

GENSAN GAZER

General Santos City's First Lifestyle, Trades & Travel Magazine • October 2010



Look Inside. What Do You See?

Centerpoint Band Shines

Red Wine, Dogs, More!

**Save a tree.
Share your copy.**

We know
how it feels
like to be
in the
limelight...



That's how
you'll feel
when you
visit us!



FLAWless
less is more.

Blugré Coffee
JMP1 Bldg, South Osmeña
General Santos
(083) 552 1111
Robinsons Place Gensan
(083) 554 2177

JMP Phoenix Gas
Daproza St, General Santos
(083) 302 0503

Forever Flawless
KCC Mall of Gensan
(083) 554 2422



Pacman H2O

Aparente Street
Cor. National Highway
General Santos
(083) 302 1055

Magsaysay Avenue
General Santos
(083) 554 2304



TEAM PACQUIAO
By: Manny Pacquiao

Jinkee's Fashion World
JMP2 Bldg, Aparente St
General Santos
(083) 552 2228
KCC Mall of Gensan
(083) 554 2227

Team Pacquiao
Robinsons Place Gensan
(083) 554 2128



MP Princess Digital Printing Solutions
JMP2 Bldg, Aparente St
General Santos
(083) 552 8880

JMP Printing Press
JMP2 Bldg, Aparente St
General Santos
(083) 303 5052



JMIX Resto Bar
JMP2 Bldg, Aparente St
General Santos
(083) 552 8880
(0928) 776 1240

Pacman Sports Bar
JMP2 Bldg, Aparente St
General Santos
(083) 552 8880



To all Global Filipinos –



Overseas workers and *balikbayans* – who have come home to spend the holidays with family and friends, Vista Land would like to invite you to take a peek at our Home for the Holidays' homecoming offer.

Inquire about our **easy-to-own** home financing packages and special prompt payment discounts that make owning a Vista Land home such a joy! So come, visit any of our property sites or mall booths . . . gifts and give-aways await you.

We pay homage to each and every Filipino overseas worker as we look back to the very first home we built for an OFW 35 years ago. Now, it's time we give back . . . to all of you who have made all this possible, *salamat po!*

 **Camella**
GENERAL SANTOS
Tahanan ng Bawat Pamilya
www.camella.com.ph

To know more about our easy-to-own home financing packages, call our hotlines: (083) 553.3377 • 0917.5134764

Armando Nicolas P J
Editor

Egai Cadiente
Bing Cariño
Donna Mae Congson
Romarie Ivy Cunanan
Apple Greatson Francisco
Avel Manansala
Guest Contributors

Angelo B. Sangrador
Advertising Sales

Jay Harvey G J
Circulation

Gensan Gazer™ Magazine is published monthly and distributed free in General Santos and SoCCSKSarGen by Armanikolas Publishing ®™ and printed by Gregoria Printing Press in General Santos City, Philippines.

Gensan Gazer shall not, without the consent of the Publisher, be given, lent, resold, used as textbook, hired out or otherwise disposed of; or affixed to any part of any publication or advertising material in any way whatsoever. While all reasonable care is taken for contributed material, no responsibility will be assumed for its return or for corrections. Opinions expressed or implied in Gensan Gazer are solely those of the authors, and are not necessarily endorsed by the Editor or Publisher. Advertisers and/or their representatives shall indemnify the Publisher in relation to any slander, defamation, breach, royalties, intellectual property and copyright infringements, unfair trade practices, or violation of privacy rights.

All photo and story contributions must be submitted to writing@gensangazer.com and are subject to editorial review for possible inclusion in any issue of Gensan Gazer.

Armanikolas Publishing ®™
B34 - L7 Doña Soledad II A, Espina Gen. Santos City 9500 Philippines
Phone : +63 83 826 9221
Phone : +63 83 554 7055
Mobile : +63 908 337 3005
Website : www.armanikolas.com
Website : www.gensangazer.com
Email: inquiry@armanikolas.com
Email: inquiry@gensangazer.com
Email: advertising@gensangazer.com

Advertise with **GENSAN GAZER**

For your advertising opportunities and options contact:

Angelo B. Sangrador
angelo.sangrador@gensangazer.com
0939.5426217 (Smart)
0908.8883423 (Smart)
0922.8632233 (Sun)



editor's note

We're taking a break from the pageantry and pomp of the recent festival, and doing a bit of soul searching after the dust has settled, and as we've started to sweep the confettis and the fireworks' powder off the streets. We've had our fun, and now it's time to look *inside*.

Our cover story, below, is not as serious as it sounds.

We feature Centerpoint (the band) this issue, and offer pieces of glamor from Donna Mae Congson and Romarie Ivy Cunanan, musings on Facebook fever by Egai Cadiente, and Bing Cariño's take on the city's dear departed. Do know why dogs and red wine make good company, too! Cheers!

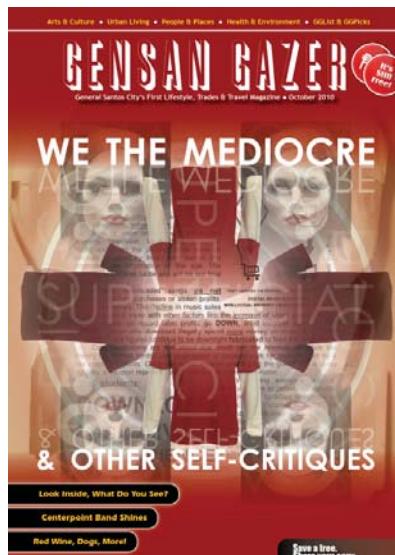

Armando Nicolas P J

Your Copy

We strive to distribute Gensan Gazer for free to as many readers as possible, but we cannot guarantee your personal copy at all times. For a digital version of the magazine, just visit GensanGazer.com and browse and/or download your copy of our eZine. Bulk copies for your business or group may be requested at a special rate by calling (083) 8269221.

what's inside

3	Travel Tales & Trivia: Railay Beach	20	Pop Pizzazz: Facebook
4	Culture Shock Arts Attack: Our Dead	21	Urban Living Environment: Global Warming
5	City Hall Snapshots: Tops at ATOP	22	Gadget Talk: HTC Wildfire Places2Go, GGPick
6	COMMENTARY <i>We The Mediocre</i>	25	GGList
8	<i>Beauty & Brains Counterfeit Society</i>	26	Health Bits: Red Wine, Dogs
9	<i>R U a Pirate?</i>	28	Profile Focus: Centerpoint
11	<i>The Cinema is not Your Living Room Are You Walking the Talk?</i>	30	Urban Living People Places: EB Hero, Miss Tourism
12	<i>The Egoistic Friend</i>	32	Postscript
13	<i>Getting along with Difficult People in 3 Easy Steps</i>	33	Beauty&Fashion Back2Back



our cover story

Criticizing ourselves is overrated: we just don't do it enough. Sure, we've made a sport out of pointing fingers at the infamous botched hostage rescue operations and a few government-owned corporations' incredible excesses, to name just a few. But see if looking in the mirror doesn't give you a funny, awkward feeling. This issue's hodgepodge of self-critiques straddle the bounds of the ordinary and the profound, the practical actions and the most private of thoughts. James Albert Pike (1913-1969), religious figure and writer, once said, "If a person lacks self-acceptance, he can't live with himself; if he lacks self-criticism, others can't live with him." Can you?

Railay Beach -- Krabi's, and Probably Thailand's Best

This first visit to Railay Beach in Krabi, an extended weekend of friends, nature, and peace and quiet, was the idea of one of my buddies in Singapore. The surprise was the appearance of my other good friend (his girlfriend) at the airport just before takeoff, and the arrival of my flatmate in Krabi later that night -- just in time to join in the toast to the last remaining hours just before my birthday.

The partying that followed was epic. A lone German traveler joined our group and hung around, as well as a big entourage of Dutch and Austrian holiday-makers -- chatting, drinking, eating, dancing and more drinking -- until the wee hours of the morning. So what began as an easy weekend swelled into one big carnival of a birthday party!

The morning after, with only a slight buzz in my head, I went exploring the spectacles of Railay Beach -- West Railay Beach, where everyone goes to eat, lounge, and see and be seen; East Railay Beach, where everyone goes to party at night, mostly deserted (and dirty) during the day; and Phranang Cave Beach, probably the most postcard-perfect of all of Thailand's beaches. This was my idea of a perfect getaway -- quality alone time after some grand merry-making with my best friends.

But not for long. The rest joined in much later, and we trekked through a jungle to get to Tonsai Beach, the fourth and more isolated of the beaches on this small peninsula located between the city of Krabi and Ao Nang.

The rest of the weekend was pretty much leisurely and unhurried, surrounded by all of awesome nature, except that time sped by like a bullet train, and before we knew it, we were on the plane again, everyone hesitantly happy to be flying home.

Railay Beach is accessible only by boat as steep limestone cliffs cut off access to and from the mainland. Rock climbers from all over the world are drawn to these cliffs, but the area is also famous for its beautiful beaches and serene atmosphere, compared to Phuket or Pattaya for that matter. Accommodation ranges from cheap backpacker bungalows to Rayavadee's luxury villas. The four main areas of Railay consist of Phranang, West Railay, East Railay, and Tonsai -- each a beach enclave on their own, with Tonsai catering more to rock climbers.

East Railay is the docking point for boats arriving from Ao Nang. The East Beach is mostly covered in thick mangrove, making a part of it not suitable for swimming.

West Railay, connected to the east side by paths through the resorts or by trails through thin jungle cover, is the primary destination for beach-goers. Flanked by high limestone cliffs on either side of the beach, West Railay's hub is centered on a beachfront promenade lined with restaurants, bars, sunset decks, and shops.

Phranang Cave Beach is home

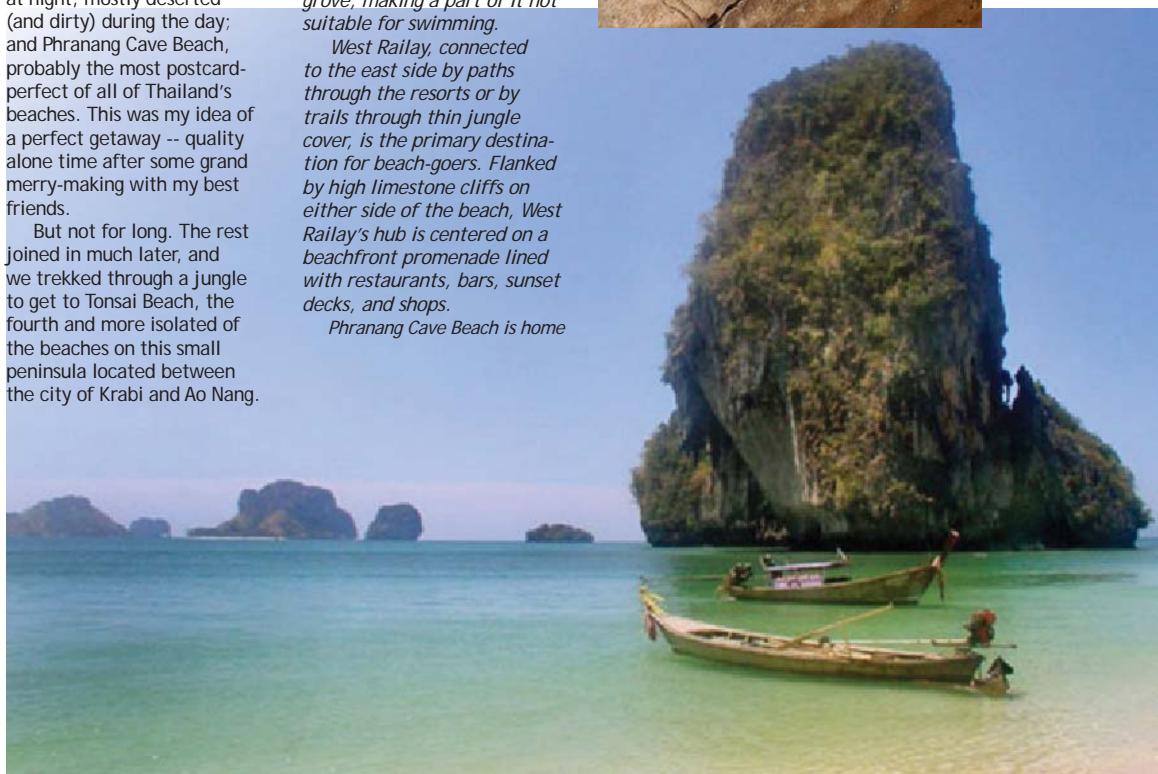
to the 5-star Rayavadee Resort and Spa. Krabi's beaches are all public domain so Rayavadee guests have to share the beach with day-trippers from Ao Nang and Railay.

Tonsai Beach is where backpackers hang out as it is one of the best climbing areas, with accommodations a mere

fraction of the price elsewhere in the peninsula. Tonsai Beach also has one of the best nightlife enclaves in the entire Krabi province. Of late this beach has been attracting more non-backpackers, who don't necessarily want the cheapest rooms but just want the renowned Tonsai experience. (ANP)



Newbie to advanced rock climbers can take advantage of Railay's selection of accessible limestone walls. This climber from Paris is at the first 3 meters of scaling the outer wall of Phranang Cave without any gear. Wildlife abound in the miniature jungle between West Railay and Tonsai, including this pair of lizards at the almost hidden entrance from the beach.



When Death Becomes the City

remember a minor detail in the early part of the widely celebrated novel *One Hundred Years of Solitude* (1967) by Nobel Prize for Literature winner Gabriel Garcia Marquez. In it, after wandering for days in the jungle, the protagonists settled in a place alongside the river. *Macondo*, the town founded by the *Buendia* clan, was finally called home by the settlers when one of the founding members died and was buried there.

