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Vol. 24

Philippine

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The **Expats'** Guide to the Philippine Lifestyle

CSICHERICAY RESTAURANTS

STREET

For Kids and Kids-at-heart: Kid-friendly Restaurants in Manila

LOCAL TRAVELS: A Day in Bacolod, the City of Smiles

SPECIAL: A Guide to Manila's Flexible Workspaces

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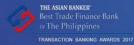
One recent example of this is our deal with Filipino farmers and Kubota Philippines, Inc., in collaboration with Sumitomo Mitsui Banking Corporation, wherein we provided much-needed financing for farmers so they can acquire machineries to optimize farming output, thereby improving livelihood.

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March²⁰¹⁸







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Feature of the Issue

COVER – While there a lot of restaurants in the metro, some of them are not the ideal spots for your kids to enjoy. For your family's next day out, why not choose a restaurant that both kids and adults can eat at and have fun? From cute, colorful dishes to free toys and activities to keep your kids busy, there are lots of ways to turn a simple family day into another great memory.

TRAVEL – At the "City of Smiles," you will be greeted by cheerful faces that will warmly accommodate you as you go around different parts of Bacolod. Besides the popular Bacolod chicken inasal, there are many other delicious finds in the restaurants and cafes that line major streets like Lacson Street. Bacolod is also home to many historic temples and heritage sites, and serves as a gateway to many of Negros' most captivating spots, particularly beaches.

Plus! Get a look at some of the flexible workspaces in Manila that will fit your needs, work culture, and budget. Publishing / Editing / Production

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CIC-SICION RESTAURANTS

Going out with your family usually means spending a day at the mall and falling in line at fast food restaurants. These family bonding moments can happen after a successful exam week, bagging first place from a school contest, or a simple weekend get-together. While fast food is all well and good, don't you ever feel your kids deserve so much more? If you're looking for an upgrade, check out our list of kid-friendly restaurants that are sure to kick things up a notch—for your child or those moments when you want to feel like a kid again.



Hello Kitty Café

The café's concept looks very royal, a quaint and vibrant place where one can enjoy French cuisine offerings from their kitchen. The place is filled with Hello Kitty mementos, with various Sanrio items neatly displayed on the walls to make it more "Kitty-fied." From the utensils and tissue papers, up to the tiniest details, you'll definitely feel at home at this Hello Kitty world as you bask in all its glory. Try their delicious dishes which are all picture-perfect with their dainty look and charming presentation. Surely, kids, kids-at-heart, foodies, and Sanrio fans will enjoy the delightful Hello Kitty Café in Uptown Mall.

- ♣ 3/F Uptown Place Mall, BGC, Taguig City
- © 0945-305-0713
- 11 am to 10 pm (Mon to Sun)
- Hello Kitty Café Philippines







Sugar Factory

Sugar Factory conquered Manila in 2016, opening their first store at Shangri-La at the Fort in BGC. Since then, this plush bar and restaurant has been attracting both kids and kids at heart who want to have a fancy, colorful, and playful dining (or drinking) time in the city.

Their Couture Pops are world-class lollipops with stylish handles. You can mix and match the handles and lollipop flavors to suit and reflect your own style, much like an accessory.

While Sugar Factory is often thought of as a place for children, it is, in fact, a brasserie offering alcoholic drinks and more for adults to enjoy.

Their colorful and flashy drinks like the Bacon Cheeseburger Milkshake present an unusual combination of bacon, burger, and dessert in one mug. Many of the drinks can be enjoyed by both adults and children with options of alcoholic or non-alcoholic. For instance, the Ocean Blue, which is served in an oozing big goblet with swimming gummy sharks, can be served with or without alcohol.

- ♣ 1/F Shangri-La at the Fort, 3rd Ave. cor. 30th St., BGC, Taguig City
- © 02-958-5175
- 11 am to 12 am (Mon to Fri), 10 am to 11 pm (Sun)
- www.sugarfactory.com
- Sugar Factory Philippines













Genki Sushi

000

There are lots of Japanese restaurants in the metro, but none can quite compare to the cuteness Genki Sushi brings to its customers. This concept, which originated from Japan, is an original and authentic Kaiten sushi place which seeks to serve their food in a not-so-ordinary way—via high-speed trains. This modern restaurant serves authentic and fresh sushi made by its pool of chefs who were trained in Japan. The way to place an order in Genki Sushi is easy: each table has its own iPad fixed on the side of the conveyor belt. Just swipe and click on the food you want! The food is categorized into sushi, sashimi, washoku, beverage, promotions, and takeaways to make it convenient for you to order.

- ❷ Bonifacio Stop Over, Rizal Drive, BGC, Taguig City
- © 02-946-5242 / 0917-676-3170 / 0949- 866-2624
- 11 am to 10 pm (Sun to Thurs), 11 am to 11 pm (Fri to Sat)
- **II** Genki Sushi Philippines







Rainbow Dreams Café

00

Rainbow Dreams Café is a little wonderland located along Maginhawa Street where unicorns come alive and food is splashed with colors and everything that glitters.

Rainbow Dreams Café is a relaxing unicorn-themed café where pastel interiors and cute stuffed toys prevail. With pink and purple pasta topped with crunchy star-shaped toasts, the Carbonara is a sight for sore eyes! The carbonara sauce is beneath the pasta so the colors completely stand out. Ice shakes like the Strawberry Cheesecake Shake and the Ube Macapuno Shake conflow with colors. Drink moderately because you might leave the

Ice shakes like the Strawberry Cheesecake Shake and the Ube Macapuno Shake overflow with colors. Drink moderately because you might leave the cafe glimmering with blinding shimmer.

- A #80 Maginhawa Street, UP Village, Diliman, Quezon City
- © 02-917-8225
- ① 12 to 10 pm (Mon to Fri), 10 am to 10 pm (Sat to Sun)
- Rainbow Dreams Cafe







MilkyWay Cafe

00

With its 40-year history, MilkyWay surely deserves to be one of the best restaurants to see and taste how authentic Filipino dishes are like.

MilkyWay Café started as a small ice cream shop in 1962. Owner Chef J. Gamboa opened this restaurant in 2002 and he wanted to give his customers a unique dining experience. He designed the restaurant by adding touches from the original Milky Way in the '60s. At present, it offers a variety of delicious Filipino cuisine dishes like Baby Crispy Pata, Tokwa't Baboy, and their specialty: the Milky Way Kare-Kare.

- 🕰 2/F MilkyWay Building Arnaiz Ave. Cor. Paseo De Roxas, Makati City
- O 02-843-4124 / 02-843-7124
- 11 am to 10 pm (Mon to Sat)
- Milkyway Cafe







Pancake House

00

One of the most popular food chains in the Philippines is Pancake House. It was named as the largest Restaurant Dining Group in the country back in 2014 and was later acquired by Max's Group.

Among their selection of comfort food, their spaghetti is one of the most popular. It's sweet yet has the right amount of savory that will keep you coming back for more. Try their House Special Set, a plate filled with everything you would ever want to eat at Pancake House: pan-fried chicken, their meaty spaghetti, and a taco. Pair it with garlic bread and their house-blend iced tea or perhaps one of their creamy milkshakes.

- 1/F Greenbelt 1 Ayala Center, Makati City
- © 02-819-0453/ 02-588-2468
- O 6 am to 10 pm (Mon to Sun)
- F Pancake House







00

Juma

Enjoy scrumptious yet affordable Japanese meals at Ryuma, a Japanese restaurant located in Paseo de Sta. Rosa, Laguna. It features lively interiors with a kawaii staff welcoming you with their warm greetings.

When it comes to the menu, Ryuma serves rice meals, appetizers, hot and cold noodles, drinks, and desserts. What makes Ryuma great is its combination of tasty and affordable menu with generous servings and the fun entertainment provided as you dine.

Ryuma also features activities perfect for families. Kids can have treats up for grabs via raffle. They can get new toys or puzzles and even get free chocolates. Head to the place for that fun Japanese dining experience.

