honed and trained for this kind of project. She puts in 100% of herself, to make any project she has on hand had an excellent outcome. She sometimes has little or no sleep at all, she worked hard and reported to me over the development of the event. It turned out so well. I am proud of her!

Yes, this is her first time and she did a great job! She was great with implementing and facilitating the Miss Universe pageantry. She hired professional staff, contractors to make it a smooth and very organized event.

Aside from this we got full support from the government. The government provided security and additionally, we hired our own to facilitate security for all the candidates, guests and viewers.

**SB: A lot of folks know that you overcame all the hurdles, challenges, and obstacles to obtain the MUO contract for it to be held in the Philippines. The much lauded Miss Universe is now a historical event, do you consider it to be your legacy?**

LCS: No, I cannot do it without the help of others, especially our fellow men who accepted with warm welcome the delegates. The success actually are from them who helped, and everyone did to make this happen.

**SB: Being a well known politician and now a philanthropist, and making the MUO a historical event, what else are your passions?**

CS: Ever since before, I've been helping others, they just don't know it. I love helping people. I am very happy to see them happy too. I really want to help people, people who are really



industrious, deserving. I do not want to help people who are lazy. I've been giving away millions. Even when I was young already shared and helped..

**SB: When did you start to be an entrepreneur?**

LCS: I started young as the biggest trader of Virginia tobacco. My parents started from there and I learned and studied, and got involved with trading. I became the biggest shipper/trader from a very young age. I bought an electric plant with my own money, that was when I was 20+ years old. My dad was so proud of me. I remember I was between 10 and 11 years old, and wanted to tag along with my dad, who was in the construction business, we used to go to different places. I was in high school when I asked my dad to get me a job, I wanted to work so he got me to work in government with the Department of Highways. The engineers who usually had their “happy hour”, drinking after office hours, asked me to fetch the testing materials and to test the sand and gravel, which I gladly did because I was so eager to learn and to gain experience. When I became the Governor, they were all ashamed about those times. (LOL!)

Since I've earned a lot of money, I want to give all my money away. I will give to my children, for their use as capital for their businesses and the rest to give to the poor people. I will give to my Foundation, because when I die I cannot take it with me in my grave. If I give it all to my children, they might not be able to handle it, and not know how to value money. I like the “reward” system, not just to dole out money to them, but to give reward to the most deserving people. We have the “Happy Life” a TV show that documents people from all around the nation who were given the “reward” for striving and working hard to get to do what they now do.

(During the first interview of Manila Up last April 2016, Gov. Singson project that time was to have a TV show “Happy Life” to reward the people working and striving to be emulated by others watching the show.) One episode showed the two sons of Gov. Singson, who gave out a check and a new tricycle to a tricycle driver. His sons were making a difference in other peoples lives by giving their allowance to help out someone who cannot afford to buy a new tricycle. The show is to encourage others to do the same. “I gave out

houses to some farmers, and solar panel systems hoping that other rich people will do the same. I must admit, I don't think we were able to encourage people to do the same. We are finishing some episodes of the Happy Life show and we decided to just directly give help to deserving people. Our last donation was given to the “Aetas” in Zambales, we gave out 3 million pesos for their solar panel systems. We will visit them and follow up on the progress.

**SB: How do you personally define success?**

LCS: Success is defined by sharing, it is selfish if you are the only one who earns and you don't share. All my staff, whether they are here in Manila and in Vigan are happy. They have high salaries, allowances, and bonuses. When we do not have guests, we gather together, when the staff are happy, and I am happy.

**SB: Aside from the historic event of Miss Universe, no doubt, it is in our history. How would you like to be remembered?**

LCS: Someone who helps, simple as that. I am happy now that I am out of politics. In politics, you cannot please everybody. My advice to our late Fernando Poe, Jr. was that you're an idol of the entire Filipino people, but once you enter politics, it will be 50-50. They will throw everything against you, all the dirty accusations.

When President Estrada and I had a fight, they threw many cases against me, so those who didn't know me, were scared and they had a different perception of me.

**SB: Going back to the monumental issue about you and then President Estrada, what made you reveal the truth?**

LCS: We were close, but I only distanced myself when they put a

price on my head. They wanted me dead. It was a matter of survival. He knew I will not leave him. It went chaotic, many people got involved.

However, when his relative died, someone told me that the then ex President Estrada asked me to come to the wake, and I did. I didn't know if he was joking, but, I went and we made amends, we became friends again.

**SB: Since Miss Universe is done, what is your next project?**

LCS: We are continuing to build more banks in the USA, we have operating banks in Puerto Rico, Los Angeles, and upcoming in Mexico and in other places. It is the Vigan Banco Internacional. The bank is a general bank, we do loans and remittances especially to help the OFW'S finance housing, and offer low interest loans, to compete against those operating 5/6 loans. We will have branches in Manila as well.

We are also converting our bus terminals, Partas, with the addition of hotels and state of the art amenities, the most modern terminals with air-condition even inside the restrooms, and sensor faucets. The terminal in Tramo, Pasay is in its completion phase, the hotel is in progress. In Metro Manila, there will be 3 areas of the hotel/terminal; Pasay, Cubao and Manila. Then we will be expanding in the South. We are building to help the tourism industry. We have the "District" in Boracay, the "Partas" Hotel and we are building also in Vigan and in other places in the future.

**SB: Vigan was well preserved under UNESCO Heritage and now, the 7th wonder of the world, what are new developments in Vigan?**

LCS: The President approved the Airport to have extended runways, it will be good that commercial flights can be accommodated. Tourism will increase, there will be more hotels as well. We do encourage others to build hotels and we will finance them with low interest. We want to have jobs for the people.

*Filipino tycoon Mr. Luis "Chavit" Singson the man who made it possible. Another successful venture, who only wants to be remembered as "Someone who wants to help, simple as that". ■*





■ Pia Wurtzbach, Luis Chavit Singon, Paula Shugart, MUO President



■ Miss Universe in Boracay



■ Fashion in Vigan (Courtesy: MUO webpage)

*Photos provided by: LCS Company*



■ Miss Universe in Baguio





■ Filipino tycoon Mr. Luis Chavit Singson and Japanese Billionaire Kazuo Okada



■ Mr. Luis Chavit Singson with daughter Richelle Singson-Michael, Chairman, Host Committee of MUO



■ Chairman, Host Committee Richelle Singson-Michael, Mr. Luis Chavit Singson with the candidates

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# MANILA UP!

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## Editor's Note

■ Edith Y. Pendleton | Editor

**A**s an international pub, Manila Up! magazine has covered a whole array of travel destinations which have become part and parcel of its menu offerings. Contributing writers from the four corners of the world share their views and viewpoints from various kaleidoscopes. It is from them that our valued readers can appreciate the places and faces they cover. These vicarious experiences have become anxiously awaited for as our omnibus printed vehicle transports everyone, wherever or whenever they may lay eyes upon the texts and pages juxtaposed upon colorful images herein.

The bus in this month's itinerary began its journey with a piggyback ride along the route of the Miss Universe pageant held in Manila. Contestants poured in from all over the world not half expecting to be taken on a whirlwind ride of a lifetime, one they say they shall always remember fondly. Why not? If you were immediately whisked aboard the private luxury yacht of the host with the most, Luis Chavit Singson, and lavished further with the amenities exclusive to those of queenly means, who could resist?

Then, to discover that it was just about to start an even more thrilling cultural, fun filled, never ending fiesta of trips, would it not boggle

one's mind inside a beautiful face and figure? From the north of the Philippines, the UNESCO heritage site of Vigan, Mr. Singson's hometown was an eye opener into the Spanish era, it was a quick stop at Baluarte in the province. Next stop was Baguio, the summer capital of the Philippines with its cool mountain climate, it was a welcome intro into the tropical weather which was to become more of the norm as the entourage traversed the country. Heading south to the Queen City of Cebu in the Visayas was a glimpse into the easy going folks from the middle part of the country, here food is aplenty, and song and dance are in the blood of the people. Where else is hospitality at its finest offered?

Spell all of the above in bountiful measure, you have the answer in the Philippines, of course.

Next, we come away to visit a neighbor in Asia. Thailand is an exotic destination, but taking the less beaten path, our writer opens up a whole new world not usually found in tourist maps. Bang Rak is called the Village of Love for reasons you will find in the pages within.

Across the oceans, we have eyes in London with "London Eyes" with much more than visuals to offer your appetite for all things Ben Johnson never tired of.

Going full circle, and back in the Miss Universe realm of the universe, there were galas and parties galore.

Glamor and glitz stole the show from each other at the Governor's Ball. An After Party is de rigeur as with most celebrity filled main events was held at the spanking new Okada hotel. After all is said and done, my oxygen needs refilling and thus, for those who may need it for more legit medical reasons, we offer therapy in the form of Hyperbaric Oxygen.

To balance things off, Steve Maraboli is another man of note, similar to our cover subject, Luis Chavit Singson, in more respects than one. He lives and breathes the mantra of a purpose filled life. His philosophy of living has made him world renowned and regarded as the guru of gurus. Reading through the article allows one to reflect and realign with the center of being.

Follow our meditative state back into the journey of self with an indulgent treat to the puissant concert of a chanteuse, Gloria Papin to awaken us into our musical senses and sensibilities. Her tribute to Mohammad Ali, another great legend, include duets with Billy Ray Cyrus and folk rock band, America.

Looking fab at concerts and high fashion events can be a breeze with the collection of RC Caylan Atelier which presents its Spring/Summer 2017 "L'Ombre de la Nuit" (Night Shadow) Collection. Take a peek at what's up, and you come out with your best foot forward. Now, that's what I call a grand exit from all the travel stops. ■

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- 74 BALUARTE - FORTRESS OF VIGAN**  
The Baluarte or fortress is a must-see attraction for first time visitors, and even for those who have visited Vigan before. The reasons for its being on the list of places to visit are two. First is that it has a mini zoo with animals from other countries and others endemic to the Philippines.

# 65th Miss Universe kicks off Governor's Charity Ball



■ Ms. Universe Pia Wurtsbach, Michelle Tieng and Sheree Chua



**METRO SCENE**

By Joy Fong

**G**litz and Glamour set for the Miss Universe candidates as they hit the red carpet in an exclusive evening soiree held at the 65th Miss Universe Governor's ball at the SMX Convention Center, Pasay City, Philippines.

It was indeed an event to remember being successfully organized by LCS Group of Companies, headed by former Ilocos Sur Governor Luis "Chavit" Singson. The Governor's Ball is a longstanding Miss Universe tradition which is a grand fundraising gala where the "creme de la creme of the elite society get an opportunity to meet with the charming, gorgeous ladies in a formal dinner with exceptional performances by a fabulous pool of talents.

Gathered for the first time since their arrival in the Philippines, the 87 gorgeous Miss Universe 2016 Beauty Pageant candidates walked down the red carpet in all elegance adding to the splendid ambiance of the evening Lots of flashing lights and glittering gowns on display as the contingents posed in their beautiful evening gowns designed by famous fashion couturiers.

Aside from the candidates, sponsors, and beauty queens, also present were representatives from pageant partners Solar Entertainment Inc., Okada Manila, SM Lifestyle Entertainment Corp, Philippine Airlines, Pass It Forward, as well as regional pageant sponsors.

Our reigning Queen 2015 Miss Universe Pia Wurtsbach made her grand entrance to the Governor's Ball in her black lace gown featuring embroidered designed, fitted dress with full overskirt.

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“The Governor’s ball will be an avenue for campaign awareness for PASS It Forward (PIF), a philanthropic outfit that acts like a charitable “market place,” facilitating engagement between generous donors (individuals, corporations, and foundations) and charities to come together.

“The Governor’s ball will be an opportunity to showcase those elites who attend and how they can make a positive change in the community,” said Pass It Forward Managing director Terry Alan Farris. “If we could get 1 percent of the viewers of the Miss Universe to give back and support the non-profits of the Philippines, think of the impact we could make.”

Email [joyfong@rocketmail.com](mailto:joyfong@rocketmail.com)

Photos by Lorna LLanes ■



■ Vina Morales



■ Wilson Tieng, Manny Pacquiao, Mayor Joseph Estrada and Gov. Chavit Singson



■ Tony Boy Cojuangco, Gretchen Barreto and Atty. Mike Toledo



■ Charito San Pedro and Ching Cruz



■ Gov. Chavit Singson and Cesar Montano



■ Atty. Mike Toledo, Becky Garcia, Gilda Antonio, Carol Toledo and Amb. Joey Antonio



■ Angelin Tan, Tina Cuevas and Grace Ang



■ Amb. Tonet & Linda Lagdameo, Wanda Teo and Tony Boy Florendo



■ Dr. Celi and Atty. Sal Panelo



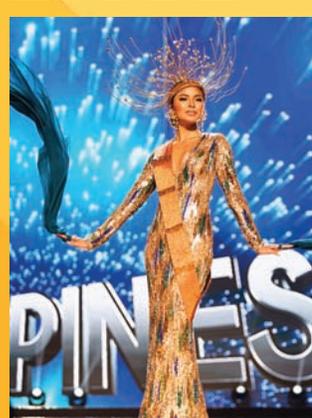
■ Joseph & Nel Calata, David Ackerman



# 65<sup>th</sup> MISS UNIVERSE

## CANDIDATES COMPETES IN MANILA

The audience were amazed with the electrifying parade of their respective national costume.



The candidates were splendid and elegant as they walk the stage during the evening gown competition.





# MISS UNIVERSE

• MISS UNIVERSE FRANCE • IRIS MITTENAERE •





# Miss Universe 2017

## *— the After Party at Okada*

Still suffering from a Miss Universe hangover? After weeks of formulating our own guesses as to who would bring home the crown, we're finding it hard to believe that this beauty pageant craze has finally come to an end. We're going to miss the glamorous rollercoaster ride it had been.

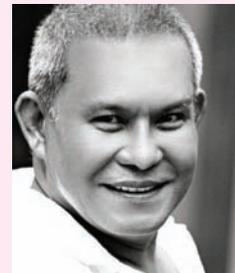
Okada, Manila's newest premier entertainment space in Cove Manila, hosted the official Miss Universe after-party last January 30.

Now considered the largest day and nightlife destination in Southeast Asia, Cove Manila, hosted a party to toast the newly-crowned Miss Universe alongside 85 of the most beautiful women in the world. VIP guests, local and international celebrities, and influencers joined the celebration.