Though *Macondo* is an allegorical, fictional milieu, and General Santos, a city alive and enduring, both are constructed on the foundation of an adventure of a people with similar romantic, philosophical and spiritual take on life, love and existence. Strong family ties and a sense of community defined the place. Members of the second generation and most of the third were born in the city; most died and were buried here. When cherished memories both happy and sad became part of the land as they were laid to rest, only then did the roots of the community become firmly planted.

It has been said that difficult times like tragedies and death bring people closer.

Those who remembered the heroism of *Albert Morrow* felt pangs of sadness when the boulevard named after him was given a new name. Morrow was a martyr during the settlement's Japanese occupation. He took his own life to stop the execution of the innocent people charged with treason by the Japanese forces; not only was liberty lost during those years, but also lives. Toward the end of the war, Gen. Santos died in Mountain Province on August 29, 1945.

The original town plan of Gen. Santos included a sizeable patch of land reserved as cemetery; this shows that a permanent settlement was planned. Birth is an embarkation to a journey that takes people to places faraway;

death culminates in a final resting place that often becomes home. The old cemetery at Alunan was a few hectares of a miniature Gensan community that told tales connecting old families beyond the grave.

One of the darkest moments in Gensan's history happened when the city was just a municipality. Notre Dame of Lagao's high school girls, from freshmen to seniors, went out of the campus grounds celebrate the birthday of one of the Dominican nuns who oversaw the education of the teen-aged girls, but what started as a day of fun at the beach ended in tragedy. A rip tide swept the students seaward; five lost their lives.

Two Gensan Christmases were marked black by deaths of dear town folks. One was when a DC3 aircraft carrying several locals, including a Ramos, crashed -- a shroud of sadness and gloom spread throughout. Another when one of the pillars of the settlement, the town planner **Engr Leonardo Salazar** succumbed to a kidney ailment. That season, instead of preparing for the coming Christmas celebration, the young town buried a loved one. The Lagao Parish, decked with giant lanterns, was filled with men and women in black. They walked from the church to the cemetery in Alunan to give back to the ground love, memories and history.

Close as the people were in the settlement, they became even closer in Alunan. North of the cemetery, the Royecas, the Santoses, the Natividads and the Gonzalezes built their mausoleums next to each other. To the east were the Congsons and the Acharons; to the west, the Llidos and the Aquinos. Their small plots of eternal gardens mirror the origins of their ancestry -- the Santitos reflecting the

Maxine lineage had theirs in the

Ameri-

can design. Others had grottoes dedicated to patron saints. Jet Balani, an ethnic Hindu, had his departed wife cremated, as is tradition, and spread her ashes in Sarangani Bay. Each year thereafter, he threw flowers in the bay in memoriam.

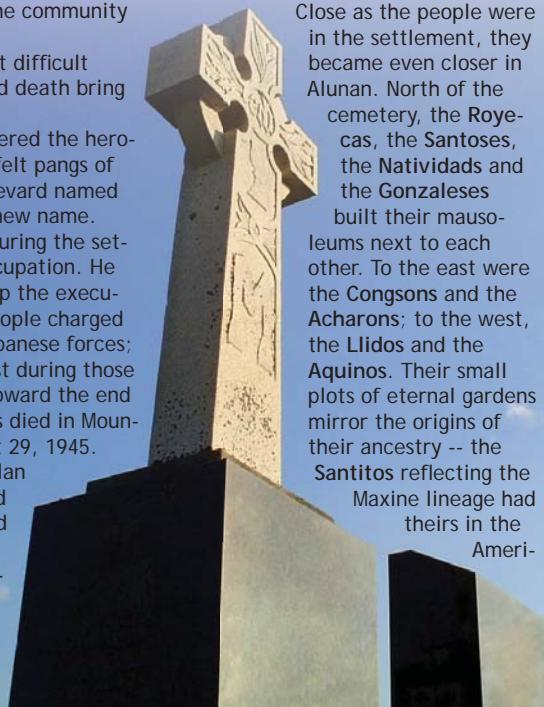
Come *Feast of Souls*, the families congregate -- the menfolk discussing business and government as if in a civic meeting, the women exchanging gossip and heirloom cuisine, the children molding toys from used candle wax, and the teens secretly discussing how one neighbor's chicken stolen on the eve of *All Soul's Day* tasted so good as *tinola* (stew) or *lechon* (roast) the night before.

It was a tradition in the settlement that a neighbor's chicken coop sponsored the Halloween spread as teenage boys raided the coop for the prized poultry. Residents would vigilantly guard the fowl in the last days of October, but never a Halloween jam session without chicken finely cooked! How the stealing was done remained a secret, though stolen chicken was not the finest treat here. Fine *suman* (sticky rice cake), rich *sikwate* (hot drink made from ground cocoa) and other delicacies from the settlers' kitchens fed the families in those afternoons of celebratory convergences at Alunan.

In the late 80s, the remains of the father and the mother of the city, Gen. Paulino Santos and his wife Doña Eliza came home to the city to be interred at the General Santos Monument in full military honors. By then, the land founded, which has changed names over the years, became the land of General Santos, as his remains were finally buried in these grounds.

The city grew in the years that came. The cramped grounds of Alunan was filled to the seams until it closed for burials in the late 80s and bulldozed to pave way for more pressing urban land use. Many transferred the bones of their loved ones to *San Carlos* (now *Forest Lake*), and the Chinese to the Chinese cemetery. A public cemetery opened in Tambler, other families bury their loved ones there. The Santoses built their *Chapel Candelaria* in Conel and buried their memories there.

Separated now, as the *Feast of Souls* will be celebrated, the memories of who we once were will be remembered.



Gensan bags 2 Tourism awards

The Association of Tourism Officers of the Philippines (ATOP) conferred the top prize each to the 3rd Gensan Eco-Karera and Gensan's 5th National Tourism Week Celebration as this year's Best Tourism Event of the Philippines (Adventure & Sports Category, City Level), and Best National Tourism Week Celebration (City Level Category), respectively.

The award was received by Jing Velos, Eco-Karera Race Director, Hon. Virgie T. Ilido, SP Committee Chairperson on Tourism, Dianne Kristine Acharon, and Maria Cora C. Tito, the city's Tourism Officer on October 5, 2010 during the Awards Night of the 11th ATOP National Convention held at the Subic Bay Exhibition and Convention Center, Subic Bay Freeport Zone.

Gensan Eco-Karera is often seen as the city's own version of the highly acclaimed Amazing Race, though it veers more toward the more athletic Ironman series. The courses of the 3rd Eco-Karera held April 23-24 included trail running, mountain biking, canyoneering, bouldering, and river trekking and running in a 60-kilometer track

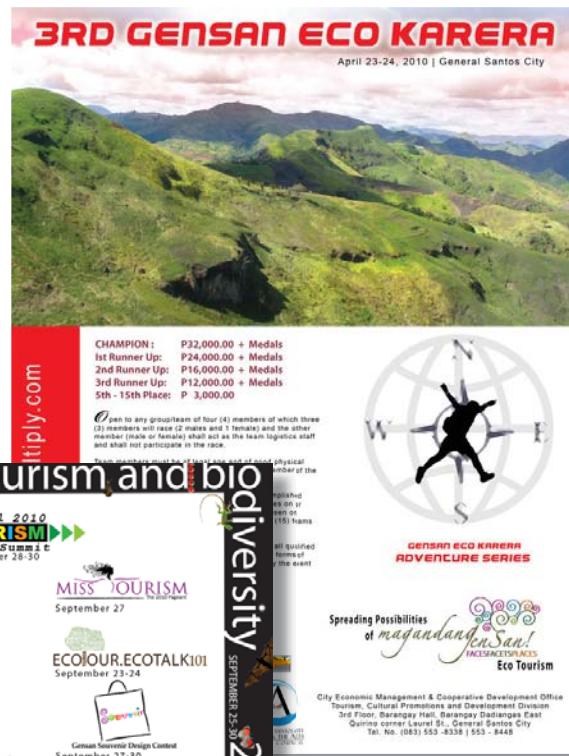
of rolling terrain, mountains, rivers, waterfalls, dirt and concrete roads. Participants came from all over the island, with Davao City's Team Edge emerging as this year's champion. Covering a total distance of 60 km spanning eight barangays, Eco-Karera features the city's eco-tourism



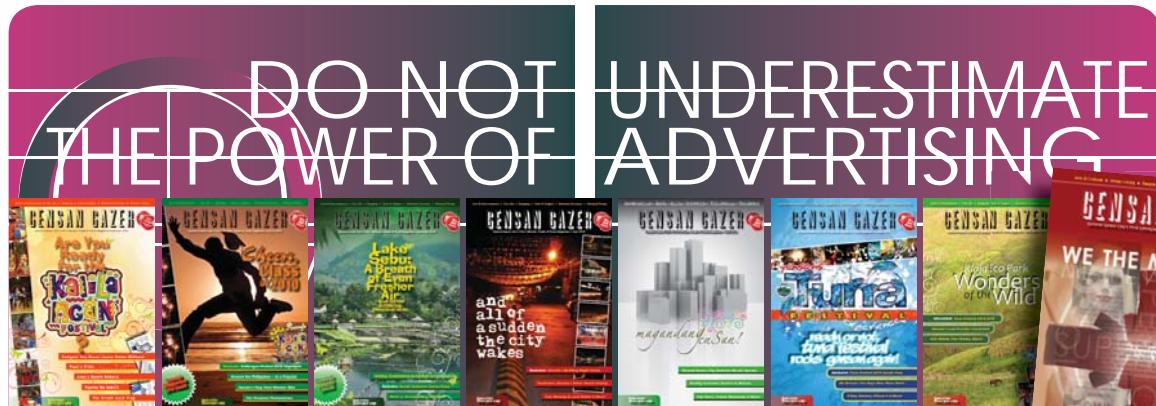
destinations, including Gensan's highest point, Sanchez Peak, at an elevation of about 730 meters above sea level.

The 2nd Gensan Eco-Karera was 1st runner-up in the 2009 ATOP Awards. Through diligent work and a number of race refinements, the GenSan Eco-Karera finally claimed the championship this year.

During the National



12 sought to put out the Integrated Regional Tourism Development Plan. The Regional Tourism Summit, the brainchild of Mayor Darlene Antonino-Custodio, was the highlight of the National Tourism Week celebration, which also conducted the Ecodestination Photography Contest, Magandang Ideya Magandang Gensan School Tour, Tour Mapping & Guiding Seminar, EcoTour EcoTalk 101, Gensan Souvenir Design Contest, and the Miss Tourism Pageant.



It would be ironic to begin this venture into a self-critique of ourselves and our society by quoting a dialogue or two from the animated feature *The Incredibles* (2004) by writer-director Brad Bird. Movies can be a one-dimensional depiction of real life for one thing, and most times animated films lend a detached credibility reserved only for the shallow and less profound. Fortunately, *The Incredibles* fits neither. So venture, we must.

In one such exchange, the heroine mother figure *Helen*, keen on keeping a low profile in their newly adopted community of ordinary folk, tries to appease her son *Dash* for not being able to use his superhuman powers.

You always say 'Do your best,' but you don't really mean it. Why can't I do the best that I can do?

Right now, honey, the world just wants us to fit in, and to fit in, we gotta be like everyone else.

But Dad always said our powers were nothing to be ashamed of, our powers made us special.

Everyone's special, Dash.

Which is another way of saying no one is.

The other exchange had *Helen* arguing with her husband *Bob*, the mighty *Mr. Incredible* himself, about what he thought were unremarkable rituals that people do without thinking twice.

It is not a graduation. He is moving from the fourth grade to the fifth.

It's a ceremony.

It's psychotic. They keep

We the mediocre



Copyright © Walt Disney Pictures

***Everyone's special...
...another way of saying no one is.***

coming up with new ways to celebrate mediocrity.

I feel for *Dash*. Some prodigious talents never get to see their potential bloom into real prowess, hampered by people around them, even family, most times by circumstances beyond their control. Where talent should have flourished, only misplaced priorities, lack of direction and support, and indifference pervade. And so opportunities are laid to waste, with them the person's chance to make a difference.

I also feel for *Bob*. Time and again we're caught in the rituals and trappings of institutions that do not hold any true merit or contribute any real value to the society's uplift -- engagements that serve no more purpose than shallow indulgence and temporary self-gratification. This is the society we've become.

Educational institutions tread the precarious line where encouraging competition and pandering to individual egos blur at the seams. There's a higher purpose in the age-old tradition of honoring excellence in the different academic fields, and celebrating exceptional talent in the arts, sports and other disciplines, but when less-than-lofty diversions (popularity contests, partisanship, and politicking, among others) take centerstage, we'd wonder where the ideals of the academe went. There's a level of sanctity and prestige in institutions of learning that the society respects, and with such distinction comes the responsibility to uphold these ideals.

Equality and quality should be upheld both in encouraging success and recognizing failure as an opportunity for future successes, rather than giving everyone that hollow medal of mediocrity. And this, not only within the confines of the school. (Armando Nicolas PJ)

South Spot

The premier cable channel of the south

SkyCable Gensan Channel 21
SkyCable Davao Channel 19

Call 082-225-4199 for Inquiries

For TV Ad info and inquiry, contact 0939.5426217 (Smart)
| 0922.8632233 (Sun), or email phil.southspot@live.com.



Photography with
the Power to Possess
the AppleGreatson.com



	Landline	Mobile
KCC Mall of Gensan	301-3215	0922-810-3131
South Osmeña	302-0230	0922-814-3131
KCC Mall Marbel	228-8686	0922-807-3131

inktech® your printer solution

beauty & brains



Despite pervading vocal antagonism against beauty pageants mostly in the West, beauty contests remain a big draw in contemporary society. Detractors, however, point that such contests hammer down the notion that women are to be valued mainly for how they look. This puts unreasonable pressure on women to *be beautiful*, and so an entire industry was born, one where money changes hands on clothes and accessories, cosmetics, hairstyles, even aesthetic surgery. This almost blind pursuit of physical beauty even pushes some to starve themselves to the point of bodily harm.

