

# Philippine Fiesta™

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Volume 14A No. 3 / July 28 - Aug. 28, 2015

## US may consider deploying Marines to BRP Sierra Madre if China prevents Philippines resupply



BRP Sierra Madre

Senior Advisor and Senior Director of Asia-Pacific Security Program at the Center for a New American Security (CNAS) Dr. Patrick M. Cronin enumerated ten essential elements of a U.S. foreign policy to deal with the West Philippine Sea (South China Sea) during a hearing of United State House Committee on Foreign Affairs-Subcommittee on Asia and the Pacific regarding America's Security Role in the South China Sea July 23, 2015.

One of ten elements Cronin recommended American lawmakers is US "should enumerate a menu of potential cost-imposition policy options that transcend reputational and legal costs and make clear that bad behav-

ior will incur a price." "If China tries to prevent the resupply of the grounded Philippine naval vessel BRP Sierra Madre at Ayungin Shoal, then the United States might not only offer to resupply it, but could also consider deploying a few Marines on rotation as part of the crew's training detachment," he said.

Cronin also included in his ten essential elements of US policy in dealing with West Philippine Sea the following: United States should regularly underscore our enduring principles; reinvest in our own long-term economic power; deepen diplomatic and practical support for ASEAN; build a maritime coalition ensuring the issue as top tier of regional diplomacy; maintain a constant

presence; support an overlapping regional transparency regime; build national and multinational defensive and deterrent capacity; and seek to clarify types of behavior that would be objectionable. *Ang Malaya.net*



FCSV holds Hawaiian Night Page 11

## 'Punching bag' Noy thanks all, from SB to Yolly

By Aurea Calica

**M**anila, Philippines - It was an emotional swan song for President Aquino as he devoted a part of his two-hour State of the Nation Address yesterday to thank his "bosses" and everyone who had helped him face the challenges of the presidency.

Apart from Speaker Feliciano Bel-



President Benigno Aquino III

monte Jr., Senate President Franklin Drilon and Cabinet members, Aquino also thanked his personal staff, officials of the Presidential Security Group, his clothing designer Paul Cabral, and his housekeeper of 20 years Yolly Yebes.

The housekeeper, who was in the audience at the Batasang Pambansa, wiped away tears as she was mentioned by the President.

"In this job, I sometimes feel like a punching bag precariously held together by duct tape," he said. "But I have never wavered because you are behind me. Is it true: I am not alone."

He also thanked all those who helped during disasters, and those who expressed support for him through text messages, letters or personal gestures - "to every child who embraced my leg, looked up and smiled; every student who has asked to have a selfie with me; and to each person who waded through crowds just to shake my hand."

"To every Filipino who has made this change possible, thank you. It is a great honor being your leader," he said.

## Annual SONA fashion show toned down



Senators Pia Cayetano, Loren Legarda, Cynthia Villar, Grace Poe and Nancy Binay pose for a group photo during the opening of the third regular session of Congress yesterday. Continued on page 3

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# Aquino a lame duck?

By John Nery

In July 2005, at the lowest point in Gloria Arroyo's presidency, she went to the Batasan for the State of the Nation Address rite not so much to defend herself, as to test her political allies' defenses. She received an enthusiastic welcome.

To witness the outpouring of support, to hear the lusty cheers and to see the outstretched hands, for a leader who only a couple of weeks before had considered resigning because of an election fraud controversy, was to learn a crucial lesson in political resilience.

The political class respects power, recognizes it, rallies to it—and nothing adds sheen to power like surviving a crisis.

I am reminded of this fundamental fact of Philippine politics because of the spreading notion that President Aquino is "losing clout," is becoming a "lame duck," as he begins his last year in office.

This notion runs counter to Philippine political experience.

Just in the last few months, before Vice President Jojo Binay finally resigned from the Cabinet, he was engaged in an undisguised effort to win Mr. Aquino's endorsement for the 2016 elections. Nobody will question Binay's pragmatism, his practical reading of the political situation. Why bother to win the President's endorsement, at the exact time he loses clout and becomes politically ineffective?

The awkward dance between the President and Interior Secretary Mar Roxas, on one side, and Senators Grace Poe and Chiz Escudero, on the other, also does not make full sense unless administration resources—the network of allies and the government machinery that Poe does not have—were a factor in the negotiations. Why invest so much time to win the President's understanding, if he will lose clout and become politically ineffective anyway?

The answer to both questions should be

clear to anyone who knows how the government truly works: It is deeply authority-centered, and the President remains the most powerful authority, retains the biggest bully pulpit, until that hour his successor takes the oath.

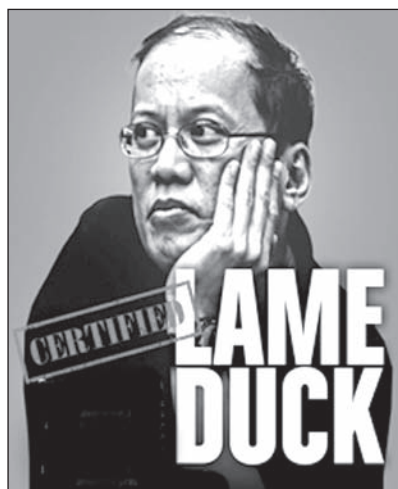
Again, Arroyo is an excellent example. Despite suffering a lingering legitimacy crisis, reflected in the lowest approval and satisfaction ratings for a president in Philippine survey history, she remained, indisputably, in charge, until her last day in office. Her 2005 Sona had the effect of galvanizing her allies in Congress, and (at least in my view) led directly to the defeat of the first impeachment complaint filed against her. (The rousing reception must have made an impression on her allies, and steered their resolve.)

Until the turnover, she continued to dictate the policy agenda. (Control of the public agenda was another matter altogether; ceding it was a consequence of her crisis of legitimacy.)

But, if only because of the potential for mischief, a president's powers even in the last year in office should never be underestimated. Again, Arroyo is the perfect case in point. She appointed Associate Justice Renato Corona chief justice despite the election-period ban on appointments (and the clear language of the Constitution). The high court backed her, but her decision damaged the relationship between the succeeding administration and the judiciary's leadership and led, almost inevitably, to Corona's impeachment and conviction.

### Three more considerations:

First, President Aquino is presenting a P3-trillion budget, double the amount he inherited from Arroyo. Regardless of the exact nature, and the precise placements, of the lump sums now alleged to line the proposed budget, we can be sure of one thing: Mr.



Aquino will not want to be accused by his predecessor the same way he accused Arroyo in his first Sona, of using up the next budget by the halfway point, and leaving very little for the next administration to use.

(It is apropos to repeat an argument I raised before: That in fact one

of the Aquino administration's strongest assets is budget reform. I realize this flies in the face of the controversy over the Disbursement Acceleration Program (DAP); but, as I have tried to show in this space, I understand DAP precisely as an effort to reform the budget process.)

My point: Anyone who controls such a budget cannot blithely be written off as a lame duck.

Lame-duckery comes to us as an American political tradition. But our presidency, even after the disastrous experiment with authoritarianism and the new limits imposed by the post-Edsa Constitution, retains much of the centralized authority of the original occupants of Malacañang, the Spanish governors-general. In other words, and in terms strictly relative to a polity's system of government, the Philippine presidency is actually more powerful than its American counterpart.

Second: Mr. Aquino has just survived the worst crisis in his presidency, in the aftermath of the Mamasapano tragedy. Now his approval and satisfaction numbers are back up; for the political class, nothing succeeds quite like resilient success.

