



MACROASIA
Airport Services Corporation



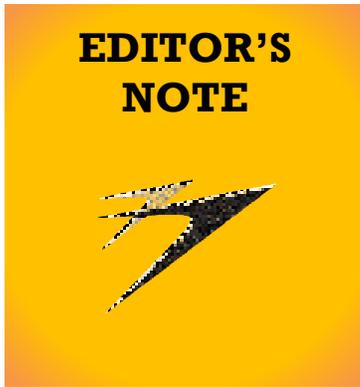
MASCORP JOURNAL

The Official Publication of MacroAsia Airport Services Corporation

Volume II: Issue 1



The leading edge of Ground Handling Services and Solutions in the Philippines...



Another year had passed and one volume of the MASCORP Journal had been effectively issued. As we welcome another year I would like to invite everyone to continuously support our company's newsletter. The MASCORP Journal is now on its second year and we are looking forward for a positive outcome as we are about to release our second volume. We, the journal team, will continue providing news articles, information, and features which are necessary in our daily life routine not only on performing our work but also on our daily life basis. As we release the first issue of our second volume, permit me first to personally apologize to the whole MASCORP Community for the delayed of this issued. I assure everyone

that that your Journal team will be more committed in releasing more forthcoming issues.

Looking at this issue, the journal team had decided to put our very own MASCORP Motorpool as the cover and an article about its inauguration. The Motorpool project is an additional proof of the continuous success of our company. It is just right to cover the Motorpool Project as we are welcoming another year. May the opening of this Motorpool project give us faith and hope for an efficacious year once more this 2014. Some news articles included in this issue were provided for everyone's information. May this articles gives us inspiration as we perform our tasks and responsibilities. Some articles featured on the other hand were provided to give tips, advise, guidance and relevant information for our quotidian routine. And of course, the "Who's Who on MASCORP?" features legendary staff of MASCORP. He is not familiar to most but he is a pioneer employee of our company. It is about time for us to know Mr. Arnel Bautista.

To all MASCORP employees, we hope that you will enjoy reading this journal. May this journal continuously be a useful tool for every employee of MacroAsia Airport Services Corp. this issue is just the beginning of our second volume and we your MASCORP Journal team will be more devoted in serving you. We are looking forward for your support. Thank you and enjoy reading!

DANEL IAN YAGO
Editor - in - Chief

EDITORIAL STAFF

- DANEL IAN M. YAGO**
Editor - in - Chief
- ARIS ARROGANCIA**
Associate Editor
- MARY-ANN DEL PILAR**
Managing Editor
- RICHELLE VENICE PANTALEON**
Feature Editor
- GIO LAZO**
SABRINA SANTOS
News Editor
- PETER JOHN SUACOCO**
Photographer/ Lay-out Artist
- HANNAH TOJAO**
MA. LOURDES CALOPEZ
KAHMILLE BONGAR
Contributor
- RAUL LAPUZ**
Finance-in-Charge
- AMOR E. BALAYBOA**
ANNRAY M. SALDANA
MANUEL ANTONIO B. BONE
Consultant

INSIDE THIS ISSUE...

HEAR IT FROM THE GM	3
WHO'S WHO IN MASCORP	3
TERMINAL 1's FACELIFT	4
MOTORPOOL	5
BON ODORI	5
BEST TEAM PROGRAM	6
RAMP IDOL	6
OATH TAKING	7
SUREFIRE WAYS TO EARN YOUR BOSS'S TRUST	7
HEATH TIPS: VIRAL HEPATITIS	8
DEFEND YOURSELF	9
THE TRUTH IS	10
ALL ABOUT TECH	10
PUZZLE WINNER	11
THE POWER OF HUG	12



MESSAGE FROM THE GENERAL MANAGER



EMERSON S. BONOAN, JR.
GENERAL MANAGER

2013 was a very challenging year. We hurdled extreme heat during the summer, numerous monsoon rains had us braving heavy precipitation and floods and before the year ended, super typhoon Yolanda caused much damage to our brothers in the Visayas region. Despite these hardships, I am proud to say that each member of the MacroAsia family has once again proven their dedication in providing quality service to our clients.

We started 2014 positively as we continued to help the victims of Yolanda by sending a Team to Tacloban to distribute meals to young students. We proudly welcomed clients and key people from the industry to join us as we officially opened the doors of our newest facility, the motorpool area.

Today, we face a new challenge as the airport authorities have started the renovations at NAIA terminal 1. I urge everybody, more so those who perform their duties at NAIA terminal 1 to take extra precaution and to remember that safety should always come first. Hopefully, these renovations will give us a better working environment after its completion.

