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Photo by Den Bersaba (Island in Frames)

Boracay Island Voted 10th Among the "25 Favorite Islands in the World"

By Freida Dario-Santiago

BORACAY ISLAND, hailed as the "Crown Jewel of Philippine Tourism" adds another gem to its illustrious eminence, as the 10th among the top "25 Favorite Islands in the World" according to the highly-esteemed annual Travel + Leisure (T+L) "World's Best Awards" survey for 2023.

The announcement was made on July 11 on their website at www.travelandleisure.com, with online pop-ups

all day long. The T+L World Travel Awards is recognized globally as the ultimate hallmark of the travel industry, with winners setting the benchmark to which all others aspire. This critical acclaim is no mean feat, with the "favorite islands" category being among the most coveted in the industry.

With a reader score of 92.94, Boracay Island was described as follows:

"More than 7,000 islands make up the Philippines, and Boracay still

manages to stand apart from the rest. The tiny island—just 4.5 miles long—is known as "the island that never sleeps" for its parties and nightlife. One T+L reader called the island "the best leisure vacation destination."

The only Philippine island on this year's list, Boracay was only 3.17 points shy of the Great Barrier Reef in first place, 2.74 points away from the Maldives in second place, and 1.46 points away from Bali, Indonesia in third place, singlehandedly placing the Philippines at

the forefront of world travel, and at the top of everyone's travel bucket list!

This, however, was not the famed island's first T+L World's Best Award. In 2017, Boracay ranked No. 3, World's Best Island. In 2018, Boracay ranked No. 8, Top 10 Islands in Asia despite the Philippine government-imposed six-month tourism closure. That same year, Condé Nast Traveler's Readers' Choice Awards named Boracay No. 2, Top 5 Islands in Asia while TripAdvisor Travelers' Choice Awards

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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

Romancing the Monsoon

As Boracay continues to experience the Habagat or southwest monsoon season's fiercely strong winds with windbreakers along White Beach's coastline, don't let the heavy rainfall rain on your parade. Instead, when it rains, rein in your thoughts!

There's a reason it's called a tropical "depression," you know. It doesn't help that the monsoon rains keep us hunkered down indoors, a dangerous breeding ground for negative thoughts and loneliness. It is for this reason that we've devoted this edition to "Rainy Day Activities" (page 20) to immerse in the healing wonders of nature, fun and holistic things to do such as "Starting a Home Yoga Practice" (page 23), how to get fabulously fit and "Working Out From Home" (page 10), and how to satisfy those "Rainy Day Eats" cravings (page 8).

With a month to go until the "super peak" season begins, let's take a moment for a breather, to reboot, reconnect and recharge, just as the island takes a moment to cleanse and rejuvenate itself as well. If you're wondering about the seaweed on the beach, that's nature caring for itself, just as we should too.

Taking the fun indoors

So, instead of sulking and stuffing your face silly, enjoy the romance of falling rain, rekindling relationships in blissful "staycations" ensconced in the relaxed and comfortable indoors with a symphonic serenade by the elements. Allow the billowing winds and cleansing rains to wash your cares away, and turn these pages NOW!

For us locals, we absolutely adore the rain! I mean, have you ever tried swimming in the pouring rain (Disclaimer: I don't mean during a typhoon or a lightning storm ok?!!) and floated weightless and enjoyed the silence as the raindrops fell on your face? Have you ever noticed how your thoughts and worries seem to drift away with the passing of the clouds, and when you plant your feet back on the sand, none of your worries matter anymore?

Have you marveled at how, despite the cold breeze, the water is so warm? Amazing! Sure, the rains bring a flurry of inconveniences, but don't sweat it because the rains always pass, and afterward, a rainbow! In these parts, we even enjoy hanging out for sunless sunsets to watch the sky change color.

There's a lot to celebrate this month of September, the month that "officially" kicks off the BER months celebrations in the Philippines, leading to the Christmas holiday season—the longest-running in the world! And have you noticed that there are just too many September birthday celebrants? Nine months before is the MERRY month of December when the climate is a bit cooler and people are party-hopping and getting home drunk, so go figure!

On a more somber note, **World Suicide Prevention Day** is commemorated on September 10 and has been for the past 20 years. I recently watched "Roadrunner: A Film About Anthony Bourdain" on Netflix and was struck by what seemed like an admission of disillusionment, perhaps, even a cry for help:



“I'd begun to believe that the dinner table was the great leveler, where people from opposite sides of the world could always sit down and talk and eat and drink and if not solve all the world's problems Now, I'm not so sure. Maybe the world is not like that at all. Maybe in the real world — the one without cameras and happy food and travel shows — everybody, the good and the bad together, are all crushed under the same terrible wheel. I hope, I really hope, that I'm wrong about that.” — Anthony Bourdain

If you or someone you know suffers from depression, we urge you to ask for help. (Turn to page 24 for hotline numbers and links to online helplines.)

Another cause for celebration is Boracay Island's 2023 *Travel + Leisure* (T+L) "25 Favorite Islands in The World" **World's Best Award**.

According to T+L, "Travelers are once again exploring the world with gusto, and, as always, our intrepid readers have led the way." People travel to see new things, in places they only read about online or in trusted travel magazines like T+L. Aside from Boracay Island's beaches, special mention was given to Boracay's thriving and vibrant nightlife: "The tiny island — is known as "the island that never sleeps" for its parties and nightlife."

With revenge travelers globe-trotting with a fury, island destinations are top on travel bucket lists as the world seeks new life experiences either solo or with their loved ones, after realizing that life is indeed too short to stay home. By connecting with the real world "out there" (and not just virtually, on your phone), the rewards are far greater than one could ever imagine, and the memories last a lifetime — especially if you pick the right island!

And so, on behalf of the island of Boracay, a big "THANK YOU" to all of our valuable tourists who picked Boracay among the hundreds of beautiful island destinations in the world! Right on, and please, spread the word!

Welcome to Boracay Island and Mabuhay!

#Boracay #BoracayIsland
#Philippines #BoracayIslandPhilippines
#BoracayBetterThanEver
#FavoriteIsland #BestBeachInTheWorld

Peace and good vibes,

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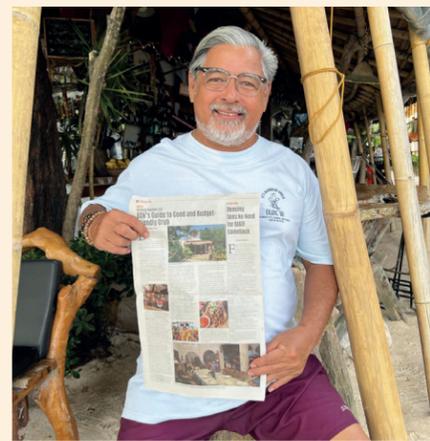


BORACAY SUN NEWS READER SIGHTINGS

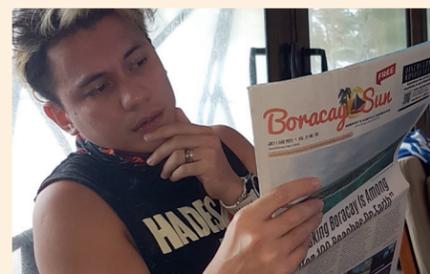
Boracay Island's much-loved community newspaper continues to make its rounds, beachcombing and blazing a trail all over the island! We thank you for making us a part of your day



Congratulations on 20 years of namit to JT's Manukan Grille founder and award-winning actor and producer Joel Torre (also known as "Idol ng Bayan")!



Husband and wife celebrity chefs Gino and China Cojuangco-Gonzalez with art collector and businessman Marcel Crespo sent us this photo with their copy of BSN which they said they looked forward to reading.



Sighted during the FIFA Women's World Cup watch party at Epic Boracay with his copy of BSN was "Puso" singer Yael Yuzon of Sponge Cola whose hit song was played at the Wellington Regional Stadium immediately after the Filipinas debutantes' victorious match vs. NZ!

continued from front page

ranked Boracay No. 25, Top 25 Beaches in the World.

How Voting Works

The online voting process encouraged global participation from well-traveled and insightful Travel + Leisure readers, which is why the annual World's Best Awards are considered the travel industry's most trusted rankings. For this 28th edition of the awards, hundreds of thousands of votes were cast in an extensive survey that was open on Oct. 24, 2022, through Feb. 27, 2023.

Islands were specifically rated on the criteria of Natural attractions/beaches; Activities/sights; Restaurants/food; People/friendliness; and Value. For each characteristic, respondents could choose a rating of excellent, above average, average, below average, or poor. The final scores are averages of these responses.

T+L magazine was first published back in 1971. As one of the top travel media brands in the world, their website says: "T+L's mission is to inform and inspire passionate travelers, like you ... So, whatever brings you to our site, you'll leave dreaming about places you never even considered, equipped with all the stellar tips, advice, and products you need to get you there."

For the full list of winners, visit www.travelandleisure.com/best-islands-in-the-world-2023-7551678.

Congratulations to this year's winners!

Award-winning Boracay

10. Boracay, Philippines



PHOTO: TOBIAS JO/GETTY IMAGES

More than 7,000 islands make up the Philippines, and Boracay still manages to stand apart from the rest. The tiny island – just 4.5 miles long – is known as "the island that never sleeps" for its parties and nightlife. One T+L reader called the island "the best leisure vacation destination."

Reader Score: 92.94

Travel + Leisure's "25 Favorite Islands in the World" 2023 announcement

Boracay Island and its beaches have received notable awards from numerous travel publications and agencies since 2011. These recognitions bring honor to the Philippines, the "Pearl of the Orient Seas."

Boracay made its debut on the international awards stage as **No. 4, World's Best Islands**, and **No. 2, Top Islands in Asia** at the Condé Nast Traveler Readers' Choice Awards 2011.

Last February, Boracay ranked **39th among "The 50 Most Instagrammable Places in the World 2023"** according to the global travel website Big 7 Travel's annual survey. The travel website says, "The Philippines cannot be left off this list. The island of Boracay has a total of 804,525,339 hashtags on Instagram and TikTok. The island is known for its beautiful beaches and crystal-clear waters."

In our last issue, we announced Boracay Island's recognition as the **18th among the "Top 100 Beaches on Earth"** 2023 survey by the World Beach Guide.

The T+L award announcement heralded a banner year for our tiny tropical island in the Western Visayas region in the Philippine archipelago of 7,641 islands.

These phenomenal achievements and accolades reinforce our resolve as Boracay's stewards, to uphold sustainable tourism practices and to preserve the island's natural environment.

Sustainable Tourism

After the grueling six-month island rehabilitation, the island reopened as the country's model for sustainable tourism.

In order to preserve the environment and to sustain the country's premier tourism destination, environmental standards were raised and new policies and regulations were enforced, improving the tourist experience on the world-class destination.

Department of Tourism (DOT) Secretary Christina Garcia-Frasco who described the country's beach capital as "the gem of the Philippines," proudly cited TIME Magazine's recognition of Boracay Island as among "The World's Greatest Places" (to visit) in 2022—calling it "Paradise reborn," adding, "As of February 2022, international visitors can finally revel in this revamped, recuperated, natural playground after what was effectively a three-year convalescence. Locals report the return of flora and fauna, like sea turtles, and hospitality has come back just as spectacularly."

Beyond being named "the best island in the world" and beyond the honor of being ranked among the world's best travel destinations, Boracay ultimately prides itself in the uniqueness of its people, from the descendants of its original settlers, and the migrants who come from all parts of the country and the globe, giving Boracay its unique character and cultural diversity, and cheerfully welcoming visitors with their inimitable Filipino hospitality.

So, to all you beautiful, friendly, warm, hospitable, hardworking and amazing people of Boracay, great job and CHEERS to us, and to this year's winners!

A Good Year

Tourism was among the hardest-hit industries at the height of the pandemic.

As tourism began to bounce back this time last year, Tourism Secretary Frasco told reporters that President Ferdinand "Bongbong" Marcos Jr.'s directive for the agency was to become one of the "major economic contributors" to help the country recover from the effects of the pandemic in the past few years.

Boracay drew over two million tourists pre-pandemic, in 2019. The tourism industry contributed about 12.8 percent to the country's gross domestic product (GDP) that year.

According to BusinessWorld, the tourism industry's contribution to the Philippine economic output rose in 2022, driven by the easing of travel restrictions. Tourism's direct gross value added (TDGVA) accounted for 6.2 percent of gross domestic product (GDP) in 2022, higher than the 5.2 percent share in 2021, preliminary data from the Philippine Statistics Authority (PSA) showed.

The combined economic contribution of tourism activities was valued at PhP1.38 trillion last year, up by 36.9 percent from the PhP1 trillion seen in 2021. Last year's TDGVA value was the highest since the P2.51 trillion recorded in 2019 or before the coronavirus pandemic. (www.bworldonline.com)

During the "Love Boracay 2023" opening ceremonies last June, the tourism chief said in her speech, "Maraming maraming salamat po sa inyong lahat dahil sa inyong kontribusyon sa ating ekonomiya. (Many thanks to all of you for your contribution to our economy.)" She added, "Boracay has always seen us through despite all of the difficulties and challenges faced by the tourism industry and it continues to be the beacon of hope for tourism destinations all over the Philippines. Salamat Boracay, congratulations."

Congratulations Boracay Island for your hard and heartfelt work that impacts the lives of Filipinos across the nation, and for putting the Philippines back on the world travel map once again! 🌴

NEWS

BBM Admin Eyes Sufficient Electricity For Boracay

By Jun N. Aguirre

The administration of President Ferdinand "Bongbong" Marcos, Jr. (BBM) said that there should be a sufficient supply of electricity for Boracay. This is according to Antonio Mariano Almada, administrator of the National Electrification Administration (NEA).

Almada, together with Department of Tourism (DOT) Secretary Maria Esperanza Christina Frasco and Department of Energy (DOE) Secretary Raphael Lotilla met last May to discuss the power situation of this resort island.

Almada was the guest of honor during the 40th Annual General Membership Assembly (AGMA) of the Aklan Electric Cooperative (AKELCO) held last May 27, at ABL Sports Complex in Kalibo, Aklan.

"I understand that there were power interruptions that occurred recently in Aklan, especially in Boracay. This is because several of the electricity lines of AKELCO are old. But AKELCO promises that they are now undergoing upgrading of electric power distribution to ensure sustainable power supply, especially in Boracay," Almada said during the AGMA.

He added that during his meeting with the DOT and DOE, it was agreed that they are eyeing to support the establishment of more renewable electricity sources in the country to ensure sustainable power supply. He however did not mention when the statement could become reality.

According to the AKELCO report, they currently have contracts with the following retail electricity suppliers: Green Core Geothermal Incorporated (supplies 40 percent); Panay Energy Development Corporation (supplies 22 percent); and Palm Concepcion Power Corporation (supplies 13 percent). It was not clear where AKELCO sources out the remaining 11 percent of the overall electricity supply in the whole province of Aklan.

These contracts supply the power distribution area of the AKELCO which includes the whole province of Aklan including Boracay and Pandan and Libertad towns in Antique. It was learned that the Nabas Wind Farm failed to secure a contract from the AKELCO for the distribution of their power source to consumers.

Instead, they sell it through the grid or through what is called the Wholesale Electricity Spot Market (WESM). This means that other power distributors in the country could purchase the electricity produced by the Nabas wind farm from the electrical distribution lines.

Meanwhile, Ariel Gepty, the acting general manager of AKELCO said that they are now planning to seek approval from the Energy Regulatory Commission (ERC) to allow them to charge a two

percent surcharge on the prevailing power rate for member-consumers who are delinquent of not paying their bill on time.