Most beauty stints do have elements not entirely based on appearance, but it's a given that *unattract-*

ive candidates are most likely to fail despite their intelligence, talent, poise, or education. Some contend that far from giving women bright prospects, such contests often jeopardize the future opportunities of women who don't possess what popular standards dictate as beautiful. When society accepts that *beautiful is better*, we can only expect the worst.

In the beginning, beauty pageants were seen as superficial trivialities that didn't hold any scholarly merit or social relevance. (Even now, women are made to wear revealing swimsuits, objectifying them in their near-nakedness as a result.) Later the contests stressed womanhood in all its dimensions and highlighted women's achievements, extending its scope to community engagement, multiculturalism, and social harmony.

Who better to defend beauty contests than the contestants themselves? Candidates claim that pageants promote their self-esteem, and give them a sense of belonging in the community. They are given the chance to hone their skill in speaking and performing before large crowds, in the process gaining the self-confidence they can draw from in future endeavors. Successful contenders speak of a genuine sense of personal achievement.

And what of the those who fail? As in all competitions, learning and experience should suffice. (ANPJ)

Whoever did say that imitation was the best form of flattery couldn't have possibly foreseen the dire consequences of his then harmless encouragement. *Charles Caleb Colton (1780-1832) actually said, "Imitation is the sincerest form of flattery," but you get the picture.* Today, rampant activities infringing on laws of brand ownership and protection, and anti-counterfeiting cost economies all over the world billions of dollars in losses.

Why, you ask, would anyone want to buy, and actually wear an obviously fake designer necktie or lug around an imitation luxury purse, instead of using a low-end but decent-quality and original alternative? Why pretend to possess something that really isn't the real thing? (Trust me, we're not fooling anybody!) Why stick to fake and pass it up for authentic?

Because most of us want the best things but just can't afford them, or we're just tasteless cheapskates. True or not, this is what counterfeiters are relying on -- our propensity to show off even if we can't afford the compulsion. So on and on they churn out knock-off clothes, accessories, scents, and gadgets (just to name a few), knowing there is a big market everywhere for fancy fakes.

(In terms of nomenclature, counterfeit goods, say designer handbags, are nicknamed *mirror image* bags or *replica* bags, also *look-alikes*, or the less misleading *faux* bags -- all euphemisms for the same fakery.)

The widespread popularity of knockoffs or counterfeit products has become a worldwide phenomenon over the years, with the variety and scale of goods subject to infringement multiplying tremendously at alarming rates. In the United States alone, according to Wikipedia, apparel and accessories accounted for over 50% of the counterfeit

**C
S**

Counterfeit Society

goods seized by US Customs and Border Control. It further writes that according to the study of Counterfeiting Intelligence Bureau of the International Chamber of Commerce, counterfeit goods make up 5 to 7% of world

***...This is what
counterfeitors
are relying on--
our propensity
to show off even
if we can't afford
the compulsion.***

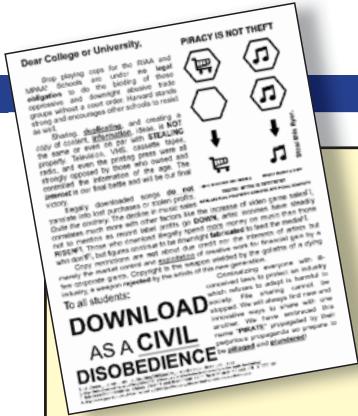
trade, although these figures cannot be substantiated due to the secretive nature of the industry. A report by the Organization for Economic Cooperation and Development indicates that

up to US\$ 200-billion of international trade could have been in counterfeit and illegally copied goods in 2005; in 2009 these estimates were updated to say that the share of counterfeit and pirated goods in global trade had jumped from 1.85% in 2000 to 1.95% in 2007 -- an increase of US\$ 250-billion worldwide.

In a detailed breakdown of the counterfeit goods industry, the total loss faced by countries around the world is US\$ 600-billion, with the United States facing the most telling economic impact. When calculating counterfeit products, current estimates place the global losses at US\$ 400-billion.

Back at the forefront in the meantime, sales of knockoff perfumes, replica clothes and other copies at the market stalls and even the malls are brisk, with both sales clerks and customers going about their day like it's business as usual.

Is it really? (ANPJ)



R U a Pirate?

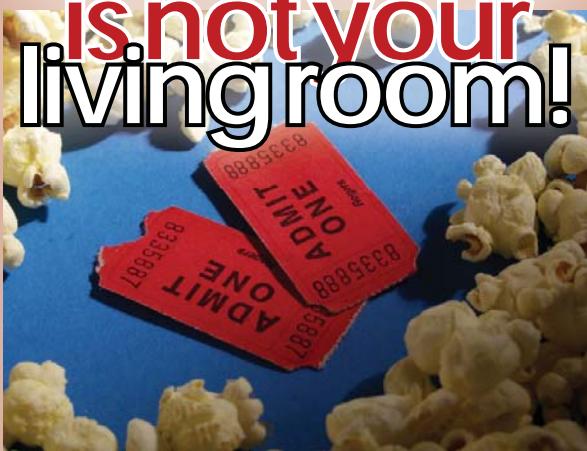
This flyer from InfoAnarchy.org claims that "sharing, duplicating, and creating a copy of content, information, ideas, is not the same or even on par with stealing property. Television, VHS, cassette tapes, radio, and even the printing press were all strongly opposed by those who owned and controlled the information of the age. The Internet is our final battle and will be our final victory.

"Illegally downloaded songs do not translate into lost purchases or stolen profits. Quite the contrary. The decline in music sales correlates much more with other factors like the increase of video game sales, not to mention as record label profits go down, artist incomes have steadily risen. Those who download illegally spend more money on music than those who don't, but figures continue to be downright fabricated to feed the media.

"Copy restrictions are not about due credit nor the interests of artists but merely the market control and exploitation of creative work for financial gain by a few corporate giants. Copyright is the weapon wielded by the goliaths of a dying industry, a weapon rejected by the artists of this new generation.

"Criminalizing everyone with ill-conceived laws to protect an industry that refuses to adapt is harmful to society. File sharing cannot be stopped. We will always find new and innovative ways to share with one another. We have embraced this name PIRATE propagated by their perjurious propaganda so prepare to be pillaged and plundered!"

The cinema is not your living room!



Gone to see a movie in the cinema lately? Chances are you've encountered one, some or all of these characters: the cellphone talker who feels so important he has to take all calls during a show, the chips snacker who probably needs to learn basic table manners first, the late comers who come in with so much ceremony, the text addict who refuses to use the vibrate mode, the moron who repeats every line in the movie, the narrator who thinks we need to hear him say what just happened each time something happened, the critic who keeps commenting on the film, the parents who can't control their children, or the couple who talks about their life and problems like they're on a dinner date.

Or, perhaps, you're one of the guilty parties and don't realize it? Remember, the cinema is not your living room!

As in any public place, everyone should exercise courtesy, good manners, and common sense, and patience, especially if people are behaving badly around you. If this happens, and the offender won't let up, let the staff handle it.

[1] Turn your cellphone off, or if you have to keep it on, put it on silent mode. Get out of the auditorium if you have to take a call. Your fellow viewers did not pay money to listen to you speak about your personal business on the phone.

[2] Keep your feet and knees from hitting the back of seats in front of you. If you have kids with you, tell them to do the same. There is nothing more annoying than thumping vibrations behind you when you're concentrating on the show.

[3] Bring your baby only if you're sure he will sleep through the whole movie. If the crying begins, leave the theater immediately. If you have kids who can run around on their own, make sure they stay put.

[4] Munch on your chips and slurp your drink, if you must, but don't make too much noise. Ever heard of table manners? The same rules apply when eating inside the cinema. Mind how loud you open plastic wraps, shake the ice in your cup, and slurp the last of your drink with a straw. And don't make a mess! (ANPJ)

Are You Walking the Talk?

by Kevin Eikenberry

We are all on a walk. It is the journey we take each day as a leader. We move through our day, going from one task to the next, one meeting to the other, one problem to the next. We have conversations and interactions; some small, seemingly inconsequential, others lengthy and potentially memorable. Each of these is part of your leadership walk.

You may not think of your leadership journey as a walk. Most would call it work. So to be clear, the walk is "the stuff" of our day; it's the items on your to-do list seen in a slightly different way.

You may have never thought of it as a walk, but that is how others see it.

What do I mean?

You've heard the phrase: people want to see leaders who will walk their talk. The most effective leaders have the best *talk*; a great vision, values, wonderful approaches and plans, and people see talk as more than just words -- they see the walk. In fact your talk matters little, in comparison to your walk. The reality is, they watch and pay much more attention to your feet, than your lips.

It is your walk that matters.

As leaders whether you realize it or not, you are on a walk that others are observing in small and large ways every step and every day.

You might think of the walk as role model behavior, but those are just fancy words. It is the walk that people are watching. Every day, too, not just on our best days, or the days we feel good, or the days we had a good breakfast, or right after we went to a great training workshop. Remember, you are always walking, and others are always watching.

You've heard the phrase: people want to see leaders who will walk their talk.

Here are just some examples for you to consider:

Do you say you care about your people, your organization and your Customers? How does your walk prove it?

Do you say mistakes are important and necessary? How does your walk prove it?

Do you say you believe that your people can develop, grow and have tremendous potential? How does your

walk prove it?

Do you say that listening is important? How does your walk prove it?

Do you say you are a learner? How does your walk prove it?

daily to your walk, the chance of others joining you on your leadership walk is much higher.

Ultimately it is your walk that matters.

Make sure you are watching your steps.

About The Author

Kevin is a bestselling author, speaker, trainer, consultant and the Chief Potential Officer of the Kevin Eikenberry Group. The author invites you to visit kevineikenberry.com

General Santos City's Best-Kept Secret

Red Trellis Seafood Garden

Fine Asian Fusion Cuisine in Casual Dining

Tiongson Extension, Across NDDU-IBED, Lagao, General Santos | For reservations and inquiries, please call (083) 302 2722 | www.redtrellis.com

It takes very little to lose control.

Don't drink and drive.

armaniAd PostCards

We design and deploy your personal/business postcards. Call (083) 826.9221 for more details.

The Gensan Gazer eZine on gensan-gazer.com is now read in 30 nations. *Don't underestimate the power of advertising.* Place your ad now! Call (083) 8269221 for more details.

Get your mini ads! Mini ads like the ones shown above are catchy and cost-efficient. Call (083) 8269221 for more details.

The Egoistic Friend

by Sam Vaknin, Ph.D.

What are friends for and how can a friendship be tested? By behaving altruistically, would be the most common answer and by sacrificing one's interests in favor of one's friends. Friendship implies the converse of egoism, both psychologically and ethically. But then we say that the *dog is man's best friend*. After all, it is characterized by unconditional love, by unselfish behaviour, by sacrifice, when necessary. Isn't this the epitome of friendship? Apparently not. On the one hand, the dog's friendship seems to be unaffected by long-term calculations of personal benefit. But that is not to say that it is not affected by calculations of a short-term nature. The owner, after all, looks after the dog and is the source of its subsistence and security. People -- and dogs -- have been known to have sacrificed their lives for less. The dog is selfish: it clings and protects what it regards to be its territory and its property (including, and especially so the owner). Thus, the first condition, seemingly not satisfied by canine attachment is that it be reasonably unselfish.

There are, however, more important conditions:

- For a real friendship to exist, at least one of the friends must be

a conscious and intelligent entity, possessed of mental states. It can be an individual, or a collective of individuals, but in both cases this requirement will similarly apply.

- There must be a minimal level of identical mental states between the terms of the equation of friendship. A human being cannot be friends with a tree (at least not in the fullest sense of the word).
- The behaviour must not be deterministic, lest it be interpreted as instinct driven. A conscious choice must be involved. This is a very surprising conclusion: the more *reliable*, the more *predictable* -- the less appreciated. Someone who reacts identically to similar situations, without dedicating a first, let alone a second thought to it, his acts would be depreciated as *automatic responses*.

For a pattern of behaviour to be described as *friendship*, these four conditions must be met: diminished egoism, conscious and intelligent agents, identical mental states (allowing for the communication of the friendship), and non-deterministic behavior, the result of constant decision making.

A friendship can be, and often is, tested in view of these criteria. There is a paradox underlying the very notion of testing a friendship. A real friend would never test his friend's commitment and allegiance. Anyone who puts his friend to a test

(deliberately) would hardly qualify as a friend himself. But circumstances can put *all* the members of a friendship, all the individuals (two or more) in the *collective* to a test of friendship. Financial hardship encountered by someone would surely oblige his friends to assist him, even if he himself did not take the initiative and explicitly asked them to do so. It is life that tests the resilience and strength and depth of true friendships, not the friends themselves.

In all the discussions of egoism versus altruism, confusion between self-interest and self-welfare prevails. A person may be urged on to act by his self-interest, which might be detrimental to his (long-term) self-welfare. Some behaviors and actions can satisfy short-term desires, urges, wishes (in short: self-interest), and yet be self-destructive or otherwise adversely effect the individual's future welfare. Egoism (the psychological bit) should, therefore, be re-defined as the active pursuit of self-welfare, not of self-interest. Only when the person caters, in a balanced manner, to both his present (self-interest) and his future (self-welfare) interests, can we call him an egoist. Otherwise, if he caters only to his immediate self-interest, seeks to fulfil his desires and disregards the future costs of his behavior, he is an animal, not an egoist.

