

## HOW TO CONTROL EMOTIONS

This would give you guides on how to control your emotions towards your better-half, friends, officemates and all the people around you, especially your "boss". The rules of practicing "ugaling langit, ugaling kaaya-aya"

#1 Ang naunang magalit ang may karapatang magalit. Pag naunahan ka na ng galit niya, tumahimik ka na lang muna.

#2 Walang taong nag-aaway mag-isa. Pag hindi kayo sumagot o pumatol, titigil din daw ang taong nakikipag-away sa inyo.

#3 Ang taong galit, 'bingi.' If someone is angry, wala raw pinakikinggan, so, don't try to explain and fight back. Hindi ka niya iintindihin dahil wala siyang naririnig kundi ang sarili nya.

#4 Ang taong galit, 'abnoy.' Ayon sa pastor, Biblical daw ito? because the Lord said when He was crucified, "Father, patawarin mo sila dahil hindi nila alam ang kanilang ginagawa." Modern term for these kinds of people are abnoys, so you better not get [angry para huwag kang matawag na abnoy. You should also know and realize that the persons who make your day bad are jewel, because you need them for you to mature.

Hangga't andyan daw sila at kinaiinisan mo, ibig sabihin, immature ka pa. God will not take away those people; it's for you to take away your bad feelings towards them. You'll know na mature ka na pag dumating 'yung time na hindi ka na naiinis sa mga taong ito because you have learned to accept them and to have patience with them.

#5 Finally, the best part of this is to tell yourself na, because of this person, "I will grow mature," and that **DAHIL SA CONTRIBUTION NIYA SA MATURITY MO, KUKUNIN DIN SYA NI LORD.**

## RECIPE CORNER

## INSTRUCTIONS FOR LIFE

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's
  - \* Respect for self
  - \* Respect for other's
  - \* Responsibility for all your actions
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend sometime alone everyday.
9. Open arms to change, but don't let go of your values
10. Live a good honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality

## PNB REMITTANCE

### Bibingkang Galapong (Nueva Ecija Style)

Ingredients:

4 pcs eggs  
1 cup white sugar  
1/2 tsp salt  
2 cups rice flour  
melted margarine  
2 tbsps baking powder  
grated coconut

For topping: 1/4 coconut cream (first extraction, no water)  
1/4 cup white sugar

Procedure:

1. Beat eggs in a mixing bowl and add sugar
2. Combine salt and flour then add to egg mixture.
3. Add melted margarine and baking powder to the flour mixture and blend well.

4. Pour into banana-pan-fried molds.

5. Bake in a pre-heated oven at 375