

Philippine Fiesta™

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Volume 14 No. 2 / July 28 - Aug. 28, 2014



Stars of SONA, Page 4



San Francisco rally, Page 6



Gentry Fiesta Karakol, Page 11



Christelle Abello Binibining Pilipinas USA

Page 6



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Editor's Note

First and foremost, I would like to congratulate Christelle Abello as the winner of Bb. Pilipinas USA beauty pageant that was held in LA, just last week. This qualifies her to participate in the next Bb Pilipinas beauty pageant in the Philippines.

Once again, this issue of Philippine Fiesta is packed with events that are happening in Sacramento and other areas in the vicinity. Please don't forget to check our calendar of events. Our Filipino community will surely appreciate your presence and active participation in any of those activities.

As everyone in the world may find it very heartbreaking, may those who died and perished in the two Malaysian airlines tragedy, Rest In Peace.

With love to all,
Dinnah S. San Pedro

Time to move on

By Ana Marie Pamintuan

How much can be accomplished in two years? A lot, considering the enormous powers given to the president of the republic.

For those who dismiss President Aquino as a lame duck in his fifth year, it's good to remember what Gloria Macapagal-Arroyo did in her own "last two minutes" at Malacañang. She wielded full power even when a winner had been proclaimed in the presidential race, appointing a new chief justice and many others to positions high and low in government.

Undoing GMA's appointments, notably for the chief justice, required the investment of political capital that has brought the daang matuwid administration to where it is now: on the defensive for its utilization of public funds.

In his fifth State of the Nation Address (SONA) this afternoon, President Aquino should avoid nagging his "bosses" again about the good faith that went into the design and implementation of his Disbursement Acceleration Program. That unctuous, seven-hour hosanna to DAP at the Senate last week was cloying enough.

P-Noy's defense of the DAP has become Pavlovian: he sees a microphone and camera and he can't resist singing praises about his stimulus program, and lambasting those nasty Supreme Court (SC) justices, particularly his traitorous appointees, for their inability to



President Aquino

see his point.

In fact no one – not even the SC justices in their unanimous decision – is disputing that useful projects were implemented through the DAP. No one is accusing P-Noy of pocketing any public funds either.

But the system is flawed and must be stopped, according to the SC. P-Noy can seek a supplemental budget for interrupted DAP programs – which he is doing – while an improved system of budgeting is drawn up.

People need not be told over and over that unlike the Priority Development Assistance Fund (PDAF) or congressional pork barrel, even notorious crooks in Congress did not skim funds from the DAP through bogus non-government organizations. Yes, P-Noy, even the math-challenged get it: the DAP is not PDAF.

By all means the budget overhaul should include judicial funds, whose utilization must be injected with transparency. The executive and legislative branches – designers and beneficiaries of the DAP and pork barrel – need not be shrill or petty about it. Slashing the judiciary's budget is infantile.

P-Noy is risking a significant amount of public goodwill in his bratty insistence that the SC is wrong on DAP.

Even investors are spooked. I've heard concerns raised in business circles about the possible impact of this ugly battle between Malacañang and the judiciary on the rule of law, weak enough as it is.

There's life after DAP. Its loss shouldn't hijack P-Noy's agenda in his last two years in office.

When power becomes evil

By Sara Soliven De Guzman

When evil gets regarded as an everyday happening, not worth a second thought or angry protest, and lying becomes an official habit rather than a sinister misdeed, there's something seriously wrong with our society. This was what my father told me years ago.

He further said: We've sunk even lower than the jungle beasts – for the Law of the Jungle at least mandates "the survival of the fittest," while in our society it's the misfits who are rewarded."

We've been reading about powerful politicians and businessmen who think and act like they are above the law. You see, in the Philippines, money can buy power. And when these people get into trouble, they are never scared. As a matter of fact, every time there is a lawful order for their arrest or suspension, they will resort to all means just to avoid, evade, defy, or refuse the order. Then they will try to get the public's sympathy by saying their case was clearly 'politically motivated'. Sanamagan!

It is so easy for these narcissists to disobey the law and most of the time they get away with it. Hired lawyers can easily turn their cases around to circumvent the law.

The sad part is that even government officials try to create their own laws. When the law is already very clear in black and white, they still have the audacity to go around it to justify their actions. Take the Disbursement Acceleration Program (DAP) for instance. Why is the President still making excuses for his Cabinet for such an unlawful act? Didn't the Supreme Court already declare it unconstitutional? Shouldn't P-Noy fire all of his men who authored the DAP? Doesn't he realize that they have just paved the way to the biggest scandal and corruption case of all time – the Napoles, et al. Pork Scam?

Why do powerful people become evil? A simple policeman, a traffic enforcer, a BIR tax collector, a Bureau of Customs officer, an accreditation officer in a government agency, a city hall personnel issuing permits and licenses, whose jobs are to serve the public and to contribute to

the progress of our society have all become dysfunctional. Why? It is because of greed. These people will never be contented, so they keep wanting for more... and more... and more. And before they know it, evil has entered the core of their very being.

What bothers me to no end is how they can embezzle public funds and actually think it is rightfully theirs. How can you explain a government official whether a city clerk, a barangay chairman, a mayor, a governor, a congressman or a senator amassing so much wealth with their meager salary?

How can their families live luxurious lives (many houses in posh villages, owning expensive cars, flying private jets, travelling here and there) spending money like there is no more tomorrow and yet, believe in their hearts that their son, brother, father, mother, husband or wife who work as a public servant is innocent? How can they explain where their wealth came from? Sure it is easy to tell a lie but in the end, "the truth shall prevail."

The term "public service" has become the sickest joke of all time. What public service are you talking about? Nobody is serving the public anymore. Many government officials and bureaucrats are boldly helping themselves to the "kaban ng bayan" and those in the Commission on Audit and the Finance Department can't seem to stop them. Of course we all know why. Congressmen and Senators put their sons, daughters, godchildren, relatives in the House of Representative payrolls. This shameless raiding of the treasury goes on as well in the local governments and even among the Cabinet members.

Try to visit the House of Representatives or the Senate and you will see how each congressman or senator's office is dominated by relatives and friends without civil service eligibility. Running the city or municipality has become a corporation. What happened to the law against nepotism? Why do ghost employees still exist in this day and age when checks and balances can easily be placed in the systems?

The prohibitory norm against nepotism in public service is set out in Section

59, Book V of the Revised Administrative Code of 1987 (also known as E.O. No. 292). Section 59 reads as follows: Nepotism. – (1) All appointments to the national, provincial, city and municipal governments or in any branch or instrumentality thereof, including government owned or controlled corporations, made in favor of a relative of the appointing or recommending authority, or of the chief of the bureau or office, or of the persons exercising immediate supervision over him, are hereby prohibited.

Under the definition of nepotism, one is guilty of nepotism if an appointment is issued in favor of a relative within the third civil degree of consanguinity or affinity of any of the following: a) appointing authority; b) recommending authority; c) chief of the bureau or office; and d) person exercising immediate supervision over the appointee.

There have been so many who practice such acts who have never been punished for this abuse of power. It should be stopped. This pernicious evil continues to obstruct the civil service and the efficiency of its personnel. People are employed not because they are qualified for the position but because they belong to the "kamag-anak inc." Susmariosepl! Almost all the Presidents after the Marcos era were charged with plunder and graft and corruption. P-Noy may not even be spared.

Pangilinan has been given the responsibility to find the most viable solution that will stop the infestation as quickly as possible and of course with due consideration for the environment. I hope it is not too late. The pests seem uncontrollable at this time.

I'm pretty sure farmers and concerned groups have other possible solutions to the problem. They are welcome to share and have their products tested. Meantime, farmers should not only rely on the government. They must also carry on with their alternative measures. Remember this is not the time to whine and bicker. Let us do what we can to save our precious coconuts.

"The most dangerous liars are those who think they are telling the truth" – wocado.com

Aquino tears up in his 5th Sona

By Christian V. Esguerra

MANILA, Philippines—President Aquino choked up, surprising his audience, and left not a dry eye in the house as he wrapped up his fifth State of the Nation Address (Sona) talking about his parents who fought for democracy, the legacy they left, and how he would not let his administration's detractors take away the gains his presidency had achieved the past four years.

Aquino's celebrity sister, Kris Aquino, was seen crying in the VIP gallery and wiping away her tears.

The President was optimistic that his program, dubbed "daang matuwid," could extend far beyond his six-year term so long as the public would choose the path of "transformation" and pick his rightful successor in 2016.

"To my bosses: You gave me the chance to lead our country's transformation. If I refused the challenge you laid before me, it is like saying I will help prolong your agony and my conscience cannot take that. If I turned my back on the chance given to me, it is like turning my back on my father and mother, and everything that they sacrificed for us. That will never happen," the President said in Filipino.

And then his voice cracked. Regaining his composure, the President continued: "As we tread on the straight path, you chose what is good and what is right; you remained true to me—and I remain true to you."

Some of the people in the audience stood up in one of the most loudly applauded parts of his 91-minute speech.

"The transformation we are enjoying now can become permanent with the help of the Lord. As long as our faith and trust is complete, and as long as we become each other's strengths, we will continue to prove that 'the Filipino is worth dying for,' 'the Filipino is worth living for,' and I will add: 'The Filipino is worth fighting for,'" Aquino said.

The President's late parents, assassinated opposition leader Sen. Benigno Aquino Jr. and President Corazon Aquino were the country's icons of democracy, toppling the 20-year conjugal dictatorship of the late



President Aquino delivering his fifth Sona: The Filipino is worth living for

President Ferdinand Marcos and then first lady, now Leyte Rep. Imelda Marcos.

The late senator famously declared, as he continued to oppose Marcos that "the Filipino is worth dying for."

Three years after his death, his widow, Corazon, was swept to the presidency in a four-day bloodless uprising now known as the EDSA Revolution.

President Aquino faces his toughest year yet in office, facing three impeachment cases stemming from the outlawed Disbursement Allocation Program (DAP) and the Philippine-US security pact, the Enhanced Defense Cooperation Agreement (Edca) meant as a deterrent in the country's territorial dispute with China, and the lowest approval rating in four years.

'Second life'

Aquino spoke of a "second life" after surviving a gunshot wound in the 1989 coup against his late mother, then President Corazon Aquino.

He said he could not help but think about the gravity of the nation's problems. He said there were times on his speaking engagements the thought came that taking the stage would be his last day. He said he had thought about someone successfully exploding a bomb, or someone with dark thoughts would return the nation to the old corrupt ways.

"Should those times happen and I am on my second life, can I tell myself I am happy with what I had accomplished?"

"I am satisfied that when I am gone, many will pursue the path we have taken. Maybe that is my role, to get things going," he said.

Filipino worth fighting for

In seeking to inspire the public to-

ward sustaining the "transformation" achieved under his administration, the President recalled the words of his late father who said, "The Filipino is worth dying for."

"I would like to add: The Filipino is worth living for. The Filipino is worth fighting for," he said.

Unlike in previous Sonas, the President was relatively less combative and was more sentimental on how the gains of "daang matuwid" were now manifested in Philippine society.

Aquino opted not to assail the Supreme Court in his biggest speech of the year, despite three recent public addresses lambasting the magistrates for declaring his DAP unconstitutional.

Instead, he spoke of the need to stop certain DAP-funded projects "to ensure that we follow the decision of the Supreme Court" against the economic stimulus program.

He urged Congress to pass a supplemental budget for 2014 to fund such projects, plus a joint resolution that would "clarify definitions and concepts" apparently on the pooling and realignment of government savings.

Prior to the Sona, he attacked the magistrates and warned of a "collision" between the executive and the judiciary, which might require the "intervention" of the administration-controlled legislature.

Party-list groups to block impeach moves vs PNoy

By Camille Diola

MANILA, Philippines - A party-list coalition in the House of Representatives is determined to block the impeachment complaints against President Aquino endorsed by party-list congressmen.

Ako Bicol Rep. Rodel Batocabe, among the 48 members of the coalition, said Monday that holding an impeachment proceeding will drain the time of Congress in fulfilling various technical requirements under the Constitution.

"Hindi basta-basta ang mag-impeach ng presidente," Batocabe said in an interview with reporters on Monday, ahead of the opening of Congress and Aquino's State of the Nation Address.