This developed during the AGMA, when member consumers expressed their approval of the said proposal after it was presented during the plenary. The proposal was supposed to be implemented in 2022 but the 39th assembly requested its deferment due to the Covid-19 pandemic.

Also, AKELCO would soon charge PhP50 membership fees for new members. The current fee being imposed by AKELCO to new members is PhP5.

"We will be making announcements when these will be implemented once we have obtained approval from the ERC," Gepty said.

In a member consumer forum in March 2023 in Kalibo, Gepty said that AKELCO is currently studying the implementation of an underground cable system, especially in Boracay.

"We sent our engineers to Davao to study the possibility. The underground cable system seems costly for now but our engineers are studying it," he said.

Rodrigo Quimpo, treasurer and a member of the AKELCO board of directors representing Kalibo-Numancia District said that the AKELCO has begun to feel the impacts of the tourism industry's economic recovery.

"For the calendar year ending December 31, 2022, commercial consumers of AKELCO recorded the highest sales with PhP1 billion or 48 percent of the total sales. Residential consumers recorded the second highest with sales amounting to PhP1.6 billion or 44 percent of the total sales. Public buildings, street lights and constable consumers shared the remaining balance," Quimpo said, adding that the power cooperative is financially stable.

AKELCO usually announces scheduled power interruptions through their Facebook page (www.facebook.com/AKELCOINC) whereas the National Grid Corporation of the Philippines (NGCP) makes their announcements through local radio stations.

Since the habagat or southwest monsoon season is characterized by frequent, heavy rainfall and humid weather and prevails during the months of August and September, it will be difficult to say if power interruptions are to be expected as this largely depends on the flexibility of the available distribution lines in Boracay.

It was learned that AKELCO is planning to increase its power capacity to cope up with the demands of tourism. As to how many megawatts, it remains to be seen.

The AKELCO hotline numbers for Boracay are (0908) 891 4570 and (036) 288 3373 for landlines. For Caticlan the number are (0908) 891 4569 and 144 for landlines. 🌴



(Photo from Rappler.com)

TAGAY!

Our way of saying “Cheers,” Tagay salutes the island’s unsung heroes and achievements.

T+L Luxury Awards Winner For “Best Hotel General Managers”

By Freida Dario-Santiago

Congratulations to Elke De Sullan of Mandala Spa and Resort Villas (MS&RV) for the recognition from Travel + Leisure Asia Pacific as one of T+L Luxury Awards’ “Best Hotel General Managers” for 2023!

This award is a triumph for the island of Boracay, as a model for excellence in leadership and service excellence. We salute you!

MS&RV’s announcement came a day after they were informed by T+L of the prestigious award:

“It is with great pleasure and admiration that we announce that our beloved General Manager, Ms. Elke De Sullan, has been awarded as one of the Best Hotel General Managers by Travel and Leisure Asia. Ms. Elke has been an integral part of Mandala Spa Boracay and we are grateful for the hard work, passion, and unwavering commitment she has shown throughout the years.

We are honored to have her leading our team and look forward to witnessing her future successes. From your Mandala Spa Boracay family, thank you and congratulations!”



Congratulations To The Ati Community Graduates And Their Families!

To the Junior High School completers and Senior High School graduates of Boracay National High School (BNHS) as well as the K to 12 graduates of Mission of Love Integrated School, Inc. (MOLISI), we salute you and your families!

Not letting hardship defeat them, these graduates are an inspiration to us all, to endure and reach for our dreams through hard work and discipline! *Away Ati away!* (Go Ati go!)

As posted on the official Ati Boracay Facebook page:



Junior HS completers and Senior HS grads of BNHS; With their proud Lola Delza, Ati Boracay chieftain

“Proof that God’s grace is more powerful than anything in the world. Nothing can hinder the fulfillment of the dreams of those whose hearts are pure and desire only what’s best for all. The entire Ati community salutes you all for your

perseverance and in standing united Salute to the whole Ati Boracay community for persevering, and for standing together for our #FightWithHonor! You serve as the light that paves the way towards a dignified, peaceful and fair future for all our indigenous brothers and sisters.”



K to 12 graduates of MOLISI



NEWS

Mayor Bautista Hopes to Lure Tourists to Mainland Malay

By Jun N. Aguirre

The local government of Malay is pushing to lure more tourists on the island of Boracay to visit the mainland of Malay, as soon as possible.

Malay Mayor Floribar Bautista, in an exclusive interview with Boracay Sun News on June 24 said that they had already started to come up with different activities that they hope would lure tourists.

For instance, Bautista said he had supported the first St. John the Baptist Festival in Poblacion, Malay. For several years, the focus of the feast was in Boracay.

“The local government unit will support whatever is needed by the organizers just to spur up activities in the mainland,” Bautista said.

As such, Lemuel Buenaflor of JGO Ventures announced on his Facebook page that the Kress National Championship will be held in Malay on November 15 to 22, 2023. The KRESS Cup organizes the largest motor banca race in the country.

The KRESS Cup chose Malay as their regional championship venue last December 2022.

Raffy Cooper, barangay secretary of Caticlan said that already, they are preparing for the spillage of tourism in their barangay.

This developed after Google named Caticlan as the fourth most frequently searched destination on Google by Filipino travelers.

The Google report said that the top three were tourism destinations Tokyo, Japan, Singapore and Thailand. In fifth place was Cebu, sixth place was Hong Kong, seventh place was Manila, eighth place was Seoul, South Korea, ninth place was Kalibo, Aklan, and in 10th place was Taipei, Taiwan.

“Among the tourism lures that we have is that Caticlan overlooks the same orange sunset like in Boracay, other eco-tourism destinations such as Pantaleon Peak, the wind turbines, and even the Godofredo Ramos Airport,” Bautista said.

According to the Malay Tourism Office, Boracay registered 1,040, 840 tourists from January 1 to June 15 this year.

Of the said number, 87,000 were from South Korea, 21,273 were from the US, 12,163 were from China, and 10,822 were from Taiwan. The majority of tourist arrivals were local tourists.



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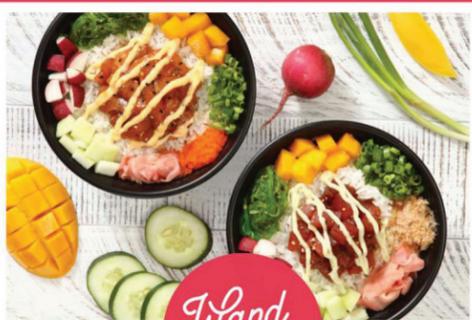
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BUSINESS NEWS

The Complete and Updated Guide to Boracay Business Permits and DOT Accreditation

By Azenith Resurreccion

Planning to open a business in Boracay? Here are the latest requirements of the local government unit (LGU) of Malay for acquiring a new business permit on Boracay Island.

They say "Everyone wants a piece of Boracay" as many businesses, local proprietors, companies and foreign corporations want a share in the vast business potential the island has to offer. Aside from being a dream come true for most, it is no mean feat to be able to start a business on one of the top beach destinations in the world, with the volume of requirements just to get a business permit and to be accredited by the Department of Tourism (DOT).

The Municipality of Malay's business permit application procedure is quite extensive and requires ample time to process due to expanded requirements per government agency, particularly the Department of Energy and Natural Resources (DENR) certifications that are processed at the regional offices located in Kalibo and Iloilo. The processing timeline may seem tedious as regulations for businesses on the island have to ensure all concerned government agencies are involved especially in compliance with the existing environmental laws.

Here is the updated list of requirements under the Unified Business

Permit Application Form of Malay LGU, comprehensively elaborated per item with indicated office locations for processing. The list and forms can be gathered at the local Business Permit Licensing Office (BPLO) at the Malay Municipal Hall in the mainland or the municipal satellite office at Barangay Balabag, Boracay, while the other requirements per item are available at the assigned office or agency.



Business Permit Licensing Office (BPLO), Municipal Hall, Balabag

BUSINESS PERMIT

1. Notarized Capital Investment

Where: Business Permit Licensing Office (BPLO), Municipal Hall, Balabag

This is a statement of capital investment or operating capital of business declaration form you can obtain from the BPLO attached to the business permit form.

2. Barangay Business Clearance

Where: Barangay Hall in your business area

*Note: Each barangay may have a varied set of requirements.

Requirements:

- Letter of Intent addressed to Barangay Captain
- DTI/SEC (Attached Corporate Tax if Corporation 2023)
- Contract of Lease (if lessee) /Tax DEC & Latest Land Tax Receipt (if land owner)
- Lessor Permit (if renting, the lessor should provide this)
- Sewer Certification (applied from either Boracay Water or Boracay Tubi)
- Classification of Property (Attached Affidavit of Undertaking Forestland or Wetland (DENR))
- SPA/Authorization (issued to processing liaison officer)

3. Decision on Zoning

Where: Zoning Office, 2nd floor Malay Municipal Hall, Balabag

The Zoning Office is responsible for business area assignments, and determines if the area is conducive for the desired business plan. For example, warehouses, wholesalers and general merchandisers, construction materials, all food suppliers and others that require hauling services are assigned to Barangay Manocmanoc, while hotels and restaurants can be operated in almost all areas of the island.

Requirements:

- Barangay Business Clearance
- Contract of Lease, Authority to Operate or any document to prove the operation of the business
- Decision on Zoning
- Road and Beach Easement Certificate
- Picture of establishment
- Sketch Plan of the lot based on the cadastral survey
- Alienable and Disposable (A&D) Certification from DENR
- Environmental Compliant Certificate (ECC)
- Certificate of Non-Coverage (CNC)

4. Occupancy Permit

Where: Engineering Office, Malay Municipal Hall, Balabag

Requirements:

- Certificate of Completion, Electrical & Plumbing (form must be duly accomplished, notarized, signed & sealed by the Professionals / signed by the Owner/s)
- Current PTR & valid PRC ID with seal and 3 specimen signatures of the Professional
- Construction Logbook (duly signed and sealed by the Architect/Civil Engineer In-Charged of the Construction)
- Xerox Copy of Approved:
 - Building Permit (2 Copies)
 - Sanitary/Plumbing (2 Copies)
 - Electrical Permit (2 Copies)
 - Mechanical Permit (2 Copies)
 - Zoning Clearance/Decision on Zoning (2 Copies)
 - Fire Safety Evaluation Clearance (For Building Permit) (2 Copies)
 - Approved Plan
 - As-built Plan (for changes, modification and alterations made on the originally approved plans)
- DENR CNC (Certificate of Non-Coverage)/ECC (Environmental

- Compliance Certificate)
- Fire Safety Inspection Certificate (For Occupancy)
- Picture (actual photos of the building)
- Final Inspection

REQUIREMENTS FOR BUILDING PERMIT

1. CLEARANCES:

- * Barangay Clearance for Building Construction
- * Location Clearance
- * Fire Safety Evaluation Clearance

2. LEGAL DOCUMENTS:

- * Tax Declaration/TCT [Two (2) Xerox Copies]
- * Current Tax Receipt [Two (2) Xerox Copies]
- * If Not Owned: Deed of Absolute Sale, Lease Contract, Deed of Assignment & Consent of Lot Owner duly Notarized [Two (2) Xerox Copies]
- * If Corporation, Secretary's Certificate Authorizing the Applicant and Lot/Building Owner Signatory
- * Community Tax Receipt of Application (CEDULA)
- * DENR CNC/ECC or Affidavit of Undertaking (for processing of ECC/CNC)

3. TECHNICAL DOCUMENTS:

- * Structural Analysis (3 Storey and above)
- * Duly accomplished Building, Sanitary /Plumbing, Electrical, Mechanical Application Forms (signed & sealed)
- * Seven (7) sets of plans (signed & sealed)
- * Seven (7) copies Bill of Materials & Estimates (signed & sealed)
- * Seven (7) copies Building Specifications (signed & sealed)
- * Current PTR & PRC ID of Architect, Civil, Electrical and Mechanical Engineers

5. PESO (Public Employment Services Office) Certification

Where: 3rd floor of Malay Municipal satellite office, Balabag

Requirements provided by employees of the business permit applicant:

- Barangay Clearance from the place where the applicant resides (personal)
- Police Clearance from the place where the applicant resides
- Health Certificate issued by LGU-Malay Municipal Health Office
- Contract of Employment from present employer with date of hiring
- Endorsement/Recommendation from Municipal Tourism Office (for LGU-Accredited Association only)
- Payment of appropriate regulatory fees

6. Sanitary Permit

Where: Municipal Health temporary satellite office, Barangay Yapak

Requirements:

- DTI/SEC
- Master list and photocopy of health certificates of employees
- Floor area of the establishment
- Wastewater management
 - Certificate of Sewer Connection or latest sewer bill (sewered area)
 - Certificate of Desludging for non-sewered area
 - Sewage treatment plan

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Drinks & Menu
Social Media
Reservations

continued from previous page

(establishment with STP or private Sewage Treatment facility)

- * Discharge permit (DENR)
- * ESC Clearance (DOH-CHD6)
- * Latest Effluent result

- e. Location of Establishment with a sketch plan
- f. Certification from Zoning
- g. Additional requirements are also indicated for massage clinics and spas, food serving and processing, with swimming pools, water refilling stations and ice plants, dive shops and health care facilities.

Issuance of Health Certificates for Employees

- 1. Submission of Laboratory results (stool, urine and chest Xray)
- 2. Attendance to seminar/orientation
- 3. Personal appearance for Health ID

7. Certificate of Registration
Where: BIR Office

8. SEC/DTI/CDA Registration Certificate

9. Corporate Tax (for corporations)

10. Fire Safety Inspection Certificate (FSIC)

Where: Bureau of Fire, Barangay Manocmanoc

- a. DTI
- b. Building Tax
- c. Assessment
- d. FSIC of lessor (if rented)
- e. SPA (Special Power of Attorney)
- f. Actual Inspection

11. SSS/PAG-IBIG/PHILHEALTH Registration Certificate

*Note: Remittances are required to have resumed after the lift of pandemic restrictions.

12. Lessor's Permit

13. Contract of Lease (if applicable)

14. RPT Clearance of Land and Bldg./O.R. for the current year

15. Certification for A and D (Alienable and Disposable) / Land Status (from DENR)

*Note: Submission of Cadastral or Lot Equivalent to be processed at the regional DENR office in Iloilo and Provincial Environment and Natural Resources Office (PENRO), Kalibo. This would take at least 1 to 2 months to process.

16. Road/Beach Easement (if applicable)
Where: PENRO Malay

17. EMB (Environmental Management Bureau) COC (Certificate of Conformity)

*Note: Application can be made online at www.ecac.emb.gov.ph. According to the liaisons interviewed, this item would normally take 3 to 6 months to process but some applications took a year or more because of the processing of the Discharge Permit that would require completion of scheduled seminars to be attended by an appointed/hired pollution control officer.

- a. CNC/ECC – Certificate of Non-Coverage or Environmental Compliance Certificate
CNC is applied online and mainly issued to exempt a project from obtaining an ECC, that serves as evidence of the absence of any environmental threat during the project's implementation. For newly constructed buildings, it would require engineering plans, almost the same list of requirements as obtaining an occupancy permit.
- b. Discharge Permit (DENR)
This would require an establishment managing head and a PCO or

pollution control officer, certified by the DENR after a series of seminars in Iloilo or other venues. Among other duties, the PCO shall submit a quarterly notarized self-monitoring report on water discharges of the establishment from the start of business operations.

