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## Military Refocuses On Crushing ASG



Philippine troops kick-off 2018 with a large-scale military thrust, deploying 11 battalions to Sulu to go after the Abu Sayyaf and its leaders, according to the military's Western Mindanao Command.

Western Mindanao Command chief, Lt. Gen. Carlito Galvez Jr., said the soldiers have a prime objective, which is to capture or neutralize top-ranking terrorist

leaders, particularly senior militants Radullan Sahiron and Hatib Hajan Sawadjaan. The military expects to achieve the target of this initiative by the end of the first quarter of 2018, Galvez said.

Sahiron is an aging one-armed militant leader reported to have disseminated feelers to arrange surrender, but then the move was deemed by the military as only a tactic to deter the

crackdown.

The mission to defeat the Abu Sayyaf was almost completed last year but then units had to be re-deployed to Marawi against the Maute and Abu Sayyaf terrorists that besieged the capital of Lanao del Sur from May to October, according to Galvez.

"We have impending operations there in Sulu and the target is all the high-value targets must be

neutralized by the first quarter," Galvez said.

The military sees it is crucial to prioritize the security problem in Sulu so the government can develop programs in the region in full swing. In this light, the Autonomous Region in Muslim Mindanao (ARMM) regional government

has already expressed support in the development campaign, pledging P500 million in infrastructure projects. Several local government units and barangay leaders have likewise pledged their commitment already to advance the campaign for the eradication of the Abu Sayyaf Group,

according to Galvez. Local leaders had helped prompt the surrender of more than 140 Abu Sayyaf members since last year, Galvez said. Meanwhile, Westmincom has also recorded 127 militants killed and 90 captured within the said time period.

## Owner of Eatery Gunned Down in San Pedro

The end of November 2017 was supposed to be a day of commemoration of the bravery of Philippine hero, Andres Bonifacio, but in San Pedro City, Laguna, this was accentuated by a brutal act of cowardice as a female store owner was shot dead by a gunman, who pretended to be a customer at her "carinderia" (canteen) in order to get to a closer range. The victim was identified as Erminda Arevalo Amante, 65, a resident of Barangay (village) San Juan in San Pablo City, Laguna.

Laguna police reports the gunman pretended to be a buyer at the store and then when Amante went close enough, suddenly shot her twice. The killer then escaped on a motorcycle which was driven by another suspect.

Curiously, Amante was included in the city police's watchlist for illegal drugs. And though the police did not clarify whether she was related to the family of incumbent city mayor Loreto Amante, there are among the bystanders who said she was formerly married to an uncle of the mayor.

Mayor Amante is among the local officials recently stripped by the National Police Commission of control over their local police force due to alleged ties to illegal narcotics. The mayor's camp, however, has denied allegations regarding the matter.

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## CDO Mayor Dismissed

The dismissal of Cagayan de Oro City Mayor Oscar Moreno has been ordered by Ombudsman Conchita Carpio Morales in connection with the lease of heavy equipment the mayor supposedly entered from 2009 to 2010 during his term as Misamis Oriental governor. Moreno was deemed guilty of grave misconduct, serious dishonesty and conduct prejudicial to the best interest of the service, thus the dismissal order.

Aside from this, the Ombudsman also ordered former acting provincial budget officer Elmer Wabe, former provincial administrator Patrick Gabutina, and former assistant provincial engineer Rolando to pay a fine equal to their respective annual salaries. Other penalties were also meted out to the respondents, including perpetual disqualification from holding public office, cancellation of eligibility, forfeiture of retirement benefits, and bar from the civil service examinations.

The Department of Interior and Local Government was told by the Office of Ombudsman to implement the dismissal order on December 12, 2017.

These motions came as a result of findings by investigators that the provincial government made several suspicious lease agreements with a certain Equiprent Corporation for the use of heavy equipment amounting to P2.96 million.

The case drew more weight as the Commission on Audit (COA) found the rental of heavy equipment and the disbursement for payments were irregular due

to deficiencies such as lack of public bidding and the necessary documents as required under the Government Procurement Reform Act. According to COA, "The mode of procurement indicated in all the purchase orders for each payment was through public bidding, but no proof was shown that a public bidding was conducted. Also, at the time of the alleged bidding, Equiprent was not registered with the PhilGEPS as required under R.A. No. 9184, and in awarding the contract to Equiprent, the required documents were not submitted". Seeing the irregularities, COA issued a notice of disallowance on November 10, 2014.

According to the Ombudsman, the respondents clearly displayed a deliberate intent to violate procurement rules and give a bad image to public servants.

"The said acts show a clear intent to violate the law on procurement and a flagrant disregard of established rule, and definitely gave a bad image to public service, tantamount to grave misconduct, serious dishonesty and conduct prejudicial to the best interest of the service," the Ombudsman said in its decision.