And third, I hold to what I wrote here last year: The 2016 elections will be about continuity, not change. That's an advantage for Mr. Aquino.



### Editor's Note

This July issue of Philippine Fiesta shows special events and celebrations from birthdays to retirements and community events. I can't help but admire the Filipino's love to have dance parties, gather for food, or just have simple get together and camaraderie. Philippine Fiesta is created for that purpose. We are as glad to be able to capture those special events in every page of this publication.

In this issue is a list of upcoming events in our community. I want to invite each and everyone of you to support a fundraising event for Rize All, which will be held tomorrow (July 29) from 4:00 PM to 9:00 PM at BJ's Restaurant in Elk Grove. This non-profit organization, founded by my son Dane, offers after-school dance program for school-age children. Just show the event flyers and eat, and part of what you spend will be donated to Rize All. Don't forget also to support the Filipino Women's Club *Pista sa Nayon* with Memie Weitzenberg as their new president.

Lastly, please help me welcome our new Philippine Fiesta's contributing writers, Dr. Romeo Dizon and Alexander Lopez. Please read and enjoy what they have to share.

Dinnah San Pedro



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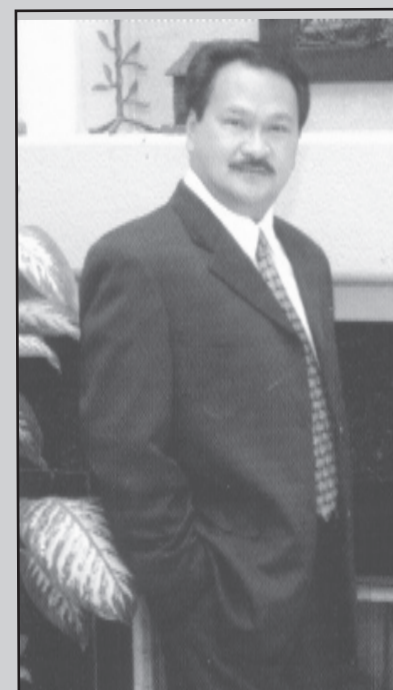
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## Annual SONA fashion show toned down

By Helen Flores

MANILA, Philippines - Apparently heeding calls from some groups and netizens not to make the event a fashion show, many lawmakers and guests donned less flashy outfits at the sixth and last State of the Nation Address (SONA) of President Aquino yesterday.

Sen. Loren Legarda and Reps. Mylene Garcia-Albano of Davao City, and Luzviminda Ilagan and Emmi de Jesus of Gabriela were in old formal wear.

Vice President Jejomar Binay also sported an old barong Tagalog, which he said he wears when he is invited as guest speaker.

Legarda wore a plain black top and pants accessorized with a wraparound from her textile collection. Her shoes were from Marikina, while her bag was made by women from Barangay Holy Spirit in Quezon City from recycled newspaper.

Albano donned a coral and pistachio green terno by Rajo Laurel.

"I already wore this gown to a wedding and had terno sleeves added for the SONA," Albano said.

De Jesus donned a gray tube gown with black bolero made by local designer Ruel Rivera, while Ilagan wore a black gown with a Lumad-inspired beaded blazer by Davao-based designer Jan of Limited.

"These are old, rehashed gowns for old lies and old rhetoric," one of the militant lawmakers said, adding the gowns showed their mourning with women battered by poverty and violence under five years of Aquino's "cor-



Kris, Heart, Jinkee, Manny and Dingdong

rupt and inept leadership."

Ilagan also said her blazer highlighted the plight of Lumads being driven away from their ancestral lands.

Instead of buying a new barong for Aquino's last SONA, Kabataan party-list Rep. Terry Ridon said he wore one of his "old, trusty" barongs.

"Since I started my term as legislator, I always shunned spending an extravagant sum for the SONA. The State of the Nation Address is a regular part of our work in Congress, and legislators should wear the outfit they commonly don on session days," he said.

"Besides, reporting on the nation's status should not be treated as if it's the Oscars. Amid widespread poverty, lawmakers can never justify their lavish outfits," he stressed.

Netizens also noticed that the gowns were less extravagant compared to previous SONAs.

"Is it my imagination or have the gowns toned down a bit since last year," Trixie Cruz-Angeles, legal counsel of the National Commission for Culture and the Arts, said on her Twitter account.

Lingayen-Dagupan Archbishop Emeritus Oscar

Cruz earlier castigated government officials and personalities who don lavish outfits during the annual SONA.

He said the annual "fashion show" during SONA is insensitive to the plight of poor Filipinos.

The Trade Union Congress of the Philippines-Nagkaisa (TUCP-Nagkaisa) had also urged senators and congressmen, including guests, not to make the SONA a fashion show.

### Designer outfits

However, some legislators and their wives and female celebrity guests still took the opportunity to show off designs by prominent Filipino designers.

Presidential sister actress/host Kris Aquino donned a Filipiniana gown by designer Michael Leyva. She said the brooch holding her pañuelo in place was from her mother, the late President Corazon Aquino.

Taguig Rep. Lino Cayetano arrived with his wife, former Ateneo volleyball star Fille Cainglet in a Cary Santiago-designed gown.

Sen. Vicente Sotto III was joined by wife veteran actress Helen Gamboa, who donned a Paul Cabral creation.

Sen. Francis Escudero also wore a Cabral barong,

## Binay: P-Noy making people salivate on 'anointed one'

By Edith Regalado

Vice President Jejomar Binay believes President Aquino and the Liberal Party (LP) have decided on a standard bearer and are only waiting for the right time to make an announcement.

"A decision has been made. They are making people salivate over who it is," Binay told The STAR at the 50th anniversary of the Boy Scouts of the Philippines-Davao City chapter over the weekend.

The President is expected to endorse Interior Secretary Manuel Roxas II this week.

However, Binay said the President's endorsement, as the leader of the party, is not necessary.

He said the LP has the advantage compared to other political parties because it has the machinery and is part of the administration. "But we are prepared for them," he said.

Binay has declared he is running for president under the United Nationalist Alliance coalition.

Meanwhile, Sen. Nancy Binay denied that her father is having difficulty finding a running mate.

The senator said the search committee headed by Navotas Rep. Toby Tiangco is still sorting out prospective candidates.

She refused to comment on reports that Sen. Ferdinand Marcos Jr. is among those being considered for the post.

"All the names are a possibility at this point in time... they are going through the criteria, the qualification of this person compared to this other person. So these are the things that Congressman Toby is looking at," she said.

She said there is no rush for the Vice President to choose his runningmate because the deadline for the filing of certificates of candidacy (COC) is in October yet.

She said former President and now Manila Mayor Joseph Estrada chose her father as his running mate in the 2010 elections three weeks before the filing of COCs.

Marcos earlier said he had not spoken with the Vice President about the 2016



Vice President Jejomar Binay

elections since last month. Flattered

Marcos said he was flattered by reports that he is among those being considered as Binay's running mate.

However, he noted that his decision on whether to run for a national post needs to be consulted with his party, the Nacionalista.

Sen. Vicente Sotto III said the Nationalist People's Coalition (NPC) would soon meet to discuss the party's plans for 2016.

Sotto said there is still no party decision on whether to support the tandem of Sens. Grace Poe and Francis Escudero, which several NPC members are supporting.

while his wife, actress Heart Evangelista, donned an Inno Sotto gown.

Sen. Juan Edgar Angara's wife Tootsy wore a Rajo Laurel-designed dress made from fabric from Mindanao.

