



MONETTE ADEVA MAGLAYA

A case for coming home ... for a visit, that is

"Travel makes one modest. You see what a tiny place you occupy in the world."
— Gustave Flaubert

(Part 1 of 2)
(A current radio promotion by The WAVE, which gives away trips as prizes to its listeners jogged my memory of a Philippine visit, just about a year ago during the Christmas holidays. I smiled to myself as I listened to one winner who sounded Filipino and who declared quite happily and proudly that he has chosen Manila, Philippines as his destination. This is in contrast to the majority of winners who routinely, predictably choose European destinations such as, Paris or Rome. Can't fault the guy for choosing well. In good times and bad, there's no Christmas quite like a Philippine Christmas.)

that it must be worth doing all over again.

There's much to see and do, remembering all too well that we lose a day going there which we regain on the return trip. We have to make allowances for the effects of jet lag to settle in. How does one get the best homecoming experiences? In a word, PLANNING. Know that well-meaning friends and relatives already have first dibs on your limited time. So map out your itinerary (the places and experiences that you must see and do that are on the top rung of your priority list) and itemize your to-do list in detail, way in advance with the proviso that you must be open and flexible in your schedule. The fine art of travel is remembering that an itinerary is just a guide and not necessarily etched in stone. If need be, you must be able to revise on the fly when the occasion calls for it.

Going on a trip is like any other project. It needs a blueprint. It involves the mind-body-spirit connection. You have to be physically fit and mentally agile. Consult your doctor before going on a regular exercise and diet routine a month before leaving. Your immune system will be severely taxed, so a word to the wise—wash your hands often with a sanitizer you keep with you at all times in your travel purse. Get your flu shot. It's no guarantee but your layer of protection is better. Whether it was just the placebo effect or not, as some dubious studies claim, I can swear by the efficacy of Airborne effervescent tablets. Airborne, after all, seems just Vitamin C pumped up to the max and sold with a good, homey storyline. Do what works for you. Your immune system should be braced for the assault on your body particularly in self-contained, confined spaces like airplanes and waiting rooms where air is re-circulated. No one is totally immune from the cold and flu virus, so be on the defensive. If at all possible, stay away from the obviously afflicted. If you are down for the

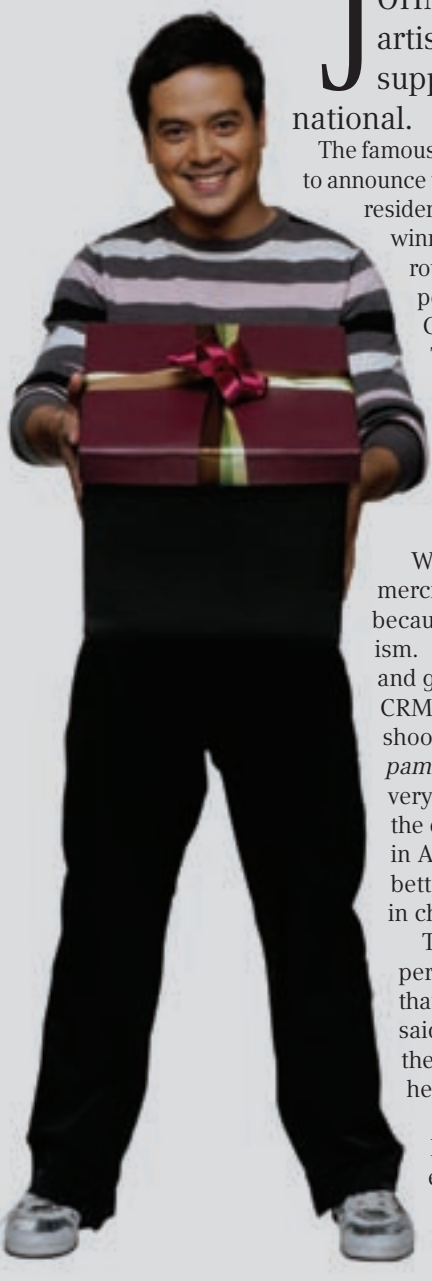
count, then isolate yourself. And for heaven's sake, wear a mask. Hydrate always, well, maybe not during the 16-hour plane trip when holding your water in your bladder can be tricky.

