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November 2018









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Concerts, Festivals, Family Events, and More

Features of the Issue

COVER – Poblacion comprises Rockwell in the east, Century City in the west, and Makati Avenue cutting through the center. There's also Burgos, known as Makati's entertainment district brimming with bars and nightclubs. In this issue, we explore Poblacion not only for its nightlife but also for the restaurants and cafés that welcome more discerning customers with great food and ambience. We also throw in a few picks from Rockwell and Century City.

JAPAN SPECIAL — Tokyo is often represented by soaring towers and skyscrapers, bustling shopping districts, and a vibrant pop culture. On the other hand, it is also the cradle of old culture, tradition, and history, which continue to thrive amid the soaring urban jungle. Join us as we uncover Tokyo's hidden charms in places that tourists of today would least expect.

TRAVEL – Other than the beach, Laguna serves as a great getaway to refresh as it is blessed with natural bodies of water like lakes, hot springs, and waterfalls. Go on a food trip in the neighbor towns of Calamba and Los Baños as you get soaked in a relaxing hot spring or in the view of Mount Makiling. Or, enjoy thrilling nature activities in Pagsanjan, the gateway to the famous Pagsanjan Falls. In this feature, we take you around these towns to explore their natural wonders and gastronomic gems.

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fantastic bars and late-night restaurants that allow for people to unwind and escape from stress. But beyond the bright lights and energetic sounds, Poblacion has more to offer than just nightlife and entertainment. It also harbors cozy cafés and laidback restaurants, where people who are not into partying and loud music can also find refuge.

In this feature, we walk you through some of the hottest bars in Poblacion, but we also take you deeper into places that are beyond nightlife.





Long Time Ago | @@

Long Time Ago is a Chinese restaurant specializing in Sichuan cuisine, which is known for its famous cooking method of grilling and dishes that have spicy and bold flavors. The restaurant is equipped with tables with built-in grillers. Under the heat of charcoal, a 15 to 30-minute grilling is needed before eating. Meats are served with either spicy, garlic, or honey flavor. Another must-try, Steamed Shrimp with Garlic, features the complementary flavors of garlic and freshly steamed seafood. The dish is served fresh under a small chunk of charcoal.

Making sure to serve authentic Sichuan cuisine, their chefs are trained all the way from China.

🔾 5050 P. Burgos St. cor. Gen. Luna St., Poblacion, Makati City

O Lunch: 12 am to 3 pm, Dinner: 5 pm to 3 am
Company Long Time Ago Chinese Restaurant

@ @longtimeagoph





Antidote

Antidote is the first and only jellyfish rooftop bar in the Philippines. Countless jellyfish swim gracefully inside a thin wall aquarium that extends from one side of the bar to the other. If you want to be closer to the sky, go up to the mezzanine, designed with a spacious open bar and high-top tables and high-

Antidote collaborated with the head bartender of New York's Mace, one of the World's 50 Best Bars (2017), to craft a cocktail menu that will complement your out-of-this-world bar experience. A best-seller cocktail is Mr. DOMango which, at one look, might fool you with its bright and fun look with tapioca pearls—it's anything but a kid's drink!

Roof Deck, I'M Hotel, 7862 Makati Ave., Poblacion, Makati City

© 02-755-7888 © 5 pm to 2 am (Mon to Thu, Sun); 6 pm to 3 am (Fri to Sat)





The Wild Poppy

At The Wild Poppy, every dish is an innovation and every drink a concoction to lovers of food and tea alike. It endorses a comfortable vibe with its fashionable and cozy terrace seats, reminding its dwellers of an oasis far from the roads below. The Wild Poppy serves modern Southeast Asian cuisine with delectable twists. The Red Thai Noodles, with its creamy red curry and fried noodles with a mild potato essence, is highly recommended to lovers of Thai food.

- 2/F 5666 Don Pedro St., Poblacion, Makati City
- © 0995-990-8737 © 6 pm to 1 am (Mon to Thu); 6 pm to 3 am (Fri to Sat)
- thewildpoppymnl.com
 The Wild Poppy



Alchemy Bistro Bar | 100

Alchemy Bistro Bar believes their fusion of classic European dishes and an interior will surely get its customers hooked. At night,



this bar glows a peculiar mauve from the outside, while inside it has a relaxing vibe, especially at the main lounge called the Elixir Lab. Upstairs, you can sample potions, both alcoholic and non-alcoholic mixes, from the open bar in the Philosopher's Patio.

is known for their Slow-Braised Lamb Shank, with a side of couscous, beans, and pine nuts; Fillet Au Poivre served on a bed of mashed potatoes, steamed carrots, and Brussel sprouts; and their Half-Pound Burger with a side of fries.

♥ 4893 Durban St., Poblacion, Makati City © 02-500-7398 / 0917-555-5641 © 11 am to 4 am (Mon to Sat); 2 pm to 2 am (Sun)

alchemybistrobar.com
 Alchemy Bistro Bar



PR00 - 1,500

PPPP1,500- P2,000







WOKby 4900 | @@

Inspired by Wok to Walk, a custom-made Asian restaurant chain from the Netherlands, floor, built as a co-working space with fast internet and charging stations. The co-working space is open during the day for reservation, with rates as cheap as P50 per hour. They also offer original cocktail creations called woktails.

- ♥ 4900 Durban St., Poblacion, Makati City © 0927-339-0869 © Hours: 5 pm to 3 am

- ① WOKby 4900





Yoi DD

Yoi puts the taste of Japanese and Scandinavian cuisines together in one plate and offers brand new flavors that you may not be able to find anywhere else in Makati. Besides the catchy graffiti art designed to captivate its diners, Yoi also boasts an open kitchen that makes it easy to see the chefs prepare the food. They also highlight their extensive sake menu, the best-selling of which is Daimon. They offer a Sake Tasting Menu with six kinds of sake in unique flavors.

♥ 5579 Alfonso St. cor. Fermina St., Poblacion, Makati City © 0917-105-5832

① YOI

O 7 pm to 2 am

@ @yoipblcn





Kite Kebab Bar 🏻 🕕

Kite Kebab Bar offers a menu of Mediterranean cuisine and street food, inspired by the homeland, Iran, of Filipino-Iranian celebrity owner Kian Kazemi. Many of the dishes contain a healthy mix of vegetables and beans, most popular to women who frequent the bar. Among these dishes are the Vegetarian Samosa, the long-grained Basmati rice, and their Hummus, a classic Mediterranean dish made with mashed chickpeas and served with pita. For a more exotic street food choice, try their boiled Ox Brain, not for the faint-hearted.

O 5772- Ebro St., Poblacion, Makati City

© 02-810-7388 © 11 am to 3 am

kitekebabbar.business.site
 Kite kebab bar / Mediterranean street food



Tilde Hand Craft Café | 🕬 🕕

Tilde Hand Craft Café is one of those local cafés that champion local coffee. Their coffee, organically grown and handpicked, is solely sourced from the farm of Bukidnon tribespeople in Mindanao. Most of the ingredients they use for their food also come from local



suppliers. For their sandwiches, Tilde uses homemade sourdough that is naturally fermented. Arroz a la Cubana uses homemade chorizo with veggies and topped with a runny poached egg. It is fragrant with spices and is enjoyably on the sweet and savory side. Of course, you can't be in a "handcraft cafe" without a specially handcrafted coffee like Vietnamese Iced Coffee, which uses 100% Filipino coffee to create an enjoyable Vietnamese-style coffee drink.

St. 17 Matilde St. cor. Gen. Luna St., Poblacion, Makati City

© 02-771-2764 © 8 am to 7 pm (Mon to Sat), 9 am to 4 pm (Sun)





Loho Filipino Tavern | 🕬 🕏

Another brainchild of former Filipino actor and TV host, Kian Kazemi, this homegrown bistro does not only showcase the best of modern Filipino cuisine but also pay tribute to the local culture. A must-try Filipino dish with a twist is the Lobo's Lamb Adobo, whose meat is well-cooked and tender, and scent is very approachable. For some bar chow, there's the ever-reliable Inihaw na Liempo. It's so tasty that you might just find yourself ordering another round of beer...or rice...or maybe even both.

Q 4898 Durban St., Poblacion, Makati City **⊚** 02-805-9380

5:30 pm to 2:30 am (Mon to Thu, Sun); 5 pm to 4 am (Fri and Sat)



Yalla Yalla | 🔞

Set as a small, quick casual diner, Yalla Yalla offers affordable and authentic Lebanese cuisine for a recovery treat you and your companions are longing for after a tough day at work "Yalla" is a common expression in Arabic meaning "let's get going."



They offer a traditional Mediterranean diet that often includes vegetables and olive oil, which are known to confer health benefits. The Lebanese Burger is made with a half-pound beef patty with fresh tomato slices, coleslaw, and Lebanese fries that remain crispy even after a while. They also have Falafel (deep-fried chickpea balls) and Sujuk (spicy sausage) which can be served wrapped or with rice. You can make your food savory and intense with the toum (garlic sauce) and shatta (hot sauce).

♥ 5652 Don Pedro St., Poblacion, Makati City © 02-986-7078

11 am to 2 am

Yalla Yalla Express @ @yallayallaph





Encima Roofdeck Restaurant | 🍽 🖤

It used to be a simple restaurant that happened to be on the roof deck of City Gardens Hotel. Now, it has been re-introduced as Encima, which means above in Spanish, also inspiring their Tex-Mex menu and interiors. Embracing the outdoors, they kept the roof deck open to allow diners to both eat and enjoy the Makati skyline at the same time.