Sen. Grace Poe wore a white terno by Cabral. The terno had a swirl pattern of fine white and periwinkle bugle beads.

Meanwhile, Sen. Cynthia Villar was elegant in Nolie Hans fuschia gown with callado embroidery done by hand.

Leyte Rep. Lucy Torres donned a terno in white with

lacing, which was made by Randy Ortiz.

Actress Dawn Zulueta, wife of Davao del Norte Rep. Antonio Lagdameo Jr., wore a white Cary Santiago gown.

Maguindanao Rep. Sandra Sema wore a traditional gown made by the locals in Mindanao, while Deputy Minority Leader Carol Jayne Lopez wore a terno with French lace by Cabral.

**Nancy in a 'boring' gown**  
Sen. Nancy Binay, on the

other hand, arrived in a more appropriate gown, a far cry from the gown she donned last year which was dubbed a "hot air balloon" by her bashers.

She yesterday came in an iridescent midnight blue embroidered column terno that featured an asymmetric pattern of strips of piña on silk tulle with hints of baroque embroidery on the bodice. The terno was made by Randy Ortiz, who made the controversial gown last year.



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# Will Grace Poe deal Philippine sea rights to China?

By Joe America

Politics is a scurrious business when money causes people to sway from principle. Principle, of course, is all we the people have to protect us from scoundrels and self-dealers. That's what laws do, translate all the principles into terms that are fair and reasonable and protective of our best interests.



Chinese coast guard and Filipino fishing boat. Which boat will Senator Poe remove from the picture?



Sen. Grace Poe given award by Anvil Business Club ( Assoc. of Young Chinese-Filipino Entrepreneurs )

Politics in the US is not much different than politics here, at its basest level. When we go down a candidate's list of donors and find "Koch Brothers", and a sizable dollar amount over in the donation column, then we can be assured that the candidate will support the proposed and very controversial trans-national "Keystone" pipeline that will ship oil from Canada across the middle of America to refineries and docks in Texas. The candidate's motivations shift from what is good for the people to what is good for the Koch Brothers . . . and the candidate's campaign kitty.

Here are some excerpts from the Philippine Journal for Investigative Journalism's (PCIJ's) report on 2013 campaign donations:  
Of the 35 individual donors who gave P104.5 million to the campaign of Grace Poe-Llamanzares, 32 (or 91 percent) belonged to the Millionaires' Club and the High Rollers, with their donations totaling P99.2 million or 95 percent of her kitty. Grace Poe-Llamanzares . . . received P18.2 million from the movie production outfit of her late father Fernando Poe Jr., FPJ Productions. Another P17.3 million came

from her mother Jesusa Poe, also known as Susan Roces. In addition, Poe-Llamanzares received P10 million each from businessmen John Paul Ang, Edwin Lee Luy, Michael de Leon Escaler, and Thomas Ang Tan.

Curiously, none of the top 10 high rollers figure in the top 500 individual taxpayers of the Bureau of Internal Revenue (BIR) from 2008 up to 2011, the latest list available.

Odd about those taxes, eh? That is just a brief digression I found rather amazing. Do you think favors are granted to those with money? Does that, too, feed dirty bread to Filipino kids?

Just askin'. I think Pope Francis made a lot of good points, and they have gone mostly forgotten.

So there on the list are a number of donors who are not Poe family members. They ponied up P10 million each to put the good Senator into office. The amounts are sizable enough to get anybody's attention, especially an ambitious senator.

**The big donors:**  
John Paul Ang  
Edwin Lee Luy

Michael de Leon Escalar  
Thomas Ang Tan

Well, we don't need Sherlock Holmes to figure out that there is a connection to big money here from the Chinese-Filipino business community. Toss in a notorious Bobby Ongpin, the dear friend of Senator Poe's BFF, Senator Escudero, and we can also dismiss Dr. Watson as well, for we don't need him to do our deduction: Senator Poe has a Chinese-Filipino connection.

Well, this is all rather speculative and we'd have to do more research to see if these donors have specific business interests in China. So let's set it aside and just do some more thinking.

Grace Poe got a headline a while back for a comment she made to the American Ambassador at a Rotary Club awards dinner. Not too many noticed it, and maybe I did because, in America, legislators intruding into foreign policy or defense without going through Executive are roundly condemned. So at this gathering, it was peculiar for a senator to be proposing a change in foreign policy without first being briefed

or cleared by Executive, which is responsible for foreign affairs.

The senator intimated her change in policy when she made this remark, as reported by GMA News:

"I'm sorry to say, Mr. Ambassador, but I know the US, our ally . . . we can't fault them for thinking of their own interests. In pursuing any conflict, the first interest we need to think of are our constituents."

A fascinating use of words. "Sorry." Why? Because we are going a different direction than what you want, America? Your interests are not our interests?

I wonder what our interest are, and asked in my mind:

So what direction are we going, Senator Poe, that our interests have suddenly departed from those of the United States?

I thought they were the same. If ever interests were joined, the US and Philippines are locked tight on this one, on the West Philippine seas. Rule of law. Open seas.

What direction are we going, Senator?

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## Aquino on Binay's 'Gaganda ang Buhay' slogan: 'E di wow'

By Marc Jayson Cayabyab

PRES. Benigno Aquino III took a swipe at Vice President Jejomar Binay's party slogan "Gaganda ang Buhay."

In his last State of the Nation Address on Monday, Aquino criticized the slogan of the United Nationalist Alliance (UNA) as if the party could solve the country's problems in an instant.

"Siyempre po, kahit kaliwa't kanan na ang ebidensiya ng pagbabago, mayroon pa ring kontra sa Daang Matuwid. Ang hirit nila: Mabagal daw tayo. Kapag sila raw ang naging Pangulo, sigurado, gaganda ang buhay. Sa mga medyo may-edad po, ang isasagot dito, "Ah, ganun?" sabay taas ng kilay. Para naman sa kabataan, ang sagot natin sa ganong pahayag: E di wow," Aquino said.



Vice President Jejomar Binay and President Benigno Aquino III

Without directly naming Binay, Aquino said these people have yet to give concrete solutions to the country's problems.

"Ang tanong natin: Paano nila gagawin ang mga pangakong iyan? Ang sagot nila: Basta. Nasaan ang detalye at kongkretong mga plano? Basta. Paano ninyo ipatutupad ang inyong mga pangako? Basta. Pakiramdam yata nila nadadaan sa basta-basta ang solusyon sa

ating mga problema," Aquino said.

"Wala pa rin talagang gamot na naiimbento para sa mga nagbubulag-bulagan at nagbibingi-bingihan. Ang payo ko nga po: Maganda siguro, kapag ganitong harapan nang iniinsulto ang talino ng Pilipino, ilipat muna natin ang channel, at baka mas may mapala pa tayo sa panonood ng mga sitcom," he added.

## Philippine, Vietnam agree to share technology on high value crops and strengthen fisheries cooperation

The Philippine and Vietnam agreed to exchange technologies on post-harvest and high-value crops processing, and to collaborate on integrated pest management. The two countries also agree to strengthen cooperation



in the fisheries sector. Assistant Secretary for Policy and Planning Orlan Calayag and Agriculture and Rural Development Vice Minister Vu Van Tam of Vietnam co-chaired the recent First Meeting of the Joint Agriculture Working Group where the agreement was signed.

The agreement also paves way for Filipino and Viet-

namese plant protection experts to meet and identify specific fruits and vegetables for export and determine the phytosanitary requirements.