As always, I am hoping that we all will endeavor to keep MacroAsia as the preferred ground services provider in the country.

WHO'S WHO IN MASCORP



ARNEL E. BAUTISTA
SENIOR PURCHASING OFFICER

"A DIALOGUE WITH A PIONEER"

Before his flight to Malaysia for an errand, I grabbed the opportunity to talk to one of the pioneers in MacroAsia, riding the same van. Have you heard of the name "**Arnel Bautista**"? Sounds familiar? Maybe some know him by name but not by face, or the other way around. Maybe you bumped in to him when you went to MASCORP's Admin office at the Skyfreight building, wearing a uniform printed with the company logo same as yours, but didn't realize it was him. Well, you ought to know him because you might encounter this name when you need to request for supplies purchase in your department. Furthermore, it is worth-mentioning a sixteen-year of service in the company.

As he started the engine, I started spilling the beans. He shared with me his work before and when he already joined MASCORP. **INA NUTSHEIL:**

He was with Philippine Airlines (PAL) before he joined MASCORP. There, he became a Station Attendant from 1992 to 1993. He also became a Cabin Crew Scheduler from 1994 to 1998. After being retrenched in PAL, he applied for a job in MacroAsia in

1998. He first worked as an Operator for potable and lavatory trucks. In the year 2000, he performed admin duties for one of the clients, Air Philippines, as a Station Controller. After a year, he became a Safety Officer until 2002. In 2005, he was transferred to GSE and Purchasing department. Last November 2013, he was promoted as a Senior Purchasing Officer and at the same time, Officer-in-Charge. He is assigned to purchase operational requirements needed by the company. Part of his job also is to negotiate with the suppliers, which brings him to some countries like Hong Kong, United States and Malaysia.

Along the way, I asked, "*Sir, what is the hardest part of your job?*" According to him, "*What makes it hard sometimes is when the description of the products is not being clearly specified in the Purchase Request Form*".

"*What makes you stay for 16 years?*" He said, "*Having seen the company continuously growing is also one of the reasons why I've been here for 16 years. I've seen the growth of the employees. Don't mind the people who put you down. Just do your best. You can't please everybody*".

On our way back to the Skyfreight building I asked him: "*What are the greatest lessons you've ever learned in MASCORP?. What is your message to your colleagues, especially to the new ones?*" "*The greatest lessons I've learned first, of course, yung sa trabaho ko, negotiation and importation. You have to absorb everything. Then part of that is the value of patience, friendliness, makisama, maging mahinahon. For the new ones especially, you have to learn it also. Hindi naman lahat pag pumasok angat agad. Sometimes you have to realize that 'great things start from small beginnings'. You just have to wait*".

Richelle Venice B. Pantaleon



TERMINAL 1 FACELIFT

Most people have heard about NAIA's Terminal 1 being one of the worst airports in the world. A few months into late 2013, the terminal was ranked number 8, but it still hasn't been saved from being included in the list of the Worst Airports in the World. MIAA's solution to uplifting Terminal 1's reputation would be an entire rehabilitation of the airport. While renovation is indeed for the betterment of the airport, it also has its adverse side-effects to both employees and passengers. Early this year, scaffolding and boards have been brought into the departure area and various construction sites have been erected. Unfortunately, most concessionary establishments such as the WOW Restaurant have been removed in order to give way to progress. Some gates have ongoing construction where symphonies of drills, hammers, and other tools play to passengers, much to their disdain. Even the medical clinic at the arrival area has been moved to the ramp causing such inconvenience to passengers on wheelchairs or those who struggle walking lengthy distances. On the other hand, the construction aims to reinforce the airport's structural integrity, rehabilitate the check-in counters, to make concessionary facilities more accessible to departing passengers, and beautification as a whole. And within the airport's intestines, it aims to improve plumbing, air conditioning efficiency, electricity and fire safety.

Gianmarco Pio C. Lazo



BON ODORI

MACROASIA STAFF JOINS JAPANESE FESTIVAL

Last March 01, MacroAsia staff from ANA and JAL team joined the Japanese community in the Philippines in a traditional Japanese Festival. The Bon Odori Festival which was celebrated yearly took place at Manila Japanese School in Fort Bonifacio, Taguig. Bon Odori (盆踊り), meaning simply Bon dance is a style of dancing performed during the festival. Both MacroAsia ANA and JAL team had a contribution on the said event. The JAL team together with the whole JAL MNL team took the stage every time the music plays leading the attendees in dancing the Bon Odori. On the other hand, ANA team together with ANA MNL Airport Office and ANA MNL Sales Office gathered as one team at ANA booth promoting their new flight, Manila to Haneda flight. Photobooths were also present at ANA booth giving every attendees a souvenir for free. MacroAsia's Passenger Service Manager T1, Ms. Pamela S. David, was also present at the said event to support the two groups.