- 2/F. Paseo de Sta. Rosa Commercial Center 4, Greenfield City, Brgy. Don Jose, Sta Rosa City, Laguna
- © 049-502-0322
- 10 am to 11 pm (Mon to Sun)







The Lost Bread

The Lost Bread is one of Manila's popular stalls along Maginhawa Street that specializes in French toasts and milkshakes. The Lost Bread promises to bring out innovative gastronomic adventure, introducing the newly launched comforting dishes, erasing the notion that they are only specializing into milkshakes.

For starters, you can have the Fried Mash Potato Balls (P170) stuffed with nacho beef, cheddar cheese, seasonal microgreens and other succulent ingredients. Cheers to the newest milkshake sensation, the PopShake (P295)! It's loaded with hazelnut chocolate, pistachio nuts, a banana flavored popsicle and other yummy saccharine flavorings. There's also refreshing Soda Pop (P180) that contains mango puree, vanilla and strawberry popsicle.

🗷 4/F, Mega Fashion Hall, SM Megamall Ortigas Center, Maladaluyong City

- O 0917-821-2111
- 10 pm to 10 pm (Mon to Sun)
- The Lost Bread







Freezer Burn

00

Freezer Burn is a concept by the Tasteless Food Group, the same group that brought Le Petit Souffle, Hole in the Wall, and Bad Bird to Manila. With celebrated chefs Miko Aspiras and Kristine Lotilla in charge of this not-so-ordinary ice cream parlor, you'll instantly love the concept Freezer Burn offers. Going inside the place also means invading a freezer: its choice of color scheme makes the 20-seater place look cool (both literally and figuratively) with its use of pastel shades here and there.

Freezer Burn is not only creative in the aesthetics department, but also in its frozen dishes. Their Instagram-worthy delicacies will make you drool just by the looks of their dishes.

- A G/F Bonifacio High Street, 9th Ave., BGC, Taguig City
- © 02-738-6995 / 0927 387 2703
- 11 am to 10 pm (Sun to Thurs), 11am to 12 mn (Fri to Sat)
- Freezer Burn PH







Churreria La Lola

There's one other kind of Spanish food that's become a hit with Filipinos apart from paella and tapas: churros. As far as churros are concerned, there's only one place to get it: Churreria La Lola.

Entering any Churreria La Lola shop is very much like meeting a truck/cart/restaurant selling churros in the streets of in Spain. They've taken that same idea and gave it their own twist by adding their own flavors: dark chocolate, white chocolate, matcha, and a recent discovery, purple yam.

Churros are meant for sharing, which is why La Lola often serves it in cones of six.

- ♣ G/F, Serendra, BGC, Taguig City
- © 02-835-7369
- 10 am to 11 pm (Mon. to Sun)
- Churreria La Lola







Burgoo

Burgoo is an established all-American restaurant where you can surely find the American taste you are craving for and, beyond that, be served with more delicious eats.

Kids will enjoy eating the Mini Hamburgoo with US Fries or the Kiddie Pizza like an American adult but with a serving size that's right for them. After that, let them have a sweet treat with a little glass of Cookies 'N Cream shake. For adults, a must-try is their Seafood Jambalaya Supreme, a long-grain rice dish with mussels, calamari, shrimp, ham, chorizo, and other spices. It's served in a mini casserole which is good for two to three people to share.

- A Power Plant Mall, Rockwell, Makati City
- O 02-898-1815 / 02-898-1817
- 11 am to 9 pm (Sun to Thurs), 10 am to 10 pm (Fri to Sat)
- Burgoo Restaurant







Hungry Meeples

Hungry Meeples is an awesome hangout where you can bring your friends along and play a chill game of Solitaire or a brain-teasing round of board wargames while, of course, chowing down on cheesy, creamy, and saucy comfort foods.

A very tempting appetizer from the menu is the Gooey Cheese Fries, a plateful of fries soaked in four types of cheese, which include Mozzarella, Cheddar, Parmesan, and Emmental cheese.

If you're looking for a heavy meal, they have a lot of delicious options but you can start with their Spareribs Overlord. The spare ribs are savory with barbecue sauce and is served with corn and carrots and either rice or mashed potatoes.

- Unit 302, Pinnacle Building, Blk 3 Lot 8, Congressional Ave. Extension, Quezon City
- © 0917-964-6760/02-239-0050
- 4 pm to 12 mn (Tue to Thu), 4 pm to 2 am (Fri), 11 am to 2 am (Sat to Sun)
 Closed On: Monday
- II Hungry Meeples Restaurant, Games & Events Place







Maple

Dubbed as the perfect place to celebrate life's magical moments, the restaurant is inspired by classic children's fairy tales. The concept can be easily identified by the restaurant's rustic and old interior design, with its wooden floor, walls, and furniture, which could give a whimsical feeling to guests of any age.

The restaurant features Western-style comfort food with an American trained chef, international methods, and top quality ingredients. Maple also features an all-day breakfast menu with items such as the gourmet Prime Rib Tapa and the Philippines' "best" pancakes, lunch favorites such as the MAPLE Burger and low calorie Fish Tacos, and delectable entrees including Drippin' Baby Back Ribs and the hand crafted Spaetzle Jambalaya.

 $\underline{\otimes}\ 2/F$ San Antonio Plaza Arcade, 50 McKinley Road, Forbes Park, Makati City $\underline{\otimes}\ 02\text{-}621\text{-}6211$

⊙ 6:30 am to 11 pm (Mon to Sun)







Magnum Manila

Magnum Manila is the official cafe of the world-class Selecta ice cream — Magnum. It was first launched as a pop-up store last April 2014 at SM Aura Premier but has since moved to the SM Mall of Asia.

One of the highlights of the cafe is the Magnum Bar where you can create your own Magnum ice cream, with an array of add-ons from chocolate coating to the toppings.

The desserts may be gone, but the one thing that will keep you coming back has remained: the delicious Magnum ice cream (P 120) along with all 18 toppings and everything else you can use to make your own Magnum!

- A 2/F Main Wing (across UNIQLO), Mall of Asia, Pasay City
- © 02-917-8225
- ① 10:00 am to 10:00 pm
- @ www.magnum.com.ph
- MagnumPH





DOGS AND CATS CAFES







Bengal Brew/Wolf & Bear 🐽

Bengal Brew / Wolf & Bear is a pet paradise at a corner of Manhattan Parkview in Cubao where pet lovers can go on a mini safari to find adorable furballs. The cat area (Bengal Brew) is a mini wilderness with tree trunks and a long overhead playground. There are different cats here, dominated of course by healthy Bengal cats. The dog area (Wolf & Bear) has a brighter and more affable vibe, as we know how dogs are.

- A Manhattan Parkview, General Malvar Ave., Cubao, Quezon City
- © 02-238-56/02-366-8287
- 12 nn to 9 pm (Sun to Thurs), 12 nn to 10 pm (Fri to Sat)





00

Pups and Cups

Said to be the first dog cafe in the south of the metro, Pups & Cups Dog Cafe is the only cafe along the stretch of food spots in BF Homes, Parañaque that serves good food while letting you decompress with cute little puppies.

There are currently 15 resident dogs, most of which are toy dog breeds like Yorkshire Terrier, Toy Poodle, and Pomeranian.

- 🕰 363 El Grande Ave. Cor. Cebu St., BF Homes, Parañaque City
- © 02-801-6358
- (Tues to Sun)12 nn to 11 pm, Closed On: Monday
- Pups and Cups Dog Café



Wagging

00

Wagging Tails is aptly named to let coffee and pet lovers know that this cafe is a place of comfort and happiness. You will see a lot of wagging tails, wet noses, and floppy tongues at the dog zone. There are more than twenty resident dogs, many of which are very cute and playful puppies. Wagging Tails is divided into two zones - the dining zone and the dog zone.