Prior to this, the Ombudsman had already ordered the dismissal of Moreno, once in June and again in August of last year over other anomalous lease agreements. The embattled mayor secured a temporary restraining order on both decisions. Moreno, furthermore, is also facing a graft case at the Sandiganbayan for allegedly entering a building lease contract for Cagayan de Oro City's Sports Development Program for Professional and Amateur Boxing.

## EDITOR THINKS



### Filipino Idol

-by Jo Chanco

A little more than a year since Duterte assumed the presidency, and an extensive list already highlights how he may not be the messiah who has come to redeem the Philippines, as many believe, but perhaps more of a demon who's out to drag the Filipino nation down to the depths of damnation.

#### A Lie That's Pretty Much In Your Face

It's a sentiment increasingly amplified daily by commuters and motorists alike as they now face the most horrendous traffic situations of all time as a result of dysfunctional systems, makeshift solutions that border stupidity, and a sheer lack of vision or even common sense. Especially in Metro Manila's main thoroughfares like EDSA and Commonwealth Avenue, the gaping traffic chaos, the gross negligence of measures on commuter management and public safety, and the dismal failure in implementing crucial transport programs—have all churned up a paralyzing confluence that's brought the rat race into a virtual gridlock.

Daylight on this matter seems nowhere in the horizon as propositions by authorities are mostly founded on false assumptions or visions anchored on expensive infrastructure that are highly vulnerable to corruption and kickback scams. The immediate recourse, should mobility be a top imperative, still boils down to a rude imposition of mass ban on vehicles like the number coding scheme by the MMDA or, as was done in the recent ASEAN Summit, devise a special lane for "entitled" VIPs while cordoning off the rest of commuting public. Banking on the promise that Duterte will solve the traffic mess in 3 months, the public is now left with no other alternative but to wrangle through the maddening grind, many scratching their heads in bewilderment.

Rail transit couldn't even present a viable option as the MRT operations have recorded more fails per week than any of the past administrations. It's almost crazy that despite this, the DOTr has underspent its budget of P55.7 billion this year but then again is proposing to have a whopping P73.8 billion budget in 2018 after all its excuses for not being able to spend a smaller budget, nor execute its most vital programs to full effectiveness.

The ballooning frustration translates to a P4.1 billion daily loss in the nation's economy, according to a Japanese study on Philippine traffic congestion. Left unresolved, the loss could spike to P6 billion in a couple of years. Needless to say, the traffic and transit problems are very obvious ones, and not veiled behind murky conspiracy theories. But many don't see the worsening situation or the lack of any feasible solution as a failure of government, not the present government at least.

#### A Multitude In Denial

To the DDS (Die-hard Duterte Supporters), even questioning the practicability of any the Duterte government's programs is a sin, whether you're a yellow-loving Liberal Party fan who just can't "move on", or a Duterte supporter yourself and only curious about the government's solutions to the current problems gripping our society. Almost rabid, pro-Duterte trolls will not hesitate to lambast anyone who is simply probing why SSS revenues dropped 67% in the first quarter of 2017 or why the peso has dropped against the dollar from P46 to P52 in less than two years. Some of the more intelligent DDS will patiently explain why these are so, even by just using bizarre conjecture and fallacies forcefully made to add up, they will ultimately dismiss as anti-Duterte anyone who asks why these performance drops are all happening after Duterte became president. If you just ask why the slowdown of the GDP from 7% to 6.4% is coinciding with other negative trends like the unparalleled rise in prices of commodities, the inflation going up from 1% to 3.4%, or the unemployment rising to an alarming 5%—you're an enemy of the state. If you show concern about human rights violations and extra-judicial killings happening in the course of Duterte's so-called war on drugs—you're a drug addict. And if you report something that might be damaging to the current administration, or even hint on just a little bit of incompetence—you're a proliferator of fake news.

It's not like it's the concerned and confused public that's been operating an elaborate propaganda machinery and using immense amounts of taxpayers' money to disseminate falsehoods in the internet and social media. It's not the legitimate media making things up, when they are simply reporting. And if it is the handful in the opposition party who are to blame for the things not going Duterte's way, then what is the use of having an the alleged "super majority". The fact is—the government's stories are becoming more and more ridiculous, warranting clearer and vastly more sensible explanations. And, sadly, Duterte's various, often vacillating stance on many issues could already be interpreted by many as symptoms of him not being in his right mind.