Three impeachment complaints have been filed against Aquino this month, two of which are connected to the administration's controversial Disbursement Acceleration Program and another on the Enhanced Defense Cooperation Agreement between the Philippines and the United States.

Batocabe said that Congress should instead discuss issues



Lawmakers in the House of Representatives at the plenary hall for the opening of the 16th Congress second regular session on Monday, July 28, 2014 ahead of President Aquino's State of the Nation Address.

and channel its resources and attention on the government's agenda, including the drafting of bills that would boost the country's economy.

He explained that impeachment complaints will take months under the House Committee on Justice and a few more months in the plenary. If the complaints get pass the House of Representatives, it will be endorsed to the Senate for the trial.

Batocabe added that there is no use to have Aquino ousted through an impeachment process, since the President's term would end in two years or in 2016.

"So bakit mo pa kailangan i-impeach kung aalis din naman?" the lawmaker said.

SONA 2014 red carpet fashion anticipated

By Jomari Guillermo

The yearly State of the Nation Address (SONA) have become an occasion for lawmakers and guests to dress to the nines. Despite clamor to tone down the ritz and glamour that effectively steal attention away from the true purpose of the national event, lawmakers, particularly the women, who wear updated tribal costumes or modernized Filipiniana outfits has become an anticipated sideshow and this year probably won't be any different.

In a Twitter post, Senator Nancy Binay expressed support for the resolution to dress simply



Stars of SONA

during SONA.

The neophyte senator said there is a need to review the dress code and to bring back the focus on the real purpose of SONA as "it is quite sur-

prising" that it usually centers on the red carpet and on what people, particularly the lawmakers, wear during the event.

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Fabiola Vera, Secretary
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Edgar Santos, Student Intern
Evangeline Nanoo, Legal Assistant
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Twin tragedies push Malaysia Airlines to the brink

By Bhavan Jaipragas

KUALA LUMPUR, Malaysia – Any airline would struggle with the devastating impact of losing one jet full of passengers, especially if it had already been bleeding money for years.

But losing another just months later is pushing crisis-hit Malaysia Airlines (MAS) to the brink of financial collapse, airline experts said, spotlighting whether it can steer its way out of extended turmoil as once-troubled carriers such as Korean Air and Garuda Indonesia did before.

The flag carrier needs an immediate intervention from the Malaysian government investment fund that controls its purse strings, and deep restructuring, to survive the twin tragedies of flights MH370 and MH17, analysts added.

MAS was already struggling with years of declining bookings and mounting financial losses when MH370's mysterious disappearance in March with 239 people aboard sent the carrier into free-fall.

The July 17 downing of flight MH17 over Ukraine, which killed all 298 people on board, deeply compounds those woes.

"The harrowing reality for Malaysia Airlines after MH17 is that if the government doesn't have an immediate game plan, every day that passes will contribute to its self-destruction and eventual demise," Shukor Yusof, an analyst with Malaysia-based aviation consultancy Endau Analytics, told AFP.

Shukor said MAS was losing "one to two million US dollars a day," and has "the bandwidth to stay afloat for about six more months based on my estimates of its cash reserves."

Image is everything

While the MH17 disaster was beyond the airline's control – pro-Russia separatists in Ukraine stand accused of shooting it down with a missile – bookings are expected to take a further significant hit, as they did in MH370's wake.

"I'm not considering going to Malaysia in the next few years. Not unless Malaysia Airlines acts or does something in the future that will allow people to feel more relaxed about travel-

The flag carrier needs an immediate intervention from the Malaysian government investment fund that controls its purse strings, and deep restructuring



Malaysia airlines planes are seen on the tarmac at the Kuala Lumpur International Airport in Sepang on July 18, 2014.

ing there," said Zhang Bing, a Chinese national in Beijing.

Jonathan Galaviz, a partner at the US-based travel and tourism consultancy Global Market Advisors, said "perception is key in the airline industry."

"Unfortunately for Malaysia Airlines, potential international customers are now going to link the brand to tragedy."

The airline already has announced refunds for ticket cancellations following MH17, which Galaviz said would cost millions of dollars.

Speculation is rife that state investment vehicle Khazanah Nasional, which owns 69% of the airline, will delist its shares and take the stage for painful cost-cutting measures and other reforms.

Analysts have long blamed poor management, government interference, a bloated workforce, and powerful, reform-resistant employee unions for preventing the airline from remaining competitive.

MAS lost a combined 4.1 billion ringgit (\$1.3 billion) from 2011-13. It bled a further 443 million ringgit in the first quarter of this year, blaming MH370's "dramatic impact" on bookings.

Khazanah declined to comment on future plans for the airline.

But writing in Britain's Sunday Telegraph on Sunday, Hugh Dunleavy, Malaysia Airlines' commercial director, stated that the carrier "will eventually overcome this tragedy and emerge stronger."

The Malaysian government had begun to speed up its review of the airline's future – started after the disappearance of MH370 – following the second tragedy, Dunleavy wrote.

"There are several options on the table but all involve creating an airline fit for

purpose in what is a new era for us, and other airlines."

"With the unwavering support we have received from the Malaysian government, we are confident of our recovery, whatever the shape of the airline in future," he wrote.

Rising from the ashes

Other airlines have risen from the ashes, lessons that could be instructive for MAS, experts said.

Indonesia's state-owned Garuda Indonesia was plagued by a series of problems in the 1990s and early 2000s, including heavy debts and the murder of a prominent human rights campaigner mid-air in 2004.

Safety problems also blighted its image, including a 1997 crash on Sumatra island that killed all 234 aboard and remains Indonesia's deadliest air disaster.

Former banker Emirsyah Satar was appointed in 2005 to turn around the airline, and he undertook a massive exercise to nurse it back to health. In 2010, it was named the world's most improved airline by London-based consultancy Skytrax.

Korean Air was in trouble after a period during the 1980s and 1990s when several accidents left more than 700 people dead.

It embarked on a major reform push, bringing in retired Delta Air Lines vice-president David Greenberg in 2000, who subsequently revolutionized its safety and operational practices.

Korean Air is now widely respected worldwide.

Shukor said Malaysia's government and Khazanah face a "mammoth task" but that the airline could learn much from carriers that have faced similar challenges.

"Its name is now synonymous with disaster, mismanagement, lack of discipline and many negative elements," he said. –

Bangus frenzy in Pasig River

By Anna Liza Villas-Alavaren

Manila, Philippines – The Pasig River, considered dead by ecologists, roared back to life yesterday when schools of milkfish, locally known as bangus, were spotted in Guadalupe, prompting many Makati residents to brave the murky water and join the frenzy.

Jesus Corrompide, a resident of Barangay Poblacion, said he noticed neighbors catching bangus while monitoring the flow of the river. He rushed home to get a pail and net, plunged into the river and returned a few minutes later with a pail full of large bangus.

Corrompide brought his catch home and went back to the river to get more bangus. He started selling bangus for P50 per kilo to pedestrians and motor vehicle drivers on J. P. Street.

A kilo of bangus sells P165 in the market.

Luis Doroha, a construction worker, also became a fish vendor for the day.

Doroha, decided not to report for work Thursday to catch milkfish and sell them. He hopes to collect P3,000 from the bangus he caught.

"As a painter, I only get



Bangus in river

minimum wage daily," Doroha said.

How the milkfish ended up in Pasig River remains a mystery.

Residents believe that the live milkfish could have come from fish cages in Laguna de Bay which overflowed because of heavy rains brought by Typhoon 'Glenda.'

The eye of Glenda, at maximum winds of up to 120 kilometers per hour (kph) and gusts of up to 185 kph gusts, passed south of Metro Manila Wednesday.

Upon learning the information, the Makati City government issued an advisory against buying and consuming fish caught in the Pasig River.

The Makati Health Department (MHD) warned resi-

dents and the general public against buying and consuming fish caught in the Pasig River, particularly bangus (milkfish) and tilapia (St. Peter's fish), to avoid health risks posed by contamination from the river.

The MHD, through City Health Officer Dr. Jocelyn Vaño, issued the warning after residents from the city and neighboring localities were seen flocking to the Pasig River.

The city health office said fish and other marine life from the said river may contain a number of toxic chemicals, including methyl mercury, which have been found to be harmful to the nervous system and can cause mental and physical retardation in children, and other diseases like cancer.

Philippine Fiesta

9880 Waterman Rd., Ste. 140, Elk Grove, CA 95624

(916) 708-3462 (916) 835-1450 Fax (916) 689-9887

E-mail: philippinefiesta@fivedsarts.com

Website: philippinefiesta.net

Five D's Arts, LLC (Publisher)

Web Designer: JayAr Santiago

Managing Editor
Dinnah S. San Pedro

Editorial Assistant
Dane San Pedro

Layout and Design
Dave San Pedro
Deidra San Pedro

Photographer
Divino San Pedro Jr.
Frank Ayran

CONTRIBUTORS

Carleton Enloe
Sarah T. Enloe

Faina Abaya
Jose Abaya, Jr.

Maria Kang
Gabriel Ortigoza

Nancy Bautista
Perry Diaz

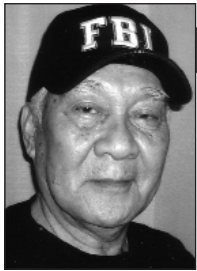
Glenn Carrasca
Dale Esperante

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**Glenn D. Carrasca, FBI Community Outreach Program
Steve Dupre, Media Representative/Community
Outreach Coordinator**

CHICAGO MAN PLEADS GUILTY TO SEX TRAFFICKING OFFENSE WITH UNDERAGE GIRL IN SACRAMENTO AREA

Sacramento, Calif. - Marquist Piere Bradford, 28, of Chicago, pleaded guilty to sex trafficking of children by force, United States Attorney Benjamin B. Wagner announced.

According to court documents, in early 2012 Bradford recruited a 15-year-old girl to travel from Fresno to Sacramento where she was used by Bradford as part of a prostitution business from January 18 through February 5, 2012. According to court documents, Bradford maintained an apartment in Rancho Cordova, which he used as base of operations for a prostitution business that spanned to Sacramento and Bay areas, as well as cities outside California. At least two of Bradford's victims were under the age of 18. Bradford fled from Sacramento to the Chicago area after law enforcement

recovered the victim in this case. This case was the product of investigation by the Sacramento County Sheriff's Office and the Sacramento FBI Innocence Lost Task Force. Assistant United States Attorney Matthew G. Morris is prosecuting the case.

Bradford has remained in custody since his arrest in Springfield, Ill. in April 2012. He is scheduled to be sentenced by the United States District Judge Morrison C. England, Jr. on October 23, 2014. Bradford faces a maximum of statutory penalty of life in prison and a \$250,000 fine. The actual sentence, however, will be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines, which take into account a number of variables.



Filipino Community of Sacramento and Vicinity membership meeting held at the Sheriff Hall on June 29, 2014. FCSV President - Aida Azurin

Stockton Barrio Fiesta – Commemorating the 41st Anniversary of the Filipino Center Plaza

Stockton, CA- The Associated Filipino Organization of San Joaquin County, Incorporated is proud to announce the 41st Annual Filipino Center Plaza Barrio Fiesta.



The festival is scheduled to take place on Saturday/Sunday August 9/10 in downtown Stockton, 6 West Main Street at the corner of Center and Market Streets and runs from 11:00 a.m. to 8:00 p.m. Admission is FREE.

The Stockton Barrio Fiesta began 42 years ago after the completion of the Filipino Center Plaza in downtown Stockton. This weekend long celebration symbolizes the pride of the Filipino Community especially those who laid the foundations and struggled to fight for the center to be built. Featured at the festival are cultural dancers and singers,

Filipino Martial Arts, Filipiniana Fashion Show and bands. Delicious popular food including adobo, lumpia, pancit, dinuguan, and more will be sold by local popular Filipino restaurants. Cold refreshments such as Halo-Halo and shaved ice cones will also be available.

A procession will be held at 9:30 a.m. followed by a Thanksgiving Mass on the second day of the event at the main stage. Business entrepreneurs may still rent booths to participate in the festival. Please call 209-466-3940 for more information or go to www.filipinoplaza.org

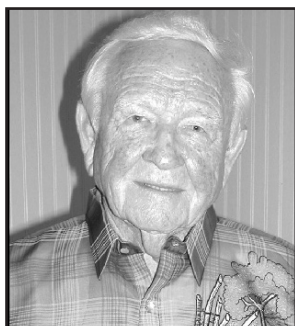


Pangasinan Association of Sacramento get together held at Magellan Hall along Gerber Road on June 29, 2014-President - Ray Oineza

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Binibining Pilipinas USA Pageant 2014

(Los Angeles, CA) After an eventful and dramatic July 19th Coronation Night at the Centinela Valley Center for the Arts in the South Bay, Los Angeles, organizers of the 2014 Binibining Pilipinas USA, late Saturday evening, clarified and confirmed the official results for its second annual pageant.