- A 120 Maginhawa Street, Teachers Village, Quezon City
- O 0995-206-6511
- (Tue to Thurs) 11 am to 9 pm, (Fri to Sun) 10 am to 10 pm, (Mon) 11 am to 9 pm
- Magging Tails Cafe





Barkin' Blends

00

Pioneering dog cafés in the Philippines, Barkin' Blends Dog Café was established by a dog lover for dog lovers like herself. They have two zones: the first one is the human zone, wherein customers can enjoy burgers, pasta, coffee and milk teas. You can also purchase dog-friendly merchandise here. Guests are not allowed to bring their dogs in the cafe.

- 🕰 The Brickroad, Sta. Lucia East Grand Canal Mall, Cainta, Rizal, Antipolo City O 02-533-7290
- (Mon, Wed to Sun) 12 nn to 9 pm, Closed On: Tuesday
- Barkin' Blends Dog Café

Cat Café Manila

Cat Cafe Manila opened in 2015 with the aim of promoting Puspins (Pusang Pinoy or Filipino cats). Done in partnership with Compassion and Responsibility for Animals (CARA) Welfare Philippines, the cafe houses rescued Puspins that are also waiting to be adopted. The cafe is a quaint little space that has a fun kitty playground area and a low table dining setup which lets you sit on the floor while the cats play

You can enter the cafe for an entrance fee of P200 (good for one hour), half of which goes to kitty care and cafe maintenance while P100 is consumable. Their menu consists mostly of sandwiches, desserts, and cold and hot drinks, most of which are wittily named, like the Meowcaroons, Rainbow Cat cupcakes, or the Strawpurry Shake.

- № 2/F, 189 Maginhawa St. cor. Makadios St., Sikatuna Village, Quezon City
- Q 0917-536-4441
- (Mon to Sun) 12 nn to 10 pm
- Cat Café Manila





6 MUST-TRY DISHES in

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CARPACCIO ALLA CIPRIANI
(Traditional beef carpaccio with extra virgin olive oil, freshly-ground black pepper and parmesan shavings)



SPACHETTI MARINARA
(mussels, clams, prawns, squid, garlic, herbs in tomato sugo)



TOMAHAWK STEAK
(Certified Angus Beef grilled to perfection)



PULPIT ROCK SMOKED SALMON
(with apple, cucumber, taploca, soya and micro greens)



Carpacci

traditional fondus with Grupera and Emmental Cheese



CLOCHARD ROSCHTI
(crisp swiss rosti topped with grilled cervelat sausage, bacon crisp, onlon rings and fried egg)



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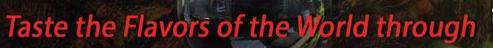


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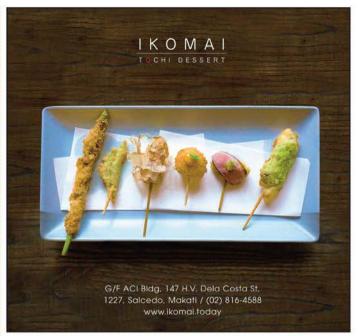
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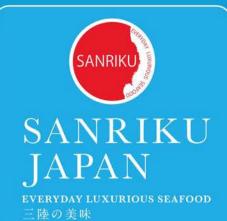






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MAP BGC D-2

Corner Tree Café

Corner Tree Café serves vegetarian comfort food, that's loved and appreciated by vegetarians and meat-lovers alike. This cozy restaurant – tucked in a tiny corner of Jupiter Street in Makati offers dishes that will appeal even to the pickiest eater.

Try their popular Arroz ala Cubana or Spinach Mushroom Lasagna, one of their best-sellers and pair it with a glass of wine or your choice of beer.

Corner Tree Café is recognized as one of Asia's Best Restaurants by the Miele Guide of Asia and considered one of the best—if not—the best vegetarian restaurant in the city by critics and fans alike.

- № 150 Jupiter St., Bel-Air, Makati
- © 02-897-0295
- @ 11:00 am-10:00 pm (Daily)
- @ cornertreecafe.com
- Corner Tree Cafe



Veg Nut Roas



Tofu Walnut Burger with Sweet Potato Fries

Soga Miga

Soga Miga is a Korean restaurant farnous for its charcoal grilled meat. This Korean-owned restaurant has been in the business since 1990. In 1997, Soga Miga opened various branches within Metro Manila. Their goal now is for the expats and locals to understand and embrace authentic Korean dishes. Soga Miga has a total of 17 rooms that can accommodate up to 16 people. They also have bigger rooms that can accommodate up to 40 people. Each table has its own hose on top, hanging from the ceiling. The hose sucks the smoke from grilling to get rid of the stench.

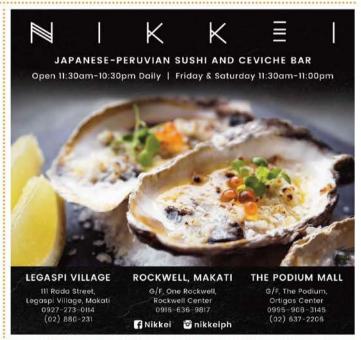
All beef are sourced from the US with Japan quality. Their chargrilled meat is very juicy and well marinated. The method of using charcoal prevents eliminating the umami flavor. The meat is well-browned on the outside, but remains juicy inside and full of the umami flavor.

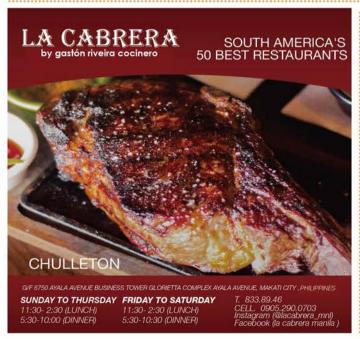
- Alabang Molito Commercial Complex Alabang Muntinlupa
- © 02-807-3008/0917-8073008
- 48 Km Aguinaldo Hi-way Lalaan 1 Silang Cavite (Beside Unioil) Rivera Golf Club
- © 0917-7195784
- Soga Miga 소가미가















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and others)



🍴 Restaurant Guide

MAKATI

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Corner Tree ☎ 02-897-0295

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A Ground floor, the beacon Don Chino Roxes. Avenue corner, Arnaiz Avenue, Makati City

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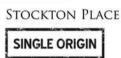






















































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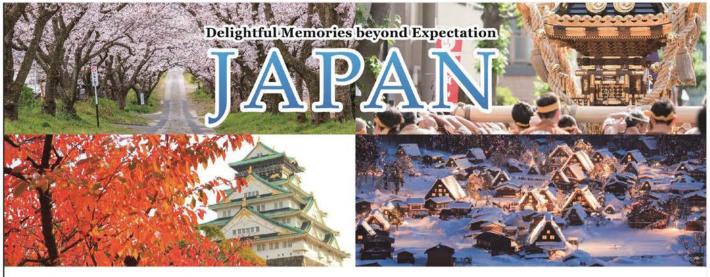
















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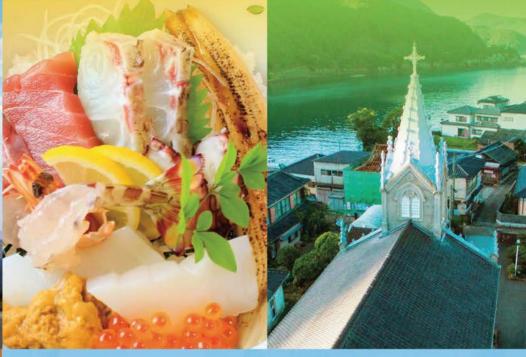