#### The Collapse of Logic

It takes a considerable amount of lunacy to believe there is logic in Duterte's proclamations—that he is a Filipino patriot and loves his country extremely that he is willing to kill the scoundrels among his own people in order to safeguard the future generations, but with the same breath surrender national territory to the Chinese, allowing them to build artificial islands inside our exclusive economic zone while banning, on the other hand, Filipinos from building huts on islands near the ones already occupied by China via reclamation. He keeps on calling the disputed territory "South China Sea", demonstrating a sharp pivot towards China's sentiments in disregarding the United Nation's arbitral decision which declared the territory is rightfully ours and duly called the West Philippine Sea... after promising during his campaign that he would jet-ski to the contested areas and protest against China's intrusion. Months after saying he will unite Filipinos, he declared an all out war against Filipino leftists, ending peaceful negotiations with them, and yet he deems communist China great and sees former socialist Russia as an ally, allowing both nations to supply our country with arms, weapons that will probably only be used against Filipinos. Also, because he supposedly loves Filipinos so much, he'd rather have the police kill thousands of petty drug peddlers, poor Filipinos who have little options in life, than get to the bottom of the controversy about the P6.4 billion shipment of shabu where his own son and his son-in-law are reportedly involved, through the Bureau of Customs and probably bearing a Chinese connection. Russians caught smuggling illegal drugs to the country were also granted exemption from the law, as per his orders and

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words of assurance to Vladimir Putin they will be detained in a “comfortable house”.

Why does Duterte think and act like China’s lapdog? After declining aid from the European Union which helps a lot of Filipinos, he quickly negotiated a high-interest loan from China that’s foreseen to put a strain on the working class as it will surely rebound to tax increases. He’d have no hesitation whatsoever in uttering a firestorm of curses against the United States, the Pope or any head of state that criticizes his brutal war on drugs, but when it comes to China, he prefers to be mum on the most important issues like the intrusion upon our territory and the smuggling of illegal drugs. Instead, he’d enthusiastically announce to the Filipino people that “China is our friend”.

Would you expedite the release of imprisoned plunderers and let loose murderous policemen, if you were truly against criminality and corruption? Is it really equitable to conclude the evidences bearing the charges against Gloria Macapagal-Arroyo, Jinggoy Ejercito, Janet Napoles, and Juan Ponce-Enrile hold less ground than that of Leila De Lima? How is it that accused “big name” plunderers are now practically exonerated while De Lima remains incarcerated on the basis of vague charges and flimsy testimonies? Don’t the rampant killings of drug suspects by the police only confirm on a national scale the Davao Death Squad which De Lima warned the public about?

Now on the verge of martial rule, we Filipinos are warranted to think deeper and apart from the noise generated by trolls and fake news. Are the threats of drug addicts, muslim extremists, or communists real—or just phantoms to sow fear among us. In our ruminations of the things we are told to fear, we must never forget that it was Duterte who challenged the Maute group to attack Marawi, and when they did he responded by razing the entire city and making its innocent residents pay dearly. And in both the destruction and the rehabilitation of Marawi, huge lump sums of money were disbursed in ways that remain to be scrutinized.

### Duterte-worship

Duterte die-hard supporters are incapable of investigating the facts about the current administration as they are largely in denial. They support Duterte indiscriminately, no matter what, whether thoughtlessly or consciously. Many of them are foolish fanatics, refusing to see in fair light what is really going on, and in most cases driven by their disillusionment and hatred for the hypocritical Aquino administration which turned out as a huge failure in its attempt to epitomize good governance and the so-called “daang matuwid”. On the other hand, there are the Duterte beneficiaries, those who might know in their hearts what is true or not, and see the ills that are going on, but won’t make a stand, or will even fervently defend the faults, because of selfish interests. This lot probably benefits directly from the current administration or are “connected” to those who now brandish Duterte-enforced power and privilege.

At any rate, Duterte supporters will have to wrestle with many irrationalities that may eventually take them to the point of insanity, depending on each individual’s threshold for conscious denial. Those who cursed the Aquino administration then for the traffic woes during that time will have to be more patient of worse traffic and maintain the jaded mantra, “Change is coming”. Those who hated entitlement then may somehow feel they can turn a blind eye on the acts of bratty congressmen who want exemptions from traffic rules, or are forced to put up with the extra special treatments enjoyed by Mocha Uson. Those who were for honor and decency in government are now very understanding and tolerant of Duterte’s crass and cursing in public, excusing the foul language and the lies, as if decency suddenly was not a big deal to them anymore. The patriotic who used to warn about China’s invasive tendency are now OK with it. Those who despise

the drug menace are constrained from digging deeper on the mysterious case of the P6.4 billion shabu haul at the Bureau of Customs, where officials involved were fastidiously exonerated or appointed to other lofty positions in government, and the only one in jail so far is the warehouse security guard. Those who were against increased taxes are suddenly applauding the massive across-the-board taxation happening now. The religious Catholics find themselves agreeing now with Duterte’s attacks on the church, or perhaps disagreeing but keeping the conflict quiet in their hearts. Those who resisted Martial Law then are now enthusiastically going with it. DDS may choose to deny the realities, but they will not be able to escape the dualities besieging them from the inside.

