

BREAKING NEWS >>

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- > **6:55 PM** | Malacañang work not to be disrupted by 2010-related resignations
- > **5:54 PM** | GMA has no plan to declare martial law: official
- > **5:02 PM** | Noynoy-Mar tandem to be presented tomorrow
- > **4:51 PM** | Rebels attack Dole Philippines
- > **4:45 PM** | Human rights victims, least priority of Teodoro - Bayan
- > **4:30 PM** | AFP, Abu Sayyaf clash in Sulu anew
- > **4:00 PM** | Quezon City 'cop' pokes gun to reporter
- > **3:45 PM** | Mayweather pummels Marquez in ring return

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SUNDAY LIFE



What is the best way to show gratitude to your parents?

WORDS WORTH By Mons Romulo- Tantoco (The Philippine Star) Updated September 20, 2009 12:00 AM



Wherever we are today, whatever we have made of ourselves, we owe it to our parents who have given and taught us so much. We only have one set of parents, and we should make it a point to show them how grateful we are for everything that they have taught us. Whatever gesture we choose to express our thanks, the important thing is that they know how much we love them. I interviewed the cast of the forthcoming play Spring Awakening on how they show their thanks to their parents.

SITTI NAVARRO, singer, stage actress: The best way for me to do that is to live a life that they can be proud of, for them to be able to say, with conviction, "That's my daughter, I taught her that!" — a God-fearing, values-instilled and honest life.

CHARI ARESPACOCCHAGA, director, Spring Awakening: I show my mom gratitude for all the things she has done for me by aiming for excellence in my work and by living in a loving, generous way. I plan on traveling more with my mom. And more wine and cheese nights!

JETT PANGAN, singer, stage actor: I like making my mom proud of me by showing her that I live by her life lessons on frugality and prioritizing my family above all else. My mom is a widow and retired, so I make sure to connect with her (she watches our gigs) and assure her that I'll always be around.

INNO MARTIN, stage actor: The best way that I can express my gratitude to my parents is by showing how much I care for them, express how much I love them, and showing them how they influenced me as a son to be successful in all that I'm going to do in the future.

MIGUEL MENDOZA, stage actor: The best way I can show my gratitude is to compose a song for them and perform it.

NAR CABICO, stage actor: I will thank my parents by doing well in school and in the productions that I am part of.

RAJO LAUREL, costume designer, Spring Awakening: By being a man for others. My parents taught me that the best way to reward them is to help those most in need.

KELLY LATI, stage actress: Even though my mom is back home in New Jersey, I still talk to her every day. I tell her stories

about rehearsals and my day. I thank her for allowing me to be part of Spring Awakening. I am especially grateful because she is flying in to watch me on opening night.

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A COMMITMENT By Tingting Cojuangco

My daughter Pin's travel account is unforgettable, I

underground river in Palawan.
AwesomePhilippines.co



YANAH LAUREL, stage actress: By showering my mom with lots of hugs and kisses. By telling her she has been such an inspiration and motivating force in my life. By telling her I love her.

CHESKA IÑIGO, stage actress: This year, to show my mom how much I appreciate her, I threw her a surprise birthday party and gave her a new dog. (The last one we gave her passed away and she was feeling really bad about it.) I also show gratitude to my parents for everything they have taught me by living my life based on their beliefs and principles, and passing them on to my children so that my parents' legacy will live on in them.

NICCO MANALO, stage actor: My parents had tough times growing up and all they want for me is to have the opposite of that. I will strive to be the best I can be on my own and still be there when my family needs me.

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just have to share it with you. She writes: "Hi everyone! Today, we get to drop off Ina in school.

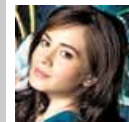
Remasters of the universe



THE X-PAT FILES By **Scott R. Garceau**

This Beatle fan, for one, has had enough. I just heard the surviving remnants of the Fab Four (that would be Paul McCartney and Ringo Starr) have put their stamp of approval on — gasp! — yet another remastered CD box set version of all 13 of the Beatles' albums.

The sweet life...from bed



LOVE LUCY By **Lucy Gomez**

I have been steeped in sleep and wheatgrass juice since Tuesday, and counting, no thanks to a nasty cold that lightly touched Yaya Lita first, skipped happily over strong and sturdy little Juliana next, deciding finally to stay and try to make friends with me, sleep-deprived Lucy.

Say hello to the 'emosogynist'



FROM COFFEE TO COCKTAILS By **Celine R. Lopez**

Put on your chastity belts on, ladies, there's a new cad in town.

How green is Nuvali



PERSPECTIVES By **Paulo Alcazaren**

Green is in. It is the color of sustainable development and the catch-all term used to define an approach to building new towns, cities, communities and new lives. Filipinos have been green for eons before recorded history.

Unforgettable memories



By **Wilson Lee Flores**

It's amazing how time passes so