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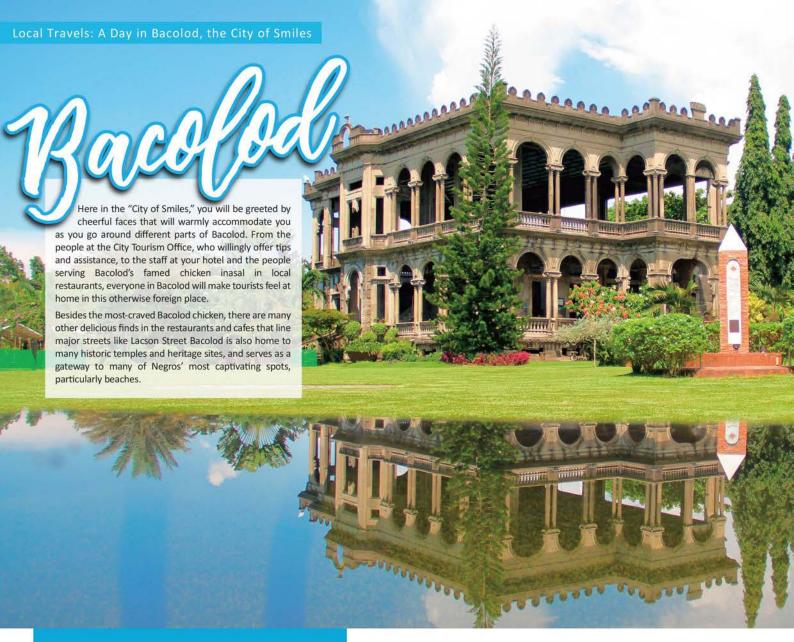


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How to go to Bacolod

To travel by plane, which takes only 45 minutes from Manila to Bacolod-Silay Ariport, is the best way to get to the province. From the airport, you can take a taxi (P350 - P500) going to the city proper for about 30 minutes

If you are coming from Iloilo City, the Port of Bacolod has daily three-hour ferry trips to Bacolod City via Dumangas route.

Travel tips:

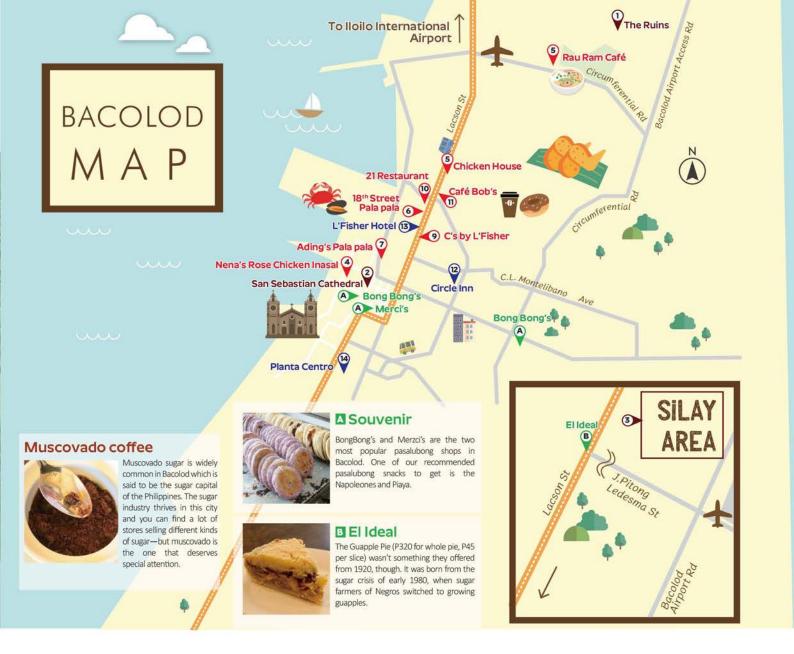
- Jeepney is the most common mode of transportation in Bacolod.
 For convenience, there are also a lot of Grab and regular taxis.
- The City Tourism Office, which is stationed inside Bacolod City Hall building, can offer tour assistance and refer trusted and accredited tour guides.
- When going out at night, it is better/safer to go in groups.

Where to go



The Ruins

Ancestral homes are not at all hard to come by in Bacolod Province, but the most famous of them all is The Ruins in Talisay City. The iconic ruin of this once-grand mansion, regarded by many as the Taj Mahal of Negros, is easily recognizable — a huge majestic structure set in the midst of a vast sugar plantation. The mansion was built in the early 1900's by a Spanish-Filipino sugar baron named Don Mariano Ledesma Lacson, in memory of his Portuguese wife Maria Braga.



San Sebastian Cathedral



Famously called the Bacolod Cathedral, the San Sebastian Cathedral is the most famous religious and historical landmark in the province of Bacolod.

San Sebastian Church was first built as a little chapel made of wood in the early 19th century. By the end of the century, the church was reconstructed into a bigger structure made of coral stones from Guimaras and hardwood from Palawan. The finished structure was inaugurated in 1882 and was later officially declared as a cathedral, the seat of the bishop, in 1933.

■ Silay Heritage House





Dubbed as the "Paris of Negros," there are a number of heritage houses, in Silay City mostly built at the turn of the 19th century that still exist. They are remarkably well preserved up to this day, which makes the town of Silay in Bacolod known throughout the country.

Some of the remaining heritage houses which are preserved and are open to the public are Balay Negrense and the Bernardino Lopez Jalandoni House. Aside from these houses, there are 23 more preserved heritage houses within the town of Silay in Bacolod that would mirror and relive the true Filipino experience up to the present time.

Where to eat

A Nena's Rose Chicken Inasal

P

Like raindrops hailing down on Bacolod, chicken inasal stalls and restaurants have spattered the city over the years. If you want to experience eating the famous Bacolod chicken like a local, Manokan Country is as good as it gets.

Nena's Rose serves different grilled chicken parts, which include the crowd favorite *pechopak* or chicken breast (P80/pc.), the lip-smacking *isol* or chicken butt (P70/stick), and chicken wings (P70/stick).

Nena's Rose uses the same original recipe that they have used since the business started in the 1980's. Their chicken inasal is well grilled, big, and packed with lots of flavors. Each bite is delicious even without a dip.

There are three steps to enjoy your Bacolod chicken inasal meal like a local: 1.) Pour some chicken oil over your garlic rice; 2.) Dip your chicken in *sinamakan* (spiced vinegar) or in soy sauce with calamansi and chili; 3.) Set the utensils aside and eat with your hands!



Isol or chicken butt P70/stick













Chicken House



Chicken House in Bacolod is one of the first restaurants that rode the popularity of Bacolod's chicken inasal. After decades, this homegrown restaurant strongly stands, serving one of the best-tasting and original chicken inasal not only in the province of Bacolod but also in Metro Manila.

Their best sellers are pecho (thigh), isol (butt), and pakpak (wings). They use the same style of preparing and grilling their chicken as the original recipe that captured the hearts of many people decades ago. Their chicken inasal is tender and tasty and goes perfectly well with rice.



Shrimp Lusgos (P195.50 per 250 grams)

18th Street Pala - Pala

DDDD

18th Street Pala-Pala is the first pala-pala (fish market) restaurant in Bacolod City. They opened last June 2003 as a small nipa hut. Two years after the restaurant's establishment, the restaurant was burned. They were re-discovered by food bloggers and chefs who raved about their food; this prompted them to re-open the business into the restaurant that it is now.

They're best known for serving fresh seafood in their 300-seater restaurant. Some of their best-sellers include the Shrimp Lusgos (P195.50 per 250 grams), fish tinola with sweet potato leaves (P169.50 per 250 grams), and their grilled sugba with atsara (P171 per 250 grams). Their fish tinola isn't like the tinola you're used to in Manila. It's actually closer to sinigang (sour soup) than it is to tinola.











Ading's Pala-Pala is a popular seafood restaurant in Bacolod City that caters to seafood lovers in a very spacious and fancy setup that's not a common image when it comes to pala-pala style restaurants.

Fresh fish and seafood are delivered to Ading's Pala-Pala every morning and evening. With the concept of pala-pala, you can enjoy picking out fresh fish and live seafood displayed in aquariums and have them cooked fresh into any kind of dish—be it grilled, fried, stewed or mixed with vegetables in a healthy soup.