You estimate and gather the money required. Fudge the figure twice as much and be warned. Your money will be as fluid as water gushing out of a broken water main. Have one or two credit cards with you for backup and call the 800 number and give them a heads-up to let them know that you will be in the country during a particular period. Fraud units of credit card companies study your spending patterns and much to your dismay, may put a hold on your credit card transaction if it registers you are buying far away from your place of residence. You will end up calling their number to prove your identity, which is not an 800 number, and for which you will pay for the long distance call. Make sure you bring dollars in near-mint condition because shopping mall moneychangers will refuse old, tattered currency with cuts or writing. A lot of non-mall shopping transactions will be in cash, so be prepared to bring cash on your person or in a zippered, discrete purse you keep with you at all times. Vigilance is the key when out in public. Thieves have trained eyes and can home in on a hapless victim. Keep your purse on the side of your body where your shopping companion walks. Beware of distractions and scripted street dramas designed to keep you off guard.

(To be continued in next week's issue)

Nota Bene: Monette Adeva Maglaya is SVP of Asian Journal Publications, Inc. To ask questions, send feedback and requests as well as to inquire about advertising in any or all of the 6 print editions of Asian Journal in California, Nevada and New York/New Jersey and/or advertising in the Print Edition Online of Asian Journal, e-mail monette.maglaya@asianjournalinc.com
HAPPY HOLIDAYS TO ALL READERS! MAY GOD'S GLORIOUS SEASON BRING YOU PEACE AND JOY.

John Lloyd gives his all-out support to ABS-CBN



JOHN Lloyd Cruz, one of the most sought after artists in the Philippines today, has given his full support to the newest project of ABS-CBN International.

The famous actor appeared again in an ABS-CBN's *BigAtin* TV commercial to announce the *Bigay Todo* Sweepstakes, giving away \$1000 to ten lucky US residents monthly starting December and \$10,000 to three grand draw winners, on top of two grand homecoming packages which include roundtrip tickets for two to the Philippines, hotel accommodations, pocket money, Duty Free shopping spree plus other surprises. Grand draw is slated to happen in March of the coming year. Those interested need not subscribe to TFC to join.

According to John Lloyd, he continues to support ABS-CBN in a big way because he believes in the advocacies of the company. As a full-fledged *Kapamilya*, John Lloyd gives utmost importance to the confidence given to him by the network that he does his best to return the trust by being serious and passionate in his work.

While shooting the new TV commercial, the young actor-commercial model amazed the director and production crew, not only because of his acting genius but also because of his professionalism. John Lloyd came in to the studio with his lines memorized and gave the right emotions to every scene. The ABS-CBN Global CRM Director, Jeanette Beltran, who observed the commercial shoot and was with John Lloyd in the highly successful *One Kapamilya Go* held in Ontario, California, noted that "John Lloyd is very apt to be the endorser of *BigAtin*. He was able to capture the essence of the program—that it was designed for all Filipinos in America, honoring their achievements and helping them lead better lives especially during these critical times. We were right in choosing him."

The *BigAtin* endorser expressed, "I see myself as an ordinary person who makes people happy. I'm glad that I'm able to do that." When asked about the *Bigay Todo* Sweepstakes, John Lloyd said, "I hope our fellow Filipinos will not let this opportunity pass them by. It's so easy to join and the prizes can go a long way to help them."

ABS-CBN *BigAtin Bigay Todo* Sweepstakes is open to all legitimate US residents who may or may not be TFC subscribers, 18 years old or older, except those living in Puerto Rico, Guam, The Virgin Islands, US territories and possessions. More information about the sweepstakes can be located at www.bigaytodosweepstakes.com. (Advertising Supplement)

[Showbitz!]

From PAGE B1

says of her detractors. "Kasi talaga namang namamalimos ako ng tulong ngayon. Hindi ko naman ikinakahiya 'yon, hindi naman ako nagnanakaw eh. Humihingi ako ng tulong."

Paolo Bediones marks 10 years in showbiz

One of the most in-demand TV hosts in showbiz today, Paolo Bediones, recently celebrated his 10th year in show business with a thanksgiving party last December 2.

"Thanksgiving ko 'to para sa mga kaibigan natin sa press, sa media na sa loob ng sampung taon, hindi ako pinahirapang masyado," he tells Philippine Entertainment Portal. "At talaga

Continued on PAGE B3

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