Joseph Butler (1692-1752) -- theologian, apologist and philosopher -- separated the main (motivating) desire from the desire that is self-interest. The latter cannot exist with-

Continued on page 24 >>>

Wedding
photography
so unlike
any other
it's simply
priceless.



Getting Along With Difficult People In 3 Easy Steps

by Michael Lee

It's tough getting along with difficult people, but it can be done. Come on, we've crossed paths with them since our first day at school.

Remember the kids who we didn't think we'd get along with? The teachers who always made our lives miserable? And how about that leech of a classmate who never contributed anything to group projects? We've all been there and in some cases, are still there!

Getting along with difficult people might be something of a challenge at first; but once you see that you've got other options aside from the 'grin and bear it' strategy, you'll be amazed at how easy it can be.

Here are 3 effective ways to deal with them.

[1] Smile Genuinely. We've been told to grin and bear unpleasant things

so many times that to be told to smile at difficult people just seems so ineffective. But see, there is a huge difference between the two.

Grinning and bearing it means that you're only tolerating the person or the situation; whereas smiling means that you're seeing the person or situation in a more positive light.

Instead of concentrating on the negatives, you focus on the positives. Smiling also helps you feel better about the situation as well. Besides, difficult people won't expect you to smile at them so easily. It's not only a disarming move, it will also make you look different in their eyes.

[2] Understand Where They're Coming From. While we deserve an award for getting along with difficult people, that does not make them the bad guys. In fact, you

might be surprised at what you uncover once you take the time to understand where other people are coming from.

Let's take a guy named Eddie as an example. He's one of the bossiest people you've ever met and he constantly nitpicks at every little detail. Most people dislike him and have a hard time dealing with him, but not you.

That's because you know that he only wants the project to become a success and that he's giving it his all. Sure, he's bossy but you know that's only because he's a perfectionist.

Someone like you whose priority is to get the job done understands that; and in turn, you don't feel threatened or annoyed by it.

[3] Always Take The Mature Route. It's so easy to just give in and scratch another person's eyes out

or hit them with whatever you've got lying around, but that's not going to solve anything.

Getting along with difficult people is not always easy, especially if you don't have a lot of patience; but giving in to immature urges will only make the situation worse.

So take a deep breath and calm yourself when they irritate or treat you badly. Repeat to yourself several times, 'I'm in control of myself.'

Follow these tips and getting along with difficult people will soon become second nature to you.

Want to know how to persuade anyone to change their behavior and way of thinking? Get a free course that reveals some of the most groundbreaking mind control techniques and persuasion secrets at www.20daypersuasion.com/secrets.htm



Beyond the Bay

Living kites

General Santos City, Philippines

Bat Sanctuary | Brgy. Mabuhay
Photography: Jing Velos
Text & Lay Out: Egai Cadiente

Looking like a sea of kites, a colony of a thousand bats spread their meter-size wings to bathe in the silver streaks of midday above a canopy of trees. These golden-crowned flying foxes (fruit bats) have found a sanctuary in the forested area of Nopol Hills.

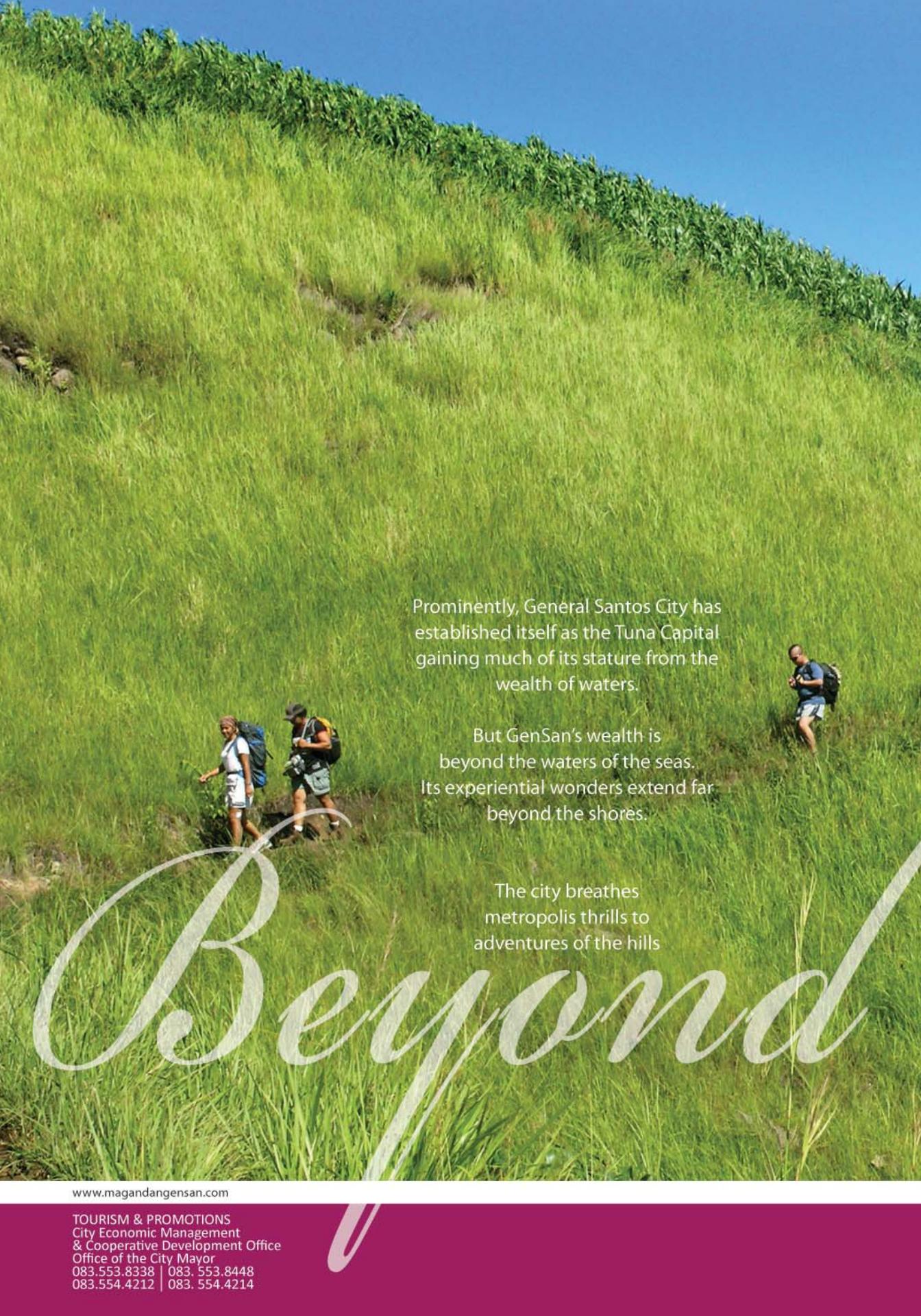
Beyond the Bay

Hike and Hide

General Santos City, Philippines

Sansapan Falls | Brgy. Upper Labay
Photography: Dong Pading
Text & Lay Out: Egai Cadiente

As though hiding inside a cavern of solid rock, this mystifying waterfall flows flawlessly like a strand of silk as she awaits a wanderer weary after a hike, to marvel at her allure.



Prominently, General Santos City has established itself as the Tuna Capital gaining much of its stature from the wealth of waters.

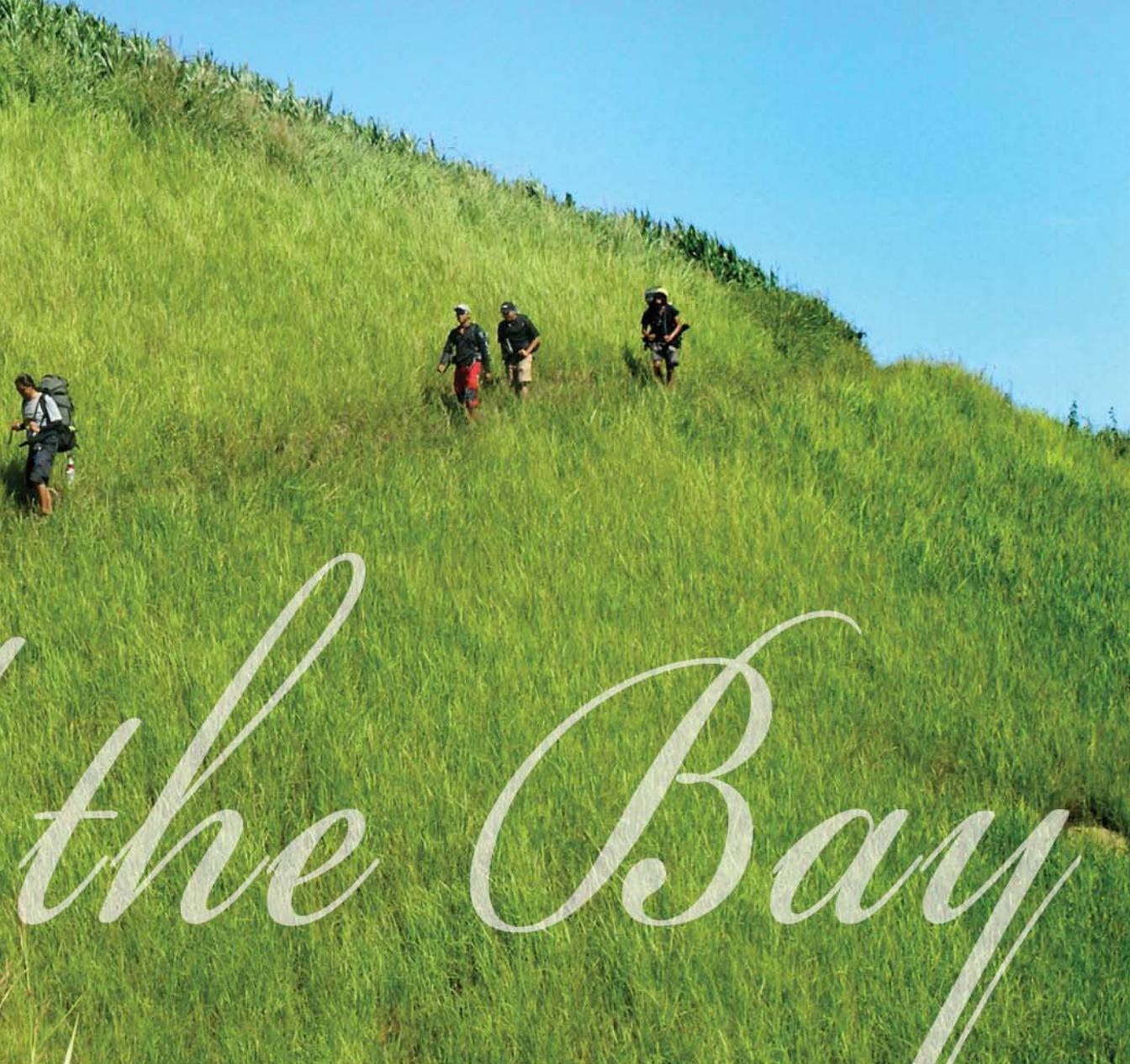
But GenSan's wealth is beyond the waters of the seas. Its experiential wonders extend far beyond the shores.

The city breathes metropolis thrills to adventures of the hills

Beyond

www.magandangensan.com

TOURISM & PROMOTIONS
City Economic Management
& Cooperative Development Office
Office of the City Mayor
083.553.8338 | 083.553.8448
083.554.4212 | 083.554.4214



What could be more refreshing than traipsing though a carpet of lush green grass underneath clear blue skies with cool mountain breeze caressing your face? The hills are indeed alive and will make you want to live when you are at GenSan's highest point of elevation 730 meters above sea level.

Beyond the Bay

Chasing waterfalls

General Santos City, Philippines

Amsicong Falls | Brgy. Conel
Photography: Paul Llanos
Text & Lay Out: Egai Cadiente

Mindless of the terrain, water flows down a steep crevice gliding graciously, carelessly, ceaselessly. Relaxing waterfalls like this dot the hills of Barangays Olympog, Upper Labay, Mabuhay, and Conel. The city's countryside is host to unravelling natural wonders awaiting weary souls to immerse in its idyllic pastoral sett.

Beyond the Bay

Romance and electric stars
General Santos City, Philippines

Sanchez Peak | Brgy. Conel
Photography: Jing Velos
Text & Lay Out: Egai Cadiente

Clear and cloudless evenings reveal the expanse of what seems to be a cluster of stars nestled aground. General Santos City truly shimmers at night as seen from atop Sanchez Peak in Barangay Conel. This romantic hilltop provides campers with a windy camping set and a breathtaking view of the city both day and night.



Whatever formula Facebook has developed, it sure works. I mean, even a senseless *aarrgh* posted on someone's wall gets a comment or two, doesn't it?

Really, the *What's on your mind?* teaser is something. It invites you to post your present state. It entices you to broadcast what's inside your thought balloon. It cajoles you to reveal, to pour out, to lay bare. And before you know it, you find yourself typing a prose, a sigh, a line, -- yes, an *aarrgh* -- so finely spelled out by a delicately sculpted font. Then you hope that somehow someone reads your eloquence and comment on it.

I've been a Facebook user for a year now and the influence it's injecting to humanity fascinates me no end, even intrigues me to some extent. I'm no sociologist, but my take is that Facebook answers a need -- that human need to be heard, to be seen, to interact, to unload, to release, *The Need* to connect, that's what. And connect you did. You got a comment on your *aarrgh*, didn't you?

Yes, Virginia, Facebook is a polished, sophisticated social gossip. Voyeurism with class. Either that, or the conceived deprivation of *The Need* is an inane argument. Perhaps, still, we could just be responding to the present milieu -- a time and space spawned by naturalism. The point is, everybody has simply become so busy to personally listen to anyone's stories. Everyone has become so preoccupied with what-have-you that nobody seems to be around to listen to one's woes in flesh anymore.