Most Duterte fanatics don’t believe in the reports of a Davao Death Squad, even if the daily newspapers report what could be its audacious manifestation on a national scale. They believe there are zero extra-judicial killings, even as the blood of the innocent stain our streets. They don’t see the gross human rights abuse. They don’t even care about human rights, or think human rights is only a privilege for Duterte supporters. They believe Marcos is a hero, and Martial Law is good for democracy. They saw the military doing the blasting in Marawi, the planes doing the bombing, and look at the devastated city now, with all its weeping inhabitants, and think with surety in their hearts, “This is Maute’s fault”. If anyone kills on Duterte’s order, he is a good guy, a hero, a defender of society. The slightest of the DDS will resort to blame the undeniable failings on the incompetent people around Duterte, but never him. It’s idolatry just the same.

The DDS believe because their idol says so. It’s not a crime or a sin if he says it’s not. Impelled by their loyalty to a strange, war-mongering and blasphemous idol, their convictions are narrowed down to praising Duterte Almighty, as one who does no wrong, is good and perfect, and infallible...almost like God. If Duterte says it, it’s automatically law, it’s scripture, it’s dogma and the only thing that is right. Anything that is against Duterte is against them, and they feel extremely obligated to defend him. The way things are going, if Christ came back today, it wouldn’t be so absurd to assume that people would choose Duterte over Him, should the Lord dare speak to condemn the summary killings or the extended marital law in Marawi. Many Filipinos ended up cursing the Catholic Church, the bishop and even the Pope, because Duterte did.

Duterte’s trust and performance ratings are down, and many are starting to believe he cannot fulfill all his promises...even his pronouncements of “change” on the most fundamental issues. Duterte himself admits he was wrong in his assumptions and estimates. Yet, to the DDS, it’s “Duterte pa rin”. It’s like mass brainwashing, where many do not hope for the nation’s good anymore, but only hope not to meet Duterte’s ire.

But to the more open-minded, even those not aligned with the hated Liberal Party, it’s becoming easier and easier to accept the simple possibility—that the economic slide, the hysteria and violence in the streets, the escalated threats of terrorism and insurgency, the widespread injustice and chaos in our courts, the evident power struggles and the blatant disregard for human rights and the Constitution gripping the nation today...could all be because of one man—the Filipino idol, the fascist Philippine president charged in the International Criminal Court for mass murder and crimes against humanity.

“The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips.”—Psalms 16:4

## TechKnow

### CYBER SLEUTHING By Marrs Redd

#### Tracking and Tracing Made Easy Via The Internet

Have you ever found yourself in a situation where you had to track or find out the identity of someone—whether a cyberstalker, a bandwidth thief, or a mystery caller? Well, it happens to us all at some point, and for various reasons. The internet is full of people who love to annoy or make threats.

Good news, though. If the ones hounding you are careless, they can be easily tracked, especially if not using a proxy/anonymity tool. And you can use their mobile phone number, their email or their Facebook ID to track.

#### Facebook Trace



Facebook is full of stalkers and annoying people and fake profiles. We can’t get rid of all of them at once, and we are mostly stuck with just the option of ignoring these annoying people online.

But there are some who are really persistent, and will even go through the length of creating new IDs so they can continue badgering after being blocked. So, sometimes, tracking them and hacking into their computers or gadgets comes as the only solution. To do that, you will need to know their IP address. And once you have it, you will also be able to trace their physical location.

In both Windows and OSX, you can use the “netstat” command to list the active connections and listening ports. Chat with the person of interest, then open the command prompt (start-cmd for Windows, Terminal for OSX), and type “netstat” or “netstat -a” or “netstat -an”. This will list the IP addresses of all active connections. Afterwards, you can list all the suspicious IPs.



Once you have got the IP Address you want, its time to trace it. To do that we will need a website that give us tracing/ tracking options, some of the best sites are :

<http://www.iptrackeronline.com/>  
<http://www.ip-tracker.org/>  
[http://www.ip-adress.com/ip\\_tracer/](http://www.ip-adress.com/ip_tracer/)

The above sites can help trace IP addresses to their physical locations, and they are quite nifty to use. Just jot the IP you noted and put it in their search engine.

#### Track By Cell Phone Number

Just search for sites that trace cell numbers, and then type their cell number in the search box. Try this website:

<http://www.truecaller.com>

#### Track By E-mail Address

Search these websites for e-mail address

identities:  
<http://www.bananatag.com/>  
<http://www.whoreadme.com/>

# The Coral Beach Club: A Diamond in the Rough

Since time immemorial, Matabungkay Beach has adorned the municipality of Lian, Batangas like a divine gem that never depreciates. The beach is legendary for its blanket of white sand, which stretches across the length of a considerably wide cove facing the West Philippine Sea. Matabungkay also became popular because of its accessibility from Manila, being only about 120 kilometers away.