THE OFFICIAL RESULTS:

Binibining Pilipinas USA:
CHRISTELLE ABELLO
Binibining Pilipinas USA—
Tourism: CZARINA HER-
MOSO

1ST Runner Up: CAITLIN
SAN DIEGO

2ND Runner Up: GABBIE
GONZALES

3rd Runner Up: LOVELY
JANE TANGLAO

With the final two candidates on stage for their crowning moments, it was initially announced that Binibini No. 4, Czarina Hermoso, a 17-year old beauty, won the title of Binibining Pilipinas USA 2014. Instead, Binibini No. 9, Christelle Abello, a 20-year old stunner, scored the highest rankings and should have been proclaimed the titleholder of Binibining Pilipinas USA, rather than her announced Binibining Pilipinas USA-Tourism crown.

Immediately after this on-stage announcement and with the show at the close, the lead tabulator ran into the audience to tell the organizers that Ms. Abello was the actual winner. By then the stage was in chaos, and the executive team immediately began to investigate what transpired, leading to a conference between tabulators and senior production staff.

"We have determined that this was not a tabulation error, as the votes were validated and certified correct," explained pageant co-executive producer, Norberto Reyes; "it was not an error committed by the hosts, since they merely read the results given to them.

"However, the form used to deliver the results to the hosts listed the order of announcement, (instead of by ranking), which called for 5th, 4th, 3rd, then 1st, explained Reyes. "We deeply and truly regret that this inconsistency in the two forms resulted in the confusion.

"This touching display of graciousness and uncommon maturity from these two young women should be greatly admired and respected," added co-executive producer, Mildred Deang. "Many adults could learn a few lessons in grace and humility from these two, impressive young women. One could only commend their loving parents for the outstanding values and behavior of these two beautiful Filipina-American role models. They are the real story here."

Following a tearful embrace, Ms. Abello and Ms. Hermoso playfully – and im-



Binibining Pilipinas USA 2014 CHRISTELLE ABELLO is congratulated by her proud parents during a press conference and formal crowning ceremony held on Tuesday, July 22, 2014, at Gerry's Grill in Artesia, CA

promptly -- exchanged crowns and sashes and posed for pictures with their respective crowns. They then proceeded to the VIP after party to celebrate with their families, friends and fellow candidates after organizers announced the clarified results.

"We could not be more proud of the way these two young ladies handled themselves during this trying situation," added Deang. "As the producers of Binibining Pilipinas USA 2014, we accept full responsibility and assure our contestants, attendees and sponsors alike that integrity, transparency and quality remain paramount in our continued commitment to deliver top-quality events for the Filipino-American community." (Insider Productions)

San Francisco rally – 'Destroy China military bases,' 'UN ruling against China invasion now'

By Cesar Antonio Jr.

SAN FRANCISCO, California — Shouting "China out now!", Filipino Americans in the Bay Area on July 24 joined their counterparts in other part of the United States and other capital cities in the world in denouncing what they called the invasion of the Philippines by China.



Rallyists march to San Francisco's UN Plaza, calling for a stop to China's incursions in the West Philippine Sea.

Carrying inverted Philippine flags, the San Francisco contingent marched to and around the United Nations Plaza with placards, condemning China for its alleged "bullying" tactics in dealing with the Scarborough Shoal conflict.

At a program detailing continued "harassments" against Philippine sovereignty, speakers denounced the Chinese government's incursions in the disputed territory.

"We march with our Philippine flag with the red color on top as the Philippine is in distress because China is building a military base on Mabini reef with a mile-long air strip and a Marina for their ships to dock," Rodel Rodis, President of US Pinoy for Good Governance (USPGG) told protesters.

"They could go all over the Philippines with the range of their rockets and their ships and this is a very dangerous development worse than if they set up oil rig," Rodis added.

He explained that when China set up an oil rig in an island claimed by Vietnam, the Vietnamese erupted in anger and demonstrated against Chinese businesses in their country, forcing the Chinese to send back 3,000 of their workers back to China. Rodis urged Filipinos to do the same because what China is doing in the Mabini Reef is "worse than what they did in Vietnam."

Mabini's oil and gas

Mabini Reef is one of the contested islands and reefs in the West Philippine Sea that also include the Ayungin shoal, considered as the gateway to Recto Bank, which is 85 miles from the Philippine coast and was estimated by the U.S. Energy Information Administration to contain 213 billion barrels of oil and two quadrillion cubic feet of natural gas.

"Now we have to start getting the word out. In the Chinese consulate in Los Angeles, as in New York, Washington, DC, all over Canada, all over Europe and in capitals all over the world, Filipinos are organizing and mobilizing like us because we keep educating our communities to make sure that China does not invade the Philippines, to make sure that we are able to stop the intrusion," Rodis announced.

With over 12 million overseas Filipinos all over the world, it is believed that Filipinos can mobilize and educate not only themselves, but also citizens of over 200 countries where Filipinos are based.

"Once the bases are established, it is almost impossible to take them off, and we will become a slave nation. So we are urging the Philippine government, the US government, Australia and Japan to immediately destroy these bases, because if we allow them to be embedded there, they will threaten the national security not only of the Philippines, but also the neighboring countries Malay-

sia, Thailand, Vietnam, Indonesia, Saipan and so many other countries," Laguatan explained.

He added, "There is a need for world condemnation to exert stronger pressure on China, which is acting like a rogue nation by not respecting international laws. We have informed so many in the world, we have turned public opinion against China in many, many ways. The more we inform people what China is doing, the more we gain in terms of having China condemned by world opinion."

With his "battalion" of World War II veterans in tow, Rudy Asercion, executive director of West Bay Pilipino Multi-Service Center, insisted that the rallyists compel the United Nations to make a ruling on the Philippine case brought before the UN International Tribunal on the Law of the Seas (ITLOS), so that China may be stopped from building their military bases in maritime waters so important to commerce.

"We also call on Secretary John Kerry to see what is going on in the west Philippine Sea," Asercion stressed. "We want the Americans to be aware of the infringement of China in our territorial rights in our sovereign waters. We have to make sure that America is knowledgeable about what is going on in the Philippine Sea and what is impeding international commerce in maritime waters China's violation of Philippine sovereignty."

While also commending the WWII veterans who joined the rally for making a stand that "no invaders shall trample upon our sacred shores" when they fought in Bataan, Corregidor and all over the Philippines, Rodis echoed Asercion's appeal for the UN to rule that China's "invasion of the Philippines" within the 200-nautical mile exclusive economic zone is illegal.

That decision should be issued now and not three years from now, Rodis asserted, "because by then China would have consolidated already its control over those islands," in an interview later.

"Once we get the United Nations to issue a ruling that China's invasion is illegal, it doesn't matter if they don't recognize it. It gives us a moral high ground, a basis to say (what) you are doing (is) something totally illegal (and) against the United Nations ruling."

With the rhetoric in the rally was strong, protesters acknowledged that the Philippines is a small nation fighting a giant, as USPGG board member and treasurer Charito Benipayo described it.

"It is a big challenge since China is a very powerful nation. But Rome and the Tower of Babel, remember, also have fallen. In order to win this, we need to continue to get the support and awareness of the citizens of the world," Benipayo stated.



Synergy

The gist of Robert's Rules of Order

By Gabriel Ortigoza

Greetings from Orlando, Florida. It's nice to be back to the place where the climate is like that of my native land. The last time I was in Florida was in October of 2003 when I attended the wedding of my college classmate Rico Karl Mao Sonalan. Upon arrival yesterday July 22nd at MCO my youngest son Gamaliel told me, "Papa it's warm in here. It's like we are in the Philippines." I told Gamaliel and his brother Gamiel that Florida's climate is almost the same with the Philippines'.

I educated my school age sons by telling them that during winter season some people in the mainland U.S. come in Florida to keep themselves warm and comfortable. There is no snow in this beautiful Orange State located at the southeastern portion of the United States. The adorable Key West Island in southern Florida is the lowest part of the entire United States.

After a well deserve five hours quality sleep last night I felt rested and motivated to write my story for Philippine Fiesta newspaper which is due on July 26th and for my social media friends most of them can be seen in the famous facebook world. This time I thought of writing the gist of Robert's Rules of Order. I first encounter Robert's Rules of Order when I was elected one of the 12 student government senators of Central Philippine University Republic (CPUR) for the school year 1990-91. For the information of my friends, CPUR is the first student government in the Philippines founded in 1905.

When I was elected president of Central Philippine University Alumni Association of Central California in November 2013 I incorporated Robert's Rules of Order in the association's constitution and bylaws as the main reference for conducting meetings. In June 2014 I was appointed at work as a member of Policy Oversight Committee and Nursing Research Committee.

I introduced Robert's Rules of Order to be used as a reference in committee meetings. Two other distinguished members of the committee are familiar with the rules of order but the rest were not. The two committees accepted and incorporated Robert's Rules of Order in its charter. Robert's Rules of Order was written by Henry Martyn Robert. It is the most widely used manual and

authority of parliamentary procedure in the United States and throughout the international community. H.M. Robert was born on May 2, 1887. He was from Robertville in South Carolina, named after his grandfather. His father was a medical doctor and a baptist minister. H.M. Robert graduated at the United States Military Academy in West Point, New York. He finished fourth in his class in 1857. After his commission in the U.S. Army he joined the Corps of Engineers. H.M. Robert was later appointed Chief of Engineers. In 1901 retired with a star rank – Brigadier General. Two important principles that guide Robert's Rules of Order.



H.M. Robert

The first principle is one thing at a time which means that one agendum needs to be discussed or debated in a given period of time. The second principle is one speaker at a time which means that one person is allowed to speak and then followed by another one and so on and so forth.

The main purpose of these principles is to have orderly meeting. It also mitigate chaos in any kind of meeting. Important points to know in parliamentary procedure are setting the agenda, who will be the Chairperson to facilitate the meeting and takes order from the membership, who will be the Secretary to literally write and records the discussion every minute which is popularly called the minutes of the meeting, and how to make a motion which usually follow a standard "I move that". A motion needs to be seconded and then the discussion. The mover of the motion goes first. Talking about something aside from the agendum is out of order. The time limits for debate can be extended by 2/3 votes from the membership. Amendment to the amendment cannot be further amended. Point of order is done to clarify the chair's decision. The members can challenge the chair and go for a vote.

The vote of the assembly is the final word. A delegate of the winning side can make a motion to change the decision. Motion to adjourn is ending the meeting to be voted by the majority. The chair has tie-breaking vote. Membership are the final decision maker in democracy.

(gabbyortig@yahoo.com)

Banawa Elementary School

Banawa Elementary School is a newly opened public school in my hometown of Mlang in North Cotabato. Banawa is part of barangay Dungu-an, a muslim community.

Banawa used to be the camp of Moro Islamic Liberation Front (MILF), a secessionist rebel organization in southern Philippines founded by Hashim Salamat who was a contemporary of Nur Misuari of the Moro National Liberation Front (MNLF). MILF and the Philippine Government recently signed a historic Peace Agreement. Banawa is a very remote place in the town and there is no electricity in the area. Nyra Bantas, an elementary school teacher of Banawa Elementary School, sent me a facebook message asking for financial assistance to educate her elementary students (pupils).

I asked Nyra what she need for her school and she told me she wanted to buy audio-visual set for her students. I asked her what will be the source of power to start the TV and play the vid-



eo. Nyra told me she will use truck battery as source of energy. No ifs or buts. I immediately told Nyra I am willing to send the amount she needed to buy those equipment to help facilitate education and to help those less fortunate students living in one of the most depressed community in my hometown used to be a war zone.

There is no paved road yet going to and from the school. Students and teachers use bancas to traverse the crocodile infested river of Mlang. Nyra was good enough to take photos of how she brought the audio-visual set to Banawa Elementary School.