Rau Ram Café is the first restaurant in Bacolod City that offers a variety of authentic Vietnamese cuisine. They opened last November 23, 2012 but first started as a garden restaurant that catered only to the owner's close friends and families. They were only discovered by food bloggers and chefs, thus later on deciding to expand the business into the restaurant that it is now.

"Rau Ram" is a term used for a Vietnamese mint. What separates Rau Ram Cafe with other restaurants is that they serve authentic Vietnamese cuisine, with most of the ingredients coming from Vietnam.

♠ Park Marapara, Brgy. Bata, Bacolod Negros Occidental

♠ (Mon to Sun) 11 am to 10 pm

© (034) 707-0255 / 0923 568 4474 ① Rau Ram Cafe

♣ San Juan St. (in front of Original Pala-Pala Market) Barangay 2, Bacolod City

⑤ 11 am to 11 pm

© 034-458-1594 ① Ading's Pala-Pala Seafood Restaurant Bacolod Price Range: P P300 & below P P P300 - P800







El Rau Ram Café

PPPP1,500- P2,000

C's by L'Fisher

After an exciting tour-and surely a sumptuous one-around Bacolod City, mellow out with some coffee and dessert at C's by L'Fisher, which is right next to the main entrance of the hotel along Lacson Street.

"C" stands for many things opulently sweet and uplifting-like a slice of cake, a warm cup of coffee, and all things chocolate. And rightly so, because C's is famous for their coffee, cronuts, and churros!

C's by L'Fisher offers a lot of delicious pastries that come out fresh from the oven every day. You can choose Chef Denis Original Croinut, Chocolate Glazed Croinut, or Sans Rival Croinut, which are all a delicious pairing with their Latte.

№ 14th Lacson Street, Bacolod City © 7 am to 11 pm © (034)-433-3731 ① C's- L'Fisher Hotel Bacolod







Sans Rival Croinut P45









21 Restaurant

This restaurant started as a hole-in-the-wall snack house located along the 21st and Lacson Street in Bacolod City, established in 1984 by Lydia de la Rama-Gamboa. They were first known for their La Paz Batchoy, considered to be a unique cuisine

After some time, this hole-in-the-wall merienda house expanded its business, thus becoming 21 Restaurant, a fine dining venue offering all kinds of fresh food which includes their Bulgan, Bangus, Tanigue, Kikiero, Crabs, Squid, Shrimps and Prawns that usually comes from the owner's own fishpond.

which kept their local customers coming back to the said place.

Café Bob's

PPP P800 - 1,500

This local cafe doesn't serve chicken inasal, but it is almost always full of customers. Being around long before commercial cafes opened in Bacolod, Cafe Bob's rule the roost in Bacolod's cafe scene, and its wide selection of homemade gelato, coffee, and pastries seems to have been the main reason for its success. Here, you will find a delectable display of cake creations by the owner's wife herself. A must-try is their Ube Leche Flan cake, a tribute to the locals whose favorite sweet treats always include ube (purple yam) and leche flan. Their Baked Speculous is also an awesome treat for people with a sweet tooth.

9. 21 Lacson Street corner B.S. Aquino Drive, Bacolod City 08 am to 12 am 0 (034)709-1091 ① Cafe Bob's





Where to stay



E Circle Inn

OO

Circle Inn started as a lodging house with only 64 rooms vacated by tenants. It is a family owned business, managed and run by Mr. Orson Ong and was first located at the old Ceres bus terminal.

Circle Inn provides guests a comfortable, pleasant and memorable experience by offering them a guiet, spacious room and an accessibility to businesses near the south terminal in Bacolod city.

Some of their facilities and services include a pool, a 24-hour convenience store, 24-hour room service, their own restaurant which is open until 10:00 pm, two boardrooms, Koi fish ponds and laundry and pressing services for guests.

They also offer an 8-hour day tour to their guests which will include a trip to Mambukal, Balay Negrense, Campuestohan, The Ruins, Pasalubong centers and the Negros Show room. The day tour is priced at P2,500 which is good for four people. However, P500 shall be charged per additional person who would want to join the day tour.















E L'Fisher Hotel

DDDD

Conveniently located along Lacson Street, also known as the tourism street of Bacolod where food, shopping, and entertainment spots abound, L'Fisher Hotel is one of the best options for a luxurious accommodation in Bacolod. The hotel has a warm and homely atmosphere combined with elegant interiors and modern facilities. You'll be walking on carpeted floors and under beautiful chandeliers that add to the cozy and old-world glamour of the hotel. Staying at L'Fisher is like staying at a quaint old mansion.







Planta Centro

DDDD

Planta Centro promises Bacolod visitors an unforgettable stay with its elegant and spacious accommodation and guest-centered service.

An imposing Mediterranean-style structure on the corner of Araneta and Roxas streets, Planta Centro offers accommodation that emulates hacienda living. This hotel is an attractive place to walk into for people who seek a pampering and convenient lodging.

Araneta Corner Roxas Street, Bacolod City © (034) 468-0400 ① Planta Centro Bacolod Hotel & Residences, Bacolod City @http://www.bacolodplantahotel.com/

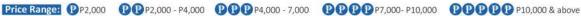














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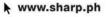
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MEDICAL PROFESSIONALS

For an expat, there are basic necessities that you need to know to have a comfortable stay in the Philippines. Apart from food, means of transportation, and emergency hotlines, it is important to be aware of health services around the Metro. This includes finding a physician you can talk to about your health condition as you live in the Philippines.

To help you out, here are 4 trusted medical professionals in Manila, who are highly-experienced and trained to provide the best care for their patients. Get to know them as you read their profile and each of their specializations.

ARE PAUL A COSMETY

June Paul Ayache Garcia, MD

Dermatology and Aesthetic Medicine

Dr. June Paul Ayache Garcia is a dermatologist by profession who focuses on aesthetic medicine. A nine-year professional, he took his pre-medicine degree of BS Biology at the De La Salle University in Manila and his MD at the De La Salle University Health Sciences Institute in Cavite. He completed his post-graduate training at the Cardinal Santos Medical Center and passed the Physician Licensure Examination in 2004. He was also trained at the Medical Skin Health Training Foundation Inc., and at the National Skin Centre in Singapore. He earned a Dr. Albuquerque C. Lopez Sr. Excellence Award in the field of aesthetic medicine in 2012 and served as member of the board of the Philippine Association of Primary Skin Health Physicians Inc.

As a dermatologist, his services include plastic surgery, botox, fillers, laser skin rejuvenation, laser tattoo removal, chemical peel, mole removal, laser hair reduction, pigmentation treatment, skin tightening, and body contouring, among others.

Make an appointment:

✓ Wilson and Ayache Clinic, LG/F, Legaspi Park View Condominium, Legaspi Village, Makati City Tuesdays to Sundays: 11 am to 8 pm (By Appointment)

Ignacio A. Catelo, MD

General Surgery

Dr. Catelo is a surgeon by profession. He chose the medical field as a career not only to strengthen his desire to serve the Filipino community but to promote health and well-being to his countrymen. He graduated with a degree of BS Biology at the University of San Carlos in Cebu, took his MD at the University of Sto. Tomas - Faculty of Medicine and Surgery, and had his residency training at the Mary Johnston Hospital in Tondo, Manila. For him, handling major trauma cases is more challenging as it involves both life and death issues. Despite this, it did not stop him from continuously serving his patients for them to achieve their full recovery and regain their strength to continue on with their lives. As a surgeon, Dr. Catelo offers the following services: examination and treatment of diseases in the liver, gallbladder, and pancreas; and surgery on other cases involving the head and neck, breasts, soft tissue, thyroid, colon, rectum, hemorrhoids, and hernia.