A highly-recommended dish is Chili Pork Ribs, dry-rubbed pork rib served with chipotle BBQ sauce. It starts with a sweet and sour taste before getting spicier after every bite. Another flavorful dish not to miss is Salmon Mexicana, a piece of charred salmon that retains its freshness and juiciness elevated with a special mix of spices. It's topped with mango jalapeno salsa to give it a burst of flavors.

Roof Deck, City Garden Hotel, 7870 Makati Ave. cor. Durban St., Poblacion, Makati City

© 02-835-3554 © 4 pm to 12 am

♠ Encima Roofdeck Restaurant





The Smokeyard | @ @

The Smokeyard is a friendly and unpretentious place where meats are treated as the kings of the restaurant. Their famous smoked meats are carefully prepared at low temperatures over a long period of time, following a classic Southern technique of smoking that uses a combination of 100% fruit and hardwoods such as apple, hickory, and oak. They also serve traditional barbecue cuts and non-traditional meats like lamb leg, ham, tri-tip, salmon, and pork belly. The Smokeyard also serves spirits, local craft beers, imported beers, wines, and classic drinks such as fresh lemonade and fresh brewed Southern sweet tea to pair with your favorite smoked meat.

♥ 5666 Don Pedro St., Poblacion, Makati City
⑤ 02-771-1288
⑥ 12 pm to 12 am (Tues to Thu, Sun); 12 pm to 2 am (Fri and Sat)

① The Smokeyard **②** @smokeyard





Dulo MNL | 100

Dulo MNL is a fine place fit for the young community of the city. A cafe-by-day, bar-by-night, and an events place rolled into one, Dulo MNL stands out among other hubs in Poblacion. The place has a playful industrial Pork Belly Bao, a piquant combination of braised pork belly, cilantro, and ground peanuts. The Crispy Chicken and Mushroom Bao, likewise, deserves a taste. They mostly have Asian dishes on their menu

Visitors should also not miss out on Dulo MNL's coffee and signature drinks. They serve delicious classic coffee like Americano, Latte, and Long Black. The prices of their cocktails range from P270 to P320.

Q 4992 P. Guanzon St., Poblacion, Makati City

© 0956-504-0739 © 10 am to 2 am (Mon to Sat)

① Dulo MNL ② @dulomnl



Rural Kitchen of Liliw, Laguna 🛛 📵

Bringing you a Filipino dining experience from the humble province of Laguna is this homey restaurant that serves up nostalgic, home-cooked meals. Owned by Chef Justin Sarabia, Rural Kitchen of Liliw Laguna pays homage to his



grandmother, who was the inspiration behind the cookery. The culinary fare they offer are based on the heirloom recipes of his grandmother in Liliw, Laguna.

mented vegetables, pickled ampalaya, and soy sauce dip—but can be enjoyed as it is because the salty and sour flavors have penetrated well in the dish.

 \mathbf{Q} 6060 Palma St., cor. Osias St., Poblacion, Makati City \odot 09178650547 / 02-809-1898 \odot 11 am to 10 pm (Tues to Sat)

PR00 - 1,500

(f) Rural Kitchen of Liliw, Laguna





ROCKWELL & CENTURY CITY





X046 Heritage Bistro | 🕒 🗈

XO46 was put up by couple Andrew and Sandee Masigan, owners of The Advent Manila Hospitality Group in the Philippines, out of their desire to showcase Filipino cuisine in a different environment. Everything inside the restaurant speaks the best of the Philippines—from locally made tables, chairs, and decor to the portraits of Philippine presidents on the walls. The staff are dressed up in traditional Filipino clothing Baro't Saya for women and Barong Tagalog for men.

One of the best dishes to try are Kare Kareng Crispy Tadyang, made with crispy beef ribs and vegetables and served with a thick and creamy peanut sauce. Their Okoy, deep-fried shrimp and vegetables, is perfect as a merienda (snack) or a side dish for your meal.

- 2/L Century City Mall Kalayaan Ave., cor. Salamanca St. Makati City
- Q 02-556-8143
- Q 10 om to 8:45 pm
- **⊕** XO 46 Bistro Filipino





Ladurée Manille | 🗫 🕏

In France, Ladurée is the go-to place of people for balanced desserts. Ladurée Manille came to Rockwell in 2015 and has since been loved by local diners for their double-decker macarons, of which fifteen thousand pieces are sold every day. The elegant packaging is another factor that appeals to the customers; Ladurée Manille's boxes are typically designed by artists whom they collaborate with. Besides their famous macarons, Ladurée Manille also offers other products, such as tea, coffee, chocolates, jams, candies, and even non-food items like shopping bags, candles, and more.

- Unit 103, 8 Rockwell, Hidalgo Dr., Rockwell Center, Makati City
- © 0917-579-5447 © 11 am to 8 pm (Mon to Sat); 11 am to 7 pm (Sun)
- laduree.fr/en/
 Ladurée Philippines
- @ @ladureeph



Mighty Quinn's | 🚱

Born in New York in 2013, Mighty Quinn's has kept the ball rolling when it comes to barbecue madness in Manila. They source quality, all-natural

meat and poultry, seasoned with spice blends and then smoked for hours until the perfect taste surfaces- all done traditionally

but with a new attack. To start a mouthwatering barbecue experience, have their Meat Pairings for P495; choose from Brisket, Burnt Ends, and Spare Ribs, and pair it with either Chicken, Pork Belly, or Pulled Pork. Mac and Cheese, Tater Tots, Com Fritters, Buttered Corn, Dirty or Garlic Rice are options for side dishes.



- © 02.840-2449
 © 11 am to 9 pm (Mon to Thur); 11 am to 10 pm (Fri); 10 am to 10 pm (Sot); 10 am to 9 pm (Sun)
- @mightyquinnsph





Listini la la la







West Town's Coffee | PP

Originally a concept in Chicago by the owner's ancestors, West Town's Coffee features a blend of traditional and modern styles of coffee. It uses mostly locally-grown coffee beans, brews using traditional methods, and experiments with new technologies to serve special coffee for the discerning drinkers. You can choose from light, medium, and dark roasts of different kinds of coffee from Benguet Atok, Cordillera, Mt. Apo Dizon, Matutum, Guatemala, and Papua New Guinea. They also use manual brewing methods like V60, Kalita, Syphon, Chemex, and their very own "Pyramid" method.

- The Milano Residences Piazza, Century City, Makati City

- **\Q**0977-803-0917 **Q**7 am to 1 am **①** West Town's Coffee
- @ @westtownscoffee.studio







Refinery | 1949

Great things can come from the smallest of packages, and that is true in Refinery's Rockwell branch with its 5-sqm kitchen. Through their experience and skill, the team has adapted to bring out quality dishes even during rush hours Refinery is known for its third-wave coffee offerings, all-day breakfast and comfort food, as well as craft beers, wines, and spirits.

Refinery's recommended dish is their Truffle Cream Pasta, made with portobello mushroom, truffle oil, crispy jamon serrano, and cream on linguini. From their all-day breakfast menu, a must-try is Bigger Breakfast, which has maple sausage patty, smoked bacon, espresso baked beans, scrambled eggs, toast, house-made chips

- ♥ G/F, Joya Lofts & Towers, Joya Dr., Rockwell Center, Makati City № 02-831-2879 / 0917-636-1474 / 0977-831-2879
- **③** 7 am to 1 am **⑥** Refinery
- @ refinery

Grace Park | 🚱 🗗

Another good restaurant one should not miss at Rockwell is Grace Park, owned by Chef Margarita Forés, the same owner of Cibo and Lusso. Walking inside Grace Park, diners are greeted by mismatched furniture and a brick wall that overlooks the counter. It feels like a rustic cottage in the Italian countryside. To whet one's appetite, Grace Park has the 3-Page Organic Field Greens & Honey-Dijon Dressing. The stack of leafy greens and carrot shavings are topped with a few edible flowers and drizzled with some honey-Dijon dressing. The sweet-tangy taste of the dressing has just the perfect kick that breathes new life into the salad.

- ♥ G/F One Rockwell, Rockwell Dr., Makati City № 0939-934-7223 № 11 am to 10 pm (Mon to Thu); 7 am to 11 pm (Fri to Sun)
- margaritafores.com **(i)** GRACE PARK







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HIROYUKI MENO

Starting from Restaurant Hakata Hiramatsu, he continuously acquired experience as Head Chef and Sous Chef in Michelin-starred restaurants such as L'Auberge De L'ill and Paul Bocuse in Tokyo.



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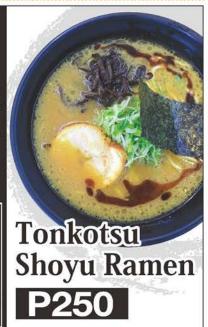


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Hidden Charms

constant rise of infrastructure
and skyscrapers that seem to get closer
and closer to the sky is symbolic of Tokyo's
pursuit of greatness. The metropolis is known as the
great hub of innovation, the very epitome of modernity.
Tokyo, however, fosters something more quaint and colorful
beneath the brilliance of its towers and skyscrapers, something
closer to the ground than to the sky—places that are more
grounded in the preservation of tradition.

The most colorful parts of the city are where quaintness and traditions thrive and where there are more locals than tourists. There are color and vibrancy in dimly lit alleys, charm in scruffy old markets, and great stories from obscure, small restaurants. These are the places that you don't usually see in modern-day travel itineraries but are worth tracking down. From a time-tested tower to a historic market and bustling alleyways, it's time to shine a spotlight on some of Tokyo's most charming destinations.



