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Laguna's Sharp-shooter Cops, Sportsmen Awarded

The winners in the **Laguna Pulis Pistolero Cup** and "**Pulis Basketball League**" Challenge were given recognition during the awarding ceremonies at the provincial capitol grounds in Sta. Cruz, Laguna on July 8, Monday.

Senior Supt. Kirby John B. Kraft, acting provincial director who spearheaded the basketball league challenge, and **Governor Ramil L. Hernandez**, who staged the "Pistolero Cup", enthusiastically participated in the competition and were also on hand to present the awards.

Kraft said the activity is purposed to enhance the marksmanship skills of the Laguna PNP personnel and strengthen the partnership between the police and the community. The event was held as part of the **23rd Police Community Relations Month** celebration this July.

Hernandez supported the event in support of the police, and graced the ceremony to boost the morale and esprit d' corps of the police force and augment marksmanship skills as well as shooting proficiency in the police corps.

The shooting competition "Laguna Pulis Pistolero Cup" is a **Philippine Practical Shooting Association (PPSA)** Level 2-Sanctioned Match with seven stages

of pistol shooting. It was held at the Laguna Gunner's firing range in Cabuyao City for three consecutive days from June 29 to July 1.

Around 328 participants from the police ranks and civilian gun enthusiasts participated in the three-day matches hosted by **Laguna Gunners Gun Club** and the **Laguna Federation of Gun Clubs**.

For the police participants, **Laguna's City Police Station (CPS)** and **Mobile Force Company** fielded two teams each while the **Municipal Police Station (MPS)** has a team, composed of five PNP personnel with a Police Commissioned Officer (PCO) and even a lady shooter.

The winners under the PNP category were: **Supt. Mark Andrade**, champion; **Senior Supt. Kirby John B. Kraft**, and **Supt. Dennis L. Macalintal**, 1st runner-up; and **Supt. Gauvin Unos**, 2nd runner-up - in the standard division.

PO2 Salvador B. Ansay of Luisiana MPS clinched the championship in the production division while **SPO4 Gene Eugenio** of Sta Rosa CPS and **PO1 Eclavea Alberto**, got 1st runner-up, 2nd runner-up, respectively.

Chief Supt. Gilbert Cruz bagged the championship in the star rank while **PCI Clemente Garcia III** of Sta Rosa CPS was the



champion in the PCO category; **PO1 Mary Grace Aloat** of 1st LPMFC as champion in the police non-commissioned officer (PNCO) category; **Senior Supt. Kirby John B Kraft** as champion in the Provincial Directory Category; and **Gov. Ramil L. Hernandez** as champion in the Governor's category.

In the team category, **Team 2 of Sta. Rosa CPS**, led by **PCI Clemente Gracia III**, was champion; 1st LPMFC **Team 2**, led by **PSI Mark Phillip Almedilla**, 1st runner-up; 2nd LPMFC **Team 1** led by **Senior Supt. Kraft**, 3rd runner-up; **Liliw MPS** team led by **PSI Raymund Alfred Osea**, 4th runner-up; and **Cabuyao CPS** **Team 1** led by **PCI Henry Villagonzalo**, 5th runner-up.

Meanwhile, the **Laguna Pulis Basketball League** winners were **Calauan-Bay-Victoria-Los Baños** team as champion; **LPPO** **Team**

A, 1st runner-up; **LPPO** **Team B**, 2nd runner-up; **Sta Cruz- Pagsanjan - Pila** team, 3rd runner-up.

Also, **PCI Jojo Sabeniano** was awarded the **Best Coach** while **SPO1 Bayani Lames**, **SPO1 Margarito L. Malayo**, **PO2 Blasfil M. Margate**, **PO3 Joesph O. Casano**, and **SPO1 Jim Paul Barroga** were awarded as the "**Mythical Five.**"

5 drug suspects killed in Back-to-Back "Buy-Bust" Operations in Laguna

Five drug suspects were killed in police shootouts in the adjacent cities of Biñan and Sta. Rosa in Laguna.

In Sta. Rosa City, a suspected drug dealer identified only as alias "Darwin" and a still unidentified cohort were killed in a buy-bust operation around 4 a.m. , July 21, Saturday in Barangay (village) Macabaling.

According to an initial report, police claimed that the suspects suddenly began to open fire during the "buy-bust" transaction, prompting authorities to return fire. This happened just a few hours after another police operation resulted in a shootout in Biñan City.

A report from the regional police headquarters said a combined team from Biñan and the police here cracked down on suspect **Isagani Timoco** in Barangay Canlalay around 11 p.m., July 20, Friday.

Timoco, however, tried to escape arrest by firing at the police. His two other cohorts identified only as an alias "Pepong" and alias "Bote" also fired their guns, the report said. The police returned fire which resulted in the deaths of the three suspects.

Three .38 caliber guns were recovered in the scene along with a still undetermined amount of suspected "shabu" (crystal meth).

Timoco was allegedly a member of the **Rojo** drug group based in this area. In June, the group's leader **Gaudencio Rojo III** was also slain in a similar operation.