The after-party was one of the most extremely anticipated events of the world-renowned beauty pageant. Each year the party continues to get more

exciting and this year was no exception as Cove Manila had imaginatively worked to transform its in-progress construction site into a luxurious event space, designed to transport guests and immerse them in a nightlife party, like nothing that Manila had ever previously experienced. Entertainment was provided from an exhilarating roster including Amsterdam-based club music superstar Nicky Romero. A fun-filled night, it included featured acts ala Cirque du Soleil and elegantly sexy ladies attended to every guest's needs at their tables. The most popular DJ's in the world played only the best club music, plus a whimsical display of laser lights, vast video walls, vibrant fireworks and multi-hued confetti filled the night.

The night became even more enthralling, when the country's forthcoming entertainment mecca brought another first to Manila – a 30-liter bottle of the luxurious Armand de Brignac champagne. Touted as the “ultimate nightlife trophy”, the



**EARNEST SNOOPS**

By Ernest L. Gonzaga

incredibly rare and made-to-order “Ace of Spades” Brut Gold Midas bottle was put up for sale during the after-party. The lucky buyer of the world's largest champagne bottle also got an exclusive VIP package from Cove Manila including an Okada Manila VIP card, 5-star hotel accommodations, luxury car service and a personalized engraving on the champagne cask. The Miss Universe After Party at Okada, Cove Manila was perhaps the best party Manila ever had, everyone got to enjoy the flowing and priciest champagne and drinks all night! ■



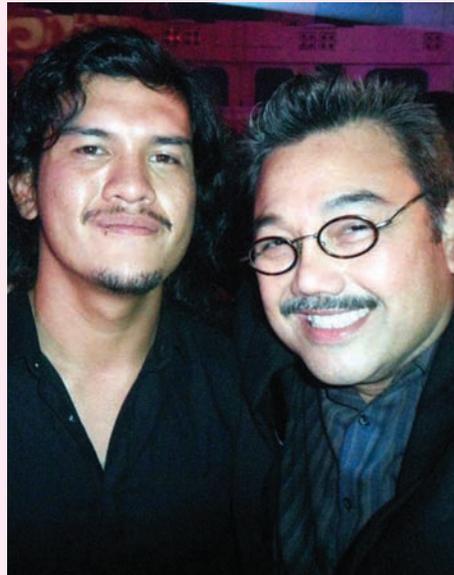
■ Some of the Miss Universe contestants



■ P7.5 Million Champagne



■ Marlon Stockinger and Pia Wurtzbach



■ Baste Duterte and Ito Curata



■ Agile Zamora with Hollywood Pop-Star, Flo-rida



■ Miss Universe (Miss France) and Pia Wurtzbach



■ Tina Jacinto, Carol Ocampo Mercado, Connie Haw, Agile Zamora, Margie Moran Floirendo and Wopsy Zamora

# Hyperbaric Oxygen Therapy

**ADVANCE HYPERBARIC LIFE-SUPPORT INC.** is currently the largest and most modern state of the art walk-in multiplace hyperbaric medical (HBOT) facility in the Philippines today. Located in a home-like environment in Quezon City, it is the brainchild of two pioneering individuals, Jose R. Bernardo, M.D. and Jesus O. Co who felt the need for Hyperbaric Oxygen Therapy as an adjunct in the treatment of various medical indications and health issues. HBOT is most commonly known in the scuba diving community as the only treatment for the life threatening condition, Decompression Sickness and Arterial Gas Embolism, commonly known as the “BENDS”. Presently it is medically proven to treat a variety of medical conditions including non healing diabetic and other selected problem wounds, burns, carbon monoxide poisoning, compromised skin grafts, pre and post cosmetic surgeries, strokes, autism, sports injuries and others.



## ▶ **JOSE “JOJO” R. BERNARDO, M.D.**

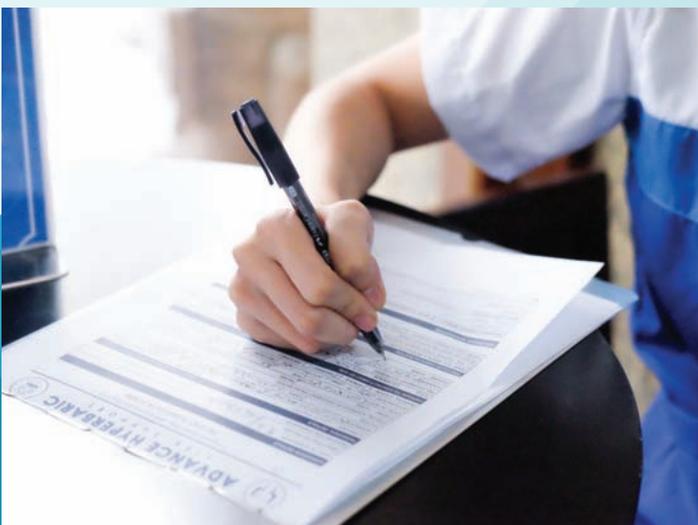
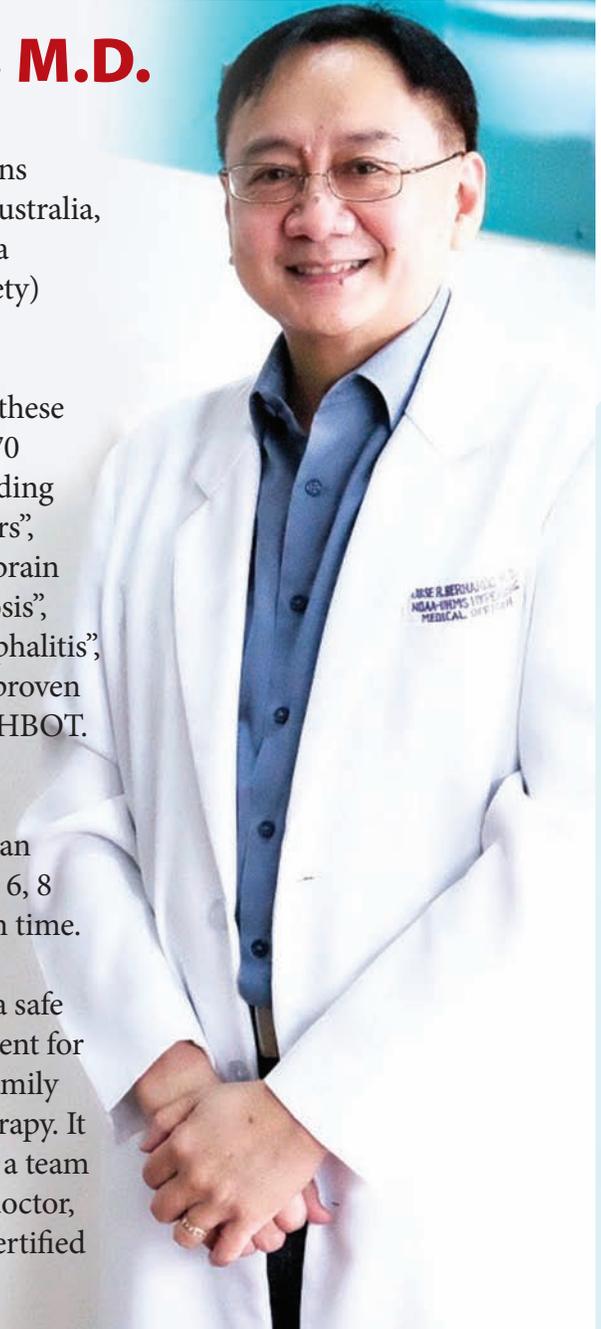
Dr. Bernardo has more than 20 years of clinical experience and passion in this specialty field of medicine. He underwent trainings in Hyperbaric Medicine in Australia, United States and England. He is recognized as being one of the pioneers for Hyperbaric Oxygen Therapy in the Philippines.

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# Drake's *Hotline Bling* and the Changing Face of Rap



TALK THIS WAY

By Tim Park

The 59th Grammy's was not a shocker for most people; Adele snatched big awards as she does per usual, the late genius David Bowie last work was memorialized as it deserved to be, and Beyonce was snubbed once again. However, if one looks deeper into the Rap categories, there were major shifts in the genre—Drake's 2015-released single *Hotline Bling* has won the Best Rap Song and the Best Rap/Sung Performance categories.

These wins were unexpected to say the least, as the song was released almost a full year ago, and just like other pop hits of the time the song has since been erased from the public mind. When the single was initially nominated for the two categories, it raised questions from music fans everywhere, mostly because the song *Hotline Bling* features not a single rap verse.

But look where we are now— a song performed by a rapper, featuring not a single rap verse or anything that would imitate one, just won two major rap awards by music industry's most honorable award show. This wasn't a result of weak competitions among those categories. Usual Grammy stars

like Kanye West and Kendrick Lamar, the newly voted Best New Artist of 2016 Chance the Rapper, and even the pioneers of the genre like Fat Joe and Remy Ma were all in the same categories.

It is not a coincidence that out of all the songs nominated, the most unconventional choice was selected to represent the genre as a whole; this is a reflection of the changing face of rap music. The genre is now reaching its 30th year since the origin, and it is now more relevant than ever. The reason why the Best New Artist award went to a man who goes by Chance the Rapper is because rap music is at its peak of public interest.

This isn't saying much, as all genres of music were at one point the hottest of them all; jazz, blues, punk, the list goes on and on. Rap, in that sense, has the best chance of continuing its popularity the longest. From the beginning of the genre, rap has been the most personal and diverse art form. Every rapper has something different to say, and that fundamental idea has been keeping the genre fresh and forever changing. Look at Adele's discography, her latest album "25" flows like a continuation of her debut album "19"— musically, it hasn't

evolved much. Comparing that to her fellow Grammy nominated artist Kanye West, one can see how much Kanye's music has changed from "the College Dropout" to "the Life of Pablo". With that being said, seeing Drake snatching the awards was like witnessing the evolution of rap.

Rap can't forever stay like 2Pac and Biggie like many 90's fans hope so. The change is inevitable, and crucial for the genre to be relevant. I'm not judging that this new direction rap is going to, shown through *Hotline Bling*, is necessarily a positive or negative thing for the genre overall. But as a lover of the genre and someone who'd like to see it continue on forever, I'm willing to support and welcome this growth with my iTunes account.

Photo Source:

[https://cdn0.vox-cdn.com/thumbor/-XvL3wLxWW6xe9JehjWbfKxZZLo=/0x39:1210x846/1280x854/cdn0.vox-cdn.com/uploads/chorus\\_image/image/49467851/Screen\\_Shot\\_2016-04-29\\_at\\_11.12.44\\_AM.0.0.png](https://cdn0.vox-cdn.com/thumbor/-XvL3wLxWW6xe9JehjWbfKxZZLo=/0x39:1210x846/1280x854/cdn0.vox-cdn.com/uploads/chorus_image/image/49467851/Screen_Shot_2016-04-29_at_11.12.44_AM.0.0.png) ■

# HOLLYWOOD GLAM by M

www.mthemovement.com



## 1. Please tell us about yourself? Are you a singer?

I am a hip-hop artist known primarily for being a member of the group Bone Thugs-n-Harmony. I have also gone by the name L-Burna. I am the younger brother of fellow group member Flesh-N-Bone & cousin of group member Wish Bone. CEO of the record label Harmony Howse Entertainment.

## 2. How did your journey in your career begin?

My journey began 20 yrs ago, on a bus ride from Cleveland to Los Angeles. Myself and the rest of the Bone Family boarded a Greyhound Bus to Los Angeles where they worked with notable producer and rapper Eazy-E and his Ruthless/Relativity Records label. Diego Blak (born Diego Hodge), a marketer and promoter and co-executive producer of Faces Of Death introduced them to Eazy-E at a concert he promoted in Cleveland, Ohio where we auditioned for him in his dressing room and then traveled back to Los Angeles, California after the show to seal the deal. At this point Eazy named us Thugs-n-Harmony but they wanted to keep the Bone name so they were called Bone Thugs-N-Harmony

## 3. How do you know "M"?

M was introduced to me by a mutual friend. I am also a fan of his clothing.

## 4. What project are you most proud of?

The project of life. I believe I have navigated life very successfully and look forward to the decades to come.

## 5. Are there any other artists you would love to work with and why?

Pink. I believe her talent is amazing and our styles would be a great marriage of music.

## 6. Discuss an event in your life that was life changing or you experienced an epiphany.

Meeting Eric Wright (aka Eazy E) when we first auditioned and were able to seal the deal.

## 7. What advice can you give to other aspiring artists?

It may sound cliché, but I would say "stay true to yourself." You will always feel good about what you produce as long as you stay true to yourself.

## 8. What projects are you working on currently?

I have a new album releasing. Video game, movies, Designer Pajama line... I have a lot of projects slated to go live in 2017

## 9. Have you ever been to the Philippines? If not, any plans?

Yes. In 2014. I was there for a Bone concert and I also hosted a rap battle. It was a good time.

<https://www.youtube.com/watch?v=hCgDtVSjeM4>

[https://www.youtube.com/watch?v=VOUPT\\_T4-\\_g](https://www.youtube.com/watch?v=VOUPT_T4-_g)



RC CAYLAN

# RC CAYLAN ATELIER

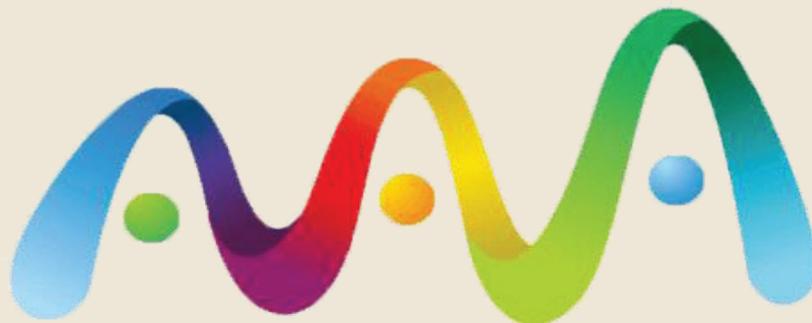
SPRING/SUMMER 2017

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He will be featuring his new collection this coming **ROME FASHION WEEK 2017** on April 2-8 and will be featured Designer to the upcoming 70th **CANNES FILM FESTIVAL FASHION SHOW 2017** on May 23 Hosted/Produce by Tiffany McCall Paris Fashion Week.