Photos by Nyra Bantas

CPU BSN 91 Reunion



CPU BSN 91 reunion at Riza Fornier house in Orlando, Florida. 7.25.14. We will be celebrating our Silver Anniversary in 2016 and we will coincide our celebration on the next CPU Global Reunion in Los Angeles, CA. We plan to order new class ring for this 25th celebration.

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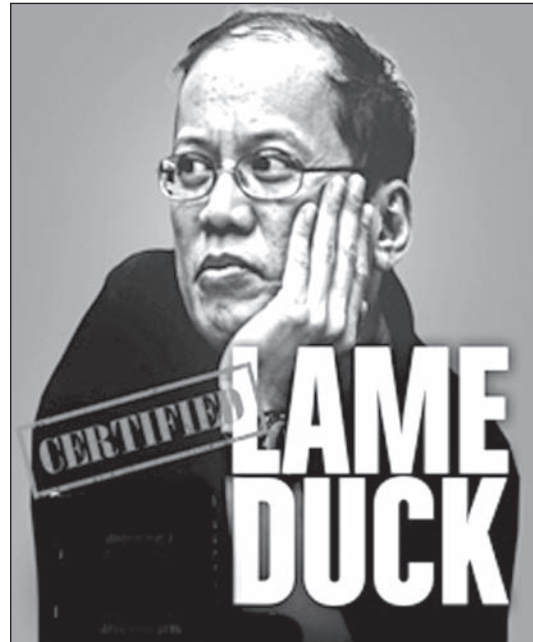
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PerryScope

By Perry Diaz

Lame mind, lame excuses, lame duck



Quo vadis, P-Noy?

With an imminent defeat on his motion for reconsideration, P-Noy wouldn't have many options left. It's either he accepts the high court's ruling or declare martial law and fire all

Noynoy-ampawTwo of the most intelligent presidents the country ever had turned out to be the most corrupt. So much for intelligent people running the government. How about those with a lame mind "ampaw" (rice crispies) as President Benigno "P-Noy" Aquino III called them last March 13 when he advised voters to elect someone with substance. "In essence, who really has substance and who is ampaw?" he asked the students at an open forum at the Hope Christian High School in Manila. "With ampaw, you might be happy for a while but after 10 minutes, you're hungry because there's nothing in it," P-Noy said in Filipino. "Ampaw" is a pejorative for people lacking in substance.

But P-Noy is also the target of his critics who questioned his qualifications to run the country during the 2010 presidential elections. They claimed that in his nine years in the House of Representatives and three years in the Senate, his legislative record was zero; that is, none of the bills he authored have been enacted into law. "A real ampaw," they said.

Actually, before P-Noy raised the issue of ampaw presidential candidates, his critics have already been calling him "ampaw" for what they believed was his incompetence in governing the country. His disappearing acts during crises further exacerbated public perception of his incapacity to deal with the country's problems.

Favorite scapegoat

But nothing is more pathetic than P-Noy's string of lame excuses for everything that had gone wrong. And his favorite excuse was to blame his predecessor Gloria Macapagal Arroyo for a lot of things that went awry under his watch. Retired Archbishop Oscar Cruz calls Gloria as P-Noy's

favorite scapegoat. P-Noy even blamed Gloria for the dip in his satisfaction ratings from a 2013 survey by the Social Weather Stations (SWS). While admitting that the "pork barrel scam" had an effect on his ratings, P-Noy blamed the administration of Gloria because it occurred during her presidency from 2007 to 2009.

"In time people will see what we are doing to stop the shamelessness that happened - from 2007 to 2010 were the worst," he told reporters in an ambush interview. "On the surveys, I have said before that we should not be governing based on ratings. We should be governing based on what is right, that is what should be our basis in making decisions," Aquino added.

But while P-Noy believes that governing based on what is right is the way to go, it should - nay, must - always be within the purview of the law. And this was the gist of the recent Supreme Court decision, which ruled that three parts of the Disbursement Acceleration Program (DAP) are unconstitutional

Debilitating blow

The high court's 13-0 decision had caught P-Noy by surprise. At the very least he was expecting his four appointees, including the Chief Justice, and two other justices to support DAP. There were two more justices that P-Noy had been lobbying so hard to get their support. That would bring eight votes, which would have been enough to uphold the constitutionality of DAP.

In the end, after an extended delay in issuing a ruling, the justices

did what was right, not what was politically expedient. Once again, the Judiciary manifested its independence from the influence of its co-equals, the Executive and Legislative branches of the government, who used every trick to persuade the justices to uphold DAP in its entirety. But the justices resisted and dealt P-Noy a debilitating blow.

But P-Noy, wounded politically, counter-attacked and delivered a scathing tirade against the Supreme Court. In a broadcasted speech last July 14, P-Noy lambasted the Supreme Court for its ruling that DAP is unconstitutional. He warned that the Executive Branch and the Judiciary might run into a head-on collision because of the ruling. And, cryptically, he said, "My message to the Supreme Court is: We do not want two equal branches of government to go head to head, needing a third branch to step in to intervene. We find it difficult to understand your decision." He said that the Executive Branch would file a motion



Supreme Court

for reconsideration and called on the justices to "see DAP his way." But the justices were unfazed by the veiled threat of impeachment. They vowed to uphold "the rule of law," not the "rule of men."

A Manila newspaper reported that a source said that the high court is "solid" in its ruling and the justices wouldn't be swayed in their decision. "There are no more Arroyo or Aquino appointees. It is the institution, the Supreme Court, which must be protected," the source said.

Hacienda-Luisita

Last July 21, it was reported that the Kilusang Magbubukid ng Pilipinas (KMP) filed an impeachment complaint against P-Noy for the P5.4 billion from DAP that was allegedly used to pay his family - the Cojuangcos - for Hacienda Luisita and other landowners under the agrarian reform program. The KMP said that the Department of Agrarian Reform (DAR) website carries an "admission" by its head that the agency had received the DAP funds for the landowners' compensation.

Although, it is doubtful if an impeachment complaint against P-Noy would gain traction in the House of Representatives, it would put him on the defensive for the rest of his term and he'd be hounded to no end.

the Supreme Court justices. But would he go to that extent? If he did, that would be the end of the legacy of his father, Ninoy Aquino, whose martyrdom had broken the Marcos dictatorship. Is P-Noy too bull-headed that he would dismantle the democratic institution his iconic mother, Cory Aquino, had built from the rubble of martial law? No! P-Noy wouldn't dare do that.

But to accept defeat after all that hullabaloo of attacking the Supreme Court, P-Noy faces the inevitability of becoming a lame duck too soon. Normally, a sitting president doesn't become a lame duck until his successor was elected, which is about 60 days prior to the end of his term. But when a president lost his political power due to diminished influence, he becomes a de facto lame duck, which begs the question: Will P-Noy's influence wane as a result of his ignominious defeat at the hands of the Supreme Court justices?

At the end of the day, there's nothing harder a president could swallow than being a lame duck for the last two years of his presidency, which makes one wonder how history would treat P-Noy? The last things that he'd like to be known for are: lame mind, lame excuses, and lame duck.

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Dear Juan Ponce Enrile

I hope that after your conviction, all those you intimidated and harmed before, during, and after martial law will find the courage to tell their stories. I hope that you live to hear those stories.

By Sylvia Estrada Claudio

Last year, the 41st the anniversary of the declaration of martial law, I wrote a long post about you ending with, "Old as you are, you may never be brought to justice. And I doubt your conscience bothers you, enamored as you seem by unearned wealth and the pomp of your dishonorably gained positions. But I remember and will remember, with the hope that history will, like me, condemn."

How much has changed in less than a year.

And now, as you, a 90-year-old, are confined to a hospital under arrest, let me charge you with what has been in my heart all these years. Because I do accuse you. And not just with the plunder charges the government has filed against you.

I accuse

I accuse you of torture and murder. Not just of people unknown to me, but also of my friends. I accuse you of having committed the crime of plunder long before you stole your PDAF as a senator.

I do this not out of vindictiveness, but out of a need for healing that you owe me and all those who passed through martial law. I do not do this in anger, but in order to share with those who did not go through those years. They need to understand why you and those like you should never ever be allowed to have power again.

Now is a good time. If we did not learn our lesson then, it is time to look back now – time to realize that those who betray the nation are likely to betray it again. As you have done after martial law.

Ah, what catharsis to write this! What a relief to be able to call you names. I remember how you would punish people who criticized you, Marcos, and your cabal. This is what you did to my friend and former Philippine Collegian editor, Abraham Sarmiento, Jr. You imprisoned him for writing editorials critical of martial law. You released him only after you personally expressed displeasure over the editorials. I know because he told me. He stuck to his principles after release. You imprisoned him again and kept him in a cell until his health had so deteriorated he died shortly after his second release. Even as you seemed to recover your career, I often comforted myself with the thought that at least the sacrifices of those who fought the dictatorship allowed me the freedom to criticize you. That I did not do so daily was merely because of my limitations and not out of new-found respect for you.

Do you think I have forgotten my mother's years of excruciating worry as she watched me go deeper and deeper into the anti-dictatorship struggle? Oh, how her friends would comfort my mother, "Don't worry, Rita. If she gets caught I will agree to his advances and spend the night with him in exchange for your daughter's freedom." Yes, even then we knew that you were a predator as well. You were so lascivious my humble family knew of two people whom you had propositioned. You abused power to the maximum. You made us see with clarity what Hannah Arendt calls "the banality of evil."

Detention, torture during martial law

And I, like many who lived through those years, knew of your evil as a daily reality. My first job as a young doctor was with a health and human rights organization. I worked with those who had been tortured. Those days, detention and torture were almost a sure-fire combination. So I and a couple of colleagues would make the rounds of the detention centers with every new report of an arrest, hoping that, with a quick response, people would

be tortured less, not killed.

We would present ourselves at the detention centers to any officer who would see us. (They never had a real system for us. That would mean some form of accountability.) We had to be brave because we knew at once this marked us as communist enemies. But they also had to have a semblance of regularity. So our requests would be considered. If the officer was a tough psychopath, he would just say "no" outright. But this would give us ammunition to go squealing to international human rights groups.

So we would often have to wait for hours for someone from the Judge Advocate General's Office (JAGO) to make a decision. I never met anyone from JAGO then. I did often get turned away by that office. If the JAGO turned us away, we would write you. Very rarely, for reasons unknown, you or JAGO would agree to our visit, often after weeks of delay. We always thought the delay was to ensure the torture would continue. Marcos, you and your military believed in torture as an investigation technique. After the torture, you would have us wait a few more days until the physical evidence of torture had disappeared. If there was enough international pressure; if you wanted us off your backs; if our seeing the detainees would not cause you any harm, you let us see them.

But they would tell us their stories. A detainee was lucky if all he or she got was getting beaten within an inch of their life. (I guess they left that for the amateurs called fraternity boys.) Electrocutation, water boarding, rape and other forms of sexual harassment, sleep deprivation, hearing your wife being raped, hearing your comrades being tortured, being asked to sit on a block of ice while naked – your minions were so depraved in what they

Six weeks ago, labor leader Romy Castillo died of lung cancer. In 1984 your military electrocuted his testicles, put a barbecue stick up his penis, repeatedly submerged his face in a feces-filled toilet bowl. They beat him and played Russian roulette on him. I cannot forget the day, shortly after his ordeal, when I visited him in detention. I will not let you forget his story nor escape your liability for it.

Your military killed my childhood friend Lorenzo Lansang when he was only 19 years old. He was summarily executed in a field in Quezon province. Your hands are smeared in his blood and I will always point out how bloody they are.

I blame you and Marcos for the corruption and brutality of the military and police today. I still keep abreast of the torture situation. And it looks like the police and military have no idea how to interrogate and investigate without varying degrees of torture and intimidation thrown in. They have become addicted to it. All those recent reports of human rights violations by state authorities? Your face is on the logo.

And I remember that your wealth came from the thievery of the martial law years. It does not therefore surprise me that you stole your pork barrel funds.

You find me too dramatic? I could fill entire pages with more stories. And I am not alone. How lucky that I am much younger than you. I and my cohort will live after you and tell our tales.

Karma

Dear Johnny boy, I bet you miss the days when you could have imprisoned me for this. When you could have had your military rape me as revenge. I, on the other hand, am so glad you are under arrest now. Defanged, at last. Hopefully forever.

Unlike you, however, I would not wish torture upon those I truly think are enemies of the people. In short, I would not torture you.