Free selected medical services rendered by The Medical City South Luzon during National Disability Prevention and Rehabilitation Week



The Medical City South Luzon takes corporate social responsibility seriously. This 2018, TMCSL celebrated the 40th National Disability Prevention and Rehabilitation Week (July 17-23) together with the City Government of Sta. Rosa by giving free general health assessment and blood glucose monitoring.

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"The greatest wealth is health." - Virgil

TastiHealth
 1st Vegetarian Buffet

Good health is both attainable and affordable. It's actually a matter of lifestyle choice. And it starts with the food you eat. Think of it...just by choosing to eat healthy foods, you could lower your blood cholesterol, triglycerides, and blood sugar levels, and blood pressure, along with excess body weight. This would then translate immediately to a significant reduction in the risk of a plethora of diseases.

You actually lower your chances of succumbing to hypertension, diabetes, arthritis, gout, impotence, gall bladder disease, heart disease, stroke and even cancer—by simply making the smart dietary choice. Yes, **FOOD IS MEDICINE**, provided, of course, that it is the right kind. At TastiHealth, you can be sure you'll get the right sort of food. And with its continuing endeavor to host the most elaborate and most complete vegetarian buffet in town, you'll probably find in all this: that going healthy can really be such a daily delight.

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Outlook

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Think Success

by Grace Tolentino



Change Your Mindset to Achieve Success. Guard your heart, have the right intentions to do things you desire.

Don't let discouragement stop you from pressing on. Guard your heart, have the right intentions to do things you desire.

Success is not a simple matter; it cannot be determined merely by the amount of money and material possessions you have. The meaning of success goes far deeper. It can only be measured by the extent to which your inner peace and mental control enable you to be happy under all circumstances. That is real success. The secret of success and happiness is inside you. If you have found success and prosperity outside, but not inside, you are not truly successful.

Having a Right Thinking leads to Right and Effective Results

When you make up your mind to do good things, you will accomplish them if you use dynamic will power to follow through.

Choose some objective that you think you cannot accomplish, and then try with all your might to do that one thing. When you have achieved success, go on to something bigger and keep on exercising your will power in this way.

Don't waste your new tears from the pains and failures of the past. Let go and move on to your greater purpose in life.

Everything begins in the heart and mind. Every great achievement began in the mind of one person. They dared to dream, to believe that it was possible. Take some time to allow yourself to ask "What if?" Think big. Don't let negative thinking discourage you. You want to be a "dreamer." Dream of the possibilities for yourself, your family and for others. If you had a dream that you let grow cold, re-ignite the dream! Fan the flames. Life is too short to let it go.

Think Big. It needs to be something that is seemingly beyond your capabilities. But it also must be believable. You must be able to say that if certain things take place, if others help, if you work hard enough, though it is a big dream, it can still be done.

When you have reached your goal and you are living your dream, be sure to enjoy and share it to others. Real success is from within; it is a power to influence and inspire others to become better persons, to have a life well lived, a life with a purpose.

EDITOR THINKS



BUDOL-BUDOL GOVERNANCE

Part 1: Hocus Pocus Politics

- by Jo Chanco

Rodrigo Duterte is probably the most misconstrued president in the history of this country. Besides the unnecessary vulgarity, overly dramatic gestures and unfair slurs that usually come as part of his speeches and public addresses, there is, almost always, an excruciating ambiguity in whatever it is he is trying to convey. And in many cases, what he says and what his office does turn out to be different, even opposite, things.

Tricky Words

Controversy, of course, will be the inevitable result of such a manner of communication by the president, as we have seen quite repeatedly in the past two years under the Duterte administration. Yet, a seemingly overzealous wall of Duterte defenders, comprised by his official spokespersons, political allies, and his army of online trolls, are quick to fault a confused public forced to admit that the inadequacy is on their part. We didn't hear it right or see it right. We misinterpreted or didn't take it in the right context. We are too sensitive or too unforgiving. We didn't see the speech in its entirety, or what we read was fake news. We got it all wrong.

It's almost poetic how spokespersons for the president are themselves seen fumbling in their interpretations of what the president says, and often end up in a foot-in-mouth situation on national TV. Or when Duterte's online army blasts out a chorus of denials, in defense of some scandalous remark by the president, only to be proven wrong the very next day, upon the issuance of an official statement by Malacanang admitting to the very thing the online trolls were denying. Such karmic occurrences not only disprove the Duterte government's claim that the confusion is maliciously caused by members of the opposition in their hope to bring anarchy. They also show that the root of the miscommunication between the president and the public is actually from the conveyor of the message, rather than the receiver.

Why Duterte's supporters couldn't see the gaping flaws in the president's communication, even when they themselves are lost in translation--caught between the ambiguity, the twisted facts and bigoted stance--is something that escapes logic. Their immovable bias is so inexplicable and yet so flagrant, it can already be likened to drug-induced dementia, or the miraculous denial of pain by people under hypnosis. And while this is a touching display of blind loyalty, it is a loyalty to one man and not to any principle or set of values. So should that man change his principles, let's say from good to bad, these followers will change so too...blindly without questioning.

If Duterte's "bad words" were only limited to occasional cussing or distasteful jokes that in the end relay a good message, a moral lesson, or an insight for us to learn good values, then perhaps it wouldn't even be an issue. Sadly, this isn't the case. As we have seen, Duterte's pronouncements aren't merely offensive, controversial or eyebrow-raising, but have caused confusion and hatred among citizens, so much that people are ostracized, lynched, and killed. Since he assumed the presidency, his words have become impishly deceptive, divisive, and deadly.