-DANEL IAN YAGO



MOTORPOOL

The long wait for the construction of the MASCORP's Motor pool and Warehouse project had finally came into an end as it had its inauguration last January 13. Attended by various partners in the industry, the inaugural ceremony of MASCORP Motorpool was celebrated by Msgr. Modesto M. Teston. After the blessing of the building a short program follows. The MASCORP General Manager, Mr. Emerson Bonoan, delivers a short speech. A ribbon cutting which signifies that the project was formally open for operation was led by MASCORP VP for Human Resources, Legal & External Relations, Atty. Marivic Moya.

Located along the General Aviation Area, the construction of the project started with a ground breaking ceremony last May 16, 2013. The Motorpool was constructed on an approximately 2,500 sqm lot and now houses the company's equipments being used for the daily ramp operations. The Mascorp motorpool is also being utilized for repairing, washing, repainting and maintaining of the said equipments. It also serves as a ware house for the company materials and supplies.

The completion of the MASCORP Motorpool project signifies another success for the company. A project that the whole MacroAsia Airport Services Corp. can be proud of.



BEST TEAM PROGRAM

One team emerged among other four teams competing for the Best Team Program of Passenger Service Department-T1. With a total of 965 points, China Airlines Team proved that they got what it takes to be the Best Team in Pax Department-T1 for the year 2013. They were followed by ANA/Thai Airways Team with 940 points then Korean Air/Air Nuigini Team with 740 points. While Japan Airlines Team and LL/PR Codeshare team garnered a total points of 735 and 235 respectively. Each team acquired a points every time they got merits based on documentation, grooming, departmental procedures, customer service and operations. On the other hand, every demerits received by a team corresponds to an equivalent point deduction depending on the mistake committed. Each team strives to earn as many points as possible to win the cash incentives given every year. China Airlines Teams, after being awarded as the over-all winner for the year, receives an additional cash prize and the bragging rights of being the finest among the others.

This 2014, the Department will still continue the said program. The Best Team Program is not just a friendly competition among the staffs but this also promotes and encourage each member of the department to be at their best physically on their own selves and to be at their best as they perform their duties and functions. The management hopes that each team will exert more effort this time and will continue to support such project of the company like this.

RAMP IDOL

What is Ramp Idol?

Ramp Idol (Star Idol in Cebu) is an incentive program for the staff that has been active for more than two, or three years. This program specifically aims to inspire the ramp staff to individually excel in their endeavors. Ramp staff can specifically choose their "Idol" and vote for them, given that they fulfill constant maintenance to these specific qualities to be chosen:

- They have great attendance ethic.
- They cause no incidents at the ramp.
- They have good grooming standards and habits.
- They strictly abide to uniform policy.
- They hold good bearing toward their fellow ramp agents.

Regardless of their rank, every ramp agent may join the contest and winning means to receive a cash prize and certificate award from their respective department manager.

These are the winners of Ramp Idol 2013. May their perseverance and hard work continue to inspire many!

CEBU

January	Mr. Anthony Dayon
February	Mr. Nique Magallanes
March	Mr. Junrey Montebon
April	Mr. Lemuel Papileras
May	Mr. Seth Archie
June	Mr. Junrey Montebon
July	Mr. Christopher Maarata
August	Mr. Manuel Reyes
September	Mr. Levie Tajanlangit
October	Mr. Levie Tajanlangit
November	Mr. Jonal Narciso
December	Mr. Felix Singculan

RAMP T1

January	
February	Mr. Zaldy Garcia & Mr. Reginald Lelina
March	Mr. Jose Bryan Alarcon & Mr. Ryan dela Cruz
April	Ms. Wilneriza Catacutan & Mr. Jesus Paulite
May	Mr. Reynaldo Arce & Mr. Leonardo Orosco
June	Mr. Arnold Manzano & Mr. Christopher Varca
July	Mr. Reginald Lelina & Mr. Johann San Juan
August	Mr. Renante Diaz & Mr. Danilo Dayauon
September	-
October	-
November	Mr. Jheson Palmani & Mr. Edgardo Pequiro
December	Mr. Mervin Salcedo & Mr. Alfred Eustaquio

