

# The Megastar on Motherhood

by SHARON CUNETA  
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**I** ADMIT that I have been truly blessed in the industry, but I have to say that the world's greatest profession for me is motherhood. It may be the most difficult job in the world, but it's also the most fulfilling. For me, nothing compares to being a mom to KC, Frankie and Miel.

My own Mommy Elaine is the one who inspires me to be the best mom to my kids. She set a very good example for me by being there for me through good times and bad. Even now that I have my own family, she's always there for me and I want to be like that as my kids grow up.

One of the most important things I learned from her is the importance of good health and proper nutrition. This is why I make sure that I give only what's best for my kids. From her, I also learned the importance of nurturing your children's dreams and ambitions in life.

*Iba-iba ang ages ng mga anak ko.* KC is an adult already so I don't need to worry so much about her, even if I still do. But the two, since they're still growing and their personalities are being formed, I watch out for them. Friends *kami* but I'm still Mommy so *medyo kailangan ng disiplina*. But I always let them know that I'm there for them.

I try to have a balanced parenting style. I'm strict, but at the same time still a friend so that they can go to me for anything. I want my daughters to be comfortable sharing their experiences and thoughts with me.

I read a lot to Frankie and Miel, every day in fact. I'd like to stimulate their imagination and develop in them a love affair with books. For me, that's better than just letting them sit in front of the TV the whole day.

The girls also like to spend time with me in the kitchen. I remember that at a very early age Frankie already baked apple pie with me. Miel's first baking experience with Frankie and me was making cupcakes, complete with aprons and chef's hats!

Like most Filipino moms, I work hard to provide for my children's needs. So building a loving home is a top priority. I want my girls to feel how much I love them and how much I am willing to do everything for them.

One of the most important things that I've also learned as a mom is to show support for what my kids love to do. This builds their self-esteem and helps them do well in school and in their chosen activities.

Like when KC decided to join show business, I assured her that I'll always be supportive of her career and whatever plans she may have for the future.

It's the same thing with Frankie and Miel; they can count on me when it comes to their pursuits. Right now they both love singing and dancing. But I'll always be here to guide them in making decisions and achieving their goals.

Being a mom is not an easy task because we are entrusted with bodies and souls to nurture and guide. This is why I respect all the hardworking Filipino moms who will do anything to ensure the welfare of their children.

I think any mother in the world, *kahit reyna ka pa o sino ka pa*, can receive all the applause, all the accolades, and all the feathers in her cap... *pero ang pinaka-touching at magiging precious sa 'yo* is how people talk about your children.

I am sure that like me, other moms would say that there's no greater feeling than seeing your kids healthy, happy, and successful in life. ■



Sharon Cuneta

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## What's in Tintin's heart & mind?

**T**INTIN BERSOLA answers 35 questions and allows us to peek into what goes on in her heart and mind. Funny, sexy and brilliant, she's one of the best hosts we have in this country. Read on.

*If you could be somebody's guardian angel, who would you safeguard?*

All the children of the world, most especially my daughter.

*The book that you would bring if you were stranded in an island?*

*Everything You'll Need to Know When Stranded in an Island...* Hehehe!

Well, anticipating a plane crash or shipwreck, heaven forbid, I will bring a Survival Handbook. Aside from that, my collection of Paulo Coelho books and my journal. I have to write My Island experience and publish it after. And I hope it will be a bestseller.

*When was the last time you were on bended knees?*

Every Tuesday and Sunday in Church.

*How do you show your love for God?*

Following His commandments. Leading by example. Sharing the blessings He gives. Pray. Pray. Pray.

*Would you rather be president of this country or the richest woman?*

Richest woman! I'd rather be a *pilantropo* than a *pulitiko*. I aspire to be the richest woman not only in terms of the money in my pocket — but rich because above all, my soul is wealthy.

*What would you do if you inherited a billion dollars?*

Predictably, but true to form, 1.) I will build schools — or refurbish old worn-out classrooms. 2.) I will build a church or fund the construction of a church. 3.) Give out more scholarships. 4.) Donate more houses to Gawad Kalinga. 5.) Buy a food franchise and mini-grocery to employ people. 6.) Buy my Mama her dream retirement home. 7.) Invest in more real estate. 8.) Invest in Euro money, bonds and mutual funds for the long term. 9.) Travel. 10.) Shop — Now, *mukhang kulang ang \$1-B*.

*If you had the power to change one thing in this world, what would it be? Why?*

I would change that one ugly aspect of human nature — its evil side.

*The best movie of all time?*

*Father of the Bride, The American President and Casablanca.*

*If you can compete one-on-one with any single athlete, who would it be?*

The Pacman!