I would not deny you seeing your lawyers or doctors or relatives as you did to so many during martial law. It is fitting though that you may suffer in detention more than usual. I do note that you may be experiencing pain because you are old and infirm. I note it.

Your conviction will be so good for our country. It will show that such diabolical behavior will not always be rewarded. That somehow power can end and then a price will have to be paid. It may deter future wrongdoing. It may convince a few more people not to value the things you value.

The only thing I am afraid of is that you are morally incompetent. So much of your record indicates "sociopath." I fear that it does not matter to you what people think or will remember. It isn't right that your punishment will be so short because you're not likely to live 20 more years. That was the amount of time you kept our people subjugated to martial law. So I can only hope that you at least care enough so that the last days of your life can be lived in regret.

I am hoping you care about how history will remember you. You did write and spend for the publication of that lie of a memoir. So I hope that you live to see your conviction. That after your conviction, all those you intimidated and harmed before, during, and after martial law will find the courage to tell their stories. I hope that you live to hear those stories.

But for now, this is my story. And before you go, I want you to know that the other stories will come. It's called History. It's called karma.

Sylvia Estrada-Claudio is a doctor of medicine who also holds a PhD in Psychology. She is Professor of the Department of Women and Development Studies, College of Social Work and Community Development, University of the Philippines. She is also co-founder and Chair of the Board of Likhaan Center for Women's Health.



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GEN. TRIAS FAMILY ASSOCIATION Fiesta Karakol

By Dinnah San Pedro

The General Trias Family Association celebrated another successful and fun-filled fiesta gathering, which was held at the Holy Spirit Church Community Center in Fremont, California, last July 6, 2014. A catholic-religious celebration in honor of St. Francis de Assisi, the event began with an early morning mass, followed by everyone's lively participation in a "karakol." It is a traditional dance procession to the waltz rhythm music of Gentry's brass band. Karakol is usually held back home in the Philippines, with people dancing in different festive and colorful costumes, around any town in Cavite during fiestas. After the karakol, the Gentry's fiesta-goers were then led to partake in a sumptuous-all day serving of Filipino food including lechon, arroz caldo, adobo, pancit, and others, which were prepared by the most hard-working officers and members of the association.

This year's fiesta celebration was also a presentation of the association's slate of officers for 2013-2015, namely: Dante "Jay" Jimenez as President, Renato Moscardon as 2nd Vice President, Danny Sangria as 3rd Vice President, Ariel Presa Secretary, Belle Jimenez as Treasurer, Grace Salgado as Asst. Treasurer, Willy Lumagui as Auditor, Minda Lubang as Asst. Auditor, Polly Poblete as PRO, Norby Moral as Sgt. At Arms along with Bong Presa Francis Nocon, Jesse Barrientos, and Ganie Lubang, and Board of Directors are Rene Nocon, Jing Presa, and Esmie Mojica. In addition, a special award presentation was held, in honor of the former and past presidents of the association.

Throughout the day were performances of singing, and dancing to the live music by the Good Reason's band, and a procession with the association's lovely



young sagalas. The singing competition's winner and runner-ups took home some cash prizes. The association's appreciation of donors' contribution was openly announced and displayed on a big screen monitor during the event.

Jay Jimenez as the current president, along with the other officers would like to extend their heartfelt appreciation to everyone's presence, most especially to those who came from other parts of the States such as Seattle and Virginia and also those from San Diego and Los Angeles. As they say, the fiesta's success would have not been made possible if not for the following members who offered their expertise during the fiesta event: Tech Support Director: Oli De Asis Entertainment/Stage Director: Avie De Asis Entertainment Director: Jake De asis DJ Jitt Magsambol Paderanga

The General Trias Family Association would also like to invite everyone to participate in their upcoming events such as the 9 Weeks Novena for St. Francis of Assisi, which will start on Aug. 2, 2014, until Sept. 27, 2014, and to their Monthly Casino Fundraising Trips until June 2015.



Photos by Dave San Pedro



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Estelita “Ling” Avera Takes The Ilocanos of America Leadership

By Faina E. Abaya

Historically, the Ilocanos are the most regionalistic Filipinos and they are proud to speak their dialect. Their natural traits of being frugal, hardworking, respectful, friendly and sociable are known the world over. What distances them from other Filipino ethnicities is their pioneering spirit which they have shown in all the places where they have found comfort to evolve.

Suffice to say, the pioneering spirit of the Ilocanos has brought them to different places of the world most especially to Hawaii where the dominant Filipino American descents are Ilocanos composing at least 85percent of the population.

There was a time in the arena of Philippine politics when the region of the Ilocanos had been referred to as the “Solid North” indicating the Ilocano provinces of northern Philippines to be considered as the bailiwick of the Ilocano politicians especially during national elections. The northern provinces of the Philippines where the Ilocanos are the dominant ethnicity are; La Union, Ilocos Sur, Ilocos Norte, Abra, the mountain provinces, Cagayan, Isabela and Nueva Viscaya.

An Ilocano candidate or candidates at the national level referring to the offices of the President and vice President as well Senators, the swing votes of the solid north will surely go to the Ilocano political aspirants, although, this contention today is debatable depending on the political party where one



Ling Avera - Newly inducted president of TIA



The officers and members of the Ilocanos of America

belongs. The Ilocanos natural traits of being hardworking and pioneering in the field that they have known to excel have brought them across vast oceans, sea lanes and continents to look for a better life or to practice their professions and skills in better ways. And, as they settle in one place, they usually look at their regional ethnicity for social assimilation to ease that yearning of being home with old friends and relatives.

Many Ilocanos find the city of Sacramento and its vicinities an ideal place to establish their permanent residences for having a strong Filipino community mingled with different nationalities and diversified cultures which make it vibrant and livable to stay and raise a family. As expected, the Ilocanos established their own identity by organizing themselves to feel that oneness just like back home through social and many other interesting family and community activities.

“The Ilocanos of America” (TIA) was founded in 1991 at Sacramento to ease that loneliness among fellow Ilocanos and to have the opportunity to intermingle with other Filipino ethnicities and nationalities through social

and commendable community activities. The passing years had proven that the The Ilocanos of America became one of the most active community organizations in Sacramento since the early nineties, thanks to the past leadership of the organizations such as Alex Molina, Mercy Guerrero, Rebecca Estrada and Nicanor Catudan.

Today, The Ilocanos of America is still in good hands under the leadership of Estelita Discipulo Avera who is now entering her second term as President of the organization. She was recently inducted into office on June 21, 2014 in a simple but significant ceremony by State Assemblyman Darrel Fong. The assemblyman congratulated her and praised The Ilocanos of America for their meritorious community activities that redounded to the best interest of their members and the community in general.

The incumbent TIA President said in her acceptance remarks that she needs the support and cooperation of the members to put into action and reality her objectives to continue the many activities of the organization, especially, the Mrs. Ilocandia popularity contest. They are now in the process of

looking possible candidates for the said event to raise necessary funds for their important projects. The lady President said that the bulk of whatever amount to be generated from such contest will finance their Scholarship Grants for deserving and outstanding Ilocano students.

The TIA President has been a member of the organization since 1996 and she was the vice president during the two terms of Nicanor Catudan and continued to hold such position even during the seven terms of Mercy Guerrero. The unassuming yet astute incumbent TIA President is fondly called by relatives and close friends as “Ling”. She is happily married to Alejo (Alex) Quitoriano Avera who is also an active community participant in whatever capacity he is needed to lend his expertise. The couple met in Hawaii in 1981 when an arranged date was set up by their relatives and accordingly, they were love struck during their first meeting that eventually led into their marriage in 1982.

The happy marriage of Ling and Alex has been blessed with two children, Joan Adair “Pumpkin” married to Joseph Polivka with three children Jocelyn “Precious”, Xavier “Mister”, Kaeilin

Maxine “Peanut”. The couple has also a son Alex who is nicknamed “Rambo”.

The other officers of the Ilocanos of America are; 1st Vice President Mercy Guerrero, 2nd. Vice President Aida Azurin, Secretary Rose Basos, Assistant Secretary Betty Rigonan, Treasurer Margie Pasalo, Assistant treasurer Luz Daclan, Auditor Maria Bahoric, Assistant Auditor Emilia Caoagas Dones, Public Relations Officers Bella Nidoy, Bembet Borrromeo, Christy Guiang, Fely Peralta, Mary Soriano, Rose Tarubac, Dina Soria; Sergeant-at-arms Chris Soliven, Fernando Rigonan, Melchor Munar, Rodney Pasion, Segundo Azurin and Steve Coloma; business Managers, Arol Munar, Emily Pascau, Josie Pasion, Norma Ruiz, Esther Mros; Board of Directors, Admir Soriano, Alex Avera, Aurora Ramos, Divina Borrromeo, Dr. Amor Cristobal, Dr. Fred Aquino, Elvie Olarte, Faye Soliven, Imelda Sagsagat, Jonny Ruiz, Julie Oineza, Lety Cabe, Malou Camero, Mina Guerra, Naty Marzan, Nellie Umali, Ofelia Coloma, Ray Oineza, Remy Mangosing and Ric Rafanan; Advisors are Nick Catudan and Frank Ganal.



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Shipment of 22 balikbayan boxes to Ormoc City

Shortly after typhoons Yolanda and Haiyan devastated the Philippines, the Midtown Lions of Sacramento mobilized and started preparation for shipping relief supplies to the survivors. To insure the goods were distributed to the victims, Lion Dr. Cecilio Felix and wife, Anita established personal contacts with JMJ Holy Family Mission in Barangay Milagro, Ormoc City, Leyte, under the auspices of Ading and Laura Roura. This was accomplished in records time.

On November 22, 2013, the membership assembled at Lion Fabian Generao and wife, Pat's residence in Folsom, bringing non-perishable food, clothing and medical supplies. In attendance were: Lion Dr. Joe Villarica, Lion VP Pete Manansala and wife, Vilma, Lions Guily and Naty Fontillas, Lions Norm and Vicky Johnson, Lion Dr. Cecilio Felix and wife, Anita, Lion Nardo Pena and wife, Ebeng.

Some of the past members of Midtown also participated when they learned about the project. Past President Lion Raul Cu-

pino alerted his associates and friends at the Department of Energy in Folsom, who dropped several cases of food and clothing the previous night. Past President Lion Sonny Kellogg and wife, Seny donated a case of brand new TShirts for all sizes. They also invited Rey and Cora Gonzalves who made some contributions and helped in the packaging process as well.

Others who made contributions through Lion Dr. Villarica were Julie Harmon, Principal at Roseville Elementary School, Glenn Abaya, Allyson and Antonette Lariza, and student from Rocklin High School, Andrew Kailany and Patrick LaGrappe.

At the end of the day, 22 balik-bayan boxes were assembled and shipped the following day. The shipment was received in Ormoc City on Feb 22, 2014 and distribution was made to the local people immediately.



Relief Boxes to Chocolate Hills Lions Club in Tagbilaran

By Pete Manansala

Midtown Lions continue to collect relief supplies to provide assistance to the victims of the earthquake that rocked the Island of Bohol. Once again Lion Dr. Cecilio Felix and wife, Anita initiated action and made personal contacts with Mariquit Oppus, President of the Chocolate Hills Lions Club, an all women club in Tagbilaran City. Lion President Dr. Joe Villarica spear-headed the drive and collected enough to fill 20 balik-bayan boxes, which were assembled in his residence in Granite Bay, and shipped to Tagbilaran on June 27, 2014.

On the same day, June 27, 2014, Midtown Lions new officers were installed by former Governor Ring at the Roseville Sutter Hospital, thus ending Dr. Villarica's term as the club's President. His accomplishments during his watch were phenomenal. His leadership in responding to the disasters that plagued the Philippines would make Melvin Jones proud. His efforts in the collection of eye glasses will make Helen Keller very happy. And finally, he doubled the membership of the club.

All these, inspite of a quadruple bypass and cataract operations. Well done Lion President Dr. Villarica.