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**Former name:**

Guangzhou Int'l Game & Amusement Exhibition(CIAE2017)  
Theme Parks & Attractions Industry Exhibition(TPAE2017)

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## VEGAS VIBES

By Esmeralda Padilla-Gould

# Can Love Conquer All?

**T**hey met many years ago due to the series of highly unlikely events which unfolded on September 11, 2001. Both laid off their respective places of employment and coincidentally, were each hired by the same property, in their shared profession. They often reminisce about the fact that their family wouldn't exist if not for the horrific events of that fateful day in American history. Perhaps the notion of "it was meant to be" resided in her heart; however, unlikely to take up residence in his analytical, skeptical heart and mind.

All is well and good, for he doesn't need any mystical foundation to set as a footing for a solid, meaningful relationship to be real and fulfilling. His brutally logical mind would prove to be a welcome yin-yang type compliment to her emotional, faith fueled heart and soul.

They married 4 years later and decided to start a family.

They soon had a healthy baby boy to make their new family whole. Everything was falling into place just as they planned. They enjoyed a stress-free life without a worry in the world. It was a perfect marriage and family.

As they slide into a routine, he couldn't be happier, as the consistency and predictability demonstrated a flawless marriage and easy-going family life in his mind.

She was happy, but started to feel less fulfilled as the years passed by. Perhaps, he was growing a bit too comfortable, causing her to question his love and commitment to her. She often felt unloved and alone as his display of affection waned as it hid behind the curtain of his comforting, steady routine.

Unbeknownst to him, her feelings of isolation and unfulfilling existence festered into a depressing state of mind. She had come to realize in her mind that she was alone in

her quest for public status and acceptance. Within a year, she had achieved more than she dreamt, winning a popular beauty contest, and as a vocalist, performing on stage regularly. Her newfound popularity began to change the person her husband had married a few years ago. She relished in all the attention, never missing an opportunity to be in the spotlight. She had soared into a new life on her own, often alienating her husband and son.

After agreeing to a divorce, resulting from a year of turmoil in the family, the family structure had turned into a common fateful statistic. The child fell victim to his parent's, unwittingly discarding the dire need for spousal communication between them. The husband had been blindsided by all the new developments bombarding his precious wife, not seeing the transformation of her changing into a frigid roommate.

Fortunately, with God's intervention, the family is still

intact today, perhaps stronger than before. The marriage had suffered tremendous heartache and pain, through which they learned many great lessons.

Never take anyone for granted, take the effort to keep the marriage healthy by showing love and affection, and above all, communicate. Communicate when something seems awry. Never let depressing feelings go unchecked; communication between one another would have made all the difference to this couple. Fortunately, their love for each other was strong enough to overcome a situation where an innocent child would have grown up without both parents.

It is indeed important to keep the lines of communication going between husband and wife because it's very difficult, if not impossible, to read another person's thoughts. What we may take for granted and assume the other person ought to know, may not be the case.

Communicating our needs, in the spirit of love, to one another is important. Also, what we may perceive as being a certain way may not be the case at all. Sometimes we misread one another believing they're thinking or feeling one way when they may not be thinking or feeling that way at all.

Personally speaking, I can be on top of the world, but people often misread me and asked me what's wrong? Why am I so depressed? When that isn't the case at all.

That being said, husbands need to support their wives, as long as what they're doing is a good thing and for a noble cause and in accordance to God's will. The Apostle Paul said, "Husbands, love your wives, just as Christ also loved the church and gave Himself for her (Ephesians 5:25). Wives also must assume their most important role in the family relationship, which is to love their husbands and family and be good homemakers. This is God's plan.

The Apostle Paul also said that the older, more mature women should "Admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands" (Titus 2:4-5). Anything else they do outside the home and family must be secondary to the family relationship. Keeping things in their proper priority is the key to a happy, contented and meaningful relationship. It's not wrong to seek other aspirations outside the home and family, just make sure to place family first.

The most important thing husbands and wives can do is to both have a close relationship with the Lord. When a husband and wife grow closer to the Lord, they automatically grow closer to each other, and, when a husband and wife draw closer to each other, they automatically grow closer to the Lord. It's like a pyramid with the husband on one side and the wife on the other, with Christ at the top being the head of the home. This is the plan God laid out for the priorities of the family. This will keep the family in balance and in harmony. To reverse any of these plans will cause the home to be out of balance and out of harmony, and there will be problems.

In a nutshell, here's God's plan, and it works: First: God. Second: Family. Third: Work/jobs/other activities. That's God's plan. If we stick to it, we'll be more apt to have fewer problems and have a happy home and family that will stick together through thick and through thin.

And finally, always, always, always pray together, when things are going smooth and especially when things are going a little rocky and rough. Remember, "We can do all things through Christ who strengthens us" (Philippians 4:13). ■

# Serenada

gets an Italian makeover

## Opening of Dario's Ristorante



Gov. Chavit Singson, HE Amb. Massimo Roscigno, Tricia Singson, Madam Agnes Roscigno and Dario Gardini



Madam Agnes Roscigno and Connie Siaon

By Joy Fong

Lovers of Italian food in this cosmopolitan town were given a further delicious choice when former Ilocos Governor Chavit Singson fresh from his tremendous success in bringing Miss Universe to the Philippines marked his entry into the food business in Manila with the opening of Dario's Ristorante Italiano - in partnership with the well known Italian restaurateur, Dario Gardini.

The guest of honor was Italian Ambassador Massimo Roscigno together with his wife Agnes. A

dozen other ambassadors also attended the opening night and enjoyed a dinner where the tastings and innovative fare bore testimony to what will be an offer for diners at Dario's.

Other guests at the affair included the Philippine Ambassador to the UN Teddy Boy Locsin, businessmen Tony Boy Cojuangco with his actress partner Gretchen, Willie Soong, artist Ramon Diaz and Ambassador/Real Estate tycoon Joey Antonio and wife Hilda.

Email: [Joyfong@rocketmail.com](mailto:Joyfong@rocketmail.com)  
Photos Lorna LLanes ■



Joy Fong and HE Amb. Roberto Guevarra Alvarado



*Daisy Romualdez, Gov. Chavit Singson and Becky Garcia*



*Consul Helen Ong and George Sison*



*Patrick Jacinto, HE Amb. Teddy Boy Locsin, Wellington Soong and HE Amb. Joey Antonio*



*Jess Bartolome, Patrick Jacinto and HE Amb. Massimo Roscigno*



*Patrick & Jenyvy Gardini, Paeng Nepomuceno, Arlene Skinner and Gianluca Gardini*



*HE Amb. Johnny Lumintang and HE Amb. Harald Fries*



*Christopher, Charlene & Rachelle Singson*



*Glenn Gale, HE Amb. Massimo Rocigno, Nedy Tantoco, HE Amb. Julio Macarena Villasenor and Madam Agnes Roscigno*



*Gilda & HE Amb. Joey Antonio and Becky Garcia*



*Madam Souddavone & HE Amb. Phoxy Khaykhamphithoune, HE Amb. Jhoanna Wahab and HE Amb. Johnny Lumintang*



*HE Amb. Effe Ben Matiyau and HE Amb. Joey Antonio*



*Gretchen Barreto, Che Singson and Pop Fernandez*

# Why One Must NOT find a Better HALF

**L**ove month it is, everyone who has a significant other seems to be so busy preparing gifts and planning for trips with their beloved one. But for others? Some are looking for tips, tips to find a 'better half'. Nevertheless, this writing is not done to supply those tips.

On the contrary, this works the other way around. It will discourage you to 'find a better half', but it will encourage you to 'look to Him', who will give you a man or woman who is rather whole. What does the Bible say about finding the one? What does God mean when He says wait? And is that someone really meant to be found?

Truth is, there are times when constant solitude gets us. There's no beauty about loneliness. No one wants to be miserable all their lives. Most of us want a love story orchestrated by God. But upon waiting, we become impatient; we become all the more eager to seek for answers. Afterwards, we find ourselves forcing things to happen, we use our own resources and then settle for mediocrity.

There are three answers from God: yes, no and wait. We almost always think that wait is the worst response. Even so, it's during the waiting when

God works. Every now and then, we become so occupied about what we want to have or whom we want to meet, that we miss the opportunity to magnify ourselves and see clearly the work God is doing upon us as we get to the finish line.

We tend to forget that it's about what God does in our hearts during the waiting time. One thing I know is for sure, it is during the waiting season, that God wants us to be whole. And this goes not only for those who are single among us. Unmistakably, we can find married couples who are not happy. They're broken because both of them are just, half. When the other one is not there, they feel incomplete. That's not the desire of God. One has to be whole. One must be fully in love with God to be able to become genuinely in love to another human in all sorts of things.

How can we say that we're whole? It is... "When we're patient enough, kind enough, don't envy, don't boast, and are not proud; when we don't dishonour others; are not self-seeking; not easily angered; or don't keep a record of wrongs; nor, don't delight in evil but rejoice with the truth." (1 Corinthians 13:4-13) And, we shouldn't find or seek people. Finding



**PROVERBS 31 WOMEN**

By Jhoanna de Guzman

them wouldn't necessarily get us to form a relationship that will last beyond what we wanted. As the saying goes, "we're just humans". And, the lack of companionship makes us sad. We feel alone, empty and broken. But loneliness is just a bleak concept. We can fight it. Seek togetherness. Collect memories and experiences, with yourself and with God, no one can fill the emptiness within you but Him.

Don't depend on someone to give you roses or chocolates on Valentine's Day. You can do fine on your own. At the end of the day, only God can make you whole. So, looking for a better half is not the key. And take into account that God remembers, He will not let you settle for less. Pray. Believe. He will give you someone, someone that is whole.

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# LONDON EYES

*(The way I look at London)*



**KINGDOM ADVENTURES**

By **Gilda Pineda Dionela**

***When you are tired of London then you are tired of life, they say it here where I am.***

(this quote is from Ben Johnson)

What makes London bursting with life like no other cities of the world? Its diversity. I have never been to many cities of the world, but the feedback I received from my most travelled friends observed that London is the place where you will see people from all nations of the world. My American dentist friend who was 78 years at that time remarked to me "Oh boy, I have been to New York where there are a lot of people from different countries but not like London". I met a couple from New York who had been thinking that her Christian Church in New York is the most diversified church in the world, having members from 110 nationalities, only to find out that our church in London have attendees from 119 nationalities.

If you have an irresistible passion

for different kinds of food, like my family does, then London is the place for you. The capital's gustatory menu is as multicultural as the city itself; from intercontinental cuisine, comfort food and popular street food to finest dining, you will find it here.

London is the place where the ancient and modern times fit in harmony with each other. Its landmarks are known around the globe including Buckingham Palace, London Eye, The Parliament, St. Paul's and the Shard among others. There are varied routes to navigate the place through red buses, the Tube, and a driverless, computerized light rail system to name a few. (Here's a peep from the past. London was founded by the Romans in 50AD and they called the splendid city, Londinium). The London underground

has 11 lines covering 402 kilometers, serving 270 stations for its 8.7 million population and some 17.4 million overseas visitors as recorded in 2014. Let's talk about the train services I would like to share to you my journey through the London Transport System that makes my life easier and to those who want to enjoy the beauty of this place so that if you come and visit us here you have an idea how to go around one of the greatest cities in the world, London, the capital of England.

The London Underground is known to the locals as "Tube" due to the shape of the tunnels. It is the world's oldest underground railway network and one of the largest which opened in 1863. Yes, it is almost 154 years old operating as a transportation system.

More than a decade ago, I came here, upon landing in Heathrow

Airport, the first experience I had was my first time and first day on the Tube. As I sat next to my sister, I looked around and marvelled at how it appeared to me that all the cities in the world were represented by people on board with all colours of skin, all styles of hair, etc. I saw women wearing purple and pink hair. To me, I thought it was cool. It expressed the diversity and freedom of living in London. My first few journeys on the underground was but normal. Knowing that I was riding 58.5 meters below street level made me breathless and anxious at the beginning especially when there was a minor delay. I got over this reaction eventually, realizing I was now being welcomed to a developed country. Welcomed into advanced technology that felt like it was the future for a naive person like myself.

When you came to a different place for the first time, and the accent seems from another planet, it is not easily understandable. While waiting for the train on the platform, I heard a queenly sounding voice who said something that sounded to me like “may daga” or “there is a mouse” in my native language. And I thought, “WHAT”? Only later did I find out it was a warning to “Mind the Gap”. Funny, but there is truth in my ears because according to “The Telegraph” there are about estimated half a million mice live in the underground system. Wow! Filipinos have phonetic ears.

Apart from Underground there is London Overground. London Overground started operating in 2007. I was so delighted when London Overground opened in Imperial Wharf. It made my journey simpler. It takes only 46 minutes to get to Hampstead Heath instead of 105 minutes if travelling by bus. At peak times both the Underground and Overground trains are busy. It is an almost face to face, nose to nose encounter with the next passenger. Oftentimes I have had to wait for the next train to get on as the one that just arrived is packed, but

not so when Overground was finally opened. There is always an available seat for everyone on it. Imperial Wharf is the second station from the starting point of Clapham Junction. As I sit there quietly I often read my bible freely. Once, a young British man, Ben, approached me. He said he is so surprised to see me reading my bible in the public place. I asked him why. What was so strange about it? He said very few go to the church, much less read the bible around here. That happened on the first day that we have met.

The next morning he was reading his bible on the London Overground too. We shared about my church and he shared about his church in Clapham Junction. Ben is happily married to his church going wife. For about 2 years we were train mates. Until I changed my route. London Overground left me with one astounding memory. I was able to meet a new friend. Another train system is the one called Docklands Light Railway (DLR) System. I rode DLR only once and the experience is totally different as well. It is a high frequency link between the world's most important financial district – the City and Docklands. It operates as a driverless and computerized system. The first time I rode DLR I was sitting in front just next to the supposed driver. Then, without asking permission from anyone he stood up and walked away from his seat and started walking down the train. The mere thought that

I was riding a train without a driver made me worry beyond compare. But that is not the reason why I did not take DLR ever again. The reason was I stopped following the preacher who used to speak in ExCel London. There are many more means to travel in London but you will experience it when you come here.

By the way, transportation is not free. Buy yourself a pass known as Oyster. And if you are a woman who comes from a relatively religious and conservative culture like mine, and you are just buying a pass for your travel, when suddenly the man says “Good morning, Love”. Don't slap his face, it's not an insult, it's just one of those common greetings used in London.

