

**My CRÊPES**  
Crêpes • Coffee • Shakes

Coming soon to D'Mall



Check out our new website at [boracaysunnews.com](http://boracaysunnews.com)



*Boracay*  
**SUPER TRIATHLON**  
OCT 22, 2023 | SWIM | BIKE | RUN | REPEAT

Don't miss the inaugural Boracay Super Triathlon weekend. (Photo courtesy of Boracay Newcoast)

# ASIA'S SPORTS TOURISM DESTINATION OF BORACAY HOSTS THE FIRST SUPER TRIATHLON

By Jun N. Aguirre

The island of Boracay will host the historic inaugural Boracay Super Triathlon multisport weekend begins on October 20 for the opening of Race Expo and participants registration, with races on October 21 and 22, 2023 at the Boracay Newcoast, a 150-hectare integrated tourism development by Megaworld.

Situated on the eastern side of Boracay Island facing the Sibuyan Sea,

the sprawling Newcoast complex is the ideal setting with race courses running along a private beach—home to the famous Boracay Keyhole rock formation—and gently rolling and scenic terrain.

In a coordination meeting held at the Belmont Hotel at Newcoast Boracay on August 9, 2023, Malay Mayor Floribar Bautista said that he wants Boracay to become famous as a sports tourism destination in the Philippines.

“During the Super Triathlon, we hope to see some 600 athletes. This is the first in

Boracay but we hope this will not be the last of its kind. We hope not only to lure the athletes but also their families and fans as well,” the mayor said.

Oliver Salas, event organizer and founder of Super Series Ph (an events company that specializes in sports destination events) tells the Boracay Sun News that the event’s primary objective is to promote Boracay as the newest international sports destination for high-class sports such as triathlon that generally attracts multisport athletes worldwide,

with a penchant for sports and leisure travel, “by showcasing its world-class and unique features and scenic views such as Boracay’s beautiful white-powdery sand beaches and its famed Keyhole rock formation.”

He presented the overall event plan in the coordination meeting that was attended by members of the Malay local government unit, representatives of the Malay Municipal Police Station,

*continued on page 3*

**PAGE 4**

**ENVIRONMENT**

**PAGE 6**

**ISLAND LIFE**

**PAGE 12**

**HEALTH & WELLNESS**

**PAGE 15**

**ISLAND EVENTS**

**PAGE 24**

**WORLD AWARENESS DAY**

**Ube mama**

FROM THE MAKERS OF COCOMAMA

“ALREADY HAS US DREAMING OF COMING BACK TO THE ISLAND”  
*Esquire*

AT D'MALL PALENGKE

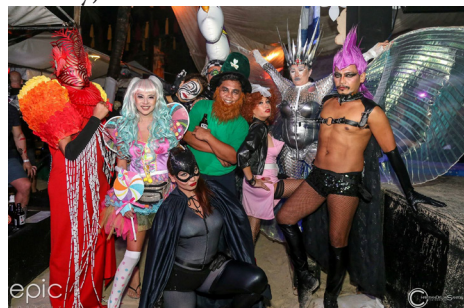


EDITORIAL

# Editor's Note

## Welcome the BER-y merry month of October!

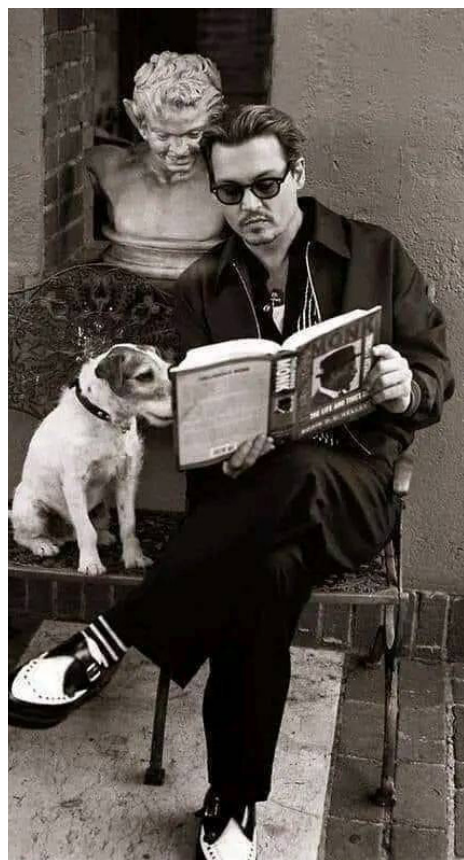
It's official! The BER months are in full swing and there's nothing we can do about it except to go with the flow, as free-flowing beer run nonstop during the monthlong Oktoberfest. As an age-old adage goes, "The grass is always greener on the other side." But on Boracay Island, "The beer is always colder, and the rum always sweeter." Yeah, I just made that up! So, raise a glass, then another, and brace yourselves for the most highly anticipated Halloween parties, Boracay-style! Check out our **Halloween Party Guide** on *page 18* and don't miss out on the fun, which actually starts on October 12. Mark your calendars and be sure to head over to Dos Mestizos to celebrate **Día de la Hispanidad** (turn to *page 16* to find out why).



Up for some adventure to discover some hidden gems down south of White Beach? Our guide to **Station 3: The Laid-back Side of White Beach** will show you the way to where all the fun and great bites are. (*page 22*)

**BFFs (Best Fur Friends) special**

Another cause for celebration is World Animal Day on October 4. Read "World Awareness Days" (*page 13*) and find out what animal welfare groups are doing, and what you can do to prevent animal cruelty through education and advocacy.



It is for this reason, as well as to foster responsible pet ownership, that we asked Rica Velasco to compile **BSN'S Guide to Pet-Friendly Boracay** – the ultimate guide for pet owners, whether you reside on the island or are traveling with your pet (*page 6*). Find out how to bring your pets to the island safely, where you can stay, and how to care for them, with invaluable tips from the local veterinary clinics.



Then there's the much-awaited "Pet Gallery" of the island's most paw-togenic fur babies, which we had poured our hearts into, to give the island's furry darlings their 15-minutes of fame (*page 7*). I've included a cameo from one of the island's reluctant former celebrities. When selfies were not yet a thing, people took them with Friday Lee, the golden Labrador frisbee champion that won many hearts; the king of the former Hey Jude Bar pathway who's graced magazines and fan pages before your kids were even born. So, check out the new breed of celebrity pets that will break everyone's hearts!

With all the festivities, be reminded of how to find your center and get grounded, in order to find your way back to fitness (and normalcy!) when the drag queen sings her last aria. Pauline R. shows us how in **BSN's Guide to Finding the Right Yoga Center for You** (*page 12*).

Cheers, and drink happy thoughts!  
Peace and good vibes,

*Freida*

**Editor-In-Chief**

@boracaysunnews  
@bsnlifestyleapp  
Email me at  
fvds@boracaysunnews@gmail.com



**Publisher**  
Chelsea Ablazo Jeffery

**Chief Operations Officer**  
Claire Ablazo Jeffery

**Editorial Directors**  
Lotie Mercado • Charlie Greene

**Editor in Chief**  
Freida Dario-Santiago

**Marketing Director**  
Abigiel Doroga

**Social Media Director**  
Alexandra Heard

**Creative Director**  
Wilbert Lamsen

**Administration Director**  
Ara Mhay Guzman

**Contributors**  
Rica Velasco • Jun N. Aguirre  
Denise Tolentino • Amanda Virrey • Pauline R.  
Katie Ng-Larrauri • Charlie Greene

**Advertising Enquiries**  
Abi@boracaysunnews.com  
0975 920 5587  
Claire@boracaysunnews.com  
0917 638 6341

**Publishing Company**  
Jeffery International Media Corp  
9th Floor, One Griffingstone Building  
Commerce Avenue  
Alabang, Muntinlupa City

**Boracay Sun News**  
3rd Floor, SCPA Building  
Bantud, Boracay  
Tel: (036) 286 2380  
info@boracaysunnews.com  
www.boracaysunnews.com

**Boracay Sun Founder**

*Boracay Sun News is published monthly and distributed free of charge. The publishers accept no liability for any incorrect spelling or representations of any persons or businesses names or addresses. Nor will liability be accepted for the claims of any advertisers or the content of their advertisements. It is the responsibility of individuals or companies to conduct their own due diligence before purchasing any services or products contained in advertisements or advertorial content. The opinions expressed within are not necessarily the opinions of or agreed with by the editorial board, editors or publishers of Boracay Sun News. However, we agree with their right to freedom of speech and expression. Truth in Journalism.*

www.boracaysunnews.com

Boracay Sun News

@boracaysunnews



## BORACAY SUN NEWS READER SIGHTINGS

Boracay Island's much-loved community newspaper continues to make its rounds, beachcombing and blazing a trail all over the island! We thank you for making us a part of your day

This month, the BSN took an 8-hour plane ride and traveled 1,771 miles, all the way to Beijing!

Editor/writer Lara Parpan has been a frequent Boracay visitor since the 90s. She returned in July 2023 for the first time since the pandemic. Lara brought back a copy of the Boracay Sun News with her to Beijing, where she's based, to help plan her next visit to the island soon. "This issue was very informative for a Pinoy like me who hasn't been back in years," she says.



**FROM BORACAY TO BEIJING:** Taken at Epic Boracay on her last night out, and in Chaoyang Park, Beijing's largest park and Lara's favorite running spot.

continued from front page

the Philippine Coast Guard, the Malay Tourism Office, the Department of Environment and Natural Resources, the Malay Transportation Office, the Boracay Association of Scuba Diving Schools, and Southwest Tours among others.

Salas who represents sports organizing company Super Series Ph adds, "We aim to inspire people by offering fun-filled and exciting multisport events, while contributing to nation-building by promoting the country's select world class destinations as Boracay Island, through sports tourism and to spur local economic activities."

The secondary objective is aimed to enhance economic activity within Boracay

through various revenue opportunities such as environmental fees, guided tourism activities, dining, accommodations and souvenir sales.

It was gathered that among the inaugural event participants are sports celebrities such as Kara David of GMA 7 who will be filming a documentary on local food in the municipality of Malay.

As of this writing, participants from Singapore, Taiwan, Thailand and Australia have already signed up to join.

A triathlon is an endurance multisport race consisting of three events: swimming, cycling and running in consecutive order, over various distances.

The competition will be held over two days: October 21 for the Super Aquathlon,

All Stars and Super Aquathlon Kids and Teens race categories; October 22 for the Super Triathlon race.

According to Salas, "It is called Super Triathlon because of its unique format of swim, bike, run and repeat. And it's the first time happening in an open water venue like Boracay that will feature an 800-meter crystal water swim, 18-kilometer challenging uphill bike course and a six-kilometer run at the famed keyhole."

Another highlight of the event is the 18-kilometer cycling event that starts at the private beach towards the residential developments. Spectators should expect the possible temporary closure of roads to prevent accidents.

All participants will receive their finisher shirt, medals, freebies and discounts from brand partners.

"If this is successful, we hope to do it again in 2024 and brand the event using the tagline: 'Your dream race in Asia.' We also hope to introduce Boracay as the dream race-cation (race and vacation) destination in Asia," he added.

Those interested can still join. There are several categories for different levels including a short distance race and a bike-run-repeat category. Belmont Hotel is the official race residence and AirAsia is the official airline partner. 🌴

| CATEGORY        | DISTANCE                    |
|-----------------|-----------------------------|
| SUPER AQUATHLON | 400m swim and 3km run       |
| ALL STARS       | 400m swim, 3km run & REPEAT |

Background photo is your actual swim and run courses.

| CATEGORY                         | DISTANCE              |
|----------------------------------|-----------------------|
| SUPER AQUATHLON KIDS 7 to 12yo   | 200m swim and 2km run |
| SUPER AQUATHLON TEENS 13 to 15yo | 300m swim and 3km run |

Background photo is your actual swim and run courses.

| CATEGORY        | DISTANCE                               |
|-----------------|--|
| SUPER TRIATHLON | 800m swim, 18km bike and 6km run       |
| ALL STARS       | 800m swim, 18km bike, 6km run & REPEAT |

Background photo is your actual swim and run courses.

Registration is open while slots are available via the online link below or message their official Facebook account Super Triathlon: [www.bit.ly/YourDreamRaceSuperTriBoracay2023](http://www.bit.ly/YourDreamRaceSuperTriBoracay2023)  
 For updates and announcements, follow these official pages: @supertriathlon.official | @superseries.ph

# NEWS

## NEW MALAY POLICE CHIEF EYES IMPROVED SECURITY SYSTEM FOR BORACAY

By Jun N. Aguirre

The newly appointed acting chief of the Malay Police Station (MPS) is currently studying how to better improve the security system for the resort island.

Lt. Col. Dainis Ortega Amuguis was appointed by Malay Mayor Floribar Bautista last July 27. His predecessor Police Lt. Col. Don Dicksie De Dios ended his term though he was considered as the longest-serving Malay Police Chief.

A police chief normally serves a two-year term but De Dios served for almost three years. The former police chief is now assigned to Camp Crame in Metro Manila.

Amuguis said that among his key priorities for Boracay is the implementation of a three-minute response time for both crime-related and non-crime-related requests for police assistance.

Amuguis said that the three-minute

response time for any reported crimes was adopted by the Quezon City Police District Integrated Command Center. The state-of-the-art facility combines technologies and systems to boost the capabilities of police officers to secure the district.

On August 5, Amuguis led the 290 tourist police force in Boracay and conducted a simulation exercise on the planned three-minute response time. The simulation exercise was meant to find out the possible challenges to be encountered during the response time.

"We are also studying road networks as well as road improvements, which includes the flow of traffic," he said.

Amuguis said that he hopes that other government agencies in Boracay could also collaborate with the target time for swift resolution of any possible crime-related cases.

The current acting Malay Police Chief also conducted a dialogue with various stakeholders here for collaboration efforts. 🌴



Acting Malay Police Chief Lt. Col. Dainis Ortega Amuguis (Source: MalayBoracayPNP official Facebook page)

Download Our MOBILE APP  
 GET IT ON Google Play  
 Download on the App Store

Come to Jeepney Stop for the most delectable Filipino food on the island! Try our original Borachon (Boracay style lechon) served everyday, and indulge in our cooling Halo Halo.

**JEEPNEY STOP D'MALL BORACAY BORACAY MALAY AKLAN**

Call 09171466421 or 03622886687 for reservations. We have delivery and takeout!

ENVIRONMENT

# UNDERSTANDING CLIMATE CHANGE

By Freida Dario-Santiago

Have you ever noticed how international beauty pageants always attempt to be politically correct during the most nerve-racking question-and-answer portion of the competition? There will be a question on women, sexual identity, race, tourism, and ideology (to which the correct answer is always “world peace”).

In recent years, the environment has become a popular subject for pageants. If I were a beauty pageant judge, my challenging final question would actually be simple:

**“If you were Mother Earth, what would be your message to the world?”**

For all the future beauty queens and kings that are reading this, here is the beauty queen/king/them answer, and your golden ticket to the crown:

“Recent world weather events are clear warning signs of one thing only:  
**CLIMATE CHANGE IS REAL.**

It is **HERE NOW.**

We are experiencing its power to end life and to ravage the planet. And what is also undeniable is that nature is not at fault, **WE ARE.** (I thank you [bow].)”

According to NASA: “Global climate change is not a future problem. Changes to Earth’s climate driven by increased human emissions of heat-trapping greenhouse gases are already having widespread effects on the environment: glaciers and

ice sheets are shrinking, river and lake ice is breaking up earlier, plant and animal geographic ranges are shifting, and plants and trees are blooming sooner.

Effects that scientists had long predicted would result from global climate change are now occurring, such as sea ice loss, accelerated sea level rise, and longer, more intense heat waves.”

Their simplified definition for kids is: “Climate change refers to the long-term changes in global temperatures and other characteristics of the atmosphere. Climate has changed throughout Earth’s long history, but this time it’s different. Human activity is causing worldwide temperatures to rise higher and faster than any time we know of in the past.”

The extreme heat attributed to climate change around the world, such as what may have caused the raging wildfires in the historic town of Lahaina in Maui, Hawaii, can be catastrophic. Echoing wildfire experts, Hawaii Gov. Josh Green told CNN, “It is a product, in my estimation, of certainly global warming combined with drought, combined with a super storm, where we had a hurricane offshore several hundred miles, still generating large winds.”

The deadly wildfires were fueled by a mix of land and atmospheric conditions that created “fire weather” and as of this writing, has so far killed over 100 people and forced thousands to evacuate, as hundreds remained missing in what is now the deadliest US wildfire in more than a century.

Here’s what we need to know about climate change, according to the United Nations:

Human activities have been the main driver of climate change, primarily due to the burning of fossil fuels like coal, oil and gas.

Burning fossil fuels generates greenhouse gas emissions that act like a blanket wrapped around the Earth, trapping the sun’s heat and raising temperatures.

The main greenhouse gases causing climate change are carbon dioxide and methane. Agriculture, oil and gas operations are major sources of methane emissions. Energy, industry, transport, buildings, agriculture and land use are among the main sectors causing greenhouse gases.



**Humans are responsible for global warming**

Climate scientists have shown that humans are responsible for virtually all global heating over the last 200 years. Human activities like the ones mentioned above are causing greenhouse gases that are warming the world faster than at any time in at least the last two thousand years.