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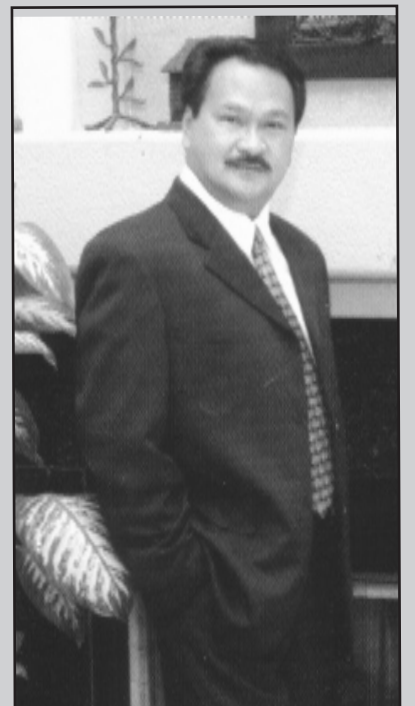
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■ Birthdays



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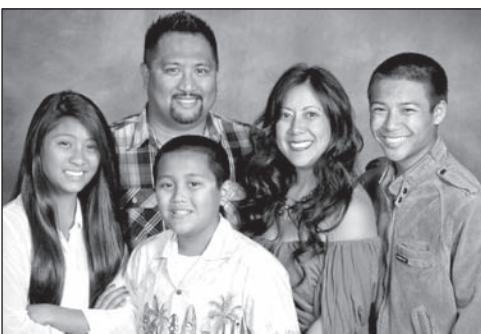
TINA GARCIA
JULY 24



GEORGE EDWARD ADUCAYEN with wife
Christine - JULY 28



JUN ABAYA
JULY 28



ERROL MERCADO and family - JULY 23



CAROL MUNAR with grandchildren - JULY 27



DAVID JESE with wife Norma -
AUGUST 9

Anniversary



GEORGE AND CARING ADUCAYEN
65th Wedding Anniversary - August 2



NAP and GYNNE DE LEON 50TH Wedding Anniversary with family at Norwegian Cruise Line Getaway.

Calendar of Events

AUGUST 2, 2014 (SATURDAY)

The Hipertensions
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Luther Burbank HS Auditorium
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Sacramento, CA 95823
VIP \$75 - \$50 - \$35
For Tickets Call
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AUGUST 9 & 10, 2014 (SAT)

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41st Year Anniversary
6 West Main Street, Stockton CA 95202
Frank - 209.466.1416
www.filipinoplaza.org



SEPT. 20, 2014 (SATURDAY)

Barrio Fiesta Filipinas 2014
Free Admission - 10 - 7pm
Elk Grove Regional Park E.G 95624
Howell 916.601.9859
Eric 408.712.3743



SEPT. 20, 2014 (SATURDAY)

FWC PISTA SA NAYON
Honoring Vicky Johnson
Outstanding Filipina '14
6 pm - \$25.00
Jose Rizal Community Center
Sacramento, CA 95823
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Tel 916.732.2020

EAST LAWN
Pet Loss Center & Sierra Hills Pet Cemetery
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Sacramento, CA 95841
Tel 916.732.2037

EAST LAWN
Albert Brown Mortuary
3476 Piedmont Ave.
Oakland, CA 94611
Lic. #FD-242
Tel 800.652.1873

EAST LAWN
Elk Grove Memorial Park & Mortuary
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Elk Grove, CA 95624
Lic. #FD-1455
Tel 916.732.2031

EAST LAWN
Andrews & Greilich Funeral Home
3939 Fruitridge Road
Sacramento, CA 95820
Lic. #FD-136
Tel 916.732.2026



By Nancy Cristi Bautista

Ang Pagpapangasiwa Ng Anak Sa Kanilang Mga Magulang

Ang mga magulang ang tinitingala ng mga anak upang magalaga sa kanila mula sa kanilang pagsilang sa mundo. Kanilang ipinagkakatiwala ang kanilang buong pagkatao sa kinagisnan nilang mga magulang. Sila ay inaruga, minahal, at ipinagtanggol upang maging malakas at kayaning matutong tumayo sa kanilang sariling mga paa balang araw. Gagawin ng mga magulang sa kanilang mga supling ang lahat upang ang mga ito ay mabigyan ng kasiyahan at maging matagumpay ang kanilang mga buhay. Sa buong buhay ng mga anak, maski na nga kahit may asawa at pamilya na sila, ang mga magulang pa rin ang nagpapasya ng karamihan sa kanilang mga buhay.

Ang mga anak naman, sa dahilang inirerespeto nila ang kanilang mga magulang, hindi nila kayang suwayin ang mga ninanais ng mga ito. Sumasangayon ang mga anak sa mga ikaliligayang hiling ng mga magulang, kahit na alam nilang ang mga ito ay nalalaban sa kanilang paniniwalang ikabubuti ng mga magulang.

Kailan nga kaya panahon na upang ang mga magulang naman ay magpahinga na sa kanilang mga pag-de-desisyon at ipaubaya naman sa kanilang mga anak ang mga desisyon ng kanilang mga buhay? Hindi siguro madali ang ganitong pagpapasiya. Unang-una, paano sasabihin ng isang magulang na hindi na siya makikialam sa kaniyang anak at lalong-lalo na, na ibibigay na niya ang kapangyarihan ng pagpapasiya sa kaniyang anak?

Sa kabilang banda naman, ang isang anak ay nireerespeto ang mga pasiya ng mga magulang at ayaw nilang sumama ang kanilang mga loob kung hindi nila ito pagbibigyan. Subalit, may mga oras na kailangan naman nilang suwayin ang mga kautusan o kahilingan ng mga magulang sa ikabubuti

din naman nila. Ngunit, kailan nila lalagpasan ang linya na nagsasaad na napapanahon naman na ipaubaya naman sa mga anak ang pagaaruga sa mga magulang? Paano nila ipapaliwanag sa mga nakakatanda na sila ay hindi pinangungunahan at na ito ay hindi panga-abuso, kundi ang mga ito ay para sa kanilang mga kapakanan?

Marami ding naririnig na mismong mga anak o mga mahal sa buhay ang siyang



nanloloko sa kanilang mga nakakatandang miyembro ng kanilang mga pamilya. Mahirap talagang malaman kung sino ang dapat pagkakatiwalaan, maliban na nga lamang kung mula't sapol na, alam na kung sino ang talagang malapit at mabait.

Marami nang mga balita na ang magulang, sa pagmamahal sa kanilang mga anak ay ibinigay lahat sa mga ito ang inaakala nilang makakapagligaya sa mga supling. Gusto nilang iparamdam sa mga anak ang kanilang pagmamahal sa pamamagitan ng pagbibili sa kung ano mang bagay na kanilang hilingin. Kahit sa hustong gulang na ang mga anak, kanila pa itong pinagbibigyan hanggang hindi na nila namalayan na silang mga magulang ay naabuso na pala ng hindi ibang tao kung hindi ng kanilang mga anak na pinakamamahal. Sa bandang huli, nagising na lamang ang mga mga magulang na wala na silang kabuhayan at sila ay nagiisa na lamang sa buhay sa dahilang ang pinagkakatiwalaan nilang mga anak ay lumisan na, kasama ang anu-

mang bagay na dapat ay nararapat sa magulang.

Sa kabilang dako naman, ang nakatatanda ay pinaniniwalaan pa ang ibang mga tao na sa inaakala nila ay totoo ang pamamalasakit. Sa kalaunan tuloy, itong mga nagkukunwaring may totoong pagmamahal, ay manggagantso pala. Kahit nga minsan, iyong mga abogado pa ang nagdadala ng dalamhati sa mga matatandang kliyente.

Kaya nga sa mga matatanda nang mga magulang na mayroon pang matinong pagiisip, kumuha ng mapapagkatiwalaang tao. Halimbawa ay matinong abogado, ahensiya o miyembro ng pamilya na makakatulong isulat ang mga kagustuhang mangyari sa kanilang sarili o mga ari-arian kung sila ay mawawala o sila ay mawalan na ng kapangyarihang magdesisyon para sa kanilang mga sarili. Ngayon pa man ay dapat na itong gawin at huwag magpabukas pa, dahil hindi masasabi kung kaylan mangyayari ang mga kinatatakutan.

Sa mga anak naman, kung ang mga ito ay napapagkatiwalaan ng kanilang mga magulang, ngayon pa rin, kailangang magusap na silang pamilya kung ano ang kagustuhan ng mga magulang sa kanilang buhay. Ganoon din ang dapat gawin, ilagay sa kasulatan ang lahat ng mga ito. Ipaliban ang mga anak sa mga magulang, kung maari ay sa harap ng matapat na abogado, na ang lahat nang ito ay para sa kanilang kapakanan at talagang kinakailangang ang mga napagusapan ay nasa ligal na kasulatan.

Itong mga desisyon na ito ay hindi lamang sa kanilang mga ari-arian kung hindi para na rin sa kanilang mga sarili, na kinakailangang desisyon kung ang kanilang mga buhay ay gusto pang habaan o nararapat na ito ay tapusin na.

FILIPINO MYTH

Compiled and illustrated by Dave San Pedro

"There are some people, who live in a dream world, and there are some who face reality; and then there are those who turn one into the other."

Long time ago, neighboring villages Balintawak and Gagalangin are separated by a strong wall made of dried bamboos. This wall is torn and replaced every five years, sometimes by the guardsmen of Balintawak and sometimes by the guardsmen of Gagalangin. This is done according to the respected datu's command.

Rosita, the daughter of barangay Balintawak's is blessed with incomparable beauty and kindness. Her mother died when she was young but she has four maids to assist her. A lot of admirers tried to win her heart but her heart belonged only to Delfin, son Gagalangin's datu.

The conflict between their families did not hinder their love for each other. Every night, when the moon is bright they would secretly meet at the end of the fence with Rosita's maidservants.

One day, the datu of Gagalangin heard that the fence is being destroyed by the servants of datu Balintawak so that they can build a new one. He asked one of his guards to watch at the said fence-making. When the guard came back, he told the datu that the new fence was moved. He was mad because the datu of Balintawak took five meters of their land, in essence occupying a bit of their land. Immediately, he sent a man to the datu of the neighboring barangay.

"Tell him", he said, "to take the fence back to its original place! He is being unlawful and stealing is a crime!"

When the datu of Balintawak heard about it, he became furious and said, "Tell him that I did not stole anything. I am just returning the wall to it's original position according to the laws of my ancestors!"

Delfin's father was enraged when he heard the response. In situations like this, the usual conclusion was bloodshed.

The chief of Gagalangin prepared his army. By the edge of his sword, he had to take back the land that was taken from him. When the chief of Balintawak heard that the chief of Gagalangin are preparing for war against him, he too prepared his army. When the time drew nearer to the day of the attack, the chief of Balintawak suddenly fell ill and not long after that, passed away. Delfin was left with the great responsibility of being general of the army of Gagalangin.

When Rosita heard of this, she was distressed. Delfin was very young and had not had any experience in war. Whereas her father has been honed by many fights ever since he was a child. Indeed, she was extremely distressed. She wanted to speak to Delfin so that the war could be postponed so that they could have a peaceful negotiation with her father. However, there was no time for them to talk. The next day, her father was heading a massive army.

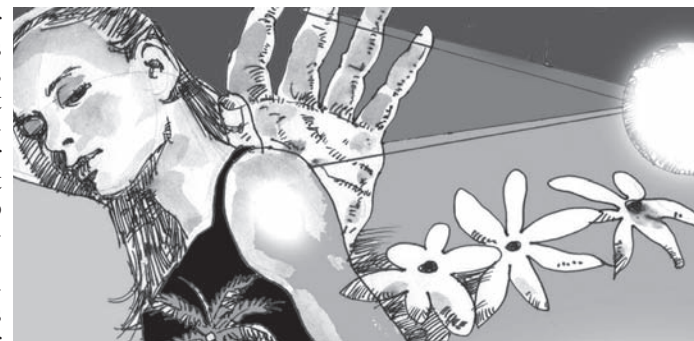
The battle between the two tribes was fierce and bloody. Many men died that day. Delfin was fatally wounded, and because of the amount of blood he lost, he fell to the ground. Before he breathed his last, he gave instructions to his soldiers for his body

to be buried next to the wall, near the secret passage where in the full moon, he and Rosita, along with her maidservants, peacefully walked through the lush grass of the fields.

The stories of old never went into details as to the two lover's story, nor did it mention the result of the battle. All that

was said is this: when Rosita heard about Delfin's death, the young woman fell des-

The Legend of Sampaguita

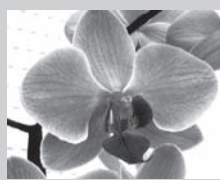


perately ill. Her father called the best doctors from everywhere, but none of them could heal the pitiful young lady. Little by little, her strength left her. When Rosita felt that she did not have long to live, she requested that her father that her body be buried next to Delfin's. Although this was hard on the chief, he granted the wish of the daughter whom he loved dearly.