Photo courtesy of Tokyo Tower

TOKYO TOWER

okyo Tower was completed and opened in 1958. Now, the red and white tower poses a classic charm, its simplistic structure and vivid color a stark contrast to the architecturally intricate buildings of modern-day Tokyo. It carries with it a colorful history, which all began in 1957 when it was built shortly after the World War II.

Tokyo Tower has three main sections, starting from the **FootTown**, which houses various shops, cafés, and restaurants. The ticket counter and elevator for the observation decks are located on the first floor. You will be provided with a multilingual voice system that will serve as your personal tour guide, walking you through the history of the tower and the landmarks around it.

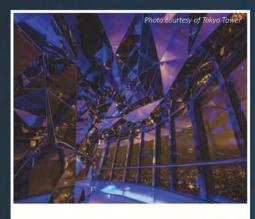
At 150m, the two-level **Main Deck** already gives you a good view of Tokyo's cityscape. The gate to the newest Top Deck is on the second level where you can enjoy free drinks on the platform, still with stunning city views, as you wait to board the Top Deck elevator.

At 250m, the **Top Deck** is where the greatest charm of the tower lies await. While the tower is more of a traditional structure, the Top Deck has been renovated to be a futuristic dimension, made of geometric mirrors and LED lighting. As your eyes wander around the vast landscape, some of the most prominent landmarks to find are Tokyo Bay and the Rainbow Bridge to the southeast side, Shibuya and Roppongi Hills to the west, and TOKYO SKYTREE far to the northeast. On fine days, you can see Mt. Fuji to the southwest side of the tower.

- 🕈 4-2-8 Shiba-koen, Minato-ku, Tokyo
- Main Deck 9 am to 11 pm (last admission at 10:30 pm); Top Deck Tour - 9 am to 10:45 pm (last tour at 10 pm)
- tokyotower.co.jp/en.html

Reservation: ticket.tokyotower.co.jp/customer/reserve/performances





TIPS AND GUIDE

- There is a set of stairs from the ground floor which lets you go on a scenic walking tour going to the Main Deck. It is open on weekends and holidays from 11 am to 4 pm but may close due to bad weather. Ticket costs ¥900/adult.
- The mood is different during the day and at night. If you want to get a feel of both in one visit, schedule your visit late in the afternoon or at sunset.
- There are coin lockers available on the first floor of FootTown, which is available from 9 am to 10 pm.
- Tokyo Tower houses "Tokyo One Piece Tower," the only indoor One Piece theme park in the world, at FootTown.

TICKETS:

Main Deck Only: ¥900 (adult); ¥500 (primary/junior high school student); ¥400 (4 y/o and above)

Top Deck Tour (includes Main Deck): ¥2,800 (adult); ¥1,800 (primary/junior high school student); ¥1,200 (4 y/o and above) *Reservation is required.

GETTING THERE:

- Nearest stations: Akabanebashi Station (5-minute walk from Akabanebashi Gate), Onarimon Station (6-minute walk from Exit No. A1), and Kamiyacho Station (7-minute walk from Exit No. 2)
- From Tokyo Station, it is also convenient to use the Tokyu Bus which takes about 30 minutes to arrive at Tokyo Tower. A ticket costs ¥220 for adults and ¥110 for children.

TANTANMEN HOOZUKI

antanmen Hoozuki sits on a small alley adjacent to the entrance of Nakano Broadway, waiting to cater to fire eaters—people who love spicy dishes—with their specialty, tantanmen. Compared to the more popular types of ramen, tonkotsu, miso, and shio, tantanmen is distinguished by its nutty and spicy flavor due to the use of peanut or sesame along with different kinds of spices.

At Tantanmen Hoozuki, they use sesame oil and a combination of homemade spices, which make each bowl heavily packed with flavors and heat. The soup of their best-seller Tantanmen is thick and red and filled with tasty ground pork, roasted shrimp, and vegetables. Their noodles, meanwhile, are made from rye and without egg which makes it healthier.

There are four levels of spiciness. The uninitiated can go for the lowest level as an introduction to spicy tantanmen, although it may already prompt beads of sweat and a runny nose. The highest level is called *gekikara*, which translates to "violently spicy!" If the noodles aren't enough to fill you, you can get up to two free bowls of rice to eat with your remaining soup.



Tantanmen (¥850)







• 11:30 am to 11 pm (Mon to Sat); 11:30 am to 10 pm (Sun & holidays)

^{🗣 5-52-1} Nakano, Nakano-ku, Tokyo



TSUKIJI DONBURI ICHIBA

he owner of Tsukiji Donburi Ichiba grew up watching the activities at When she grew up, she started her own food business to catch up on the trend and cater to people who are constantly in search of good food. Every day, they source all their ingredients at Tsukiji Market, which, she says, is the best



among locals is Tokusen Ichibadon, which consists of sweet shrimp, salmon, tuna, amberjack, and salmon roe on top of rice. A common way of eating it is by pouring a mix of soy sauce and wasabi over the seafood and rice. For tourists who have not yet acquired the taste of raw fish, Tsukiji Donburi Ichiba also offers Tuna Cheek Steak, with slices of tasty and savory grilled tuna and cabbages.





♥ 4-9-5 Tsukiji, Chuo-ku, Tokyo

TSUKIJI YAMACHOU

sukiji is not only home to fresh fish and seafood restaurants but also to line up for their light, fluffy, and juicy tamagoyaki (Japanese omelet roll) on a stick. While it is known to be an appetizer or side dish to Japanese meals, tamagoyaki is by itself a well-loved street snack in Tsukiji.



Tamagoyaki (¥100)

tamagoyaki, usually to sushi restaurants, for about seven decades. Their third generation. The shop has an open design, so you can watch the eggs being cooked while waiting in line. The cooking process makes a good spectacle, with only one person working the tamagoyaki layer by layer on three pans simultane-

Many people love tamagoyaki because of its sweet taste. The original recipe of Tsukiji Yamachou's tamagoyaki is sweet, but they offer a slightly modified version for those who are not fans of sweet food. They also offer tamagoyaki





- **♀ 4-16-2 Tsukiji, Chuo-ku, Tokyo** ⑤ 6 am to 3:30 pm **⊕** yamachou-matue.jp

TSUKIJI SUSHIDAI HONKAN

Sushidai Honkan makes its customers feel old Tokyo through a rustic, weathered wood facade. On the first floor, there are counter seats where people settle and watch the sushi chef. The basement floor also has a counter seating setup, while the second floor accommodates more people with table seats.

By the way the sushi chef moves with precision behind the counter, one can tell that they have mastered the art of making sushi. With ingredients delivered fresh every day, there is a sitting, order *omakase* which is basically leaving it up to the chef to serve his best recommendations. Their sushi offerings, which can match those of high-end sushi restaurants, are



Omakase Sushi (¥3,500+)





- ♥ 6-21-2, Tsukiji, Chuo-ku, Tokyo
- © 10:30 am to 4 am (Mon to Sat); 11 am to 10 pm (Sun & holidays) tsukiji-sushidai.com/shop/honkan.html



Harmonica Jokocho

Harmonica Yokocho (Alley) contrasts nicely with the fancy neighborhood that it resides in. Places like this are called yokocho in Japanese, a set of alleyways where some of the city's most precious gems are safely sheltered-small shops, modest restaurants, teeming ramshackle pubs.

Before it became the dining and drinking hub that it is today, Harmonica Yokocho used to be a flea market that operated after the World War II. Now, there are still small cozy stores and snack shops open during the day, but it is at night that you can see Harmonica Yokocho fully come to life, when the small signages and red lanterns are switched on and the narrow alleys start to be filled with people. It is one of the best places to experience modest local living and tradition so well-preserved.

TIPS AND GUIDE

- Not all the restaurants and bars can accept credit cards, so bring cash.
- The environment is not fancy. Go to Harmonica Yokocho with the expectation of mixing with locals and sitting (or standing) closely with other

GETTING THERE:

- Nearest station: Kichijoji Station on the Chuo Line (approx. 30 minutes from Tokyo Station)
- Harmonica Yokocho is just a 1 to 2-minute walk from the North Exit of

YAKITORI TECCHAN

akitori Tecchan is unglamorous, yet there is charm in the chaos—a no-fuss crowd that will easily make you feel like you belong. The crowd is diverse, from local professionals to expats and easygoing foreigners. For alcohol drinkers, a must-try is their Hoppy Set, which highlights Hoppy, a Japanese beer with low alcohol content. The set includes a shot glass of shochu, a glass of ice, and one beer glass to mix them together. This is a common drink set in izakayas and small pubs in Japan.



Pork and Beef Innards Stew (¥450)



Grilled Cherry Tomatoes (¥130), Okra Wrapped in Pork Belly (¥260), Chicken Wings (¥260)

There is a grilling counter right in front of the bar, luring customers with the aroma of grilling meat. Besides yakitori (skewered chicken) like chicken wings, there are different skewered meat and vegetables to try, like okra wrapped in pork belly, and grilled cherry tomatoes.