And so it came to pass, Facebook answered that need conveniently. So conveniently in fact that it became an instant comrade overnight. And how friendly it is! It doesn't scold you about a mistake. There's no *I-told-you-so* when you post regret. No accusing finger pointing at your face. Oh yes, it does not smirk at you. It's open 24/7 and from almost anywhere. Alas, you find an intimate buddy who embraces you without judgment, a mate who accepts your state of absurdity or your pointless folly, a companion who celebrates with you in times of jolly.

Facebook has become a refuge, a shelter, a harbor. While at times it's a coffee shop where tête-à-tête transpires, most often it's your sounding

POST YOUR THOUGHTS, PASTE YOUR LIFE

board, your confidante. And as time goes by, it becomes a receptacle of your anecdotes and quotes; a repository of your pains and gains, a library of photographs and memories, a storage of sobs and your stories. And before you know it, you have written chapters about your life. And the world is reading it.

Didn't you know? Try to scroll down your older posts, you'll see. Your thoughts, literal or metaphorical (including your *aarrgh*), video links, graphics, replies, blogs and songs you post -- snippets they may be -- reveal your story. It is a cornucopia of information that mirrors you. I couldn't

Is there a limit to how much we'll share?

help but notice how many times you changed status from *single* to *in a relationship*, then back to *single*, and lingered to *complicated*. Yes, honey, I knew.

What we cannot perhaps tell in the face of someone, we post in that little white box. Whatever we think at a precise moment, we compose in no more than 420 characters. What used to be a face-to-face interaction now happens in an online exchange for all of the world to see.

"Is there a limit to how much we'll share?" Time Magazines asks in its Facebook cover story in May this year. "Facebook has changed our social DNA, making us more accustomed to openness," the article says. True, we live in an era of openness and transparency that "there's almost no limit to what people will share." But, while "there's something unsettling about granting the world a front row seat to all of our interests," the "willingness of Facebook users to share and overshare" is just overwhelming. "Facebook is connecting us in new (and scary) ways," the article articulates.

Times have changed indeed. The social network ecosystem has interwoven conveniently into the fabric of modern life, enabling us to bare ourselves in all vulnerability. In an era defined by technological avalanche, we have become an account, a specimen in the cyber optic technology. Stories of identities being stolen abound. Accounts are being hacked to extract more information. Perhaps your latest mobile upload of your new Chanel bag caught the curiosity of someone thinking you have a huge bank account. Scary, huh?

Scary or not, FB in the meantime continues to be a venue for celebrations and victories. It is definitely a greeting card for surprises and cheers. It continues to be a provocateur of sorts. So, whether you see it as a *reduction* (our being relegated to an account), or an *expansion* (we accumulate friends online, don't we?) can be an interesting subject for debate.

What's your take? I mean, *What's on your mind?*

Comments are welcome. You may send an email to the author at my_eyeviiew@yahoo.com.

How can anyone doubt the accumulating evidence that something major and alarming has been happening to global weather patterns after this summer?

Unprecedented monsoon weather has put vast areas of Pakistan under water and displaced some 20 million people while mudslides have destroyed whole villages and towns in China. Russia is one of 16 countries that have declared 2010 its hottest ever summer and is facing the loss of up to a third of its wheat crop.

A large chunk of ice has separated from Greenland, and Niger is suffering famine and floods and, again, the loss of its crops.

Is 2010 just one isolated and extreme summer?

Actually it's not if you look back over the last decade and remember from the tsunami across Asia in December 2004, the hurricane that destroyed much of New Orleans, major earthquakes in China and Haiti, flooding in the Irrawaddy Delta, Indonesia, and massive fires in dry weather in Greece and other parts of Europe because of dry, hot summers.

To the British-born environmental campaigner *Lewis Pugh*, who was recently interviewed by *Riz Khan*, on the TV channel *Al Jazeera*, there's no question that the whole planet is at risk.

This is a man who has swum all the oceans, across the North Pole, where once there was ice, and in the Himalayas to highlight what is going on -- and says he has witnessed for himself the changes that are happening in even the remotest parts of the planet, not just once but every time he goes back to these places.

He is in no doubt that the situation



Climate Change & Global Warming are not a Myth Judging by this Year's Extreme Weather

by Alison Withers

is urgent and of such overriding importance that all governments should be putting it at the top of their agendas.

Yet there is pessimism already about the possibility of agreement on action on global warming from November's next climate summit due in Mexico.

US chief negotiator *Jonathan Pershing* is quoted in a BBC online article on August 7 as saying that many developed countries are back-pedalling from the progress that was made at Copenhagen last December.

He, also, warned that the extreme weather events of the summer were *consistent with the kind of changes* to be expected from climate change and that quick action was needed.

This is all putting even greater pressure on our abilities to make progress in producing enough food -- at affordable prices -- to make inroads into a scandalous situation where more than a billion people in the world are suffering from malnutrition if not outright starvation.

Of course, for some, it's all just another opportunity to make money. Speculators on the commodities markets must be rubbing their expensively manicured hands with glee at the fortune to be made in pushing up the price of such basics as wheat. Well, there's no money to be made in sub-prime mortgages any more and investors expect a return on



their investment.

There have, however, been a few bright spots in the week's news.

They include an agreement between the US and Brazil that Brazil's £13.5-million debt will be converted into a fund to protect Brazil's coastal rainforests. Ecuador also has announced a scheme intended to lock up a fifth of its oil reserves if rich nations will compensate it with £3.6-billion, equating to half the oil's value and payable over ten years.

If agreed the scheme would protect its *Yasuni National Park*, one of the most bio-diverse areas of rainforest in the world. The UN Development Program has agreed to administer the project's trust fund and several EU countries are supporting the idea.

In London *Ahmed Djoghlaf*, secretary general of the *UN Convention on Biological Diversity*, also spoke out against countries cutting their protection of biodiversity because of the current global economic crisis, warning that destroying nature increases economic insecurity, not to mention countries' ability to produce enough food.

There are plenty of innovative ideas for improving the world's food production, from *Genetically Modified* crops, to cloning to the *Biopesticides Developers*' work on producing more environment-friendly, bio-pesticides, fungicides and yield enhancers to contribute to increasing farm production sustainably without damaging the environment.

The sad thing is that too often governments are still relying on old and arguably discredited methods of pulling their countries out of recession.

While they are, perhaps understandably, focused on the current state of their own economies, if they don't soon change focus to the global situation the question is what, eventually, will they have left to govern?

About the Author

Surely no-one could deny climate change is happening after the summer's collection of natural disasters from Greenland through Russia to Pakistan and China, suggests writer *Ali Withers*. When will governments give top priority to global warming and climate change and focus on that and sustainable agriculture? The author invites you to visit: <http://www.agraquest.com>





Spreads like HTC Wildfire

by Alan Spencer

Want to go online but don't want to spend a fortune of your new phone? Give the HTC Wildfire a shot. It knows all and is cool and cheap.

User's choice. Before the HTC Wildfire came out, users got to choose the name of the upcoming phone. A poll resulted in a staggering 50% win for *Wildfire*, over *Zeal*, *Jovi* and *Festi*. Now the users also seem to win, because the Wildfire isn't overpriced and is very advanced.

Easy updates. The stylus is gone, and the Wildfire has a touch screen with the main buttons below. A so-called pinch-to-zoom screen makes scrolling through the seven screens easy. It's very simple to stay up to date on the android Wildfire with friends, family and other connections in your social networks. Take some photos or shoot a short film and forward them online with the pre-

installed applications for Facebook, Youtube or Twitter. With the Friend-stream you can see in return what everyone else is doing. Photos and film spread like Wildfire online.

Always in touch. Internet on the HTC Wildfire is quick and easy. The smart phone picks up almost any connection available (for example GPRS, UMTS and GSM) and therefore has to think about connecting every now and then. This happens to every phone so no need to worry. It doesn't have any influence on the speed of the Wildfire and the connection itself remains quick. Of course wi-fi is possible to use where it's available.

Camera. The 5.0 megapixel camera means serious photo taking possibilities. Nowadays a smartphone needs at least a 5.0 mp camera and the Wildfire doesn't disappoint. Of course you can put the material online immediately. Geotagging is possible, thanks to GPS, and no way you're getting lost ever again: Google Maps and HTC Footprints have already been installed. D you want to make your own widescreen movies? No problem.

Continued on page 30 >>>

places2go • GGpick

bars

GGpick Babes Bar - One of East Asia Royale Hotel's watering holes, with discotheque, live music Thu-Fri (2nd Flr, Arcade 1, East Asia Royale Hotel, National Highway, Gen. Santos, +63-83-5534123 ext. 106)

GGpick Cassado Billiard Bar - Pool tables, ice-cold beers (Grd Flr, Arcade 1, East Asia Royale Hotel, National Highway, Gen. Santos, +63-83-3028389)

Red Rocket Sports Bar - Warm meals and ice-cold beers (Grd Flr, Arcade 2, East Asia Royale Hotel, National Highway, Gen. Santos)

GGpick Pacman Sports Bar - Five pool tables/dart boards, The Pacman himself if you're lucky, lots of lounge space (JMP Bldg 2, Aparente, Gen. Santos, +63-83-5528880)

GGpick Q Bar - Great place to be seen in, for chilling and dancing, with superb music and yuppie crowd (SunCity Complex, Gen. Santos)

cafés

GGpick BluGré Cafe - Next best thing to Starbucks, designer coffees, hot/cold mixes, filling meals (Robinsons Place, Gen. Santos, +63-83-5542177) [wi-fi]



GGpick BluGré Cafe - Bigger and more relaxing than the one at Robinsons, same great drinks/eats (South Osmeña, Gen. Santos, +63-5521111) [wi-fi]



GGpick Cafe Amoree - Local gem, great drinks / eats, off city center but worth a visit (Mabuhay Rd, Gen. Santos, +63-83-5542173) [wi-fi]

Cafe Paulino - Unpretentious coffee place, central yet a quiet retreat from the crowd (Gaisano Mall, Gen. Santos)

Caffe Firenze - Gourmet coffees, desserts, sandwiches, pizza and more (SunCity Complex, National Highway, Gen. Santos)

Coffee Club 101 - Coffee, pasta, desserts, free PC stations for patrons (Laurel East, Gen. Santos, +63-83-5535430) [wi-fi]

GGpick Coffee Club 101 - Great place to people-watch and be seen in, perfect chill after shopping (Robinsons Place, Gen. Santos, +63-83-5534878) [wi-fi]

Coffee Dream - Coffee and sweets for after shopping or

while waiting for company (2nd Flr/Basement 1, KCC Mall, Gen. Santos, +63-83-3018263) [wi-fi]

Fagioli Coffee Shop - Great after hours haunt, tends to get really crowded at night (Petron Station, Lagao, Gen. Santos, +63-83-552749) [wi-fi]

GGpick Fagioli Coffee Shop - Private yet accessible, perfect chill after shopping (Grd Flr, KCC Mall, +63-83-5542384) [wi-fi]

Generals Brew - Fine gourmet coffees, sandwiches, combo meals (Pioneer, Gen. Santos, +63-83-5526559) [wi-fi]

The Porch | Joe Black - Fine gourmet coffees, sandwiches (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

Red Ribbon Bakeshop - Cakes, pastries, sumptuous Filipino/Western meal combos (Lower Grd Flr, KCC Mall, Gen. Santos, +63-83-3018388)

hotels

CBHL Garden Rooms & Dormitel - Central location and tasteful guest rooms at budget rates (Laurel, Gen. Santos, +63-83-5546336) [wi-fi]

GGpick East Asia Royale Hotel - Stone's throw away from the financial district, shopping malls, convention/exhibition centers, with function rooms/

restaurants/bars (Grand Royale Ballroom, Babes Bar), business center, 24-hour room service (National Highway, Gen. Santos, +63-83-5534123) [wi-fi]

GGpick Family Country Hotel & Convention Centre - Guest rooms, meeting/banquet halls (up to 1,000 heads), pool, in-house Cafe Leticia amidst greenery (Mateo Rd, Lagao, Gen. Santos, +63-83-5528895) [wi-fi]

GGpick Ice Castle - Modern, centrally located, offers excellent accommodations, in-house bar and restaurant (Provido Village, City Heights, Gen. Santos, +63-83-5544423, +63-8269026) [wi-fi]

Phela Grande Hotel - Basic to luxury guest rooms, in-house Melih Restaurant/Cafe Eduardo, offsite Phela Convention Center (Magsaysay cor. Atis, Gen. Santos, +63-83-5524220) [wi-fi]

GGpick SunCity Suites - Hotel at the heart of upscale and trendy SunCity Complex (National Highway, Gen. Santos, +63-83-5523333) [wi-fi]

Sydney Hotel - Centrally located, offers comfortable accommodations and excellent restaurants, professional banquet/conference facilities (Pendant cor. Pioneer, Gen. Santos, +63-83-5525479) [wi-fi]



newsletter
magazine
brochure
annual report
yearbook
postcard
calendar
business card
flyer
official receipt
receipt
poster
stickers
pamphlet
label
name card
manual
packaging
paper
box
paper bag
tag
tee shirt
plastic
bag
wedding
invitation
menu
book
others

Gregoria
PRINTING PRESS

Cagampang Street
General Santos City
Tel (083) 5535684 | Tel (083)
3044745 | Fax (083) 5524873
gregoria.pp@gmail.com

23

restaurants

Andrea Ticia Family Restaurant - Green, homey setting for a relaxing dining experience (Mateo Rd, Lagao, Gen. Santos, +63-83-5528896)

GGPick Big Ben Steaks & Grills - Steaks you can always rely on in a homey, central setting, you'd wanna hang out long after the plates are cleared. (Robinsons Place, Gen. Santos, +63-83-3030315)