The Philippine citizenry is caught amidst the destructive words of a leader and his die-hard supporters who have concertedly thrown accountability out the window. Too many unfortunate things have gone down as a result of what Duterte had said, but still his supporters come out to defend, repeatedly telling the public: Don't take him so seriously. Don't take what he said literally. He doesn't really mean what he says. What he meant was the opposite. Don't listen to him. You must read between the lines.

Well maybe the hapless public ought to just take their advice.

Campaign Sorcery

Many who find Duterte's manner of speech revolting tend to focus on how such a foul-mouthed man could possibly be our president today. But perhaps the key to understanding his ways is to look, just some years back, and analyze how he was able to win the elections in the first place, focusing particularly on what he said. Only this time, we digest his messages in the way his spokespersons have repeatedly advised. Let us not take him his word for it, but rather "read between the lines", in the hope of dispelling any illusion that might be guarding the Duterte enigma. For as we shall discover, some powerful illusions are indeed at work here, captivating many Filipinos in the darkness of untruths.

***The First Illusion is called **Duterte The Savior**.

Way before the 2016 elections, Rodrigo Duterte had already been going around saying how he thought the Philippines' system of governance is highly flawed, and that if only he had the means, he might just make the supreme sacrifice for the country and run for president, for a chance to fix it all.

Between the lines: Yes, there are flaws in the Philippines' system of governance, like patronage politics, political dynasties, the absence of freedom of information, the impunity of erring government officials, and persistent warlordism in the provinces outside Metro Manila, to enumerate just some. But these flaws are either supported or willfully taken advantage of by Duterte. Clearly, he infringed on the constitutional measure against political dynasties, as his daughter and son held the Mayor and Vice Mayor posts of Davao City at one time, after he himself governed as Mayor for 22 years. Duterte's long rule in Davao was facilitated by fear which allowed him dominion over political opponents and absolute control of its denizens...as a warlord. Davao was touted one of the safest cities in the world, but not without the haunting trail of more than a thousand cases of unsolved extra-judicial killings of petty criminals and drug suspects, an appalling reality which gave rise to talks about the infamous Davao Death Squad.

+++**To dispel this illusion, one simply needs to ask the inner self: "How can Duterte save our nation and fix the system's flaws now when he didn't do anything to fix it then and, in fact, has even become a vivid embodiment of the flaws that need to be fixed?"**

***The Second Illusion is called, **Duterte The Nemesis of Corrupt Trapos**.

After presenting himself as a presidential option for the people, Duterte made a sensational announcement: **"I will not run for president"**, and even added, **"I have no ambition to be president of this country."**

Between the lines: This was classic reverse psychology. It made people believe that he is not ambitious nor power-hungry, unlike those who aspire to be president for power and self-enrichment. “I have no ambition to be president of this country”, acted like magic words and made people forget instantly how he has held on to power for the longest time, exhausting his 3-term limit as mayor in Davao, after which he made an ambitious jump to congress, serving as representative of the 1st District of Davao City under the 11th Congress, and after which he became mayor of Davao again, while also grooming his children to assume posts of power.

Like magic, Duterte was suddenly an innocent politician with no ambition for power, but only love and devotion for his country. So in the event he is forced to run for president, the spin would be: Abracadabra! Here now is the incidental hope of the Philippines! An accidental president!

This illusion actually removed a lot of presidential aspirant Jejomar Binay’s chances to win in the 2016 elections, as it made obvious how Binay was desperately gunning for the presidential seat in order to have leverage in negotiating several graft charges he and his family were facing.

The image of another presidential aspirant, Miriam Defensor-Santiago, may have also been adversely affected by Duterte’s display of hesitancy to run for president. It was going to be Defensor-Santiago’s second try for the presidency, while also having been a senator from 2004 until 2016. Defensor-Santiago’s health was actually deteriorating and yet she still decided to run for president. She even offered Duterte to run as her Vice President, which Duterte quickly declined, only to face her as a rival in the presidential race months later.

In hindsight, it could be said that **Duterte’s first step towards Malacanang was a step backward**. The stage-act worked like a charm. And the more he seemed to reject the chance to be president, the more people rushed to his support. He exhausted this illusion until the last minute he could play it. When he finally announced his candidacy for president, the impression that he was not another traditional politician out to corrupt the system was already cemented in the minds of numerous voters.

+++**To dispel this illusion, one must recite this incantation three times: “Duterte is a traditional politician. He is a fascist. And like all fascists, he is addicted to power. He tends to be a dictator. And like all dictators, his ambition is to be all-powerful.”**

***The Third Illusion is called **Duterte The Defender of the Constitution**.

When asked why he suddenly changed his mind and decided to run for the presidency after rejecting the idea many times, Duterte replied that he was compelled to, as he will never accept **“an American president”**, referring to Grace Poe’s candidacy being permitted by the Senate tribunal, despite her being a foundling. Duterte asserted that the pre-requisite for a president to be a natural-born citizen must be “exacting” in its qualifications because **“the presidency is sacred”**. He added that the decision of the tribunal favoring Grace Poe **“cheapens the constitution”** which he means to protect.