We aim to bolster a united effort in aquaculture, fisheries, processing and marketing, including but not limited to advanced technology transfer, training and capacity building, culinary or processing practices, post-harvest technologies

and exchange of visits, Agriculture Secretary Proceso Alcala said.

A hotline to combat Illegal, Unreported and Unregulated (IUU) fishing and to support humanitarian search and rescue operations at sea is also being aimed to be established.

"The Bureau of Fisheries and Aquatic Resources of the Philippines and the Directorate of Fisheries of Vietnam will work on specific details to report to their respective Department and Ministry, respectively, so that the hotline can be permanently established by the end of 2015," Alcala said.

## Iglesia ni Cristo sues expelled minister for libel

By Janvic Mateo

Manila, Philippines - The Iglesia ni Cristo (INC) yesterday filed libel charges against an expelled minister for accusing the century-old religious organization of committing various crimes, including illegal detention and torture, against its members.



Iglesia ni Cristo church

The INC, through its head legal counsel Glicerio Santos IV, filed the complaint before the Quezon City Prosecutor's Office against expelled minister Isaias Samson Jr. over allegations he made during a press conference on July 23.

"The allegation that INC committed illegal detention and that it threatened the life of respondent are scurrilous and clearly defamatory," read the six-page complaint.

"The accusations that the leadership of INC lied and concealed the truth are likewise negative and libelous," it added.

The complaint has yet to be raffled to a prosecutor who will conduct the preliminary investigation.

At the height of the feud among ranking officials of the INC last week, Samson, the former editor-in-chief of INC's publication Pasugo, held a press conference and accused INC leaders of detaining him against his will.

He also said that the INC leadership lied and concealed the truth, particularly on the alleged abduction of some min-

isters as claimed by Felix Nathaniel "Angel" Manalo, brother of INC executive minister Eduardo Manalo.

But Santos said Samson cast the INC as a church that condoned and permitted its members to commit felonies when it supposedly illegally detained the latter as claimed.

Santos added that malice is presumed since the remarks cast INC in a bad light and scurried its reputation. "In fact, even respondent realized that his malicious accusations would destroy the church and its followers."

Santos also sought the issuance of a lookout bulletin order against Samson, who is reportedly attempting to flee the country.

In a video posted on Facebook, Samson provided details on how he supposedly escaped from house arrest.

Samson said he played along with members of the Sanggunian who asked him to give an interview to disprove the abduction claims.

"I know that they are going to use me, but I played along (so that we can escape)," said Samson in the video.

Samson is part of the group claiming anomalies within the highly secretive but politically influential religious organization.

The INC leadership also expelled the executive minister's mother Cristina Manalo, and his siblings Angel, Lolita and Marco.

Meanwhile, three INC ministers executed affidavits denying they were kidnapped for resisting corruption in their 101-year-old church.

Insiders from INC told The STAR that Julius Nemis, Nolan Olarte and Joven Sepillo surfaced last week to deny the allegations made by Eliodoro Yuson Jr., another expelled minister.

A source from the Department of Justice said that the three ministers submitted affidavits to the National Bureau of Investigation as part of the probe into the INC controversy.

The INC insiders, who declined to be identified over fear of expulsion as INC bars members from discussing their problems in public, said the ministers were "shocked" by Yuson's claims.

Yuson is considered a supporter of Angel, who was allegedly detained for exposing problems in the INC. In an interview with Quezon city police, however, Angel retracted his earlier claims of forced detention.

INC expelled Yuson last year for insubordination and abandonment of duty. Six months after expulsion, Yuson gave media interviews and claimed that several ministers have been snatched for exposing corruption in INC.

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## Trump surge among Republican voters shows no sign of abating

WASHINGTON, USA – Donald Trump’s wild ride to the front of the Republican presidential field showed no signs of abating Sunday, July 26, with a new poll showing him with a big lead in a key early primary state.

The NBC/Marist poll had the trash-talking billionaire with a 7-point lead in New Hampshire and just two points behind the leader in Iowa, another closely watched early primary state.

A CNN/ORC poll, meanwhile, found that most Republicans voters want to see him stay in the race and 22% thought he would be their party’s eventual nominee, ahead of every other candidate except Jeb Bush, the former Florida governor whose brother and father were presidents.

The CNN poll put Trump at the front of 16-candidate Republican pack with 18%, and Bush in second with 15%.

“I’m not that surprised, because I see the kind of a crowd we’re getting,” Trump said in a telephone interview with CNN’s State of Union. “We’re getting the biggest crowds and we’re getting by far

the biggest ovations.”

It was the first poll conducted entirely after Trump drew the wrath of other Republican candidates for belittling the Vietnam record of former prisoner of war John McCain, who headed the Republican presidential ticket in 2008 against President Barack Obama.

The controversy surrounding Trump’s “not a war hero” remarks about McCain and earlier inflammatory comments branding Mexican immigrants as criminals and rapists appear to have helped the real estate tycoon among the Republican base.

Those who want Trump to stay in the race include 58% of white evangelicals, 58% of conservatives and 57% of “Tea Party” supporters, the CNN poll found.

When Republican voters were asked to say who they would most like to see on the debate stage, regardless of who they intended to vote for, 18% said Trump, compared to 14% for Bush and less than 10% each for the rest of the



Donald Trump

crowded field.

The NBC poll, meanwhile, suggested that Trump at this early stage of the race is making a big splash in the first two primary states, which tend to winnow the field.

It showed him polling 21% among Republican voters in New Hampshire, in first place although losing some ground to second place Bush, up to 14%. In Iowa, Trump trailed Wisconsin Governor Scott Walker, by only two points at 17 to 19%.

Trump had surged to the lead in national polls before his remarks about McCain, but the NBC polls show strong standings at the state level as well despite a barrage of attacks by his Republican rivals.

Trump’s negatives remain far higher than other candidates, however. The NBC poll found that 44% of Republican voters in Iowa and 53% of those in New Hampshire had unfavorable opinions about the real estate magnate and reality TV star. – Rappler.com

## NaFFAA Commends Carnegie Corporation’s Tribute to Immigrants

Washington, D.C. “We are heartened by Carnegie Corporation’s July 4th tribute to immigrants and their vital contributions to this country,” says NaFFAA National Chairman JT Mallonga, in a statement praising the corporation’s “Great Immigrants: The Pride of America” initiative.

This year, 39 naturalized citizens from more than 30 countries are being honored for helping strengthen American democracy and advancing U.S. society, culture and economy. Among the honorees are two Filipino Americans: Seton Hall University President Dr. A. Gabriel Esteban and U.S. Army Maj. Gen. Antonio Taguba (Ret.)

“Our founder, Andrew Carnegie, came to this country as the son of impoverished immigrants and grew up to become one of the greatest contributors to American industry and philanthropy,” said Carnegie Corporation President Vartan Gregorian. “His devotion to U.S. democracy stemmed from his conviction that the new



Seton Hall University President A. Gabriel Esteban & Maj. Gen. Antonio Taguba (Ret)

infusion of talent that immigrants bring to our country keeps American society vibrant.”

Every July 4 since 2006, Carnegie Corporation pays tribute to immigrants and their accomplishments. “It’s a great honor to the Filipino American community that two of our leaders have been recognized for their valuable contributions to this country,” adds Mallonga. “Their inspiring accomplishments are a source of pride for us, and we will strive to do the same through our civic engagement and advocacy efforts.”



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# Can a third force win?