- c. Hazardous Waste
Another set of applications made online to determine if the establishment produces hazardous waste and implementation of its management as per DENR guidelines.
- d. Permit to Operate (for establishments that have generator set/s)
- e. Certification
All fees and payments to process per requirement range from PhP50 to PhP1,500 per agency. Once all the above-listed are complete, the applicant can proceed with the assessment for permit payment in which computation is based on the kind of business and the capital investment. Licensing contractor charges are about 60 percent of the total permit fees along with garbage fee that is about 30 percent of the permit.

DOT ACCREDITATION

Department of Tourism Accreditation is issued to monitor if each establishment complies with the set minimum national or international industry standards for the operation of tourism facilities and hospitality industry services.

Incentives and benefits of being a DOT-accredited establishment are posted on their official website. It is a long list of endorsements to different government agencies that would help in business development and in support of the business, adding to your business' credibility, being compliant to the set standards.

Requirements to be submitted online:

- 1. Accomplished application form

- 2. Accomplished self-assessment form
- 3. COC-DENR Certificate
- 4. Mayor's Permit
- 5. Sworn Statement for the undertaking
- 6. Other requirements for specific industry such as travel agencies, spas, medical services, transport services, etc.

This accreditation's major requisites are the Mayor's permit and the COC-DENR Certificate and usually takes 6 months up to more than a year to process depending on the completion schedule of the other documents.

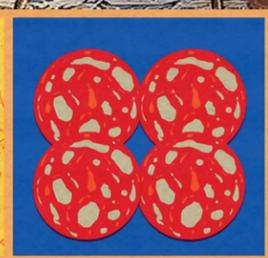
Opening a business in Boracay entails numerous challenges and thus, requires an understanding and acceptance of the processes and government regulations unique only in this world-renowned island destination. Though business permit processing is not anticipated as the main challenge in opening a business, it would save you the delay and stress if you know someone who can help you secure your permits. And these permits expire every end of the year, so it is a serious endeavor. There are, however, freelancers that offer their assistance.

These freelancers who offer business permit processing services are well-versed in gathering documents and in processing mechanics. They are available to serve with corresponding fees that start at PhP15,000, depending on the readiness of documents for filing. Here is a short list of freelance liaisons or agents that can offer assistance on business permit application and/or renewal.

- Searena Realty / Cesar Gerahmil
Presillas: (0995) 670 2040
- Gerlie Timbas: (0995) 521 1829
- Maria Nida Tañala: (0917) 879 7936
- Gilbroun Quinico: (0951) 221 9246
- Ruth Balandra Tubo: (0947) 386 1718
- Mary Jane Calbario: (0976) 035 6247

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Rainy Day Eats

BSN'S GUIDE TO THE "TOP 10 COMFORT DISHES IN BORACAY"

By Amanda Virrey

With the cool habagat wind blowing into the southwestern peninsula of the island and rousing scattered rain showers all over, now is the perfect time to indulge in the warming dishes that are on offer at some of the island's favorite dining spots.

Having sampled most restaurants on the island, the BSN editorial team came up with this shortlist of the "Top 10 Comfort Dishes in Boracay" (in random order), that will add delight to your rainy season holiday on the island, rain or shine.

Trust us, these delectable dishes are worth getting your feet wet on a rainy day!

1. Curried Laksa Noodle Soup at Lemoni Cafe



Be it with chicken, seafood or veggies, this spiced Curried Laksa Noodle Soup at Lemoni Cafe in D'Mall will no doubt wake all your senses up and warm the soul. Served with homemade focaccia, you can never go wrong with this satisfying dish, rain or shine.

2. Beef Phở Soup at True Home Bistro



When it's damp and cold, a warm bowl of Vietnamese Beef Pho Soup at True Home Bistro is all you need. Not only is the dense and savory taste of simmered beef bones and spices in this soup excellent for your mood, it will also give you a good dose of protein and nutrients to warm you up this season.

3. Harissa Soup at Kasbar



Looking to find comfort in a vegetarian dish? Kasbar's Harissa Soup is it. This Moroccan soup is made according to its renowned sumptuous tradition with chickpea, tomato and fragrant spices.

4. Lentejas con Chorizo and Sopa de Ajo at Dos Mestizos Spanish Restaurant



If you feel the need for a flavorful and filling dish, have a serving of Lentejas con Chorizo which is prepared with lentils, garlic and chorizo; or the Sopa de Ajo which is prepared with lots of garlic and croquette at Dos Mestizos Spanish Restaurant. These Spanish staple foods will definitely hit the spot with their heartiness, while you enjoy Dos Mestizos' homely space on a windy day.

5. Bulalo at Jeepney Stop



Savor a bowl of Bulalo at Jeepney Stop in D'Mall. This traditional Filipino dish with the richness of the beef bone marrow broth, beef shanks and vegetables is quite the soupy comfort dish on a rainy day.

6. Arroz Caldo and Clam Chowder at Epic Boracay



Embrace the habagat wind at Epic Boracay's beachfront dining area over a comforting serving of their rich and creamy Clam Chowder Soup with tender baby clams, assorted veggies and spices, simply divine. Another must-try is the rainy day go-to Filipino dish: a steaming bowl of Arroz Caldo—rice porridge with chicken, soft-boiled eggs, chicken adobo flakes, ginger, fried garlic and chives—from the gods.

7. Kansi and Ginisang Munggo at Island Chicken Inasal



Discover how Ilonggos take comfort during the rainy days with Island Chicken Inasal's Kansi and Ginisang Munggo. Both the Ilonggo version of Bulalo, made with beef shank, corn and spices, including the gut-strengthening ingredients of atsuede and the sour batwan, as well as the rich mixture of mung beans, onions, garlic and squash in Ginisang Munggo render deep content amid the monsoon season.

8. Roasted Squash and Bacon Soup and Heirloom Rice Champorado at The Sunny Side Café



Known for their fresh spins on comfort food, The Sunny Side Café's dishes that are perfect for rainy days are no exception. The popular Sunny Side Champorado is made with Malagos Chocolate and topped with fresh mango, ice cream and candied bacon that create a warm hug perfect for the cool weather. Their Roasted Squash and Bacon Soup is also a great option to start any meal, made with their house-made bacon, of course.

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- Station 3, Front Beach
288-1475

NEWS

DOST Western Visayas to Launch Mobile App for Maritime Safety

By Jun N. Aguirre

The Department of Science and Technology-Western Visayas (DOST-WV) is currently developing a mobile application that is hoped to boost maritime safety.

SEAWAVeS or Sea-condition Emergency Alert and Warning Apparatus for Vessels Safety is a mobile application installed in a device like an Android phone for improved safety and efficient maritime transport systems and services.

The device installed in sea vessels uses a data access network to send data. The data are sent to the Cloud via the internet to agencies concerned with the deployment of personnel in maritime emergencies.

The project is a collaboration between Aklan State University (ASU) and the Department of Science and Technology (DOST) in support of the maritime transport goal of providing safer, cleaner and more maritime transport systems services through science and technology.

DOST's Philippine Council for Industry, Energy and Emerging Technology Research and Development (DOST-PCIEERD) and DOST-WV served as the funding agencies of the project.

In an interview, Engr. Rowen Gelonga, DOST-WV regional director said,

The Project SEAWAVeS is a simple methodology. We are putting a mobile phone that has an installed app on it in each boat particularly those transporting passengers. The app could measure the

size of the waves by the movement of the boat at sea. If the app senses big waves, it will send an alert to the nearby Philippine Coast Guard (PCG) in real time. The alert level generated by the app would prompt the PCG to possibly issue advisories regarding the state of the current waves at sea," Gelonga said.

In August 2019, some 31 passengers died after their boat capsized in the Guimaras Strait. The vessel was allowed to travel because of the absence of sea travel warnings.

"Because of climate change, we experience constantly changing weather. Through the mobile app, our PCG will now have an idea of the real-time status of waves which would hopefully prevent maritime disasters," he said.

The mobile app is expected to be launched in Boracay and in the province of Guimaras before the year ends. With the mobile app, the PCG in Caticlan could issue immediate advisories on boat operations and sea ports for the safety of tourists and the public.

According to Jonell S. Gregorio, information officer of the Aklan State University, the said academe has presented the final phase of the mobile app's design and development, culminating in its final testing in Boracay last May 29, 2023.

"It was Professor Julie Ann Salido

of ASU-Kalibo who presented it. Based on her report, it is 100 percent ready for adoption by concerned agencies and local government units," according to Gregorio.

"Present during the final testing of the app were personnel from DOST national and regional offices, the PCG, and ASU personnel, together with a media group from Metro Manila tasked to creatively introduce the technology to the public," he added.

The mobile app was developed by the Project Team composed of Prof. Julie Ann Salido as team leader, Engr. Abraham A. Porcal, Dr. Ma. Fe Popes, Prof. Mary Ann Martinez, Miguel Von Oquendo, Kirk Hilario and Zyrel Oquendo.

Last November 2022, the mobile app was awarded "Most Market-Worthy Technology" by the Iloilo Business Club.



Boatmen try to use the Project SEAWAVeS mobile app in the waters of Boracay.



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SPORTS & FITNESS

Working Out From Home

By Mark Cabrera

It's monsoon season again and there's a big chance that most outdoor activities around the island will be deferred. I should know. We already cancelled several swimming sessions in the Boracay Swimming Club's swimming camp. Similarly, outdoor exercises have been put on hold, such as our regular biking and walking sessions with family and friends. But let's not allow this to become a roadblock to our fitness goals.

If bad weather hinders us from our outdoor activities, there are ways to stay fit and fabulous in the comfort of our homes. We don't need expensive equipment or a gym membership to stay fit indoors. All we need is a small space and a positive attitude.

Why start a home exercise program

There are many reasons why you might want to start a home exercise program. Aside from being stranded at home during bad weather, maybe you want to save money on gym fees, avoid crowds and germs, or have more flexibility and convenience in your schedule. Maybe you want to improve your physical and mental health, prevent or manage chronic conditions, or lose weight and tone up. Whatever your motivation is, starting a home exercise program can help you achieve it. Here are some of the benefits of exercising at home:

- **You can work out anytime, anywhere.** You don't have to worry about traffic, parking, or opening hours. You can exercise in the morning, afternoon or evening,

depending on your preference and availability. You can also choose the location that works best for you, whether it's your living room, bedroom, backyard or balcony.

- **You can customize your workout.** You don't have to follow a one-size-fits-all routine that may not suit your needs, goals or interests. You can design your own workout plan that matches your fitness level, abilities and preferences. You can also adjust the intensity, duration and frequency of your workouts as you progress and improve.
- **You can have fun and be creative.** You don't have to limit yourself to the same boring exercises that you do at the gym. You can spice up your workouts by trying new and different activities that challenge your body and mind. You can also use household items as improvised equipment, such as cans, bottles, books or towels.
- **You can save money and time.** You don't have to spend money on gym memberships, fees or equipment. You can use what you already have at home or invest in some inexpensive and versatile items, such as resistance bands, dumbbells, or a yoga mat. You also don't have to waste time commuting to and from the gym or waiting for machines or equipment.

How to start a home exercise program

Here are some steps to follow:

- **Set realistic and specific goals.** Before you start exercising, you need to have a clear idea of what you want to achieve and how you will measure it. For example, do you want to lose 10

pounds in three months? Do you want to run a 5K in 20 minutes? Do you want to lower your blood pressure by 10 points? Whatever your goal is, make sure it is SMART: Specific, Measurable, Achievable, Relevant and Time-bound.

- **Choose the type of exercise that suits you.** There are many types of exercise that you can do at home, such as cardio (aerobic), strength (anaerobic), flexibility (stretching), or balance (stability). Each type of exercise has different benefits and requirements. For example, cardio exercises improve your heart health and endurance; strength exercises build your muscles and bones; flexibility exercises increase your range of motion and prevent injuries; balance exercises improve your posture and coordination. Ideally, you should include all types of exercise in your routine for optimal results.
- **Plan your workout schedule.** Once you have decided what type of exercise you want to do, you need to plan when and how often you will do it. A general recommendation is to aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, plus at least two sessions of strength training per week. However, this may vary depending on your age.

Full Body Workout for Newbies

In this exclusive for *Boracay Sun News*, fitness professional Joan dela Peña shares some exercises to help jump-start a fitness journey from home, utilizing your own body weight with minimal equipment and maximum fitness results. Let's get started!

Start with three repetitions of 30-second continuous exercise for now.

Exercise 1: Jumping Jacks



Jumping Jacks are a simple and effective exercise that can improve your cardiovascular health, burn calories and strengthen your muscles. They are also easy to do anywhere, anytime, with no equipment needed.

- Warm up before doing jumping jacks, such as by jogging, stretching, or doing some low-intensity movements.
 - Start with a moderate pace and gradually increase your speed and intensity as you feel comfortable.
 - Keep your feet shoulder-width apart and your arms straight at your sides.
 - Jump up and spread your legs wider than your shoulders while raising your arms above your head.
 - Jump back to the starting position while lowering your arms to your sides.
 - Repeat as many times as you can or as instructed by your trainer or program.
 - Cool down after doing jumping jacks, such as by walking, stretching, or doing some deep breathing exercises.
- Jumping jacks are a fun and versatile exercise that can benefit your physical and mental health.

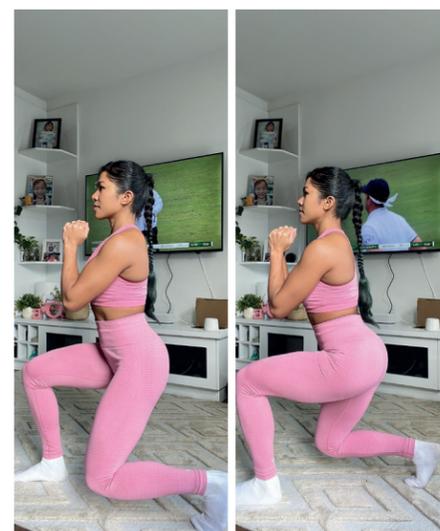
Exercise 2: Jab Cross Squat



If you are looking for a way to improve your fitness, strength, and coordination, you might want to try jab cross squat. This is a simple and effective workout that combines boxing and bodyweight exercises.

- Start by standing with your feet shoulder-width apart and your hands up in a guard position.
- Throw a jab with your left hand, then a cross with your right hand, as if you were punching a target in front of you. Keep your elbows close to your body and rotate your hips and shoulders as you punch.
- After the cross, lower your body into a squat, keeping your back straight and your knees behind your toes.
- Stand up and repeat the sequence, this time starting with a jab with your right hand and a cross with your left hand.
- Do as many repetitions as you can in 30 seconds, then rest for 30 seconds. Repeat for three rounds.

Exercise 3: Split Lunge Jumps



Split lunge jumps are a great exercise to improve your lower body strength, power and agility. They target your quads, glutes, hamstrings and calves, as well as your core and stabilizer muscles.

- Stand with your feet shoulder-width apart and your arms at your sides.
- Take a big step back with your right foot and lower into a lunge position, bending both knees to 90 degrees. Keep your chest up and your front knee behind your toes.
- Explosively push off the ground with both feet and switch your legs in midair, landing in a lunge position with your left foot back.
- Repeat the movement, alternating legs with each jump. Try to land softly and keep your balance.

continued on next page







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- Do as many reps as you can in 30 seconds, then rest for 15 seconds. Repeat for 3 sets.



Exercise 4: Plank

Plank is a simple but effective exercise that can strengthen your core muscles, improve your posture and balance, and reduce lower back pain.