Many people think climate change mainly means warmer temperatures. But temperature rise is only the beginning of the story. Because the Earth is a system, where everything is connected, changes in one area can influence changes in all others.

The consequences of climate change now include, among others, intense droughts, water scarcity, severe fires, rising sea levels, flooding, melting polar ice, catastrophic storms and declining biodiversity.



**We face a huge challenge**

Many climate change solutions can deliver economic benefits while improving our lives and protecting the environment. Switching energy systems from fossil fuels to renewables like solar or wind will reduce the emissions driving climate change. But we have to act now. While a growing number of countries are committing to net zero emissions by 2050, emissions must be cut in half by 2030 to keep warming below 1.5°C.

**We can pay the bill now, or pay dearly in the future**

Climate action requires significant financial investments by governments and

businesses. But climate inaction is vastly more expensive. One critical step is for industrialized countries to fulfill their commitment to provide \$100 billion a year to developing countries so they can adapt and move towards greener economies.

For more on what climate change is all about, visit the United Nations website ([www.un.org](http://www.un.org)) and search climate change.

**Woke sensibilities**

I admit, I am not a fan of the “woke” generation’s obsession with racial justice, inclusivity and social awareness, and their knack for bombarding the world with their incessant opinions, in coded language that only they understand, leaving the rest of us perplexed, annoyed, and none the wiser.

However, when I came across the essay entitled “The climate emergency demands a ‘woke’ response” by environmental journalist Robert Taylor for [www.thehill.com](http://www.thehill.com), I decided that this takes the cake, as the winning answer to my climate change question:

“Woke sensibilities should inform climate actions. Since climate change is a global phenomenon, it can be solved only through the cooperation of all nations. No nation can mitigate climate change just for its own citizens. Regardless of where carbon pollution enters the atmosphere, its harm will impact the entire planet.

Not identifying carbon pollution as a moral wrong has resulted in decades of inaction, denial and delay. When something is a moral wrong, we generally don’t waste time debating how to make it a little less immoral; we stop it.

People who bring basic moral values to climate action understand that the solution to the climate crisis is simple: Stop burning fossil fuels; deploy clean energy as fast as possible. A groundswell of wokeness would provide a powerful remedy to the climate emergency. It would break the grip of Big Oil, elect more responsible government leaders and restore hope for a livable and just future for all.”

**Climate action can improve health**

According to a Time.com article, climate action can improve health worldwide.

Senior editor Kyla Mandel wrote: “Shifting away from fossil fuels will produce cleaner air. It will also help create more resilience in the face of worsening climate impacts. Flooding in India, for example, devastated rice crops last month, forcing the country to halt exports of a dietary staple for 40% of the world’s population. “The impact will be far-reaching,” she writes. “Farmers will lose crops and money, while families suffer from hunger, malnutrition, and other life-threatening health challenges.”

The world’s climate crisis is an emergency, and we should stop turning a blind eye to its effects that are all around us – before it’s too late. 🌱



**epic**  
BORACAY

**FREE BREWED COFFEE FOR EVERY BREAKFAST PLATE YOU ORDER FROM 7AM TO 12NN**

**HAPPY HOUR**  
BUY 2 TAKE 1 ON SELECTED LOCAL BEERS  
P150 ON SELECTED COCKTAILS  
10AM TO 10PM (MON TO THURS)  
10AM TO 7PM (FRI TO SUN)

**WE ARE OPEN DAILY FROM 7AM TO 4AM**

EPICBORACAY  
FOR TABLE RESERVATIONS +63917 130 2619  
WWW.EPICBORACAY.COM

**FRUIT DRAGON SANDWICH HOUSE**

has the World’s best sandwiches in the Philippines and the first time in Boracay. Our sandwiches are inspired from Japanese food and drinks come from a blend of fresh fruits.

**D\*Mall, Station 2**    **09994821437**

# aria

cucina italiana



The finest wood fire oven-baked pizzas and an authentic 26 flavors to select from.

Delicious and savory homemade pastas.

Exquisite meat and seafood dishes.

Healthy fresh green salads.

Excellent selection of wines.



Beachfront, D'mall of Boracay  
T: 777/288-5573 / 09984828490 smart/viber: 09260846959

We deliver: [www.delivery.aria.com.ph](http://www.delivery.aria.com.ph)

[www.aria.com.ph](http://www.aria.com.ph)

[Instagram](#) [Facebook](#) [Twitter](#) [Ariacucinaitaliana](#)



*With every sip and every bite, a story unravels. A smile is shared and happiness takes flight. Café del Sol - a Boracay original since 2003- bringing you the very best coffee shop experience on the island.*



Beachfront, D'mall of Boracay  
T: 777/288-5573  
: 09984828490 / 09260846959

[www.cafedelsol.com.ph](http://www.cafedelsol.com.ph)

[Facebook](#) [Instagram](#) [Twitter](#) [Cafedelsolph](#)

# 浜 HAMA

JAPANESE CUISINE

AUTHENTIC MODERN AMAZING

Appetizing sushi and sashimi. Fresh seafood and meat dishes.  
Flavorful Japanese noodles and tempura dishes.  
Crispy, healthy salads and grilled yakitori.



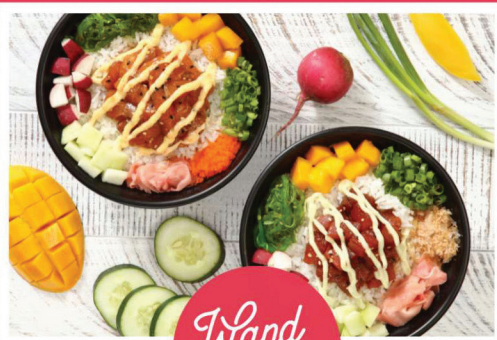
D'mall Plaza, D'mall of Boracay  
T: (096) 288-5978

[www.hama.com.ph](http://www.hama.com.ph)

[Facebook](#) [Instagram](#) [Twitter](#) [hamajapanesecuisine](#)

# BORACAY BEACH TRUCK

ESTD 2010



Island Bowls  
BORACAY



SUNRISE  
MILK TEA



Main Entrance, D'Mall of Boracay

288-6749 OR 0969-1490059

[@boracaybeachtruck](#)

[www.delivery.boracaybeachtruck.com.ph](http://www.delivery.boracaybeachtruck.com.ph)

Authentic Italian Ice Cream  
Made Fresh Daily



aria gelato  
ITALIAN ICE CREAM

aria gelato  
ITALIAN ICE CREAM

Beside Aria Cucina Italiana

777/288-5573



[@ariacucinaitaliana](#)  
[www.aria.com.ph](http://www.aria.com.ph)

ISLAND LIFE

# SPECIAL FEATURE

## BSN'S Guide to Pet-Friendly Boracay

Because anywhere in the world, our fur babies and four-legged friends mean the world to us, we've compiled this ultimate guide for pet owners—whether you reside on the island or are traveling with your pet, here's how to (#1) Get them here safely; (#2) Care for them, including top tips from island-based vets; and the much-awaited “Pet Gallery” of the island's most paw-togenic fur babies!

### HOW TO BRING YOUR PET TO BORACAY

By Rica Velasco



Learn how to travel with your pets and how to bring them to Boracay with ease. This comprehensive guide offers practical tips, from navigating airline and boat ferry pet policies to finding pet-friendly accommodations.

**Pet Travel**

Listed here are the essential requirements for traveling with your pet to Boracay.

**By Air**

Cebu Pacific (CEBPAC) and Philippine Airlines (PAL) allow the transportation of animals like dogs and cats in the cargo hold of their domestic flights. Here's how, and what you should know:

- **Check-In:** Check-in of pets at the cargo terminal must be at least two hours before departure.
- Check with the airline beforehand which specific flights have a pressurized cargo hold, as these are the flights that can carry pets.
- **Required documents:** Veterinary Health Certificate(VHC), Vaccination Certificate, Quarantine Permit, Health Certificate issued by a licensed veterinarian within 10 days of travel, and a Rabies Vaccination Certificate (RVC). A shipping permit from the Bureau of Animal Industry and any forms required by the destination country should be attached to the crate.
- **Crate Requirements:** Pets must travel in an IATA-compliant, sturdy, leakproof pet crate with appropriate bedding and a sip container for water. Use metal hardware to secure the top and bottom halves of the crate together.
- Brachycephalic or snub-nosed dog and cat breeds are not allowed in the cargo hold of flights. Check with the airline for a complete list of breeds under this category.
- Pets are considered excess baggage and not included in the free baggage allowance.

**By Boat**

2GO Travel and Starlite Ferries allow the transportation of animals like dogs and cats in designated areas aboard their boats. Here's how, and what you should know:

- Passengers are to provide a proper cage or crate for the pet and ensure the pet remains secure.
- Passengers are to present a valid VHC within three (3) days of issuance.

- The pet must have been vaccinated against rabies between one year and 14 days before departure, with a n RVC signed by a licensed veterinarian.
- Permit to Travel from the Bureau of Quarantine is required from the port of origin, along with the vaccine record.
- Pets are not allowed inside the owner's accommodation area.
- The pets will be placed in a designated public deck area and the owners should check on them often.

### TOP 10 PET-FRIENDLY RESORTS

By Rica Velasco

These welcoming establishments (alphabetically arranged) provide comfortable lodging options and see to it that your pets are just as well taken care of during your vacation. Explore the beauty of Boracay while creating lasting memories with your beloved pets by your side.

**Aira Hotel Boracay**

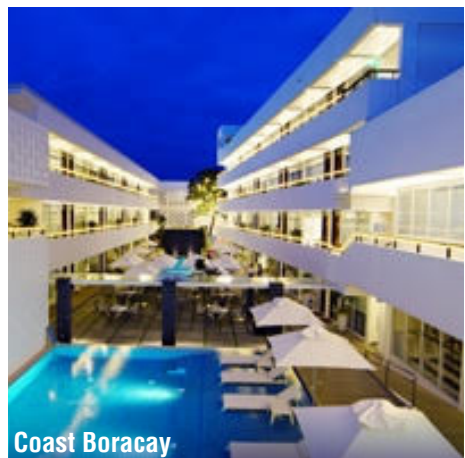
Bulabog Beach  
**Pet Rules:** A pet security deposit of PhP1,000 is required, refundable upon checkout once the room is cleared.  
**Room Rates:** From PhP1,999 per night

**Blue Marina**

Station 2, Mangaya  
**Pet Rules:** Two pets per room, small to medium size only. Pets must be vaccinated. A leash, cage or crate is required.  
**Room Rates:** From PhP5,250 per night

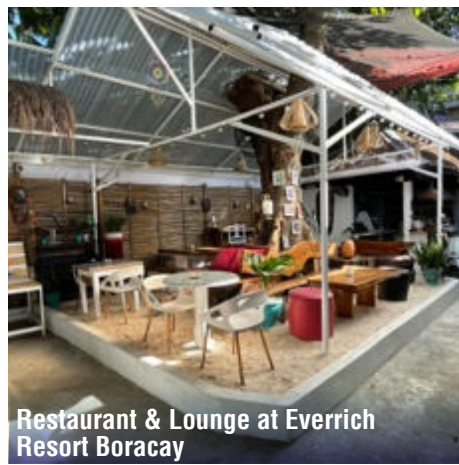
**Coast Boracay**

Station 2, White Beach  
**Pet Rules:** Two pets per room, small to medium size only. Pets must be vaccinated. A leash, cage, or crate is needed.  
**Room Rates:** From PhP9,000 per night



**Everrich Boutique Resort Boracay**

Angol Beach  
**Pet Rules:** Provide vaccination cards, ensure the pets are free of fleas, ticks, or mites, and always dispose of pet waste properly. Untamed pets must wear a leash.  
**Room Rates:** From PhP2,500 per night.



**Ferra Hotel and Garden Suites Boracay**

Station 2 / Bulabog Beach  
**Pet Rules:** Owners should not leave pets alone; pets must be house-trained and well trained; pets should have their bed/blanket, and must have food/water bowl.  
**Room Rates:** From PhP3,450 per night.



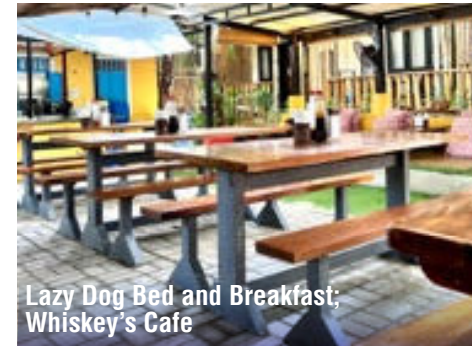
**Harlan Beach Villa Boracay**

Station 1, White Beach  
**Pet Rules:** A maximum of two pets are allowed. Pets must be clean, well-groomed and free from fleas and ticks. Pet owners must provide vaccination records, leashes, pee pads, disposable bags and diapers. Pets must always wear diapers, especially in public areas. Any damage caused by the pet shall be charged to the owner and must be paid immediately upon the presentation of an invoice.  
**Room Rates:** From PhP100,000 per night.



**Lazy Dog Bed and Breakfast**

Bulabog Beach  
**Pet Rules:** Bring a dog carrier/cage, and do not leave pets alone inside the room. A leash is required when in public areas. Present proof of rabies vaccination. You are limited to two dogs per room.  
**Room Rates:** From PhP1,540 per night.



**Levantin Boracay**

Bulabog Beach  
**Pet Rules:** No restrictions as long as it is limited to two cats or dogs. For anything else, it is good to let them know what kind of companions you are bringing so they can prepare.  
**Room Rates:** From PhP2,200 per night.

**Mirage Suites De Boracay**

Station 2, Manggayad  
**Pet Rules:** Extra charge of PhP400 per pet for the whole stay. The pet must wear a diaper and leash or be carried in a cage/ crate in public areas.  
**Room Rates:** From PhP2,300 per night.



**The Strand**

Station 1, Sinagpa  
**Pet Rules:** One pet per room; weight must not exceed 25 kilograms. Pets must not be left alone in the room, must wear pet diapers, and be on a leash or crate when within the resort's public areas. Pet owners must be responsible for cleaning up after their pets.  
**Room Rates:** From PhP3,500 per night



We hope that these guidelines prove valuable in enabling you to bring your cherished pets to Boracay!

## 紅樓火鍋

### RED HOUSE SHABU-SHABU

**boracayredhouse**

Globe: 0995 730 1241  
 Smart: 0947 957 8888

Station 2, Main Road Boracay  
 (Beside Jollibee)

ISLAND LIFE

**SPECIAL FEATURE**  
**BSN'S**  
**Pet Gallery**

Compiled by Rica Velasco and Freida Dario-Santiago

These four-legged lookers represent Boracay Island's sweethearts – the pups that get all the love and attention from their parents and from the admiring eyes of island tourists. To all the fur parents that took the time for the very professional photo shoots, a ruff of applause to you all for a woof-derful job!

It was no mean feat sifting through hundreds of photos submitted to us, all of them too cute, and the selection process was of beauty pageant proportions, not to mention the hours spent resizing and enhancing the portraits. Our apologies to cat lovers and parents, we will save your submissions for next time. The curated final selection was our best effort at narrowing down the list to these top contenders of the furriest royal highnesses that rule Boracay's hearts! – FVDS

*\*An asPin is a colloquial contraction for "asong Pinoy" or native breed.*

Here are our first six for this issue. Keep reading Boracay Sun News each month as we will continue to feature these Paw Stars and their owners.

Paw Stars



We open with JLee (named after her mom and favorite pop star J.Lo), simply because she's the paw-fect little princess in her tutu! Props to her parents Matt & Johannalee Robinson who styled the most photogenic portrait of their three-year-old PomChi (Pomeranian/Chihuahua), who loves walks and zoomies.



Then there's Benny, the new kid on the Bulabog block. The six-month-old French Bulldog of kiteboarder Nikki Alvarez is a sporty little tyke who loves to play catch on the beach, sunbathe under the sun, snuggle up next to his mom, and fart under the sheets!



Next up is Sid, the most senior of the lot, the 11-year-old (that's 72 human years for large dogs) husky mix of Tina and Kevin. He loves to eat barbecue



Bacon (3), Aeryn and Mj's Bichon-Poodle mix who loves to dance and go on motorbike rides.



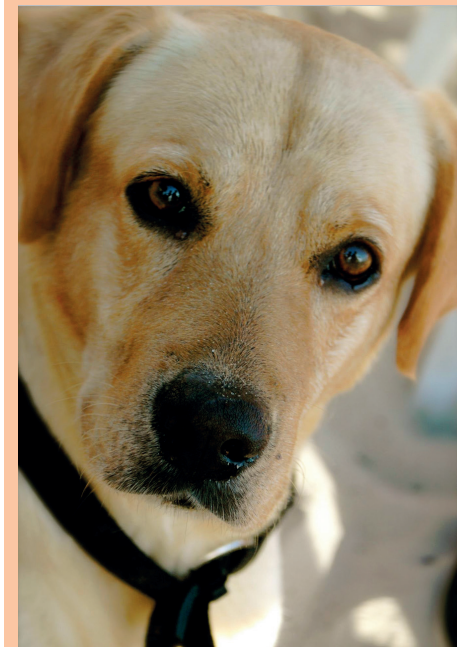
Next in seniority is Apollo, Julia Lervik's Rottweiler who's going on 10 years old. Apollo works at night as part of the security detail of his mom's DiniView Villa Resort. When he's not working, he loves to take long walks and then take a dip in the sea. When he gets home, this big boy hangs out with his sidekick, a yellow housecat named Garfield.