Make an appointment:

- ✓ Qualimed BGC, 2/F Bonifacio Stopover 1,32nd Avenue, BGC, Taguig City Tuesdays to Thursdays: 8 am to 10 am
- Tokyo Healthlink Medical and Diagnostic Center, Sunnyvale Building 1, Don Chino Roces Avenue, Makati City Mondays and Thursdays: 4:30 pm to 6:30 pm
- ✓ Healthway, 4/F Greenbelt 5, Ayala Center, Makati City Wednesday: 5 pm - 7 pm, Friday: 5 pm - 7 pm

Renato M. Recio, MD

Internal Medicine/ Nephrology

As a nephrologist, Dr. Renato M. Recio treats ailments in the kidneys, hypertension, and conducts dialysis if needed. He decided to take Medicine as a response to his childhood dream and has been practicing for 18 years. He graduated with a degree in BS Biology at the University of Santo Tomas, and took his Medical Degree at the Pamantasan ng lungsod ng Maynila. He had his residency training for internal medicine at Ospital ng Maynila Medical Center, and his fellowship training in nephrology at St. Luke's Medical Center. He also worked at the Singapore General Hospital under the Renal Medicine Department. He usually starts his day by doing rounds for his in-patients at St. Clare's Medical Center, Medical Center Taguig, and St. Luke's Medical Center in Quezon City. He holds his clinic for about two to three hours every day and serves as a panel physician for the US, Australia, Canada, and New Zealand Embassies.



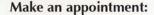
Make an appointment:

- √ Room 206, St. Clare's Medical Center, 1838 Dian St., Palanan, Makati City Tuesdays: 10 am to 12 nn, Saturdays: 4 pm to 6 pm
- ✓ Room 339, St. Luke's Medical Center, Quezon City Mondays and Wednesdays: 10 am to 12 nn
- ✓ Medical Center, Taguig City Thursdays: 8 am to 10 am, Saturdays: 9 am to 11 am

Orlando S. Serafico, MD, FPOA

Orthopedic Surgery

Dr. Serafico is an orthopedic surgeon by profession. The scope of his practice includes the following: arthritis and osteoporosis management, treatment of fractures and handling of spine, hand, and arthroscopic and pediatric orthopaedic cases. He finished his pre-medical degree at the University of Santo Tomas. He took his MD at the Fatima College of Medicine, had his internship at Jose R. Reyes Memorial Medical Center, and completed his residency training at the Department of Orthopedics in the same institution. His approach to treating patients is somewhat unique. He earns the patients' trust by thoroughly explaining to them their conditions, possible treatment options, and expectations during their recovery in the simplest interpretation possible by using layman's terms. He has been practicing as an active fellow of the Philippine Orthopedic Association for the past 17 years.



- ✓ Room 206, St. Clare's Medical Center, 1838 Dian St., Palanan, Makati City Mondays and Wednesdays: 10 am to 12 nn Contact no.: 02-831-6511 local 154
- ✓ Room 943, United Doctors Medical Center, 6 N. Ramirez St., Quezon City Mondays to Saturdays: 2 pm to 5 pm Contact no.: 02-425-2325



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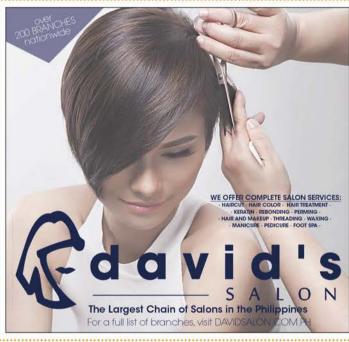
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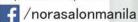
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"Old world meets new world" is the name of the game for Arch Offices. Located in Makati CBD, this coworking space is a hub of productivity and creativity where freelancers and passionate professionals collaborate in a stimulating work environment. This Seattle-inspired office boasts of its stripped-back spaces that cater to every professional. Arch Offices houses internet-enabled open area work spaces, access-controlled private spaces, meeting rooms complete with essential equipment, and a quaint common room. Arch offices is also a provider of serviced office spaces for micro businesses, SMEs and independent workers. They also cater as industry service and technology provider. The place is designed with a mix of fashionable furnishings that speak urban with a sunny outlook. Veering away from the usual bland corporate cubicles, Arch Offices dares to be an office environment designed to be a conducive area that's fresh, sleek, and well-equipped.

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Screening is required before a contract can be signed. There is a minimum contract period of one month. The office usage fee (room lease and common service fee) includes both electricity and Internet usage (shared line).

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- & 23/FTower 6789, 6789 Ayala Avenue, Makati City © 9 am to 6 pm © 02-528-3100/02-801-3417 @ www.leopalace2l.cojp/so/en/manila







Shuffle Makerspace

Atop San Juan's lovely neighborhood spot Flossom Kitchen + Café lies a charming little space for coworking. Shuffle Makerspace serves as a multipurpose venue where various activities take place. This inviting space can be shuffled into a preferred function area where one can conduct workshops, meetings, and hold focus group discussions, special events, and screen shows. Its manageable working area makes it an easy choice to bring passionate projects to life, with its functional and aesthetically-pleasing room. Adorned with pendant lights, multicolored ergonomic chairs, and pretty office accents, Shuffle Makerspace is truly one of the best coworking spaces in Manila to get your creative juices flowing.

Rate: Whole day (8Hrs) P500 / Halfday (4hrs) P350 / Pit Stop (Per Hr) P100 / Weekly (6 Days) P2,800 / monthly (24 Days) P10,000 / 10 day pass +1 P5,000









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Rate: Annual plan ranges at P19,000 to P264,000 / 7-11 months ranges at P20,000 to P277,200 / 1-6 months ranges at P20,900 to P290,400

 23/F, GT Tower International, 681
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 02-464-7100
 info@crosscoop.co.jp/en/manila 23/F, GT Tower International, 6813 Ayala Avenue (corner HV Dela Costa), Makati City

Business Talk

An interview with the top executives in the Philippines Get a first person point of view when it comes to business



Tomoyuki Okagawa was born in Tokyo in 1964. He graduated from Sophia University in 1986 and began his career as a salesperson in a major Japanese company. He then transferred to JTB where he first dealt with overseas trips. He was assigned to Frankfurt in 2001 and Singapore in 2009. He came to the Philippines in 2013 at the time when JTB Philippines was established. He is a railway fan and has ridden Manila's different railways.

What made you decide to transfer to JTB?

I used to work as a salesperson in the manufacturing industry. When I was in grade school and junior high school, my father worked in Detroit, USA as an engineer for a car company. My father gave me this image that working in the manufacturing industry is what a man should do; that's why I chose to work in a manufacturing company after I graduated. Working in manufacturing was not that bad; however, when I saw the job posting from JTB that says "why don't you show your passion for traveling?" I found myself sending my CV.

I always liked traveling. I went on trips as a student. On one summer holiday, I traveled around Hokkaido for 2 months. I learned the art of hospitality while travelling and having part-time jobs. Students of Sophia University worked as teachers at cram schools with the wage of a few thousand yen per hour, but I worked in a guesthouse with the wage of 300-yen with meals.

What department did you start in at JTB?

I was involved in selling overseas tours packages. I was stationed in one of the branches in Tokyo for 11 years where I arranged corporate tours government inspection tours, etc. One of the tours includes "Recovering the Remains of Soldiers in Siberia." In the early 90s, Vietnam became a popular destination. I was in charge of arranging inspection tours for those who wanted to start a business or invest in Vietnam.

What did you do after 11 years of operating tours from Japan?

I went to Frankfurt as an expat and was stationed there for six years. It was my first office abroad. My job was to arrange tours and take care of Japanese tourists.

Germany, at that time, had the 4th biggest number of Japanese tourists, following France, Italy, and England. There were many missions to see the cutting-edge green technology in Germany.

Which of your tours in Germany stood out the most?

There was a big incentive tour with 4,400 tourists that went without a hitch. We couldn't fit them all in one flight, so we divided them into six groups. We had to fly them Tokyo, Osaka, and Nagoya to Frankfurt for their sightseeing tour in Germany. It took three weeks to take them around Germany. After that, they headed to Paris by bus and stayed in Paris for four nights. We hired 20 buses and 200 conductors for the tour.