Legend has it that Matabungkay was originally 'discovered' to be a great weekend or daytrip destination in the early 1950s, allegedly by German residents of Manila who felt they needed to have their regular dose of sun. In fact, the "German Club" had a cottage there that eventually became known to the locals.

Soon enough, rich Manila folk followed suit. And by the early 1960s, permanent cottages and even luxurious beach houses were built along the beach line, as it became a popular destination for lovers, families and even companies going on vacations.

## Reefer Madness

Matabungkay's blanched coral reef, too, has a bit of claim to fame, for it has long been dead, and yet to this day, it seems very alive. Bobbing out of the water every low-tide, it snakes from the middle part of the cove, near Coral Beach Club, up to the northernmost edge, like a strange biological bridge. And if it were indeed a bridge, then it would be the sort that is "much-traversed", as countless of beach-combers, through the decades, have strolled to and fro its jagged length, picking sea shells, starfish and other sea critters.

Come high tide, rising waves swallow up the reef an inch at a time, and as it goes underwater, men haul "balsas" (bamboo rafts that serve as floating sheds or even cottages for rent) one by one towards the reefs periphery where it's a bit deeper and where the waves are more fun. Eventually, about a dozen or more balsas will station at the reef's edge, with bunches of frolicking vacationers, confirming yet another function regularly served by the remarkable but dead shoal: as a natural anchorage for floating parties, a different kind of venue for the enjoyment of Matabungkay's visitors and denizens.



## Warm Fuzzy Sunsets

A number of factors combined to make Matabungkay Beach skyrocket in popularity and be given due recognition as one of the country's top summer destinations, at least for a time. But one thing in particular made it a truly great place, perhaps even rivaling the best. Matabungkay's sunsets, they say, are not the stuff of legends, but of dreams. They are simply so spectacular, that ordinary days almost magically become magnificent. And the fact that such splendor happens in this one place on a regular basis, makes such a facet the perfect cap on top of the several wondrous bonuses already mentioned.



Those who've seen a Matabungkay sunset seldom forget. Many cherish the experience all their lives. Lovers actually have been spell-bound. The young have applauded in admiration. The spiritual have revered in bliss. And artists almost became insane in wonderment. Perhaps also because of the fact that Matabungkay's enchanting sunsets epitomize the "warm fuzzy" people commonly experience when faced with the grandeur of nature and the universe.

## The Beach's Club

Fortunately, this customary, earthy warmth that is endemic in the place prevails in the pleasant tropical palisade people have come to know as **The Coral Beach Club**. This is deluxe beachfront lifestyle at its most welcoming form.

Dazzling sunsets, mesmerizing views of the sea and nearby islands, the incessant come-on of aptly inclined sun lounge chairs at poolside, and the mouth-watering aroma of seafood barbecue should be enough to cause anyone to call a time out from work and make a sudden shift to a slow, relaxed pace... and simply laze the day away in splendid indulgence.

Relaxation can even be taken up a notch, as the resort also features MJ's iSpa, offering a variety of beauty and massage services from its qualified and experienced personnel.

24 air-conditioned rooms have recently been refurbished, all with en-suite bathrooms, wifi internet, cable television and electronic safes.

The menu features an extensive range of Asian and European favourites, reflecting the "East meets West" concept on which Coral Beach Club is founded.

Well-furnished, with large screen satellite and cable television, and fully stocked to suit both the sensibly modest as the well as the capriciously stylish, the bar is a handsomely classic frill, situated right smack in the middle of the premises. One might wonder where the names of the rooms come from, as there is Intramuros, Alabang, Troon, well...it's golf, and the Coral Beach Club's management is really into it. Contingency for an assortment of aquatic adventures—such as snorkeling, scuba diving, jet-ski, banana boat ride and fishing—do abound, but some might not really want to get wet, and would rather swing it out in the greens. It's a good thing Calatagan has a formidable 18-hole course nearby, designed by Robert Trent Jones, Jr.



It isn't the biggest resort, but it captures precisely Matabungkay Beach's quaint, amiable and casually serendipitous character, making it a fitting venue for parties, corporate retreats, conferences, school outings, even weddings. And without doubt, Coral Beach Club's discernibly courteous, attentive and efficient staff can facilitate the services that may be required by any such groups, with a trademark gentleness wrapped around a quiet excellence. A resort with such a distinct character amid a sea of same old, same olds, can indeed be considered a rare find, a stroke of luck, a diamond in the rough.

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# CIBO: Satisfaction Italian-Style | by Sarah Enero

Once you try the food in CIBO in Alabang Town Center, you'll have this realization that it is not merely a restaurant frequented by tourists and by those who seek to follow trends.

An attempt to sample the Spaghetini al tris di formaggio, Penne al telefono, Spaghetini AL 34, or the Margherita Oval Pizza, would likely end as a mounting rave...for more.

