

DREAMING OF A PURPLE CHRISTMAS

The Philippines celebrate one of the longest Christmas seasons in the world, from the beginning of September to the end of December. Months of festivities include delicious, colorful treats like puto bumbong, a steamed purple-rice sweet. Puto bumbong traditionally gets its hue from a variety of sticky rice known as pirurutong, naturally a dark brownish purple. Preparing pirurutong takes several days, beginning with soaking a mixture of pirurutong and white sticky rice in salt water overnight. The mixture is then ground (either with a grinding stone or food processor) and hung to dry. Once it's reached a moist texture, the rice concoction is poured into bumbong ng kawayan, or bamboo tubes, and steamed until it becomes a deep purple. After removing the rice from the tubes, vendors set several cylinders atop a banana leaf, generously slather them with butter or margarine, and top with a mix of freshly grated coconut and muscovado sugar. Diners are encouraged to dig in immediately, as puto bumbong is a snack best eaten hot. Though you can still find plenty of traditional puto bumbong, many vendors now use ube (purple yam) powder since pirurutong is a bit harder to come by. (Source: Atlas Obscura)

FILTHY LUCRE

The evil mining company in National Geographic's dramatic TV series "Mars" is called Lukrum, which refers to the word "lucre" (as in "filthy lucre" or ill-gotten gains) from the Latin "lucrum" (see the biblical allusion in Titus 1:11).

BOYS AND GIRLS

"Even though emotional intelligence is likely to improve with age and social experience, our study clearly indicates that boys are already starting at a disadvantage. This has a great deal to do with how we raise and socialize sons versus daughters. Many boys are taught quite young that crying, for example, or any type of 'feminine' emotion is not appropriate, but we generally condone 'masculine' feelings like anger. Girls, on the other hand, are given more emotional leeway, with perhaps the exception of anger. This means that from a very young age, we place limitations on emotional expression in our children, labeling certain emotions as either 'good' or 'bad'. If we don't teach our children, especially our boys, how to express and manage their feelings...they will end up struggling with major emotional and social issues, like shyness, anxiety, depression, hostility, aggression, withdrawal, and an inability to cope with stress. These competencies impact our ability to maintain healthy relationships, succeed in school and career, deal with and overcome setbacks, manage stress ... every area of our life benefits from our

understanding of feelings and ability to manage our emotions, instead of letting our emotions manage us.” (Dr. Ilona Jerabek, President, PsychTests)

GRAMMARGRAM

The past, the present, and the future walked into a bar. Things got tense.

SWAMI SEZ

“Some people are like Slinkies--not really good for anything, but you can't help smiling when you see one tumble down the stairs.” (Righteous Swami Umami)

MAYBURRITOVILLE

- Email: Mayburrito@Goofbuster.com
- Blog: PacificaRiptide.com
- Copy Editor: Goofbuster.com