

Health & Home

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Christmas away
from home

Accepting without judging

An erring son, a caring father

Being Beats Giving

Enduring Gift

To live happily ever after

Holiday safety

Heaven

Will pain really end?



Aya Fernandez

The 2018 Book Cover Model



14
A Father's Love
By Chamberlain I.
Agtuca, Jr.
Unbroken even
by HIV

6 **Christmas in Another Land**
By Luzil Joy F. Pontanar
Anywhere, it's always the person
that matters

10 **On Holiday Hoarding**
By Sheryll Ann M. Castillo
A sickness not worth keeping

12 **My Mother's Gift**
By Arceli H. Rosario
Simple yet lasting,
common yet instructing

16 **Behind the Forehead**
By Rowena R. Antemano
Who's in charge of you?

18 **Lovely Hyacinths: Aya Fernandez
and Project Lily PH**
By Lucile B. Tañalas
Burning lilies, helping lives

21 **To the Mom Hiding in the
Bathroom Right Now**
By Bethany Jacobs
Your child's love is greater than
your fears

22 **Presents vs. Presence**
By Rachel Urbina
You're there,
but are you?

24 **Inspiring Palau**
By Stanley L. Cabigas
Why it's a favorite
of *Survivor*

26 **A Wedding and a
Miracle**
By Mesharee C. Maloloy-on and
Mariel D. Maloloy-on
AMCV cares, God heals

28 **Toys Basket**
By Czarina V. Budayao
Making the basket count

29 **Safety Tips This Christmas**
By Janelle Buguis, Mary Rose Borca, and
Michelle Sarabosing
Surviving the holidays literally

32 **8 Things You Can Do When You
Have No Money**
By Christine P. Factora
So you can have more

34 **Can Nonstick Cookware Be
Toxic?**
By Sue Radd
Pains of dangerous pans

38 **Delightful Dill**
By Arlene May G. Corpus
A pinch could be enough

42 **The Turning Point**
By Julián Melgosa and Michelson Borges
Too complex to exclude
a Designer

44 **Health and Home
Index 2018**

COLUMNS

3 Subscribers Section

By Mauricia R. Rolle
My Lifetime Companion

4 Passion and Purpose

By Lucile B. Tañalas
Gift of Presence

5 iContact

Compiled by Dexter O. Quiñones

9 Consult Your Lawyer

By Atty. Silvino L. Sumagaysay, Jr.
The RESA

30 Personal Answers

By Arnold C. Serra
Exchange Gifts

31 Dear Doctor

By Linda L. Varona
Gadgets and Children

35 Food for the Family

By Miriam R. Estrada
Parental Guidance

36 Share a Thought

By Wendy Jel S. Balila
The Best Gift I've Ever Received

37 Word for the World

By Dan Namanya
No More!

40 Children's Corner

By Janet R. Tolete
Why Are Gifts Wrapped?



ABOUT THE COVER

Gifts bring thrill. Big or small, plush or cheap, they never fail to give us joy. In this issue, unwrap all that we offer. And we hope you will learn of **Jesus**, the best Gift of all.

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SUBSCRIBERS SECTION

Text and photo by Mauricia R. Rolle

My Lifetime Companion



I have been a subscriber of *Health & Home* for 48 years now. I first saw the magazine in 1970 when I was staying in Manila. It was the couple Matilde and Gilbert Raymundo, *Health & Home* representatives, who encouraged me to have a copy of my own.

When I started reading the magazine, I knew I will learn many things from it. So even without them asking me, I decided to continue my subscription.

My life is not complete without a bookbound every yearend. As a teacher who loves education and who considers it an important part of life, I believe that *Health & Home* is a must-have for all who desire factual knowledge.

I love reading this magazine because of its educational contents. The most interesting articles for me, however, are about parenting and foods. At home in Alfonso, Cavite, I am not the only one who benefits from the magazine but my entire family. We always find ourselves a family in the kitchen

with *Health & Home* open in the food section. We use its recipes to cook delicious and healthy foods.

Health & Home is also a valuable resource for research. For many years, I have been using it as a tool for my speeches in school events. My grandchildren are using it for science research as well.

What makes this magazine more appealing is its ability to help individuals experience totality. It contains messages that can make someone a whole person, so I don't stop reading it. As long as my eyes can see and my ears can hear, I will read *Health & Home*. If ever my eyes become weak, I'll ask somebody to read it for me. I have the commitment to have *Health & Home* in my lifetime.

To those who are not yet subscribers, I encourage you to grab your own copy now. It will not only help you deal with problems but will also enable you to face life positively. ☺

Mauricia Rogador-Rolle is a retired principal of Kaytitinga National High School in Alfonso, Cavite.