And, as you devour these, you'll probably start agreeing with the notion that Cibo is by no means a passing trend, but actually a result of a culinary quest for perfection, a quest that's gone on for about 12 years.



"Cibo", which means "food" in Italian, has, through meticulous practice, carved out its destiny—as a mecca of gastronomic pilgrimage. The restaurant is a pioneer in the country's casual-dining industry that offers homestyle traditional Italian cuisine, crowned with a dash of modern culinary ingenuity. It is truly a must-try.

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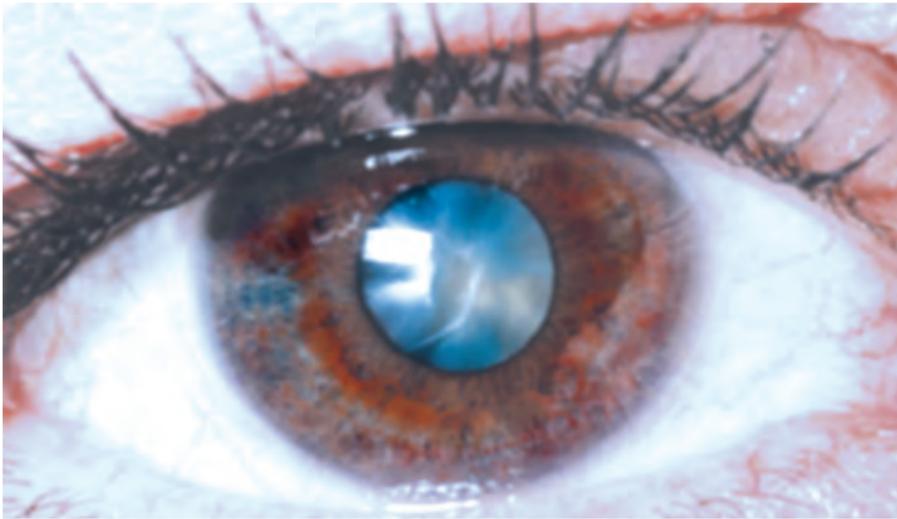
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## Perfecting Cataract Surgery at Asian Eye Institute



Is your vision increasingly blurring or dimming? Are you experiencing more and more difficulty driving at night? Are your eyes becoming more sensitive to light and glare, while at the same time need brighter light when reading? Are you seeing “halos” around lights, experience double vision in a single eye or are seeing colors fading or yellowing? Are you compelled to change your eyeglass or contact lens prescription more frequently? If you are experiencing these symptoms, you may be developing cataracts and therefore must see an eye doctor as soon as possible.

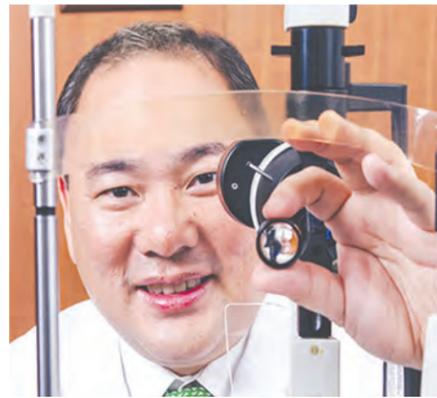
Cataract is the blurring of the natural lens of the eye, often experienced as “clouding” of vision, like looking through a frosty or fogged-up window. The condition makes it more difficult to read, drive a car, or see facial expressions, particularly in situations where there is low illumination.

Most cataracts develop gradually and don’t interfere with eyesight so much early on. But then in time, cataracts eventually hinder vision. During the early stages, stronger lighting and eyeglasses can help compensate for cataracts. But when the impairment is already so bad that it interferes with your usual activities, cataract surgery is the usual recourse. Fortunately, cataract surgery is generally a safe, effective procedure.

This so-called lens of the eye is enclosed in a clear lining called lens capsule. In a cataract surgery, the surgeon opens the front portion of the lens capsule in order to reach the cataract and break it into pieces, remove it and replace it with an artificial lens called intraocular lens (IOL). More and more experts on cataract surgery are sprouting in the country, and it’s a good thing there is Asian Eye Institute to even better cataract treatment

procedures with fruitful research and milestone innovations.

Last May 2017, Asian Eye Institute Glaucoma, Cornea and Refractive Surgery (LASIK), and Cataract specialist Dr. Robert Ang bagged the TOPGUN Best Overall Instructor award at the American Society of Cataract and Refractive Surgery (ASCRS) Symposium and Congress in Los Angeles, California. He bested over 13 other surgeons from Asia and the United States of America who were challenged to share tips and techniques that can make cataract surgical cases smooth and more efficient. Dr. Ang was picked after he spoke about a capsule marking technique that makes cataract surgeries easier by using a readily available and relatively inexpensive tool.