RAMP T2

January	Mr. Rodolfo Manahan & Mr. Richard B. Dela Cruz
February	Ms. Leah Ruby Pecson & Mr. Herman Santos jr.
March	Mr. Allan Fungo & Mr. Malober Santos
April	Mr. Philip Antigua & Mr. Archie Almarin
May	Ms. Maureen Lacson & Mr. Eduardo Gaerlan Jr.
June	Mr. Elmer Velasquez & Mr. Federico B. Cantil
July	Ms. Hara Carmela Gantuangco & Mr. Alez Eligoyo
August	Mr. Augusto C. Concepcion & Mr. Michael P. Simbulan
September	-
October	Mr. ryam Laxamana & Mr. Richie Sacendocillo
November	Mr. Macrino Castillo & Mr. Jose Tolentino
December	Mr. Edgar Allan Cruz & Mr. Abner Embiado

OATH TAKING

Last December 20, 2013 the members of the Mascorp Journal Newsletter had their oath taking ceremony at the Skyfreight Building. Despite their busy schedules in the airport, they gave their time and effort to help in making the company newsletter. It has been a year since the company newsletter was formed. The members gave their pledge to do their responsibilities for the newsletter officially. The members who participated were Mr. Danel Yago, Editor-in-Chief; Mr. Aris Arrogancia, Associate Editor; Feature Editor, Ms. Richelle Venice Pantaleon; Writers, Mr Gianmarco Lazo, Ms Maria Lourdes Calopez, Ms. Hannah Tojao and Mr Peter John Suacoco, Photographer and Layout Artist. The program proper was hosted by Ms. Pantaleon present also in the said event were advisers such as Ms Amor Balayboa, Mr Manny Boñe and Ms Ann Ray Saldaña. After the ceremony, a sumptuous feast followed.

-ARIS ARROGANCIA

SUREFIRE WAYS TO EARN YOUR BOSS'S TRUST

One of the greatest hindrances to a good working relationship is lack of trust. This is a huge problem in the work place, especially with millions spent on team building activities where the main objective is supposedly to increase trust level among participants. It is bad enough if a co-worker does not trust you, but it is 10 times worse if that person is your boss.

Given its importance, how do you make your boss trust you? The best approach depends a lot on the circumstances and on the person involved, but there are things you can do that will likely improve your trust level with your boss.

Be reliable. This is perhaps the most important factor you can control. Being reliable does not mean being able to achieve incredible tasks. It is a combination of being consistent and supportive daily and during challenging times. How do you accomplish this? You can begin by coming to work early, every day. Timely presence is one measure of reliability. At the same time, fulfilling your promise is another sign of reliability. If you say you will finish the project before the deadline, be absolutely certain you can do it.

Do not prematurely say you will be leaving the company. While you may have plans to move greener pastures, it does not help if you reveal your plans too early. Even if you confide about your plan just to your co-workers, there is a strong chance that it will leak to your boss. While it is your legal obligation to provide at least 30 days' notice before you leave, you must be ready for the consequences if you do it earlier than the mandated period. Management would think that you can no longer be trusted to do your regular work properly. Also, if for some reason your plan does not push through, your career may already be irreparably harmed.

Treat the business as if it were your own. This is probably the best advice on how to be an employee. Looking at the business from the eyes of the owner will generate many ideas that will please your boss. After all, nobody cares more about the business than its owner.

Get to know your boss. The more you know about your boss, the better you can interpret what his thoughts are so that you can understand what he wants. This does not apply only to specific pet peeves like distrusting people who have tattoos or moustache, but also what he says or does something.

Do not be noisy. Some things are meant to be confidential. Unless the information is volunteered, do not push to find out, especially if it is of sensitive nature and does not have any connection

with your work. Reading documents not meant for your work. Reading documents not meant for you will also send red flags about your intentions. You may just be curious, but poking your nose in matters that do not concern you is a sure-fire way of drawing suspicion.

Praise but do not flatter. Unlike many people's belief, most bosses are not as gullible as they seem. In fact, bosses tend to view people who engage in flattery with deep distrust. That said, sincere compliments on accomplishments or other positive aspects would help, but only if it is not overdone.

Show expertise and diligence in your work. Being competent and hardworking is still a big factor in gaining your boss' trust. This aspect becomes more important if what you do is something that other people cannot easily do. Even if you think that politics is all that matters in your company, there will always be a minimum level of capacity needed.

Keep your boss well-informed on the status and progress of your work. Even with the best intentions, it is possible for your boss to lose track of your work. To avoid unpleasant surprises, take it upon yourself to brief your boss regarding the progress of your assignments. This will increase your reliability brownie points.

