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# Health & Home

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Forever  
happy



The 2020 Book

**COLEEN PEREZ:**  
Exploring Happiness  
Outdoors

**BLUE**  
Christmas

**COVID-19**  
in Our Family

**LAST DAY**  
Events



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November-December 2020

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### ABOUT THE COVER

AWAY IN A MANGER. No crib for a bed,  
the Savior was born to turn our pain and  
sorrow into peace and joy instead.

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## Notes From the Frontlines

Subscribers Section has taken on an expanded form. Notes From the Frontlines features our loyal readers and our dedicated distributors who are the forefront of our mission to share "healthy, happy, and holistic living to the glory of God and the blessing of humankind."

# Through the Years, Even in Crisis

By ELVERNICE S. FANGED

**H** *Health & Home* has been part of my journey since I was in high school back in 1998. My parents were loyal subscribers.

At first I thought it was just like the other volumes displayed on our bookshelf. Little did I know that the magazine would start me on a lifetime habit of reading—first for homework, then for inspiration, and then for advice.

With our family's constant supply of the magazine, it eventually became a hobby for me to read it and internalize what I had read.

Articles about life and family, for example, helped mold me into a better member of my community.

As days and years passed, my interest in reading *Health & Home* grew. I even came to anticipate the arrival of the newest issue.

As a college student, I encountered social, mental, spiritual, and psychological problems and challenges, but thanks to *Health & Home*, I was able to handle those struggles.

In 2004 when I started working in a private school in Baguio City, I finally had the chance to buy my own copies of the magazine plus other Philippine Publishing House books from Mr. Ronaldo Sibayan.

Then when I transferred to La Trinidad in 2013, the task of supplying me with copies of the magazine and other interesting books went to Mrs. Esther Taoey. Even our school subscribes to the magazine through her.

Now I'm at the peak of my career as a school principal. I am also a wife and a mother, aside from being the oldest sister among five siblings. With all my various roles, *Health & Home* has always been my partner in facing life and welcoming the future.

Even in the face of the current crisis, I need not be afraid because I know and believe in my heart that, by God's grace, I can always look at the positive side of life.

Now I am starting to pass the legacy of *Health & Home* to my own daughter. I pray that she, too, will be inspired. 🙏



photo courtesy of author

Elvernice Salda-Fanged, M.A.H.E., is the school principal of Epiphany Christian Academy of La Trinidad in Benguet.