Opening the front portion of the lens capsule is one of the three critical steps in performing a cataract surgery, according to Dr. Ang. “It should be consistent, appropriately-sized and centered to make sure that there is a more stable position to place the

IOL and provide patients with better vision”, he stressed. Digital markers are usually utilized for guiding surgeons in the creation of a consistently sized and round capsule opening. However, these markers could be quite costly.

Rather than using these expensive digital markers, Dr. Ang proposed the idea of using a more viable option: an optical zone marker. According to him, “The optical zone marker is available in different sizes and can create a small temporary mark on the cornea. Since it is usually used in LASIK surgeries, it is also easily available to all eye doctors.” The ingenuity drew international accolades and has made cataract surgery and treatment vastly more accessible. And this is only one example of how Dr. Ang of Asian Eye Institute advances research in the field of cataract surgery and other special fields as intraocular lens technology, refractive laser eye surgery, presbyopia (the loss of near vision), dry eyes and glaucoma.

Finally, he professed, “Doing research studies allows Asian Eye Institute to do its part in advancing the science of eye care and gives patients access to the latest cutting-edge technology”.



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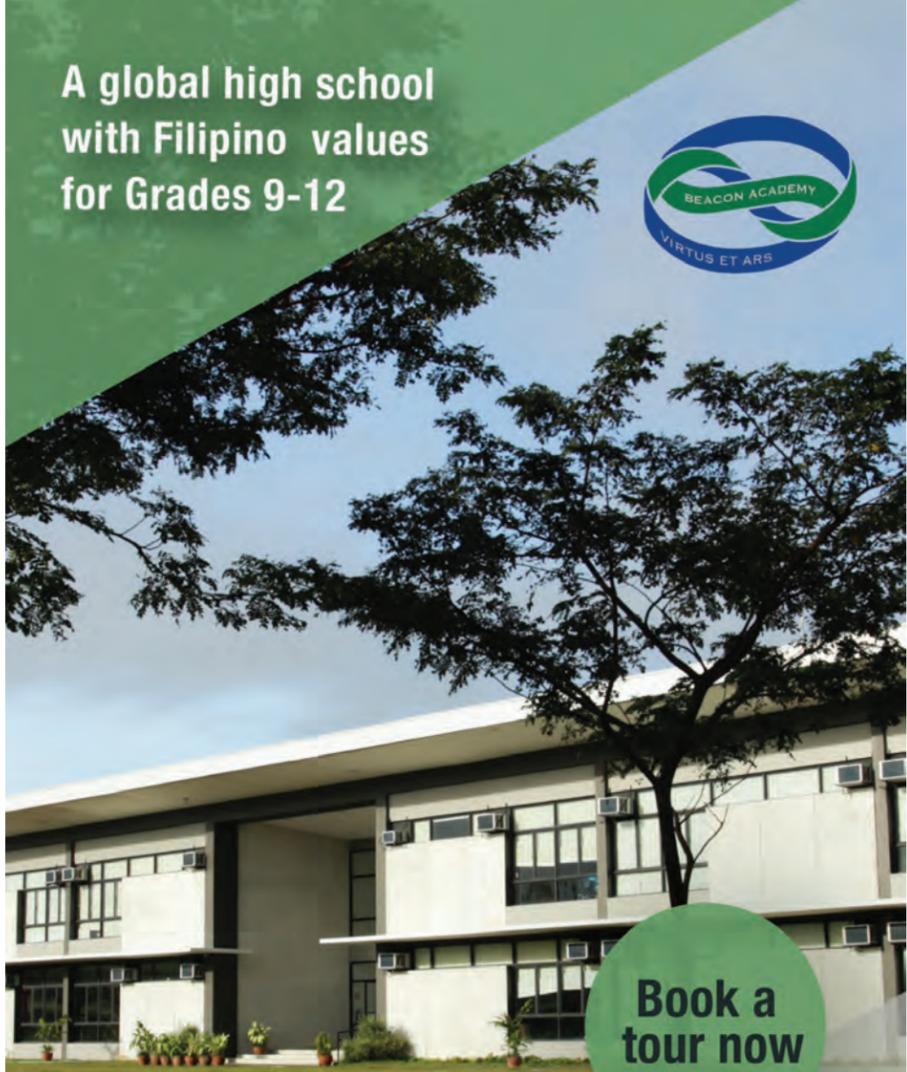


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OTHER NEWS

### Santa Rosa lights the Arch as ASEAN turns half a century

CITY OF SANTA ROSA, LAGUNA – Uniting as one with other local government units in the country, the City of Santa Rosa held the ceremonial lighting of its landmark to commemorate the 50th year anniversary of the Association of Southeast Asian Nation (ASEAN).