- Harmonica Yokocho, 1-1-2 Honmachi, Kichiioii, Musashino-shi, Tokvo
- hamoyoko.jp/menu/kichijoji_tecchan/

ingredients, typically fish cakes and tofu, boiled in a dashi broth. At apron, the

boiling time for each item varies. For instance, daikon (Japanese radish) is boiled for two to three days, which makes it delicately soft, while the cabbage rolls are boiled for one to two days. Gyu-suji (¥700)





t Apron, a small two-level restaurant, the center of attraction is one

huge hot pot where an assortment of ingredients is being cooked. The

dish is called oden, a kind of *nabe* or hot pot dish with several

- 🗣 Harmonica Yokocho, 1-1-1 Honmachi, Kichijoji, Musashino-shi, Tokyo
- 5 pm to 12 am

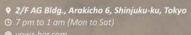
 ⊕ hamoyoko.jp/menu/kichijoji_epuron/

VOWZ BAR

ehind the bar counter of Vowz Bar is where Buddhist monks in robes stand, bartending unique drinks and serving up unique bar food that are in accordance with Shojin Ryori or the Buddhist cuisine. Buddhist monks running a bar and serving alcoholic drinks might seem contrary to their doctrine, but the monks at Vowz Bar see it as a good way of connecting with people—alcoholic drinks help people ease up regardless of religion, can come in and find a welcoming sanctuary where they can have friendly conversations even on mundane issues like relationships, family, and work. The bar is small and cozy, with a small altar and some Buddhist symbols

the Pure Land," a refreshing and colorful mix of Hypnotiq liqueur, mango juice, and cranberry juice. Another interestingly named drink is Mugen-Jigoku, translating to "Never-Ending Suffering in Hell," is a potent mix of black vodka, Framboise liqueur, cranberry juice, and tonic water.

Meanwhile, their bar food menu is perfect for vegetarians and vegans as Shojin Ryori also avoids the use of any kind of meat. Some of their best sellers are Miso-Tofu, soaked with bean paste, and Nama-Fu made with wheat gluten fried in sesame











TAIYAKI WAKABA

aiyaki, a fluffy fish-shaped cake with different fillings, is a common street snack and popular festival food in Japan. In modern times, it has been adapted to have different kinds of fillings like chocolate, custard, and even meat. However, Taiyaki Wakaba stands to preserve the taste of tradition by offering taiyaki made only with *anko* or red bean paste. It was opened in 1953, shortly after the World War II. The small shop sits modestly on a small street but is famous among locals.





They make their taiyaki the traditional way, through manual grillers over charcoal, which you can watch from the front of the shop. Their crisp and fluffy taiyaki are packed full with smooth melt-in-your-mouth red bean paste from head to tail. Taiyaki Wakaba also offers kakigori or shaved ice desserts to go with their taiyaki.

LIGHT UP COFFEE

ight Up Coffee is tucked away at the end of Nakamichi-dori, a quaint yet vibrant shopping street with charming restaurants and fashionable local boutiques, just a short walk from Kichijoji Station. When the café is full of people, it feels somewhat more like an art gallery, with framed photos and illustrations hanging neatly on white walls, where people commune to appreciate art—or in this case, coffee.





Light Up Coffee showcases coffee carefully selected from around the world. They offer coffee with diverse flavor profiles from, for instance, Ethiopia, Costa Rica, and Vietnam, and features manual brewing methods like pour-over. For aspiring coffee aficionados, a good choice would be their Tasting Set, which gives you three cups of different single-origin coffees (served iced in warm days and hot in winter). Each cup comes with a card that gives you information on the origin and the characteristics of the coffee.

 ^{⊕ 10} am to 8 pm
 ⊕ lightupcoffee.co

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DAY 1

Arrive ----- Haneda Airport

Check-in ----- 3-star hotel in Nihonbashi/Ginza area

Lunch ---- Tokyo Ramen Street Shopping ----- Tokyo Character Street

Dinner ----- Alice in a Labyrinth themed restaurant

DAY 2

Breakfast ----- Hotel

Lunch ----- Pokémon Cafe

Shopping ----- Pokémon Center Tokyo DX,

Takashimaya Shopping Center

Tour/Shopping --- teamLab Borderless & Palette Town

Dinner ----- Japanese Restaurant at VenusFort

DAY 3

Breakfast ----- Hotel

Tour ----- Tokyo Skytree

Lunch ---- Tokyo Skytree restaurant

*Advance reservation required

Shopping ----- The Skytree Shop

Dinner ----- Yakatabune Amitatsu Dinner Cruise

*Advance reservation

required

DAY 4

Depart ----- Haneda Airport

INQUIRE NOW!

For booking and tour assistance.



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Manila Flight Schedule Manila Route - Tokyo (Haneda) Flight Number Days of Operation Aircraft Dep. Time Arr. Time JL078 Daily 737-800 Manila 23 : 50 → Tokyo (Haneda) 04 : 55 (next day)

Haneda Flight Schedule

Tokyo (Haneda) Route - Manila

Flight Number	Days of Operation	Aircraft	Dep. Time		Arr. Time
JL077	Daily	737-800 V40	Tokyo (Haneda) 00 : 05	+	Manila 03 : 55

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→ 📵 Travel Guide

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A Salem Complex, Pasay City

All Nippon Airways

☎ 02-553-8000 / 02-553-7000

♠ 15/F, Tower 2,RCBC PLAZA, 6819 Ayala Ave., Cor Sen. Gil Puyat Ave., Makati City

Cebu Pacific

☎ 02-802-7000 / 02-702-0888

♠ Terminal 4, Domestic Rd., Pasay City

Japan Airlines

☎ 02-403-2486

♠ 2/F, 6788 Ayala Ave., Oledan Square, Makati City

Philippine Airlines

2 02-851-3011 / 02-832-2939 Baggage Tracking

♠ Mezzanine Floor, PNB Financial Center President Diosdado Macapagal Ave., CCP Complex, Pasay City

Skviet Airlines

☎ 02-863-1333 / 02-823-3366

www.flyskyjetair.com

TRAVEL & TOURS

Asiaworld Vacations, Inc.

2 02-631-7113 to 14 / 0917-880-9326

HIS

☎ 02-822-4496

A Shopping Arcade 2F, Serendra, Bonifacio High Street, BGC, Taguig City

Horizon Travel and Tours Inc.

2 02-521-2586 / 02-328-3388 / 0917-807-2538

490, Potenciana Mansion, Sta. Monica St., Ermita, Manila

JTB ASIA PACIFIC PHIL, CORP.

2 02-832-5626 / 02-894-5528

♠ Unit 2, 18th Floor, RCBC Savings Bank Corporate Center, 26th & 25th St., Bonifacio South, Bonifacio Global City, Taguig

Nippon Travel and Tours

窗 02-309-1767

Room 206, 2/F Dante Ang And Asssociate Building, A Soriano St., Manila

Universal Holidays, Inc.

☎ 02-859-3833 / 39

♠ Mezzanine Floor, Dusit Thani Hotel, Makati City

Walk This Way: Carlos Celdran Walking Tours

2 0920-909-2021/02-484-4945 (Ms. Lesley)

celdrantours@hotmail.com

WOW Philippines Travel Agency, Inc.

☎ 02-470-9631 / 02-636-1987 / 02-636-1980 / 02-636-1926

A Shine Residences, Suite 1707 Meralco Ave., Ortigas Center, Pasig City

HOTELS & RESORTS

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☎ 02-800-8080

Aseana Ave., cor. Macapagal Ave., Entertainment City, Roxas Blvd., Parañaque, Parañaque City

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☎ 02-719-6971

A Dimakaya Island, Coron, Northern Palawan

☎ 02-833-9999

A Seaside Blvd., cor. Coral Way Mall of Asia Complex, Pasay City

Discovery Shores

☎ 02-720-8888

A Boracay Highway Central, Malay, Aklan

Discovery Primea

2 02-955-8888 / 02-988-2988

♠ 6749 Ayala Ave., Makati City

Hotel Jen

☎ 02-795-8888

♠ 3001 Roxas Blvd., Pasay City

I'M Hotel

☎ 02-755-7888

♠ 7862 Makati Ave., Makati City

La Chevrerie Resort and Spa

2 0998-556-7357 / 0917-703-3320 / 02-746-2351

A Ligaya, Anilao, Mabini, Batangas

Makati Shangri-La, Manila

ත 02-813-8888

Ayala Ave. cor. Makati Ave., Makati City

New World Makati Hotel

ନ୍ଦ 02-811-6888

♠ Esperanza Street corner Makati Ave., Ayala Center, Makati City

Okada Manila

₱ 02-888-0777

♠ New Seaside Dr, Parañaque City

Pan Pacific Hotel Manila

☎ 02-318-0788

♠ M. Adriatico cor., Gen. Malvar Streets, Manila

Pearl Farm Resort

2 082-235-1234 to 36 / 02-750-1898

A Lizada Village, Lanang, Pearl Farm Marina, Davao City

m www.pearlfarmresort.com

Raffles Makati

窗 02-555-9777

↑ 1 Raffles Dr., Makati Ave., Makati City

Seda BGC

2 02-945-8888/02-588-5700

♠ 30th St., cor. 11th Ave., BGC, Taguig City

Solaire Resort and Casino

☎ 02-888-8888

Aseana Ave., Parañague City

2 02-812-1010 / 02-550-3200

♠ 7912 Makati Ave., Makati City

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www.smtickets.com

TicketNet

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 www.ticketnet.com.ph ticketnet@ticketnet.com.ph





Pagsanjan is a quaint little town whose charm comes from its rich history emanating from old homes and nostalgic streets, and untainted fresh waters. With these, the modest town has been considered as the tourist capital of Laguna. The beauty of Pagsanjan is most often represented by Pagsanjan Falls, which can be reached by rafting through roaring rapids bounded by a lush, green canyon.