- Lie on your stomach, place your elbows under your shoulders, and lift your hips and legs off the ground. You should keep your body in a straight line from head to heels.
- Hold the position for as long as you can.
- You can start with 30 seconds and gradually increase the duration as you get stronger.
- Plank has many variations, such as side plank, reverse plank and plank with leg or arm lifts. You can try different types of plank exercises to challenge yourself and work different muscle groups

Exercise 5: Shoulder Tap Plank

If you are looking for a way to spice up your plank routine, try adding some shoulder taps. This simple variation



challenges your core stability and strength, as well as your upper body and balance.

- Start in a high plank position with your hands directly under your shoulders and your feet hip-width apart.
- Engage your core and squeeze your glutes to keep your body in a straight line.
- Then, lift your right hand and tap your left shoulder, while keeping your hips as still as possible. Return your right hand to the floor and repeat with your left hand tapping your right shoulder. That's one rep. Aim for 10 to 15 reps or as many as you can do with good form in 30 seconds. Do 3 rounds of this exercise.

Tips for doing it right:

- Keep your neck neutral and avoid looking up or down.
- Breathe steadily and don't hold your breath.
- If you find it too hard to balance, widen your feet or lower your knees to the floor.
- If you want more challenge, increase the speed or number of reps, or add some weight to your back.

Exercise 6: Mountain climbers' exercise

If you are looking for a simple but effective way to improve your cardiovascular fitness, core strength



and agility, you might want to try the mountain climbers' exercise. This is a dynamic movement that involves bringing your knees to your chest alternately while keeping your upper body stable.

- Start in a plank position, with your hands directly under your shoulders, your body straight, and your toes on the ground.
- Engage your core and keep your back flat. Do not let your hips sag or rise too high.
- Bring one knee to your chest, then quickly switch to the other knee. Keep your movements fast and smooth.

- Breathe deeply and evenly throughout the exercise. Do not hold your breath or tense up.
- Aim for 30 seconds of continuous movement or do as many repetitions as you can with good form.

There you go guys, a weatherproof body fitness program! You may increase the exercise duration from 30 seconds to a minute and/or increase the number of repetitions as your fitness level increases. So, what are you waiting for? Put this newspaper down, change into your exercise clothes and follow these exercises. Cheers! 🌿

Fitness Guru Joan dela Peña

To help start our home fitness journey, we collaborated with Joan dela Peña, a longtime Boracay resident who recently became a professional bodybuilder. She started her fitness journey during the pandemic. I would see her every day working out at Kingfisher Gym. She eventually joined a bodybuilding contest, got stoked in the sport, and achieved all these feats by committing to her goal, discipline, and with the help of her coaches, family and friends.

Her impressive professional bodybuilding resume includes winning several awards and achievements from the World Fitness Federation (WFF) and the International Federation of Body Building (IFBB), such as the WFF PRO: Division License, WFF Mr. & Ms.

Philippines: Overall Bikini Body Building Champion 2022, IFBB Negros Occidental: Bikini Champion 2022 and the IFBB South Luzon Championship 2022: Bikini Body Building first runner up. 🌿



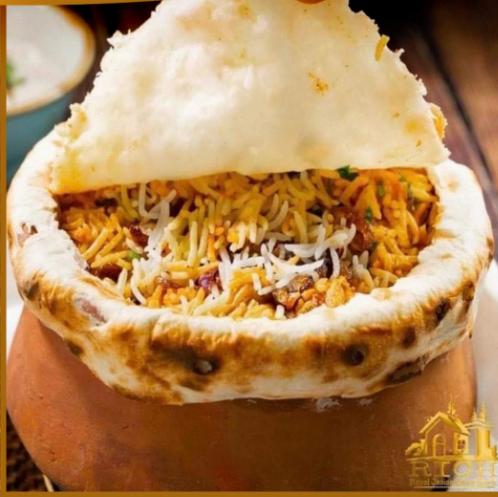
Joan dela Peña, Bikini Body Building Champion 2022 at the WFF Mr. & Ms. Philippines competition



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HEALTH & WELLNESS

Your guide to thriving, not just surviving!

Dengue Fever Awareness for Rainy Season Protection

Understanding Dengue Fever and Taking Precautions in Boracay

By Maria Cristina Teotico, M.D.

With the rainy season upon us, it is crucial to raise awareness about dengue fever.

Dengue is a mosquito-borne viral illness that poses a significant health risk in the Philippines, particularly during the wet months. This article aims to provide fast and essential information about dengue, its signs and symptoms, recommended first aid treatment, when to seek medical attention, the disease process, prognosis and practical tips to prevent its spread on the beautiful island of Boracay.

Dengue fever is a serious health concern due to its prevalence and potential complications. In the Philippines, it is a significant public health issue, with thousands of cases reported annually. By understanding the disease and taking appropriate precautions, we can help reduce its impact on our community and protect ourselves and our loved ones.



Signs and Symptoms:

- High fever: Sudden onset of high fever (typically lasting 2 to 7 days) is a common early sign of dengue.
- Severe headaches: Intense headaches, especially behind the eyes can accompany dengue fever.
- Body and joint pain: Dengue often causes severe muscle and joint pain, earning it the nickname "breakbone fever."
- Rash: A rash may develop on the skin, usually appearing a few days after the onset of fever.
- Fatigue and weakness: Dengue can cause profound fatigue and weakness, impacting daily activities.

Once you experience any of these it would be best to see a doctor for evaluation.

Recommended First Aid Treatment:

- Stay Hydrated: Drink plenty of fluids such as water, oral rehydration solutions and fresh fruit juices to stay hydrated.
- Rest: Get adequate rest to support your body's healing process and reduce fatigue.
- Manage fever and pain: Take

Disclaimer: This article is for general informational purposes only. It is best to consult with your healthcare professional for personalized care and treatment.

acetaminophen (paracetamol) to relieve fever and pain. Avoid non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin or ibuprofen, as they may increase the risk of _____.



If you experience any of the following warning signs, immediately seek immediate medical attention:

- Severe abdominal pain or persistent vomiting
- Bleeding from the nose, gums or any other body parts
- Difficulty breathing or shortness of breath
- Persistent dizziness or confusion
- Pale, cold or clammy skin
- Blood in urine or stools

Dengue fever can progress to a severe form called dengue hemorrhagic fever or dengue shock syndrome. These complications can be life-threatening and require immediate medical intervention. Early detection, prompt medical care, and close monitoring are crucial for a favorable prognosis.



Practical Tips to Guard against Dengue in Boracay:

- Remove mosquito breeding sites: Empty and clean any containers that can collect stagnant water, such as buckets, flowerpots and discarded tires.
- Use mosquito repellents: Apply mosquito repellents containing DEET, picaridin, or oil of lemon eucalyptus on exposed skin and clothing.
- Wear protective clothing: When spending time outdoors, wear long-sleeved shirts, long pants and socks to reduce mosquito bites.
- Install screens and nets: Keep windows and doors screened to prevent mosquitoes from entering living spaces. Use bed nets if sleeping in open-air areas.

According to the Department of Health, the Philippines has seen a significant rise in dengue cases in recent

years. In 2020 alone, there were over 440,000 reported cases nationwide. These statistics highlight the importance of proactive measures and public awareness in combating dengue fever.

Dengue fever is a pressing concern during the rainy season in Boracay and across the Philippines. By knowing the signs and symptoms, understanding first aid treatment, recognizing when to seek medical attention and following preventive measures, we can protect ourselves and our community.

Let's stay vigilant, take necessary precautions, and work together to prevent the spread of dengue on the beautiful island of Boracay. Stay informed, take action, and let's keep Boracay safe from dengue!

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d*mall

BORACAY

TRAVEL

Boracay or Bali?

By Charlie Greene

Towards the end of the Covid-19 travel restrictions imposed upon us all, many destinations, both domestic and international, relaxed a lot of their requirements to enable people to move around.

Much-needed tourism revenue became sought after by the hospitality industry and related services.

Friends of ours from Manila, Cebu, Singapore and Kuala Lumpur sent messages asking how things were here and if it was easy to get to Boracay for a short vacation.

Unfortunately, the answer was, “No. It’s pretty complicated.” Why? I couldn’t answer because most of the restrictions made zero or little sense to me. Most of the world was opening up, but for a few months longer Boracay visitors (and residents) endured having to wear face masks and face shields, subject themselves to PCR tests, obtain numerous QR codes, and I forget what else we had to or could not do. Sheets of plastic at every counter, live music was banned, and, and ...

Many of our friends had been visiting Boracay as their first choice destination for a long number of years. But they were pretty much forced to then look somewhere else that was easier to get to.

Our Asian neighbor, Bali, Indonesia in particular, gained a huge head and

shoulders start over us by relaxing entry rules and making it easy for tourists to enter and freely move around. Tourists went there to try it out—loved it—and kept returning. We lost out. Big time!

Fast forward to today and the Philippines is working hard to regain its share of tourism \$\$\$s (let’s forget the Department of Tourism’s newly made “Love The Philippines” video for now ...), and Boracay stakeholders and workers are crossing their fingers that we can regain our market share once more. Many new businesses have opened and old ones have renovated and upgraded their premises. Our roads and transportation systems have been hugely improved, and slowly but surely, we are feeling good about ourselves again.

Can we get back those tourists that we lost?

Let’s take a quick look.

Both Boracay and Bali are popular tourist destinations known for their beautiful beaches and vibrant culture. The choice between the two depends upon individual preferences and what you are looking for in a vacation. Here are some reasons why you might choose to come to Boracay instead of going to Bali:

White Beach: Boracay is famous for its stunning White Beach, which has consistently been ranked as one of the best beaches in the world. The powdery white



sand, clear turquoise waters, and vibrant sunsets make it a paradise for beach lovers. It has a fantastic assortment of dining and shopping establishments, and a wide choice of hotels and resorts—all along one stretch of beautiful beachfront.

Water Sports and Activities: Boracay offers a wide range of water sports and activities, including snorkeling, scuba diving, kiteboarding, parasailing and jet skiing. If you enjoy adventure and water-based activities, Boracay has plenty to offer. The expertise of the instructors and the quality of the equipment and facilities are as good as you will find anywhere.

Nightlife and Entertainment: Boracay has a vibrant nightlife scene, particularly along the beachfront area. There are so many bars, clubs and restaurants where you can enjoy live music; the spectacular fire dancers are now inside the resort areas and not on the beachfront, and fun-filled parties are to be found in many bars, restaurants and resorts. The atmosphere is lively and perfect for those seeking an exciting nightlife experience.

Accessibility: Boracay is relatively easy to reach, with direct flights available from several major cities in Korea and China, and elsewhere coming in through Manila. It has its own Caticlan Airport, and once you arrive, it’s just a short boat ride from the mainland to the island. Both Kalibo and Caticlan airports serve international and domestic carriers.

Island-Hopping: Boracay is part of an archipelago of more than 7,000 islands. This proximity offers many great opportunities for memorable island-hopping tours where you can explore nearby islands and beaches, each with their own unique charm and beauty. Paraw sailboat rides along the beach at sunset are also an experience that you will never forget.

Accommodations: Whether one is looking for a luxurious five-star resort with all the trimmings, a mid-range beachfront hotel, a native-style cottage, or a backpacker hostel, Boracay has them all.

Food: Apart from the hotels and resorts that serve food, there are dozens of good restaurants all over Boracay. Here you will find local and international dishes to suit every taste. Indian, Japanese, Chinese, Thai, Italian, Mediterranean, local native dishes—whatever your taste buds desire—you’ll find on Boracay Island.

However, it’s important to note that Bali also has its own allure and many reasons why people choose it as their destination. Bali offers a rich cultural experience, ancient temples, lush rice terraces, and a diverse range of accommodations. It’s known for its spiritual retreats, yoga retreats and wellness centers. Bali also has a thriving arts scene and is home to many talented artisans.

Ultimately, the decision between Boracay and Bali depends upon your personal preferences, travel goals, and the kind of experience you are seeking. Both destinations have their unique attractions and charm, so it’s worth considering what resonates with you most when making your choice.

As a final note: I’m happy to say that most of my friends and relatives are now happy to return to Boracay! 🌴

ENVIRONMENT NEWS

Malay LGU Prepares for El Niño

By Jun N. Aguirre

Malay Mayor Floribar Bautista said the local government unit (LGU) of Malay has started preparations for the anticipated occurrence of the El Niño phenomenon particularly on the island of Boracay.

In an exclusive interview with Boracay Sun News on June 24, Bautista said that the three water companies, namely, Boracay Tubi System, Boracay Water, and the Malay Water District which is based in Barangay Caticlan, Malay Aklan, have already assured his office of the ample supply of potable water, sufficient for both residents and tourists.

The Philippine Atmospheric Geophysical and Astronomical Services Administration (PAGASA) has already announced the start of El Niño. This is expected to last until the first quarter of

next year.

“Our main concern right now is our farmers, as to how they could receive the water supply from the irrigation canal. Also, there should be enough medicine for our residents as we are anticipating the prevalence of heat stroke because of the warm weather,” Bautista said.

Last July 8, Engr. Raymond Mojares, acting division manager of the National Irrigation Administration (NIA)-Aklan told the local media based in Kalibo that they had already reduced the irrigation water supply for the rice fields in the province because of the anticipated water shortage.

Mojares said that out of the 1,848 hectares of rice farms in the province, only 1,060 of them will be able to have access to irrigation canals.

Because of this, the NIA urged farmers to do alternative farming such as planting mungo, corn, and other alternative crops to economically survive the upcoming drought. 🌱



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aunty acid

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Boracay Word Search

L	S	D	O	S	O	A	L	A	L	P	B	S	
S	U	N	D	O	W	N	T	L	I	L	D	U	H
L	O	N	Y	I	A	D	S	E	E	T	A	L	A
E	N	A	I	I	N	D	D	R	S	U	M	A	N
I	I	H	C	I	I	R	N	D	U	N	B	B	G
A	N	R	L	H	S	L	E	I	O	O	A	A	R
S	A	W	G	E	O	E	I	G	H	C	S	R	I
C	K	P	I	T	K	V	R	I	E	O	S	A	L
T	A	I	U	D	R	A	F	N	T	C	A	A	A
N	S	M	I	M	I	N	L	I	I	D	D	I	N
A	B	L	I	N	U	T	L	G	H	E	O	D	R
W	A	I	O	T	A	I	L	I	W	R	R	T	S
G	R	U	N	E	L	N	S	N	H	H	S	R	M
S	I	C	A	L	Y	P	S	O	G	A	N	A	E

SHANGRILA
LINDT
BULABAR
AMBASSADOR
LEVANTIN
SUNDOWN
NIGINIGI
CALYPSO
WHITEHOUSE
REDCOCONUT
KASBAR
FRIENDS

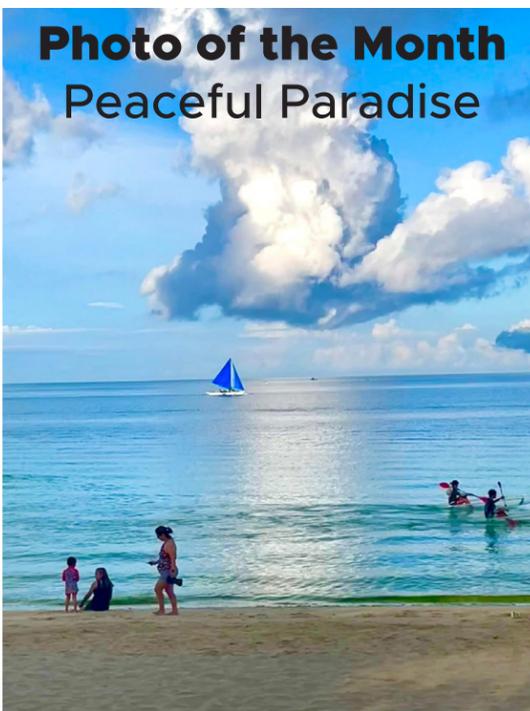
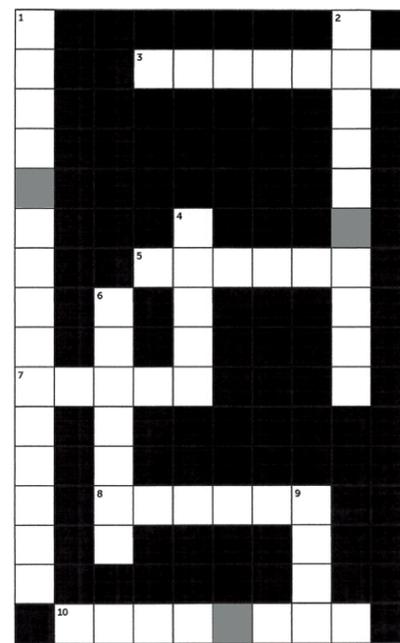


Photo by Finn Ronne

Boracay Sun Crossword



- ACROSS**
- 3 What is the most spoken local dialect
 - 5 What other name was Boracay previously known as
 - 7 Which municipality is Boracay in
 - 8 Which of our two seasons lasts the longest
 - 10 Which sea surrounds Boracay
- DOWN**
- 1 How long is White Beach
 - 2 Highest point on Boracay
 - 4 What is the nearest populated island
 - 6 Which Barangay has the most number of registered people
 - 9 How many Wetlands does Boracay have

Answers can be found at www.boracaysunnews.com

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2006 WHAT IF, ONE DAY, I LIVE HERE?