GGPick Bigby's Cafe & Restaurant - Great coffees and sumptuous food platters. Try *Pescado Al Fresco* -- dory in onion sauce! (Robinsons Place, Gen. Santos, +63-83-5520111)

Cookie Factory - Home-style restaurant (J. Catolico Sr, Gen. Santos, +63-83-5522035)

Firenzo Deli - Combo meals, pastries, sandwiches and more (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

GGPick Gio's Mongo Grill - One of Tiogson Arcade's main draw, Gio's has great tasting barbecue (Tiogson Arcade, Lagao, Gen. Santos)

GGPick Grab-A-Crab - Exciting seafood, crab specialties (Laurel East, Gen. Santos, +63-83-5535430) [wi-fi]

GGPick Grab-A-Crab -

Tierra Montana Hotel - Air-conditioned guest suites/func-tion rooms, pool, restaurant (National Highway, Gen. Santos, +63-83-5538553) [wi-fi]

resorts

Davak Ridge Resort - Sun, sky, and all-year-round beach fun (Gumasa, Glan, Sarangani, +63-83-5524492)

GGPick Gensan View Resort - Sun, sky, swimming pool (Nursery Rd, Lagao, Gen. Santos, +63-83-3028237)

GGPick Lemunyan Resort - Clifftop seaside resort with excellent villas, restaurant and bar, pool, and worldclass dive site (Tinoto, Maasin, Sarangani, +63-920-914 9259 | South Point Divers: www.southpointdivers.ph)

GGPick Merl Garden Spring Resort - Zip-line ride, pool, horseback riding and more (Lahit, Lake Sebu, South Cotabato, +63-919-4577221)

Olaer Spring Resort - Natural springs, lasting city icon (Apopong, Gen. Santos, +63-83-3802345)

GGPick Rosal Beach Resort - Sun, sky, and all-year-round white sand beach fun (Gumasa, Glan, Sarangani, +63-920-9212203)

Same Grab-A-Crab vibe, only smaller (Robinsons Place, Gen. Santos) [wi-fi]

Gusteau's Restaurant - Fine crab and seafood delicacies (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

GGPick

Little Dubai Kebab Grills - Taste of exotic Middle East at half the price (SAFI Arcade, Bula Rd, Gen. Santos, +63-83-5520140)

GGPick The Little

Kitchen - Serves European (pizza, pasta, chicken *cordon bleu*), Oriental (*kalbi chim*, *ebi tempura*, *chao fan*), and Filipino (sizzling *bangus sisig*, *bucu pandan* with lychee) in Mediterranean-inspired and Filipino-warmed ambience. (Cor. Quirino and Zapote, Gen. Santos) [wi-fi]

GGPick Mandarin Tea

Garden Restaurant - Amazing dimsum, Chinese/Filipino delicacies (South Osmeña, Gen. Santos, +63-83-3013333) [wi-fi]

Ocean Cave Restaurant

- Fine seafood and Filipino specialties (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

GGPick Pablo's Steaks and Crabs - Pablo's of Paseo Del Sol has perfected the art of preparing steaks (certified US Angus) (National Highway, Gen. Santos, +63-83-5539298)

GGPick Paseo Del Sol -

Hacienda-style haven, catering to theme/special events, serving Pablo's/Ranchero fare, as well as exclusive dishes for private functions/catering service (National Highway, Gen. Santos, +63-83-5539298)

GGPick Ranchero Grill

- Paseo Del Sol's old-timer Ranchero takes native/Filipino/ranch-style food to the next level (National Highway, Gen. Santos, +63-83-5539298)

Razon's Restaurant - *Halohalo* and *pancit palabok* preparations renowned nationwide (SunCity Complex, National Highway, Gen. Santos) [wi-fi]

Razon's Restaurant - Same *halo-halo* and *pancit palabok* specialties, more accessible locale (KCC Mall, Gen. Santos)

GGPick Red

Trellis Seafood Garden - Asian fusion-inspired, gives Singapore-style chili/black pepper crab places a run for their money (Across NDUU-IBED, Tiogson, Lagao, Gen. Santos, +63-83-3027222)

Rooftop Grill Ihaw-Ihaw - Seafood/grill, great view of Plaza Heneral Santos (6th Flr, Sydney Hotel, Gen. Santos,

+63-83-5525479 ext. 103) [wi-fi]

GGPick Royale Lounge -

Relaxing café with minimalist décor, acoustic music Wed-Sat (East Asia Royale Hotel, Gen. Santos, +63-83-5534123) [wi-fi]

GGPick Sarangani High-

lands Garden & Restaurant - Hilltop joint with views of Sarangani Bay, downtown Gensan, Mt Parker/Mt Matutum. Nature, fresh air, good food, great for private parties or company events (Tambler, Gen. Santos, +63-83-3040752)

Wanchin Dimsum Restaurant - Good food, pool table, piano, great view of Plaza Heneral Santos (2nd Flr, Sydney Hotel, Gen. Santos, +63-83-5525479) [wi-fi]

resto-bars

Crocodillo's Resto Bar - Occasional expat haunt, laid-back crowd, cheap beers (Laur East, Gen. Santos)

Drill Shack- Aussie staples as salads, steaks, burgers and properly *condom*-wrapped beers (Grd Flr, Arcade 1, East Asia Royale Hotel, National Highway, Gen. Santos)

GGPick Grab-A-Crab -

Same Grab-A-Crab vibe, more intimate dining/wining (Robinsons Place, Gen. Santos) [wi-fi]

GGPick



Jmix Resto Bar - Great food, great music (JMP Bldg 2, City Heights, Gen. Santos, +63-83-5542368)

GGPick

Piyesta! KTV and Resto Bar - Value-for-money combo meals, inventive dishes, novelty drinks and cocktails, tower drinks, intimate KTV rooms, friendly staff, *al fresco* heaven (Robinsons Place, Gen. Santos, +63-83-5542139)

Please call +63-83-8269221 to be included in this listing.

Visit
FILIPINAS

Plan out your travel itinerary, and book your discount flights and accommodations at VisitFilipinas.com -- it'd be a real pity to miss out on many great deals and big offers. Why wait? Visit us soon!

»» *Continued from page 12*

out the former. A person is hungry and this is his desire. His self-interest is, therefore, to eat. But the hunger is directed at eating, not at fulfilling self-interests. Thus, hunger generates self-interest (to eat) but its object is eating. Self-interest is a second order desire that aims to satisfy first order desires (which can also motivate us directly).

Self-interest, altruism and the interest of society at large are not necessarily incompatible.

This subtle distinction can be applied to disinterested behaviors, acts, which seem to lack a clear self-interest or even a first order desire. Consider why do people contribute to humanitarian causes? There is no self-interest here, even if we account for the global picture (with every possible future event in the life of the contributor). No rich person is likely to find himself starving in Somalia, the target of one such humanitarian aid mission.

But even here the Butler model can be validated. The first order desire of the donator is to avoid anxiety feelings generated by a cognitive dissonance. In the process of socialization we are all exposed to altruistic messages. They are internalized by us (some even to the extent of forming part of the almighty super-ego, the conscience). In parallel, we assimilate the punishment inflicted upon members of society who are not *social* enough, unwilling

to contribute beyond that which is required to satisfy their self-interest, selfish or egoistic, non-conformist, *too* individualistic, *too* idiosyncratic or eccentric, etc. Completely not being altruistic is *bad* and as such calls for *punishment*. This no longer is an outside judgement, on a case-by-case basis, with the penalty inflicted by an external moral authority. This comes from the inside: the opprobrium and reproach, the guilt, the punishment (read Kafka). Such impending punishment generates anxiety whenever the person judges himself not to have been altruistically *sufficient*. It is to avoid this anxiety or to quell it that a person engages in altruistic acts, the result of his social conditioning. To use the Butler scheme: the first-degree desire is to avoid the agonies of cognitive dissonance and the resulting anxiety. This can be achieved by committing acts of altruism. The second-degree desire is the self-interest to commit altruistic acts in order to satisfy the first-degree desire. No one engages in contributing to the poor because he wants them to be less poor, or in famine relief because he does not want others to starve. People do these apparently selfless activities because they do not want to experience that tormenting inner voice and to suffer the acute anxiety that accompanies it. Altruism is the name that we give to successful indoctrination. The stronger the process of socialization, the stricter the education, the more severely brought up the individual, the grimmer and more constraining his superego -- the more of an altruist he is likely to be. Independent people who really feel comfortable with their selves are less likely to exhibit these behaviors.

This is the self-interest

of society: altruism enhances the overall level of welfare. It redistributes resources more equitably, it tackles market failures more or less efficiently (progressive tax systems are altruistic), it reduces social pressures and stabilizes both individuals and society. Clearly, the self-interest of society is to make its members limit the pursuit of their own self-interest? There are many opinions and theories. They can be grouped into:

- Those who see an inverse relation between the two: the more satisfied the self interests of the individuals comprising a society, the worse off that society will end up. What is meant by *better off* is a different issue but at least the commonsense, intuitive, meaning is clear and begs no explanation. Many religions and strands of moral absolutism espouse this view.
- Those who believe that the more satisfied the self-interests of the individuals comprising a society, the better off this society will end up. These are the *hidden hand* theories. Individuals who strive merely to maximize their utility, their happiness, their returns (profits) find themselves inadvertently engaged in a colossal endeavor to better their society. This is mostly achieved through the dual mechanisms of market and price.
- Those who believe that a delicate balance must exist between the two types of self-interest: the private and the public. While most individuals will be unable to obtain the full satisfaction of their self-interest, it is still conceivable that they will attain most of it. On the other hand, society must not fully

tread on individuals' rights to self-fulfilment, wealth accumulation and the pursuit of happiness. So, it must accept less than maximum satisfaction of its self-interest. The optimal mix exists and is, probably, of the *minimax* type. This is not a zero sum game and society and the individuals comprising it can maximize their worst outcomes.

The French have a saying: *Good book-keeping makes for a good friendship.* Self-interest, altruism and the interest of society at large are not necessarily incompatible.

About the Author

Sam Vaknin is the author of *Malignant Self Love - Narcissism Revisited* and the editor of the mental health categories in The Open Directory, Suite101, and searcheurope.com. Visit his website at samvak.tripod.com

**Those
who live
to the future
must always
appear selfish
to those
who live
to the present.**

- Ralph Waldo Emerson





ORSON
SANG TO A
JILTED LOVER
THEY CALLED A
PSYCHO B*TCH
FROM HELL,
AND SCORED
A HIT.

Album: Bright Idea (2006) | **Artist:** Orson
Abstract: This debut album by the Hollywood band was recorded for just \$5000, funded by the band themselves. It contains the title track *Bright Idea*, and other catchy hit singles *No Tomorrow*, *Happiness*, and *Already Over*, words of consolation to and last-ditch mockery of a jilted lover. Described by Amazon.com as *the missing link between The Rolling Stones and Scissor Sisters*, Orson plays a one-of-a-kind blend of guitar-based pop-rock and R&B funk. A pity the band had to retire in 2007 after only 2 albums.

“THE ONLY
PEOPLE FOR ME
ARE THE MAD ONES,
THE ONES WHO ARE MAD TO
LIVE, MAD TO TALK, MAD
TO BE SAVED, DESIROUS OF
EVERYTHING AT THE SAME TIME,
TIME, THE ONES WHO NEVER YAWN
OR SAY A COMMONPLACE THING,
BUT BURN, BURN, BURN...”

Book: On The Road Again
Author: Jack Kerouac

Abstract: This largely autobiographical work based on the spontaneous road trips of Kerouac and his friends across mid-50s America is often thought of as the definitive work of the Beat Generation (beatniks), characterized by jazz, poetry, and alternative lifestyles. While many of the names and details of Kerouac's experiences have been changed for the novel, countless references depict real-world counterparts. Upon its original release, The New York Times hailed it as *the most beautifully executed, the clearest and most important utterance of Kerouac's generation*. Time Magazine included the novel in its compilation of the 100 best English-language novels from 1923 to 2005.

TOP BLOG OF THE MONTH

Post: How We Can Save Over 4 Million Children (7 Oct 2010) | **Author:** Ezekiel J. Emanuel, MD, PhD (The Huffington Post) | **Abstract:** "Childhood vaccines are one of the great triumphs of modern medicine. Indeed, parents whose children are vaccinated no longer have to worry about their child's death or disability from whooping cough, polio, diphtheria, hepatitis, or a host of other infections. Vaccines are the most cost-effective health care interventions there are. A dollar spent on a childhood vaccination not only helps save a life, but greatly reduces spending on future healthcare."



We regret that the watermark in the image of the HypnotiQ drink we featured last issue didn't clearly show. The photo was taken by Apple Greatson Francisco. Visit AppleGreatson.com for more.

JACK KEROUAC ON THE ROAD



Dessert: Razon's Halo-Halo | **Abstract:** Finely crushed milk ice, *macapuno* (the meatier cousin of the coconut), sweetened *saba* banana, and a generous topping of *leche flan* (Filipino custard) complete this delectable sweet tooth's dream sludge. Sugar rush factor on high. You have been warned!



BOOT UP!

Footwear: Babel Boots | **Designer:** Christian Louboutin | **Abstract:** The thigh-high boot is a hot catch for any fashionista year in, year out. (And you know the guys just love watching you get into and out of one.) Frenchman Christian Louboutin's Babel boots are a sexy, sophisticated classic, with the trademark red sole and the highly acclaimed Louboutin craftsmanship that's worth every single digit in your dollar account. If you're keen for sleek shoes that cost one-and-a-half the price of a Macbook, then this is your prize pair. (We agree -- you just can't put a price on sexy!)