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# SURIGAO

Photos and captions: Stan Rieza

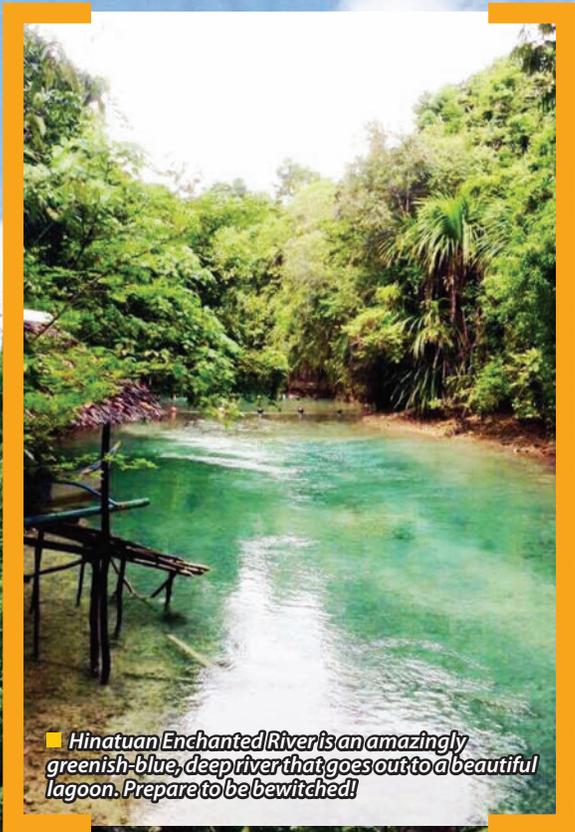
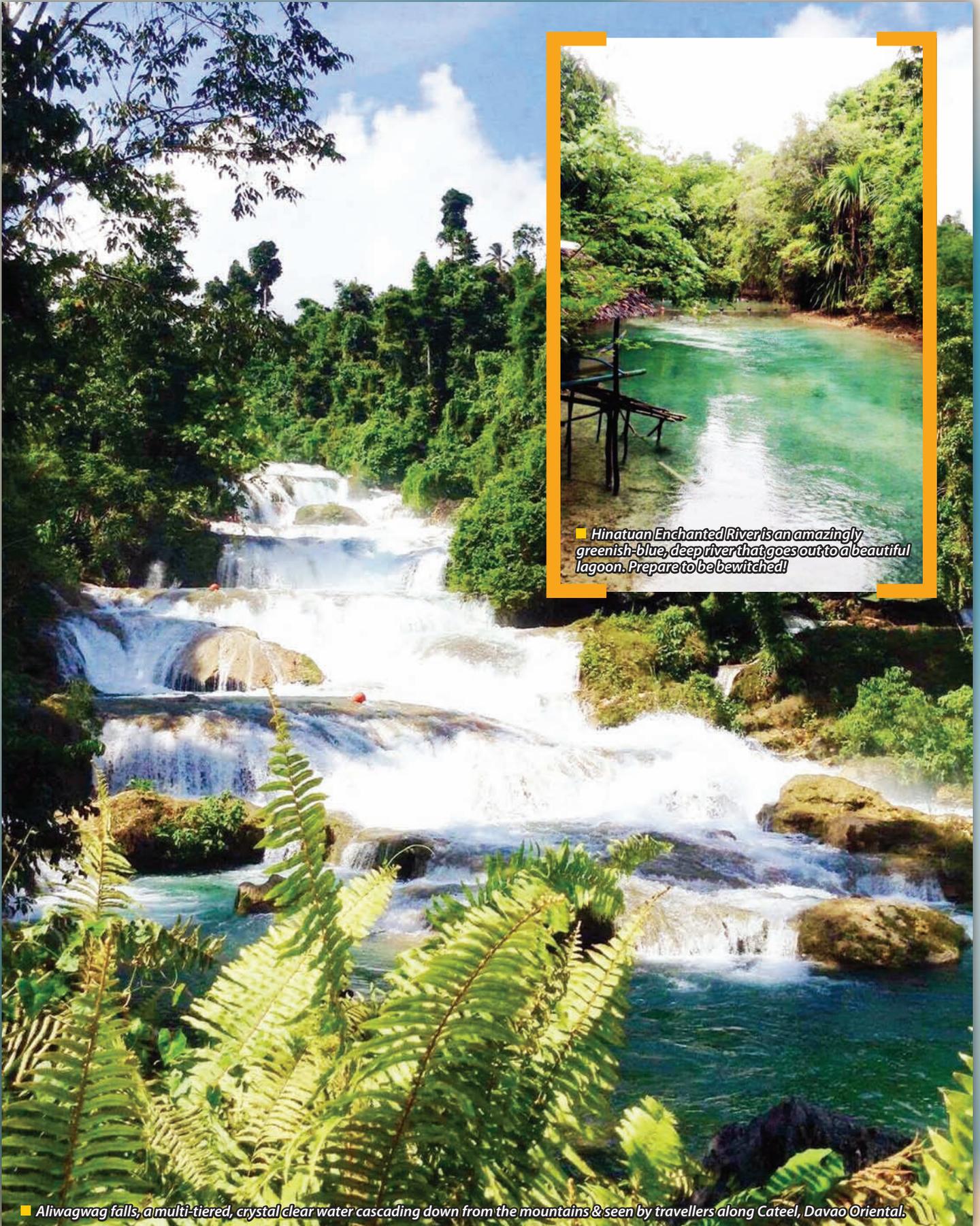


■ A kaleidoscope of colors on the dark, cool water hinting at a brand new day in Hinatuan, Surigao Del sur.



■ Enchanting Nipa huts cater to vacationers off the Enchanted River Island Resort.

TRAVEL IN SURIGAO DEL SUR BY STAN RIEZA



■ *Hinatuan Enchanted River is an amazingly greenish-blue, deep river that goes out to a beautiful lagoon. Prepare to be bewitched!*

■ *Aliwagwag falls, a multi-tiered, crystal clear water cascading down from the mountains & seen by travellers along Cateel, Davao Oriental.*

# BANG RAK:

## *The Village of Love*



*Roses.*  
*Chocolates.*  
*Valentine's cards.*  
*Scents and jewelries.*  
*Movie and dinner dates.*

These are some of the things that are on high demand around this month of the year, given as tokens of love to significant others. Valentine's day is here once again.

But here in Bangkok, there is a place that is especially popular in February, called BANG RAK, it is one of 50 districts in the capital city of Bangkok.

BANG RAK in English means "Village of Love".

From long ago, its name which is written in Thai as "บางรัก" (pronounced Bang Rak) meaning "Village of Cure", was believed to originate from two reasons: a famous hospital is located here, and the other is because a medicinal plant called "Rak" used to be easily found here.

Later, the name was changed to shorter a Thai script "บางรัก" (also pronounced Bang Rak) and became "Village of Love" as translated in English.

The name being so, Bang Rak now is the popular district for couples to register for marriage especially on Valentine's Day.

There are many other reasons why this is a 'must-visit' place for tourists and not-so romantic ones as well. Bang rak has many things to offer to fall in love with. First and the most popular is the Lebua Hotel's Sky Bar in State Tower. This got its Hollywood exposure from the Hangover 2 movie of 2011. Since then, hundreds of tourists come every night to get a panoramic view of Bangkok's night lights from the 68 th floor, have a sip of its now equally popular cocktail called "Hangoverini", or dine at their certified "world's highest open-air restaurant" (if diner's budget permits) and of course, take "selfies" with the golden dome as the backdrop.



**SIAM LIVING**

*By Maricel Diaz*

In mid-2017, the new tallest building in Thailand called Maha Nakhon Tower will be open to the public once it is completely finished. This newest architectural landmark boasts a unique "pixelated"-like structure, with a rooftop observation deck on the 77th floor as well as exclusive high-end residential units, luxury boutique hotel accommodations, and some posh dining/wining venues at lower levels of the building.

Shopping sprees can also be had in Bang Rak: for souvenir items, the Patpong night bazaar is the perfect



place to get them. Patpong Road is lined with stalls offering cheap clothing, bags, shoes, and home décor. This is also one of the red light districts in Bangkok with cheap drinks, go-go bars, karaoke joints and pubs for all sorts of adult crowds. For quality, authentic and reasonably priced jewelry, head to Si Lom Road where most of the jewelry are actually made.

Additionally, street food eating is popular in this area: the nightly 3-hour river cruise buffet dining along Chao Phraya River is also found here. Small cruise ships offering the dinner cruise experience dock along Siphraya pier, beside River City Shopping Complex.

Bang Rak is a commercial bustling area by day but nonetheless, it is worth touring at daytime as well. Various worship places aside from Buddhist temples are also found here.

The Hindu temple Sri Mahamariamman or Wat Kek to locals is quite popular with their annual ceremony called Nawa Ratri celebrated in October. Also, the Assumption Cathedral, the principal Roman Catholic church of Thailand which Pope John Paul II visited in 1984 is



located within the school grounds of Assumption College at Oriental Avenue Road.

Finally, if you want to have a glimpse of how a house of a typical middle class family from long ago in Bang Rak looked like, visit the Bangkokian Museum or Bangkok Folk Museum in Chareonkrung Road. It is a small, quiet museum consisting of two beautiful wooden houses that showcase charming and old-fashioned structures and home furnishings giving a glimpse into the way of life (especially that of former

homeowners) in the Bangkok of past. You can visit the museum from Wednesday thru Sunday from 10AM to 4PM and is free of charge.

Bang rak is accessible by both Skytrain (BTS) and underground (MRT) transport system so going there from different Bangkok areas is very convenient.

When planning a visit to Bangkok, make sure you include Bang Rak in your itinerary and fall in love with what's in store in the "Village of Love". ■



MAUI MANIA

By Edith Pendleton

# Single and Happily So...



**I**t is February and folks are going gaga over how to celebrate, what to give that special someone (or ‘some’ people – in case they are not yet “exclusive”) or, where to spend it, how much to spend, and if it’s all going be worth the while.

I’ve had the wonderful privilege of being, what some have dubbed myself and my kind as, a “serial monogamist.” Yes, the many moons and many romantic dalliances are all tucked away in my memory bank, and are treasures that are meant to be cherished selectively – that is my happy option.



▶ As a youthful, carefree spirit trying to keep my dates from the prying, watchful eyes of the nuns at the convent college where I studied was exciting on its own. I had quite a few Valentinos with tokens of flowers and cards, swooning over me, and the fun part was being able to juggle dinners and movie dates whilst keeping my “Maria Clara” image intact.

Then it was time to get into the real world; a first job, then some relationships that brought a whole new meaning to the word, “commitment.” I especially enjoyed the many places spent with my beau/s: One day it is Hong Kong, another time was Valentine’s in England, and the countryside getaways were just memorable, and so forth and so on. My deal was to make the best of *this*

day of hearts with whoever happened to be in my life that February!

I must admit that my forays in Maui will last a lifetime of indelible awesomeness. Our hikes in the bamboo forest, days in my beloved Lanai at the Four Seasons Koele Lodge and simply camping in Kipahulu near Hana will forever be etched in my memoirs of Valentine’s day in the magical isle.

As to where and when and with whom all my Valentine’s days were spent, it was a toss up. As I move forward, there are wonderful new faces and places to explore. Being that I am happily single makes it all the more precious; to reminisce and navigate the celebration of lovers’ day, knowing that the story does not end here.

With the filial love connected to an addition into my sphere of lovingness, a grandchild somehow takes the cake for now. And boy, am I over the moon with that kid, as with most of those who have arrived at this point, Valentine’s day can be anything I desire to create within my heart. It’s really all a matter of perspective. I can be as happy as I choose to be, with or without a Valentine date. Which brings me back to my point, I am a happily monogamous, celibate celebrant in love with self. Can’t think of anyone loving oneself more.

So, Happy Valentine’s day, Me!

*Photos courtesy of Four Seasons Koele Lodge (<http://www.fourseasons.com/koele/>) ■*





# STEVE MARABOLI

## “The Most Quoted Man Alive”

**H**is quotes slay millions of hearts around the globe from their razor sharp truths, whether these address hopeless romantics, motivational mindset, or those who have gone through life in general.

Steve Maraboli's simple but powerful words will move you to reminisce about love, life, joys, and triumphs. His powerful messages reach about 50 million followers each month just on Facebook alone and hundreds and thousands more through other social media fora.

From fields of Behavioral Science, Business Methodology and Social Philosophy, Steve is hailed by A-list celebrities such as Oprah Winfrey and Leonardo DiCaprio. Global leaders like Sir Richard Branson, motivational gurus and the world's top business experts regard him as the best there is in his field. Steve's great understanding of human behavior and his ability to portray it with the written word has been compared to those of Aristotle, Twain, Thoreau, and other men in history.

Within a few minutes of meeting Steve, I surmised that this interview experience was going to be filled with humor, intelligence and straight talk. Steve Maraboli is down to earth but cunningly quick and intelligent to decipher human behavior, and, listens deeply to connect right to the heart. He put me at ease immediately and by the time the interview was over, I was made to feel that I left with a lifetime of friendship.



### LIFE'S JOURNEY

By *Melody Garcia*

Where to begin with this deep thinker, philanthropist, and global phenomenon who has written four international best-selling books? Let me take you on a journey to his humble beginnings and what made him the beautiful and inspirational man he is today. He has been dubbed by INC. Magazine as “the most quoted man alive” but life did not start out that way.

Today, Steve who is hailed as one of the most brilliant minds of our times, travels around the world and speaks to millions of people and impacts lives. Among those in his fan base, some go as far as tattooing his quotes on their bodies, however, he was ‘labeled’ by his own teachers as “learning disabled” and he barely passed high school. He found this to be extremely fascinating and he adds, “Isn't it amazing, that for the same goals and ambitions I have achieved now, I am called a Visionary, but before that I was called delusional”.

Today, universities give him degrees without him having to even set foot in their buildings to honor the contributions he has made to the areas of Behavioral Science

and Business. But in high school, “Dr. Steve” jokingly says he thinks he even failed lunch! He joined the military right after graduation and it changed his life through the influence of discipline. “Regardless of hopes, dreams or delusions, reality has the final say”, he says. Joining the military for 4 years allowed him to recognize his capabilities, who he was, and who he was not. He learned to be the driven version of himself and life became beautiful. “Every day is its own entity and if you can make the most of out of each day, life success and all these things are not something you have, it's something you experience when you are living accordingly.”

Steve's parents came from an extremely poverty-stricken family and emigrated from South America. They worked hard to provide a better future for Steve and his brother, a highly accomplished military hero in Special Forces with multiple tours of duty in war, and, his little sister who possesses a brilliant mind, and is now a top executive in her company. His parents, who were married for 40 years prior to his mother passing of cancer, had worked diligently to raise their 3 children to be legacies. The start of Steve's journey to Behavioral Science... Steve shares a story that when he was a military policeman, he was called into a domestic disturbance situation.