Bambie (4mo), Regen Roldan's Golden Retriever loves to walk along the beach and dig in the sand.

*To be continued next month 🌿*

**DISCLAIMER:** Stay tuned to our next issue for more cuties! Due to space limitations, some parents will just have to wait a bit longer!



**FRIDAY THE CELEBRITY OF BORACAY** By Freida Dario-Santiago

How many dogs do you know to have a Facebook fan page? I know of one who has 787 followers, and never mind if I'm the admin! I guess it comes with the territory of being his aunt or ninang (godmother) right? So, bite me.

To keep his exuberant spirit alive, @Friday the Celebrity of Boracay makes a cameo appearance in this once-in-a-lifetime BSN Pet Special (where else have you seen such an adorable collection of cuties on a newspaper?! You can't exactly blame me, can you? I mean there are lovable pets, there are incredible dogs, and then, in a category all his own, there was Friday Lee.

For those who knew him, he was a force of nature, an ever-present Boracay

Island fixture who exuded joie de vivre. He was known to find his way to the farthest corners of the island, even as far as Puka beach, and then all the way in Angol, and be home for dinner. How? Well, he was so famous that whenever he got on a tricycle after one of his excursions with his many lovers, the drivers knew where to drop him off, free of charge.

Friday was the golden Labrador of Jude and Louise Lee, then owners of the legendary Hey Jude Bar.

We lost Friday on August 10, 2012, at the age of 10 but to this day, 11 years later, we talk about him like we would a favorite relative who lived a colorful life and was loved by many. Cheers in Heaven Friday! We miss you every day! 🌿

**CLUB GALAXY**  
**OPEN EVERYNIGHT**  
**8 PM TO 9 PM**

FREE ENTRANCE | NO SERVICE CHARGE | FREE SHUTTLE

FOR VIP & TABLE RESERVATIONS GLOBE - 0966 652 6148 | SMART - 0928 987 0682 club\_galaxy\_boracay Club Galaxy Boracay

ISLAND LIFE

# PET CARE TIPS

Get to Know the Veterinary Clinics in Your Neighborhood

Compassionate Pet Care Advice from the Professionals

By Rica Velasco

With the growing number of pets in Boracay attributed to residents and tourists bringing their beloved companions, understanding the available veterinary services on the island and nearby areas becomes crucial. More than a veterinary directory of the most reputable clinics, this guide includes the various services offered as well as invaluable insights and pet care tips directly from these experienced and compassionate veterinarians.

**Roldan Veterinary Clinic**

“I decided to open an animal clinic on the island during the pandemic since the existing clinics during that time were all closing. Despite the risks, but it was worth it, in order to provide care and comfort.”

– Dr. Remsel Ines Roldan

Boracay Branch:  
**Angol Road, Manocmanoc**  
 (036) 288 9771 / (0961) 025 4209  
 Caticlan Branch:  
**Airport Departure ATO Road**  
 (036) 288 7994  
 Open daily except Sundays:  
 9 a.m. to 4 p.m.  
 Saturdays: 12 noon to 1 p.m.

**Municipal Veterinarian Under Malay Municipal Agriculture's Office**

Dr. Deyven N. Orlando has been a partner of the medical veterinary missions on the island, giving free spay and neuter services and free rabies vaccinations.

**Balabag Action Center:**  
 Mondays to Wednesdays  
 (0998) 887 3992

**Malay Municipal Office:**  
 Thursdays and Fridays  
 (036) 288 8764

**Dr. A Petprime Animal Clinic**

“Our clients bring their pets to us hoping we can help them get better, but this is a two-way street. We always do our best, but the owner’s role is to take good care of their pets. We are just partners in our patients’ care.”

– Dr. Marianne R. Atos

**Libas, Banga Aklan**  
 (0970) 205 6798 / (0995) 778 1806  
 Mondays to Saturdays: 9 a.m. to 6 p.m.

**Pet Doctor Veterinary Clinic**

“As part of our corporate social responsibility, we organize veterinary medical missions in remote areas of Aklan, offering free veterinary services such as consultation, free rabies vaccination, castration and spaying.”

– Dr. Kevin Hendrix Torres Reyes

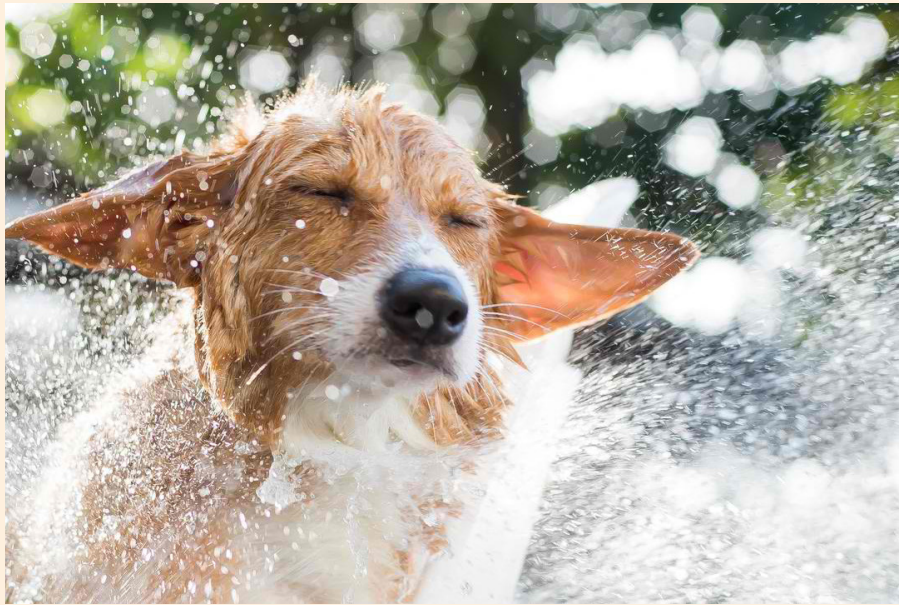
**Osmena Avenue, Kalibo**  
 (0977) 489 1269  
**Jaime Cardinal Sin Ave., Estancia, Kalibo**  
 (0967) 259 4990  
 Mondays to Saturdays: 10 a.m. to 5 p.m.

**Rebadulla Laboratory**  
 Rebadulla Laboratory, led by Dr. Darlene O. Seposo, also has a pet shop and pharmacy that sells a complete line of dog and cat food, accessories and medicine.

**Barangay Jumarap, Banga Aklan**  
 0962 061 4578 / 0927 603 6725  
 Mondays to Saturdays: 9 a.m. to 5:30 p.m. 🌿

## How to Keep Your Pets Safe During Extreme Heat

This is an excerpt from an article by Haley Weiss for TIME.com.



Extreme heat often means increased demand for emergency medical services. This goes for animals, too.

For a stray cat or dog, a heat wave can turn even stable conditions deadly. For those we keep as pets, understanding the risks that heat poses can help minimize risk and prevent overloading already-stressed response teams. Most pets, even indoor/outdoor cats, can easily be kept inside on hotter days.

**CHANGE YOUR WALK ROUTINE**

Walks should stay on the shorter side while it’s hot out—outdoor play and walks are limited to 15 minutes at a time during a heat wave. As important, is the time of day. It’s not a good time to go out and play ball or frisbee in the middle of the day,” while the sun is at its hottest. If it’s too hot for you to walk around comfortably, your dog is probably having a hard time too.

**PUT OUT PLENTY OF WATER**

At shelters and rescues, dogs have ready access to water for splashing and swimming. A hose, a sprinkler, or even some buckets can do a great job of providing the same relief during playtime. It’s all about providing tools that can put the animals in control of their own temperature regulation.

But as with humans, drinking water is the most important solution for animals fighting the heat. It’s also the easiest resource to provide for pets and strays in your area. Keep plenty of cool water available for pets while outside, and if you have animals that hang around your neighborhood, consider putting out bowls for them—particularly plastic ones. If you’re giving them water in metal bowls out in the sun, that metal is going to heat up just like if it were on a stovetop. 🌿

## Delicious Spanish fare and refreshing concoctions





Scan here!

# CHIRINGUITO

BY BARCINO

Facebook icon Instagram icon [chiringuitoboracay](https://www.instagram.com/chiringuitoboracay)



The Shoppes  
at Station B  
Canyon Hotels and Resorts,  
Boracay



Scan here!





**Villa Caemilla**  
BEACH BOUTIQUE HOTEL

## "Your Home Away From Home"

Villa Caemilla Beach Boutique Hotel, located right on the white beach of Boracay Island is known for its excellent and boutique service, handcrafted cocktails and most of all affordable luxury. Book your stay now and experience it for yourself.



### Cocktails & food

Our restaurant is open daily from 7am to 11pm.. Serving international cuisine. Happy hour with a wonderful view daily from 12 noon to 6pm



### Events & Weddings

creating a memory that will last a lifetime. From private dinner's to a boutique wedding or a team building event.



### Specials

Try out our weekly specials in the restaurant or check out our latest promotion by scanning the link below



**For all the Boracay Sun readers, post your best travel picture on social media at Villa Caemilla Beach Boutique Hotel and receive a free handcrafted cocktail, juice or shake**

**Tag us and use the following hashtags  
#villacaemilla #vcexperience**



For inquiries or reservations contact us thru the following details

+63 917 526 9449  
[www.villacaemilla.com](http://www.villacaemilla.com)

Or scan the QR code for the latest information, menu's and contact information



**ISLAND LIFE**

# BORACAYNON VS. TUMANDOK (PART 1)

By Azenith Resurreccion



Illustration by Sigmund Torre

*"I am a resident of Boracay, I am a Boracaynon."*

*"If you are a Boracaynon, I am a proud Tumandok."*

These statements reflect how some Boracay residents describe themselves in terms of their "island citizenship."

I have expressed my opinion about this topic in an article I wrote on this subject in the Oct./Nov. 2019 issue of Boracay Sun News, and it earned mixed reactions and opinions because not long before, original "Boracaynon" would raise their eyebrows whenever they would hear migrants or longtime residents calling themselves Boracaynon when declaring their permanent residency on the island.

The term "Tumandok" is now used to identify the original Boracaynon or the descendants of the original inhabitants of the island, to distinguish them from the self-declared Boracaynon.

These terms are still not openly discussed though sentiments coming from both the migrants and original residents continue to buzz around the community. In fact, in the Registry of Barangay Inhabitants and Migrants (RBIM), residents will be carefully identified based on residential documents and family roots as the Population Office and the local government unit (LGU) put effort into the thorough profiling of all residents of Boracay.

**The Boracaynon**

The island is presently owned by many other newcomers, as the originals sold almost all of their properties to investors and individuals who chose to be permanent residents of the island. The fact that about 70 percent of the total land area of Boracay is now owned by migrants or investors if not big corporations, the island became a melting pot of cultures. These new residents have immersed themselves in the island lifestyle and community and wanted to associate themselves with the island. Thus, many declare themselves as Boracaynon.

You can call yourself a Boracaynon if you are:

1. A bonafide citizen of Boracay, Malay who voted in Boracay in the past 10 years
2. Possess a resident ID and have a Boracay address in all your government-valid IDs
3. You are a long-term resident and a permanent employee of any of the businesses on the island
4. You chose to reside on the island permanently, whether you are a property owner or not

**The Tumandok**

Tumandoks are the members of families whose history and residence on the island can be traced to decades before the 1900s. The Tumandoks are clans of Sacapaño, Gelito, Coching, followed by the clans of Flores, Maming, Sastre, Mariano, Tupas, Tapuz, Umambong, Pelayo, Licerio, Vargas, Delos Santos, Delos Reyes, Taunan and Sualog, just to name a few. Their ancestors owned parcels of land just by planting and cultivating land for food and trade. These families grew and intermarried and made up the network now known as the true-blooded Boracaynon or the Tumandok.

According to Wikipedia, the Tumandok, also known as Suludnon, Panay-Bukidnon, or Panayanon Sulud, are an indigenous Visayan group of people who reside in the Capiz-Lambunao mountainous area and the Antique-Iloilo mountain area of Panay in the Visayan islands of the Philippines.

They are one of only two culturally-indigenous groups of Visayan language speakers in Western Visayas, along with the Iraynon-Bukidnon of Antique. Also, they are part of the wider Visayan ethnolinguistic group, which constitutes the largest Filipino ethnolinguistic group. They were once culturally related to the speakers of the Kinaray-a, Aklanon, and Hiligaynon languages, all of whom inhabit the lowlands of Panay.

**The Ati**

The Ati tribe folk are neither considered Boracaynon nor Tumandok, though according to history books and various references, it was the Ati tribe that named the island "Bura – Akay". It therefore makes sense that they are also called Boracaynon as they are evidently one of the original inhabitants of the island.

One dead giveaway that a person is a Boracaynon poser is when you hear them say, "Oh, I'm a Bora resident! I've been living in Bora forever!" 🌴

**Editor's note:** In our next issue, we will dig deeper into the roots of the Boracay people's sense of identity—the importance of distinguishing oneself as one of the "originals," the rationalities behind the sense of entitlement, and we will make our best attempt try to answer the question: "Who owns Boracay?"

**BOOK REVIEWS**

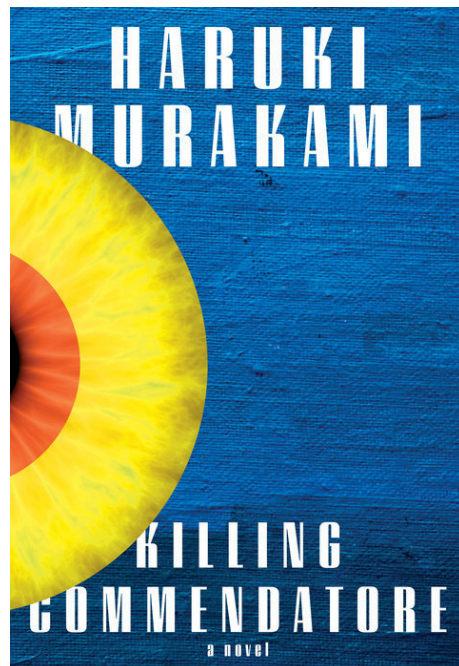
Finally, the perfect leisure holiday destination where you can read that book!

# ASIAN LITERATURE

By Pauline R.

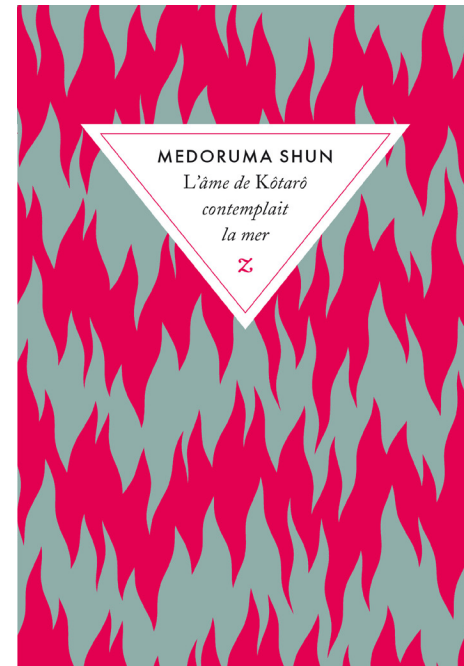
I have always been a fan of Asian literature, and when on vacation, short stories always make sense! So, for the month of October, let's dive into a bit of the mystical, where reality, poetry and surrealism are all woven creatively together.

**"Killing Commendatore" by Haruki Murakami**



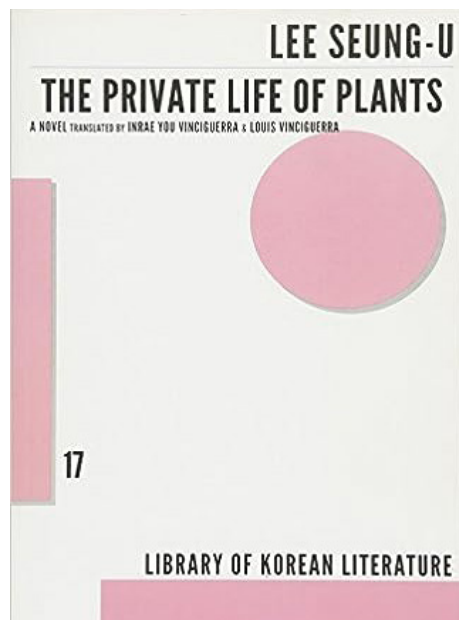
Murakami is one of the most famous and acclaimed Japanese authors internationally. In this 2017 novel, first published in two volumes, bestselling Japanese novelist Haruki Murakami transports us into a historical fiction. A young portrait painter finds himself running away from his problems, in the mountain house of a renowned artist. There, he will meet new faces and discover a never-before-seen painting that will take him on a journey through history, fantasy and surrealism. It is a captivating story about loneliness, art and love.

**"Mabuigumi" by Medoruma Shun**



Shun is one of Japan's most important contemporary authors. His work revolves mostly around the island of Okinawa, where the writer is from, and the Japanese occupation of his birthplace. This collection of six short stories (including Mabuigumi) makes us discover the archipelago through childhood memories and old Japanese beliefs, with a background of ghosts, spirits, poetry and melancholy, as the writer revisits the devastating remnants the Battle of Okinawa had on Okinawa and how it shaped their lives.