Many years passed since that time. The days of the villages and chiefs have long gone and the Spanish came to colonize the land. The city of Manila had been founded and there are now many people living in Balintawak and Gagalangin. However, the people from these two places have been perturbed by one mysterious thing. Every month of May, especially when the moon is bright, there is a mysterious sound heard somewhere in the middle of the two cities. The sound is like that of a young woman, sweetly whispering like a wind in the night, kissing the leaves and the plants. "Sumpa kita!... Sumpa kita!" ("You are my promise.. you are my vow!") is what they would hear. Some people would wait around but they did not see anything. However, they noticed in the wild part of the area, there grew two trees whose flowers are small and white with many petals and whose smell was unbelievably fragrant. This is what the people saw every year on the month of May.

It was not long until they thought of digging underneath the two trees to find out the mystery of that voice and the meaning of the words that were uttered. They did not have to dig too deep until they found something. However, their wonder was only deepened when they saw that the two trees started from the mouths of two skulls, buried close together, with their skeleton still intact. It came back to the memories of the elder people of the story of the two lovers, Delfin and Rosita.

In the meantime, this story, passed down from mouth to mouth has been altered bit by bit. The words "Sumpa kita!" uttered by the evening breeze, to the listeners of the ages has become "Sampaguita", which is now used for the beautifully scented flowers that sometimes grow on the grave mounds of lovers.



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10 Foods to Eat so You Never Have to Diet

These powerhouse foods help keep unwanted pounds at bay, and it has nothing to do with counting calories and fat grams.

By Amy Capetta

Garlic

This herb does more than just give meals extra flavor and scent—it can also help keep your tummy flat through its naturally occurring chemical allicin, says registered dietitian and Nutritious Life founder Keri Glassman. “Allicin kills off harmful bacteria in your digestive tract to keep your gut healthy and functioning, which means less bloat.” Also, Korean researchers discovered that this member of the onion family may have an anti-obesity effect thanks to proteins being stimulated in the liver. Toss garlic in almost any poultry, pasta, or veggie dish, or add it to dressings and sauces.

Beans

When you're craving carbs, look no further than the legume family, says registered dietitian and food and nutrition consultant Rachel Begun. “Beans are unique in that they offer significant amounts of both fiber and protein in one package—one cup of black beans has a whopping 17 grams of fiber and 14 grams of protein. We're learning that fiber and protein are invaluable for weight management because both are highly satiating, meaning they leave us feeling full for longer and prevent overeating later in the day.” A recent study published in the journal *Obesity* found that extracts from white kidney beans can reduce the absorption of calories from carbohydrates and tame sweets cravings, thanks to certain enzymes that inhibit starch digestion.

Pistachios

“In-shell pistachios are one of my go-to snacks for weight management,” says Katherine Brooking, a registered dietitian and cofounder of Appetite for Health. A one-ounce serving has 6 grams of protein and 3 grams of fiber, but their real power is felt more in your eyes than your stomach. “Needing to de-shell helps you munch more slowly, and the discarded shells may also provide a visual cue to remind you of how much you've eaten, which helps put the brakes on out-of-control snacking,” adds Brooking. In fact, in a study conducted at Eastern Illinois University, participants who snacked on in-shell pistachios consumed 41 percent fewer calories compared



to those who ate the shelled version.

Seaweed

Perhaps we should take tips from the Japanese, whose country has one of the lowest obesity rates in the world, says registered dietitian and Appetite for Health cofounder Julie Upton. One of their staples is wakame, a type of nutrient- and protein-rich seaweed. “Compounds isolated from wakame, [known as] fucoxanthin, have been shown to help increase fat burning in animal model studies,” says Upton. “More studies are currently looking at other compounds in seaweed, like alginates, that form gels in the stomach to enhance feelings of fullness.” Toss seaweed into soups and salads or use it instead of lettuce in wraps and sandwiches.

Jalapeños

Good news for those who like it hot. “Jalapeño peppers contain an antioxidant called capsaicin, which acts as a powerful anti-inflammatory and metabolism booster,” says Glassman. “Some studies have found that people who eat pepper-packed meals feel less hungry and burn more calories later.” One such study conducted at Purdue University discovered that volunteers who infrequently consumed this spicy, nutrient-dense vegetable reaped more of its weight-loss benefits, a result of experiencing less hunger, especially for fatty, salty, and sweet foods. According to researchers, sprinkling red pepper on a meal “may be sustainable and beneficial in the long run, especially when paired with exercise and healthy eating.”

White potatoes

Who said all white foods are off-limits? “White potatoes are actually a slimming food,” says Glassman. The reason: They're full of rich resistant starch, a compound that ferments in the gut and creates butyrate, a fatty acid that may spur your body to burn more fat. A study published in the journal *Diabetes* found that butyrate also improved insulin sensitivity and increased energy expenditure in mice.

Mangos

While these juicy stone fruits are

naturally filling due to their fiber content—a medium one contains 3 grams—that's not the only reason they help peel off the pounds. “New research from Oklahoma State University indicates that mangoes may lower blood sugar, which can help to control cravings, especially for carbs, thus keeping your willpower intact,” says Brooking. And good news: Since mangoes are grown in tropical climates all over the world, they're available year-round.

Yogurt

It's more than just a low-cal standby. “The calcium in yogurt may help lower calcitrol in the body, which helps turn on fat burning and turn down fat storage,” says Brooking. “Plus, the beneficial probiotics in yogurt feed your gut, and we now know that gut microbes in those who are a healthy weight are different than in those who are obese.” The way yogurt is made, which includes fermentation, also gives it higher concentrations of protein, B-vitamins, calcium, potassium, and magnesium compared to milk, making it the ultimate dairy food.

Avocado

More than 80 percent of the calories in avocados are from fat—but they're still incredibly good for you, says Upton. “Research shows that people who eat avocados have lower BMIs, and a recent study of overweight men and women found that adding avocados to lunch increased satisfaction by 22 percent. It also reduced desire to eat over the next three hours by 24 percent.” The study authors suggest that the fiber, unsaturated fat content, and blood-sugar-lowering sugar called D-mannoheptulose may play a role in helping steady blood sugar levels and keeping appetite in check.

Artichokes

These veggies are rich in fiber, with each medium-size one packing 6 grams. “Fiber is valuable if you're trying to lose weight because it actually slows digestion so that you feel full longer,” says Glassman. “It also means more volume for fewer calories.” And artichokes promote good gut health. They contain indigestible nutrients, called prebiotics, that help support the good bacteria in your digestive system, which can deflate belly bloat and flatten your tummy.

Lolo & Apo

By Dale Esperante

The Lap Pool

One scorching afternoon, parents and guardians lingered in the shade of the pool umbrellas watching their little ones frolic in the water of the central pool.



the week during the hottest part of the day, Lolo and Apo returned to the swimming pools. Just like before, they started in the shaded pool where it was crowded with

Apo opted to lead the way to another pool that was fully shaded as Lolo followed with the towels and goggles. As soon as Apo reached the pool, he instinctively jumped in the water. Meanwhile, Lolo had to find an empty lounge chair to hang all their towels and park their flip flop sandals. Having claimed a spot, Lolo stepped into the cool waters of the pool. To quickly adjust to the temperature of the water, Lolo swam vigorously back and forth until the water felt normal. Apo then challenged his Lolo to race across the pool just for fun. In this pool, there was no space for straight swimming because of the crowded condition. Being smaller, Apo won the race because he was able to easily maneuver around people. Lolo smiled at his exhilarated grandchild. Not really enjoying the crowded pool, Lolo decided to check out the conditions of the two other pools. He found the lap pool as the only pool that wasn't crowded.

The Lap Pool is exclusively for serious swimmers who can cross the 27 yards of the pool uninterrupted. Adults are normally in this pool exercising by doing laps. If anyone is seen loitering in this pool, the serious swimmers will ask the staff with no hesitation to have the loiterer vacate the lap pool. As Lolo was checking this pool out, Apo stood next to him and eyed the possibilities. Lolo invited Apo to try swimming one length of the pool. Apo timidly declined. Then Apo's mom came and decided to swim one length. When she returned, she invited Apo to accompany her for one lap. Apo nervously agreed. They started slowly but surely, reaching the other side. After a brief rest, they swam back to the starting point. They were able to do this a few more times until mom became a bit exhausted. It was also getting late in the evening. Our next destination was home.

A week later in the middle of

children and adults just playing or wading to cool off in the water. Lolo asked Apo if he would like to try the lap pool again. Surprisingly, Apo immediately said yes. As they entered the water, they made sure that anyone watching would see that they were there to swim laps. So off they started. Surprisingly, 8 year old Apo reached the other end easily while Lolo who felt strong in the leisure pool, struggled to swim the 27 yards of the pool. Thinking that after the first length, perhaps Apo would be tired, Lolo asked for a rematch. Apo happily accepted. The outcome of the race was similar to the first one. Thereafter, the laps were swam by Apo while Lolo decided to just walk behind the swimmer keeping an eye on the stopwatch. Lolo proudly gave Apo his speed progress after each lap.

The 8 year old boy swam the length of the pool 14 times for a total of 378 yards averaging a speed of 35 seconds per length. Lolo accepted a few things about his grandchild and about himself that day: Apo is athletic who prefers solitary sports such as swimming and running. Lolo is no longer as athletic as he used to be when he was younger.

Tired and hungry after the pool session, the two decided to stop in at a burger joint before heading home. While they were enjoying their orders, Lolo told Apo how surprised and proud he was of Apo's stamina in swimming. Lolo suggested that Apo needs to be enrolled in a swimming program where a knowledgeable coach can guide him to be a better swimmer. Apo looked at his grandfather in the eye and said, “I have you for my coach Lolo.” Lolo smiled at his grandson and said, “I'll always be there for you, but in swimming, we'll need help to make you a better swimmer.” Patience, encouragement, friendly conversation, and caring are nurturing traits better understood by Lolo's Apo.

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Ana Julaton: "I can't wait to come back"

By Carlos Cinco

Filipina-American boxer and mixed martial artist, Ana "The Hurricane" Julaton (1-0-0) will be taking on Malaysia's Ann "Athena" Osman (0-1-0) at ONE FC: REIGN OF CHAMPIONS at the Dubai World Trade Center on August 29, and she says she's excited to showcase her overall improved game.



Ana Julaton and Aya Saeid Saber

Julaton had a successful ONE FC cage and mixed martial arts debut in Manila with her third round stoppage of opponent Aya Saeid Saber.

The former WBO and IBA women's boxing world champion wound up on top of Saber in full mount in the final round and blasted away at the Egyptian with a plethora of hammer fists causing referee Oliver Coste to stop the contest.

Julaton returns to the ONE FC cage next month but says in the meantime, she had definitely enjoyed her time away from it. "I travelled a bit from San Francisco to New York and spent time with family and friends," said the Pinay warrior, about what she's been up to in recent months.

"Coming back from Manila I had a chance to go to events like Vegas Uncork'd, a San Francisco Giants game to watch Tim Lincecum pitch, and celebrated chef Hubert Keller's birthday," she added.

Ever the patriot, Julaton never passes up a chance to represent the Philippines. "I was in New York for the Philippine Independence Day parade and that was an amazing experience! The PIDC and the Consul General, Mario Lopez De Leon and his entire group were so welcoming and they made

my trip to New York so memorable."

Julaton represented herself well in her first experience inside an MMA cage, although she did get caught in a nasty guillotine choke that almost separated her head from her shoulders. Julaton made it out eventually through sheer will and determination, and the rest was history.

"My first time in the cage was memorable, epic and unforgettable! I cannot wait to come back!" said Julaton, ready for more action.

"Manila was a truly welcoming experience and a couple of months after, I'm still digesting over the thought of winning my MMA debut in the Philippines," recounted Julaton. For the very first time, Julaton had the chance to compete in the Philippines in front of her Filipino fight fans. The stadium was rocking back and forth with chants of Julaton's name.

"I have had dreams of fighting there and for everything to happen the way it did, I would take none of it back, even when I was in that guillotine choke. The arena was electrifying and to hear support from everyone there, at that very moment, there was no way I was going to let anyone

down!"