Pagsanjan Falls

While it is officially located in Cavinti Laguna, a neighboring town of Pagsanjan, Pagsanjan Falls has been widely known by the name because the most popular way to reach the falls is through the town of Pagsanjan. It takes a one-hour boat ride dubbed "shooting the rapids" where licensed boatmen maneuver your boat through rocky rapids and a thrilling downstream ride. Once you reach the 120-meter waterfalls, you can ride a bamboo raft that will be pulled closer towards the falls.



For tours: 0999-744-5561 (Ramon Cabela, Tourist Information Office) Rates: P1,350/head inclusive of helmet, life vest, hotel, parking, raft & boat ride

SIDE TRIP



Caliraya Resort Club

35 mins. from Pagsanjan town Caliraya Recreation Center, Brgy. Lewin, Lumban,

6 02-632-1111/02-632-1010

www.caliraya.net



(V) Mountain Lake Resort

33 mins. from Pagsanjan town Brgy. East Talaongan, Cavinti, Laguna

C 02-723-0781 loc. 120/121 / 02-257-2244

mountainlake.ph

RESTAURANTS

Balai Ilocos Balai Ilocos

A house that is over a century old in Pagsanjan has been the home of Balai Ilocos, serving Ilocano delicacies like bagnet (crispy pork), longganisa (spiced sausage), and mechado. Their Hahanap-Hanaping Binagoongan Bagnet comes with a creamy bagoong sauce.

Rizal St., Pagsanjan, Laguna

€ 0917-581-9041

(3) 10 am to 9 pm

■ Balai Ilocos Restaurant Pagsanjan Branch

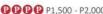
Hahanap-Hanaping Binagoongan Bagnet (P250)

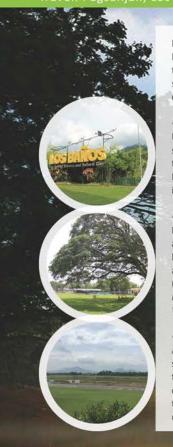
Calle Arco is a 70-year-old ancestral-home-turned-restaurant, serving authentic Filipino home-style dishes using jackfruits to give a more distinct flavor. The restaurant's Filipino vintage pieces will kindle nostalgic memories from the historic past as you relish in classic dishes such as Sinigang na Baka (beef sour soup) and Kare-Kare (meat and vegetable stew in peanut sauce).

57 Rizal St., Pagsanjan, Laguna

6 049-501-4584 /0939-937-2429 ① 10 am to 10 pm







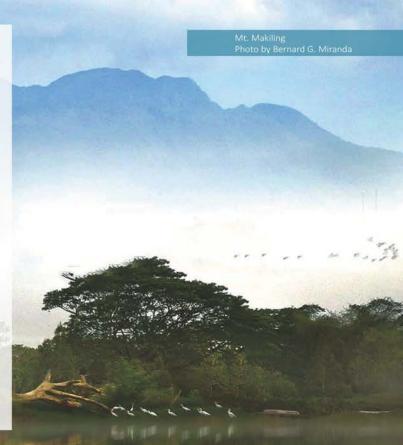
Dubbed as The Special Science and Nature City, Los Baños harbors vast agricultural landscapes that makes it conducive for scientists and scholars to shine. Many of the activities one can do here are nature-related:

• University of the Philippines Los Baños (UPLB) UPLB is the largest university in the country, spanning almost 15,000 hectares. People visit the campus for a stroll or jog around its Freedom Park, sometimes with their pets, or dine in one of its small restaurants and cafés.

· Mount Makiling

Mount Makiling is a fairly easy hike. It only takes about 4 to 5 hours to Peak 2 via the Mariang Makiling Trail which starts from UPLB. Other amazing landmarks along the way are Mudspring (pool of boiling mud) and Flat Rocks River. Mariang Makiling Trail Entrance Fee: P20 Website: makiling.center

• International Rice Research Institute (IRRI) A vast rice farm backdropped by mountains—the scenery at IRRI is relaxing. People also go here for the cafeteria, which serves wholesome meals at cheap prices, and the coffee shop. It also houses the Riceworld Museum and Learning Center, open from 8 am to 5 pm.



LOS BAÑOS

RESTAURANTS

Bonitos Bar Bonitos Bar & Restaurant

An affordable taste of American, Italian and Filipino fusion is what lies await at Bonitos Bar and Restaurant. Munch over the famous crispy, meaty



Kare-Kare that goes well with the creamy sauce called bagoong (fermented shrimp paste).

Oregano St. cor. Lopez Ave., Demarces Subd., Batong Malake, Los Baños, Laguna

- **4** 049-536-3255 / 0917-318-2513
- (1) 10 am to 10 pm
- If Bonitos Bar & Restaurant

Seoul Kitchen

Korean cuisine is well known for its healthful delicacies. At Seoul Kitchen, traditional meets modern cooking with dishes like Tuna Kimbap which gives you a perfect mix of tuna and greens.

9005 Pearl St. cor. FO Santos St., Umali Subd., Batona Malake. Los Baños, Laguna

- **6** 0930-662-0977
- Seoul Kitchen



(Cafe Antonio Small

A go-to spot among locals for good coffee and food, Cafe Antonio offers generous servings of pasta like the Seafood Spinach Fettuccine with fresh spinach and mussels that complements well with their homemade Focaccia

5024 National Highway, Maahas, Los Baños, Laguna

- **6** 049-544-7523
- () 11 am to 10 pm
- Cafe Antonio

Chicken+Biryani (P145)

Chubby Habbi's Mediterranean Grill

Offering dishes inspired by the best of Mediterranean cooking, Chubby Habbi's highlights Middle Eastern dishes like the Chicken+Biryani, a juicy chicken kebab with grilled tomatoes, onions, and a garlic sauce on top of an incredibly spicy biryani rice.

Unit C, Lola J Bldg., 10276 Ruby St., Los Baños Subd., Batong Malake, Los Baños, Laguna,

- **6** 0917-833-0220
- ① 11 am to 9:30 pm (Mon to Sat); 4 pm to 9:30 pm (Sun)
- Chubby Habbi's Mediterranean Grill

Faustina's Restaurant

A contemporary restaurant with a traditional Filipino ambiance, Faustina's Restaurant offers casual dining with Filipino and Italian specials. The Roka Pasta, cooked al dente is a delectable dish to try with its chewy and flavorful finish.

10278 Ruby St., Los Baños Subd., Batong Malake, Los Baños, Laguna

4 049-501-1509 / 0923-199-0360

(1) 11 am to 8:30 pm (Mon to Sat) Faustina's

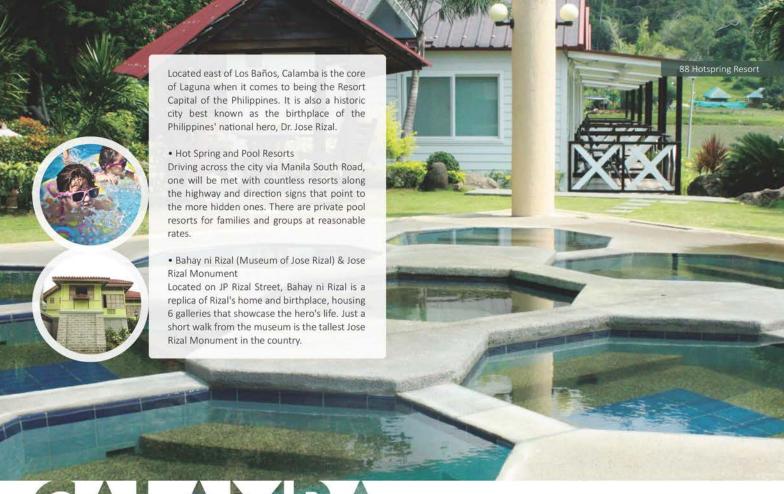


Satya Graha

This vegetarian restaurant offers Filipino dishes that are certified healthy with organic ingredients. Their best seller Vegchon Kawali (P190), a vegetarian version of lechon kawali (crispy pork belly).

Oregano St. cor. Lopez Ave., Demarces Subd., Batong Malake, Los Baños, Laguna

- **6** 049-501-3149
- 10 am to 8 pm (Tue to Sun)
- II Satya Graha Cafe and Restaurant



CALAMBA

RESTAURANTS

Tita Lettie's Grill in Doña Jovita O

Situated at Doña Jovita Garden Resort, Tita Lettie's Grill is a resto-bar ideal for families and groups seeking a traditional dining experience. A bit of Western influences are also mixed into some of their food. A perfect comfort food to try here is the Mixed Seafood Alfredo. As mouthwatering as it sounds, this always-freshly-made pasta is cooked with seafood like shrimps and mussels.

Km. 57, National Highway, Bagong Kalsada, Calamba, Laguna

- € 02-545-3740 loc. 110 / 0917-325-8492
- O 7 am to 10 pm (Mon to Fri, Sun); 7 am to 12 am (Sat)
- Tita Lettie's





CEC Beanstalk Fettuccine Carbonara (P120) Cafe

Quench your pressing need for something light and sweet with their serving of Fettuccine Carbonara that you can pair with their affordable frappucci-

nos. The café also offers a pretty nice view of Mt. Makiling.

Rooftop, Calamba Executive Center, Brgy. Uno, Crossing, Calamba, Laguna

6 049-520-5453 / 0917-850-9779

O 4 pm to 12 am (Mon to Wed); 5 pm to 2 am (Thu to Sat)

Beanstalk Cafe- Calamba

Aviles Restaurant

Aviles Restaurant is known for its Bulalo, a well-loved Filipino soup made with beef shank and beef marrow. To enhance



Real, Calamba, Laguna **6** 049-545-1432

(1) 6 am to 9 pm



Ding Hao

Many people love Chinese food for its blend of sweet and spicy flavors, which is exactly what people can get at Ding Hao. A recommended Chinese comfort food is their Sauteed Shrimps with Chili Sauce.