Between the lines: After causing a couple of presidential candidates to look bad by a simple drama that made him seem uninterested in the presidency, Duterte destroyed the legitimacy of yet another candidate in a sudden swing to the opposite direction, when he changed his mind and finally decided to run. In the same single stroke, he was also able to rally anti-American sentiments harbored by the masses by calling Grace Poe an American. Meanwhile, another image of him came to form, one which portrays him as staunch defender of the constitution...the same constitution he wantonly infringes on with his gross disregard for human rights... and the same constitution he means to scrap in his mission of Federalization.

Of course, we all know now just how “sacred” Duterte thinks the presidency is, as he constantly verbalizes the excellency of the office with the foulest mouth ever in the history of public service in this country.

+++**To dispel this illusion, one needs to internalize these words at sunrise, preferably before reading the headlines of the morning news: “Duterte cannot be the defender of our nation, while he is in bed with the Chinese invaders. He cannot be the champion of our democracy, while he shuns our human rights. He cannot uphold the Constitution, while planning to nullify it.”**

***The Fourth Illusion is called **Duterte The Visionary**.

This spell is so powerful, it crushed Mar Roxas’ chances to win the 2016 presidential race (despite having the political machinery and resources of the incumbent party at his disposal) with just the utterance of one word from Duterte: **“Change”**.

Between the lines: Deciding to run for the presidency, quite dramatically, and at the 11th hour, Duterte conjured up an instant campaign hinged on a simple, vague and overused platform: the promise of change.

With something as simple as “change”, he got the votes of a considerable portion of the electorate that have become disillusioned and dismayed by the Aquino administration’s assertions of the hypocritical *“daang matuwid”* and the useless “good governance” in the midst of such exasperating controversies as the Pork Barrel Scam, the DAP, the Mamasapano Cover-up, and the Yolanda Aid and Rehabilitation scams. Roxas, whose campaign was to “continue” the disappointing programs, obviously lost all his edge to Duterte’s single magic word, which meant not to continue, but “change”.

But then again, what change? Without mentioning the names or works of leading writers and social philosophers who’ve conducted extensive research on the mind-boggling forces causing the paradigm shifts now besetting the world and the social transformations most needed for humans to adapt to these changes--here emerges Rodrigo Duterte, a traditional politician, and great fan of the obsolete ideologies of Ferdinand Marcos as well as Adolf Hitler, talking about “change”. There are no indications that the “change” Duterte means is the same referred to by techno-economic futurist Alvin Toffler, or Third Industrial Revolution socio-economic theorist Jeremy Rifkin, or Peter Eigen and his propositions for transparency in governance...not even Al Gore and his environmental advocacies hinged on social transformation. Just plain, undefined, unintelligent “change”. Duterte simply said that he won’t go through the presidency without anything happening. He said something must happen or he doesn’t want the presidency at all. What if it is “change” for the worse?

+++**To dispel this illusion, one only has to bear this in mind: “Meaningful, positive change in society can only come from--the realization that we must let**

go of obsolete and corrupt systems that hoard information, power and resources; the understanding that these old ways are destructive and unsustainable; and the willpower to replace old frameworks with systems that promote the opposite, which is the sharing and even the democratizing of information, power and resources.”

***The Fifth Illusion is called **Duterte The Man With The Masterplan for Philippine Progress**.

Even if he was less statesman-like, less credible, less intellectual in his approach, less prepared, and had a much smaller political machinery than his rivals in the 2016 presidential elections, Duterte was still able to make enough of an impression on the public pull of a win. By just using a few basic tricks, the made their credentials of the other candidates, and whatever campaign slogans they had, disappear into a magic hat, from which he then pulled out a rabbit...a cute and funny act that allowed him to sway the affections of the less critical masses, from the other candidates to him. In short, Duterte knew how to upstage his rivals using the powers of suggestion and image projection. Some might call it “a jedi mind trick”. Some say it’s mass hypnosis. Whatever it is, he used it and it worked, but it worked mostly on the ignorant and feeble-minded masses.

A foreseeable neck-and-neck race required Duterte’s campaign to gain more votes from the thinking class, the more discerning citizens, the youth, and perhaps the undecided. These sort of voters, however, needed something more than just the unintelligible “change”, and demanded the presentation of a more concise platform of his governance. The solution was, again, genius: **“Change is coming”**.

As empty and amorphous as it sounds, “Change is coming”, the mantra popularized by Duterte’s campaign spinners, came out as somewhat suspenseful, exciting, trendy, and perhaps with a bit of a messianic tone. It drowned out all the slogans and battlecries of other candidates, and eventually swayed a lot of hesitant votes to the Duterte camp.

Between the lines:

“Change is coming” may have invigorated Duterte’s campaign with some kind of second wind at the perfect moment during the final stretch of his campaign. However, it also accomplished something else, and perhaps more efficiently.

“Change is coming” was the perfect way subtly tell the thinking class, “I don’t have a clue yet on how to bring about the change and progress I am promising, but I’m working on it” without making Duterte’s run for the presidency seem like and audacious scam. It served as an effective camouflage to hide a hollow crusade that promoted clueless elation, false hope, and misled pride in the place of the anxiety to see an expounded political platform for change. It was something like...”Rejoice for change now! Blueprints to follow!”