2007 ONE DAY, I'LL LIVE HERE.

2008 I LIVE HERE!

Sun Days
EXCERPTS FROM MY ISLAND JOURNALS

READER'S LETTER

I know it's the rainy season now and that we've had a lot of rain recently. But I also know that millions of Pesos were spent on new roads that were supposed to have sufficient drainage systems to prevent flooding.

So, why are we still seeing regular scenes like this all over the island?

Shouldn't the contractors responsible be held accountable by our LGU - or is it their fault for not getting the drainage systems inspected properly before cementing over them.

Andy X
Balabag



Bulabog Road



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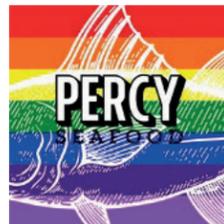
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10
9
8
7
6
5
4
3
2
1

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- B6** Kasbar
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- C3** Budget Mart
- C4** Isla Pollyanna
- C4** Plato de Boracay
- C5** Percy Sea Food
- C5** Ole Tapas Bar
- C5** Cafe del Sol
- C5** Aria Italian
- C5** Hama Japanese
- C5** Aria Cucina Italiana
- C5** Boracay Beach Truck
- C5** Hobbit Tavern
- C5** Jeepney Stop
- C5** Lemoni Cafe
- C5** Jammers Beach Shack
- C5** Indian Rich Curry House
- C5** Paraw World
- C5** Jardin Mediterranean
- C5** Sugba de Boracay
- C5** Thai Basil
- C5** Epic Boracay
- C5** Totally Bananas
- C6** Moksha Cafe
- C6** Fisheye Divers
- C7** El Chiringuito
- D3** Bistro Des Amis
- D3** Congas
- D3** Nagisa
- D5** Club Galaxy
- D5** Shabu-Shabu

* Contact our advertising department for information

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Aria Restaurant ■ **Aria Gelato** ■ **Jammers** ■ **Epic** ■ **Kelana**

Hobbit Tavern ■ **Budget Mart** ■ **Hama Japanese Cuisine** ■ **Lemoni Cafe** ■ **Thai Basil** ■ **Boracay Beach Truck**



Angol Point

A B C D E F

Island Info

BEACH WARNING FLAGS

Know what they mean before you go into the water.

- VERY DANGEROUS**
WATER CLOSE TO PUBLIC
- NO SWIMMING**
HIGH HAZARD
- CAUTION**
MEDIUM HAZARD
- SWIMMING AREA**
WITH LIFEGUARDS
- SAFE TO SWIM**
CALM CONDITION
- DANGEROUS MARINE LIFE**
- SURFING AREA**
NO SWIMMING

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- NO LITTERING
- NO SMOKING
- NO DRINKING OF ALCOHOL
- NO ILLEGAL DRUGS
- NO EXCESSIVELY LOUD MUSIC
- NO PETS
- NO FIRE DANCING
- NO BUILDING OF COMMERCIAL SANDCASTLES
- NO STRUCTURES AND FURNITURES

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 BORACAY'S DAILY NEWS

TOURIST HOTLINE

24/7 BORACAY INFORMATION HOTLINE
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 Malay-Boracay Tourism Office

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Saint Gabriel Medical Center	(36) 288 9911
MedExpress Medical Clinic & Diagnostics	(918) 926 3112 / (36) 288 6357 Hotline: 116

OTHER EMERGENCIES	LANDLINE / HOTLINE
FIRE	(36) 288 4198 / 198
POLICE	(36) 288 3066 / 166 or 135
BRGY. MANOC-MANOC OUTPOST	(36) 288 3093 / 193
BRGY. YAPAK OUTPOST	(36) 288 3995 / 195
COMMAND CENTER - LIFEGUARD	(36) 288 3609 / 609
BORACAY RED CROSS	(36) 288 2068 / 199

Republic of the Philippines
 Region VI
 Province of Aklan
 Municipality of Malay

WAYS YOU CAN HELP TO MAKE Boracay Island A DISCIPLINE ZONE

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DISCIPLINE ZONE

- DO NOT LITTER
- NO SAND CASTLE MAKING
- NO CARRYING OR CLUTCHING OF GLASS BOTTLES ON THE BEACH
- DO NOT SMOKE ON THE BEACH, PUBLIC AREAS AND PUBLIC VENUES
- NO FIRE DANCING
- REGULATING BEACH ACTIVITY
- DO NOT URINATE OR DEFECATE ON THE BEACH
- NO ILLEGAL TOUR GUIDING
- REGULATING WATER SPORTS OPERATIONS
- DO NOT EXTRACT WHITE SAND ON THE BEACH
- NO DRY DOCKING AND ENTRY OF VEHICLES AT THE BEACH
- NO VENDOR, PEDDLER, AMBULANT VENDOR & HAWKERS
- DO NOT EAT AND DRINK LIQUOR ON THE BEACH
- NO ID, NO TOUR GUIDING
- NO FLYING, STREAMER & POSTER AT BEACHFRONT
- NO PETS ALLOWED ON THE BEACH
- NO DRONES ALLOWED FOR PERSONAL USE

E-TRIKE APPROVED TARIFF RATES FOR BORACAY ISLAND

Pursuant to SB Resolution No. 060-2022

FROM POINT OF ORIGIN	TO DESTINATION	TARIFF / FARE RATES	STUDENT FARE (30% DISCOUNT)		SENIOR CITIZEN / PWD (20% DISCOUNT)
			ELEMENTARY	HIGH SCHOOL	
CAGBAN PORT / TAMBISAAN PORT	BANTUD / AKY	P15.00	P5.00	P8.00	P12.00
	ANGOL / TULUBHAN	P20.00	P7.00	P10.00	P16.00
	AMBULONG / LUGUTAN / PARADISE GARDEN	P25.00	P10.00	P13.00	P20.00
	MANANGAYAD / TROPICS / LA CARMELA / STATION X	P25.00	P10.00	P13.00	P20.00
	REGENCY / STATION 2 / CROSSING BOLABOG	P25.00	P10.00	P13.00	P20.00
	24/7 / STATION 1 / BALABAG PROPER / PINALUNGON	P30.00	P12.00	P15.00	P24.00
	SINAGPA / FAIRWAYS / CITYMALL / CROSSING DIN-IWID	P35.00	P15.00	P18.00	P28.00
	DIN-IWID / HAGDAN / BALINGHAI / NEW COAST (ENTRANCE)	P40.00	P17.00	P20.00	P32.00
	YAPAK PROPER / PUKA BEACH	P50.00	P22.00	P25.00	P40.00

OTHER COMMON ROUTES / DESTINATIONS	TARIFF / FARE RATES	STUDENT FARE (30% DISCOUNT)		SENIOR CITIZEN / PWD (20% DISCOUNT)
		ELEMENTARY	HIGH SCHOOL	
FLAT ROAD (St. Gabriel to Ambassador)	P15.00	P5.00	P8.00	P12.00
D*MALL TO SINAGPA	P15.00	P5.00	P8.00	P12.00
D*MALL TO CITYMALL	P20.00	P7.00	P10.00	P16.00
CITYMALL TO HAGDAN	P15.00	P5.00	P8.00	P12.00
CITYMALL TO YAPAK PROPER	P20.00	P7.00	P10.00	P16.00
BALABAG PLAZA TO HAGDAN (DENR)	P20.00	P7.00	P10.00	P16.00
D*MALL TO HAGDAN	P25.00	P10.00	P13.00	P20.00
D*MALL TO NEWCOAST ENTRANCE	P30.00	P12.00	P15.00	P24.00

CHARTERED TRIPS		
FROM POINT OF ORIGIN	TO DESTINATION	TARIFF / FARE RATES
CAGBAN PORT / TAMBISAAN PORT	BANTUD	P100.00
	STATION 3 - PINALUNGON	P100.00
	ANGOL / STATION 3	P100.00
	TULUBHAN	P100.00
	BALABAG	P150.00
	CITYMALL	P200.00
	HAGDAN / DIN-IWID	P250.00
	YAPAK	P350.00
	SHANGRI-LA / CRIMSON / BELMONT / MOVENPICK	P400.00
	ISLAND TOUR (Maximum of Four (4) Pax)	P500.00/hr.

NOTE: Minimum Fare shall be P15.00

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 MOBILE NUMBER
09198514102 09630359648

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 WATER RESCUE: 0950107215
 288-7197/09614202756 288-6150/09616537163

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 CIRIACO S. TIROL HOSPITAL: 288-8729/09512945402 288-3041/09123456789

TOURIST ASSISTANCE
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 PUBLIC EMPLOYMENT SERVICE OFFICE: 288-8855
 JETTY PORT: 118

NEWS

CBCP Urged: Respect the IP's Lands on Boracay Island

By Jun N. Aguirre

The Catholic Bishops Conference of the Philippines (CBCP) has urged both the public and the stakeholders of Boracay Island to respect the areas where the Indigenous People (IPs) are living.

At a press conference held on July 10 at the Marzon Hotel in Kalibo, Aklan, Caloocan Bishop Pablo Virgilio David said they had visited Boracay for an excursion recently. Some of the prelates went to visit the Ati community.

David was re-elected as the president of the CBCP this 2023 until 2025. The bishop said, like in other parts of the Philippines, the IPs of Boracay are facing a similar problem where a stakeholder is claiming their land.

"We have to find ways to cheer and support the IPs in Boracay," said Bishop Valentin Dimoc of Bontoc-Lagawe, chairman of the CBCP's Episcopal Commission on Indigenous Peoples (ECIP) who led the Ati community visit.

In 2018, during the Duterte administration, the government awarded the tribe with land titles as part of a poverty-alleviation program for IPs.

However, the Ati people face new threats of losing the lands awarded to them amid claims these are unsuitable for agriculture.

"... Powerful and influential people wanted it to be canceled," Dimoc said. "The Ati people continue to struggle and assert their IP rights. Please do not forget the IPs and visit them and extend help: prayer, encouragement, appreciation, financial assistance, legal assistance, skills development, etc.

Come and learn. Let us not reduce them to Ati-atihan tourism only but visit them and know their way of life, story and aspirations," he said.

For his part, Bishop Jose Corazon Tala-oc of Kalibo and ECIP Visayas



Bishop Valentin Dimoc of the Episcopal Commission on Indigenous Peoples at a recent visit to the Boracay Ati Village along with other CBCP bishops

bishop-in-charge, backs the position that the Certificate of Land Ownership Awards (CLOAs) of the Atis are "just."

"We uphold that the Atis are the legitimate owner of these CLOAs," the bishop said. He added, "We hope the previous predicament faced by the Boracay Atis pertaining to their land will not happen again."

The ECIP particularly addressed their call to the Department of Agrarian Reform (DAR) and private developers on the famous tourist island.

The IPs who are agrarian reform beneficiaries face the risk of losing their lands awarded to them during the Duterte administration over claims for being "unsuitable" for agriculture.

But Tala-oc contradicted the claim saying several members of the Ati community are currently tilling the land awarded to them, "while producing agricultural crops that are the source of their sustenance and livelihood."

"The Boracay Atis are crying for justice, and we are with them," he said.

Sister Rio Dublin of the Daughters of Charity of St. Vincent de Paul said in an exclusive interview with *Boracay Sun News* in June that the Ati community in Boracay was appalled after the DAR announced to them in a meeting sometime last May, of a

Development Corporation for lot number 6359 - A Cad 704-D covering 8,000 square meters, and the Y Investments Philippines Inc. for lot numbers 333 and 334 with an area of 2,700 square meters.

Petitioners submitted to the DAR regional office a certification from the Bureau of Soils and Water Management containing observations, stating among others that the areas covered by CARP do not belong within "the Network of Protected Areas for Agricultural Development and Strategic Agriculture and Fisheries Zones, and are no longer viable for agricultural production."

They are "highly recommended for Eco-Tourism Zone and or Medium Density Tourist Commercial Zone that will conform with the Comprehensive Land Use Plan of the municipality of Malay," the certification added.

With the certification, DAR regional director Sheila Enciso issued an order in favor of the protesters dated March 15 for Ventura, May 3 for Y Investments Philippines Inc., and April 26 for the two others.

They were also directed to file for the cancellation of CLOAs before the office of the department secretary.

The respondents have 15 days to file their motion for reconsideration upon receipt of the order, which BATO obligingly did while DAR has received none from BTARBA.

"Once the decision is final, the protesters can already file an application for cancellation of CLOAs and when approved, occupants can be ejected since they are no longer the registered owner," she added.

The DAR lawyer said that based on information from the provincial office in Aklan, BATO has already developed the areas awarded to them but they are not staying there because they have their own Ati Village.

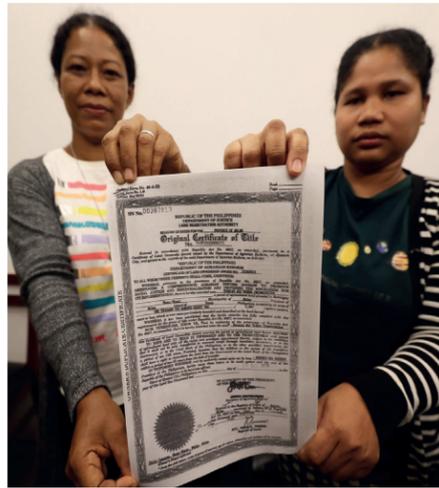
On the other hand, several houses have been built in areas awarded to the BTARBA since their homes that used to stand in Wetland Number 6 were demolished to give way to the Boracay rehabilitation.

"Much as we want to give land as our mandate, considering that a certification was issued from another agency and this is an administrative case, we have to decide based on the evidence presented by parties. And they were able to produce evidence that the area is not suitable for agriculture, which is the main anchor of our program," Gregorio said.

Rowen Aguirre, former Malay administrator told *Boracay Sun News* (BSN) in a phone interview sometime in June 2023 that he was not surprised by this move of DAR to possibly evict the IPs.

"During my term (as Malay administrator), I already knew that the government was just afraid of former president Duterte and they will just follow whatever he said. Now that we have a new administration, it is high time for DAR to act. I already told the IP community before not to build permanent structures on their property as this may be canceled anytime," Aguirre said.