Which office were you assigned after Germany?

I went back to Japan for two years, then I was assigned to Singapore in 2009. It was before the construction of Marina Bay Sands was completed. I was put in charge of corporate planning for Asia. I decided which areas to put more efforts, allied with relevant companies, and purchased some other companies. I remember looking at the aerial garden "Sands Sky Park" set on the top of Marina Bay Sands from a helicopter.

How do you see Southeast Asia compared to Europe?

I think Southeast Asia is very energetic. On the contrary, Europe is mature and fashionable. For example, classical music suits Europe well, but not the Philippines. The passion here is overwhelming, but it's not the same in Europe. It's very valuable for me to experience living in both Southeast Asia and Europe.

We heard that you have been in the Philippines since 2013.

It has been four and a half years already. I was here at first to survey the area; two years later, we established our first office. I handled everything at first. People often comment "It must be fun to work in the Philippines for such a long time" but actually my first two years were tough. It was only recently that I got rid of my worries and was able to devote myself to work.

How many offices does JTB have?

There are about 1,000 offices in Japan and 110 offices in 37 countries. In the Philippines, we have two offices: one is in Manila and another in Cebu. Before the opening of these offices, we rented a corner in a travel agency.

Our Manila branch is our outbound office; it is for the Filipino travelers going to other countries. We also deal with clients looking for casinos and luxury hotels in Manila. On the other hand, Cebu is a resort area and has many tourists including the Japanese. Our Cebu branch mainly deals with inbound tourists.

What do you think of the companies that implement incentive tours in the Philippines?

Travelling is a top priority for Filipinos, much like how it was in Japan 30 years ago. Japanese companies used to send their staff on incentive tours to destinations like Hawaii or Europe. It reduces corporate tax and acts as an effective way to motivate employees. It is not as common in Japan anymore, but it has become a thing in the Philippines. This is why the Philippines is becoming our most important client.

What are the best traits of Filipinos that will attract investors?

Hospitality and flexibility are great characteristics of Filipinos. Our Filipino staff can communicate well with clients, even without a manual. They also smile a lot more compared to our staff in other countries, and clients appreciate that.

What traits would deter potential investors?

Some Filipinos are not punctual. I am strict with attendance, so my staff have already learned to come on time. If they are punctual, most of the other issues could be solved. Heavy traffic is also a problem. Our corporate sales team goes to places like Laguna, Cavite, Batangas, Quezon, and Clark, and they often have to reschedule their meetings due to traffic. The most number of companies they can visit in a day is three, which is inefficient.

There are many local travel agents in Manila. What is JTB's strength compared to other local companies?

Our biggest edge is the size of our network. We can take care of our client's requests, especially if they want to travel to Japan thanks to our strong global network. We can operate everything by ourselves and not have to be part of a delegation.

We are, however, thinking about including Airbnbs to our portfolio. We don't have enough hotels in Japan, so Airbnbs have become more important to boost the number of tourists flying to Japan. It will enable foreign tourists to visit more local areas where hotels are not available.

Inbound tourism to Japan is a booming sector in the Philippines. How does JTB plan to take advantage of this?

We would like to tap wealthy Filipinos. These are the type of people that have a lot of requests yet don't mind the cost. We can customize the plans according to their preference. For example, we can arrange for a private jet and have them travel to resorts around the world with their own tour guide. Some customers prefer to travel by themselves without tour guides, but they still want someone ready to assist them whenever they want. JTB has the know-how to respond to those needs.

Do you have plans to expand JTB in the Philippines?

We are looking to put up more retail stores. We opened one at the Mall of Asia a year ago, and we're looking at opening another at SM North EDSA in Quezon City.

For the complete interview, you may view it at www.primer.com.ph

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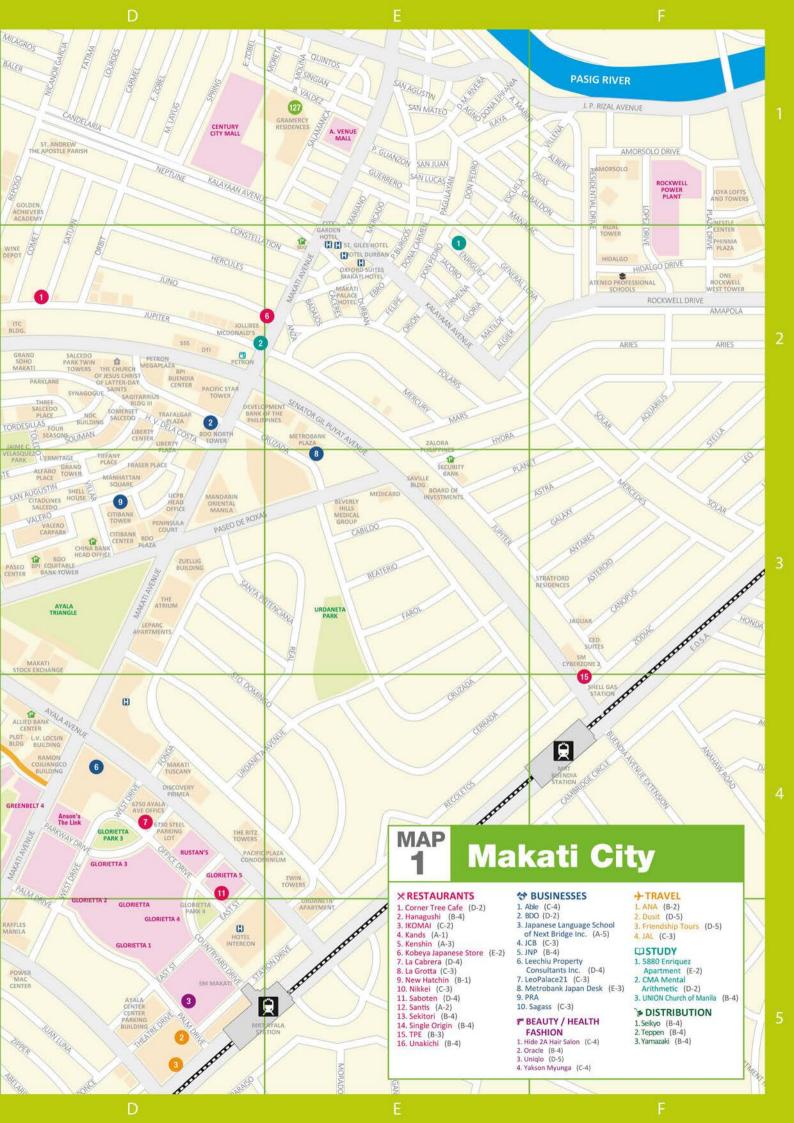
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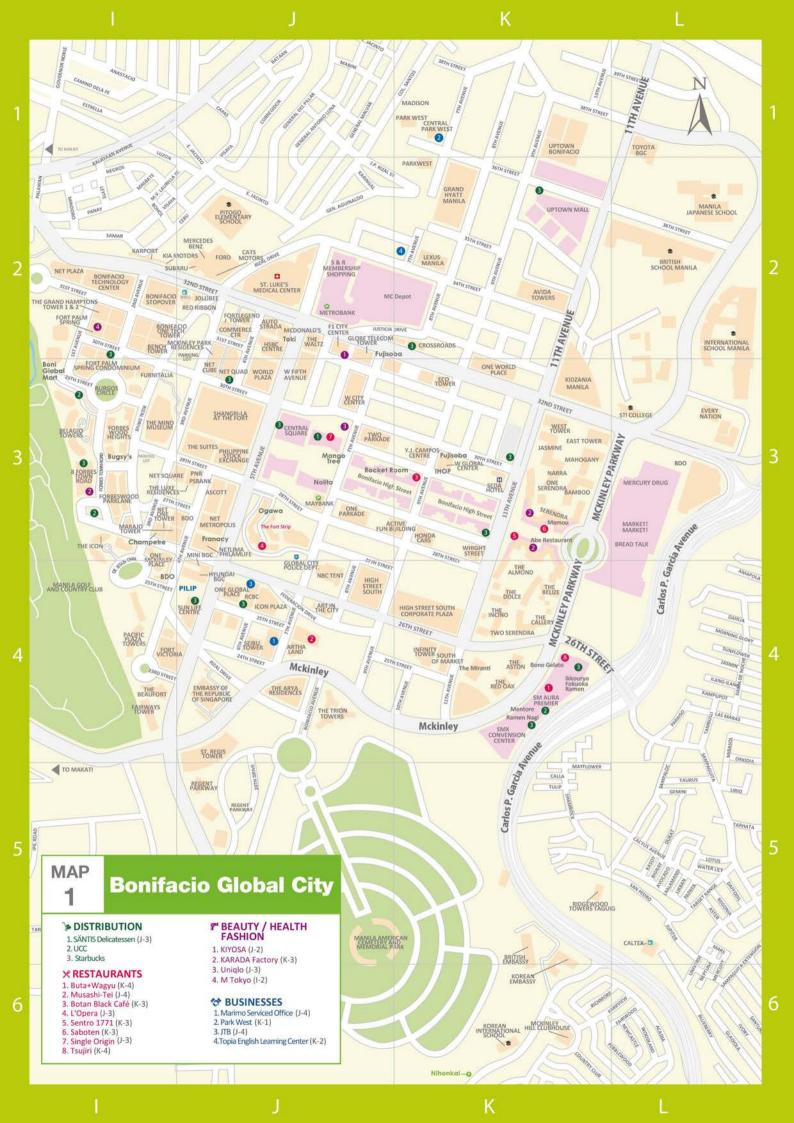