**"The Private Life of Plants: A Novel" by Yi Seungu**



After spending years away from his family, Ki Hyeon comes home to a completely different world where his once successful and brilliant brother is a changed man, and his parents are struggling to deal with the situation. He is slowly trying to adjust and find a new path for himself by setting up his own business running errands for others. One day, he gets a job from a mysterious client asking him to follow his own mother. This assignment will lead him to know his family, especially his mom, better, and discover her secrets and her past. This novel from reputed Korean author Lee Seung-U (Yi Seungu) is raw from the beginning and slowly slips towards a mix of poetry and magic while talking about love in general: filial, unrequited and undying. 🌿



*"Always Got Your Mega Vacation Experience"*








📍 Enchanting MegaParaw, Nabaoy, Malay, Aklan

☎️ (036)288-7986 | 09695095071 | 09666157425

✉️ sales.megaparawtravelandtours@gmail.com

FUN FACTS

# How the Moon Affects You

By Rica Velasco



The "Sturgeon Supermoon" rises above Bulabog Beach (Photo by Ian Bautista)

Humans have closely monitored the moon throughout history, recognizing its profound impact on us through its monthly cycles. Centuries of observations have linked the moon to human behavior. It originated the term "lunacy" in the 15th century implying its potential influence on aggression during specific lunar phases.

The moon's gravitational pull orchestrates the rhythmic ebb and flow of tides in oceans and seas. This force peaks during the new and full moon, leading to the notable spring tides with their highest and lowest points. Considering that approximately 70 percent of the human body is composed of water, it is reasonable to speculate that the moon's influence also extends to people.

Researchers link human reactions to lunar phases with subtle changes in the Earth's magnetic field. Electrically conductive salty water drives the movement of tides, which researchers have observed to impact our brain wave activity. In short, some believe the moon's various phases can

influence human emotions, behavior and physiology. Below are some examples of how different lunar phases may affect humans:

### New Moon

During a new moon, the sun and moon align on one side of the Earth, making the moon's illuminated side invisible to us. In this phase, people may experience introspection and a desire for solitude. It's seen as a time for new beginnings and fresh starts, making it ideal for setting intentions and embracing a sense of renewal.

### Waxing Crescent

As the sun illuminates the new moon, it forms a crescent shape, exposing a slender sliver of light. As the moon becomes visible again, people often feel more motivated and prepared to pursue their goals. This phase is associated with growth, and is an opportune time to initiate new projects or hobbies.

### First Quarter

Half of the moon is illuminated during the first quarter phase, making the right half visible from Earth. The first quarter moon can bring about resistance and frustration as challenges arise in pursuing goals. People may feel a strong drive to put in more effort while prioritizing self-care.

### Waxing Gibbous

The illuminated part of the moon increases during the waxing gibbous phase. During this phase, people may become more aware of their mistakes and seek to refine their plans or actions. It's a time for focused determination and adaptability.

### Full Moon

Because the sun and moon are on opposite sides of the Earth during a full moon, the sun's light ultimately illuminates the moon. This alignment causes the moon to appear fully lit and complete from our vantage point on Earth.

Studies reveal that during the full moon, people experience around 30 percent less deep sleep than the rest of the month. We experience heightened emotions, tension and an abundance of energy.

Use this surplus energy to engage in projects and activities that ignite passions. The full moon phase offers a chance to embrace its potent spiritedness and harness it for personal growth and positive outcomes.

### Waning Gibbous

The illuminated portion of the moon decreases during the waning gibbous phase. People may feel a sense of satiation and gratitude. It's a time to enjoy the rewards of past efforts and embrace the spirit of giving and sharing.

### Last Quarter

The last quarter moon marks the reverse process of the first quarter, with the moon diminishing in size. This stage encourages release, letting go and forgiveness. It's an opportunity to free oneself from burdens and emotional baggage, making way for new experiences.

### Waning Crescent

During this phase, known as the "balsamic moon," the moon appears as a toenail in the sky. This phase promotes surrender, rest and rejuvenation. People may feel a sense of emptiness as they let go of the past, preparing for a new cycle of growth and experiences.

While we often attribute these to the lunar phases, it is essential to note that individual experiences may vary, and scientific evidence supporting these beliefs

is limited. The influence of lunar phases on humans remains a subject of cultural and spiritual significance, and not all individuals may perceive or experience these effects.

### Full Moon in October

This October, the new moon occurs on the 14th, while the full moon, also called Hunter's Moon, falls on October 28th. This type of full moon comes after the Harvest Moon. It has a distinctive reddish color, and hunters used it to gather supplies in preparation for winter. This event is essential in different cultures and often shows a time to prepare as summer ends and winter comes closer.

### Moonrise

A moonrise is the rising of the moon above the horizon during a full moon. The best time to see a moonrise is on the second day of a full moon, as it rises in the east during dusk, or shortly after sunset, and sets in the west around sunrise. The exact time of this occurrence depends on its position compared to Earth and the Sun. Each day, the moon rises about 50 minutes later than the previous day because it moves about 13 degrees every day.

Witnessing the mesmerizing moonrise over the ocean is a must-see event on the island. Head to Bulabog Beach during the full moon phase at around sunset to catch the best view. You have three or more days to witness this gorgeous natural event while the moon appears full.

We found this really cool link that explains the moon phases to kids: [www.spaceplace.nasa.gov/moon-phases](http://www.spaceplace.nasa.gov/moon-phases).



**Discover Scuba Diving**

- Now only 3,000-3,500php
- 4-5 hours
- No experience needed

**Open Water Diver**

- 25,000php, 3-4 days
- License to dive to 18m

**Advanced Open Water**

- 20,000php, 2days
- License to dive to 30m

**Fun Diving**

- 2,000php per dive
- 1,500php with own equipment

✉ DIVING@CALYPSO-BORACAY.COM

WWW.CALYPSO-BORACAY.COM

Facebook CALYPSO DIVING

Instagram CALYPSOBORACAY

“ 10% DISCOUNT ON ALL PADI COURSES FOR GUESTS STAYING AT OUR BEACH RESORT ”

Learn to Dive with the Experts

Sensi

THE ITALIAN RESTAURANT

BEACHFRONT LOCATION, ON THE BORDER OF STATION 2 & 3. LIVE MUSIC EVERY NIGHT. ITALIAN FOOD. PASTA. PIZZA. FILIPINO FOOD

HEALTH & WELLNESS

# BSN's Guide to Finding the Right Yoga Center for You

By Pauline R.

Last month, we guided readers on how to start a private yoga practice at home, and recommended certified yoga instructors on the island who could provide guidance and support through one-on-one sessions.

This month, we would like to emphasize the importance of finding a center where one can join classes, get proper supervision, and get grounded by establishing a connection with the local community of like-minded practitioners.

You can build your personal practice around classes that offer the guidance of a certified teacher.

You might be wondering

“Why is it so important to physically join a class, in a world where everything can be found for free on the Internet?”

Here are a few of the many benefits of finding a yoga center (not to mention your inner center as well):

• **To be safe and avoid further injuries**

A certified yoga teacher will be able to advise you on a proper practice if you have injuries. Many asanas (or poses) can be modified if you have weak shoulders

or a back problem. Some types of yoga will suit you better than others depending on your expectations and your needs. The guidance of a teacher can help you learn a lot about your own practice.

• **To find the motivation**

Savasana much? Do you tend to procrastinate your home practice and end up skipping it altogether? Or do you enjoy laying down on your mat without really knowing what to do next? Having a weekly class on a schedule can help you build a good habit in order to keep it up in the long term. You will find the motivation by meeting new people or planning to go with your friends. A breakfast date after a class is the perfect way to keep the blissful feeling going.

• **To learn the proper way for more benefits**

Many breathing techniques require some guidance and training. And a proper alignment will make a world of difference to really benefit from each pose. Being in a class provides a great support for you to learn yoga in a safe way. Your teacher always keeps an eye on all the students to assist them in adjusting themselves. Even those who practice regularly need a reminder once in a while! 🌿

To find a yoga class near you, you may contact these centers:



**BORACAY YOGA AT LANTERNA**  
 f BoracayYoga  
 @boracay\_yoga



**EATPLAYHEAL BORACAY**  
 f eatplayhealboracay  
 @eatplayheal\_boracay



**BORACAY DOJO**  
 f BoracayDojo  
 @boracaydojo



**Jammers**  
 SINCE 2012  
 BEACH SHACK

**BREAKFAST. LUNCH. DINNER.**  
 Home of the best burgers, barbecues, Latin American dishes, seafood platters and all day breakfasts!

BEACHFRONT D'MALL OF BORACAY  
 +639171452788 / 288-5564  
 @JAMMERSBEACHSHACK

**HEALTH & WELLNESS**

**Your guide to thriving, not just surviving!**

**MYTH BUSTERS**

**WHAT IS A COUGH?**

By Kate Ng-Larrauri, M.D.

A cough is a natural reflex action and is your body's way of responding when something irritates your throat or airways. Coughing can have many different causes, such as infections, allergies, asthma, smoking, or medications. Some coughs are mild and go away on their own, while others are chronic and need medical attention.

There are different types of coughs, depending on how long they last and what they sound like. A cough that lasts for less than four weeks is called an "acute cough," usually caused by a viral infection such as the common cold or the flu. A cough that lasts between four and eight weeks is called a "subacute cough," and may be a sign of a lingering infection, postnasal drip or acid reflux. A cough that lasts more than eight weeks is called a "chronic cough," which may be due to a chronic lung disease or other factors such as smoking, environmental irritants, or certain medications.

The treatment of a cough depends on its cause and severity. Some coughs can be treated with home remedies, such as drinking plenty of fluids, using a humidifier or a steam inhalation, gargling with salt water, intake of lozenges or hard candy, or taking over-the-counter (OTC) cough medicines. However, some coughs may require prescription medications, such as antibiotics, antihistamines, decongestants, bronchodilators, or corticosteroids.

A cough is usually not a serious problem, but it can sometimes be a sign of a

more serious condition that needs medical attention. Therefore, it is important to consult your doctor if your cough persists.

There are many misconceptions about coughs that can affect how people perceive and treat them. Here are a few myths we've debunked once and for all:

**Myth #1: Coughing is always a sign of a serious illness.**

**Fact:** Coughing is not necessarily a symptom of a serious condition. Sometimes, it can be caused by environmental factors, such as dry air, dust, smoke, or pollen. Other times, it can be a result of a minor infection, such as a cold or flu, that will resolve on its own.

However, if the cough persists for more than two weeks, and is accompanied by other symptoms such as fever, chest pain, or difficulty breathing, it may indicate a more serious problem, such as pneumonia, bronchitis, asthma, or COPD. In that case, it is advisable to see a doctor for diagnosis and treatment.

**Myth #2: Drinking milk makes coughs worse.**

**Fact:** There is no scientific evidence that drinking milk worsens coughs or increases mucus production. Milk is a nutritious and hydrating drink that can help soothe a sore throat and provide calcium and protein.

However, some people may find that dairy products make them feel more congested. This may be due to an allergy to milk proteins. If this is the case, they may want to avoid or limit their intake of milk and other dairy products when they have a cough. Remember, avoidance of triggers is key.

**Myth #3: Antibiotics can cure any kind of cough.**

**Fact:** Antibiotics are only effective against bacterial infections, not viral

**Dr. Kate Ng-Larrauri is a Boracay-based pediatrician, a specially trained medical doctor who works with babies, infants, adolescents and young adults. In this section, she shares and debunks the most common misconceptions on child care, and separates fact from fiction, especially for first-time moms.**

ones. Most coughs are caused by viruses, such as the common cold or flu, which do not respond to antibiotics.

Antibiotics should only be used when prescribed by a doctor for a confirmed bacterial infection. Taking antibiotics unnecessarily can lead to antibiotic resistance (bacteria become harder to treat). Antibiotics can also cause side effects (take note in pediatric patients). Every patient is different; a specific antibiotic does not always apply to another patient with similar symptoms.

**Myth #4: You should suppress your cough as much as possible.**

**Fact:** Coughing is a natural and beneficial reflex that helps clear the airways of mucus, irritants, or foreign particles. Suppressing your cough may make it harder for your body to get rid of these substances and increase the risk of infection or complications.

**Myth #5: Home remedies and OTC medications work for the entire family.**

**Fact:** Certain home remedies do NOT apply to children such as:

- Honey should NOT be given to children under one year of age because of the risk of botulism.
- Cough drops or lozenges can cause choking in young children or people with swallowing difficulties.

**Fact: OTC cough and cold medicines can cause serious harm to young children.**

- Under age 4: OTC cough and cold medicine is NOT recommended for babies and young children.
- Ages 4 to 6: Cough medicine should be used only if recommended by your child's doctor.
- After age 6: Cough medicines are safe to use. Just be sure to follow the instructions on the package about the right amount of medication to give, and confirm with your physician.

When it comes to the pediatric age group, especially for the first four years of life, the fewer medications, the better. The respiratory system of children is less mature than that of adults, therefore any medication is considered a foreign substance that their bodies need to metabolize.

Medications are intended to suppress further development of symptoms, only after home remedies and supportive measures have failed. Hence, medical treatment is not always needed.

Only treat symptoms if they make you uncomfortable, if you have trouble sleeping, or if the cough is really bothersome (such as a hacking cough). Let your natural reflex do its job of protecting your airways, and keep everything else, as the French would put it, "au naturel."



**Cough Etiquette**



A fusion of Latin American flavors

📍 **CRIMSON RESORT & SPA, BORACAY**  
 Punta Bunga Cove, Barangay Yapak Boracay Island, Malay, Aklan  
 For reservations: 🌐 [bit.ly/mosaicreservations](https://bit.ly/mosaicreservations) ☎️ 0998 596 4626  
 Follow us! 📱 MosaicBoracay

**MOSAIC**  
 LATIN AMERICAN GRILL

# ISLAND EYE

Caught on camera! This month's snapshots of sightings that deserve to be acknowledged or called out for action #ItTakesAVillage

By Freida Dario-Santiago

## HEADS UP

*Disclaimer: This report was originally filed for the September issue but as of press time, according to recent travelers, the said report is still valid. We hope that the issue would already be resolved upon the publishing of this story.*

It goes without saying—but we will say it just the same: Travelers should allot extra travel time during the rainy season.

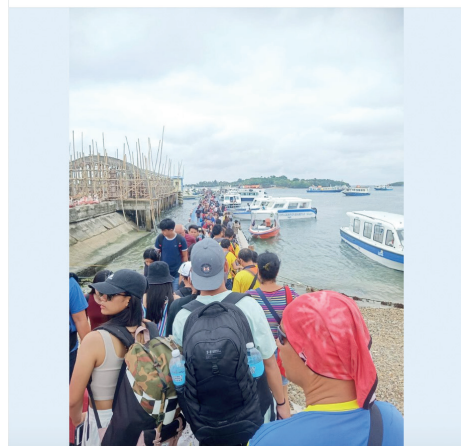
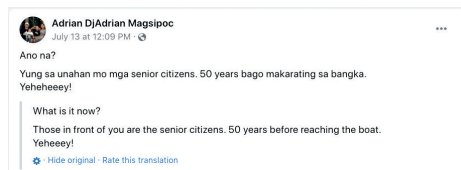
As should be expected, with the onset of the Habagat (southwest monsoon) and rainy season, arriving and departing from the island is more cumbersome than normal. For one thing, the increment weather is cause for flight delays and cancellations, and the domino effect of inconveniences.

And depending on wind and sea conditions, Tabon jetty port serves as the alternative entry and exit point to the Caticlan jetty port (which tourists are more familiar with). This has been the case for as long as I can remember. Tabon has always been a more challenging port such that it is narrower and steeper, and always with makeshift platforms and ladders, while towing luggage and all. This time around, it has taken a turn for much worse, and according to several reports, it is downright dangerous.

### Perilous Tabon Jetty Port

If you are traveling and must traverse Tabon jetty port, travel with caution and if you have children or elderly in tow, we highly advise you not to travel when sea conditions are rough. If you've got a flight to catch and have no choice, ask your hotel/resort to book private transport for you with assistance.

Thanks to social media and to people who share their travel experiences to make others aware of possible dangers out there, my husband and I were able to make an informed decision to pre-book private transfers for our elderly relatives prior to their arrival at the Boracay Airport in Caticlan. It was because of this post (below), that we were able to ensure their safety.



Tabon jetty port pontoon bridge traveling from Caticlan to Boracay

Upon seeing this post by Adrian Magsipoc, I was able to gather the following information:

- The photo was taken from the bridge at Tabon jetty port as Adrian was traveling from Caticlan to Boracay. Apparently, the port is under renovation and what you see in the photo is the "temporary" jetty port where, instead of a solid wooden or

concrete port to walk on towards one's boat, a bridge at the beach connects to a pontoon bridge or a floating jetty port.

Merriam-Webster's definition of a pontoon bridge is: a bridge that floats on the water and is held up by large hollow containers filled with air (called pontoons).