Do not gossip. It should already be obvious that you must never talk of confidential matters broached to your boss, but it is also mandatory that you not reveal other information unnecessary. Having a reputation as a gossip is a major deterrent to gaining trust.

Give useful, candid feedback. When you already have established trust with your boss, there are times when giving honest feedback to him would further enhance this trust. At this point, even negative feedback would be appreciated if he knows you are saying it to help him remedy the problem. There are many ethical ways to make your boss trust you more. It is up to you to decide what you priorities are for there are times that co-workers may misunderstand your behavior. You may be content where you are or you can aspire for more. Only you can decide where your interest is better served.

The original version of this article was published in Manila Bulletin Classifieds/ Careers on December 8, 2013.

Hannah C. Tojao

Viral Hepatitis

The A, B, Cs of Viral Hepatitis

Viral hepatitis is an infection that affects the liver. There are at least six different types of hepatitis (A-G), with the three most common types being hepatitis A, hepatitis B and hepatitis C. Hepatitis A is an acute infection and people usually improve without treatment. Hepatitis B and hepatitis C can cause a chronic, persistent infection, which can lead to chronic liver disease. There is a vaccine to prevent hepatitis A and B, however there is not one for hepatitis C.



A Hepatitis A

Hepatitis A is caused by the hepatitis A virus (HAV). The virus is found in the stool (feces) of HAV-infected people. Hepatitis A can easily spread from one person to another by putting something in the mouth (even though it may look clean) that has been contaminated with the stool of a person with hepatitis A. This can happen when people do not wash their hands after using the toilet and then touch or prepare other people's food.

B Hepatitis B

Hepatitis B is caused by the hepatitis B virus (HBV). The virus is found in blood and certain body fluids. Hepatitis B is spread when a person who is not immune comes in contact with blood or body fluid from an infected person. Hepatitis B is spread by having sex with an infected person without a condom, sharing needles or "works" when "shooting" drugs, needle sticks or sharps exposures in a health care setting, or from an infected mother to her baby during vaginal birth. Exposure to blood in ANY situation can be a risk for transmission.

C Hepatitis C

Hepatitis C is caused by the hepatitis C virus (HCV). The virus is found in blood and certain body fluids. It is spread when a person who is not immune comes in contact with blood or body fluids from an infected person. Hepatitis C is spread through sharing needles or "works" when "shooting" drugs, through needlestick or sharps exposures in a health care setting, or sometimes from an infected mother to her baby during vaginal birth. It is possible to get hepatitis C from sex, but it is uncommon.

Reference:

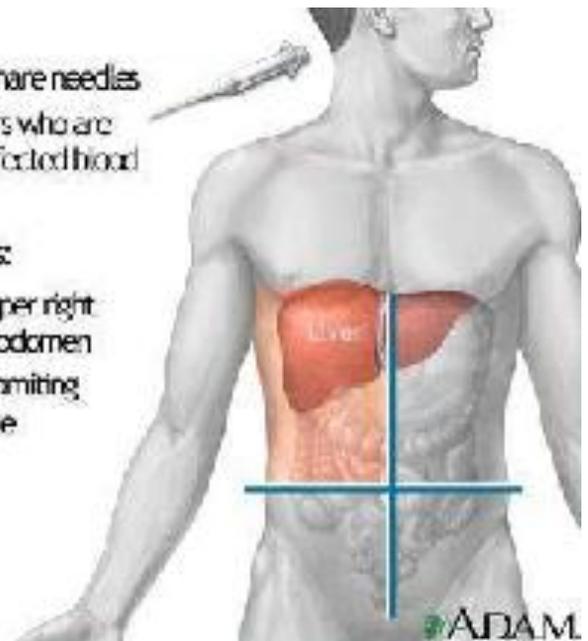
<http://www.health.ny.gov/diseases/communicable/hepatitis/>

Risk factors:

- people who share needles
- health workers who are exposed to infected blood

Possible symptoms:

- pain in the upper right quadrant of abdomen
- nausea and vomiting
- loss of appetite
- jaundice
- fatigue
- itching



By:

Dennis James T. Gabriel, MD, DPCOM
Company Physician

Kahmille Bongar RN
Company Nurse

Ma. Lourdes L. Calopez, RN
Company Nurse

DEFEND YOURSELF

It's a different world we live in. With danger lurking in every corner, sometimes we can never be prepared for what could happen to us. There are several solutions to self-defense, and that may be to include disabling devices such as pepper spray or stun guns, learning martial arts, or carrying an actual weapon. But what if one works at the airport where such items aren't permitted inside? Other than learning martial arts, this article aims to enlighten the cautious traveler, and give them a new sense of vigilance.