At exactly 7:00 in the evening on August 8, 2017, city government officials led by Vice Mayor Arnold B. Arcillas the lighting of the Santa Rosa Arch accompanied by singing of the ASEAN Theme Song entitled “ASEAN Spirit,” written by National Artist for Literature Virgilio Almarino and composed by Josefino Toledo.

The Santa Rosa Arch is the premiere landmark of the city and serves as the gateway to the city. The arch features four lions that serve as the guardians of



the city. It is from these lions where the city got its tag as the Lion City of South Luzon. In his speech, Vice Mayor Arcillas said that the city’s participation in the celebration of the ASEAN anniversary shows “our commitment to the mission

and tasks of the ASEAN.” He added that the lighting of the Santa Rosa Arch highlights the city’s readiness in leading to give the country and the entire region. The Vice Mayor also stressed that he is looking forward to a more thriving future, pledging that, as a

premier city, the City of Santa Rosa will always be supportive of the country’s functions in the association.

The City of Santa Rosa is among the 74 local government units in the country that participated in the simultaneous landmark lighting



ceremonies. This is in consonance with the celebration’s theme, “Under One Light, we are One ASEAN.” The celebration also coincided with the Philippines’ Chairmanship of the ASEAN in 2017. Last April 2017, the Philippines hosted the 30th ASEAN Summit, which was attended by all the leaders of the member countries.

The ASEAN was established on 8 August 1967 in Bangkok by

the five original member countries: Indonesia, Malaysia, Philippines, Singapore, and Thailand. It was formed by the founding members in an effort to build a community that assists and supports each other in terms of economic growth, socio-cultural development, and political security. It intends to strengthen great partnership with each other for a more prosperous and stable future. Since its founding, the

ASEAN has, without a doubt, gone a long way in promoting peace, unity, and growth among member countries.

There are 10 member states of the ASEAN. The ASEAN is the seventh-largest market as well as the third-largest labor force in the world. It also projected to become the fourth-largest economic union by the year 2030.

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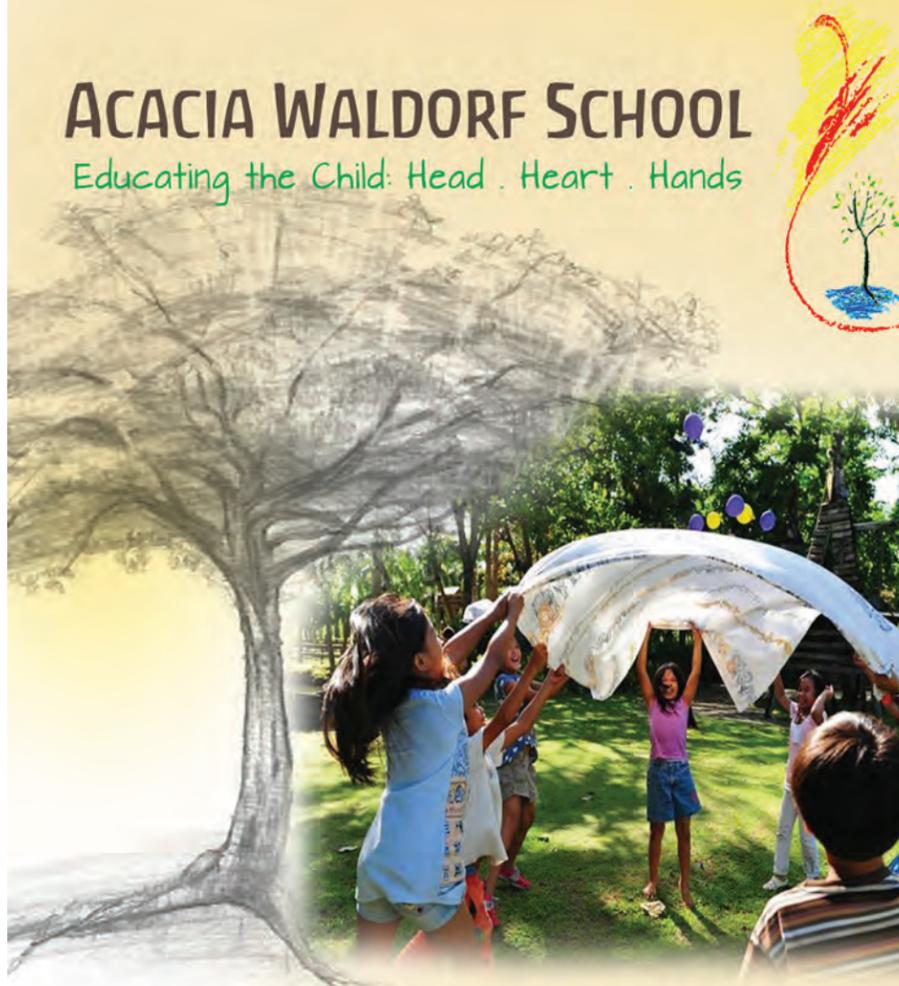


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