National Highway, Lecheria, Calamba, Laguna

6 049-545-1905

① 10 am to 9 pm

Tabelle Diner Café

A retro American-style café, Tabelle Diner Café offers light comfort food like the Tomato Basil Pasta. They also have a selection of frappuccinos, the best seller of which is their Oreo Green Tea.

Total Gas Station, #3 National Highway, Brgy. Bucal, Calamba, Laguna

4 049-306-0355













Sol Y Viento Resort and Hotel

Nestled along mountain slopes, Sol Y Viento ensures a relaxing stay surrounded by nature. There are three types of room: the dormitory-type Team Rooms, Superior Rooms, and the more lavish yet rustic Cabanas with indoor Jacuzzi.

Km. 55, Makiling Heights, Brgy. Pansol, Calamba, Laguna

- C 02-584-4973 / 049-545-0052
- m syvhotelsandresorts.com



瘟 Splash Mountain Resort

Splash Mountain is a sprawling resort complex comprising Splash Hotel, Splash Oasis, City of Springs, and Splash Suites, each with their own amenities. For a luxurious stay, opt for a Deluxe Room, where you get your own private Jacuzzi. Meanwhile, the Splash Oasis Hotel features more spacious rooms ideal for families and big groups.

Km 58, Brgy. Lalakay, Los Baños, Laguna

- C 02-751-5378 / 02-750-1501 (Makati booking office)
- m splashmountain.com



Mer-Nel's Cakes (P180 - P900)

A must for every visitor, Mer-Nel's is Los Baños' best-loved cake shop. Their chocolate cakes are rich and thick but not sugary.



Salted Duck Egg (P100)

The duck industry is also blooming in Laguna, and one popular duck delicacy in Los Baños is the salted duck egg, which can practically be bought at any local store at the town proper.

SOUVENIRS



Ornamental Plants (P100 & above)

For gardening and plant lovers, Calamba is a great place to find a variety of ornamental plants. You can easily spot a garden center along the highway, like Gintong Talulot or Daniel Garden among others.



Cow Meat and Dairy Products (P100 - P250)

UPLB is the home of the highly-acclaimed Dairy Training and Research Institute (DTRI-UPLB), which is also where you can get the freshest cow meat and dairy products, like their famous Choco Milk, Ice Cream, White Cheese, and Bacon.



Lety's Buko Pie (P200)

Lety's is considered by many as the best buko pie shop in Laguna. You're sure to be met with more than one branch along the main highway in Calamba and Los Baños.



WEEKEND GUIDE

Pagsanjan-Los Baños-Calamba

DAY 1

Manila to Pagsanjan: 2.5 hours by car or by bus (HM Transport or Green Star bound to Sta. Cruz)

- · Jumpstart your trip with a day adventure at Pagsanjan Falls.
- Grab a bite at one of the restaurants in Pagsanjan: Calle Arco and Balai Ilocos.

Pagsanjan to Los Baños: 1 hour by car or by bus/jeepney Los Baños to Calamba proper: 30-40 minutes by car or by jeepney

- · Retreat to a hot spring resort in Calamba or Laguna: 88 Hotspring Resort, Sol Y Viento, or Splash Mountain.
- · Have dinner at a restaurant in Calamba.

DAY 2

- · Go on a food trip in Los Baños.
- · Go sightseeing around UPLB and IRRI.
- · Buy souvenirs before heading home.





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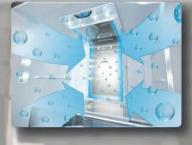
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MEDICAL PROFESSIONALS

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.



Victor Zapanta, MD

Pediatrics

There is a saying that children are your greatest investment, and Dr. Victor Zapanta—a pediatrician with subspecialties in neonatal-perinatal medicine, which focuses on premature and ill newborns, and integrative wellness medicine—works to make sure that your young ones will grow and develop well. He went to the Robert Wood Johnson University of Medicine in Phoenix, Arizona, and University of Medicine and Dentistry of New Jersey to undergo training in pediatrics and neonatology until 1985. Later on, he worked as a neonatologist in Phoenix for 25 years, and then came back to the Philippines in 2007. His typical working day includes doing rounds in the intensive care nursery and communicating with the patients' parents. Dr. Zapanta is currently expanding his profession towards integrative medicine, for which he started to establish his own clinic at Centuria Medical Makati.

Make an appointment:

Centuria Medical City Makati / Room 1025
Century City, Kalayaan Ave. cor. Salamanca St., Makati City
Mondays to Saturdays: 9 am to 6 pm
Contact Nos.: 0917-887-1134, 02-899-4338, 0933-029-1334

Adrienne Lois De La Cruz, CSP-PASP

Speech Language Therapy For Children and Adults

She originally became a speech language therapist to satisfy her parents, but when she entered the field, her appreciation and love for the field came into fruition. Some of the patients that come to her are those with speech problems due to traumatic brain injury, stroke, or organic voice diseases. Some of the conditions she handles for both adults and children include voice disorders, swallowing disorders, and other language disorders. Meanwhile, in pediatrics, Cerebral Palsy, ASD and ADHD are some of the cases that she works with. Dr. De La Cruz is currently completing her master's degree for language and Literary Education. Currently, Dr. De La Cruz is a consultant at Makati Medical Center whilst running her own Therapy and Learning Center. At Makati Medical Center, she accommodates both in and out-patients at the Center for Physical Medicine and Rehabilitation (PMR) and the Center for Pediatric Development and Rehabilitation (CPDR). She is the proprietor of A • Works Therapy and Learning Center which she established to provide more options for affordable and quality treatment.

Make an appointment:

✓ A • Works Therapy and Learning Center 77B Diego Silang Ave., Phase II AFPOVAI, Brgy. Western Bicutan, Taguig City Wednesdays to Saturdays: 9 am to 6 pm Contact No.: 0918-399-2756

✓ Makati Medical Center Amorsolo St., Legaspi Village, Makati City PMR Tower 2 (3/F) - Mondays: 8 am to 5 pm CDPR Tower 2 (2/F) - Tuesdays: 9 am to 6pm

Contact Nos.: 02-888-8999 (Makati Medical Center Hotline); 02-888-8999 loc. 3304 (PMR)



Dr. Virgilio Novero Jr. specializes in obstetrics and gynecology and sub-specializes in infertility and reproductive medicine. Choosing his field of practice was inspired by the announcement of the first test tube baby in 1978, when he was still in high school. Today, 40 years later, Dr. Novero is the head of the Center for Advanced Reproductive Medicine and Infertility (CARMI) and the section head of Reproductive Endocrinology and Infertility of the Department of Obstetrics and Gynecology at St. Luke's Medical Center in BGC. He has distinguished himself as one of the country's pioneers in In Vitro Fertilization practice at CARMI which he helped design, plan and operationalize as the first hospital-based IVF Center in the Philippines. For aspiring doctors, Dr. Novero believes that for one to succeed in any field, one has to pursue his passion for the right reasons: "If you love the field, then practicing and serving would be second nature and earning is just incidental."

Make an appointment:

✓ St. Luke's Medical Center, Global City / Room 514 Mondays to Saturdays: 10 am to 1 pm Contact No.: 02-812-1747, 02-789-7700 Ext. 7514, 0927-448-2339 (Secretary)

Andrea Marie Macabuag-Oliva MD, FFCP, FPSEDM Internal Medicine - Endocrinology

When it comes to endocrine complications, such as diabetes (the most common), osteoporosis, cholesterol problems, goiter, and obesity, Dr. Andrea Marie Macabuag-Oliva helps patients ease through any of these. She has been practicing Internal Medicine (IM) – Endocrinology for over four years. She graduated from the University of the Philippines (UP) Manila with a BS degree in Pharmacy, and then took up medicine and internship at the University of Santo Tomas. She acquired her residency, training, and fellowship at the Makati Medical City (MMC). Moreover, she has internationally been recognized through her research in endocrinology, for which she has received invites from Australia and Singapore. Dr. Macabuag-Oliva usually has long conversations with her patients to make sure they understand and follow her advice. She aims to motivate, educate, and inspire them to get better not only by following prescriptions, and getting regular check-ups but also by communicating with her.

Make an appointment:

✓ Makati Medical Center / Room 227
Tuesdays: 1 am to 5 pm, Thursdays: 8 am to 10 am, Saturdays: 8 am to 12 pm
Contact No.: 02-893-4358 / 02-888-8999 loc 2227







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Business Talk

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



I'm Patrick Paul Tan, CEO of Skyjet Airlines. I'm in charge of the day-to-day operations and the future development of Skyjet.

Skyjet started as a resort airline which now serves Batanes, Coron, Siargao, and Boracay via Caticlan. We're in a process of growth at the moment. We're increasing our fleet and destinations. Our plan is to stay with general resort destinations before moving into international charters direct to resort destinations (Boracay, Puerto Princesa in Palawan, Clark, and Cebu). We'll be importing Airbuses to fly passengers direct from Korea, Taiwan, and China. At the same time, we're looking to expand our domestic routes to commuter destination.

About these commuter routes, will these be the usual routes like Manila to Cebu or Manila to Dayao?

No. These will be more of the secondary cities like Legazpi and Masbate, basically the underserved routes.

How did you get into the aviation industry?

I came into the aviation industry as Vice President for Commercial of SEAir, Inc.. I later became their Vice President for Operations before becoming the CEO of SEAir. When SEAir had a tie-up with Tiger Airways Singapore, I became president of Tiger Airways Philippines.