PREVENTION

Any hostile individual seeks vulnerable, unsuspecting targets, therefore prevention is the best self-defense there is. If you follow general safety tips such as walking in well-lit areas, or keeping your keys in your hand as you approach the door of your house or your car, you should be fine. However, if you cannot avoid such situations and you seem to be against all odds with the attacker, you might as well comply with their demands. Hand over your valuables right away because nothing you own is worth more than your own health or your life.

GET LOUD

If your attacker gets close to you and there doesn't seem to be any escape, cement it into their minds that you aren't an easy target by telling them to "BACK OFF!" Yell in their face as loud as you can and stare them right in the eye. You have to be aggressive. If you do this in a crowd, it's all the more better because it may signal for help among bystanders. This doesn't normally dissuade most attackers, but it'll definitely shoo those who were looking for easy prey.

HIT WHERE IT HURTS

When none of the procedures above let you avoid a confrontation, it's time to hurt or be hurt. In a fight, you only have a few seconds to make moves that will conclude the ordeal, and this includes the bad moves. You must do everything you can by effectively attacking these parts while at the same time, conserve enough energy for you to get away. The most effective places to land blows in are: eyes, nose, ears, neck, groin, knee, and legs. Scratching, gouging, or even rubbing an attacker's eyes with your knuckles can do so much already. It'll reduce their vision and of course, cause them severe pain. The nose can be broken by thrusting the heel of your palm if they're in front, or your elbow if they're behind you. The neck is a bigger target and you may be able to possibly stun your attacker for a few seconds if you chop its side with your hand. If you aim to cause more injury to your attacker, thrust your elbow into their throat. To throw your attacker off balance, kick the side of their knee. It will hurt them, but most importantly, throw them off their balance and give you a chance for escape.

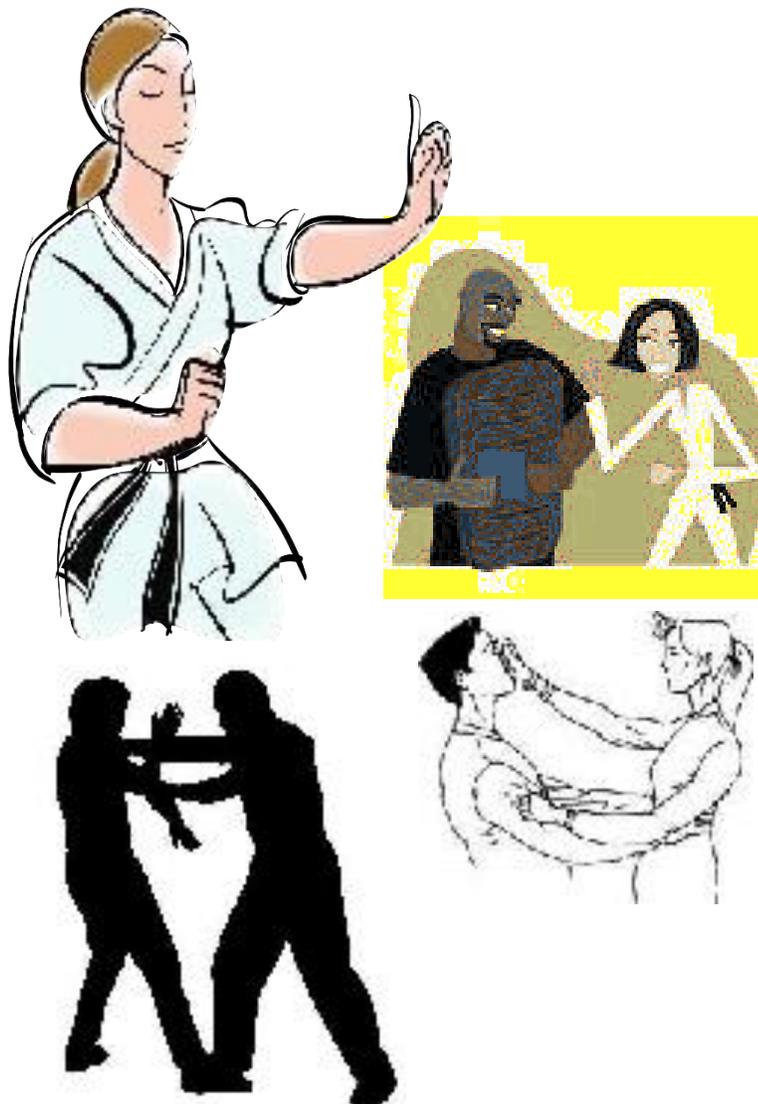
MAXIMIZE YOUR DAMAGE

To increase damage severity towards your attacker, you could carry everyday objects with you like a pen or your house keys or if you don't have any with you at that moment, you may use your head, your elbow, or your knees. If the attacker gets too close, it's ineffective to use kicks or punches. Instead, if you swing your elbow or head into their face, or knee them in the groin, it should buy you enough time to get away. Remember, the key here is for you to escape.