Editor's note: In a new development, one of the leaders of the BATO, Maria Tamboon in a phone interview told BSN that they had just returned from a trip to Manila on July 21 to have face-to-face dialogue with DAR officials at the department headquarters, where they were demanded to show evidence to defend their motion for reconsideration. When they faced the media, she expressed the tribe's plea for President Marcos, Jr. to intervene and protect the rights of indigenous people. BSN will continue to closely follow developments. 🌱



Indigenous leaders from Ati tribe present to the media the Certificate of Land Ownership Awards (CLOAs) granted to them five years ago by the previous administration following the resolution issued by the Department of Agrarian Reform (DAR) Western Visayas that about 4,800 square meters of land awarded to 44 Ati tribal families were unsuitable for agricultural production.

possible eviction from some of their lands.

"All the while we thought that DAR is our ally. We were disappointed when they announced to allow claimants to prove they own the land. We would understand if the announcement would come from the court. The DAR has given the land to the Ati. Now they are the ones who seem to be taking the property away from them. It should come from the court. We are relying on our lawyers now to fight for us," the nun said.

In May this year, Atty. Geony Licera Gregorio, chief of the Legal Division of the Department of Agrarian Reform (DAR) - Western Visayas, told the media in Iloilo that protests were filed on the inclusion of several land titles in Barangay Manocmanoc under the Comprehensive Agrarian Reform Program (CARP).

Two titles were awarded to the Boracay Tumandok Agrarian Reform Beneficiaries Association (BTARBA) while four CLOAs under collective ownership went to the Boracay Ati Tribal Organization (BATO).

BATO has 44 Ati members while BTARBA has 31.

Gregorio said that under Section 4 of Republic Act 6557 or the Comprehensive Agrarian Reform Law of 1988, an area can be covered by the program if it is an "alienable and disposable land of the public domain, provided these are devoted to or suitable to agriculture."

"The suitability to agriculture of the landholding is an essential requisite to determine whether or not it can be covered under CARP" she said.

Digna Elizabeth Ventura, a petitioner, alleged that landholdings under lot numbers 7637 Cad 704-D, 6517-A, and 6517-B with a total land area of 21,140 square meters are not suitable for agriculture.

The same contention was raised by the Bohol Regal Inc. for lot 6574 Cad 704 D with an area of 8, 109 square meters; Jeco



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PEOPLE OF BORACAY

Yun's Kitchen

By Mark Cabrera

Hello, fellow foodies! Do you love Korean cuisine as much as I do? If so, you're in luck, because there's a new Korean hole-in-the-wall restaurant to try! Yun's Kitchen offers authentic and delicious Korean dishes in a cozy and friendly atmosphere. As soon as you enter the restaurant, you will instantly feel cheerful, and the delicious meal leaves you with a cultural experience.

In Korea, it is a common practice for family-run restaurants to be named after the family's surname, hence, Yun's Kitchen.

The person running the kitchen is Chef Young Suk Yun who tells us that her journey began as a home cook. She would prepare the daily meals for her husband and three beautiful children. All her meals are authentic Korean recipes that were passed down to her through generations in her family, and her secret is in preparing the dishes with love.

The restaurant is also run by her husband, Mr. Jungki Kim. The couple have been in living in Boracay with their three kids since 2016. Mr. Kim handles

the business side and likes to work behind the scenes, making sure that everything is running smoothly. The husband and wife team are completely hands-on and are happy to serve their guests every day of the week.

Specialties include mouthwatering Honey Garlic Soy Chicken, Yun's Kimbap and Tteok-bokki. My wife and I have already returned for more of their flavorful and satisfying dishes.

The person behind the aesthetics of Yun's Kitchen is their resident artist, Mr. Sang Yoon Han. Mr. Han is a famous artist who has staged numerous art shows and exhibits in Korea and Japan. You can see some of his artworks on display at the restaurant-café. Mr. Han even demonstrated his masterful craft by drawing a live caricature of me as I was having a chat with his team.

Mr. Han designed the restaurant to bring Korea's pop culture to Boracay, with bright colors to reflect the vibrant Korean street food culture.

Joan's Canteen

Under their company which is called Happy Pig Food Corporation, they are also brewing other projects on the island. They recently adopted Joan's Canteen, a longtime favorite of Boracay locals. They gave the canteen a makeover and a touch of Mr. Han's magic, but kept the already-famous and affordable Filipino dishes being served there.

Yun's Kitchen is located along the main road, right across from the 24/7 store, Balabag (10 a.m. to 9 p.m.)

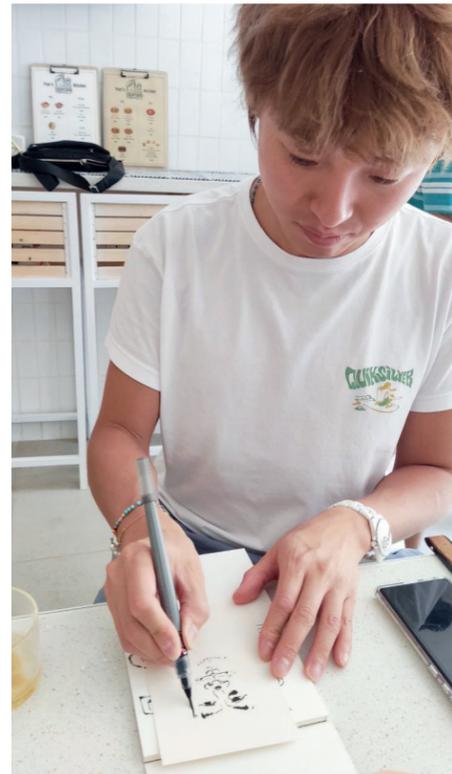
You can find Joan's Canteen in the alley beside the Kalibo Cable office going to the Muse Hotel in Station 1 (8 a.m. to 9 p.m.)



Husband and wife team, Mr. & Mrs. Kim at your service



The people behind Yun's Kitchen and Happy Pig Corporation



Resident Artist Mr. Han in action

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ISLAND GUIDE

Rainy Day Activities

By Rica Velasco

Rainy days in Boracay offer a unique opportunity to explore a different side of the island's charm. While the sun momentarily hides, the island reveals its underrated activities that are just as captivating and memorable.

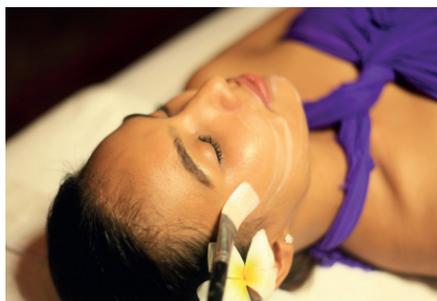
When the weather is not cooperating, it's the best time to explore Boracay's array of indoor adventures and holistic experiences. From invigorating spa therapies and indulging in delicious meals, to immersing in music and imbibing some island vibes, here is our insider's guide to reveling in the rain!

Pamper Yourself

In Boracay, day spas offer a wide range of services designed to rejuvenate your mind, body and spirit. These tranquil havens offer a respite from the wet weather, allowing you to unwind and pamper yourself. Some of the standard spa services you can expect to find include:

- **Massages:** Experience the bliss of traditional massages that incorporate techniques like Swedish, Shiatsu or hot stone massage. Skilled therapists will work magic to ease tension, improve circulation and promote relaxation.
- **Body treatments:** Indulge in luxurious body treatments such as body wraps, scrubs or exfoliation sessions. These treatments aim to nourish your skin, remove impurities and leave you feeling refreshed and revitalized.
- **Facials:** Treat your skin to a rejuvenating facial tailored to your needs. Whether it's a deep cleansing facial, hydrating treatment or anti-aging therapy, professional aestheticians will help restore your skin's natural radiance.
- **Aromatherapy:** Immerse yourself in the soothing scents of essential oils with aromatherapy sessions. These therapies use aromatic oils to promote relaxation, reduce stress and enhance overall wellbeing.
- **Nail care:** Pamper your nails with manicures and pedicures. Enjoy expert nail care services, including nail shaping, cuticle treatment and various nail polish options.
- **Foot spas:** Spoil your feet with a soothing foot soak in warm water infused with aromatic oils. Sit back and unwind while the therapist provides a soothing exfoliation to eliminate dead skin cells. Then, enjoy a revitalizing foot massage that stimulates pressure points, boosts blood flow and releases stress.

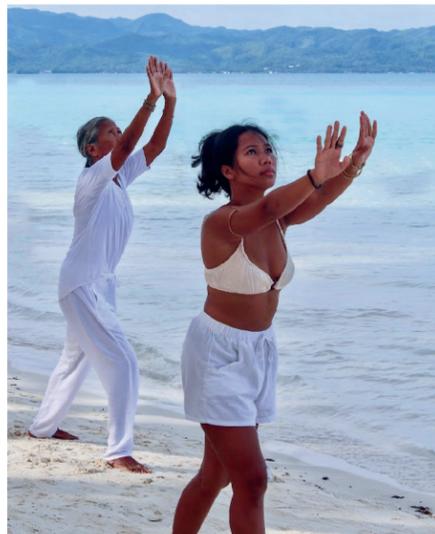
Better yet, allow yourself to be immersed in Mandala Spa and Resort Villas' soulful care and avail of their special Habagat spa offerings, valid until October 25. And if you've got the luxury of extending your Boracay stay, ask about their "Habagat Bliss Getaway" spa staycation and end your Boracay sojourn trip sublimely rejuvenated! Visit them on Facebook to find out more: @mandalaspaaandresortvillas.



Photos courtesy of Mandala Spa and Resort Villas

Health & Wellness

Prioritizing health and wellness is paramount. Boracay offers an ideal setting to embrace these pursuits, even indoors. Use this time to relax, recharge and adopt a holistic approach to self-care while



cultivating a holistic connection between the body and mind, leaving you feeling refreshed and energized.

- **Gym facilities:** You'll find state-of-the-art gym facilities on the island that cater to fitness enthusiasts of all levels and offer day-use services. These gyms provide a perfect space for a fulfilling workout session, equipped with a range of modern exercise machines, free weights and cardio equipment. You can enjoy a dynamic workout experience in a vibrant and motivating environment.
- **Wellness classes:** Boracay's wellness scene also encompasses a diverse array of classes that promote holistic wellbeing. Experienced yoga, qigong and Pilates instructors, who have embraced island living, lead these classes and guide participants through various techniques and exercises that promote mental clarity, body awareness and overall wellness. Whether a beginner or an experienced practitioner, these classes offer an opportunity to cultivate inner peace, strengthen the body and nourish the soul.

Ambassador in Paradise currently offers daily yoga classes with Louise Lee (7 to 8 a.m.) and qigong classes with Tza Leube (Wed. & Sun., 6 to 7 a.m.), for a minimal fee. Walk-ins are welcome, with a 50 percent discount for locals.

- **Sound healing at Tirta Spa:** Experience the transformative power of sound therapy through the resonating tones and vibrations of Himalayan or Tibetan Singing Bowls. Practiced since ancient times by monks in monasteries and temples, sound healers utilize music, frequencies and vibrations to promote harmony and balance, offering therapeutic applications for the mind and body. Visit Boracay Sound Healing on Facebook to find out more: @boracaysoundhealing.

Ask your hotel or resort concierge about in-house or nearby fitness facilities and classes, and about any ongoing wellness sessions or classes you can join during your Boracay holiday. 🌴



Morning yoga with Louise Lee and qi gong with Tza Leube at Ambassador in Paradise (Photos courtesy of Ambassador in Paradise)

JAPANESE FOOD P55~P365

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View menu

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The Tides Boracay's private gym (Photo courtesy of My Boracay Guide)

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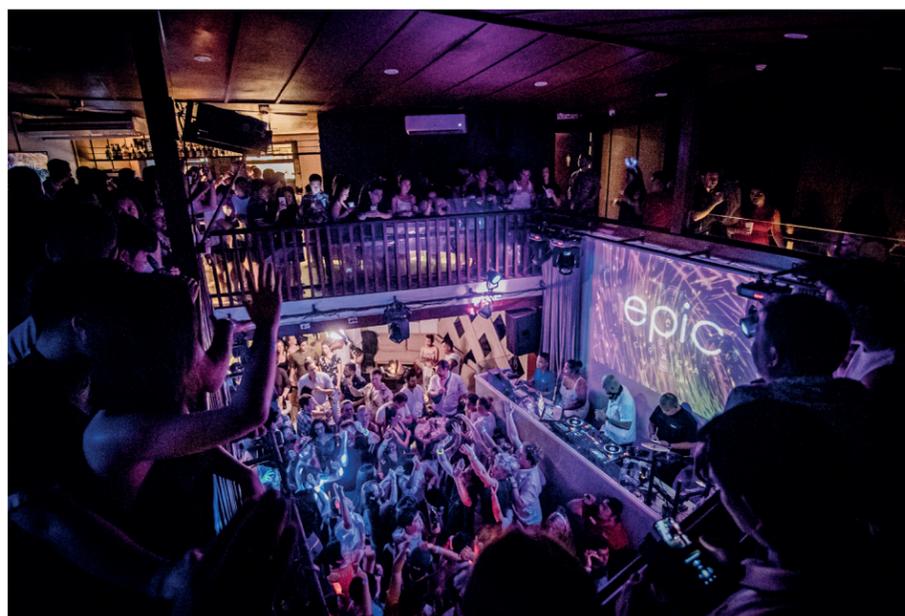
Immerse in Music

Immerse in the vibrant music scene on the island, with captivating musical performances that enhance the overall atmosphere. Whether you prefer mellow tunes, energetic show bands, soulful saxophone melodies or infectious beats, Boracay offers diverse musical talents to suit your tastes. Here are some notable musical entertainment to explore:

- **Acoustic acts:** Acoustic performers are typical in Boracay's bars, lounges and beachside venues. These talented musicians create a relaxed and intimate ambiance with their acoustic guitars and soothing vocals, providing the perfect backdrop for a relaxed and enjoyable evening.
- **Show bands:** For those seeking high-energy performances, Boracay also boasts show bands with their energetic stage presence and an extensive repertoire of popular hits. They create an electrifying atmosphere, inviting audiences to dance, sing along and immerse themselves in the energy of the music.
- **Saxophonists and instrumental guitarists:** Adding a touch of elegance and sophistication to the musical landscape, saxophonists and instrumental guitarists captivate audiences with their soulful and melodic performances. Their passionate playing and rich tones create a captivating ambiance that enhances the musical experience.
- **DJs:** Boracay's music scene also includes talented DJs who are masters of creating infectious beats and keeping the party alive. DJs in Boracay skillfully mix and blend various genres, from electronic dance music to hip-hop and beyond. Their energetic performances and seamless transitions between tracks create an exhilarating atmosphere.



Acoustic acts and live show bands (Photos by Jack Jarilla)



It's always a good night at Epic Boracay! (Photo courtesy of Epic Boracay)

Food Tripping

Boracay offers a delightful array of restaurant selections, making it a true paradise for food enthusiasts. The island is home to numerous beachfront restaurants, charming cafes and fine dining establishments that offer stunning ocean views. However, you will also be surprised to find even more high-quality establishments not immediately visible on White Beach; part of the thrill is discovering all these places.

The restaurant options in Boracay cater to various tastes and dietary preferences. You can find restaurants specializing in mouthwatering Filipino dishes like adobo, inasal, crispy pata, and seafood cooked the way you choose, showcasing rich and flavorful local cuisine. International cuisine enthusiasts will also be delighted by the diverse options available, allowing you to embark on a gastronomic adventure while staying dry from the rain.