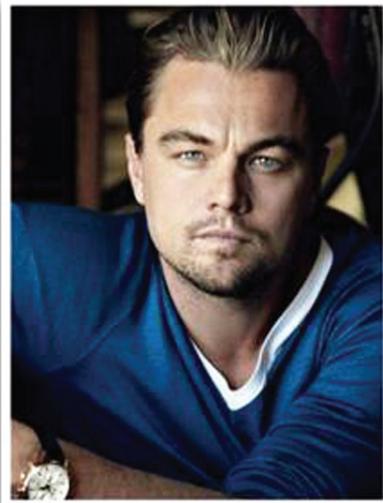
He was met with a scene of a 10 year old boy beating up his mother. Steve, whose background includes expertise in martial arts and ground combat, reached for the child who



“Steve Maraboli has wisdom beyond his years and will help you reconnect with your bountiful beauty and potential.”

- Oprah Winfrey

(Oprah's Soul Series)



“As an expert of the mind, Dr. Steve Maraboli's understanding of human behavior is remarkable. As an author, Steve can take seemingly simple words and arrange them into an impactful work of art. His message is one of truth, inspiration, wisdom, and life-changing practicality.”

- Leonardo DiCaprio

(Steve served as Technical Advisor for the film, “Wolf of Wall Street”)



"Thank you for such inspirational words."

- Richard Branson

in turn threw him across the room. So Steve got up, thinking he was off balance, grabbed the kid the second time and the boy threw him towards the other side of the room.

By the time his partner was done laughing at him, Steve asked the mother if her son was on steroids to which she replied “No, he has autism.” In the early 90’s no one knew what this meant. The mother explained her son cannot be taught that 10 year olds are not supposed to be that strong. That statement became so powerful it rooted in his belief that “Your Agreement with Reality defines your life”. Steve adds that people who think they can... do, and the people who think they can’t... don’t, because they talk themselves into or out of it.

Some people fall into the “victim” mentality and blame everybody and everything for their failures. Steve realized that everyone points at other people for killing their goals, the reality is that each person needs to take accountability. “If you have a disempowered agreement with reality, success becomes impossible”, he says. This entire experience with the 10 year old boy’s unknown limitation is what started Steve’s journey into cognitive behavior studies and eventually, he became a Behavior expert.

On becoming the most quoted man alive... Steve never expected to be named as the “most quoted man alive”. He knows that he is fortunate that his words resonate with people because they are real. When referring to his writing, Steve says he “bleeds” on paper. When he gets betrayed it hurts, when he wins, it feels amazing and when he loses it sucks. Steve says he is just like everyone else. The difference is that he writes about it and shares it. He believes his writing style is captivating because his thought patterns are a mix of behavioral understandings,



psychology, and inspiration. His books and incredible quotes are really just notes to himself and when he writes it, the words resonate with people because his story is their story as well.

An Interesting Juxtaposition about Gurus and the Who’s who... Steve considers himself a Behavioral Scientist and Business Consultant. He doesn’t seek profit from inspiring the world and gives the money earned from his books to humanitarian programs that include efforts for global literacy, women’s programs, veteran’s programs, and educational programs. Yes, you read that right; four international

bestsellers and he gives that money away. Driven by Dr. Martin Luther King’s mantra of “Dangerous Unselfishness”, Steve believes in simple living and impacting the world as much as he can. He jokingly says, “I give a lot away... share my success. It’s a great way to live, but a horrible thing to bring up on a first date.” He has a simple mission: To speak to as many people as he can, help as many people as he can. The schooling came with curiosity and the practice come with clients who help him learn more about people and their different endeavors. The surprising factor is that people’s mindsets are the same even if the circumstances are different.

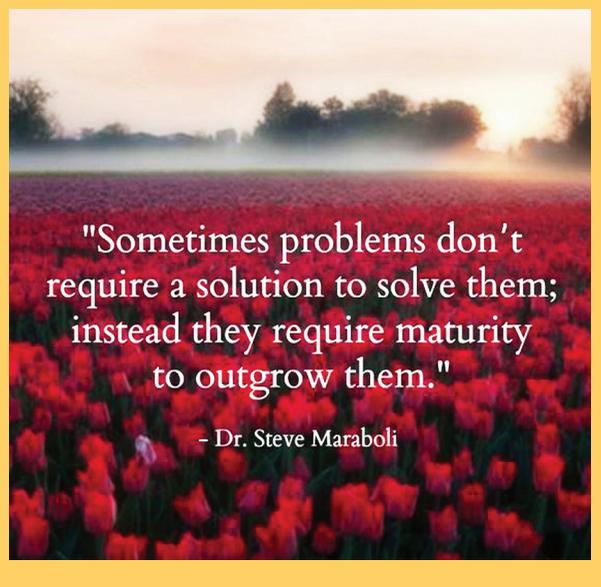
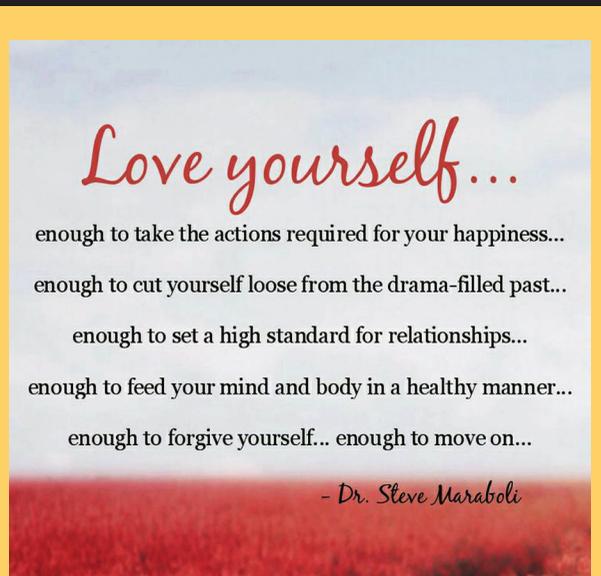
► Steve often writes about his Mom's wisdoms. Some of the most interesting gurus he has met have been most interesting because they are not who they say they are and seem to be playing a character. This helped him see where he could identify with this in his own life, to personally cut out his own nonsense and strive to be more authentic and transparent. Steve built his own publishing company so that he can not be influenced by the industry or have to answer to any company trying to make him the next big guru. His independence from the "Guru" industry enables him to not compromise his mission or ethic because of a marketing strategy that would require him to play a character.

He adds that he believes that the pretend gurus are probably not bad people, but they have to compromise their integrity for survival in the industry. Unfortunately, the result of this is that millions of readers are hooked on gurus who aren't real and methods that don't work. He has been remarkably unimpressed with the "who's who" in the guru industry because of its culture of selfishness.

Steve looks for impact. He is looking for people like Dr. Martin Luther King, Eleanor Roosevelt, Joanas Salk, Princess Diana, Gandhi, and others who took action to make the world a better place. He is inspired by people who aren't concerned with what happens to them, but are more concerned with what happens to others. Steve feels blessed to understand the human experience in such an empowering way and wants

to make sure that he gives everyone else the inside wisdom.

Steve is looking for authenticity in people. People who not only want to make the world a better place, but who act upon it. The Deeper Look One of the most powerful moments



in Steve's life was the impact his own father's words had on him. He was given an aptitude test when he was a young teen. He scored poorly on it and he thought his Dad was going to kill him when the school authorities told his father that thought that Steve had a learning disability and wanted to put him in slower remedial classes. To this his father replied,

"Thank you very much, for now, I want you to keep my son in regular classes" and asked the teachers if they minded if Steve walked him back to his car. He then tells Steve, "Son I want you to know two things: first, we are never telling your Mom about this, and second, everything you heard in that room was a lie. You are the smartest person we know. We can't read the books you read."

Steve continued to do horrible in school but he never felt inadequate again. In Closing... Asked what quotes Steve lives by, he responded, "Until you have won a victory for humanity, until you have DONE something for humanity, you should be ashamed to die." (Horace Mann.) Steve's ultimate legacy is that he knows he can die any day and be at peace knowing that at the present time, he has touched so many lives. He reminds us that we are under no obligation today to be who we were yesterday and that everyday offers us the opportunity to propel ourselves. "When it comes to relationships, always set a standard for yourself. Stay true, stay honest and work on being the best version of yourself", he advised. Asked what he thought one quote his mother would come up with to summarize Steve's life journey, he responded "My past has not defined me,

destroyed me or deterred me, it has only strengthened me."

*Follow Steve Maraboli:*

Facebook: Steve Maraboli

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Website : SteveMaraboli.net,  
Stevemaraboli.com ■

# Kensington Palace

## Where “Bill of Rights” Was Born

By *Gilda Pineda Dionela*

Walt Disney Princesses like Cinderella, Snow White and Belle gives us the impression that Palaces are meant for beautiful Princess and handsome Prince. English Oxford Living Dictionaries defined Palace as “*A large and impressive building forming the official residence of a ruler, pope, archbishop, etc.*”. The world is overtaken by a surge of media development such as social media and film making. Whether we like it or not, the increasing popularity of these Disney Princess movies for young ones and people who still believe that the phrase “and they live happily ever after”, drawn our attention to Palaces as a venue where the love story begins and end, no matter how the dictionary defined it. “The World’s Most Photographed” and “The Most Famous Woman in the World”, Diana, Princess of Wales once lived in Kensington Palace.

There are many royals who lived and still live in Kensington



Palace not only Diana. It is a British Royal Family residence since the 17th Century. It is located on Kensington High Street, just next to the hotels and shopping centres. The first time I visited the place, social networking like Facebook, Instagram and Twitter are not yet on. People pose for a particular place for a keepsake of memories and places they have been. No more no less. The satisfaction and joy is purely personal. That was how I felt upon seeing the Palace when I stood next to the very gate I saw on television nearly 20 years ago, together with 2.5 billion other viewers who watched her funeral at the young age of 36. The older I get and the longer I stayed in London seeing those historical and magnificent Palaces widens my perspective in life and about Prince and Princess. When you come and visit the Palace you will find two statues; the large bronze statue of King William III located at the south

gate and the marble statue of Queen Victoria that overlooks the broad walk outside Kensington Palace Gardens. Let their contribution to the world explain why they were more than beautiful faces who lived in a Palace.

The very first residents of Kensington Palace were couple King William III and Queen Mary II for their London home in 1689. The location was chosen for the comfort of asthmatic William since the Whitehall Palace (the main residence of the English monarchs in London from 1530 until 1698) was too near at the River Thames. Queen Mary II was the descent of King James I of England, the first of Stuart Kings of the combined crowns of England and Scotland. King James I was the one who commissioned the King James Authorised version of the Bible in 1611 which we still read up to this day.

During the time of Queen Mary II, her Roman Catholic father, King James II was rejected by the Parliamentarians and nobles because he wanted his country to be absolute Roman Catholic. In 1688 the nobles invited Prince William of Orange from Netherlands to England to restore Protestantism and democracy. He married King James II's daughter, Mary a devoted Protestant. Their accession to joint monarchs of England, Scotland and Ireland in 1689, overthrowing King James II, was known as "Glorious Revolution" that marked a shift towards a parliamentary form of government as we know it today. They were the one responsible for "Toleration Act of 1689" which formalized recognition of religious pluralism. It was also called the Parliamentary Declaration of Rights later called "Bill of Rights". The Bill of Rights limits the powers of the monarch and recognised the rights of Parliament, including the requirement for regular parliaments, free elections, and freedom of speech. It unfolded certain rights of individuals, including the prohibition of severe and unusual punishment and re-established the rights of Protestants to have arms for their defense within the rule of law. King William III founded the Bank of England, which still exist at present time.

Queen Mary II, a religious queen, was only 15 years old when she got married to King William. Though it was so much against her will, she did her best to be a loving and responsible wife. In her ruling and reigning she put God, country and her husband first though it resulted estrangement with her father that troubled her.

Another inspiring monarch who lived in Kensington Palace was Queen

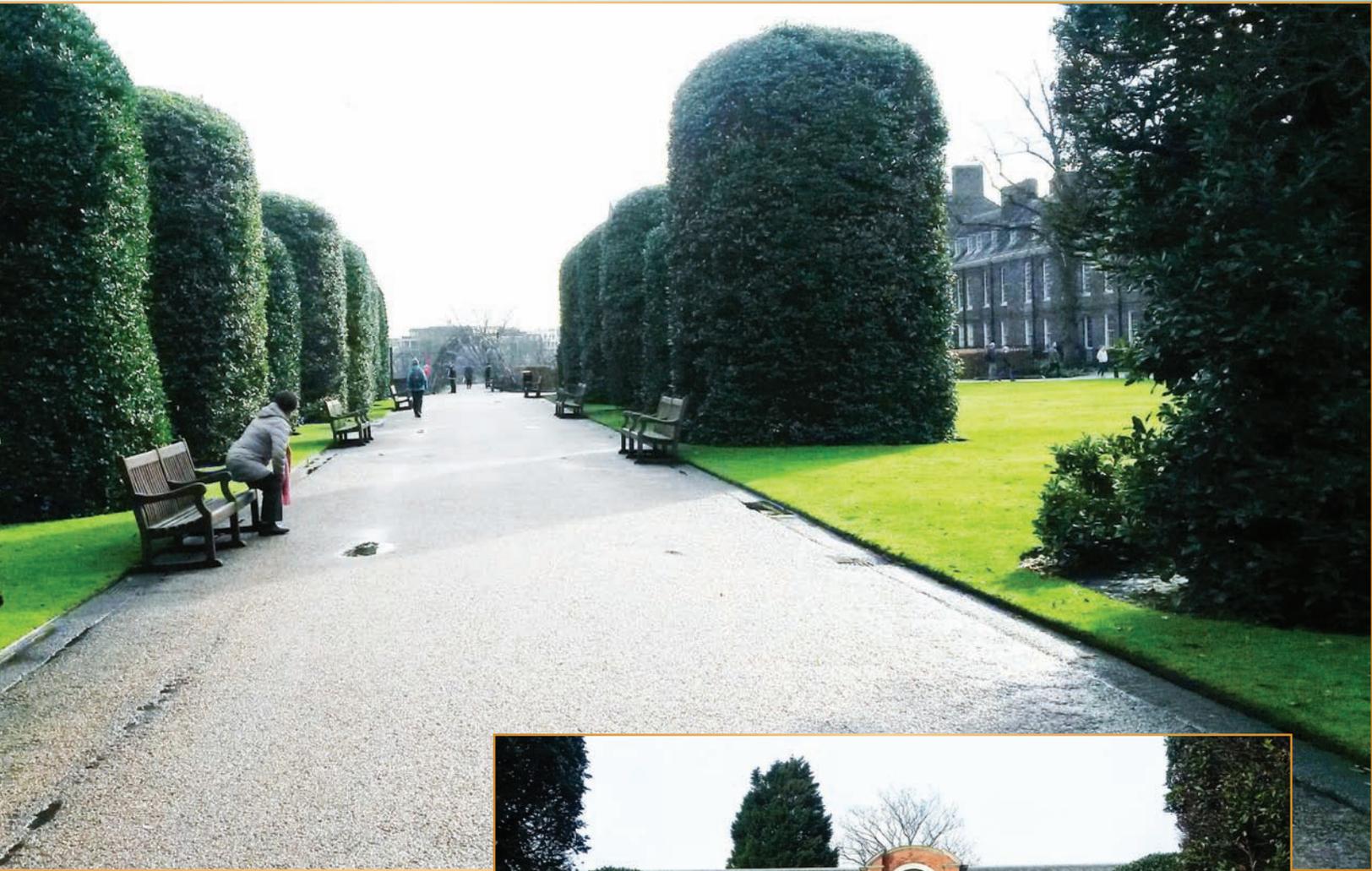
Victoria, the woman who reinvented the British Monarchy. She was born and brought up there. The reason that we still see the palace today was because of her. The building was dilapidated and by 1897 plans were made to demolish it. Queen Victoria did not want to have the building demolished while she was living, convinced the Parliament to restore it provided the State Apartments should be opened to the public.