We would fly regional flights from the Philippines to the likes of Singapore, Hong Kong, Kuala Lumpur, and Ho Chi Minh City. We flew from Cebu, Davao, and Puerto Princesa, very quickly becoming the third player in the Philippines.

There was a strategic move with Tiger Airways to get out of their regional joint ventures, so they sold to Cebu Pacific and now operates as Cebgo.

What would you say is the difference between you and other airlines?

We specialize in our routes. We give full priority to our passengers in our routes. There aren't that many airlines taking the same routes that can say the same thing because those are just minor routes for them.

In our case, you feel the difference in the service. From check-in to boarding, we provide a personalized service compared to other airlines.

Most of the ground staff from other airlines are outsourced. If you encounter a problem, generally you cannot complain to the ground staff because they're not in a position to tell you anything. In our case, you deal with company employees as soon as you step in front of the check-in counter. This means you have a direct route to getting information about everything that has to do with your flight.

We also treat our guests like actual tourists. If you fly with a low-cost carrier, you expect to be treated like a low-cost passenger.

Would you classify Skyjet as a low-cost carrier or is it something else entirely?

We don't market ourselves as a low-cost carrier, but if you check the airfare consolidator websites, we're generally cheaper than the rest in the routes that we fly. We, however, do not let that prevent us from providing the kind of personalized service we want to give to our passengers.

What was factored into choosing the destinations you currently fly to?

One of the factors was the runways were a bit shorter than standard. The larger airlines cannot go in, and if they do there are limitations as far as the weather.

Our planes are designed for short runways. It's one of the few planes that are allowed to take-off and land at the London City Airport (LCY). LCY has a short runway and requires plans to climb out at a steeper angle than other airports because of noise restrictions in the city. In fact, it's a favorite of the Royal Family. The Queen herself has three of them for her personal use. The only difference is that our planes are 80-90 seaters, while The Queen's plane is a 24-seater.

There are weather conditions in Batanes that will not allow us to land there, but we will be the last to cancel because our planes are the most suited for these runways. If there is a plane that flies into Batanes despite bad weather and high winds, that will most likely be Skyjet.

What challenges has Skyjet had a difficulty of facing?

Right now, we're coming in from a far fourth. We want to improve our position to become the strong fourth player in the local airline industry. We want to keep our position of offering the most number of seats per week to the destinations we serve: Batanes, Busuanga, Siargao.

Skyjet started out as a niche player, and it will remain a niche player for a while. Our focus on our niche lets us give a different level of service compared to typical low-cost carriers. It's because of that service that we want to be know.

Are there any other challenges you're looking to face as CEO of Skyjet?

It'll be more of competitive challenges, like starting new routes. There is a tendency for airlines who fly those routes to drop prices (when a new player comes in), which will lead to price wars.

What plans does Skyjet have for the foreseeable future?

We hope to have the charter operations within 3-5 years. Going beyond that, we want to get into scheduled international flights.

How would you describe your management style?

It's consultative and very open. If you'll notice, my office doesn't have a door. Anyone of my staff could approach me. Even my phone numbers are public, as you'll see in my Facebook account. This is so the passengers can contact me directly.

Who are some of the people you look up to?

I look up to the pioneers and successful leaders in the aviation industry. Lance Gokongwei grew Cebu Pacific to what it is today despite not having a background in aviation. Lucio Tan spent a good 10 years on the outside of Philippine Airlines before getting into the company. I admire their tenacity and hardwork.



Describe your typical day at work.

My day usually starts at 4 am because I ride my bicycle to work. I go to the gym from 5 am to 7 am before I get to the office by 8 am. I'm usually one of the first people in the office. Outside of meetings during the day, my day usually ends at 6 pm.

I ride my bicycle to work from my home in New Manila, Quezon City because of how much time I save going back home. I save at least an hour and a half compared to driving a car from here to where I live each day. It also removes any excuse from my staff about coming in late for work because I'm the only one who comes in by bike.

Scan the code to view the full interview. Read more on business at WWW.primer.com.ph







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Business Talk Extended Interview with the top executives of Japanese companies that have penetrated the Philippine market



Born in 1964, in Niigata Prefecture, Kenji Uchiyama first worked in Hyogo and Nagoya, and then, from 1995, he worked in the marketing division at the headquarters of Kirin Brewery for eight years. In 2004, he became the regional director of the Miyazaki branch. After that, he became the planning manager at the headquarters, dealing with management strategy. In 2017, he became an executive officer.

In 2018, Uchiyama became the vice president of the Philippines' leading beer company, San Miguel Brewery, which is jointly owned by Kirin Holdings Co. Ltd. He has worked in the headquarters and factories; he has gained a balanced understanding of both. He analyzes the expansion of the beer market in the Philippines, and he foresees diversified alcohol trends. Reforming their flagship product, Ichiban Shibori, will be the means of predicting their future.

Talk about your experience in the university.

I studied various elements of social science at Keio University. I took interest in and studied "brand management," which naturally led me to the beer industry because I felt that beer reflects the world

My father owns a small business, so I could take that over, but I passed the job interview in Kirin, so I decided to join them.

What did you do when you joined Kirin?

In the first two years, I was based in the factory, located in Amagasaki City in Hyogo Prefecture. I was in the labor division, in charge of personal management and labor relations. After that, I was transferred to Nagoya and did sales for six and a half years. It is said to be the hardest job for newcomers, but if people like you, they will treat you as a friend-in fact, my part-time job experience when I was in college became useful. I was selling study materials door to door, and my sales result reached the top 2 nationwide! In this part-time job, I was thinking about how to strategically cultivate the market and build connections, holding a map and a memo in my hand.

After Nagoya, where did you go?

In 1995, I was transferred to the marketing division in the headquarters and stayed there for eight years. I

was involved with marketing strategy for the whole company. After that, I was transferred to a factory in Miyazaki Prefecture-it had been a long time since I was in a factory. In fact, Miyazaki was predestined—Asahi beer grabbed the largest market share, but two years after I went to Miyazaki, we turned the

How did you do it?

We focused on creating a reputation that we were the beer producer that revitalizes local communities. At that time, Asahi beer was popular. I had an eye on producers, such as farmers. Kirin produced a local program, "Local production for local consumption." In this program, local producers were introduced, and the program was broadcasted every week in Miyazaki. At the end of the program, we filmed people drinking Kirin beer around dinner tables.

We focused on creating a reputation that we were the beer producer that revitalizes local communities. 77

Then, in 2018, you came to Manila?

Yes, in April. We are investing in San Miguel's subsidiary, San Miguel Beer. In Japan, the market is maturing and the decreasing birth-rate and the aging population is progressing, so we were seeking business opportunities overseas. During the first time I came to Manila, I thought the Philippines was more vibrant than I expected but at the same time, I felt a big gap in economy.

What can you say about investing in the Philippines?

A good investment! At present, in the Philippines, beer accounts for 80% based on the alcohol volume, and 70% based on sales. If the economy grows, most certainly alcohol will do well, leading to diversified

preferences. So, I feel that there will be more business opportunities in the Philippines!

Beer in particular is popular in the Philippines, isn't it?

Yes. However, it has more potential when you look at the per person consumption. In Japan, a person drinks 44 liters of beer a year, but, in the Philippines, 17 liters only. If the economy grows, and income increases, the beer consumption will increase too.

I heard you are re-organizing the sales promotion for the main product, "Ichiban Shibori."

We must do something, as the Philippines' economy is growing rapidly. This autumn, we are renewing Ichiban Shibori in the Philippines, and in the future, we will consider introducing draft beer too, so we would like to actively promote our products.

The Philippines is now very vibrant... I would be happy if I can be part of this country's development. 77

Talk about your thoughts about future perspec-

The Philippines is now very vibrant, and I don't think I can experience the same in Japan. I think, "What is the meaning of me being here now?" I would be happy if I can be part of this country's development.

What is your favorite book?

John F. Kennedy's Profiles in Courage.

The book is about bravery and integrity in the careers of eight US senators in the 1900s and the book won a Pulitzer Prize. When a revolution is really needed, speeches that sound good alone are no good. This book makes me think about how much I can stick to my beliefs.