- The only way to get to one's boat is by walking on the pontoon bridge. There is only one pontoon bridge for those coming and going (instead of one pontoon bridge per direction).
- The pontoon bridge is constantly swaying due to the strong waves, and because it sways, it is difficult to balance especially when carrying bags and holding children or elderly people. It makes people dizzy and nauseous, even when standing still and waiting for the line to move.
- It is very dangerous because: 1) it's easy to lose your balance; 2) it's slippery; 3) apart from the rather loose rope handrail, there is nothing else to hold on to; 4) the pontoon is so narrow (narrower than those used at the boat stations on White Beach and Bulabog Beach) and with a single misstep, one could easily slip off the side.
- The handrail is only on the inner lane, none on the outer side to hold on to, nor a barrier to keep people from falling off the edge.
- Not only is the pontoon narrower, it is old and some blocks are uneven or cracked.
- And why the long lines? People are simply unable to walk quickly, also due to the fact that there is only one lane in either direction (to/from the boats). It took him over an hour to cross the bridge. He is not the only one who's told us that it takes about an hour to cross that bridge on either direction.
- The mention of "senior citizens" on his post was because he was fearful for them and felt helpless, seeing how much more difficult it was for the elderly who were literally hanging on to the rope for dear life, with every step they made. We have heard other people saying that they could only cringe and pray at the sight of senior citizens trying not to fall.
- "What about the PWD?" He just threw his arms up and shook his head in a "Who knows?"
- And if there was an emergency, what then? Another "Who knows?" shrug. There are no safety nets or emergency protocols in place.
- There are good days and bad days, peak and off hours, and surely, it's not THAT bad all the time. For instance, when it's high tide, boats can dock at the shore where people can get off from the boats directly to the beach.
- And if you're a fit and sporty type carrying a backpack, you would probably say "There's nothing to it." Great! That means it's no sweat for you to lend a helping hand to those you can.

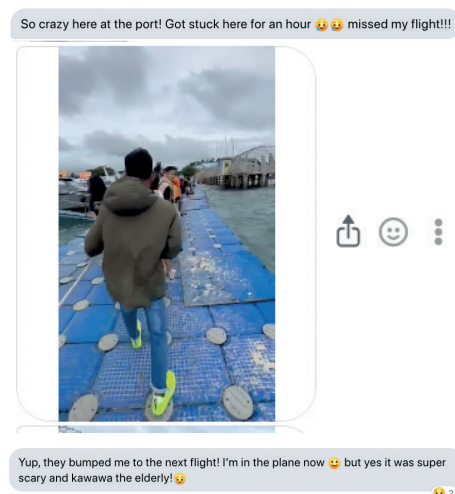


Tabon jetty port pontoon bridge traveling from Boracay to Caticlan



Tabon jetty port pontoon bridge traveling from Caticlan to Boracay

In a private message from our niece who traveled back to Manila from Boracay, she said that she missed her flight because she was stuck at Tabon jetty port for an hour, and it wasn't even raining. She also said it was "super scary and kawawa (pity) the elderly." She sent us a video which made us dizzy to watch.



## THUMBS UP

### Tabon Jetty Port Under Construction

The structure under construction on the left side of the photo is the original Tabon jetty port.



Tabon jetty port under construction (Photos by Adrian Magsipoc)

We were unsure at first about how to feel about the jetty port being under construction during the rainy season (how much better it would be had it been completed beforehand). Adrian couldn't tell us anything about the construction since, on the few occasions at various times of the day that he passed Tabon (he comes and goes to the island for work), there were no workers in sight.

We turned to SB member Alan C. Palma, who is the chairman of the Committee on Public Works and Utilities and vice-chairman of the Committee on Peace, Order and Public Safety. We learned that his office had already called the attention of the contractor due to the construction delays, which were due to the unavailability of materials, and that the target project completion was before the fourth quarter.

In light of the heavy rains due to Typhoon Egay, followed by tropical cyclone Falcon that enhanced the southwest monsoon over the weekend, Boracay Sun News reached out to Malay Mayor Floribar Bautista.

On a phone interview on July 29, Mayor Bautista told us that the contractor for the Tabon jetty port upgrade project promised to finish by August 30. The mayor was confident that the proposed design would not only be safe and strong, with a budget of PhP8 million "using steel to prevent corrosion," but that it would be Instagrammable. Meanwhile, they are studying the possibility of extending the jetty port further, which is estimated at an additional PhP15 million.

### It takes a village!

Send us your snapshots via Facebook Messenger @boracaysunnews or via email to fvs.boracaysunnews@gmail.com and include the date and short description.



### RELAX AND UNWIND

Aira Boracay Hotel is a relaxing place far from the noisy frontbeach, which is perfect for couples wanting privacy. Situated at the windy Bolabog Beach, it's also the perfect spot for kitesurfing and windsurfing activities.

Location: Station 2 Bolabog Beach, going to Mt. Luho

Contact No.: 288-9596 | 0956-066-8346



# PROPERTIES FOR SALE OR LEASE

For inquiry, please call or message us at:  
09759205587 | 09176486341

ISLAND EVENTS By Freida Dario-Santiago

# Pride Month Celebrations at The Sunny Side Café

The Sunny Side Café recently celebrated Pride Month with two fun activities that both benefited LoveYourself, a community-based organization that provides sexual health, transgender health, and mental health services in various locations in the Philippines. These were done in collaboration with noted chefs that flew to Boracay just for the occasion. The Pride Benefit Dinner with guest Chef Kriza Palmero from Pilya's Kitchen had around 50 guests, both locals and visitors to the island who enjoyed a multi-course meal on this one-night-only event filled with food and laughter.



**Chef Kriza Palmero with a full house of guests at The Sunny Side Café**

The celebrations then continued with the release of the Pride Cookie Collection created in collaboration with Chef Miko Aspiras. This collection was a box set of six cookies in various flavors and colors that were specially made to celebrate the diversity of the LGBTQ+ community. These were available at The Sunny Side Café all throughout the month of June and all proceeds were also donated to LoveYourself.

With the success of The Pride Benefit Dinner and The Pride Cookie Collection, The Sunny Side Café is already starting to plan next year's activities for Pride Month.

The Sunny Side Café Station 1 is at Station 1 beachfront, Balabag.  
Instagram: @thesunnysideboracay 🌴

# Sigmund Torre and Takako Sono's Art Workshop for Kids



Island artists Sigmund Torre and Takako Sono, known for their wall murals that adorn the walls of some of the top hotels and restaurants on the island, decided they wanted to share their love for art with the island's youth, by conducting a workshop, to inspire and teach them some basics of the craft.

The workshop which was held at JT's Manukan Grille, thanks to the gracious hosts, Joel and Cristy Torre, and Paul Henares was a hit with 20 participants of various ages. The five-hour afternoon workshop was divided into three parts: 1. Learning how to mix primary colors to color the JT's Manukan Boracay logo; 2. Drawing things that they loved about Boracay using only black paint; 3. Using all the techniques to paint anything they wanted on small canvases for them to take home.

It turned out to be a great day for all, including the parents that were just so proud of their little artists! 🌴



# Bulabar Boracay Turns One

The Bulabog Beach community came in full force to celebrate Bulabar's first anniversary last July 9, 2023. Boracay Sun News was there to join the reunion, with the fun bunch proudly posing with last issue's special feature "Take A Walk on the B-Side" by Freida Dario-Santiago.



**Bulabar owner Joyce Manahan (leftmost) is joined by friends, Bulabar regulars and the Bulabog community who proudly pose with the Bulabog Beach special on Boracay Sun News.**

The party started promptly at 3 p.m., with DJ Blindside on the decks, and non-stop servings of their British classics and Chef June Vino's specialties, while guests enjoyed their favorite decadent cocktails. To celebrate their first year, the owners showed their gratitude by extending a 20 percent discount all day and night, and they raffled off gift certificates worth 500 pesos!



**Bulabar owner Joyce Manahan and daughter Tamara**

The newest restaurant bar on the block is hard to miss and you shouldn't. Be sure to check them out for lunch, sunset cocktails or dinner, and enjoy happy hour on Sundays, Tuesdays and Thursdays.

Open Tuesdays to Sundays (closed on Mondays), 10 a.m. to 10 p.m.  
Facebook: @BulabarBoracay  
Instagram: @bulabar\_boracay 🌴



**Bulabar owner Andrew Sawyer with buddy Nico Fronzoni**



## Boracay's Bikini Shop

The Best Little Bikini Shop on White Beach



Come visit us next door to Nigi-Nigi Beach Bar for all your Your Beach Swimwear WE HAVE A BIG SELECTION OF BIKINIS TO OFFER White Beach Station 2

ISLAND EVENTS

# ¡VIVA ESPAÑA! Celebrate Día De La Hispanidad at Dos Mestizos

By Freida Dario-Santiago

**OCTOBER 12:** Mark your calendars now and don't miss this year's annual Día de la Hispanidad or Hispanic Day celebration at Dos Mestizos!

Día de la Hispanidad also known as Día de la Fiesta Nacional de España (the National Day of Spain), is an annual national public holiday in Spain on October 12. It commemorates when Christopher Columbus first set foot in the New World in 1492.

It has become a Boracay Island tradition since 2010 to celebrate our Spanish heritage, and the unique traits we have acquired during Spain's 333-year occupation that shaped our Filipino identity in ways still quite evident today. Modern Filipinos identify strongly as "partly Spanish," even more so after the Spanish team's championship victory at the FIFA Women's World Cup 2023!

I personally love the unabashed attitude of honoring and proudly embracing our "Spanishness," a vital ingredient in our Filipino genetic and cultural makeup (a potent mix of our Malay, Chinese, Spanish, American and Arab roots), albeit it strikes a nerve in our brutal colonial history. Despite (or rather, in spite of) the history lessons and the painful struggles of our ancestors, we are who we are today, enhanced by Spain's influence.

**What's the big Día?**

In Spain, the day is traditionally marked by a military parade in Madrid, which is attended by the King and various dignitaries. Certain museums or public buildings are also open to the public, free of charge. In short, it is a huge affair with lots of fanfare, all captured and broadcast live over radio, TV and the internet.

A public holiday in Spain, the general population goes on holiday, and schools and most businesses are closed. Many stores are closed but some bakers and food stores may be open. Pretty much like how we love our "long weekends," if it falls on a Sunday, regional authorities move it to a different date so that Monday or Friday becomes a holiday.

The operative word here is "fiesta," the Filipino word for "party," or more appropriately, "let's party!" Did you know that there's a fiesta happening in the Philippines every month of the year? If it's not a day celebrating one of the many Catholic saints or feasts, it's a holiday commemorating a historical event. Travel website Tropical Experience Philippines goes as far as to say, "The Filipinos call it 'fiesta' – a party where everyone is invited to join! Every barrio, town, province, and city has their own fiesta to celebrate once a year."

Día de la Hispanidad is not only celebrated in Spain; it's also been recognized as an official holiday by the majority of Spanish-speaking countries around the world to commemorate the linguistic and cultural legacy of Spain and its ties with the international community.

Día de la Hispanidad is a way to recognize the shared history and language that bind together millions upon millions of people across the planet.

At Dos Mestizos, it is a Wine and Cheese affair not to be missed, highlighting Spanish wines and cheeses, from 5 to 9 p.m. Tables are by reservation only. Call or text this number to reserve now: (+63 966) 672 8077. 🌿

**FUN FACTS**

*Did you know that ...*

There are approximately 42,000 major and minor festivals in the country, mostly held in a barangay (village) level. ([www.viatravelers.com](http://www.viatravelers.com))

An estimated 20-33% of Tagalog vocabulary is of Spanish origin. ([www.langfocus.com](http://www.langfocus.com))

Although just approximately 0.5 percent of the Philippines' 100 million people speak Spanish, it still has the highest concentration of Spanish speakers in Asia. ([futurelearn.com](http://futurelearn.com))

In November 1849, Governor-General, Narciso Clavería y Zaldúa issued a decree that forced Filipinos to adopt Spanish surnames in a bid to make the census easier. ([www.narrastudio.com](http://www.narrastudio.com))

Christopher Columbus is credited with the discovery of America when he sailed on behalf of the Spanish Crown. He was not Spanish, but came from Genoa, Italy. Another such sailor was Ferdinand Magellan whose conquests include South America and the Philippines. ([www.worlddata.info.com](http://www.worlddata.info.com))

Events similar to Hispanic Day: Discovery Day (Bahamas), Day of the Cultures (Costa Rica), Day of the Race (Argentina, Chile and Mexico), Day of Indigenous Resistance (Venezuela), and Columbus Day (United States) ([www.timeanddate.com](http://www.timeanddate.com))

History lessons (From "333 Years In The Convent" by Amb. Virgilio A. Reyes, Jr., Philippine Ambassador to South Africa and Italy) Spanish presence in the Philippines comprises 333 years of Spanish rule, from 1565 to 1898.

Though Spanish was the official language of the Philippines for more than three centuries, it did not survive the American occupation. It was replaced by English and the national language Filipino (based on Tagalog). Eight languages and 87 dialects are spoken in the Philippines currently. The various Philippine languages today incorporate many words of Spanish origin in their lexicon. A mixed Spanish-Filipino language called Chavacano has prevailed in Zamboanga City.

Spanish influence is evident today in law, religion, education, language, family names, architecture, the arts, music, cuisine, and customs, which have been adopted and blended into the present-day Philippine culture.

Flora and fauna from Latin America (primarily Mexico) were introduced to the Philippines via the Spanish trade route.

There is now a movement by the Philippine government to preserve and maintain heritage sites while heritage groups and the young generation of Filipinos are seeking to revitalize aspects of Fil-Hispanic culture through Fil-Hispanic literature and language.

The Philippines and Spain have become closer in the modern era, with many reciprocal visits of their heads of State. The reconstruction of Fort Santiago and Intramuros as well as the survival of many monuments from the Spanish past, including several in the UNESCO list of world heritage sites, have ensured that the shared history of the Philippines and Spain would not be forgotten. 🌿



Señor Jose "Binggoy" Remedios brings Día de la Hispanidad to Boracay at Dos Mestizos

**DOS MESTIZOS PRESENTS**

**BARES & ESTRELLAS**  
WINE AND FOOD SERVICES CORP.

# Día de la Hispanidad

**A WINE AND CHEESE AFFAIR**

**10 / 12 | 5 - 9 PM**

**RESERVE YOUR SEATS**  
**(0966) 672-8077**



ISLAND EVENTS

# A GOLDEN CELEBRATION

## Bong Tirol's Big 5-0 Boracay Bash

By Freida Dario-Santiago  
Photos by Mayad Studios

Prominent businessman and scion of one of Boracay's most prominent clans, Bong Tirol is one of the true sons of Boracay Island, by virtue of being a direct descendant of one of Boracay Island's founding fathers, his great grandfather Ciriaco S. Tirol (after whom the island hospital was named). Bong's father Leonard (one of four children of Leon Tirol) who has been an influential and active leader in the community, discovered Boracay way back in the 60s when he was a little boy, playing on the untouched beaches with his siblings.

The fourth-generation scions of the distinguished Tirol family, Bong and his sister Maggie have enjoyed a similar childhood in the 70s, growing up in Iloilo and spending their weekends on the island with their father and mother Nenette, together with the huge Tirol clan whose headquarters were the Tirol ancestral home, forging a deep bond with the island and its people, and a deep love and concern for its sustainability, from a very young age.

Bong has made a name for himself apart from the family's influence, having moved to the island when he worked for Fil Estate back in 1995; then in 2004, Bong instrumental in developing Shangri-La's Boracay Resort and Spa where he later became director for government affairs. In 2011, Bong led the Boracay Airport expansion project of San Miguel Corporation, after which he was appointed airport manager. And the rest, as they say, is history!

A jock all his life, these days, Bong is often seen organizing sporting events, as

the island's up and coming sports tourism ambassador.

Last June 25 to 27, Bong and his lovely wife Amanda (the most sought-after wedding planner on the island), along with their brood of four: Sasha, Lucas, Ethan and Mason, hosted the biggest and most "badass" and "bonggacious" (pardon the slang, for lack of a better word) and unforgettable three-day extravaganza that gathered lifelong friends from across the globe along with their families to celebrate Bong's big 5-0!

My husband Mark and I, who have practically been friends with the indefatigable couple for close to two decades (that's half of our lives!), enjoyed the unforgettable festivities that included sun-



soaked days filled with laughter as beach volleyball and tennis games brought out the competitive spirit in those eager to play.

Evenings were a spectacle of entertainment, with an array of bands and DJs taking the stage, captivating the crowd with music that set the perfect celebratory tone. A surprise drag queen performance added a delightful twist, creating moments of sheer delight. As the main event unfolded, an audiovisual presentation

filled the air with good cheer as friends and family shared anecdotes and touching memories with the much-loved Bong Tirol.

The grand finale on Day 3 featured a relaxing cruise, a serene and scenic end to an action-packed celebration. Amidst abundant food, drinks, and merriment, the three-day "festival" was a testament to friendship, laughter, and the joy of creating cherished memories.

Special thanks were given to the following who have made it all absolutely perfect to a Tirol "T": Janice of Florista, Mayad Studios, JR of NTS and Soundwaves, Honeyglazed, Always in

Motion, and of course, to White House Beach Resort and Los Indios Bravos for the perfect venue and the delectable food. In his heartfelt speech, Bong expressed his utmost gratitude to his wonderful wife and playfully coined the term "AmandAmazing" to capture his awe at the fabulous setup and flawless execution of the party, together with her incredible Events by Amanda Tirol team for executing what was a masterpiece (again, for lack of a better word).