*When do you consider ambition healthy?*

When the odds are so difficult, and the pain just gets deeper. Then, you feel numb and think you're dead but then you wake up the next morning and realize that you are still breathing. That means, you are still given time and hope to fulfill your ambitions.

*What makes you happy?*

Family... always and traveling, watermelon and yogurt/ice cream.

*What is the best place on earth?*

Home.

*What is the one book that you read over and over again?*

The books that I've written — *Basura Monster, The Story of Christine, Bryan Learns His Lesson*. I've read these books to hundreds of kids.

*The most important event in history that you have participated in?*

The 1986 EDSA Revolution. I gave sandwiches and drinks to the Filipino soldiers.

*Whose brains would you want to have?*

Right now, President Obama.

*Upon arrival at the Pearly Gates,*

*God is waiting, what is the first thing you would say?*

I'm back!

*What was the nicest thing said about you?*

*Mas maganda ka pala in person!*

*What is your favorite corner in the house?*

The side of the bed where I sleep — always the wall side.

*How much time do you spend in the bathroom?*

Two hours. *Kasama na* drying my hair, make up, dress up.

*What is your greatest achievement?*

Being a dedicated wife, mother, children's book author and advocate of many causes.

*What do you like most about yourself?*

My innate and insatiable nature to help.

*What defines you?*

My thoughts, words, actions — the way I live my life.

*What is your security blanket?*

Julius and Antonia.

*If you could be someone for a day, who would you be? Why?*

JK Rowling. From someone so poor, to someone so wealthy.

*The most beautiful person you have met?*

I still have to meet them up close — Angelina Jolie or Anne Hathaway.

*The most expensive thing you bought for yourself?*

The house I bought when I was still single.

*What is your early morning ritual?*

Pray. Stretch. Read the papers while sipping coffee.

*The biggest challenge you had to face?*

The dynamics of the network and the landscape of this industry.

*If you were a fictional character who would you be?*

Wonder Woman o si Darna.

*This is your last night in the world, who do you want to spend it with?*

Of course, with who else, my family!

*If you can plan your death, how would it be?*

In sleep. In peace.

*If you have to eliminate one emotion in your life, what would it be?*

Harboring grudges and resentment against these people who always got in the way of the fulfillment of my dreams.

*What is your idea of perfect relaxation?*

Traveling overseas relaxes me.

*If you were a precious stone, what would you be?*

A diamond.

*If your thoughts were audible, what would we hear at this very moment?*

I'm sleepy! ■



Tintin Bersola

## Suzi's diary

by MARIDOL RAÑO-A-BISMARCK  
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**S**UZI ENTRATA-ABRERA with the witty ad-libs and sparkling repartee, may strike you as ultra sophisticated. But deep down, all she wants is something simple: Fun—good clean fun.

She never realized this is all she really needed to enjoy life until her daughters came along and showed her how.

"This is the most important thing Leona (five), Jade (four) and Antonella (three) taught me," the host of *Mommy Diary* (airing weekly beginning today at 10:15 am before *Sis* on GMA 7 and 5:50 pm before *American Idol* on Q-11).

Did we see a tear about to roll down the cheeks of the usually bubbly Suzi? But the tear did not fall and ruin the happy mood of the moment.

Suzi was back to her jovial self in no time at all as she talked about swimming with the girls in her brother's place in Subic and Cebu. The girls would also join their father, Paolo Abrera in his triathlon events, or jog around the village with Mom and Dad.

Mornings in the Abrera home are busy times for Paolo, says Suzi.

"He's like a waiter who serves the girls whatever they want for breakfast," she reveals.

Suzi takes a nap with the girls in the afternoon and makes up for mornings without her around the house on weekends.

"When the girls start talking at the same time, I let each one take her turn," Suzi relates how she deals with three excited daughters all at the same time.

This way, she teaches patience and consideration.

Suzi drives home the lesson of self-control when she makes an erring. The guilty one will only be allowed to join her sisters again once she says I'm sorry.

The Abrera girls, for one, don't get toys all the time, even if their parents can afford to shower them with costly Barbie dolls and tea sets. Instead of giving a *pasalubong*, Paolo and Suzi give what they call "presents" to their children.

"These presents," explains Suzi, "are non-material. They come in the form of hugs and kisses."

This way, the girls are trained to value things money can't buy. They also learn that showing love need not be expensive; that a hug and a kiss are more than enough rewards for good behavior.

An extra treat for academic excellence though, will do no harm. And Suzi says she and Paolo are generous in giving incentives to a daughter who does well in school. The Abreras also make sure one of them is available for the usual parent-teacher conferences.

The partnership also applies in — you better believe it — breast feeding. Paolo, says Suzi, has made things easier for her by literally staying behind her whenever she breastfeeds their daughters.

"He rubs my back, encouraging me to continue breast feeding even



Suzi Entrata-Abrera