By Perry Diaz

Back in the 1950s when the Philippines' political structure was patterned after the United States' "two-party system," to be in politics one had to be a member of one of the two dominant parties: the Nacionalista Party and the Liberal Party. And when one became unhappy or disgruntled with his party, he'd bolt his party and move to the other party.

That's what happened when the popular Defense Secretary Ramon Magsaysay of the ruling Liberal Party (LP) under then President Elpidio Quirino did a somersault into the opposition Nacionalista Party (NP) and got the party's nomination to run against his former boss in the next election. Winning by a landslide, Magsaysay took over the presidency on December 30, 1953.

But the untimely death of Magsaysay in a plane crash on March 17, 1957 left a power vacuum. Magsaysay's shoes were hard to fill and his successor, Vice President Carlos P. Garcia, simply lacked his vision and passion. With the presidential election less than 10 months away, presidential wannabes scrambled for the opposition LP's nomination.

It was then that a "Third Force" was born. Manuel Manahan and Raul Manglapus, who were key members of Magsaysay's administration, founded the Progressive Party of the Philippines (PPP), which was billed as a "reformist" party.

Manahan ran as the PPP's

presidential candidate and Vicente Araneta as his running mate. The party also fielded a complete slate of senatorial candidates, which included Manglapus.

Manahan adopted a campaign similar to that of Magsaysay. Even his slogan – "Manahan is my man" – was patterned after "Magsaysay



Ramon Magsaysay



Manuel Manahan and Raul Manglapus

is my guy." But the two-party system prevailed. Manahan ranked third in a three-way contest and Garcia was elected. All the PPP candidates lost.

In the 1959 mid-term election, PPP allied with disgruntled members of the NP and LP to form a new "Third Force," the Grand Alliance (GA). This was the first time that a political multi-party electoral alliance was formed. The GA fielded a six-man senatorial slate consisting of three PPP members, two LP members, and one NP member. None of them won. The experi-

ment was a total failure.

In the 1961 presidential election, the PPP joined forces with the LP for the purpose of preventing the re-election of Garcia. They fielded Vice President Diosdado Macapagal (LP) as the standard bearer and Emanuel Pelaez (PPP) as his running mate. Manahan and Manglapus were included in the LP's senatorial slate as guest candidates. The three Progressives won.

In the 1965 presidential election, the Progressives separated themselves from the LP. They claimed that they were dissatisfied with the Macapagal administration. It was at this time that the PPP was re-named as the "Party for Philippine Progress." It fielded Manglapus as its standard bearer and Manahan as his running mate. It also fielded a four-man senatorial slate. All of them lost. It was a rout.

In 1969, the PPP quietly disbanded. Thus ended the era of a "Third Force."

For the next 17 years, the late dictator Ferdinand E. Marcos -- who was elected President in 1965 and re-elected in 1969 -- extended his stay in power by declaring martial law in 1972. In 1986, Marcos was toppled from power in a "people power" revolution led by his Defense Secretary Juan Ponce Enrile and Vice Chief of Staff Fidel V. Ramos. A revolutionary government was formed and Cory Aquino was installed as president.

## New era

In 1987, a new Constitution was adopted and thus began a new political and electoral era. The two-party system was discarded and replaced with a multi-party system. It created an environment where no single political party could gain power by itself. That's when "coalitions" became the vehicles to winning elections. It's a different ballgame.

Today, the dominant majority party is the Liberal Party and the dominant minority party is the United Nationalist Alliance (UNA). There are four other ma-

major parties: Nacionalista Party (NP), National People's Coalition (NPC), National Unity Party, and Lakas-Christian Muslim Democrats (Lakas). In addition, there are more than 100 regional, local, and others including the "party-lists" who represented the marginalized sectors in Congress.

During the last presidential election in 2010, the LP coalition included two independent candidates in its 12-person senatorial slate. The rest were Liberals. The LP presidential candidate Benigno Aquino III won but his running mate Manuel "Mar" Roxas II lost to Jejomar "Jojo" Binay of the PDP-Laban. In the Senate, three LP members and one guest candidate (an independent) won.

With the 2016 presidential election just nine months away, the presidential race has only one declared candidate to date, Binay. He was topping the popularity polls until last June when Sen. Grace Poe overtook him. Poe, who has yet to declare her candidacy, is now the front-runner in the polls.

## Musical chairs

Meanwhile, President Aquino had invited Poe and Sen. Francis "Chiz" Escudero to meetings to discuss the possibility of a Roxas-Poe ticket under the LP banner. But Poe insisted that if she were going to run for president, Escudero would be her running mate. That means that a Poe-Roxas tandem is not going to happen. And besides, what would happen to Escudero who is Poe's close political ally? With all her pronouncements that she prefers Escudero for her running mate, she's not going to abandon him now. And Aquino wouldn't abandon Roxas either as his preferred LP standard bearer. And for that reason, a Poe-Roxas tandem under the LP banner is not going to happen.

While the pairing of the presidential and vice presidential candidates is still in a fluid state, a Poe-Escudero tandem has been gaining traction lately. Lately, the duo has been going around vari-

ous places in the country in what seems like "testing the water" forays.

The problem with a Poe-Escudero tandem is that both Grace and Chiz are independents and thus far have not shown any indication that they would affiliate with a major party. Of the five dominant parties, the LP and Binay's UNA are out. That leaves them with the NP, NPC or Lakas to choose from.

Interestingly, it was reported recently that former senator Manny Villar, the NP's presidential candidate in 2010, and Danding Cojuangco, the founder of NPC, have indicated that they would support Poe as their respective party's presidential candidate. However, they left Escudero out because their party would prefer to field its own candidate for vice president.

## Battle Royale

And that would leave Poe and Escudero with one option; that is, form a "Third Party." If they're going to do it, they have to go on the fast track and form a party or coalition soon. Yes, it's déjà vu all over again. It seems like they could borrow a page from Manahan's game book... and improve it to win.

With Binay way ahead in the game – he's been in "campaign mode"

since the day he was installed vice president in 2010 – and Roxas as the LP's candidate, Grace and Chiz would be politically and financially handicapped. And if they don't have a well-organized campaign and a huge campaign war chest, they wouldn't stand a chance of winning. Many predict that in a three-way "Battle Royale," Roxas would take votes away from Poe and Binay would win.

But politics is the art of the possible. Grace's popularity could turn the tables on Binay and Roxas. Like the popular Magsaysay who beat the odds in 1953, Grace could do the same in 2016; which begs the question: Can a third force win in Philippine presidential elections?

(PerryDiaz@gmail.com)



Grace Poe

Having a Special Celebration or a Company Party?



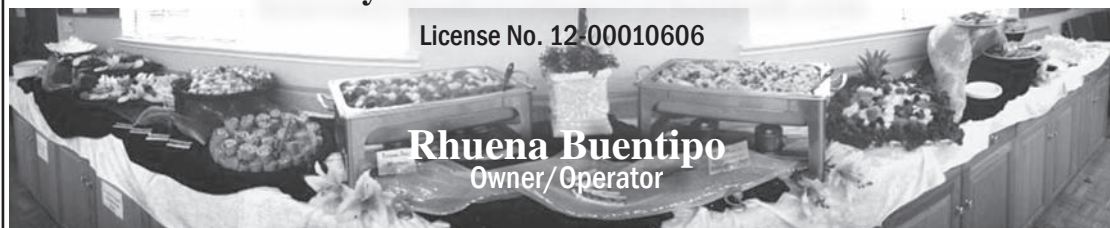
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PerryScope

By Perry Diaz

# One hell of a start

No sooner had the Philippine military announced the reopening of the Subic Bay base than the leftist politicians started screaming and denouncing the United States for violating the country's sovereignty. But for a country who doesn't have the means to defend her sovereignty, the politicians' concerns — and fears — seem to emanate from their myopic view that the U.S. is the enemy. But what they forget to realize is that the Philippines — their beloved Inang Bayan — would have lost her sovereignty long time ago if not for her alliance with Uncle Sam.