Cheers and big love brother, and more power to the next 50! 🌴



Bong and Amanda Tirol with their children (from left): Ethan, Mason, Sasha and Lucas



Mark & Freida Santiago (the writer), Cookie & Dimples La O, Amanda & Bong Tirol, Franco & Kathleen Limjuco, Nicole & Chris Guidotti

**KELANA COASTAL CUISINE**  
BORACAY ISLAND, PHILIPPINES

**KELANA is a newly opened Bar and Restaurant located at Station 2 in front beach, serving the best coastal cuisine in the island.**

**Enjoy our cocktails, have a delicious meal and kick back to some live music.**

Facebook Page: Kelana Coastal Cuisine  
E-mail: kelanacoastalcuisineboracay@gmail.com  
Tel.: 036-288-9873 Mobile: 09274948010

**BISTRO DES AMIS**  
Boracay

**Our mission is simple:**  
Provide high-quality meals and a relaxed dining experience. Our culinary inspirations include French and Belgian offerings that you can enjoy with a stunning beach view. Our service is warm and inviting, and our cocktails our second to none.

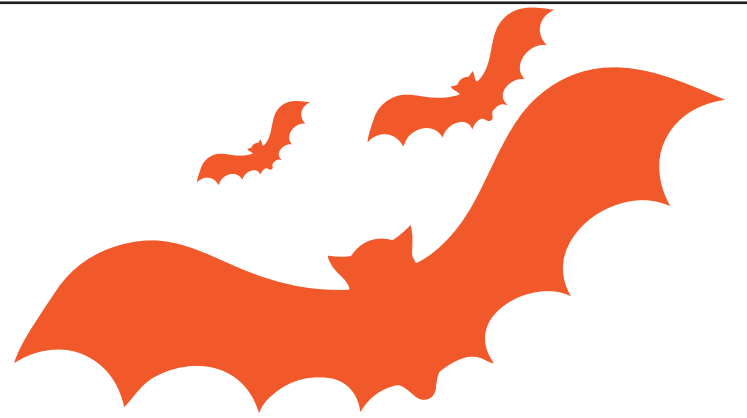
**When you're here, you're home.**

Drinks & Menu | Social Media | Reservations

ISLAND EVENTS

# HALLOWEEN PARTY GUIDE

## Here for Halloween? Here's where to go!



By Freida Dario-Santiago

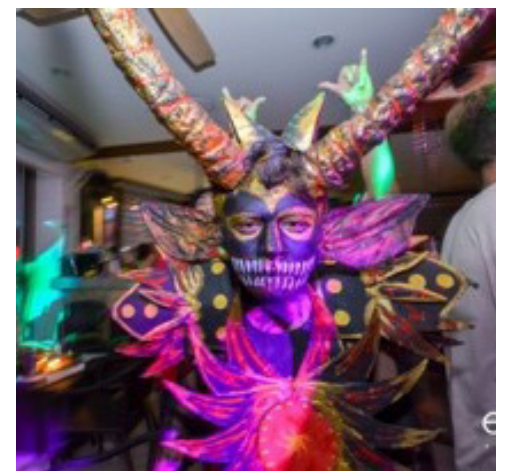
Each and every year, Halloween is the most highly-anticipated annual event (second to New Year's Eve).



If you happen to be on the island on October 31st, you're in for a TREAT at these Halloween parties, Boracay-style! You'll be thrilled to see just about everybody celebrating the holiday in costume – from hotel and restaurant staff and e-tricycle drivers, storekeepers and

island locals who really take the time to spook the living daylight out of the island's guests! From costume parades and competitions to lavish and outrageous horror and fantasy settings, Halloween BOO-fetes are unmatched on the island of BOO-racay!

Although most resorts will have something special for their in-house and walk-in guests (find out what your hotel or resort is doing), you and your kids might also enjoy making the rounds and parading with other Boracay FIENDS and families at these "Trick or Treat" hotspots!



Get ready for the biggest and baddest island-wide show of the year: Halloween! (Photos by Jack Jarilla and Christian Delos Santos)

The festivities begin on October 29 from 12 noon to 4 p.m. at the **AMBASSADOR IN PARADISE** with a fun and fearsome kiddie party, chockful of magic and trick-or-treating, and a costume contest from 2 to 4 p.m. The fun continues on the 31st from 5 p.m. 'till midnight!

**For reservations:**  
**Mobile: (+63 915) 157 7674**  
**Landline: (+63 36) 288 1541**

monsters)! Here's a tip for the costume contest: Come dressed as your favorite villain from Disney, DC, Marvel, etc.)!

**For reservations:**  
**Mobile: (+63 917) 625 8507**  
**Landline: (+63 36) 7720 8888**  
**Facebook/Instagram: @DiscoveryShoresBoracay**

For those who fancy a sunset party, head over to **DINIBEACH BAR & RESTAURANT** on Diniwid Beach to get a first bite of what it means to party in Boracay on Halloween! Get good doses of music and BOO-ze before calling it a day with your little biters and cap the day with excellent food and vibes. They open at 10 a.m. but the party starts at 4 p.m., with a costume contest at 9 p.m.

**For reservations:**  
**Mobile: (+63 917) 717 1246**  
**Facebook/Instagram: @dinibeachbar**



continued on next page



On October 31st take the entire family to the Village of Villains at the courtyard of **DISCOVERY SHORES BORACAY** for a FUN-astic afternoon of spooky arts & crafts, fun and games and loot bags galore (we hear that surprise treats await the little

## Village of VILLAINS

A fang-tastic Halloween celebration is brewing at Discovery Shores Boracay.

Dress up as a famous comic book, story book or movie villain and get ready for an afternoon of spooky arts and crafts, horror-struck games, and fun trick-or-treating.

October 31, 2023 | 3pm  
The Courtyard

For inquiries, call  
 (63 2) 7720 8888  
 (63 2) 8641 8888  
 E-mail: [reservations@dsb.discovery.com.ph](mailto:reservations@dsb.discovery.com.ph)  
[www.discoveryshoresboracay.com](http://www.discoveryshoresboracay.com)

## Truly, Your Home in Paradise

Relax, Unwind, Indulge

**Ambassador in Paradise Resort**  
 White Beach, Station 1, Boracay Island, Balabag, Malay Aklan, Philippines

Website: [www.ambassadorinparadise.com](http://www.ambassadorinparadise.com)  
 Telephone: (+63) 36 - 288.1541 | (+63) 36 - 288.1542  
 Mobile Number: (+63) 946 987 4104  
 Email: [info@ambassadorinparadise.com](mailto:info@ambassadorinparadise.com)

**ISLAND EVENTS**

*continued from previous page*

If you fancy starting the festivities at cocktail hour the perfect spot to watch the Halloween parades along White Beach is **CHACHAS Sundown** at Coast Boracay, with live music and sunset DJs, from 5 to 10 p.m. Cha Cha brings you a curated selection of sun-kissed cuisine, creatively crafted beach licks and tropical infused beats!

**For reservations:**  
**Mobile: (+63 917) 565 5166**  
**Facebook/Instagram: @chachaboracay**



If you're wondering where the ant-like trail of ghouls is headed, all roads lead to **DOS MESTIZOS** for their annual anniversary shebang and Halloween party, from 6 p.m. onwards! This year marks a milestone for the legendary Spanish restaurant that is celebrating 26 years, with an array of culinary wizardry from the kitchen cauldrons, and SPOOK-tacular poisons from the bar. Be amazed at the most ingeniously handcrafted costumes created from scratch from locally available materials on the island!

**For reservations:**  
**Mobile: (+63 966) 672 8077**  
**Landline: (+63 36) 288 5786 / 5104**  
**Facebook/Instagram: @dosmestizosboracay**



From there, sashay your way to White Beach and down the powdery pathway to parade your stuff all the way downtown to where the thick of the **KILLER** action is: starting with **APLAYA** for their Venetian Masquerade party, from 9 p.m. to 1:30 a.m.

**For reservations:**  
**Mobile: (+63 995) 964 3357**  
**Landline: (+63 36) 288 2851**  
**Facebook/Instagram: @aplayaboracay**



And finally, the pièce de résistance – **EPIC BORACAY's** annual Halloween Ball at the beachfront of D'Mall, Station 2! The Halloween Weekend Party runs from the 27th to the 31st, from 10 p.m. until closing.

For serious **DIE-hard** Halloween partygoers and not for the faint of heart, a different breed of party monsters emerge



from hiding and splatter the dance floor with a bloody kaleidoscope of colors with the most fantastic and original costumes of the evening. Not a surprise as the stakes are high, with the most competitive costume competition on the island.

To get the most mileage and the most Grammable photos of your masterful ensemble, be sure to make an appearance at **Epic Boracay** and strut your stuff on the runway. Get immortalized at their photo booth and join their Halloween hall of famers that kill the competition each and every year with the most elaborate looks that could raise your grandmother from the dead!

**EPIC** plays host to some of the biggest beach parties on the island, with its air-conditioned interiors, LED wall, and chic al fresco and mezzanine lounge areas. From 10 p.m. onwards, the restaurant transforms into a dance club of epic proportions, decked out with intelligent lighting and moving heads, and an incredible audio experience.

**For reservations:**  
**Mobile: (+63 917) 130 2619**  
**Landline: (+63 36) 288 1477**  
**Facebook/Instagram: @epicboracay**

After you've made your final bow and you're still up for some more, it's time to let your hair down and loosen that corset, and head further downtown, working your way to **CLUB SUMMER PLACE** and **OM BAR**.

of three fabulous sets which they describe as "where queens perform and express themselves extravagantly." The show charge is only **Php150** per head, and it's best to send them a message on Facebook or Instagram. **Rainbow Café & Lounge** prides itself as a place where pride and freedom are expressed creatively through art, drinks and food.

**For reservations:**  
**Mobile: (+63 917) 507 7211**  
**Facebook: Rainbow Cafe & Lounge**  
**Instagram: @rainbow.cafe.lounge**





**RICH**  
 Royal Indian Curry House  
**BORACAY**

Address: Royal Indian Curry House, Station 1  
 Lot 483 PT B Beach Front, Balabag, Boracay  
 ( Next to Army Navy )

Tel.: 0917 775 0102  
 rich.dnjrboracay@gmail.com







INDULGE

# BISTRO BY THE SEA

By Freida Dario-Santiago

Boracay is a food-lover's paradise and dining out is what you will find yourself doing a lot of during your trip, with so many choices to make your head spin.

Experiencing Southeast Asian cuisine at its finest at True Home Bistro is a great way to start your "foodscapade" and to get your bearings, and basically align your senses with the environment.

First off, it is easy to find and is conveniently accessible with its beachfront and roadside location.

Centrally located at the heart of Boracay's world-famous White Beach, you immediately get a sense of place, with a glorious front row seat to the magnificent beach and the island's most iconic landmark called Willy's Rock. Right then and there, you've got the perfectly Grammable post-card photo of Boracay, and you can pretty much call it a day.

**"I think food, culture, people and landscape are all absolutely inseparable."**

– Anthony Bourdain

**First Impressions**

Immediately one is impressed with the understated tropical elegance of the modern interiors that masterfully blend with the magnificent outdoors. Glass doors allow a perfect marriage of the spacious dining area, furnished with natural wood and mirrored walls that capture a panoramic vista from every seat, with the coastal

setting in all its glory, day to night. Upon taking your seat, one notices the well-thought-out and convenient touches like power sockets for every table. And like



we always do when we get to a place, we ask for the Wi-Fi password, and voila, the connection is stable! We make a mental note to NOT share this tidbit of information so as not to attract too many people to the cozy bistro.

Managing partner and executive chef Peter Montemayor is happy to offer his recommendations from the menu as well as from the very inviting and often-changing chalkboard menu. Already, our appetite is



whet and we feel relaxed and right at home. Chef Peter brings his vast experience and years of inspiration from his adventures as an executive chef at some of the big-name resorts on Koh Samui and Phuket islands in Thailand and Bali, to the tables of True Home, with East- and Southeast-Asian cuisine, and continental flavors that perfectly match an ambiance designed to reflect the turquoise waters right outside.

**What to Order**

Take our word for it because we have the homecourt advantage of dining here as often as possible, which makes us experts on what to try. The quick answer is: If you're dining as a group, order one of everything! The servings are generous but not all are good for sharing, so it makes sense to go for variety and pass the dishes around to get a good taste (and then order a solo for yourself!).



If you're dining alone or with a friend, the menu will make you wish you had more mouths than one so here's what to order.

Start with a bowl of Tom Yum popcorn and resist the urge to order another bowl. For starters: Tuna Tataki (seared tuna, wakami, teriyaki glaze, wasabi mayo) and the Gai Satay Platter (marinated chicken breast skewers, peanut sauce).

Soups and salads: Shrimp Laksa (Singapore curry noodle soup), Beef Pho (Vietnamese rice noodle soup), and the Pomelo Salad with chicken or shrimp.

Noodles: Mie Goreng (Indonesian homemade egg noodles with chicken or shrimp), Pad Thai (Thai rice noodles, tofu, vegetables), and Jap Chae (Korean sweet potato noodles, vegetables).

You can't not try the poke bowls (or perhaps save this for your next visit): Spicy Tuna or Teriyaki Salmon poke bowl, which I can only describe as a big bowl of happiness.

Still got room? Go for the Grilled Mahi-Mahi (with mango salsa). Then there's dessert: Coconut Panna Cotta or Brownie ala mode, with their premium roasted coffee that's got a chocolate and nutty flavor that's simply divine!

What did I say about having two mouths? And those are just for your first visit!

But seriously, there's always room for pizza and pasta, right? Their Pinsa Romana pizzas are simply magnifico! And the Carbonara and Amatriciana are done in authentic Roman style, using guanciale and pecorino cheese.

You're probably wondering if they serve Filipino cuisine... The quick answer is yes, they serve the meanest Filipino breakfast, such as the Chorizo Pudpud (Bacolod-style), Daing na Bangus (fried milkfish), and Arroz Caldo (Filipino rice porridge) – with all the trimmings and dipping sauces – it doesn't get more Filipino than that! And the best part is the authentic Filipino hospitality, the islander way. What else can you ask for?

What also makes it a fantastic local dining experience is their use of fresh local ingredients, and salad greens and herbs picked fresh from their own garden.

**True Favorite**

As you wait for your orders, you start to notice that Chef Peter seems to know most of the diners. This simply means that they have a loyal following, from locals (like myself) that dine here at least once a week, and repeat customers that can't get enough of it. Also, people seem to be dining all day, which speaks volumes of the versatile menu that leaves you wanting to return to try more. That, and the not-so-bad Wi-Fi (shhhhhhh!)

Here's an idea as you wait: Ask to see the hotel's three luxurious rooms above the restaurant (if they're available). The hotel has two gorgeous deluxe rooms, each tastefully decorated with modern amenities, designed to ensure you can feel right "at home," and a presidential suite with its own private dipping pool overlooking the killer view, and an outdoor dining and lounge area underneath the great blue sky. The best part is the absolute privacy and tranquility that you deserve.

And despite the steady stream of guests coming in and out of the restaurant, somehow, there is order and a sense of calm here. Seems like the place commands a certain respect, we think to ourselves. That is, until cocktail hour comes around and it's time to get your G&Ts! At this point, it's just a party!

Bourdain also said, "Drink heavily with locals whenever possible." Cheers, and see you at (True) Home!



**Business hours: Daily, 8 a.m. to 9 p.m.**  
**Location: Balabag Plaza (across the Holy Rosary Church), Station 1, White Beach (with roadside and beach access)**

**Tel: (+63 36) 288 3784**

**Mobile: (+63 917) 120 7286**

**Facebook: TrueHomeBistro**

**Instagram: @truehomehotelandbistro**



Gai Satay



Grilled Mahi-mahi



Pad Thai



Teriyaki Salmon Poke Bowl



Tuna Tataki



Pinsa Romana Margherita Pizza

**Great Food, Music and Ambiance brought to you by our small family.**



**hobbittavernboracay**  
**Contact: (036) 288 6687**  
**0917 146 6421**  
**D\*Mall Boracay, Station 2**

ISLAND GUIDE

# Getting Around

## Comfortable and Efficient Transportation in Boracay

By Amanda Virrey

A pleasurable ride and easy access to and from Mainland Panay, as well as within Boracay is a must to have a relaxed and enjoyable holiday on the island. More so, when arriving in Kalibo after a complex journey, involving a long International flight, taxi transfer to the domestic airport, a few hours wait at the airport, and the hour-long flight to Kalibo, not to mention the children and baggage in tow.

Bearing in mind that this is a holiday in paradise, everyone deserves to be in a blissful state of mind, thanks to the availability of modern and convenient transport service.

On Boracay Island, there are three major transport companies that provide efficient and reliable service, comfort, and quality transportation units: Island Star Express, Southwest Tours and Southwest's Hop-On Hop-Off (HOHO) shuttle service.