“Change is coming” also bought the Duterte the time it needed to conjure up an array of his supposed convictions and advocacies “on the fly” , and smoothly package these in the form of promises.

To entice the progressive groups, Duterte promised **equality through decentralization** under a new federal government, he’d been floating for some years with a group of Mindanao Council Leaders, although only generally defined. He promised **“a comfortable country” for everyone, where any Filipino could “go out at night” and wouldn’t have to worry about their children**. He said he’d push for the **passing of the Freedom of Information Act which would “open all the books” and cause government to be “transparent with everything**. And if his efforts to build a better Philippines were blocked by a corrupt Congress, he said he would “declare a revolutionary government” and **abolish Congress**.

To get the nod of patriots and nationalists, Duterte vowed he’d **ride a “jetski” to the Spratly Islands and erect a Philippine flag there himself**; and that he would **assert the Hague ruling which upheld the Philippine’s claim to several shoals and reefs where China had built artificial islands on**. To seem like a populist, he promised **teachers a wage hike, and minimum wage earners an easing on taxes and assurance of food on their table by keeping commodities affordable**. He appealed to the sentiments of laborers, claiming he was in agreement with their pleas for **security of tenure**, and thereby promised to **end crooked capitalist practices, like contractualization**.

He said he would **stop crime and corruption, smuggling and narco-politics within his first six months** as president, and that he would accomplish this even if he had to kill 100,000 criminals. He also said **he will solve the traffic problem in just six months, and build a new railway system along the Pasig river**.

But he also mentioned that he will start the “change” with him, promising he’d **stop cursing and, from then on, behave accordingly, out of respect for country’s highest office**. And for the sake of unity he promised to **attain lasting peace with the communist rebels, and also put an end to political bickering and finger-pointing by working in cooperation with the opposition in creating solutions to our country’s problems, towards positive changes and progress**.

In short, Duterte said everything voters wanted to hear, creating some semblance of a platform by basically just “winging it”, depending on which sector of society he saw still had unpersuaded votes. Eventually, he got the numbers to win, coming up on top on election day, with more about 16 million Filipinos spellbound by his magic, believing his every word, almost worshipping him even...as a demented sort of god.

+++**To dispel this illusion, all one has to do is to look around with “real eyes” and be honest, even just to one’s self, and see the crass in the presidency...the worsening traffic conditions...the conflicts and clashes happening today...the unbridled, unsolved killings...the political rift between pro- and anti-Duterte... the crime and corruption...the thousands killed in the name of the war on drugs while the real drug lords are absolved....the conditions of teachers and laborers...the struggles of consumers amid more taxes and runaway inflation... the domination by China...the communist insurgency...the Muslim separatist movements...the Martial Law in Mindanao...the numerous abuses by the police against citizens...the culture of assassination and impunity...the concentration of power towards a one-man rule...persistent corruption...the confusion of information...the helplessness of the populace under a brutal dictator hell-bent on consolidating his power, destroying the constitution and undermining our democratic institutions**.

If you don’t realize these yet, then you are still under the spell of a con artist, a fraud, a master trickster, and lord of deception who rules in the blatant sham of **Budol-Budol Governance**.



Vegetarians don't just fancy vegan food for the heck of it. Most of them have come to espouse a higher consciousness that is then translated way into their preferred diet and eating habits. When they crave, it isn't just for the delicious, but particularly for the healthy foods. So it's easy to imagine the elation that a vegetarian might feel after discovering **TastiHealth**.



TastiHealth is the first vegetarian buffet restaurant in the area, serving delicious and healthy food for the delight of health enthusiasts. And somehow it's become the most talked about places to eat in Silang, Cavite.

Just across Adventist University of the Philippines, along the Santa Rosa-Tagaytay Road, TastiHealth quickly got the attention of vegetarians passing the major thoroughfare, many of whom started to make return visits or even went on to frequent the place.



Brightly lit, the mostly white walls of the restaurant are accented with bright orange and green tones that subliminally emit an inherent positive vibe, spelling life, health, joy and wellness. A diet chart posted on one of the walls commandingly blueprints food types and ratios for optimum health, as if the reminder came from the depths of obsession.

Spread out to about a quarter of the total space (where perhaps only about 50 people would fit comfortably), the prized buffet presents a rich assortment of vegetarian dishes. Another table by the wall on the far end displays generous helpings

of fruits, salads, desserts, tea, and other novel health foods like *Vegetarian Kimbap* and *Korean Pancakes*.

There's a salad bar, sushi, pasta with white and red sauce, grilled eggplant with salsa, curry, and kare kare—all veganized to a whole new level. There is also a variety of tofu and gluten dishes to choose from. Even the desserts are especially tweaked for the health buff (The glazed sweet potato with chili and tapioca with coco cream are must-try offerings). The *tanglad* and *pandan* teas cap a good fill after the healthy smorgasbord. And quite observably, if one can call the experience gastronomic, it usually ends, not so much like a heavy buffet feel, but more like a light and refreshing satisfaction.