For those who do not want to indulge too much, finding a café is a wise choice. Charming cafés provide a cozy atmosphere, perfect for enjoying a cup of aromatic coffee or indulging in delectable pastries. A range of options cater to every coffee lover's taste, from specialty brews crafted by skilled baristas to flavorful smoothies and refreshing iced beverages.

What makes food tripping in Boracay even more immersive is the warm hospitality and excellent service. The friendly staff and welcoming ambiance create a memorable island experience that truly imbibes the island spirit.



Seafood specialties at Kelana Coastal Cuisine (left) and Epic Boracay (right) (Photos by Jack Jarilla)

Get Inked

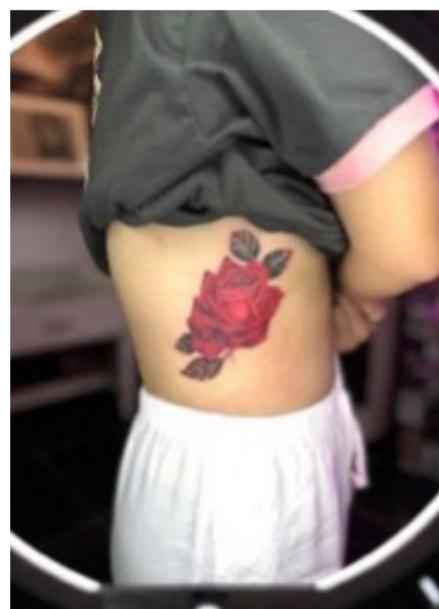
Getting a tattoo is a unique experience that people especially seek out in Boracay, which makes for a stunning island souvenir as well. The island offers a range of safe and hygienic professional tattoo studios that boast of

seasoned and highly-skilled tattoo artists with diverse styles, who can bring your ideas to life, allowing you to express

yourself and leave with a distinct and lasting piece of art.

Whether you desire a small symbol, an intricate design or a meaningful personal artwork, the tattoo artist can create and ink a design tailored to your vision.

If you prefer temporary body art, henna tattoos are popular, lasting for a few weeks before gradually fading away. Skilled henna artists can use natural henna



Photos courtesy of YANNinks Tattoo Studio, Bamboo Beach Resort

paste to adorn your skin with intricate and beautiful designs.

Please remember to take proper care of the tattoo or henna design as instructed by the artist to ensure its longevity and preservation. Also, be careful not to stain your bedsheets with henna ink as this will incur penalties and extra charges.

Soak it Up

Even on rainy days, the allure of Boracay's pristine waters remains irresistible. While swimming in the open sea may not be advisable during heavy rains, the inviting shores and crystal-clear waters of Boracay provide a refreshing experience. You can take leisurely walks along the shoreline and soak up the island's serene atmosphere, appreciating the island's natural wonders.

Alternatively, some resorts offer day-use pools if you prefer to swim and relax in a safe and controlled environment. These pools provide a convenient and enjoyable way to dip, even when the weather is less favorable.



Day use of swimming pool available at The Strand (Photo by Rica Velasco)

Boracay provides opportunities to make the most of your time on the island, rain or shine. Don't let a little rain dampen your spirits. Instead, embrace the beauty of Boracay on rainy days that present profoundly memorable moments to cherish for a lifetime. 🌴

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HEALTH & WELLNESS

Your guide to thriving, not just surviving!

Myth Busters

By Katie Ng-Larrauri

Becoming a parent for the first time is an exciting and challenging experience. However, along with the joy and anticipation, there may also be some anxiety and confusion. There are many myths and misconceptions about parenting that can make new parents feel overwhelmed or inadequate.

Some of these myths may cause unnecessary worry or stress, while others may prevent parents from seeking the best care for themselves and their babies. Here are some of the most common myths and the facts behind them:

- **Myth #1:** You can spoil your baby by holding them too much or by responding to their cries.

Fact: Babies need physical contact and emotional support to feel secure and develop healthy attachments. Holding your baby and meeting their needs will not make them spoiled, but rather, will encourage them to be well-behaved and confident, with feelings of safety and comfort rather than neglect.

According to the American Academy of Pediatrics (AAP) and the Philippine Pediatric Society (PPS), being responsive to the baby's cries creates a parent-infant emotional attachment, and babies who are picked up as soon as they begin to cry tend to cry less often and for shorter periods than do babies whose parents don't respond quickly. This doesn't mean you have to pick your baby up with every peep you hear. As your baby grows, he or





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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.

she will learn about and explore personal ways to self-comfort. They will discover that sucking their fist, holding their blanket, or clasping their hands together will help them feel better for a few moments.

- **Myth #2:** Parenting will come naturally to you.

Fact: This is unrealistic. Parenting is a skill that requires learning, practice and patience. It is normal to feel overwhelmed or unsure at times, especially with a newborn because it is a learning process.

You don't have to know everything or do everything right to be a good parent. You just have to love your child, provide for their basic needs, and try your best. It's okay to make mistakes, ask for help, and learn from others.

- **Myth #3:** The "terrible twos" is a phase that will pass on its own.

Fact: This is misleading. While this phase is prominent during the toddler years, it can extend past that. On average, toddlers throw tantrums because they are learning to regulate their emotions and express their needs (receptive language).

They need guidance and support from their parents to develop these skills, not punishment or neglect. Ignoring or harshly disciplining your toddler can have negative long-term effects on their behavior and mental health.

- **Myth #4:** Your baby is too young to understand your emotions.

Fact: This is wrong. Babies are very sensitive to their parents' moods and

feelings. They can pick up on your stress, anger, sadness or joy.

Your emotions can affect their development and wellbeing, so it is important to take care of yourself and seek help if you are struggling. They are "sponges" in the sense that they absorb what they can see, feel and hear.

- **Myth #5:** You have to follow a strict schedule and routine for your baby.

Fact: Babies are not machines, and they have different needs and preferences. Some babies may thrive on a regular schedule, while others may prefer more flexibility.

You have to find what works best for you and your baby, and adjust as they grow and change. There is no one right way to feed, sleep, or play with your baby.

These are just some of the myths that new parents may encounter. The truth is that parenting is a unique and personal journey that depends on many factors.

"There is no one right way to be a parent but there are many ways to be a good one. The most important thing is to trust yourself, listen to your child, and follow your instincts."

To quote an African proverb, "It takes a village to raise a child." The saying emphasizes that a child's upbringing is a communal effort involving many different people and groups, from parents to teachers to neighbors and grandparents. The whole idea underscores the belief that the collective involvement of a community is essential in achieving a certain goal or completing a task, like raising a kid.

Essentially, it's a friendly reminder that asking for help with hard things is okay because many hands make light work.

Teamwork makes the dream work! 🌟





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FOOD



ACTIVITIES



EVENTS

HEALTH & WELLNESS

Starting a Home Yoga Practice

By Pauline R.

Starting your own yoga practice in the comfort of your home has loads of advantages. From choosing your own schedule to saving time and money, the home yoga practice has becoming more popular since 2020.

Here are some tips on setting up your own home yoga practice. Try to make it a habit and keep up with it.

1. Create a dedicated space.

Choose a peaceful space with flowy air in your home, away from the clutter and noise. Make it your own little sacred corner where you feel connected. You can add a small altar with crystals, a candle, incense or any object that inspires your practice. Good speakers for listening to ambient music or to meditation mantras can also enhance one's yoga practice. And don't forget to add plants as they can add the perfect touch to achieve the haven you are dreaming of.



2. Invest in a mat and props.

When it comes to yoga, thankfully, you do not need too much equipment. Make sure you invest in a good quality non-slip mat. There are many options online, made with ecological materials. Invest in a few blocks as well as these are a great help in some hip opening positions and can assist you in certain poses. Having a meditation pillow is a good idea as well, as it will be useful in relieving pressure on your knees when you need to sit on your heels or when you need a slight elevation in an easy pose. A loop band is inexpensive and can assist you in many stretching poses. <https://www.shutterstock.com/image-photo/various-yoga-props-on-studio-wood-1028684101>

3. Commit to a schedule.



Are you a morning person or a night owl? Are you working remotely or need to travel to the office? Think of your habits and adapt to them. If insist on doing yoga early in the morning but cannot commit to it, it will be harder to keep up with your practice and you will most likely stop. Depending on your schedule, dedicate a specific time for your practice, whether it be a 15-minute practice before starting your day, an afternoon session, or an evening practice before sleeping. There are no hard and fast rules. If it helps, write this schedule down on your calendar as a reminder.

4. Know and listen to your body.

Some days are easier on the body than others, and this is completely normal. Don't forget to stretch first. Some days, that's even the only thing your body will need. A gentle stretch. If you are a beginner, keep it simple with a few poses

you are already comfortable with. Learn how to listen to your body and most importantly, learn how to listen to what your body needs. Do not push your body where it doesn't want to go and respect its boundaries. It will tell you when you can gently push further. A practice is built slowly, with time and experience. Do not hesitate to ask for advice from teachers around you, or take a few classes once in a while to learn new things.

5. Plan your practice.

If you are a beginner, it is good to think about what kind of practice you want to do first. Vinyasa, Flow, Kundalini, Ashtanga, there are many different kinds of yoga you can get familiar with. Before jumping into a practice, it is good to have an idea of your sequence: which poses you want to practice, in what order, and the pace. Try some opening poses to stretch before following with Sun Salutations, a few standing poses, and some inversions. Don't forget a few backbends, twists and forward bends before adding some closing postures. End with Savasana before moving to some meditation or a quiet moment while basking in your after-practice glow. If you are not yet confident enough to build your practice from scratch, there are many apps, private online classes or videos to follow.

6. Be kind to yourself.

As I mentioned earlier, some days are gentler than others. There will be days when you might be able to touch your toes and others when you will only reach your knees. And that is okay. Don't be too harsh on yourself! Do not compare yourself to other people around you or to the photos you see on social media. You are doing this for yourself and to feel good inside out. You can give yourself small challenges, and journal your feelings and your progress. Writing one thing you like or are grateful for about yourself and some self-affirmation can be a great practice as well to keep you on track. Always love yourself first and foremost.

7. Book a private class.

It is always a good idea to get some guidance and to learn from others, especially when practicing yoga. If you want to sustain and support your practice through one-on-one sessions, here are some Boracay-based certified yoga teachers offering private classes.

Louise Ravelo-Lee has been teaching yoga in Boracay the longest. She learned yoga in India in 1999 and started teaching in 2004. She is available for private one-on-



Louise Lee (Photo by Jack Jarilla)



Louise Lee teaching a private yoga class

one sessions or for private group classes in Hatha Yoga, Vinyasa Flow, Breath Work (basic Pranayama), Meditation, and more. One of her favorite things is to teach New Beginners classes and to guide her students to find their love for yoga and their center. You may reach her via mobile # (0917) 861 6794.



Tza Bautista-Leube

Tza Bautista-Leube is a longtime Boracay resident and yoga practitioner. She teaches traditional Ashtanga Yoga. Aside from her regular classes at EatPlayHeal studio and at the Ambassador in Paradise, Tza also offers private yoga lessons. She also practices Abhyanga (ayurveda traditional massage), Qigong, level 1 Pranayama, is certified by Yoga Education Collective, and is a Reiki Master. You may reach her via mobile # (0998) 319 4651.

Daniel Pop became a yoga teacher in 2016 after completing RYS 500 hours in Rishikesh, India. She offers private classes on Hatha, Ashtanga, Vinyasa, Yin/restorative, Yoga Trapeze, Meditation, Pranayama, Shatkarma and basic knowledge of Ayurveda, which combines body, asanas (poses), pranayama



Daniel Pop

(breathing), cleansing, mind, consciousness, breath united with movement, self-control and discipline. She is also a Reiki Master. You may reach her via mobile/WhatsApp/Viber # (0929) 043 7071.



Ryan Chester

Ryan Chester has been teaching yoga for 16 years and has logged more than 10,000 teaching hours. He practices and teaches Vinyasa, Power, Hot yoga, HIIT (interval training), and strength and flexibility classes. You may reach him via mobile/WhatsApp # (0995) 456 5905.

Rates for private sessions or classes are by request, depending on the type of class, the number of students and the duration.

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WORLD AWARENESS DAY

UNESCO WATCH: Literacy, Democracy and Peace

Commemorating Special Days in September

By Rica Velasco

There are quite a few celebratory days organized by UNESCO year-round. Before we delve into some of them in this issue, let us first understand what UNESCO is.

Founded in 1945, UNESCO (United Nations Educational, Scientific and Cultural Organization) is a specialized agency of the United Nations (UN) that serves as a global platform to promote peace, sustainable development and intercultural understanding through education, science, culture and communication.

UNESCO commemorates specific days throughout the year to raise awareness and promote global action on critical issues within its mandate. Through various activities, UNESCO seeks to highlight achievements, share knowledge, and foster collaboration to address challenges and promote positive change. These observances contribute to UNESCO's mission of building peace, eradicating poverty, fostering sustainable development, and promoting intercultural dialogue, creating a more inclusive, equitable and knowledgeable world.

With a better understanding of UNESCO and its goals, here's a rundown of the celebrated days in September.

September 8: International Literacy Day

International Literacy Day will be celebrated worldwide with this year's theme, "Promoting literacy for a world in transition: Building the foundation

for sustainable and peaceful societies." It is an opportunity to join efforts to accelerate progress in education and lifelong learning, and to reflect on the role of literacy in building more inclusive, peaceful, just and sustainable societies.

In the Philippines, this day features a wide range of activities promoting literacy and education. These include campaigns, workshops and reading events in schools, libraries and community spaces. Donations of books and educational materials are collected and distributed to underprivileged communities. At the same time, literacy-focused organizations offer workshops and training sessions for teachers, parents, and community members to enhance literacy strategies. Writing and reading competitions further encourage creative expression and celebrate participants' achievements.

Balanga City in Bataan is the Philippines' sole UNESCO Learning City. Its dedication to community literacy development and lifelong learning has garnered international recognition. Balanga City organized training sessions on various literacy topics such as mental health, digital skills, finance, gender development, entrepreneurship and agriculture. They also conducted life skills development programs, including disaster preparedness, first aid and sex education, tailored for learners with special needs. They also distributed equipment with offline literacy applications to barangays, schools, teachers and students to bridge the learning and digital gaps. Internet connectivity improved in public areas to support online classes, work and business activities. The city's library provided reading and writing materials, and educational resources were digitized to facilitate learning for children.

September 15: International Day of Democracy

The International Day of Democracy is promoted by UNESCO to emphasize

the importance of democracy as a fundamental value and principle in



societies worldwide. This day serves as a reminder of the essential role that democratic processes play in upholding human rights, fostering participation and ensuring good governance.

UNESCO encourages countries to organize events and activities that promote democratic values, citizen engagement and inclusive decision-making. These initiatives aim to raise awareness about the significance of democracy in building peaceful and prosperous societies.

Through its efforts, UNESCO promotes democratic principles such as freedom of expression, respect for diversity, gender equality and active civic participation. The observance allows governments, civil society organizations, educational institutions and individuals to reflect on the importance of democracy, identify challenges, and explore ways to strengthen democratic institutions and processes globally.

The UNESCO International Day of Peace is observed to promote global peace and non-violence. This day serves as a reminder of the importance of peace in resolving conflicts, fostering cooperation and building a harmonious world. UNESCO and other international organizations aim to raise awareness and encourage individuals, communities and nations to work toward a culture of peace.

This year carries the theme "Actions for Peace: Our Ambition for the #GlobalGoals." This theme serves as a reminder of the shared responsibility, both individually and collectively, in promoting and nurturing peace.