A Walk with Your Dog

by George Barnett

You have decided to start a fitness routine that involves both you and your dog. That's great! And it's great for both you and your dog as you will both benefit from the walk, the fresh air, the exercise, and the opportunity to poop in the neighbor's yard. Well, okay, maybe that last one should be limited to the dog, but it does bring up an important point when you are walking with your dog. That is, your dog has a different agenda on the walk than you do.

You want to walk to lose weight, lower your cholesterol, improve your circulation or any number of other reasons that all have to do with your health. These are all good reasons for getting off the couch and walking. Your dog will share your enthusiasm



for the walk. When you go though your routine of getting ready for the walk, your dog will become more excited and animated in anticipation of a walk with you. But for entirely different reasons.

As you leave your home for your walk your dog will be pulling on his leash, anxious to get into the neighborhood. His tail will be held high, which means something to the dog, and it is very possible that his nose will be scanning the ground as you walk. The dog's nose is a very sensitive organ and we humans have learned to put the dog's nose to work for us. Humans have yet to build a machine that is half as sensitive as a dog's nose. Your dog is just a family pet, not trained to hunt for criminals or lost skiers. Nevertheless, he still has that nose and he wants to put it to good use. Your walk is his opportunity to do that.

You may notice that some dogs take their duties, as dogs, more seriously than others. A dog from a working breed may give some passing attention to the various scents that fill the air near ground level. For a dog like this it is more in the nature of reading the morning paper. A dog from a hunting breed, on the other hand, will study a scent in great detail. For this kind of dog it is more in the nature of a technical journal that must be scrupulously examined and analyzed. There is far more information in the scent that your dog is sniffing at that we, as humans, will ever know.

What this means to you is that a walk with your dog will not be undertaken at a consistent speed or pace and may involve numerous stops, especially in those areas where other dogs are known to pass. This is where your agenda will be different from your dog's. Using an extending leash can help to reduce the disparity between your pace and your dog's.

But this is not a bad thing. Walking your dog is still good exercise. In fact, studies indicate that even moderate exercise, like you might get by walking with your dog, can significantly reduce a man's risk of heart attack and the benefit is even greater for a woman. In addition, your dog will prove to be a great motivator. Dog's are creatures of habit and when your dog starts walking with you he will quickly develop that habit. On those days when you just don't feel like walking, your dog will, and he will let you know that, no matter how you feel, he still wants to go for that walk.

So, before you start a new exercise routine go talk to your doctor. Then talk to your dog. Everyone will agree that a daily walk will be a good thing to pursue.

One last thing. Another habit to build, besides the walk itself, is to take one of those plastic grocery bags with you on your walk. Your dog will not have any inhibitions about defecating in your neighbor's lawn. "When ya gotta go, ya gotta go." Should you dog do something indiscreet clean it up using the plastic grocery bag and maybe a garden trowel. That is what a good neighbor does as well as a responsible dog owner.

Enjoy your walk! Your heart, and your dog, will thank you.

About The Author

George Barnett walks daily with his two dogs. He can be reached through Family Travel Help at www.familytravelhelp.com.



quality machines



quality processes

quality printing

How Resveratrol Packs Red Wine with Health

by Steve P. Smith

Resveratrol has recently attracted great interest in connection with the so-called *French Paradox* that has long puzzled medical science. As a polyphenol type flavonoid it is in any case a very useful anti-oxidant, but many now believe it also to be the explanation of the relatively low rates of cardiovascular disease enjoyed in France despite a national diet traditionally rich in cholesterol and saturated fat. The French, of course, are also known as high *per capita* consumers of alcohol, particularly in the form of red wine.

Recent research appears to have established that the consumption of alcohol in moderation offers significant protection for the cardiovascular system, and may even reduce the incidence of related diseases by as much as 30%. There is good evidence, however, that the resveratrol which is almost unique to red wine may provide benefits which go far beyond those which can be explained by the effects of the alcohol alone.

This is not surprising in so far as fat-soluble anti-oxidants are known to be important protectors of the circulatory system against damaging attack from free radicals, and the resveratrol and other polyphenols found in red wine are likely to be highly beneficial in this context. Laboratory research, moreover, has revealed significant anti-inflammatory and blood anti-coagulant effects arising from the action of resveratrol.

But there's still more to resveratrol than this. It's known that some potentially harmful compounds in the body do not become carcinogenic unless and until they are metabolised by particular enzymes. Resveratrol has been shown in some laboratory research to help inhibit the activity of these enzymes and it seems possible that resveratrol may therefore have some protective effect against certain cancers.

Resveratrol has also been shown in the laboratory to slow the proliferation of DNA damaged cells, which have the potential to become

cancerous, and to allow time for the repair or removal of DNA damaged cells before rapid and harmful proliferation can occur. Invasive cancer tumours depend on specialised enzymes to allow them to take over healthy tissue and also need to establish their own blood supply if they are to develop. Resveratrol has been found in the laboratory to have inhibiting effects on both these processes, perhaps principally because of its anti-inflammatory qualities.

Orthodox opinion, however, currently maintains that more large scale trials are required outside the laboratory before any protective effects of resveratrol against cancer can be definitively established.

But the anti-inflammatory properties of resveratrol may also have a significant protective effect in the battle against atherosclerosis (hardening of the arteries), a significant precursor of serious cardiovascular disease. Resveratrol has also been shown to play an important role in preventing the formation of the blood clots which if they obstruct a coronary or cerebral artery may lead to a heart attack or stroke, two of the leading causes of premature death or disability in the affluent Western world.

And amazingly enough it appears that resveratrol may also have a more direct effect in terms of increasing longevity. A good deal of research has shown that reduced calorie intake may increase life-spans, including those of certain mammalian species, apparently by increasing the activity of specific enzymes. Resveratrol has also been shown to stimulate these enzymes and to enhance the life spans of worms and fruit flies. It is not known whether these findings would be replicated in higher life forms, humans included, but there seems no logical reason why they should not.

To obtain a significant intake of this potentially highly beneficial compound from wine you need to concentrate on red wine, because only this is produced by a pulp fer-



mentation including the red or black grape skins where most of the resveratrol is found. As a rule of thumb, the richer and darker the colour of the wine, the longer the pulp fermentation will have lasted, and the more resveratrol and other polyphenols the wine will contain. Generally speaking it is those produced in the sunnier latitudes which will have the highest concentration.

No toxicity issues have been reported from the intake of resveratrol, as such, although problems of course may arise if red wine is used to excess to achieve a desired high intake. Supplements of resveratrol providing up to 50 mg are now readily available, however; whilst moderate consumption of alcohol is now generally recognised as potential boon to health, and to be particularly protective of the cardiovascular system. So there seems to be every reason to continue to enjoy a couple of glasses of wine of an evening. And your enjoyment can only be increased by the awareness that the resveratrol it contains may well be doing your health a power of good.

About The Author

Steve Smith is a freelance copywriter specializing in direct marketing and with a particular interest in health products. Find out more at <http://www.sisyphus-publicationsonline.com/Liquid-Nutrition/Resveratrol2.htm>

Between the geometric *centerpoint* (a generalization of the median to two or more dimensions), and the shared names of a power company, a few residential communities, several shopping malls, and a fictional *Star Wars* space station, comes Gensan's very own *Centerpoint* -- the group of friends first and foremost, and next the up-and-coming band everyone is talking about. The name Centerpoint, in turns out, is the band's acknowledgement of the ever-present, all-encompassing reminder that God is the very core of life, the central figure of all creation.

They're less serious and more casual when it comes to naming each other, however. Band leader Julius Paler is called *Fluffy*. Bassist Keith Mark Feria is called *Lobolicious*. Drummer Avery Jireh Docena is called *Kuyakoy*. Keyboardist Densho is called *Hyper*. Lead guitarist Joshua Millano is called *Dwight*, his other given name. Strangely enough, lead vocalist Deane Felix Garces is simply called *Deane*.

Several pieces have been written about this vibrant, youthful, and upbeat band, and their equally optimistic music, but we venture one more time to knowing a little more about the sextet that gave General Santos its breakout hit anthem, *Whoa, Gensan!*

Gensan Gazer: How did you guys meet? Were you all friends before the band?

Centerpoint: We all met here in General Santos City. We go to the same church. As a matter of fact, Deane, Avery and Keith were childhood

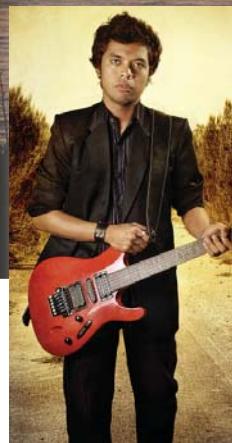
friends. Julius came into the picture in 2000. Joshua followed in 2003. And we came to know Densho in 2007: Keith introduced him to us.

GG: What made you want to become musicians? Ever attended music school? What got you started? Describe the experience of your first public performance as a group.

Centerpoint: Since we were just kids, already each of us had the love for music. We pursued them as a hobby in our own ways before we even entertained the thought of being in a band. None of us have a formal degree in music. We did, however, take crash courses in voice and instruments once. The rest of the time we were learning individually on our own and collectively as a group.

*GG: How would you categorize Centerpoint's music and image? Any influences from local and international stars? How do you feel about your debut album *Paper Floors*?*

Centerpoint: Our music is basically pop rock alternative -- a bit of radio-friendly and



Band photos by James Michael Montaño

indie. As for our image, we'd

love to exude one that's wholesome. We're a Christian band, and though some of our songs do not always talk about our beliefs, we often convey messages of love and hope.

Paper Floors was a breakthrough for us. It is our first album, and we know from the time we released it that there will be more albums that will follow, and we are doing our best to make that happen.

Some of the musical influences that have shaped our music are international acts *Paramore*, *Hillsong*, *Dream Theater*, *Linkin Park*, and local band *Bamboo*.

GG: What were your major hurdles just starting out? Your first big break? Your career highlights to date?

Centerpoint: One of the major struggles that we faced when we were just starting out was our personal differences. It almost broke us. Although it was mostly in the beginning that we found it really difficult adjusting to each other's attitude and way of doing things, it still is a challenge up to this day. But we understand each

center

erpoint

other far better now, and our bond is getting stronger.

We believe the key, as in all relationships, is to respect each other's uniqueness.

Our first big break was ABS-CBN's *Sharon* in July 2009. It was an overwhelming experience with the megastar. We had the privilege of performing our song *Kaibigan Ko* on national TV.

Some of the highlights in our career as a band include the 30th birthday bash of the legendary *Manny Pacquiao* himself in December 2009. We had the honor of singing the song King of the Ring, which we made just for him. We also wrote the theme song of MUS, a local ABS-CBN morning show, and the song is being aired every 6:30 in the morning on weekdays.

And the most recent of our milestones is our very own *Whoa Gensan!*, the theme song for General Santos City's Tuna Festival 2010. This is our biggest break to date. Aside from the privilege of sharing our talent to the *generals*, which in itself is already a most wonderful thing for us, we were also



given the opportunity to perform and appear in a music video, our very own first music video. We are glad that the song was a big hit, and that it connected with the people of General Santos, and that many are singing it.

GG: Who are your favorite singers, songwriters, or bands?

Centerpoint: Hillsong, Linkin Park... we love them!

GG: What would you call the soundtrack of your life?

Centerpoint: One of our original pieces, The Glory.

GG: What's the best advice you've ever received?

Centerpoint: Keep our feet on the ground wherever our journeys and successes take us.

Never give up on our dreams.

GG: If you weren't a band, what would you be doing?

Centerpoint: Being in a band. Definitely. Still.

GG: Plans for the future?

Centerpoint: Write more songs that would inspire people of all generations.

We're setting our sights on becoming one with the mainstream music industry, and raise our banner as generals. We really want to perform to thousands of people because we believe in our music, that our music can move people positively, and that our songs will really inspire them. So help us God...

Clockwise from top: Deane, Densho, Julius, Avery, Keith, and Joshua



A Story of Mark, the EB Hero: Creating a legacy of fulfilling dreams

The butterfly effect says that even a small act, such as the fluttering of a butterfly's wings, can bring about a tornado somewhere in the world. In the same way, a random act of kindness can make an impact in the lives of many people.

This is the guiding adage of Mark Aethen Agana, co-founding member of the *T'nalak Youth Group* (TYG), an organization composed of college students from the *Notre Dame of Marbel University* (NDMU) in South Cotabato. TYG has devoted itself to help students from public schools make it to college through a specialized tutorial program run by students of NDMU themselves.

While most young people would spend their Saturdays hanging out at malls, or with family and friends, Mark chose to dedicate his weekends volunteering as tutor for the *Pathways to Higher Education* program (PHE), where he taught English, Science, and Mathematics. Due to his involvement in Pathways, he was chosen to represent the school in the *Pathways Youth Conference* (PYC), a national congress of student leaders aimed to inspire them to identify problems that affect the youth in their area and urged them to address these in concrete ways.

He started volunteering for the Pathways initiative in South Cotabato in 2004, in his freshman year at college, where he was a scholar majoring in Computer Science. As he continued to teach young students and the more he got involved, he realized that he was privileged to be enjoying a college scholarship



at a very good university no less, but now, he wanted to share the blessing of quality college education with other talented students.

The seeds planted in him at PYC encouraged him to do more. Because of this, he, along with four other volunteers from NDMU, started TYG. The aim: to help the country's academically gifted but economically distressed youth access quality college education so they can have better futures.

"We have been given the chance to enjoy a good college education and it is imperative that we use what we have learned to empower others," Mark says. "It is one way of giving thanks to Him who has blessed us," he adds.

To raise funds for the young organization, the group did all sorts of activities -- sponsor marriage booths for couples, *haranas* (serenades) and other gimmicks, hoping to raise funds from their peers in class and school. The main Pathways office in Ateneo de Manila also offered a small grants competition to young leaders who would be able to craft creative projects addressing the education challenges in their provinces. TYG was one of only 13 youth groups that was awarded a grant that provided the seed money, enabling Mark and other TYG volunteers to give

tutorials to graduating public high school students in Marbel and nearby Polomok, Sto. Niño, Banga, and Surallah in South Cotabato. Together, they prepared public school graduating students for college entrance exams, so that they can get a better chance for getting scholarships.