The place emanates health, though in a meticulously delicious way. Fruits that are thoughtfully kept fresh, crispy vegetables cooked without using oil, and the commitment to serve all-vegetarian stuff (way to the *bagoong*)—may all play as elements to define the place, but only to a certain extent, as there is really a more profound inspiration behind TastiHealth.



There's a good chance the owner, **Mrs. Lorna Gabuco**, will be at the restaurant at any given workday. Upon first seeing her, one would immediately notice a positive countenance about her, or perhaps it's more of a youthful zest. She'd excitedly talk about health and life, but it wouldn't take a long chat with her to notice that

the robustness she projects is not from her petite physique, but seemingly from her core...her soul. This lady is healthy, well-balanced, and lively because of the good that's happening to her from within. Always casting an inviting warmth towards customers, she seldom just oversees the business, but is actually often hands-on, serving and even educating diners on health stuff, or explaining how certain foods are best prepared. She also frequently mentions that the food served at TastiHealth is **CHIP**-certified. **CHIP (Complete Health Improvement Program)**, according to her, is a revolutionary program meant to augment healthy lifestyle.



Chef Lorna, as some have come to know her, isn't merely a restaurateur who's found a profitable niche in serving the vegetarian trend. Personal experiences on the subject of health, and a newfound knowledge resulting from her quest, have given her not only the inspiration, nor just the drive, but the conviction to promote good health through correct eating. This fact becomes more noticeable upon seeing a dedicated nook at the restaurant showcasing health enhancing products as well as inspiring and informative literature. There's a consistent and conscious effort to even disseminate reading materials for customers to take home if they wish so.

Also, not all who eat here are aware that the restaurant pushes another noble advocacy in its

operation. TastiHealth actually employs PWD (**persons with disability**) and go to lengths to hone them to become efficient, effective, not to mention healthy, workers. Most of the kitchen staff are either deaf or mute. This, perhaps, further cements the impression that Chef Lorna's well-being really originates from inside her, and thereby manifests as a genuine benevolence in the different facets of her life.



After its launching only last January 18, 2017, the restaurant's already reaped a good share of buzz and accolades. Clearly, the effort to put up the unique restaurant has already paid off many times over, evidenced in a number of gratifying instances. Many non-vegan diners, for example, who first thought they wouldn't survive a minute in the restaurant with the "no-meat, no-egg, not even fish" policy, came out loving it and coming back for more. TastiHealth, no doubt, has satisfied, if not amazed, many first-timers who'll attest they're only happy to discover the vegetarian buffet which is truly the first of its kind. And for Chef Lorna, succeeding in promoting health; raising people's awareness on the direct effect of diet on our well-being; and convincing the unhealthy to change their lifestyles and go healthy....is the real profit in this endeavor. TastiHealth's success actually materializes what she's gone out on a limb for in trying to prove...that healthy can certainly be delicious.



In a reaction to a praising comment on TastiHealth's Facebook page, we can actually read the overall wellness of this exceptional lady's mind, body and soul as she stated, "It's very interesting and fascinating to have served guests and patrons from all walks of life. TastiHealth is grateful and gleeful for our customers who've chosen to dine with their friends and families. Quality and deliciously healthy foods are indeed integral part of bonding indeed! Thank you for choosing TastiHealth as the rendezvous of your gastronomic experience!"

TastiHealth is open on weekdays except for Saturday. The buffet service is set twice a day. First is lunch, which is from 11:00 am up to 2:00 pm, and then the dinner buffet at 5:00 pm until 8:00 pm

TastiHealth Vegetarian Buffet is along Sta. Rosa-Tagaytay Road, Puting Kahoy, Silang, Cavite (across Adventist University of the Philippines). For more information, they can be contacted at the ff. mobile nos. 09770153938/ 09192305026. Or their official email: tastihealthvb@gmail.com

www.facebook.com/tastihealth/

Food Finds

A Grand Breakfast Buffet at Vivere Hotel's "The Nest"

by Eric Narriz

Vivere Hotel's Grand Breakfast Buffet at The Nest (31st Floor) puts to rest any worries on portions and value-for-money. It's actually a straight up gastronomical fiesta...every morning. And with a glamorous ambience, one can munch at a leisurely pace and even further the satisfaction.



An extended range of international cuisine—from Filipino, Chinese, American and German, to Japanese and Italian—pretty much accommodates anyone's preference. After the belly gets its fill, the panoramic view of the metro's skyline, stretching to and around Laguna de Bay and the Mount Makiling horizon, then proceeds to fill up the spirit.



www.viverehotel.com.ph

Knowing You Reveals Who and What I Am Today

+++ by Aínee Grace Sansano

A student’s insightful ode to her alma mater speaks volumes about the quality of learning she’s had.

Some people tagged you as an International School, for meeting you is like taking a trip to a foreign land, wherein you get to meet different kinds of people with various norms, cultures, beliefs and faiths, from numerous denominations and nationalities. You had once undergone and successfully passed an IOS (International Organization for Standardization) evaluation, duly conducted by accredited agency. You certainly live to what people expect of you, for your core values of training students for service in this world and the world to come have faithfully reached its its centennial existence in 2017. You are named Adventist University of the Philippines (AUP), which originally started as an academy (high school) in 1917. You have fully and successfully implemented all the essential requirements mandated by the Department of Education (DepEd) and Commission on Higher Education (CHED) for a hundred and one years now.