Various activities are organized to promote peace education, conflict resolution, and intercultural understanding. UNESCO encourages governments, schools, and communities to organize events such as peace rallies, dialogues, workshops and exhibitions to emphasize the significance of peace and its positive impact on societies. The day also provides an opportunity to address pressing global issues, including poverty, inequality, climate change, and social injustice, as interconnected challenges that require peaceful and collaborative solutions.

These celebrated days in September share a common thread in their pursuit of a better world.

Literacy forms the foundation for informed and active citizen participation, which is essential for vibrant democracies. Democracy, emphasizing inclusivity and respect for human rights, creates an environment conducive to peace and social harmony. Ultimately, peace provides the necessary conditions for literacy and democracy to flourish. By recognizing and commemorating these interconnected days, UNESCO highlights the importance of education, democratic values, and peaceful coexistence in building a more just, equitable, and peaceful global society. These observances remind us of our shared responsibility to promote literacy, democracy, and peace as interconnected pillars for a brighter future. 🌱

September 10: World Suicide Prevention Day

World Suicide Prevention Day has been celebrated globally on September 10th since 2003. It was a collaboration between the International Association for Suicide Prevention (IASP) and the World Health Organization (WHO).

According to the WHO, the global effort is to convey a unified message that suicide is preventable.

World Suicide Prevention Day 2023 centers on "Creating hope through action." This theme aims to communicate to individuals who are feeling suicidal that there is hope for them and that they have the support and care they need. The theme emphasizes that even small gestures can provide hope to struggling people. Additionally, it underscores the importance of prioritizing suicide prevention as a crucial aspect of public health, particularly in countries with limited access to mental health services.

Various organizations spearhead events to focus on suicide prevention, reducing stigma when talking about suicide ideation, and raising awareness about the campaign.

The WHO says that over 703,000 people successfully take their lives every year. In the Philippines, a study conducted by the University of the Philippines Population Institute showed that close to 1.5 million young Filipinos attempted suicide in 2021, with more than 400 student suicides in the 2021–2022 academic year recorded by the Department of Education. A staggering estimate of 3.3 million Filipinos have depression, and the overall suicide mortality rate is 3.2 per 100,000 people.

A public service announcement from the Malay-Boracay Lifeline says, "For those who are struggling and need someone to listen, we are here, and we care!"

Dannie Solidum, who has a master's degree in counseling, spearheads the Malay-Boracay Lifeline. Currently,

counseling occurs through referrals from friends and volunteers of the Lifeline. Not many calls have been received yet, most likely due to the stigma in this country surrounding suicide and mental disorders. Hopefully, awareness of suicide prevention changes people's mindsets as mental health problems are prevalent in the Philippines and globally.

ASK FOR HELP

Suicide prevention is possible by seeking help and simply talking to someone. Many organizations in the Philippines offer Support. 🌱

Malay-Boracay Lifeline

(8 a.m. to 10 p.m.) (0917) 895 5331

National Center for Mental Health

24/7 Crisis Hotline (0966) 351 4518

In Touch Community Services

24/7 Hotline (0917) 800 1123 (0922) 893 8944 (02) 8893 1893

Hopeline Philippines 24/7 Hotlines

(0917) 558 4673 (Globe) (0918) 873 4673 (Smart) (02) 8804 4673 (PLDT)

Online helplines will connect you with volunteers and counselors who can help so you won't be pushed over the brink.

Here are a few:

www.findahelpline.com/ph

www.mentalhealthph.org

www.webbline.com

www.blog.opencounseling.com/hotlines-ph

www.therapyroute.com



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Malay College President Publishes His First Book

By Jun N. Aguirre

Dr. Jimmy Maming, the president of Malay College is now officially a book author, after collaborating with other authors from Southeast Asia.

Co-authors of the said book include Joh Mark Asio, Vina Jayubo, John Cavin Sabonsolin, Sardier Jardier, Maico Demi Aperocho, Wes Harvin Maravilla, Bolaji Jubril and Oluwaseun Samson Sojinu.

The book is entitled "Sustainable Development Goals," and focuses on the best practices concerning the social development in Southeast Asia.

The said book which is published by FSH-PH publications, was first introduced in Indonesia and will soon be distributed in other countries including the Philippines.

In an interview, Maming told Boracay Sun News, "I am honored and privileged to be part of this work. Thanks to Dr.



Dr. JIMMY B. MAMING
Acting College President
October 1, 2021 to Present

Froilan Mobo, it is another dream fulfilled."

Mobo was the managing director of the FSH-PH publications based in Subic. 🌿

Staff Training Courses - IHTEP

The Boracay Sun organization has recognized during their regular discussions with local hoteliers and restaurant owners the immediate training needs on the island. We have partnered with one of our long term clients IHTEP Asia to create and deliver a series of first class and cost effective Seminars for the businesses in Boracay.

We need to emphasize that we have years of front line international training experience working with multi cultural audiences and achieving outstanding results.

We will be offering clients training seminars either in their own properties or joining open to public seminars.

IHTEP Asia have over 55 years international hospitality experience having worked in over 45 different countries and currently working on projects in China, UAE, India, Malaysia and Pakistan. They have also pioneered and deliver unique Vital Soft Skills programmes for Hospitality Management Colleges & Universities in the Philippines.

A full list of the initial Customer Service programmes that Boracay Sun will be offering is available on request. In addition we are only too pleased to visit your premises to discuss your own particular needs.

For more information on how to help train your staff, please contact us at: Email: vjeff@boracaysunnews.com WhatsApp: 09457644263 🌿

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Facebook **SUGBA DE BORACAY RESTOBAR**

Truly R. Flaviano Jr.

0947-531-4097

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

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Congas Restaurant

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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.

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ISLAND GUIDE

Bulabog Binge: Off the Strip

A sequel to last issue's special feature, "Take A Walk on the B-Side"

By Freida Dario-Santiago

In last issue's special ultimate insider's guide, we invited you to explore the flipside of Boracay Island's world-famous White Beach: the laidback gem of Bulabog Beach a.k.a Bolabog Back Beach on the eastern side of the island. Armed with an illustrated map, we hope that you enjoyed taking a walk on the B-Side!

But there's so much more to discover off the brick-paved Bulabog Boulevard. So, as promised, we introduce you to three Bulabog spots: two restaurants and the neighborhood dive bar/club that are well worth making that special trip off the strip—hidden gems for their homegrown charm and delectable "Take me back there"



Picture-perfect view of Bulabog Beach from Ralph's Place (Photo by Freida Dario-Santiago)

dishes, delicately prepared from home kitchens, resulting in the perfect pairing of "old Boracay" authenticity with Bulabog's laidback vibe.

We hope once again to entice and whet your appetites for more salty & sultry B-Side indulgences!

By Da Way Bar and Restaurant at Ralph's Place



surrounded by a verdant tropical forest and picturesque landscaped gardens and turned their private home into the beautiful hilltop resort that it is now. Today, it remains an oasis of calm affording world class views of the eastern side of Boracay and the energetic Bulabog beach below.

Must-try:

Don't be fooled by the simple menu, because each dish is comfort food at its finest, like the Chicken Curry (that is perfect for rainy days) and Spaghetti Bolognese. Their sandwiches are so finger-licking good, you will find yourself coming back for more. Bestsellers include the Chicken sandwich, Club House sandwich, and the By Da Way Burger; and the soups and salads that are served with their homemade sourdough bread, when available.



By Da Way's sandwiches Chicken Curry; Spaghetti Bolognese.

Originally built to serve as the on-site restaurant for Ralph's Place Boracay, By Da Way (BDW) has been serving the island, the neighborhood and the inhouse guests of Ralph's Place since 2016, its name alone should give you a pretty good idea of what to expect from the quaint restaurant and sports bar, equipped with a billiard table, darts and board games.

A great place for cozy get-togethers and small private gatherings for friends or family, BDW has spacious indoor and al fresco dining spaces, and is the literally the last restaurant along the northern end of Bulabog Beach before beach road climbs up the hill and winds around Mount Luho. Whether dining or hanging out with friends, one feels right at home in the cozy and homey laidback tropical environment. During the peak summer season, they play host to a weekly Trivia Night that brings tourists and locals together for a fun-filled night.

Brief history:

Ralph's Place is a Filipino-Swiss family-run, homegrown residence and resort established in 1990, built atop the Bulabog Beach mountain cliff 20 meters and about 86 steps high. Through the years, they developed the idyllic half a hectare property around its natural splendor,

continued on next page

Happy hour:

Buy one, take one on certain drinks, 6 to 9 p.m.

What is so special about Bulabog Beach that they chose this location?

“Bulabog is quiet, it’s a nice community and it’s home.”

– Anjalie Gasser, owner

Open daily, 8 a.m. to 2 p.m. and 6 p.m. to 9 p.m.

Landline: (036) 288 6165

Facebook: By Da Way Bar and Restaurant

Instagram: @bydawayboracay

Beyond Ralph’s Place Boracay (www.facebook.com/RalphsPlaceBoracay), Mount Luho is a scenic hillside with condominium hotels (most of them sadly remain closed for operations due to ongoing land classification issues) wrapping around its winding roads all the way down to the main road by Fairways and Bluewater Boracay and Boracay Newcoast. To explore the area, licensed land tour operators and e-trike drivers can take you on an inland tour.

Lanterna Hotel Boracay:

Serving the island since January 2014, Lanterna Hotel and Restaurant is serenely tucked away within the family compound-



turned-hotel along Bulabog Road 1B (main road access is from 24/7 grocery), right after Adlaw Residences. It is easy to miss for first-timers who have never seen the understated signage of the lantern logo.

Unbeknownst to diners, the quaint hotel has six well-appointed air-conditioned rooms, each with an en suite toilet and bath and studio units with fully-functional kitchenettes, and most importantly, backup power! Its distinct allure lies in the owner’s tireless insistence on making Lanterna feel like home and cared for like a parent would.

The restaurant is a completely different story, and quite frankly, is what put Lanterna on the map and out of hiding. Known for serving authentic Italian cuisine, Lanterna restaurant started as a by-invitation dining setup when Italian Chef and owner Luigi would invite friends over for a meal (that was usually on the occasion that he was able to score something special like a fresh seafood catch of the day or fresh farmer’s market produce).

It was an exclusive and semi-private restaurant until word spread and the demand grew, at which point the family home and dining room evolved into the

existing hotel and Italian bistro. Located only minutes from the world-famous kitesurfing beach, the owners being avid kitesurfers themselves, Lanterna became and remains a home base for the close-knit kiting community. Eventually, the roof deck was converted into a yoga shala, which holds daily yoga, Pilates and other fitness classes. It goes without saying that the menu is not only fit for athletes, but for vegetarian and health-conscious diners as well.

Chef Luigi’s wife Gladys tells us, “What sets Lanterna apart from everywhere else is that it is not like anywhere else. We have an inkling why people come to Lanterna, but we prefer to have our guests tell you why they come.”

And so, that’s what we’ll do. We come because of the relaxed al fresco dining space set-up amid a lush flower garden furnished with cozy sofa patio booths and a central long family-style dining table. We come because each time, they know exactly what we love and how we like it. And when Luigi is around, there might even be an off-menu specialty! We come, most especially, to enjoy authentic Italian cuisine, and to share the sumptuous plates with family and friends.

Must-try:

You definitely must try the carpaccio and their homemade ravioli! Carpaccio are thinly sliced fish, meat, octopus or vegetables garnished and dressed to taste. Ravioli is pillow-like pasta stuffed with meat or vegetables (spinach or pumpkin) cooked with a choice of sauces. You can’t go wrong with any of the pastas, but start with the Red Beet pasta and work your way down the menu for more. For dessert, the Panna Cotta is a no-brainer, but the Spiced Banana a la mode and the Affogato are the stuff of dreams!

We strongly suggest dining as a group as the servings are good for two or more, and that way you can get to sample more dishes per visit (assuming you will return for more!).



Lanterna’s Tenderloin carpaccio; Beetroot carpaccio; Ravioli Ricotta & Spinaci

What is so special about Bulabog Beach that they chose this location?

“Being at the right place at the right time,

Lanterna Hotel and Restaurant was begging to be created by a growing community.”

– Gladys Calonia-Barbolla, owner

Open daily, 8:30 a.m. to 2 p.m. and 5 to 9 p.m.

Mobile: (0929) 154 1533

Landline: (036) 288 6232

Facebook: Lanterna Hotel Boracay
Instagram: @lanternahotel_boracay

Two Brown Boys



The neighborhood dive bar has been serving the island since October 28, 2014. Why “brown boys” you ask? That’s because Two Brown Boys was named after the owners’ Matt & two little boys Sage and Gus.

If you’re coming from the main road, 2BB located on the left side of Bulabog Road 1A

For the past eight years, the place had literally grown from being a tiny bar by the roadside curb, slowly adding a few more tables, and today, they’ve got two floors of dining areas and a DJ’s booth and club atmosphere on the second floor.

They’re known for their mouthwatering, juicy and greasy signature craft burgers that pack in the flavors and are perfect drinking (or takeout) companions. Each burger is cooked to perfection, ensuring a burst of flavors in every bite. Whether you prefer classic options like the Sir Matt or the more adventurous Gusman or Mexihund burger, they’ve got something every burger lover’s cravings. They’ve got an expansive menu that includes pizzas and pastas, that are perfect for sharing.

If you’re looking for a proper bar that serves ice-cold beer, generous pours, refreshing and potent cocktails, away from the maddening crowds and oozing with unpretentious local vibes, this is the place for you, any day of the week, and on weekends for those looking for a party and to dance the night away to the tunes of their resident and guest DJs. Sports fans will be happy to know that their TVs are programmed to sports channels only.

Special nights:

Mondays: Crazy Shot Lady
Wednesdays: Hip to the Hop
Action Friday Shenanigans
Saturday Vibe

Happy hour:

All-day and night happy hour cocktails for only PhP100: Margarita, Daiquiri, Mojito, Whiskey Sour, Amaretto Sour

Must-try:

The Gusman Burger is a monstrous invention that will satisfy even the most ravenous appetite: double beef patties, double cheese, double bacon, a fried egg, crisp lettuce, and juicy tomatoes. Eat that!

The MamaRu is a vibrant and refreshing cocktail that will transport your taste buds to a tropical paradise. This colorful concoction combines the flavors of coconut rum, white rum, pineapple, Blue Curacao, and a touch of Grenadine to create a drink that is as visually appealing as it is delicious. Made for the pride month with the iconic RuPaul as inspiration and from the colorful pride flag that represents the LGBTQ++ family.

What is so special about Bulabog Beach



Two Brown Boys’ Gusman Burger and Mamaru cocktail

that you chose this location?

“Sheer luck.”

– Johannalee Robinson, owner

Open daily, 8 a.m. to 4 a.m.

Landline: (036) 288 9828

Facebook: Two Brown Boys / Boracay

Instagram: @two_brownboys

In closing, *Boracay Sun News* compiled a few suggestions from Bulabog residents and business owners, to improve the Bulabog tourist experience:

- “Public trash bins along the boulevard please!”
- “A public toilet near the new boardwalk would greatly enhance the tourist experience.”
- “Please continue to ban e-trike and motorcycles passing through the bay area. This will also prevent the bricks of the road from breaking down.”
- “If we could have some street lights in the area from Momo Ramen (Bulabog Road 1A) to before Mt. Luho (Bulabog Beach Road), it would be great for the community as well as the safety for the locals and tourists.”
- “I hope that flooding during the rainy season could be addressed as some parts still get flooded and smelly, as we have been experiencing from the time the rains began in June.”

See you on the B-Side! 🌴

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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

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www.villacaemilla.com

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