Victoria, with the help of her husband Albert, created a newly visible constitutional monarchy to remove a growing republican movement in Britain. She was the second longest reigning Queen, next to Queen Elizabeth II, thus her reign was called the Victorian Era. She reigned from 20 June 1837 until her death on 22 January 1901. An important aspect of this period is the large-scale expansion of British imperial power. The British empire expanded its colonial presence in many parts of Africa, in India, in the middle-east and in other parts of Asia. The era has had many long-term effects, including the increased use of the English language outside of Europe. The Victorian Age was characterised by fast change and developments in nearly every aspect of the society; advances in medical, scientific and technological knowledge, such as the introduction of London Underground and the national railway networks that encourage travel, bridges, sewers, power distribution networks and the population grow drastically. The expeditious transformation deeply changed the country's perspective: an age that began with a confidence that resulted to economic boom and prosperity. Generally, the era was associated with the Protestant work ethic, family values, religious observation and institutional faith.



However, the Theory of Evolution crept in and was born in 1859 within the same period. The biblical creation was disdained as never before. The Darwinian Evolutionism movement which grew on both sides of the Atlantic from 1880s till after World War II. Hitler called himself the champion of Darwinism. World War II was the beginning of the downfall of the British Empire. In the span of 50 years after World War II the empire was gone. In 1997 Hong Kong was turned over to China. The history of God loving Britain changed so much from the times of first King Egbert (827 – 839) up to present.

After knowing the rich history of Kensington Palace and some of the residents whenever I visit, I sit and reminisce in its beautiful Sunken



Garden terraced with paving and ornamental flower beds, surrounding an ornamental pond with fountains formed from reused 18th century water cisterns, I told myself thank you for this Palaces that witnessed the triumphs and fall of great men and women. It only showed they were human like us the only difference is that they handled their responsibilities for the benefits of the next generations. The vibrant colours of flowers and exotic planting in the garden matched a life well lived by real Princess and Prince who live in this Palace. The official residence of present Duke and Duchess of Cambridge, William and Kate with Prince George and Princess Charlotte, the offspring and descendants of the late Diana, Princess of Wales and Prince Charles. ■





# ARE YOU NUTS?

## ALLERGY NO MORE



**ON CALL**

*By Romulo Aromin, Jr. MD, FAPA*

**W**e grew up being told that peanuts are to be avoided so as not develop allergies. Peanuts for children are taboo. This has been a long held notion that to be told otherwise now is met with disbelief. Rapid discoveries in science and in the field of medicine in particular, can challenge long standing health and feeding practices. And we know that it takes years to even apply what we know scientifically and change what we do. A significant barrier to this are our firmly held beliefs and attitudes.

### **WHAT IS ALLERGY?**

It is when our immune system overreacts to our environment that is usually harmless to most individuals. If a number of family members share this vulnerability, then it is called atopy. When one is exposed to an allergen, an allergic reaction ensues and an antibody response is triggered. These antibodies get attracted to special cells, mast cells, which then release certain substances, like histamine, that makes the blood vessels porous and unable to hold blood within. This causes swelling. What really matters is to know and avoid the severe allergic reaction called anaphylaxis as this can develop very rapidly may can cause death. More common sources that cause these include: Food- eggs, peanut, soy, wheat, fish and shellfish Insect bites: wasp, bee, fire ants, yellow

jackets Latex: gloves, balloons, rubber bands Medications: penicillin, sulfa, dyes (used in imaging like CT scans, MRIs)

## WHAT ARE THE SYMPTOMS OF ANAPHYLAXIS?

Symptoms involve the whole body and involve itching, skin rashes or even lesions covering large parts of the body (urticaria), teary and itchy eyes, nose drips, swelling of lips, tongue and throat (compromising breathing seen as wheezing — literally closing of the throat), vomiting, and diarrhea. And because the blood vessels are unable to retain fluid and the fluid gets out, there is swelling and low blood pressure is unable to support body organs. All these cause failure of multiple organs leading to death.

## HOW DO WE TREAT IT?

Epinephrine is the medication used to treat anaphylaxis. It helps the blood vessels to reverse being porous and lessen or avoid further swelling. It comes in auto injectors that can readily be administered. As a parent, and working with your school nurse, this can be made readily available. It is also available in adult form. It is highly unlikely that individuals with a history of anaphylaxis and have been prescribed epinephrine do not carry them in their person. Constant psychoeducation is key. It is important to emphasize that EpiPen is like having a wallet to be carried with them ALL the time. As there is a second phase of anaphylaxis (resurgence), even though epinephrine was given, EMS still need to be called so that the individual can be observed in the ER.

## WHAT OTHER THINGS CAN BE DONE?

KEY is always prevention and in the avoidance of exposure to known agents!



1. ALWAYS bring your EpiPen with you!
2. Read food labels and avoid exposure
3. When outdoors, wear pants and long sleeves to cover yourself and consider use of insect repellents; avoid colognes that can attract insects
4. Always discuss with your physician about any allergies.

## THEN WHAT ABOUT PEANUTS NOW?

This pendulum of belief to give or not give any allergenic foods in infants, which include peanuts to overcome an increase in food allergies, have swayed back and forth. Results of recent studies providing the most evidence (randomized controlled trials) published only in December 2016 as endorsed by a consensus panel in the field have provided doctors, allergists and immunologists the confidence to make recommendations for allergenic foods to include eggs and peanuts, to be introduced in a small and graduated manner to infants, when developmentally ready, to stave off growing food allergies later on in life. This seems counterintuitive but the underlying thinking is that with exposure to small amounts of these allergens, that the body can

mount a response but too little to cause a full picture of allergic response and that over time, the body instead gets desensitized to the allergen. I remember that my nephew has started feeding his now 12 month old daughter with small amounts of vegetables interspersed with small feedings flavored with eggs and peanuts! It also helps that his wife is a nutritionist. The report provides recommendations as to when and how to introduce peanut containing foods in the office and at home with various risks of peanut allergy.

*(Note: The above is informational only. What is medically appropriate for you and your child is best discussed with your physician.)*

*Romulo Aromin Jr., MD, FAPA, is a physician practicing in Manhattan.*

*Photo Sources:*  
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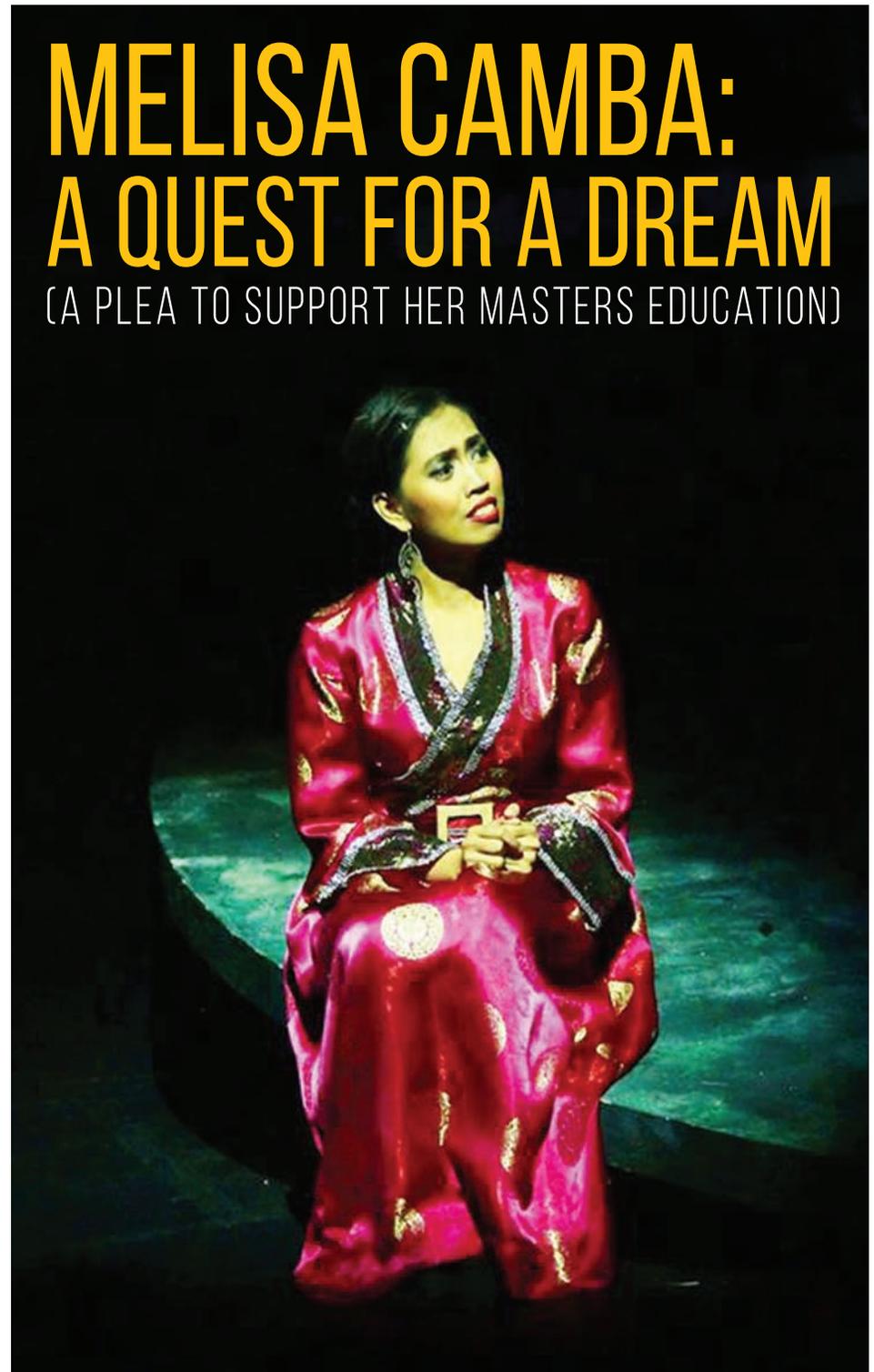
UK NA UK

By Ela Hidalgo

She played the role of Princess Toragana, one of the daughters of the great Kublai Khan, in the musical play, “Marco Polo, The Untold Love Story,” which was held in Shaw Theatre in London in the summer of 2016.

Melisa Camba studied Music Voice Performance under Maestra Irma P.E. Potenciano at the University of Santo Tomas Conservatory of Music. She was a recipient of the Santo Domingo Scholarship (granted to university students with most potential in the field of the arts) and the KALFI (Kalinangan Youth Foundation) LEAD Scholarship. She is an alumna of the Philippine High School for the Arts at the National Arts Center of the Philippines. She was a consistent academic awardee and has graduated with Outstanding Student Artist for Music award.

Melissa credits the following opera, theater and music production staff for their contributions to her theater experience: Short and Sweet Manila’s *How Violet Met Watson* (Violet); Vingtieme Theatre in Paris and CCP Main Theater (Countess Wei Lin); Philippine Opera Company’s *Ang Bagong Harana*, a production directed by Floy Quintos at the Carlos P. Romulo Auditorium; Philippine Opera Company and RankOne Production’s *Ole: A Night of Zarzuela and Flamenco* and *Mad About Mozart*



at the Opera Haus; University of Santo Tomas Conservatory of Music’s production of *Humperdinck’s Hansel and Gretel* (*Sandman*) at the Albertus Magnus Auditorium; Lyric Opera of the Philippines’ *EMMANUEL! A Christmas Celebration*; Kids Act’s Philippines’ adaptation of *Shakespeare’s Romeo and Juliet* (*Lady Capulet*); LyrOpera’s staging of *Bizet’s Carmen*;

KAMI Arts Center Inc’s *Florante at Laura* (*Batang Minandro/Koro*) and Center for Arts Foundation’s *Ang Damit ng Emperador* (*Yenka*).

Melisa performed as a soloist and ensemble member, at the NAC Theatre, Casa San Miguel, CCP Main and Little Theatre, Ayala Museum, Philam Life Auditorium and

Esplanade Concourse in Singapore among others. She also participated in music festivals and platforms such as the annual CCP PASINAYA Arts Festival, Paco Park Presents, and Concert at the Park.

She also participated in “masterclasses” with London-based actors Michael Xavier (Sunset Boulevard, Show Boat), Natalie Andreou (WICKED) and Marc Antolen (Matilda); New York based music director and composer Carmela Sinco; Broadway vocal coach Michael Lavine; and internationally acclaimed Filipino Tenors Noel Espiritu Velasco and Abdul Candao.

Melisa recently won Best Actress in the *Short and Sweet Manila 2016 Theatre Festival* for her role as Violet in ‘How Violet Met Watson,’ as well as in this year’s *Your Voice Competition in London*, an annual singing competition launched by composers Dan and Laura Curtis.