### Island Star Express



Since 1999 Island Star Express Inc. has been providing modern, air-conditioned, and convenient door-to-door airport transfers for passengers from the Kalibo International Airport and the Boracay Airport in Caticlan, to any resort on the island. They offer bus, boat, and in-land transfers, for these various routes:

- Kalibo International Airport to the resort: bus transfers to Caticlan Jetty Port, boat transfers to Cagban Port in Boracay, and van transfers to the Boracay resort
- Kalibo International Airport to Caticlan Jetty: bus transfer service
- Kalibo International Airport to Cagban Port in Boracay: bus transfers to Caticlan Jetty Port, and boat transfers to Cagban Port in Boracay
- Caticlan Airport to the resort: bus transfers to Caticlan Jetty Port, boat transfers to Cagban Port in Boracay, and van transfers to the Boracay resort
- Caticlan Airport to Caticlan Jetty Port: bus transfers
- Caticlan Airport to Cagban Port in Boracay: bus transfers to Caticlan Jetty Port, and boat transfers to Cagban Port in Boracay

Island Star also offers charter services for guests that request for exclusive trips for private trips either around the island or to any place on the Mainland of Panay.

Website: [www.islandstarexpress.com](http://www.islandstarexpress.com)

Mobile: (+63 917) 623 9796 (WhatsApp, Viber, Line, WeChat, KakaoTalk)

### Southwest Tours



The pioneer tourist transport service company in Boracay since 1991, Southwest Tours offers comfortable bus and boat transfers from the Kalibo International Airport or the Boracay Airport in Caticlan, all the way to any Boracay resort. Bus transfer from Kalibo International Airport approximately takes an hour and a half, boat transfer from Caticlan Jetty Port to Cagban Port in Boracay takes 10 minutes, while van transfer from Cagban Port in Boracay to your resort takes anywhere from 15 to 20 minutes depending on the resort location. Therefore, you could conveniently find yourself checking in at your resort about two and a half hours after your departure from Kalibo International Airport.



Southwest Tours also provides customized island tours and activities, including water sports, snorkeling, and exploring the various points of interest on the island, as well as on the Mainland, including Antique, Capiz, Iloilo, and even all the way to Central Visayas from Guimaras and Bacolod to Bohol and Cebu.

Website: [www.southwesttours.com.ph](http://www.southwesttours.com.ph)

Tel: (+63 36) 268 5100

Smart mobile: (+63 999) 994 4966

Globe mobile: (+63 917) 568 2441

Email: [centralbooking@southwesttours.com.ph](mailto:centralbooking@southwesttours.com.ph)

### Hop-On Hop-Off Shuttle Service



The Hop-On Hop-Off (HOHO) Shuttle Service is the newest transport innovation and the most flexible way to explore the island. You could simply purchase a HOHO tourist pass, that allows you 24-hour hop-on and -off access to any of HOHO's 15 stops around the island, from the main port of entry all the way to Puka Beach, and then arrive at your desired destination, stress-free.

HOHO shuttle stops include 15 areas in continuous loops: Tambisaan, Cagban Jetty Port, Manocmanoc Barangay Hall, Manocmanoc School (scheduled) Boracay Rotunda, Boracay Grace Hotel, Saint Gabriel Medical Center, Andok's Station 3, E'Mall Station 3, Station X, Azalea Hotel, Ciriaco Tirol Hospital, Jollibee, Balabag Lake (D'Mall), Bulabog Beach, Wetland No. 3 / Balabag High School, Balabag Elementary School, Astoria Station 1, Kolai Mangyan Station 1, Willy's Rock, Two Seasons Hotel, The Lind Hotel, Canyon de Boracay, Boracay Mount Luho Road (scheduled), CityMall Boracay, Newcoast, Alta Vista / Yapak Main Road, and Puka Beach.

Children aged 0 to four years old are free of charge and must be accompanied by a paying adult. For those with a Klook voucher, you may get your HOHO Card at the Southwest Travel arrival counter at the airport or at the Station 2 office in Boracay.

Once the card is tapped upon first entry, the 24-hour tour around the island will start ticking.

The HOHO card station is located along the Main Road near D'Mall and Jasper Restaurant in Barangay Balabag.

Facebook: [Southwest Tours](https://www.facebook.com/SouthwestTours)



SUGBA DE BORACAY RESTOBAR



TRULY R. FLAVIANO JR.



0947-531-4097



Station 2 Boracay Sunset Compound, Manggayad, Boracay  
Station 1 Boradise Compound Station 1 Zone 4 Balabag, Boracay  
Boracay New Coast Beach Walk Yapak, Boracay



**Fresh, Healthy Thai Food for you to enjoy!**



Come to Thai Basil in D'Mall Boracay.  
Call (0917) 146 6421 for reservations or visit us in Facebook at [www.facebook.com/ThaiBasilBoracay](https://www.facebook.com/ThaiBasilBoracay)

ISLAND GUIDE

# STATION 3: THE LAID-BACK SIDE OF WHITE BEACH

By Amanda Virrey

Ever since the three boat stations were established along Boracay Island's White Beach back in the day, establishments were classified according to the nearest boat station.

Boat Station 1 by Astoria covers the northern section of White Beach, from Henann Crystal Sands Resort onwards until the vicinity of Discovery Shores and beyond. Station 2 covers the area from Hennan Crystal Sands until Happy Planet, with the boat station previously located in front of Summer Place. Beyond Happy Planet all the way to the southern end of the beach is Station 3, where the boat station remains in front of what is now a 7-Eleven store.

Each station has been characterized according to its ambiance. Station 1 is known for its fine white sand and vast shoreline; Station 2 is home to the commercial scene and nightlife; and Station 3 is considered the laid-back part of the beach.

Station 3, with white sand slightly coarser than Station 1, along a beach that slopes deeper into the shore, this easygoing area maintains its sheer authenticity, thanks to the large population of locals residing around the area and beyond, and their undying support of the neighborhood's businesses, thereby attracting a diverse crowd of tourists into the area.

The portion of Station 3 closest to Station 2 is populated mostly by domestic tourists due to its proximity

to the commercial establishments and conveniences, from retail and souvenir shops, restaurants and accommodations that are conveniently huddled along the beach path. Also within a few minutes' walk are the island's main commercial centers, commercial banks, community markets, and water activity centers, bicycle rentals, a high concentration of bars and nightclubs, and more.

At the southern end past Station 3 Angol, where the coast is more tranquil bearing only a handful yet sophisticated boutique hotels and bistro-style restaurants. It also renders a sense of paradise with lush coconut trees along the shore and verdant cliffs covering the southernmost tip of the beach. The residential area of choice for many Europeans and their families, they are guaranteed a pleasant stretch of white beach away from the hustle and bustle.

Unique to Station 3 is its proximity to breathtaking underwater vistas, of coral reefs and snorkeling and dive sites such as Coral Garden and Angol Point. With these beginners' dive sites and the presence of the boat station, it is no wonder why plenty of dive centers permeate the area.

Among these dive centers is **Calypso**. Calypso is a dive center and resort hotel in the middle of White Beach's vibrant scene where everything is conveniently within reach. It has spacious and cozy rooms with sea view balconies that are ideal for families and groups of three to five people. They also house a five-Star PADI Dive Center as well as an Filipino-Italian restaurant. Sensi Restaurant opens its doors from 7:00 a.m. until 1:00 a.m. with sumptuous



Angol Beach

Italian, Filipino and fresh seafood delights, heightened with live music from 12:30 until 3:30 p.m., and from 5:30 to 11:30 p.m. Resort guests can avail of in-room massage. Island activities are arranged by the staff, with special dive packages and discounts of up to 65 percent off (booking period from October 29 to December 22, 2023). Not to mention the excellent location on the



Calypso Dive & Resort



Calypso's Sensi Restaurant

beach, Calypso simply does it for those who desire to explore the underwater gems of Boracay Island.

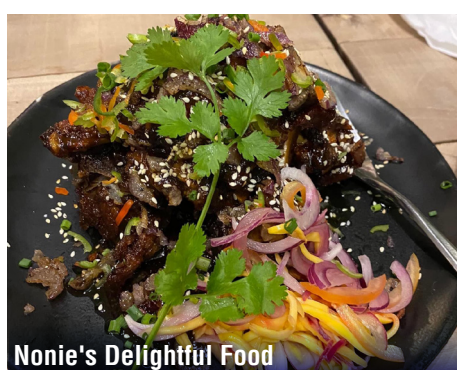
Just along the beach from here is **Tyang's**, a particularly popular and excellent seafood restaurant. Food is served up here paluto style. You pick your fresh fish from a chilled display table and the restaurant cooks it for you. They also sell great cocktails and ice cold beer to complement their excellent food. A friendly family run business welcomes you here.

Going back along the main road and walking distance from Calypso is **Hue Hotels and Resorts**, a lifestyle resort with contemporary architecture reflected in its wide open spaces, communal lounges, cosmopolitan dining, and sprawling swimming pool.

Amid the chill island lifestyle of Boracay, this four-star hotel is an absolute oasis for the modern traveler with access to top-class facilities, a pool bar that serves innovative cocktails on cozy lounge beds and at submerged bar stools, impeccable service and a fine assortment of well-curated dining, which extends to its indoor commercial space known as Station X. Hue Hotel's La Ud Restaurant offers traditional Filipino and international cuisines. Adjacent to this, Station X presents a melting pot of international cuisines and enticing beverage selections at the food hall, and just outside you'll find a lovely restaurant, **Nonie's**, which offers a healthy Filipino food twist on its extensive menu. Here you'll be served up a delightful mix of vegetarian food and drinks that have become very popular with both tourists and locals. The chique cafe style environment and excellent food make this a must visit. Healthy and delicious breakfasts and juices are a favorite here also.



Hue Hotel- Al Fresco



Nonie's Delightful Food

## Upon arriving at White Beach

Located by Boat Station 3 is **The Grill House & Sports Bar**. Formerly the Swiss Inn, TGH Sports Bar is a modern-style grill house and sports bar, now under German management. Open from breakfast 'till past midnight, this beachfront hangout serves a menu of international cuisine like Schnitzels, imported Swiss cheese fondue, US steaks, burgers, seafood delights, traditional Filipino grilled dishes and homemade cheesecakes. Sports fans pack in on weekends to watch AFL, Football, UFC and rugby over a selection of international beers and other beverages. On other days, there is Trivia Quiz night on Tuesdays, live music on Wednesdays and Fridays, Ladies' Night on Thursdays, while daily Happy Hour is from 2:00 to 6:00 p.m.

In light of charitable team spirit, TGH Sports Bar also holds "Your Club, Your Team, Your Charity," allowing guests to donate P3,000, which entitles them to have their favorite sports team or club idol engraved in a Mahogany tile to be placed on the restaurant's main wall. This donation will support local causes, such as providing food and educational support for those in need, and contributing to sports clubs that nurture young talents.

Meanwhile, on the southern side of Station 3 are a series of local favorite hangouts, which exhibit the sophisticated and brilliant characteristics of its hands-on owners who are committed to providing optimal food and service for their guests.

**Nagisa Boracay Cafe and Japanese Food**, in this station's quaint strip called Angol, is the go-to restaurant of locals and tourists due to its array of authentic Japanese food and diverse international menu, budget-friendly prices, friendly service and a relaxed beachfront ambiance. Where a serving of Salmon Maki and a glass of Fresh Mango Juice may leave some people satiated and ready to bask in the relaxing beachfront, others may feel like adding more hearty dishes like a bowl of Tanuki Udon, Shrimp Tempura, Chicken Teriyaki and some all-time favorite appetizers like Cabbage Salad and French Fries in the breezy al fresco dining area overlooking the sea.



Nagisa

The stream of people dining here is constant from brunch until dinner, intermittently ordering beverages and snacks while basking on the beach or swimming in the sea. At times, diners would start drinking ice-cold beer while watching the sunset and stay for a few hours, savoring Japanese fares for dinner and sampling cold sake afterward. Its dining counter fronting the beach serves as a magnet for couples and solo diners who simply want to have a light meal and revel in their unperturbed view of the sea.

Nearby Nagisa is **Bistro des Amis**, a beachfront bistro with a menu of fresh seafood and steaks, specializing in salads, traditional French fisherman Bouillabaisse Soup, Mussels Marinières, Prawns Ceviche, Tuna Tartare, Tuna Carpaccio, prime steaks and Steak Tartare, accompanied with homemade Belgian fries and mayonnaise. Wine connoisseurs are likewise guaranteed to enjoy their money's worth in this beachfront bistro with an excellent wine list, served precisely at the right temperature. Driven by European standards, not only in terms of food and beverages, but also in service, comfort and cleanliness, visitors feel at home here to dine, drink coffee, chill out

continued on next page

**TYANG'S**  
Eat, Dive & Chill

**PLATO D' BORACAY RESTO**  
HOME of the PINOY-STYLE PALUTO

### PALUTO COOKING SERVICE & SEAFOOD STATION

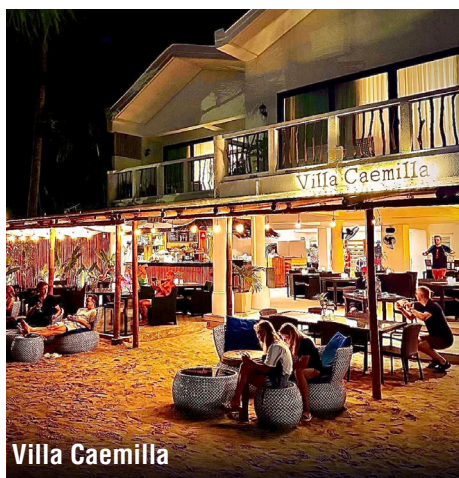
For Reservations:

- Station 1, Beside Astoria  
**288-3864**
- Station X, Hue Hotel  
**0917-624-8545**
- Station 3, Front Beach  
**288-1475**

continued from previous page



Bistro des Amis



Villa Caemilla

in its soothing beach vibe, and work online using the fast and reliable internet. When it comes to special offerings, foreign and local residents are counted on to delight in its new menu every week and its once-a-month offering of free amuse-bouche for every wine bottle purchase.

If you're looking for some authentic Thai Food, next door to Bistro des Amis you'll find **Congas Restaurant**. Beachfront dining in a native style bamboo decorated restaurant is one of the pleasures of being on Boracay. And Congas food is as good as a Thai restaurant as you'll find anywhere. Their speciality and colorful cocktails complement the excellent food perfectly.

Also in the same strip is **Villa Caemilla Beach Boutique Hotel**. This four-star hotel is Angol's bestowment for guests who are looking for luxury, comfort, high-end facilities, and dedicated service. Suited for couples, families and wedding entourage, the rooms in this beachfront hotel include plush beds, classy furnishing, complete amenities, en-suite bathrooms and a stone's throw away to the beach. Walk-in guests also get to experience Villa Caemilla's award-winning service when they partake in the restaurant's international dishes, like Pan Seared Salmon with lemon butter sauce,

baked potato and vegetables, Tequila Lime Chicken served with Mexican rice or Grilled Tuna with Tagliatelle Mexican Salsa Pasta. Before sunset time, the bar becomes busy with the happy hour crowd, delighting in signature cocktails, infused with natural tropical ingredients on a base of high-quality liquors. Guaranteed satisfaction and care in Villa Caemilla obviously make for its award-winning status and appealing ambiance.

Heading a bit further along the beach at the end of the beach road you'll find **Sundown Bar and Restaurant**. This is a great European style beach bar and restaurant that serves up excellent food and imported beers making it a favorite hangout spot for many of the Island's foreign expat residents. Several years ago, it became the Wednesday afternoon home of Boracay's beach bocce players. A great fun afternoon frequented by 20 to 30 people split into teams of two and all visit there to have some beach fun and sports.

With these fascinating selections blending with the easygoing island vibe and the bounteous nature in Station 3, Boracay Island will always have this peaceful place to retreat to and have their own feel of the laid-back White Beach. 🌴



Villa Caemilla Cocktails



Beach Bocce at Sundown Bar



## Authentic Tasty THAI FOOD

FRESH & HOMEMADE




Congas Authentic Thai Restaurant is one and only Thai Restaurant in the island serves Authentic Thai Food.

We have two restaurant located in Sitio Angol Beach Station3 and Bulabog Beach near laketown, Boracay Island Malay Aklan.

We are open from 8:00AM to 9:30PM Congas Station3 Frontbeach and 11:00AM to 8:40PM Congas Bulabog.

For reservation, you may reach through our mobile number 09288191211-Congas Station3  
09201068180 -Congas Bulabog.

STATION 2

BORACAY MAIN ROAD

STATION 3



White Beach Path

Sunset Rd.

Angol Rd.

Nonie's

Hue Hotel

Calypso Dive / Sensi

Tyang's Restobar

TGH Sportsbar

Villa Caemilla

Congas

Bistro Des Amis

Nagisa / Surfside

Sundown Bar

By Rald Abaya Mahupil

# TGH THE GRILLHOUSE & SPORTSBAR

FAST SERVICES QUALITY MEALS



STEAKS

COCKTAILS

SPORTS

GERMAN SPECIALITIES

## BEER FESTIVAL

OCT 25 - 25 NOV

# Oktoberfest

MUSIC - RAFFELS - GAMES

**BOOK YOUR TABLE NOW**

WHITE BEACH, STATION 3, NEXT TO 7/11



WORLD AWARENESS DAY

# October Celebrations

By Rica Velasco

## UNESCO WATCH

UNESCO is a specialized agency of the United Nations that serves as a global platform to promote peace, sustainable development, and intercultural understanding. UNESCO commemorates specific days throughout the year to raise awareness and promote global action on critical issues within its mandate. Here's a rundown of the celebrated days this month.