There are plenty more ways to save yourself from an attack but these techniques are so basic that anyone can do them. There are basics for everything, but if you would really like to take this seriously and learn a martial art, here are a few recommendations: Krav Maga, Brazilian Jiu-jitsu, Western Boxing, Wing Chun, and Aikido.

Gianmarco Pio C. Lazo

Sources: <http://lifehacker.com/5825528/basic-self-defense-moves-anyone-can-do-and-everyone-should-know>
<http://listverse.com/2010/05/15/top-10-martial-arts-for-self-defense/>



THE TRUTH IS

THE IDEAL WOMAN

Every man has their own ideal woman. If you were to ask them, here's what they often would say: "beautiful, kind, intelligent".

An excerpt from "The Little Prince" goes this way, "It is only with the heart that one can see rightly; for what is essential is invisible to the naked eye".

The portrait of an ideal woman is the one written in the Scriptures. Flip the pages and read Proverbs 31:10-31. If a man is searching for a perfect wife, he has to read between the lines.

One verse goes this way, "Charm is deceptive and beauty is fleeting; but a woman who fears Yahweh is to be praised." Here is the key to woman's effectiveness. Her priorities are determined by God's will, not her own. She is concerned about what God thinks, rather than with what other people think. Physical beauty and clever conversation are admirable qualities. But if a woman's beauty and charm are the extent of her virtues, what happens when time and the trials of life take their toll? This woman does not depend on beauty and charm for her success. She recognizes her need for God.

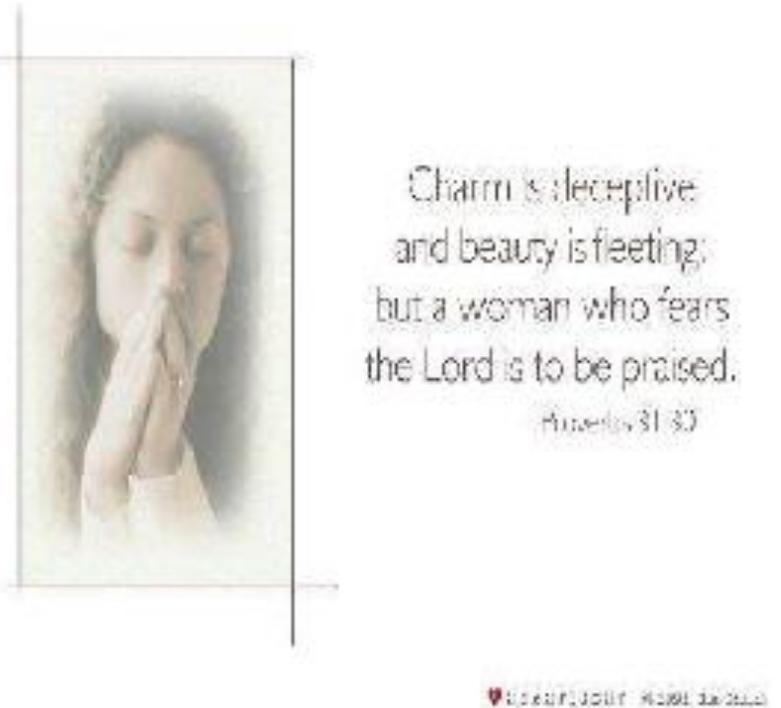
Richelle Venice B. Pantaleon

ALL ABOUT TECH

Smartphones Are PCs.

When you strip away the advertising and consider the term "personal computer", you're left with a pretty broad term that easily applies to today's currently huge smartphone market (including iPhones, Android phones, webOS devices, BlackBerrys, Windows Phones 7, and so on.) Wikipedia's article on the personal computer defines the PC as "any general-purpose computer whose size, capabilities, and original sales price make it useful for individuals, and which is intended to be operated directly by an end user with no intervening computer operator." (Ignore the woefully outdated section on Pocket PCs.) Point is, smartphones easily meet the generic requirement for being classified as PCs.