And what they failed to remember is that ever since the Philippine Senate rejected the renewal of the U.S. bases agreement in 1991 and closed all the American bases the following year, the country was left with nothing to defend her sovereignty. It didn't take long for China to start nibbling at the Philippines' territory. In my article, "What price sovereignty?" (January 20, 2014), I wrote: "Two years after the U.S. bases were closed in 1992, China seized the Panganiban Reef (Mischief Reef) in the middle of the night. And the Philippine Armed Forces couldn't do anything to take it back.

"As an afterthought to the Senate's folly of booting out the Americans from Philippine soil, which left the Philippines at the mercy of a foreign country who'd

use force to nibble at our territory, the U.S. and the Philippines signed a Visiting Forces Agreement (VFA). According to the Philippine Department of Foreign Affairs, the VFA states that US forces in the Philippines have to follow Philippine law and have to adhere to behavior that is consistent with Philippine law. The Senate ratified it on May 27, 1999, which makes one wonder how the senators who voted to remove the U.S. bases in 1991 voted this time around? But once again the nationalists went up in arms claiming that VFA violates the Philippine constitution.

"But the nationalists backed off when China took possession of Panatag Shoal (Scarborough Shoal) in August 2012. China then roped off the narrow and only opening to the shoal's lagoon; thus, preventing Filipino fishermen from getting in."

### Artificial islands



**Chinese-construction-on-Chigua-Reef** And once again, the Philippines lost another piece of her territory, which begs the question: When will China stop grabbing Philippine territory? Not anytime soon. Right now, China started reclaiming reefs in the Spratly archipelago and there's not much the Philippines can do to stop it.

To date, China has reclaimed seven reefs: Panganiban (Mischief), Zamora (Subi), Kagitingan (Fiery Cross), Kennan (Chigua), Mabini



Subic-Bay

(Johnson South), Burgos (Gaven) and Calderon (Cuarteron). In at least two of them, she is building runways and deep harbors that can be used to launch fighter jets, bombers, and missiles and provide berthing for her warships. And from these militarized artificial islands, she can then project power all the way to the Second Island Chain. No region in the Philippines would be spared from the threat of Chinese incursion. With an air force without warplanes and a navy without warships (well, she has two refurbished lightly-armed former U.S. cutters), how can the Philippines defend her territories?

### "Code of silence"

But what is really strange is that these vocal nationalist and leftist politicians have seemingly adopted a certain "code of silence" when the question of Chinese aggression comes to fore. Many believe that these politicians wouldn't criticize China because a lot of them receive huge campaign contributions from Chinese-Filipino taipans. As an old adage goes: Don't bite the hand that feeds you. I am not saying that these Chinese-Filipino taipans are disloyal to the Philippines. It's because a lot of them have businesses in China. Simply put, no taipan in his right mind would put his business in jeopardy by contributing to politicians who are critical of China.

### Subic Bay

Reopening the strategically located Subic Bay base as a Philippine military base — not American — couldn't be closer to strengthening the country's defense capability. However,

that will take a long time and it requires tens of billions of dollars, which the government doesn't have.

What's on the plate right now is an order for 12 South Korean-made fighter jets, two of which will be delivered in December. The two refurbished cutters that the country already has will be home-ported at Subic. Together with the fighter jets, they will form the bulwark of the country's defense against foreign intrusion or invasion. But is it enough to stop China? Hell, no!

### Scarborough Shoal



It has been anticipated that China would turn Scarborough Shoal — which is only about 125 miles from the main island of Luzon — into an artificial island constructed with a runway and deep harbor. What would the Philippines do about it? Are a squadron of fighter planes and two refurbished Korean War vintage cutters enough to stop the land reclamation? Not if China deploys her fleet of destroyers, submarines, and cruise missiles to protect the project from "Philippine invasion." Remember, China has now claimed undisputed sovereignty over the Scarborough Shoal.

In the end, China will militarize Scarborough Shoal just like she did with the seven reefs in the Spratlys. And that's when a direct threat to Philippine sovereignty and security becomes imminent. Just imagine China claiming a 200-mile exclusive economic zone (EEZ) around the Spratlys and the Scarborough Shoal, and declare an Air Defense Identification Zone (ADIZ) over 90% of the South China Sea bounded by an

arbitrary imaginary line that China calls "nine-dash line," which runs parallel to the 12-mile territorial boundary of the Philippines from the northern edge of Luzon down to the southern tip of Palawan. What that means is that Filipino fishermen can no longer fish beyond the 12-mile territorial zone. The Chinese Coast Guard would intercept anybody who attempts to go beyond that.

### Hard choice

In my article, "Sovereignty or security?" (April 13, 2015), I wrote: "On April 28, 2014, the U.S. and the Philippines signed the Enhanced Defense Cooperation Agreement (EDCA). The purpose of EDCA is to strengthen the U.S.-Philippines security relationship by allowing the U.S. to station troops and operations on Philippine territory. But the agreement clearly states that the U.S. is not allowed to establish a permanent base and also stipulates that the U.S. is not allowed to store or position any nuclear weapons on Philippine territory. That's like tying Uncle Sam's hands behind his back and yet expect him to defend his little brown brothers who have no means of defending their beloved Motherland.

"At the end of the day, something has to give. The Philippines



Aquino-and-Obama

has to choose between sovereignty and security. She cannot have it both ways."

Indeed, the reopening of the Subic Bay base is the best thing that has happened since the departure of U.S. forces in 1992. And once again, with the rotational deployment of U.S. military assets and personnel to the Philippines, Filipinos and Americans will fight foreign intruders — shoulder to shoulder — just like they did in World War II.

The reopening of the Subic Bay base is just a start, but it certainly is one hell of a start.

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**PerryScope**  
By Perry Diaz

## Obama's New Trade Route

By the stroke of the presidential pen, U.S. President Barack Obama signed into law the most important legislation of his presidency.

Once again he demonstrated his adroit political acumen in an arena full of traps where one false move could dislodge the linchpin of the Trans-Pacific Partnership (TPP). Obama and the supporters of TPP believe that it is the key to the success of the "Asian Pivot," which began as a plan to rebalance 60% of American air and naval forces to the Asia-Pacific Region by 2020. Now, the scope of the Asian Pivot is expanding to include a complex trade agreement among 12 Pacific Rim nations, whose annual gross domestic product (GDP) of almost \$28 trillion represents 40% of global (GDP) and a third of world trade. The 12 partners are the U.S., Canada, Mexico, Japan, Vietnam, Brunei, Malaysia, Singapore, Australia, New Zealand, Peru, and Chile.

What he signed into law is the "full authority" to negotiate the final version of the TPP, which some people were saying is just a couple of weeks away. Once that the TPP is in final form, the 12 partner nations would then get their respective parliaments or governing bodies to ratify TPP. In the case of the U.S., the Congress will ratify TPP on an up-and-down vote, no debates or amendments introduced. That's possible only because of what Obama had signed into law: the Trade Promotion Authority and the Trade Preferences Extension Act, which includes Trade Adjustment Assistance.