Scan the code to view the full interview. Read more on business at www.primer.com.ph





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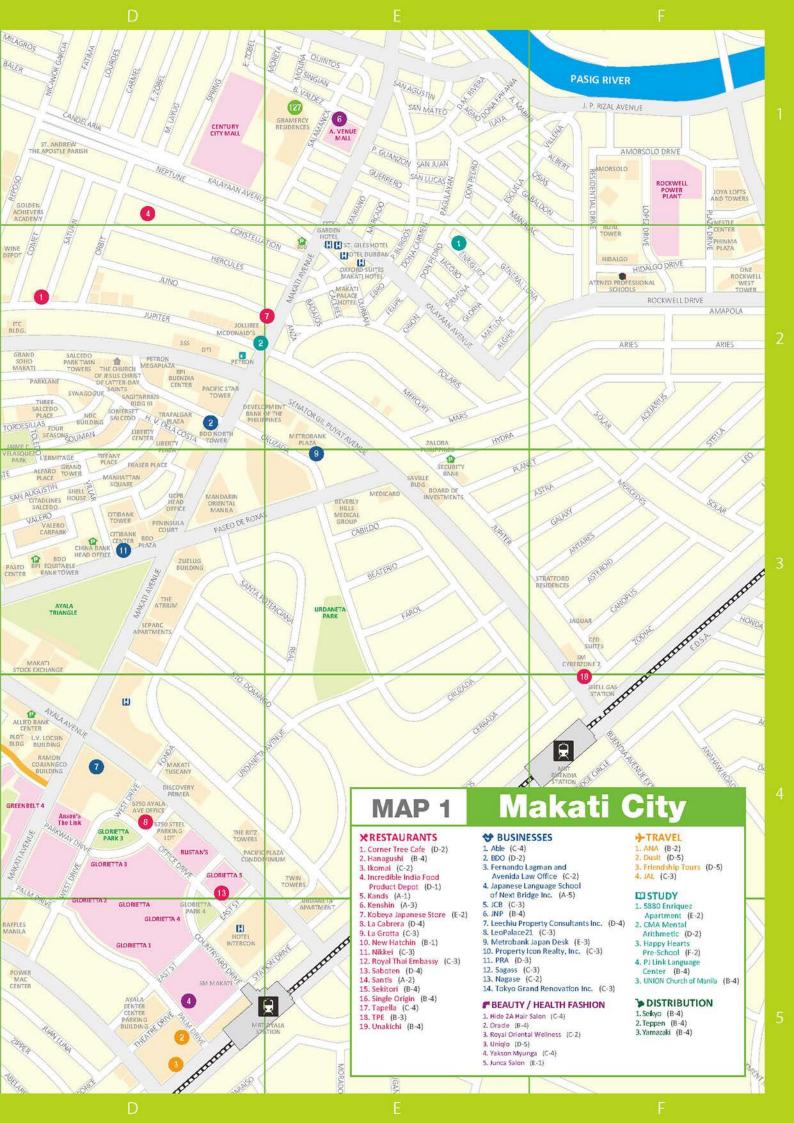
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P2P / UBE

P₂P **BUS ROUTES**

MAKATI

	PERSONAL CO.
Greenbelt I to Alabang Town Center	(P100.00)

- Greenbelt 5 to Ayala (P100.00) Malls South Park
- Glorietta 3 to [P30.00] Robinsons Galleria
- Glorietta 3 to (P100.00) Robinsons Novaliches
- Glorietta 3 to UP Town Center [P80.00]

[P100.00]

- Ayala Center SM Megamall - Trinoma -SM North (Saturdays)
- Makati Circuit Lane to (P150.00) Nuvali Transport Terminal
- Park Square to Trinoma (P95.00)
- Greenbelt 5 to SM City Masinag
- [P80.00] Makati to Eastwood [P100.00]
- Greenbelt 3 to Sucat interchange [P100.00]
- Greenbelt 5-SM Cherry Antipolo (P80.00)

QUEZON CITY

Routes

Fare Robinsons Galleria to Clark

International Airport [P250.00] Araneta Cubao - NAIA (P100)

ORTIGAS

Routes Fare

to Antipolo Triangle Mall [P50.00] Robinsons Galleria

 SM Megamall to SM North EDSA

Routes	Fare

- [P100.00] to Market! Market!
- · Starmall Alabang -(P50.00) Central Mall Dasmariñas
- Starmall Alabang to Robinsons Galleria -Starmall Shaw
- Mall Daang Hari, Bacoor
- ATC to Greenhills
- (Muntinlupa) Market! Market!
- ATC Ayala Malls the 30th [P80.00]

BULACAN

Routes

- Sta. Maria Bulacan Trinoma [P70,80]
- Robinsons Place Malolos North Ave. (QC) [P80.00]

to Robinsons Place [P60.00]

ALABANG

(P65.00)

(P80.00)

(P35.00)

[P80.00]

Fare

- Alabang Town Center
- Starmall Alabang to Vista
- ATC to Ayala Malls 30th
- Shopping Center (P80.00)
- Alabang South Station
- [P100 / P80.00] ATC -Greenbelt 1 (P180.00)
- ATC Lawton [P180.00]

Others

STANDARD FARE: Php 300.00

BACK TO NAIA

Routes NAIA - Clark Airport

BACK TO NAIA

GIONINA GIONINA

• Camella Dasma Highway - San Lorenzo Place Makati

Fare

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UNER HORI

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MANIA HOTEL

BACK TO NAIA

MANIA PANION

ROBONSONS MANILA

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SHELL RESIDENCES

SIN COMERTON CENTER

CONRAD I MICROTE

ONE COM CENTER

SM FERRY TERMINAL

*ROUTES MAY CHANGE IN

WILL BE POSTED ON

*NOTIFICATION OF CHANGES

THE FUTURE

MALI OF ASIA

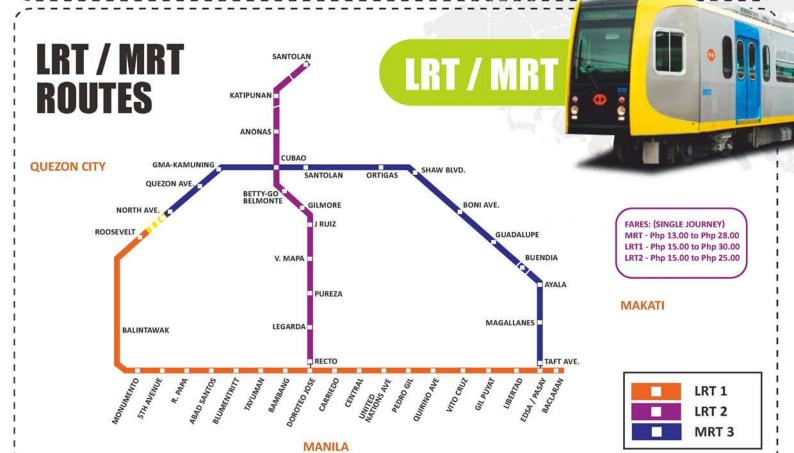
BACK TO NAIA

HOTEL 101

EXPRESS

ROUTES

(P150.00)



What's New in the Metro?

PASAY CITY



TERNOCON

Inspired by the successful turnout of last year's Fashioning the Terno mentoring program for regional designers, the CCP and BENCH team up once again to undertake a second phase for 2018 entitled TERNOCON, a terno-making convention and contest for regional designers culminating with a Fashion and Cultural Showcase at the CCP on November 11, 2018.

CCP Complex, Pasay City



iKON Continue Tour in Manila

iKonics! They heard you! One of the most requested K-pop idols, iKON is set to stage their very first solo concert here in Manila and it's happening this coming November 11, at the Mall of Asia Arena!

Mall of Asia Arena, Pasay City



Noel Bazaar x International Food Feast Bazaar

Metro Manila's highly anticipated Christmas bazaar will be held simultaneously with the International Food Feast Bazaar at the World Trade Center from November 15 to 30. You'll be sure to never go hungry even when you go on a shopping spree!

World Trade Center, Pasay City



18th Grand Wine Experience 2018

A prestigious night of over 500 world-class wines, spirits, beers, and sakes, plus a sumptuous buffet will challenge your appetite at this year's Grand Wine Experience at the Grand Ballroom of the Mariott Hotel, Resorts World Manila.

Mariott Hotel, Resorts World Manila, Pasay City



Takbo Para sa Kalikasan 2018: Earth Run Edition

As part of Takbo Para sa Kalikasan fun run, the Earth Run 2018 will commence on Sunday, November 18, from 5 am to 9 am at the Liwasang Ulalim, CCP Complex, in Pasay City.

CCP Complex, Pasay City



Ballet Philippines 49th Season

CCP welcomes the new year with forthcoming productions from the CCP resident companies such as Ballet Philippines and Philippine Ballet Theatre. Experience Ballet Philippines like never before. Let us celebrate the 50th season as they unveil their treasured pieces from the vast and versatile repertoire.

CCP Complex, Pasay City



The Weeknd Live in Manila

For the first time ever, The Weeknd is having his Asian leg tour and Manila is his 4th stop! This December 7, The Weeknd is bringing some of his chart-topping hits that will surely make your heads bob to the beat!

Mall of Asia Arena, Pasay City

QUEZON CITY



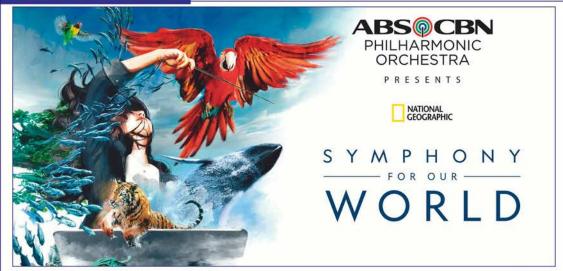
Aaron Carter: LØVË Tour in Manila!

90s kids, get ready as 90s teen sensation Aaron Carter brings the LØVE Tour to Manila this coming November 18 at the Kia Theater!

The singer-songwriter and producer made all 90s kids swoon with hit singles like "I Want Candy" and "I'm All About You."

♀ Kia Theatre, Quezon City

SPOTLIGHT



Theatre

National Geographic: Symphony for Our World

November 30

Prepare to be mesmerized by some of the world's most amazing wildlife scenery paired with live orchestral performance as ABS-CBN Philharmonic Orchestra presents National Geographic: Symphony for Our World this November. This spectacular musical will present National Geographic's scenic shows as seen in its 130-year history, so expect stunning imagery and excellent storytelling perfectly synced with live orchestra and choir.

The Theatre at Solaire, Pasay City



The Moffatts Live in Manila

The most popular band of brothers that made chart-topping hits in the 90s is back for a reunion. The Moffatts is returning to Manila this November 30 with an intimate live concert at the New Frontier Theatre (previously Kia Theatre).



For more events, please visit primer.com.ph/events



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