The Lord has been so good for using you, dear AUP, as His instrument and avenue for the kind of training and discipline that students and alumni all over the world have acquired. You have distinct and wholistic philosophy, mission, and vision that aim to develop students in their physical, mental, social, and spiritual faculties, which eventually lead them for a higher service in their future chosen career. You have been equipping every individual who adheres to your rules, standards, and regulations that truly serve as a guide and catalyst in the different fields of programs and expertise.

I am student by heart, for I do learn new things, every day as I interact with people in your domain. I am one of the alumni members worldwide, who’s more than grateful for the superb training and selfless dedication of the teachers and the instructional programs which definitely contribute to my productive years in my chosen field. I was once an emergent scholar who might had struggled with the rules and standard of the university, yet I am proud to say that victory was gained along the way through unwavering perseverance and undoubting faith in Jesus. I am an ordinary person with extraordinary experiences inside AUP, which I will never trade for anything in this world. I might be an immigrant to the millenial world, yet I am more than willing to adjust, to be reoriented, to be trained, and to be sent as a missionary, for I carry Jesus in my heart as AUP keeps on reminding me of His great love and sacrifice for humanity. I am born and raised in AUP, and it is my honor to tell the world that my training since kinder up to my post graduate studies is sustainably adequate for me to go and serve God’s people for eternity. I am who and what I am today, ultimately because I have come to meet and know God at the Adventist University of the Philippines



Adventist University of the Philippines
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Adventist University of the Philippines, located at Sta. Rosa-Tagaytay Road, Puting Kahoy, Silang, Cavite is a boarding and sectarian school, run by the Seventh-Day Adventist Denomination. It covers 165 hectares of land, which is mainly used for its edifices and infrastructures that cater the needs of students, faculty, staff, and all members of AUP community. Dormitories and apartments are basically installed to provide shelter for students who prefer the peace, order, and security of this smoke-free and eco-friendly institution, which is surrounded by flowers, trees and plants that contribute to the healthy atmosphere and lifestyle inside the campus.



Currently holding a Level IV Accreditation Status, AUP takes pride in recognizing alumni members who have excelled and topped national and international board examinations in different courses and programs.

Adventist University of the Philippines strongly advocates a well-rounded health at the center of every student’s lifestyle. It indoctrinates students to espouse the Understanding, appreciation and application of the basic principles of healthful living as presented in the Bible and the Spirit of Prophecy. Trained with such insights, the students then are expected to cultivating lifestyles that guarantee optimum health and also be active in educating other people on healthful living.



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OUTLOOK

THE IMPACT OF CALIDA’S LIBIDO ON THE SUPREME COURT !!!

By Tomas Gomez III



What strange political alchemy the country has found herself immersed in! Historical posterity’s gain is undoubtedly another incidence of mounting disrepute for the ever darkening Duterte era! This one is a sex scandal that is masterfully self-inflicted by one so cocky and careless. Like two sides of the same coin, Solicitor General Jose Calida’s libido cannot now be possibly disintertwined from his personal ‘quo warranto’ cause celebre ---- the abusive legal legerdemain, that is threatening the very foundations of our Constitution.

Calida is the principal at the very forefront of the government sanctioned and supported diabolic ouster of the Chief Justice of the Supreme Court, Maria Lourdes Sereno.

Calida shall henceforth be famous for both, jointly inseparable, quo warranto and illicit sex!

As we all know, a rabid flank of ‘Supremes’ of the High Court have not been abashed at all, publicly displaying despicable bias against their Chief Justice, appointed by President Aquino six years ago. While not a shred of ‘impeachable’ evidence has surfaced, much shameless belly-aching and petty jealousies have been strewn to bolster their obvious campaign of shaming and defaming the lady Chief Justice. The five ‘Supremes’ are Justices Teresita de Castro, Lucas Bersamin, Diosdado Peralta, Noel Tijam and Francis Jardeleza. Despite graphic evidence of their animosity towards the Chief Justice, they have all decided and behaved as accusers, prosecutors, witness and judges of the Chief Justice, vehemently refusing to recuse themselves. Despite public clamor and demands of decency.

It has even been bruited about that Justice Tijam has already written a draft of the adverse decision even before arguments were heard in the Supreme Court.

Now, for those who came late, here is a recap of the scandal, the flipside of the same coin.

The Republic’s chief attorney, Solicitor General Calida, behaving like a libidinous lothario, seduced a consenting damsel, youthful and comely, a law student/employee under his Official control and supervision. The seduction was reportedly aided with the criminal use of Office funds to the tune of Ph1.8 million. Some career civil servants, perhaps righteously concerned, disgruntled and disgusted by the events, are alleged to have been the source of this reported outrage. Thus runs the un rebutted scuttlebutt. Both the Solicitor and his Office playmate have not been heard from since and up to this moment, as we trade tales and points of view. Both are reportedly on vacation.