Like all TYG volunteers,

Mark receive no financial remuneration for his services. Instead, he finds joy in seeing his students smile just because they were able to understand a simple math problem. "Or, hear them say *thank you* for teaching them how to click a mouse," he says. These are what he considers the ultimate rewards of volunteering. Aside from that, the organization has also been an excellent vehicle for him to make friends with people inside and outside the school. His work in TYG has taught him how to present and work with the barangays, the local Department of Education, and the provincial government. Together, they synergized efforts to create a bigger and more effective impact on their young wards. All these further honed his interpersonal and time management skills, preparing him for the future once he steps out of the university's walls.

For years since its inception, TYG has helped almost 300 students get accepted into college, most of them having been awarded scholarships, too! TYG continues to conduct tutorials in English, Science, Mathematics, and Computer Literacy every Saturday throughout the school year. TYG also conducts Self-Enhancement Workshops that hone the confidence and presentation skills of senior high school students from Polomok, Sto. Niño, Banga, and Surallah.

It's been two years since Mark left NDMU and TYG, but he remains committed to TYG and its programs despite the demands of his post-grad studies and other involvements.

Recently, Mark and the group he helped create, TYG, was featured in a tribute documentary in *EB Heroes*, a segment in GMA-7's *Eat Bulaga*, where ordinary individuals are recognized for their extraordinary deeds. Eat Bulaga believes that by showing the actions of ordinary heroes, they can influence the lives of millions of viewers positively.

For Mark, the greatest blessing given to him because of TYG is the chance to influence other people. *John Yrick Era*, a TYG volunteer attests to this. "Without *Kuya* Mark and all of the other volunteers, I might not have overcome the anxieties of going to college. It made me confident and strong, so that I could face the academic difficulties in college head-on."

Not every one... is given the chance to die a hero, but everyday, we're given the opportunity to live as heroes.

John Yrick also happens to be one of the very first TYG participants who has since moved on to take up Accounting at NDMU. Already in his senior year, he consistently lands on the dean's list while actively participating in extra-curriculars. From being the *tutee*, he is now the tutor, assuming the position of Math Department Chairperson in TYG. He is also an active leader in the student council. While Mark has served as inspiration to John Yrick, he, too, is now a role model to more talented TYG public school students, who follow the same path they've taken.

By empowering others and by encouraging more people to continue the legacy, Mark has proven that, indeed, simple acts can create huge and lasting positive change. No wonder why this young man was chosen as EB Hero. "Not every one of us is given the chance to die a hero, but everyday, we're given the opportunity to live as heroes."



3rd City Tourism Ambassador crowned

Richelle Valerie Pailden, a BS Accountancy student of Notre Dame of Dadiangas University, prevailed over close to a dozen candidates to emerge as the city's Miss Tourism 2010. A dance enthusiast and budding model at 17, Richelle strongly believes that "education is a key to success."

As ambassador of tourism in General Santos City, Richelle joins the Tourism Cultural Promotion and Development Division of CEMCDO (City Economic Management and Cooperative Development Office) on a special apprenticeship with Gensan's tourism movers and decision-makers. After her training, she will assist in the conduct of tourism awareness initiatives, and later lead in the promotion of Gensan tourism within and outside the city.

The Miss Tourism Pageant is one of the highlights of the National Tourism Week events, including competitions in eco-destination photography and souvenir design, and the Regional Tourism Summit, among others.



**Big Apple™
HOTEL & BAR**

Mamay Road, Brgy. Angliongto, Lanang, Davao City, Philippines 8000

1 Big Apple Coffee Shop
2 Deluxe Room for Two Persons with free Breakfast for 2
3 Suite Room for Two Persons with free Breakfast for 2
4 Standard Room for Single Person with free Breakfast

Other Amenities:
 Restaurant | Function Hall | Bar

Facilities: Touch-Pad Elevator | Safety Box | Flat-Screen TV | WiFi Spot | Refrigerator
FOR RESERVATIONS, CONTACT: (082) 234-1339 or 234-1399
 Telefax: (082) 234-8459 Mobile: +63919-910-1281
 Email: bigapple_hotel@ymail.com / Facebook: [BigAppleHotelandBar](https://www.facebook.com/BigAppleHotelandBar)

**para sa aming
malugod at tapat
na customer**

PiYESta KTV AND RESTO BAR
Suki card
 CARD HOLDER / CARD #
 Al fresco, Robinsons Place, General Santos City
 (083) 554-2139

TERMS & CONDITIONS

- Present this card every time you visit the PiYESta.
- This card is good for 10 visits only. The "SUKI" card is renewable every year.
- After the 5th visit, the cardholder will receive (1) PiYESta BAR PIN.
- After the 10th visit, the cardholder will be given (1) FREE KROPECK.
- Additional charges for anomalies ranging to:
 P5,000 - P7,000 FREE CHEESE STICK
 P8,000 - P9,000 FREE COCKTAIL PITCHER
 P10,000 up FREE COCKTAIL PITCHER and KURA STICK
- The management reserves the right to cancel the use of this card without prior notice.

Authored Signature _____
 Cardholder's Signature _____

**handog naming munting
pasasalamat!**

PiYESta KTV & Resto Bar
 Al Fresco, Robinsons Place Gensan, Lagao, National Highway
 General Santos City | (083) 5542139 | (0923) 9289057

»» Continued from page 22

Synchronizing with PC. Use the data cable to manage setup for your laptop or PC in just a few steps with HTC Sync Software. For example, a backup of all your phone numbers and media files. Handy! The Wildfire has 2GB of memory via the MicroSD memory card and the internal capacity is 512MB.

Tricks. Of course the Wildfire can do everything that's requested from a modern, cool phone. FM radio, a camera, a media player, Bluetooth and Internet; everything expensive smartphones have, the HTC Wildfire has, too.

Mini HTC Desire. Some refer to the HTC Wildfire as Mini HTC Desire. This isn't so strange when you think about it. The Wildfire does actually look a lot like the Google Nexus One, which of course is also made by HTC. For example, the touch sensitive buttons are almost the same as the ones on the Nexus. But indeed, the Wildfire could definitely be a little brother of the Desire. The looks and colors are almost identical and besides the size it's hard to tell which is which. A small difference is the micro USB gate that's now on the side instead of the bottom of the phone.

The design will never be the problem of the HTC Wildfire. The weight is light, just like the amount of money it costs. And with just 13 millimeters it's almost an extension of your hand.

About the Author

KPN offers lots of deals when it comes to mobile phones. Of course they also offer the HTC Wildfire. With sharp deals and value for money the Wildfire is the phone to get. Check it out here! The author invites you to visit www.kpn.com.

JAYA CONSTRUCTION MANAGERS & ENGINEERS

Got no time or know-how in your business or home development project? For expert advise on construction planning and management, call us at (0939) 474 3834 or send email to bbairoy@yahoo.com soon.

Mga Konsepto, Ideya Atbp

Event Organization -- From conceptualization to realization: themed weddings, anniversaries, birthdays, company occasions, conferences, meetings, conventions. NAME IT, WE CAN DO IT. Call us at 0923 8459377 | 0918 7465136, or email to asinirahc@yahoo.com

Lozano Bookkeeping Services

**Accounting and
bookkeeping
services • Financial
statement prepara-
tion • Permit ap-
plication and license
processing • Other
services**

Call/text (083) 826 0692 | (0926) 326 6903 | (083) 552 1263

LEAD & Co.

Outsourcing of Internal Audit • Accounting and Controllership • Financial Information Assurance • Business Process Review • Training • Management Advisory and Consultancy

Level 4 Reliance Bldg,
Rizal, Davao City |
(082) 2286695 | (0922)
8181375

postscript

Your covers _ck!

We'd prefer *rock* any day, but hey, it's a free city, and if you want to make a case out of your mettle, WordPress is free, too. But we love how MrB puts it so kindly: "I like how the covers project an image of cosmopolitan thinking. The city is seventy years old, which means, it's one of the youngest important centers in the Philippines... If the mag treads on uncharted territory, it does the city a great favor by providing an avenue for different options."

MrB wasn't done though; he zoomed in for the kill. "Looking at the covers from some back issues, I noticed

that you don't follow any artistic direction. There's illustration (contructivism, symbolism), there's pics (realism). Direction is important if you are doing a serial."

Editor: If you believe that exploring all possible moods, motifs, and meanderings in spite of popular thinking does not qualify as artistic direction, then call us blind by all means. Sure, we'd get lost, but in the end the road we take -- and make -- is ours alone.

Where's Gensan in your mag? AnutAbat: "Nice articles. Nice design. All in all a nice read. Some bodies of text may be too small and tightly spaced. Can't you expand the page dimensions? Oh, wait. Is this magazine about General Santos and its locale?"

Editor: Yes, Gensan Gazer is about Gensan first and foremost. We're trying our best to put in more Gensan material here, thanks, but at the same time we also think about our readers elsewhere in the Philippines and the 29 other countries and territories worldwide who read our GensanGazer.com ezine regularly.



Gensan Gazer is now read online by 30 nations and territories worldwide. Don't

underestimate the power of advertising. Place your ad now! Call (083) 8269221 for more details.

Romarie Ivy & Her Pictorial

I was contemplating on what to write for my column when the idea of what happens during a photo shoot crossed my mind. I called **Apple Greatson Francisco** about this, and I felt bliss when he said he was game for it, too. We did the shoot the following day.

We headed to the airport at 4 pm; on the way, we chatted inside the car, cracking jokes at each other. Apple, **Marthin Millado**, **Jenny Tañedo** and I have long been good friends; there are no dull moments with us. At the airport, security guards stopped us, looking for our letter

of permission. As we didn't have one, we were told to talk to their head, who asked what our purpose was, and readily allowed us to do it. Thanks to our charms! Haha!

Without delay Apple set up his equipment, Martinh and Jenny assisting. Apple coached me a bit on my posture and facial expression, did some test shots, and adjusted the lens and lighting. I stood on the runway, and gave my best poses. With their prodding and appreciation, I was able to work the model in me better.

I was ecstatic picking through the shots -- the photos are really great!

Thank you, Apple, my guy buddy and humorous friend, one of the country's renowned wedding and fashion photographers, seafood lover, a true-blue *general*. Thank you, **Bobong Otanes**, good friend, fashion designer, stylist, and official makeup artist of every beauty queen who has won in local and national pageants.

Model Tips. 1) Sleep well before the shoot. It rids of unwanted eye bags, and gives you the needed stamina and patience. 2) Spend time in the mirror developing a variety of expressions. 3) Get the best makeup artist and hairstylist. 4) Be sure you're comfortable and can move freely in your clothes. 5) Give your best!

The single smartest thing you can do is to decide to have fun on your shoot. If you do, it will show in your pictures.



Masthead photo by Brian Congson



Donna Mae & Her 80s Look

Recently a good friend of mine celebrated a milestone in her life. The very fabulous **Cherry Dimples Odi** celebrated her 30th birthday on 10 October 2010 (10.10.10); she named the event *OH NO! Three Oh!* It had a strictly 80s theme. The venue's facade had the 80s feel, and most definitely the 80s grooves.

I had a hard time choosing what to wear because I really wanted to follow the motif, look fabulous,

and at the same time be comfortable in the outfit. I went with the 80s aerobics look complete with colorful leggings, black mini skirt, a layer of pink singlet and gray asymmetric top, and gray heel boots. I accessorized with colorful bangles, chandelier earrings and yellow bead necklace.

I was happy to see that other guests also came in their 80s getup. Of course my *sissy* Romarie and I went there together. She helped me put my outfit together, and I did her makeup. Parties like this don't come often so we really seized the moment, and enjoyed every bit of the party. Cocktails were served, main courses next, and an open bar afterwards. The night's upbeat 80s music by Kinetic Band made us strut our moves on the dance floor. Special dance and song numbers were rendered by the staff and manager of Little Dubai. Messages were read, and video clips from friends who couldn't come were also shown. It was like a debutante's-gala-and-wedding-reception-minus-the-groom-and-the-rituals type of party!

There were fireworks, too. It was a night to truly remember, but the life of the party was still the bubbly, energetic and fabulous birthday girl, Dimples. Her lively energy really stood out. (This also appears in *KikayMuch.me*. Photo credits go to Paul Llanos.)



Live Life Here!

From the sea's bounty to the land's mystique to its people's charm, all roads lead to the first and only premiere Caribbean-inspired community in SoCC-SKSarGen -- **Camella General Santos**.

A beautifully evolving new landscape spanning 12 hectares of prime residential land, this impeccably masterplanned community offers real luxury within reach to diverse homeowners -- the newly independent, newly-weds and start-up couples, big families, pensioners, practically across all income brackets.

With fast and easy access to schools, malls, markets,

City Hall, the business district, and the second largest international airport in the South, Camella Gensan features exquisitely themed houses that are spacious and built in harmony with its tropical setting and the Caribbean ambience. The community is cable- and Internet-ready, with amenities such as a grand entrance plaza, an elegant clubhouse and a tastefully designed pool to match, gardens, children's playground, multi-court activity area, tree-lined roads with flood-proof drainage, a CCTV monitoring system and 24-hour security, and all these, managed by an independent property management team to ensure quality, continuity, and service excellence.

The exclusive lifestyle that awaits you at Camella General Santos only gets better and more colorful with the expansion of the gated community to nearly 10 more hectares of quality homes and landscaped lawns along NLSA Road in Barangay San Isidro, and the future addition of a commercial center at the estate's main façade.

Isn't it about time you called Camella your home?