### Odd bedfellows

But what is really strange about this legislative action that gave Obama the power to negotiate trade deals that cannot be amended or filibustered by Congress, was that the Republicans supported him. And for the first time in his presidency, Democrats abandoned Obama and dealt him a political embarrassment that could have defined his presidency as a "total failure." Indeed, the Republicans would have had voted with the Democrats just to get even with Obama because of the Obamacare victory for Obama. That would have been the political thing to do: that is, deal him the defeat that they have been trying to do since he ascended to the presidency.

For the Republicans, they wouldn't kill TPP just so they can bury Obama politically. TPP's ideological value is so high among Republicans that they would sleep with the enemy to keep it alive. To the chagrin of Democrats -- who would rather deal Obama his political death than give the Republicans an ideological victory -- Obama must be brimming with joy.

### "Dead on arrival"

Odd as it might seem, had the Democrats controlled both houses of Congress, TPP would have been considered "dead on arrival," which makes one wonder: Why is TPP so important to the Republicans that they had to embrace the liberal Obama?

In a recent report in The New York Times, it says: "Opponents in the United States see the pact as mostly a giveaway to business,



Obama and Xi Jinping

encouraging further export of manufacturing jobs to low-wage nations while limiting competition and encouraging higher prices for pharmaceuticals and other high-value products by spreading American standards for patent protections to other countries. A provision allowing multinational corporations to challenge regulations and court rulings before special tribunals is drawing intense opposition."

But Sen. Mitch McConnell, the Senate Majority Leader, had nothing but praise for TPP. "This is a very important day for our country," he said. "America is back in the trade business."

But almost all the Democrats, their allies in the labor unions, environmental groups, and liberal activists who fought the bill (traditional allies of Obama), bitterly disagreed.

Sen. Bernie Sanders, the ultra-liberal independent from Vermont who is running for the Democratic presidential nomination, said: "It is a great day for the big money interests, not a great day for working families."

And in a sarcastic retort, Sen. John Conryn of Texas, the Senate's No. 2 Republican, said: "Occasionally, even the leader of the

Democratic Party, the president of the United States, gets things right."

### Compromise

Obama got all what he wanted and gave little to the Democrats. It was a lopsided compromise. But political reality dictates that if you didn't have the vote, any concession is welcome. In the end,

the opposition collapsed.

Let's take a glimpse at the rules Obama signed and how they will help ensure American workers can benefit from the most progressive trade deal in history:

1. Lock in the strongest labor protections in history that include: (a) A minimum wage; (b) A ban on forced labor; and (c) Worker safety protection.
2. Lock in the strongest environment protections in history that will: (a) Protect our oceans; (b) Combat illegal wildlife trafficking; and (c) Combat illegal logging.
3. Open up the fastest-growing markets to Made-in-America goods and services.
4. Make every word of the TPP deal publicly available to the American people for the first time ever.
5. Provide support and training help for U.S. workers adversely affected by globalization and trade.
6. Extend the African Growth and Opportunity Act for ten years to: (a) Expand private sector investment in Africa; (b) Instill good governance and human rights politics; (c) Provide economic benefits to Sub-Saharan Africa.
7. Help U.S. manufacturers level

the playing field by enforcing laws that ensure countries like China to trade fairly.

### "One Belt, One Road"

With TPP clearly on the road to success, one wonders: Would China join TPP later? Yes, many believe that China would join TPP if it would benefit her. Is TPP all about containing China? Not so, says the U.S. Although China hasn't been invited to join TPP, the U.S. said that she wouldn't block China from joining the trade pact.

But TPP is farthest from China's President Xi Jinping. High on his agenda is the "New Silk Road Initiative," also known as "One Belt, One Road" (OBOR). OBOR has two main components, the land-based "Silk Road Economic Belt" (SREB) and the oceangoing "Maritime Silk Road" (MSR). The strategy underlines China's push to take a bigger role in global affairs, and its need to export China's production capacity in areas of overproduction such as steel manufacturing. It was unveiled by Xi in September and October 2013 in announcements revealing the SREB and MSR, respectively. (Source: Wikipedia)

When Obama and Xi meet in Washington, DC in September during his first state visit to the U.S., the TPP and OBOR would probably be on top of their agenda. As the world's top two economic powers, a collaboration between the U.S. and China through the TPP would create the biggest trade partnership in history, which begs the question: Would such collaboration bring peace to the South China Sea?

At the end of the day, Obama's new trade route could be the new road to peaceful co-existence. (PerryDiaz@gmail.com)

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Five D's Arts, LLC (Publisher) Web Designer: Rees Retuta

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# Sarah Joy's Graduation and 18th Birthday Celebration!

By Cora Polante Ramirez

As a traditional Filipino mother, Mrs. Cora Polante Ramirez, spent months of preparation for the celebration of her only daughter's debut. Though a traditional Filipino debut is usually set aside as the coming of age celebration which celebrates a young woman's 18th birthday. The June big bash party thrown in honor of Sarah Joy Polante Sy, was a combination of her milestones celebration of high school graduation and her debut.

The celebration was held on Saturday, June 6, 2015 at the Crowne Plaza of Sacramento. Over 200 families and friends were in attendance. The event started at 5:00 in the afternoon with a special blessings ceremony of the debutante at the Terrace Room officiated by Father Ruel Mesa. The reception immediately followed at the main ballroom where guests were greeted and seated at the beautifully decorated room. The theme for the event was "Cirque du Soleil", which means Circus of the Sun.

The colors, materials, and designs were carefully selected from wardrobe to accessories of the debutante and her royal court, and the elegant decorations of the ballroom. Each centerpiece was uniquely arranged with long feather peacock as a sign of good luck.

A debut begins like any other celebration with the warm welcome by the emcee. The emcees were Mr. George "Eddie" Aducaeyen, a well-respected community service leader, and Mrs. Maria Aducaeyen Kang-Casler, a TV personality and published author of the book "The No More Excuses Diet."

The highlight of the event was the "Grand Cotillion Dance" performed by the debutante and her royal court. The emcees introduced the debutante's royal court: Cristina Polante, Jacob Archung, Raechelle Polante Cawilan, Sean Hidalgo, Reyna Armour, Andrew Vega, Joana Dorato, Mark Polante Abustan, Zoe Gunther, Richard Polante Cawilan, Elizabeth Green, Blake Baddley, Hannah Emory, and Joshua Quebada. After the royal court took their places on the dance floor, the emcee requested the guests to stand up and welcome the grand entrance of the debutante Sarah Joy Polante Sy and her escort, James Vincent Polante Sy. The "Grand Cotillion Dance" theme was Harry Potter's Waltz choreographed by most

wanted Mr. Bernard Abero.

The debutante's mother delivered the welcome remarks, followed by Mrs. Delia Escartin who shared the invocation and prayers for the debutante. After the blessings of the food, the debutante and her royal court led the guests to the buffet table for the sumptuous Mediterranean meal. During dinner, a photo montage of the debutante courtesy of her uncle Mr. Tom Martignetti, followed by the father's message was viewed by the guests.

Once the meal slows down the formal program started. James invited everyone to join him for a toast. James and well-wishers extended their best wishes and welcomed the debutante to her adulthood. Immediately after the toast was the birthday song to the celebrant followed by the cake cutting.