In September of 2016, Melissa started auditioning for schools in the UK (London, Wales, Scotland) and in New York for her post-graduate studies in Musical Theatre. She got accepted in all three schools as part of their program for the fall semester of 2017. Two of these schools are in United Kingdom, the Royal Academy of Music (London) - MA Musical Theatre and Royal Welsh College of Music and Drama (Cardiff, Wales) - MA Musical Theatre. The other one is in the Institute of American Musical Theatre in New York (a two-year certificate program).

When asked about her motivation to pursue her dream, she says:

*“More than helping me reach my dream and making my fellow Filipinos proud, your investment in my education is an investment to strengthen my*



*country’s belief in the power of the arts. It is an unfortunate reality in the Philippines to have insufficient government support on culture and arts, hence artists are often left to their own devices. Should this continue, I fear our country will soon lose its identity—the soul of our nation.*

*I want to be an instrument to make people see how much arts—music and theatre in my case—has the power to change people. It’s just the basic ‘butterfly effect’ concept. Art changes people, people change the world.*

*It seems like a big idea right? But that’s what artists do. We hold on to what’s impossible and make it happen... through our craft.* “

Melissa is asking for our support and would be ever grateful for whatever amount we can share

to help her in her ‘quest to a dream.’

*“With all these said, I am asking for your help. Any amount will be greatly appreciated and it’ll really mean a lot if you share my story. I have been a scholar since high school and I know the value of determination and hard-work. I assure you that I will be a good investment,”* Melissa continues.

If you wish to contribute and support Melissa Camba in her quest to her MA Education, Please donate via the GoFundMe: <https://www.generosity.com/education-fundraising/go-fund-melisa-s-ma-education--2/x/6685278> or through the following:

Andrea Melisa R. Camba  
BPI Express Teller

Peso Account: 1999 0875 89

Dollar Account: 1994 0712 93

PayPal: [melisacamba@yahoo.com](mailto:melisacamba@yahoo.com) ■

# A love Story from A to Z



## WALK MY WAY

By *Mayenne Carmona*

**D**o you believe in love at first sight? It happened to me once before, but after a few months, I regained my vision and started to notice all of his imperfections-

imagined and real. When one loses interest, one can notice the existence of warts, even the non-existent ones.

But this didn't happen to Dr. Aivee and Dr. Z Teo. When they met in 2002 at National Skin Center in Singapore, it was love at first sight for Dr. Z; he followed Dr. Aivee around and courted her until she agreed to go out with him. Aivee Aguilar was training at the National Skin Center in Singapore and Dr. Z was doing his internship at the same center. After 3 years of dating, they got married on October 8, 2005 at Methodist Church, Barker Road, Singapore.

Before their marriage, Dr. Z had to go back to Glasgow, UK to complete his training. That was a big challenge in their relationship, but they persevered through the years of their separation. Dr. Aivee started her practice in Las Piñas Doctors Hospital before she married Dr. Z, who also had a thriving practice in Singapore. They were both succeeding in their respective practices, so they decided to join forces and divide the month between Manila/Singapore every fortnight. With meticulous time management, they are running 6 clinics in both countries as of this writing.

Dr. Z states "we had to think of a win-win situation. We both have different expertise so we decided to work together in an aesthetic place of our own". Dr. Z is all about aesthetic anti-aging medicine and surgery, emphasizing on non-invasive or minimally invasive facial contouring and rejuvenation. Dr. Aivee's expertise are in the use of lasers for skin tightening and rejuvenation as well as the use of fillers and botox.

Dr. Aivee says "the ladies come for botox and fillers for their lines and peeling for pigmentation. An increasing number also come for liquid nose lifts, lip and cheek fillers. I also deal with weight loss and body contouring".

Dr. Aivee and Dr. Z are both so svelte and fashion forward, it is difficult to reconcile the fact that they are doctors. They are the perfect role models of their anti-aging wellness and beauty business. The couple has two sons, Kenz age nine and Kenzo age five, and a four year old daughter Keli. The Teos have expanded their practice and put up four clinics around Metro Manila. There is one at Alabang, one at MegaMall and two at Burgos Circle, BGC. The A Institute, which they launched in August of 2016 is their flagship. ■



The A-Institute believes that a specialist's dedication to perfection is what will set the centre apart from the rest. That's why The A-Institute features a team of specialized surgeons and doctors for each beauty concern.

#### The A-Institute Services:

**The Snoring Lab** - Sleep medicine has long been integral part of the traditional hospital & ambulatory care field that is always coupled with severe health implications like Cardiovascular Disease, Diabetes, High-blood Pressure and etc. We believe that the Snoring Lab should feature imagery and messaging of relating sleep and snoring problems with lifestyle oriented benefits- looking into a more positive outlook with a subliminal touch of highlighting long-term prevention of such chronic diseases.

**The Aesthetic Surgery** - the Aesthetic Surgery clinic of The A-Institute is a globally competent centre of excellence featuring exclusively top-tier medical technologies and surgical techniques that yield the most natural and beautiful results with markedly improved patient comfort and satisfaction. We offer the best medical systems in the Philippines strengthened by our extensive team of internationally trained board certified Surgeons and Doctors.

**The Hair Lab** - the Hair Lab by The A-Institute is a culmination of the world's top and medical technologies and internationally trained board certified doctors working in conjunction to aid in restoring healthy hair growth. The Hair Lab also features the Artas Robotic Hair Transplantation System, the first in the country that combines Follicular Unit Extraction (FUE) with the precision of a controlled robot to deliver maximum results in Surgical Hair Transplantation.

**Orthosports Lab** - Discipline, practice and perseverance are the key components to mastering any sport, but with any sport comes the inevitable bodily risks that may persist throughout one's career. Orthosports Lab is a multi-specialty clinic designed to house a multitude of technologies geared toward the prevention, treatment, and rehabilitation of sports related injuries. Here at the Orthosports, we make sure that patients who step into our centre are provided with the latest technology in continuing care services and subjected to a variety of modalities for alleviating chronic pain conditions.

**The Slimming Lab** - the A-Institute's Slimming Lab offers a wide armamentarium of the latest weight-loss and body contouring technologies from around the world. It combines lifestyle therapies along with machine treatments that yield synergistic results.

#### The A-Institute:

3F Burgos Park Building, Forbestown Road, The Fort BGC Taguig  
M: 942-9574/ 942-9617 | 0920-9665613

#### The Aivee Group

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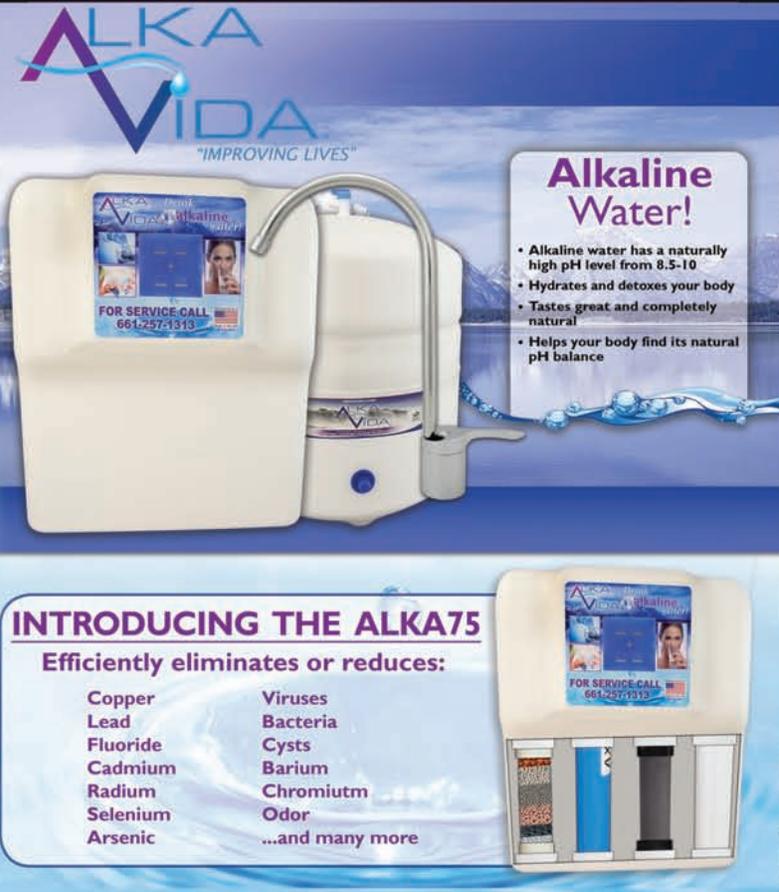
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Alkaline water from the all new Alka Platinum series can help your body maintain optimum health by helping to regulate your body's pH level. Besides that it tastes great, is completely natural, aids in hydration & detoxes your body.

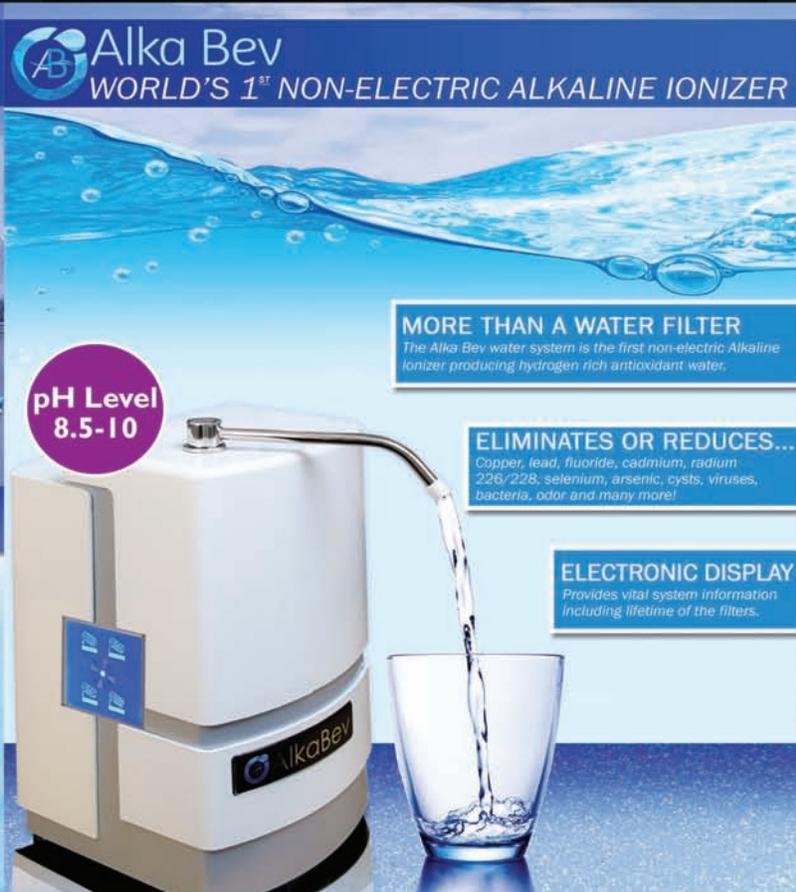


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# Thea's Surprise Birthday Celebration



By *Gianina de Leon*

**B**eautiful and young, Thea Cordero was surprised when she entered the “Strumms”, in Makati City and the band “Spellbound” just about to start their set, started singing the birthday song. What a perfect surprise indeed! Sister Evangeline del Rosario masterminded the plan with her accomplices Ronald, Thea’s husband and her daughters, Gianina and Ana.

The birthday celebrant was greeted with what she truly deserved; stems of roses, hugs and kisses from her dearest family, relatives, and closest friends. There were tears of joy. The celebration couldn’t have been more intimate.

What else could make someone as happy as seeing your loved ones at your birthday party? The guests alone were enough to bring tears to Thea’s eyes. They were there for one reason; to celebrate her. The joy in her eyes was indescribable. I am confident that her heart was filled with so much love and joy that night. It was a night she will never forget. A night so special, so intimate, and so lively. ■



L-R: Edwin del Rosario, Doris Ortiz, Gero Siquian, Evangeline del Rosario, Thea Cordero, Cory Quirino, Sonia Bermejo, Elizabeth del Rosario, Jinnie Uy and Christi Rice



Nina de Leon, Thea Cordero and Ana Ryon



Edwin del Rosario, Evelyn Iremedio, Thea Cordero and Nancy Lopez



Top L-R: Reynaldo Dionisio, Ronald Cordero and Boyet Santillan  
Bottom L-R: Mark Trias, Thea Cordero and Jenny Santillan



L-R: Alrin Ray Porcalla, Jenny Santillan, Meng Trias, Boyet Santillan, Thea Cordero, Ronald Cordero, Reynaldo Dionisio and Mark Trias



Top L-R: Ronald Cordero, Esmie Ignacio and Thea Cordero  
Bottom L-R: Paolo Castaño, Ricky Regner and Mike Medina



Top L-R: Doris Ortiz, Maritess Castillo, Ronald Cordero, Evangeline del Rosario, Thea Cordero, Elizabeth del Rosario, Christi Rice, Gero Siquian and Jean Saburit

By *Esmeralda Padilla-Gould*

**L**as Vegas has always been an attractive residential solution for those seeking to relocate in search of a finer lifestyle, hence, local vocal talents abound.

Gloria Papin, international recording artist with three gold records. Her career vocal engagements have included countless shows throughout the United States, Philippines, Australia, and Japan. She performed at the Five Star Champagne Bar and Restaurant in Manhattan, New York City, among the superstars and where Frank Sinatra used to own and dine. The oldest sister in the Papin clan in the Philippines. She is known to have a sultry and jazzy vibe to her voice. The original singer of *Isang Linggong Pag-ibig* that was later interpreted and became a platinum record by her younger sister Imelda Papin, the sentimental songstress and one of the more influential names in the Philippine music industry.

Ms. Papin has recently performed a puissant concert at the Celebrity Center in Las Vegas, Nevada. Her resume includes a tribute to Mohammad Ali in New York, duets with Billy Ray Cyrus and the folk rock band, America. After finishing 5 albums, her sixth effort embraced a different genre with an inspirational Christian album, highlighting her versatility. Papin and Nicholas Novi,

# *Gloria Papin Charity Concert* to benefit underprivileged children in the Philippines



a New York Broadway singer, headlined The Global Christmas Show this past December 4th. Special guests, sister Aileen Grace Papin and niece Maffi Papin (daughter of Imelda Papin.) Opening acts included Wes Dobrow, Yannis, Michael Perez, Jessica Arcilla, and yours truly. Dr. Michael Sta. Juana as the emcee. The show was a resounding success, benefitting the Miracle Ministry for children's care in the Philippines.

Papin, an industrial engineer by trade, came from a musical family background. Her mother's vocal prowess had profoundly influenced the three year old Papin as she began singing at this very young age.