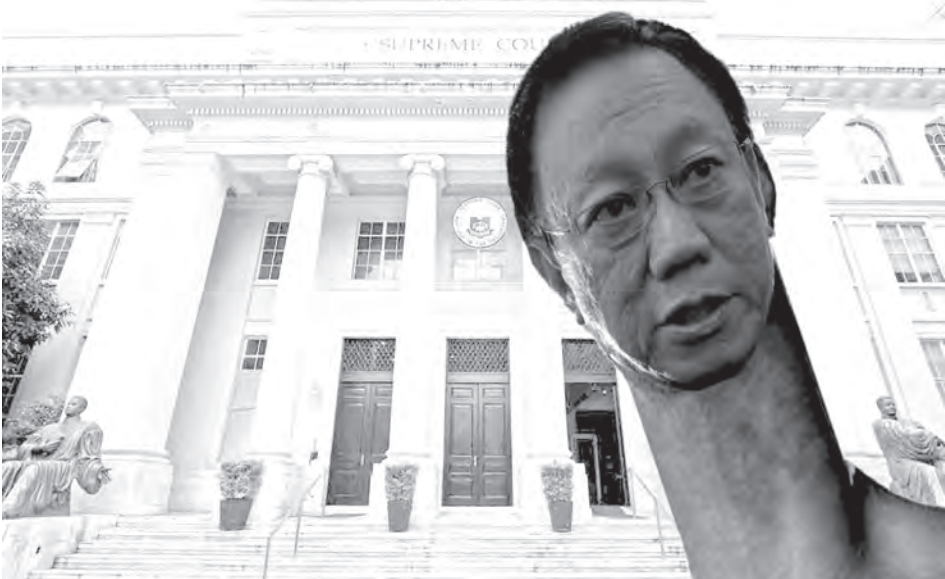
As a consequence of the Calida sex scandal cum escapade, should the “Supremes” still grant his “quo warranto” initiative which President Duterte has now openly owned, ousting the lady Chief Justice despite the letter and intent of the Constitution, despite the very rules by which the High Court exists, as pointed out by retired Justice Vicente Mendoza, it is inevitable that the Supreme Court stands on the precipice of ignominy, disgrace and moral disaster.

Will the ensuing public outrage be bloody? Quien sabe? It would be prudent for the “Supremes” not to forego extraordinary security precautions. There are instances when an assassination does not result in martyrdom!

Rule 66, Section 11 of the tribunal’s 1997 Rules of Civil Procedure: “Nothing contained in this Rule shall be construed to authorize an action against a public officer or employee for his ouster from office unless the same be commenced within one (1) year after the cause of such ouster, or the right of the petitioner to hold such office or position, arose.”] It is therefore inevitable that Philippine society will pass judgment upon the conduct of the “shameless five,” (a collective epithet now gathering general acquiescence) and whoever assents to constitutional perfidy.

The “Shameless Supremes” will be elevating the interests of an alleged scandalous sexual predator over that of their duly appointed Chief Justice, for simple petty human snits and personality conflicts! It will be a monumental act of supine subservience unheard of in any country that outwardly professes adherence to democratic principles. And, by a constitutionally co-equal branch of the government, we must never forget! These are damning material for media headline sentiments as well as for our history books. What a shame!

Only in the Philippines! Libido trumps the Constitution! Thank you, ‘Supremes!’



Here is the painful aftermath.

The “extrajudicial” (because it will be beyond the pale of the Constitution and beyond the honor of its jurisprudence) ousting of CJ Sereno will cast open a Pandora’s box of ill-concealed but hardly ever publicly laundered, criminal-like indiscretions of some sitting magistrates of the High Court. And believe you me, such, there are! The blades of cutting revelations are now being unsheathed and sharpened. Among other retaliatory expressions of anger, for one example, it will involve monkey wrenches that could freeze retirement benefits upon its tracks. Those whose morals are ‘beyond reproach’ need not worry. And believe you me, there still are! Alas and alack, in the precariously dwindling minority!

An on-going sample activity. There is a crowdsourcing guessing game going on triggered by the activist TSM--The Silent Majority’s Ms. Jozy Acosta-Nisperos. Who is the sitting Supreme Court Justice who is alleged to have recently purchased two Roxas Blvd. properties (presumably high end luxury condos) for Ph 20 Million plus, each? Paid in cash, too---through dummies, the neighborhood ‘bamboo radio’ network claims.

If the Justices of the Supreme Court who just cannot stand the face of CJ Sereno think that ousting her will be the terminus of their self-administered angst and hate, they had better be forewarned. The prospects of an agonizing payback and karma loom. For their persona and kin, as well as for the institution they claim to honor and revere, there is just desserts.

TSM is the same ‘social conscience’ group who also featured on Facebook video streaming the humungous residential compound of Justice Teresita L. de Castro. It is set in a block-long gated real estate with a gym and hangar-like garage, an extension of the main mansion edifice. A possible action can be taken to impede Ms. de Castro’s retirement benefits. Encashment could face an obstacle course she may never have imagined, what with whatever tales of unreported enrichment might surface. It just may come to pass that in the solitude of her old age (she retires in October) it will finally dawn upon a benighted conscience that the unwashable blot she brought upon herself was never worth all the hate and envy she spewed and vented upon her own self-sculpted nemesis, the Chief Justice.

The Supreme Court as an institution will recover. But the errant Justices’ individual reputations will not.

Rehabilitation will be painful at glacial pace and nationally traumatic. The nation’s heart will bleed.

Thank you, again, ‘Supremes.’



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