### October 4 UNESCO World Animal Day



**World Animal Day** aims to raise awareness about animal welfare and advocate for their protection and conservation. Animal welfare

organizations arrange for various activities, including workshops and seminars, to educate the public about responsible pet ownership and animal rights. They also organize adoption drives, encouraging people to adopt rather than buy pets, which helps create awareness about the plight of stray animals and the importance of providing them with loving homes.

Notably, SM Malls, Ayala Malls, and Vista Malls actively participate by hosting pet blessings, animal-themed contests and adoption drives to find homes for animals in need. The Philippine Animal Welfare Society (PAWS) also collaborates with celebrities and influencers to promote animal welfare through performances and discussions on social media. These efforts aim to encourage individuals and organizations to have a positive impact on animals and prevent animal cruelty through education and advocacy.

### October 5 UNESCO World Teachers Day

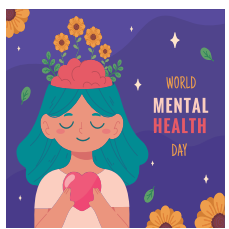


On **World Teachers Day**, educators worldwide are honored for their significant contributions and for shaping the

minds of future generations. This day aims to give importance to quality education and a teacher's crucial role in building a better and more sustainable world.

In the Philippines, teachers are recognized for their essential role in shaping the nation's future. The Department of Education (DepEd) leads nationwide celebrations, where schools hold special programs and cultural performances and presentations to recognize outstanding teachers. Establishments participate by offering discounts and promotions to teachers as tokens of appreciation. Social media plays a significant role as students, parents and alums share stories and experiences to express gratitude for teachers' impact on their lives

### October 10 UNESCO World Mental Health Day



**World Mental Health Day** aims to raise awareness about mental health issues and promote mental wellbeing globally. It serves as a platform to break mental

health stigma, encourage open discussions, and advocate for better mental health support and resources.

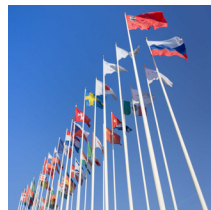
In the Philippines, mental health awareness is especially necessary. According to Dr. Edgardo Juan Tolentino, Jr., a Technical Consultant of the Department of Health's (DOH) National Mental Health Program, the rate of depression in the Philippines jumped from 20 percent to

30-70 percent, citing Covid-19 lockdowns and quarantines as the likely source, with ages under 40 showing the highest number of cases.

Various organizations and forums provide information on mental health disorders, their symptoms and available treatments. These events promote early detection, encourage individuals to seek help, and educate people on supporting their loved ones with mental health issues.

Social media campaigns encourage people to reach out if help is needed and to create a supportive online community that generates empathy and removes the stigma surrounding mental health issues in this country.

### October 24 UNESCO United Nations Day



**The United Nations (UN)** is a powerful global organization that positively impacts many lives. On UN Day, countries unite to uphold its

principles, nurturing hope for a better world and a shared future.

The Philippines actively participates in UN initiatives and treaties, particularly in human rights, disaster risk reduction and sustainable development. The country has been elected multiple times to the UN Human Rights Council.

Filipino diplomat Carlos P. Romulo was one of the founders of the UN and served as the president of the General Assembly. There are at least 657 Filipinos assigned to different roles in the UN overseas, proof of our country's commitment to global cooperation and peace-building efforts, as well as championing vulnerable groups and advocating for peace, security, and development for all people.

## HOLIDAYS IN OCTOBER

### October 31 Halloween

**Halloween**, celebrated on October 31st, holds cultural and social relevance as a festive tradition observed in many parts of the world. The event is believed to have originated from ancient Celtic customs, signifying the end of the harvest season and the start of winter. Today, Halloween has evolved into a fun and interactive occasion where people dress up in costumes, engage in spooky activities, and enjoy gatherings with friends and family. On Boracay Island, Halloween is one of the most highly-anticipated celebrations of the year. Various establishments participate in trick-or-treat festivities where dozens of adorably costumed children line up to claim their goodies. Drove of residents and tourists don their most elaborate costumes and parade around the island, greeted with awe and glee. This day is a chance to dress up, gather in special events, and revel in each other's creative ensembles. Contests are also held for best-in-costume contenders.

### November 1 All Saints' Day

**All Saints' Day**, held on November 1st, honors all the known and unknown saints. On this day, Christians attend church services and participate in special Masses to venerate the saints and express gratitude for their exemplary lives and intercession.

In the Philippines, it is an annual tradition to visit cemeteries to clean and decorate the graves of the departed as a sign of respect and remembrance. Families take this opportunity to bond with each other while visiting the graves of their loved ones.

### November 2 All Souls' Day

On All Souls' Day, observed on November 2nd, Christians gather for prayers, requiem Masses, and special services to remember and offer intercessory prayers for deceased family members, friends and others who have passed away.

Halloween, All Saints' Day, and All Souls' Day are interconnected observances celebrated worldwide with deep historical and cultural ties. These traditions create a meaningful connection between different cultures, fostering a sense of unity and shared beliefs in celebrating life and the afterlife.



**JAPANESE FOOD**
**P55~P365**

日本食

View menu

Nagisa

CALL US 0939-922-5299

**SURFSIDE**  
BORACAY RESORT & SPA  
YAPAK  
Angol Road

**10% OFF TICKET**

Boracay

Angol Plaza

Surfside Boracay Resort And Spa

MANOC - MANOC

**Nagisa Japanese Restaurant**

d'mall  
BORACAY



NEWS

# PCCI-BORACAY EXPRESSED SUPPORT FOR THE ONE VISAYAS INITIATIVE

By Jun N. Aguirre

The Philippine Chamber of Commerce and Industry-Boracay (PCCI-Boracay) has expressed their support for the initiatives of the National Economic Development Authority (NEDA) to implement an initiative called “One Visayas,” especially in the field of Tourism.

PCCI-Boracay president Michael Sweeney told the Boracay Sun News last August 6, 2023, that the Visayas have tremendous tourism opportunities as a beautiful part of the country.

“Many Boracay tourists also visit other parts of the Visayas, and there is synergy in promoting the Visayas in addition to local promotions of Boracay, as well as national tourism campaigns for the Philippines as a whole,” he said.

Atty. Jobert Peñaflorida, the PCCI Regional Governor for Western Visayas said that he authored the resolution urging PCCI chapters in regions VI, VII and IX to support the initiatives set by the NEDA-Regional Development Council Visayas Area.

The resolution was submitted and approved last July 28, during the 32nd Visayas Area Business Conference (VABC) held at Bellevue Resort in Panglao, Tagbilaran, Bohol. This year’s VABC theme was Exploring New Economic Frontiers in Technology, Governance and Innovation.

Some 250 businessmen from all over Visayas attended the said conference.

The NEDA recommends the sharing of resources and activities to promote Visayas not only for tourism but also for trade and infrastructure as well.

Included in the initiatives were the holding of an annual One Visayas Festival that will be staged around the Visayas region as well as a grand trade convention

to feature agricultural and other products from the three regions.

“Also, the establishment of the Visayan tourism highway, crossing from east to west that will interconnect the fragmented geographical feature of the Visayas for shared economic development,” Peñaflorida added.

Department of Tourism Undersecretary Shahlimar Hofer Tamano, who is likewise the DoT regional director for Central Visayas said during the conference that they have already finalized the National Tourism Development Plan for 2023-2028.

“The objectives of the said plan were improvement of tourism infrastructure and accessibility, cohesive and comprehensive digitalization and connectivity, enhancement of the overall tourist experience, equalization of tourism product development and promotion, diversification of the tourism portfolio through multidimensional tourism, maximization of domestic and international tourism and strengthening of tourism governance through close collaboration with national and local stakeholders,” he said.

Of the said plan, they will focus more on the tourism experience which includes expanding and strengthening the accreditation system, incentive sustainability practices, investing in human capital by improving training and education, promoting coordination with the relevant agencies to improve safety and security, health and services in the tourism sector, improving the experience on transport modes, hubs, terminals, and providing relevant tourism information on the domestic and international market.



DOT Undersecretary Shahlimar Hofer Tamano speaking at the VABC Conference

# NABAS-CATICLAN-BORACAY TRANSMISSION LINE PROJECT UNDERWAY Businessmen are urged to install solar panels

By Jun N. Aguirre

Senator Sherwin Ting Gatchalian urged businessmen in the Visayas to install solar panels in their respective businesses in order to ensure a stable power supply.

Gatchalian said this during his talk as one of the speakers during the 32nd Visayas Area Business Conference held at Bellevue Resort in Panglao, Bohol last July 28.

“As the economy grows and the population increases, we also anticipate increasing demand of electricity. The rooftop currently is considered useless but if it has solar panels, the owner could soon sell the electricity to the community,” he said.

Gatchalian has filed a senate bill that hopes to popularize the massive use of solar panels. He considered the rooftops as the new “real property assets.”

The senator said that according to the Department of Energy (DOE), the Philippines is projected to have 63,825 megawatts (MWs) of electricity by the year 2040, some 30,803 megawatts of which should be available at peak demand.

“The problem of power interruptions is due to climate change, the increasing amount of coal, and power generators all over the country that need maintenance from time to time,” he said.

He also filed a bill pushing for “waste to energy” initiatives in the Philippines.

“I also urged the National Grid Corporations of the Philippines (NGCP) to fast track its projects to strengthen electric power distributions, especially in the countryside,” he added.

On August 1, 2023, the NGCP announced that the historic Mindanao-Visayas Interconnection will be available with an operating range of up to 112.5 MWs continuously in both directions (Mindanao-to-Visayas and vice-versa), starting around 2:30 p.m. of August 3, 2023.

The said move hopes to augment the power supply from the Mindanao to Visayas regions.

## Nabas-Caticlan-Boracay transmission line project

As this developed, the NGCP also bared plans to complete its Php5.48 billion transmission line project supporting the growing power requirements of Boracay by 2024.

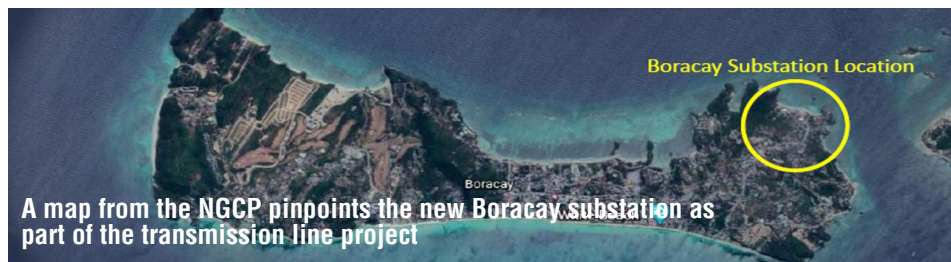
In a report, NGCP said that there is a need for grid expansion and development to keep up with the island’s increasing demand for power.

The 138 kilovolt (kV) Nabas-Caticlan-Boracay line is currently under construction and is NGCP’s long-term solution to support load growth in Boracay.

NGCP will reinforce the grid with an additional submarine cable and upgrade the 69-kV facilities to 138 kVs.

The entire transmission project includes underground and submarine cables connecting the mainland to Boracay Island, overhead transmission lines, a cable terminal station, a new Boracay substation, and an upgraded Nabas substation.

The Nabas-Caticlan-Boracay transmission line project was certified by the DOE as an “Energy Project of National Significance.”





**BORACAY'S BEST SUPERMARKET**

**NOW WITH 2 BRANCHES IN BORACAY TO SERVE YOU!!!**

- \* Main Road, D'Mall of Boracay, Balabag
- \* Main Road, EMall, Station 3, Manoc Manoc

For inquiries, please call Budget Mart: D'Mall +(036) 288-5985 / EMall +(036) 288-9021

# Coffee Time

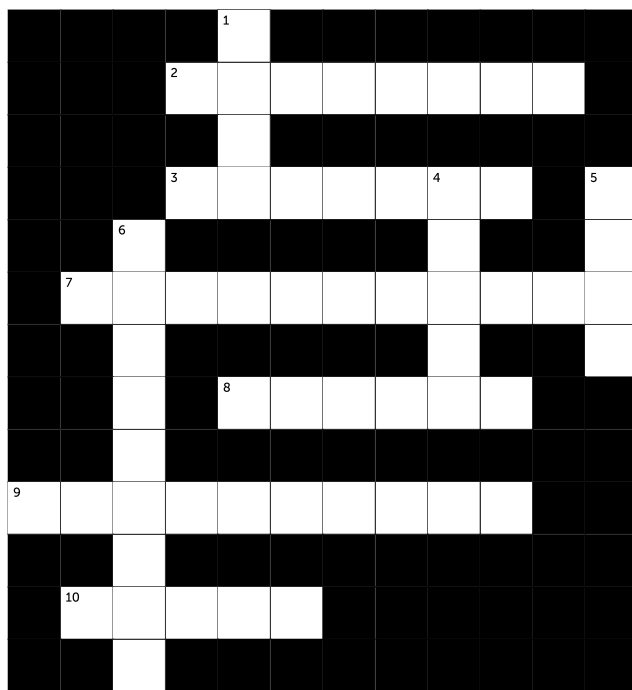


## Photo of the Month

Photo by Lydia Jojo Chan

I'm an old-bie and I prefer paper. I enjoy reading so when I saw the Boracay Sun News, I grabbed one and thoroughly enjoyed and actually learned more about Boracay than from just browsing, surfing, or scrolling the 'net! – Lydia Jojo Chan, Boracay resident

## Boracay Sun Crossword



### ACROSS

- 2 Who was Boracay's mayor in 2010
- 3 How many kilometers is Kalibo Airport from Caticlan Airport
- 7 Which was the first international airline to fly into Caticlan
- 8 Royal Air flies to Caticlan from where
- 9 Which is the longest hole at Boracay Golf Course
- 10 Which Barangay on Boracay has the least number of residents

### DOWN

- 1 Is Mount Luho more than 100 meters above sea level, or less
- 4 How many official basketball courts are there on Boracay
- 5 Is the distance between Cagban port and Caticlan port less or more than 2 kilometers
- 6 Which is considered as the smallest beach on Boracay

Answers can be found at [www.boracaysunnews.com](http://www.boracaysunnews.com)

## Boracay Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | A | N | B | C | A | G | B | A | N | O | N | O | A |
| A | Y | A | P | A | K | N | I | E | O | L | I | N | G |
| N | L | G | I | B | A | L | I | N | H | G | A | I | C |
| N | T | T | K | K | A | A | O | A | N | H | D | L | O |
| A | A | S | B | N | O | G | I | A | K | G | O | L | N |
| O | I | G | A | B | A | L | A | B | G | I | I | N | A |
| S | I | N | A | D | I | W | I | N | I | D | N | O | M |
| B | A | N | T | U | D | A | B | A | G | O | L | A | C |
| A | L | A | N | G | O | L | Y | N | O | B | O | N | O |
| B | A | A | C | I | L | I | L | I | G | A | N | N |   |
| N | K | A | L | B | A | G | B | D | N | T | I | B | A |
| I | B | U | L | A | B | O | G | D | O | A | O | G | M |
| T | N | K | L | P | U | K | A | B | E | A | C | H | I |
| I | D | G | T | A | M | B | I | S | A | A | N | G | A |

DINIWID  
BANTUD  
BALABAG  
ILILIGAN  
ANGOL  
YAPAK  
BULABOG  
MANOCMANOC  
CAGBAN  
BALINHAI  
TAMBISAAN  
PUKABEACH



😏😏👉 One spelling mistake in hurry can make hell.. 😊!

A golfer wrote a romantic message to his wife on his golf tour and missed an "e" in the last word. Now he is seeking police protection to enter his own house....

He wrote "Hi darling I'm experiencing the best time of my life & I wish you were her !!!"



## READER'S LETTER

As a concerned island resident, I'd like to thank the Boracay Photographers Association for their regular Saturday morning garbage clean ups along White Beach. And to our LGU, please provide more garbage bins and have them emptied 2 or 3 times each day when the tourists are all here.

Thankyou –Mikee G





- A8** Crimson Resort
- B6** Ambassador in Paradise
- B6** Discovery Shores
- C3** Calypso
- C3** Budget Mart
- C4** Isla Pollyanna
- C4** Plato de Boracay
- C4** Tyang's Resto Bar
- C5** Percy Sea Food
- C5** Cafe del Sol
- C5** D'Mall
- C5** Epic Boracay
- C5** Hama Japanese
- C5** Aria Cucina Italiana
- C5** Boracay Beach Truck
- C5** Fruit Dragon
- C5** Hobbit Tavern
- C5** Indian Rich Curry House
- C5** Jeepney Stop
- C5** Jammers Beach Shack
- C5** Kelana
- C5** My Crepes
- C5** Sugba de Boracay
- C5** Thai Basil
- C5** Ube Mama
- C6** Aira Boracay Hotel
- C6** Dos Mestizos
- C7** El Chiringuito
- D3** Bistro Des Amis
- D3** Congas
- D3** Nagisa
- D3** The Grillhouse & Sportsbar
- D3** Villa Caemilla
- D5** Club Galaxy
- D5** Red House Shabu-Shabu
- F1** Mega Paraw Office

\* Contact our advertising department for information



*Discover*  
our dining destinations

Forno Osteria • Sands Restaurant • Indigo Restaurant  
Bogart's Bar • Sand Bar • 360 Roof Lounge