What a pleasure it has been meeting Gloria Papin... she inspires me with her confidence, stage presence, and sheer professionalism.

Watch for her upcoming concert dates in the U.S. to be announced soon.

Special thanks to:  
 Ben Sahagun Photography  
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Gov. Chavit Singson and Joel Cruz



Joel & Princess Synne Cruz



M/Y Happy Life



Princess Synne, Prince Harry & Prince Harvey with Joel Cruz



IN OTHER WORLD

By Becky Garcia

**J**oel Cruz, the “Lord of Scents”, president & CEO of Aficionado Perfumes, made a splash celebrating his birthday on board the “Happy Life” yacht of former Congressman Chavit Singson, currently docked at the Manila Yacht Club, which was also used in time for the 65th Miss Universe Pageant. Joel, an Aquarian, naturally loved being close to the waters of Manila Bay that spun off the nautical themed party.

The festivities started with the arrival of a short list of family and

friends. With Buganda drumbeaters creating an island feel, guests ushered to the yacht and were capped with sailor hats for men and mini blue fedoras for the ladies, adding accessory to their chic blue and white outfits.

Passing around hors d’oeuvre with chorizo paella croquettes, melon wrapped in jamón serrano, manchego cheese, and gambas, all served in a fabulous buffet setting with carvings of roast pork and beef were courtesy of M Catering by Julie Evangelista



*Reyman Taguian, Jiro Shikarawa, Joel Cruz, Reyman de Leon and Lambert Lopez*



*Jinky Rabano, Arthur Manuntag, Eileen Gonzales, Kathlyn Manuntag and Kris John Paul Gonzales*



*Joy Fong, Glenn Gale and John Gaddi*



*Angelina & Jenny Nardone, Becky Garcia and Denise Carreon*

and her crew. Fitting with the theme of the party, Evangelista and her crew matched with pairings in red, white, and rose sparkling wines. Homemade “sotanghon”, or glass noodles that symbolize long life, and “buco salad” prepared by Joel’s mother Milagros Cruz were served as well.

Music of the night was brought by Dubai-based sultry singer Lilybeth Garcia and pianist Jun Abellana with renditions of jazz and classic songs. The Guests were dazzled by an impromptu

jam session and performances from father and son Noel and Kris Gonzales. Balladeer Arthur Manuntag shared his singing prowess as the yacht cruised Manila Bay onwards singing “The Love Boat” from the famous TV series. The birthday cake was presented to the celebrator with the traditional birthday singing and a wine toast by Hi Society to wish Joel well in 2017. With the Navigation of Captains Roland Lehman and Mom Nardone, the yacht anchored briefly and guests enjoyed the magnificent

fireworks displayed by the Mall of Asia.

After dancing to retro eighties and nineties music that still sounded fresh by Hotel Rembrant resident DJ Jorge Balfin, the guests were given swags of Aficionado products, upon the arrival on terra firma. The event coincided with the Chinese New Year, which ushers a happy life in 2017.

Joel, may the year of the fire rooster bring you plentiful good fortune and abundance!!! ■



■ Eric Zuley, Forbes Riley and Paul Pratt

## “Icon JV Mastermind, A Summit Of Influencers”

By Dante Obligacion

**T**he Irvine Hilton was the site of one of the most anticipated speaking events in recent memory. Dubbed: “**The ultimate affiliate referral partner event**” this exclusive Icon JV Mastermind affair was particularly unique for the quality of speakers gathered to inspire like-minded individuals towards shared success.

It was three days of learning and networking with top quality speakers, CEO’s, corporate

tycoons and charismatic geniuses. No matter what your goals are in life, business, health and relationships, there was a guru on hand to lead you towards fame and optimum acuity.

eZWay Broadcasting’s “Influencer of the influencers” Eric EZ Zuley was one of the keynote speakers, and he interviewed the best of the best throughout this three day extravaganza. Go to eZWay TV on Facebook and view some of the startling footage.

Understanding that the icons in the field of what you are pursuing

should be the very people you need to learn from, the experience rendered that and much more. “**Energy**” and positive direction is what I attained from this prestigious event, gathering speakers from different fields, countries and paths of life.

When you are surrounded by the ultimates in motivational speakers and successful people willing to share their tips for reaching your goals, it is an absolute smorgasbord of knowledge, spontaneity, and overt genius.

“**Surround yourself with people smarter than you**” said Forbes Riley, keynote speaker, TV Host and Health

& Fitness expert. A little went a long way there.

“Unlock your emotional barriers, so that you can have success in the next level of your business, health and relationships” was shared by Chris Salem, change strategist. These are the types of quotes that resonated with the future business moguls who attended.

Icon Masterminds three-day phenomenon was elevated by members of **Forbes**, imparting vital

wisdom and direction to an already successful niche of our society. Experts learning from experts created a feeling of equanimity, self worth and desired accomplishment.

There was even an appearance by Rachele Caco, a Filipino, whom through attending “The Queen’s Code Workshop” and has become a vital PAX member with dreams of bringing “PAX” Programs to the **Philippines**. She is a relationship expert to the Stars in Hollywood.

“Your ideas aligned properly, will transcend into the indubitable direction of you future” said Dante Reporter. But one should never forget that what leads to a successful business is not only one’s vision or ambition, it’s also the “faith, morals and ethics to sustain”, as offered by Jim Zuley. For more information and details, be sure to checkout Icon Masterminds and eZWay on social media. ■



■ Eric Zuley, Mark Geroux, Manny Lopez and Eliza Steeple



■ Ryan Treasure, VP Voice America, Tonarye eZWay Host and Jeff Spenard CEO Voice America



■ David T. Fagan Coaching

# BALUARTE FORTRESS OF VIGAN

Article from: <http://www.vigan.ph/attractions/baluarte-vigan-fortress-of-vigan.html>



**T**he Baluarte or fortress is a must-see attraction for first time visitors, and even for those who have visited Vigan before. The reasons for its being on the list of places to visit are two. First is that it has a mini zoo with animals from other countries and others endemic to the Philippines. It is a private collection and is therefore continuously being improved. The second reason is that it is owned by Mr. Chavit Singson, a well-loved son of Vigan and well-known to most Filipinos and foreigners who follow the Philippine political scene. The resort complex lies in hectares of land that stretches from the rolling

plain towards the hills, where the former governor's multi-storey house sits with a grand view of Vigan and the South China Sea.

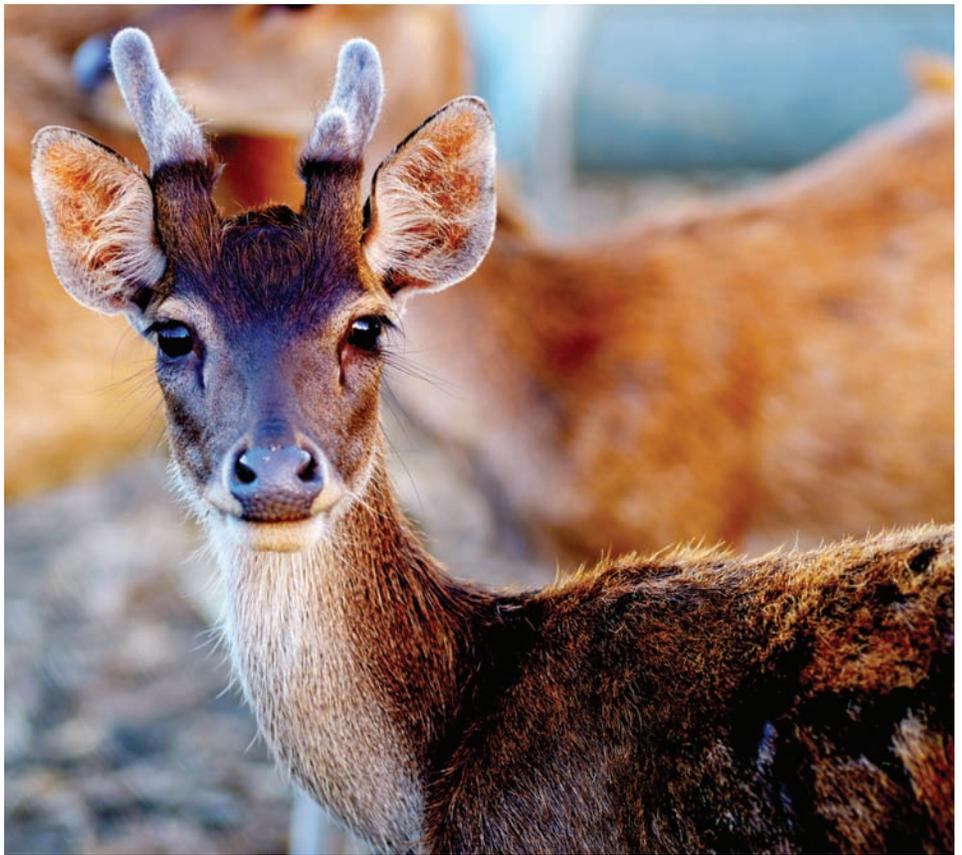
Within its private area is a landscaped garden complete with its own nature pools. However, the area open to the public has plenty more engaging attractions that visitors can busy themselves with aside from the mini zoo. There is a butterfly farm, a track for horse riding and a skeet shooting range. Visitors can start with visiting the rows of cages where they can see lions, Bengal tigers, peacocks, civet cats, iguanas, pythons and other reptiles and birds. In this part of the

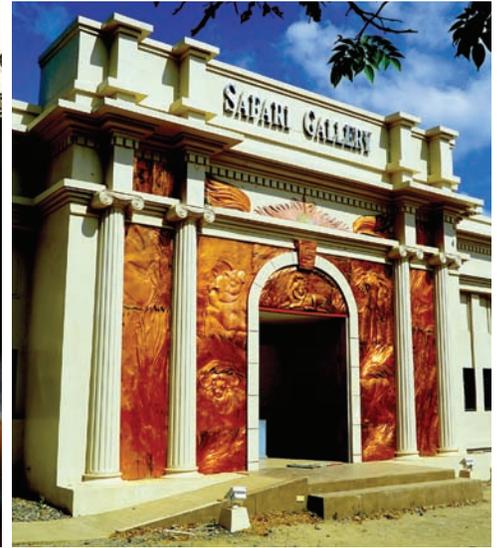
Baluarte, people will also be able to see the Philippine cloud rat, a nocturnal animal endemic to the Philippine Cordillera region. This very large rodent is an herbivore and hunted by large birds and local people.

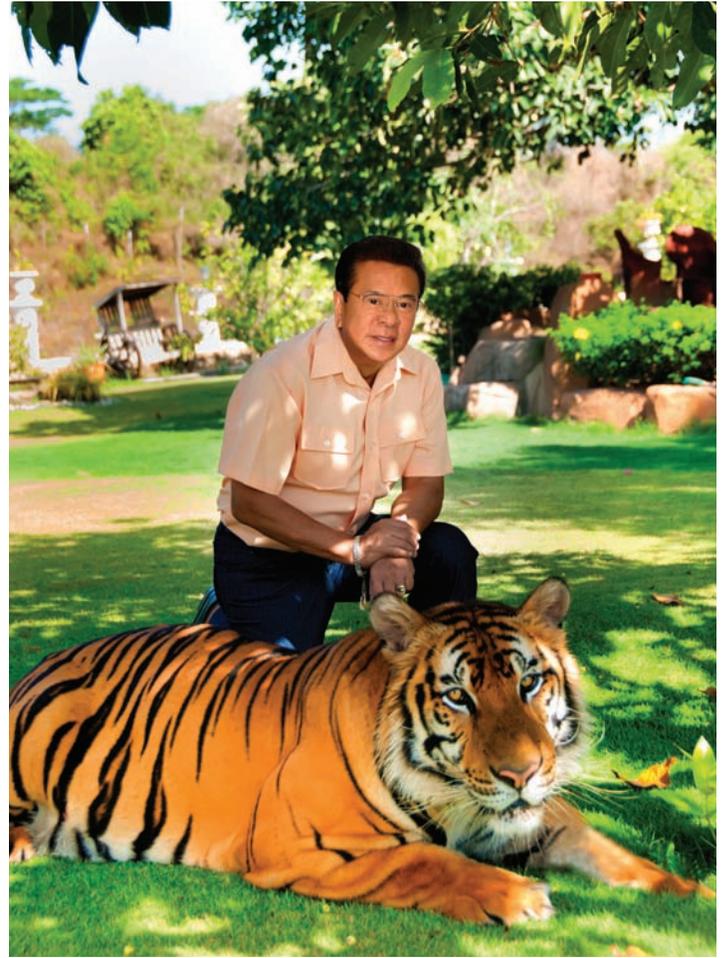
From the caged animals, visitors can move on to the fenced areas where they can visit and feed the monkeys, swans, flamingos, ostriches, albino and spotted deer and the one-hump camel. Children are allowed to sit on top of the bigger animals, but if they really want to ride, they can go to the tracks where they can ride the miniature horses.

For a closer encounter with the animals, visitors may choose to visit and feed the parrots and hornbills that are placed in a more open area where visitors can openly approach them with bananas and seeds. There are also scheduled show and tell times when audiences are introduced to the animals.

An added attraction is the butterfly garden where one can observe thousands of butterflies, some endemic to the Philippines, or have a more serene interaction with an animal species. Visitors from all parts of the Philippines and other countries flock to Baluarte everyday, for these well-cared for animal attractions, and for a chance to meet with the owner of this magnificent property. Governor Singson does not only generously share his private collection of animals with everyone; he also gives in to requests of tourists for pictures to be taken with him. ■







■ Luis "Chavit" Singson with the animals (Photo credit: Noel San Andres photography)

# Sharing the Love



■ During a pictorial for Lifestyle Asia's philanthropy issue, some of us posed. Rachel de Guzman, Nikki Tang, Bob Miller, Emma Pante, Suzette Lopez, Ito Curata, Mayenne C., Linda Ley, Chef Jessie Sincioco, Francis de Leon, Ruby Tiong Tan, Hera Geriene, seated: Len Olbes, Taj Curata

By **Mayenne Carmona**

**W**e are the Angels to Street Kids. We have an ongoing love story with marginalized street children who we feed as often as we can.

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We are now 25. We like keeping our number small, like a close knit kind of family. We feed everywhere we are needed- usually in very poor barangays all around Metro Manila and nearby cities like Cavite, Antipolo and Bulacan.

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■ The Founding Members: Mayenne Carmona, Len Olbes, Emma Pante, Rachel de Guzman, Suzette Lopez, Ruby Tiong Tan and Linda Ley

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