Julaton used every ounce of strength and willpower she could muster to pop her head out of her opponent's grasp, freeing her neck from the claws of danger.

"I remember getting so pumped up that when I broke free of the choke, I wanted to just slam my opponent, which I eventually did three times in a row that round. It was unreal!" she recalled.

To say that Julaton's next outing will be tough is a huge understatement. Her opponent Ann Osman is one of the toughest fighters out there and is a huge step up in talent from her previous adversary.

Osman lost a close split decision to Singapore's Sherilyn Lim at ONE FC: TOTAL DOMINATION last October, 2013 in one of the most memorable fights the organization has put on. It was a total back and forth war of attrition, one that could have gone either way. Even in defeat, Osman showcased her wares and made it clear that she was a force to be reckoned with.

When Julaton collides with Osman next month, fans can be sure to get their money's worth of action and excitement. Women's mixed martial arts has recently gained steam with the prominence of stars in America like "Rowdy" Ronda Rousey and actress Gina "Conviction" Carano.

Julaton and Osman, despite there being only one winner at the end of their matchup, are both certified action stars in their own right regardless of the outcome.

If Ana Julaton can pull out another victory and impress fans with her improved fight game, she could become a breakaway star in MMA and a bright light for the sport in the Philippines.

Mayweather eyeing Pacquiao fight next year?

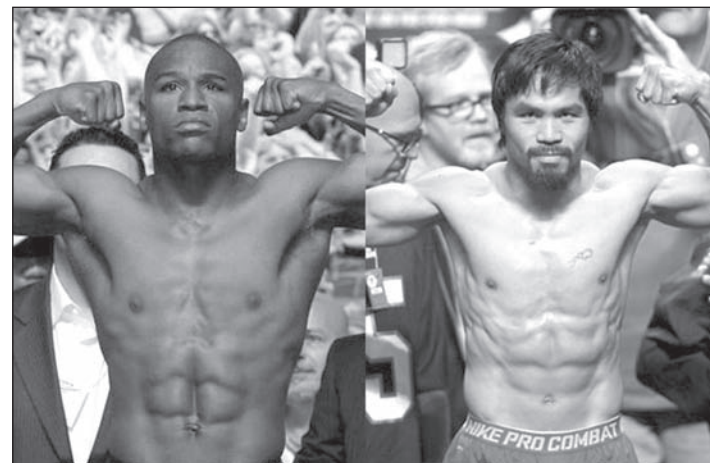
MANILA, Philippines – Is Floyd Mayweather finally mulling to face Manny Pacquiao in what could turn out to be the richest fight in boxing history?

An online report claims the undefeated boxer's father confirmed that his son is indeed pushing for a clash with Pacquiao in May next year.

In an article he wrote in boxinginsider.com, Ivan Goldman likewise cited a source close to Floyd Sr. who claimed the pound-for-pound king now wants to fight Pacquiao for the obvious monetary aspect.

"I thought at the time that maybe the dad was just saying that because he was trying to motivate the fight," Goldman quoted his source as saying.

Floyd Sr. has previously gone on record that a fight between his son and Pacquiao could happen sooner than most fans expect.



Floyd Mayweather is reportedly considering a fight with Manny Pacquiao next year

Even Floyd Jr. himself hinted at a "big surprise" when he announced his rematch against Marcos Maidana recently.

"Sept. 13, back to business, Marcos Maidana-Floyd Mayweather, part II. And then in May, I'm fighting in May and I'll have a big surprise for y'all," the undefeated boxer said.

Goldman's source likewise claimed Mayweather was referring to a fight with Pacquiao as that "big surprise."

Pacquiao is booked to face New York's Chris Algieri

in Macau on Nov. 22, and is still very much open to a bout with Mayweather.

A Mayweather-Pacquiao showdown is expected to shatter existing pay-per-view records and will give both fighters career-high paydays. Showtime, which owes the rights to broadcast Mayweather's fights, would welcome the clash.

"I know Showtime will push for this fight. Where else can they get two million buys? Floyd is at a different level. He's fighting for history," the source added.

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Cristine Reyes has had it with all that male attention

By Allan Policarpio

She's uneasy about being ogled.

Cristine Reyes has had enough attention from men.

That's one of the reasons, the 25-year-old actress said, that she wants to take a break from sexy drama flicks and TV shows. Her coming movie, the Andoy Ranay-directed "Trophy Wife," could be her last project of such kind.

New chapter

Asked by the Philippine Daily Inquirer if she had had any uncomfortable encounter with male fans, Cristine, speaking at a recent press con, related: "Every day, men stare at me and it makes me uneasy—I can't do anything freely. I don't want that anymore."

Cristine, who first appeared on the pages of men's magazine FHM when she was 18, has since starred in such movies as "No Other Woman" and "When the Love Begins," and top-billed the ABS-CBN series "Eva Fonda."

Her decision to stop baring skin on-screen soon is likewise fueled by a desire to be a well-rounded actress. "It's time for me to move on to a new chapter in my career," she said. "But I'm not totally closing that door."

She said viewers regarded her as more than a sexy actress now: "Even though I do daring scenes, I make sure I show my skills [in acting] as well."

The ABS-CBN star said she was



Cristine Reyes

looking forward to doing more drama and perhaps some comedy, and that she had expressed these feelings to her mother network.

"Ma'am Charo (Santos-Concio, ABS-CBN president) and I have talked about it," Cristine related.

Future plans

Asked if she was worried that offers might come to a halt, Cristine replied, "I've saved enough, and I'm planning to put up a business in the future."

Meanwhile, costar and ex-flame Derek Ramsay revealed that Cristine has a scene in "Trophy Wife" reminiscent of Sharon Stone's in "Basic Instinct." Cristine refused to elaborate on it. "I don't want to spoil anything!" she shrieked.

Though she has no qualms about friends watching the movie, Cristine would rather that the guy she's currently dating—a half-Filipino, half-Persian athlete—did not see it: "It's different if you have feelings for a person. It's not that I'm embarrassed; I just want to protect his privacy."

"Trophy Wife" opens July 30 in theaters.

Nine-year-old Caviteña is 'The Voice Kids' champion

By Karen Valeza

After months of auditions and weekly battles, Team Sarah's Lyca Gairanod beat her three rivals to emerge grand champion of ABS-CBN's talent search "The Voice Kids" during the final sing-off at Resorts World Manila on Sunday, July 27.



Lyca Gairanod

The nine-year-old girl from Cavite impressed the public and earned the highest number of votes with her version of "Basang-basa sa Ulan" with her favorite band Aegis.

Lyca's victory is a big help to her and family, for whom she and her mother would go scavenging to survive.

Lyca won P1 million, a one-year re-

cording contract from MCA Universal, house and lot, a home appliance showcase, a musical instrument showcase, and a trust fund worth P1 million.

The top four finalists took on three challenges during the two-night finale, when they rendered upbeat songs and power ballads and per-

formed with special guests.

Team Sarah's Darren Espanto, who placed second, performed "You Are My Song" with Martin Nievera. Third placer Juan Karlos Labajo from team Bamboo rendered "Eto na Naman" with Gary Valenciano; while fourth placer Darlene Vibares from Team Lea sang "You Don't Have to Say You Love Me" with Lani Misalucha.

Path to Citizenship Now Available to Family of Active and Non-Active Military

While we have had high hopes for change to our immigration system under the current administration, little has been done by way of comprehensive legislation that benefits undocumented residents in the United States. While many remain disappointed and discouraged by the lack of significant reform, the government has made some small changes to existing immigration law which have expanded benefits for undocumented individuals and opened doors to citizenship which did not previously exist. One of these great new benefits is the expansion of "Parole in Place" to include the families of United States military veterans. "Parole in Place" has traditionally allowed the immediate relatives of active military to be paroled into the United States. This parole would cure unlawful entry and allow those relatives to apply for adjustment of status to receive a green card, and eventually citizenship.

The reason behind Parole in Place for active military was to make sure our brave men and women serving the country did not have to worry about the immigration status of their loved ones. The government wants our soldiers confident and their families safe and secure in the U.S.

Parole in Place has now been vastly expanded to include the family members of United States military veterans. This means that if you are the spouse, parent or child (under 21) of any U.S. Citizen who has ever served in the military, you may be eligible for parole. Once you are paroled, you will then be able to apply for adjustment of status here in the United States to receive your green card.

This opens the door to citizenship for potentially thousands of individuals. If you are the wife, husband, child or parent of a former service man or woman, you may now apply for this new benefit. When your parole is granted, it is as if you have re-entered the

United States without ever having to leave the country! Right there, in the Sacramento USCIS office, a government official paroles you into the United States and hands you a brand new I-94 card. This card is the key to your green card, and eventual U.S. Citizenship.

This benefit is potentially available for all immediate relatives of veterans, regardless of the amount of time served in the military, the nature of service, and even the nature of discharge from the military. Military service includes membership in the Armed Forces or Select Reserve of the Ready Reserve. Some spouses and children of U.S. veterans will continue to qualify for this benefit even if the veteran has passed away.

Parole can cure many types of immigration violations, including entry without inspection (EWI). However, some violations may not be cured through parole and thus some individuals should not apply for this benefit. Each case is unique and should be evaluated by an

immigration attorney before applying.

The United States government recognizes that all of our veterans who have served bravely and risked or sacrificed their lives for this country deserve their loved ones to have lawful status in the U.S. Because of this, applying for Parole in Place is free. You will not have to submit any filing fee with your application. If you believe you may qualify under this new benefit, we invite you to come speak to an immigration expert at Wilner & O'Reilly law firm. We are always proud to help our United States veterans. U-Rah!

Michael Wang is an attorney with Wilner & O'Reilly, Immigration Lawyers and practices exclusively immigration and nationality law. If you have any further questions, contact him directly at (916) 643-4657 or visit their website at www.wilneroreilly.com

Anne Curtis among Time's 'Smartest Celebrities'

By Michael Joe T. Delizo

Filipina actress Anne Curtis has added a feather to her cap with Time magazine naming her among the "50 Smartest Celebrities on Twitter."

In the list, Curtis is lumped with Akshay Kumar, Willow, Lord Sugar, Scooter Braun, Ricky Martin, A.R. Rahman, and J.K. Rowling at the 25th-32nd spot with a 6.2 grade level.

Curtis, the lone Filipino on the list, is ranked higher than big names like Oprah Winfrey, Jennifer Lopez, Beyoncé Knowles, and the members of Linkin Park who are on 42nd-48th place.

Topping the list is Hollywood actor Leonardo DiCaprio, followed by Justin Bieber's mom, author-producer Pattie Mallette and comedian Jim Kimmel.

Time explained that they came up with the list using a reading comprehension test known as Simple Measure of Gobbledygook (SMOG).



Anne Curtis

"The SMOG test measures the number of three syllable words used in a text to calculate the years of education required to understand it. An environmental activist, DiCaprio often tweets about 'conservation' and global warming which may have helped him earn the top spot," Time said in an article published on Wednesday.

The instrument, according to Time, is intended to process English words only.

"...so users tweeting in multiple languages were removed. Computer process-

ing of natural language has its limitations. For example, the SMOG test can falsely read slang as multi-syllable words," the article added.

As of this writing, Curtis is still the most popular local celebrity on Twitter, with 6.67 million followers.

Curtis had already posted 30.7 thousand tweets since joining the microblogging site on March 2009.

Reacting to the Time article on Thursday, she tweeted, "What a wonderful surprise to wake up to!"

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 Outstanding Filipina 2014

Saturday, September 20, 2014 at 6pm
 Jose Rizal Community Center
 7320 Florin Mall Drive
 Sacramento, CA 95823
 Filipiniana Attire Encouraged
 OR TICKETS PLEASE CALL: Myrna 916.505.1421
 Rose 916.381.3845 Aida 916.686.9886

21ST ANNUAL
PISTA HAN
 Parade & Festival
 AUGUST 9-10 2014

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Eskwela Natin Dinner & Dance

Join us to support Eskwela Natin,
 Northern California's 1st Filipino School
 Sunday, August 17, 2014 / 4:00 pm
 Asian Pearl Restaurant
 6821 Stockton Blvd., Sacramento CA 95828
 Semi Formal
 Tickets: \$30 VIP \$50
 Joe Carrasco 916.682.9715
 Dolores Diaz 916.396.2351