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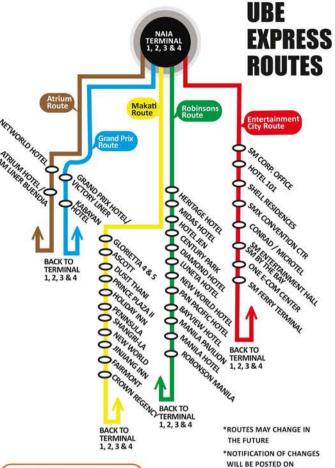
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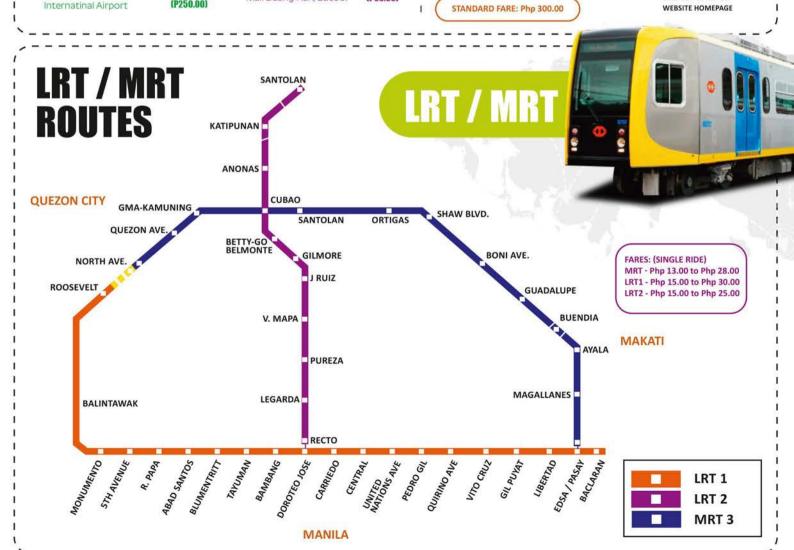
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Drum Tao

World-renowned Japan martial arts and drum-playing extraordinaires Drum Tao will explode onto the Manila stage with its eclectic mix of dance and martial arts as the dynamic and innovative Japanese performers beat their Wadaiko Drums.

♥Kia Theater, Cubao, Quezon City



Lany Live in Manila

American band LANY is back! They'll be having their first arena show in the Philippines as they headline Smart Araneta Coliseum on April 5, 2018. Dance and sing your heart out as the three-man band serenades all their fans this April

Smart Araneta Coliseum, Quezon City

MAKATI



Kinky Boots

Back by popular demand, a limited repeat run of Kinky Boots will happen on March 2-18, 2018 at the Carlos P. Romulo Auditorium in Makati with artist Nyoy Volante portraying the character of drag queen Lola.

RCBC Plaza, Makati City

SPOTLIGHT



March 23-25

Malasimbo Music and Arts Festival 2018

Malasimbo Music & Arts Festival is now back on its 8th year, and this time, they will be bringing in some of the freshest local and international artists for 3 days with nothing but good music, arts, and culture. Happening on March 23 to 25 at the Malasimbo Amphitheater in Puerto Galera, Oriental Mindoro, Malasimbo Music & Arts Festival will continue its goal to blend the traditional and contemporary arts and musical performances while working towards the protection of the environment.

This year's lineup will be led by one of reggae's signature bands, Big Mountain. Joining them will be Grammy-nominated future soul, Australian quartet Hiatus Kaiyote, along with up-and-coming songwriter Micki Miller, Laneous, Filipino-American rapper/femme-cee Ruby Ibarra, and many more talented Filipino artists.

Be sure to get your tickets and book your accommodations early since the festival is sure to draw a huge crowd this year!

Malasimbo Amphitheater, Puerto Galera, Oriental Mindoro

Malasimbo Music & Arts Festival

●P2,500 – P7,000 via Volume Unit Entertainment

MUNTINLUPA



Wanderland Music & Arts Festival

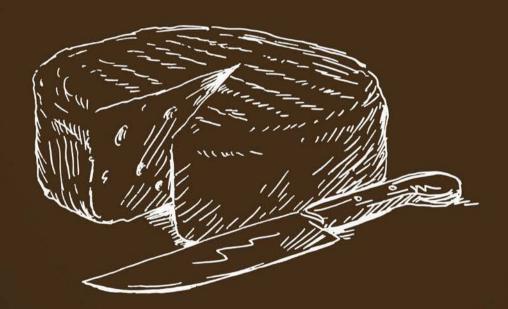
The annual music and arts festival in the Philippines - Wanderland is happening on March 10 at Filinvest City Grounds at Alabang. International indie artists like Daniel Caesar and Kodaline will be joining the lineup along with other bands such as FKJ, Lauv and IV of Spades.

Filinvest City Grounds, Alabang, Muntinlupa City



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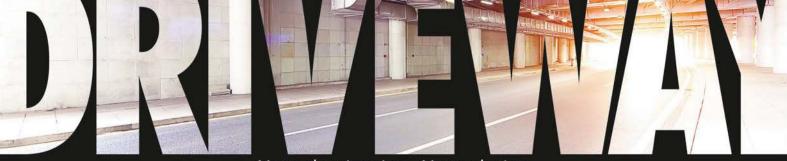
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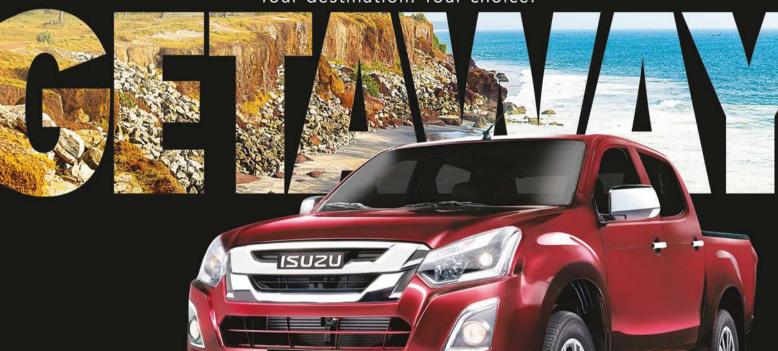
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