<http://lifehacker.com/5681573/your-smartphone-is-a-better-pc-than-your-pc-ever-was-or-will-be>



<http://www.extremetech.com/computing/134868-there-can-only-be-one-smartphones-are-the-pcs-of-the-future>

-Peter John Suacoco



PUZZLE WINNERS

Three lucky winners will receive an android tablet each for perfecting the word and Sudoku puzzles of MASCORP Journal's Volume I Issue 3 Ready, Set, Brain!

Ms. Gemma Garcia from the finance department, together with Allan D. Fungo Ramp Agent and Gerardo Sabine Ramp Baggage Master, both from Terminal 2 Ramp Services Department were the winners drawn out of more than 80 en-

tries through a raffle held on December 30, 2013. The participants photocopied the puzzles page together with their answers and submitted it to their respective admin assistants.

The contest lasted from the issue's release on August 2 and ended on December 2. The HRA Department Manager, Ms. Amor Balayboa spearheaded the game with the means to provide fun and excitement among the journal's readers.

To know more details on how to claim the prizes, the aforementioned winners are requested to coordinate with any MASCORP Journal member.

Curious about how they did it? Have a look on the correct answer of the puzzles!

-Sabrina Santos

3	5	7	9	6	4	2	8	1
4	6	8	1	2	3	5	7	9
9	1	2	5	8	7	4	6	3
6	3	1	7	9	5	8	4	2
7	2	4	3	1	8	6	9	5
8	9	5	2	4	6	1	3	7
1	7	6	4	5	9	3	2	8
5	8	3	6	7	2	9	1	4
2	4	9	8	3	1	7	5	6

3				4	2			
	6			2			7	
		2	5					3
			7		5			2
	2					6		5
			2		6	1	3	
	7			5				
5			6		2		1	
		9		3		7		6

5	3	9	7	1	8	4	2	6
2	6	7	4	5	3	1	8	9
8	1	4	6	2	9	3	7	5
1	7	8	2	9	4	5	6	3
9	4	6	5	3	7	2	1	8
3	5	2	1	8	6	9	4	7
6	2	1	3	7	5	8	9	4
4	9	3	8	6	2	7	5	1
7	8	5	9	4	1	6	3	2

5	3	9		1		4		6
2		7	4	5	3		8	
8	1	4		2		3		5
				9		5		3
	4		5	3	7	2		8
				8		9		7
				7	5	8	9	
4	9	3	8		2	7		1
			9	4			3	2



THE POWER OF HUG

What is a hug? Hug is a form of non-verbal communication between two people or more to express care, affection, and/or sympathy. Its etymology is derived from the Old Norse term “*hugga*”, which means “to soothe”.

Even I also hug people close to me—family, friends, and colleagues. It has become a form of greeting every time I see them. For me, it’s like a language that happens in a flash, but its memory can last.

My dad has been overseas the past years of my life. For his every arrival and departure in Manila, I give him a hug. That’s my way of saying “I missed you”.

Who doesn’t get a hug from a special someone? Isn’t it overwhelming? Just like you, I’ve got the tightest hug from someone close to my heart. At that time, words cease to exist. It relayed the most intimate message—love.

Last year, a Panda mascot roamed around the departure area in NAIA Terminal 1, with a signage “FREE HUG”. They say, “*The best things in the world are free*”. Passengers and airport employees give it a try. Some took photos with it. A simple act made their day wonderful.

When do we hug? Bidding goodbye, graduation day, “despedida” or when missing someone. Most of the time, when you don’t want to lose someone, you just wrap your arms around them.

But did you know that it is not just emotionally beneficial?

A study in *University of North Carolina* shows that a hug can also be good for the health. Yes! That’s right. A hug helps reduce high blood pressure. It also increases oxytocin. Oxytocin is a pituitary hormone that acts primarily as a *neuromodulator* in the brain, often referred to as a “*bonding hormone*”. Also, it regulates and balances production of white blood cells.

A psychologist highly recommended to “hug four times for survival, then seven or more for maintenance and growth”.

I asked some people for their reasons of hugging. Some say to show affection, to give warmth to the one who feels cold.

Hug a person who’s in personal grief to sympathize. When someone is in trepidation, it is good to give a hug.

If an apple a day keeps the doctor away; and laughter is frequently heard as the best medicine. Well, I can say that a hug every moment relieves the stress anyway.

At the top of my *hypothalamus*, (I meant, top of my mind) it is absolutely true!

That’s the power of hug.

-Richelle Venice B. Pantaleon