Changing the mood of the night was the debutante's special classical performances "Gia il sole dal Gange" by Alessandro Scarlatti and Over the Mountain by Roger Quilter, accompanied by her pianist and classical vocal coach Mrs. Catherine Fagiolo.

The program continued on with the 18 roses dance, in which 18 preselected males of the debutante's choice dance with her after presenting her with a single long stemmed red roses. Mitch Franco, a world class crooner and jazz singer was the celebrant's first dance who serenaded her with her favorite song "Sara Smile" by Hall and Oates, followed by Jacob Archung, Josh Quebada, Chance Easter, Andrew Vega, Mariano Magadia, Alain Gulay, Willie Escartin, Billy Graf, Ben Obina, Kenneth Rogado, Jonathan Polante, Edmar Polante, Richard Cawilan, Mark Abustan, Jose Ramirez (step-father), James Vincent Polante Sy (brother), and Jaime Beltran Sy (father of the debutante).

The father-daughter dance was the most moving part of the program. The debutante shed tears of joy as she danced with her father. She and her father have a strong and healthy relationship. Usually, the first strong male bond girls have is with their father. Sarah is very fortunate to have the presence of the grandfather, father, and brother as a role model of love and respect. It will definitely help her have a healthy relationship as an adult.

Next were the 18 candles represented by families and friends, lighting her way as she becomes an adult. The 18 candles entourage who lighted the path were: Cristina Polante, Rachelle Cawilan, Elizabeth Green, Kate Rivera, Aileen Abustan Obina, Jennilyn Felias, Jasmin Morgia, Maria Hufana, Maylyn Tran, Crystal Cabat, Deborah Harding, Amy Alejandro, Savannah Ramias, Cheryl Catera, Christine Kang Enero, Andriana Castellano, Marian Magadia, and Kathy Cruz.



Mrs. Caroline Aducaeyen Kang, the only godparent of Sarah who was there for her before she was even born and until today shared her fond memories of the celebrant. Mrs. Catherine Fagiolo, Mr. Stanley Okasaki, and Dr. Jose M. Ramirez shared their word of wisdom to the celebrant.

Families and friends who rendered special presentations to

the honoree were: Andriana Castellano (The Prayers Hawaiian Dance), Reyna Armour (Pandanguan Medley), Elizabeth Green (Contemporary Dance), Mitchell Smith and Gemma Franco ("Ikaw" and ), Rachelle Cawilan and Cristina Polante (Hip-Hop Dance), and Adelina and Castellano (Tinikling Dance).

Children and adults enjoyed

the candy bar as well as the Photo Booth by Mr. Brian Tedlos of Boots N Beats. The guests danced the night away with the music and sound by Edward and Paul Cordero.

Photos by Dave San Pedro

# FCSV Holds Hawaiian Night for Scholarship Program

By Faina E. Abaya

The Filipino Community of Sacramento and Vicinity under the leadership of Aida Azurin has continued several sustaining projects not only for the betterment of the community but also for the bright future of our youth by giving them Scholarship Grants to, at least, motivate them to study well in their quest for higher education.

For such commendable and meritorious project FCSV, the most active and largest Filipino American community organization in Sacramento has launched another fund raising project for deserving students to maintain and sustain their Scholarship Program.

The event which they dubbed as Hawaiian Dinner dance Night was held on July 18, 2015 at the Jose Rizal Community Center in Sacramento, chaired by Mercedes Guerrero community leader and one of the prime movers of the many projects of the organization. The presentation of the Scholarship Awards to three deserving students was the high light of the evening's Hawaiian Dinner dance.

As expected the Rizal Center was meticulously arranged to capture the Hawaiian Islands paradise like atmosphere of our 50th State which is one of the vacation tourist spots for many people the world over.

Aside from Hawaiian music which was played and continuously reverberated inside the Center, the place was also transformed into Hawaiian like setting such as the dinner tables which were covered with floral designed cloth, elongated crystal flower vases as center pieces containing full blown tulip flowers and many other decorations germane for the occasion.

As indicated, most of the members and guests wore their best traditional Hawaiian dresses and attires. The men wear their so called Hawaiian attires which are usually adorned with traditional Hawaiian quilt designs or simple floral patterns in more muted colors. Such kind of shirts are not meant to be tucked and usually worn semi formal during weddings, birthday parties and an occasion just like tonight's event.

The women are in their colorful Muumuus, colorful floral long



Photos by Faina Abaya



dresses. Accordingly, gathering in Hawaii are more casual, it is therefore, very rare to attend such occasion with a three piece suits or evening gowns just like what we are accustomed here in the mainland USA.

At exactly seven in the evening, the program which was ably emceed by Estela Rabara immediately called Maria Bahoric to sing both the American and Filipino National Anthems which she did consecutively. Ric Rafanan, the

Aida Azurin, the usual energetic and amiable President of the Filipino Community of Sacramento and Vicinity welcomed everyone

and expressed her thanks for their continued support and for taking their precious time to grace the occasion.

Azurin also said, "Tonight is a very special night to our three scholars for the year 2015 because we are celebrating for their accomplishments through high school". She further said, "likewise, we are also honoring their parents who have nurtured and supported them through the years. We share with them the pride and happiness of reaching an important milestone in their lives".

In addition she also said, "The FCSV Scholarship Program was established to support and advance the goals of the Filipino American Youths by providing them with

monetary scholarship awards as their incentives to study harder to attain their goals in life". She ended her speech by thanking everyone who worked hard for the success of tonight's event.

Prominent community leader and realtor Mina Guerra was gracious in her acknowledgement of the presence of well known community personalities and leaders such as; Ric Rafanan, Ling Avera, Joe Gonzales, Alice Pambid, Letty O'quinn, Olive Jackson, Nellie Umali, Mercury Acosta, Edna Villanueva, Josie Pasion, Fe Alvarez, Ofelia Owen, Roselie Sloan, Levy Prieto and Linda Gibson.

Mercedes Guererro and Ric rafanan take the honor of presenting the Scholarship awards to the student recipients; First Prize-of the award went to Alexander Raymund Oineza from Cosumnes Oaks High School, the second Prize-was received by Gabrielle Marie Miller from Granite Bay High School (She is presently at the Air Force Academy at Colorado) and the third Prize-went to Kalina Ramos Sangco from the River City High School.

All the attendees were treated with sumptuous Filipino cuisine catered by the community favorite chef Carol Munar. While everyone was busy with their food, they were entertained by the Kapitbahay Line Dancers, the FCSV former Beauty Queens who performed a well choreographed dancing movements.

Registered Nurses from Kaiser and Methodist hospitals respectively who called themselves Hot Hula Dancers headed by Marie and Gladys performed hula dancing repertoire receiving thunderous applause from their admiring audience. Hawaiian music and dancing for the enjoyment of everyone continues until closing time.

Different Committee members and volunteers who helped put the event together were Mercy Guererro, Margie Pasalo, Nellie Umali, Linda Gibson, Julie Oineza, Bembet Borromeo, Alice Pambid, Aurora Ramos, Rose Dela Cruz, Carol and Melchor Munar, Rose Basos, Remy Mangosing, Lolita Roque Luz Daclan, Bella Nidoy, Warnita Avellanoza Trining Marzan, Divina Borromeo, Ling and Alex Avera, Estela Rabara, Remy Mangosing, Malou Camero, Lolita Roque and Joe Gonzalez.

# Maria Ripani Answering the Call of Duty

By Dale Esperante

The veterans of American Legion Magellan Post 604 are proud of their military service, veteran rituals, traditions, and culture. They also treasure their families and friends, whose ceaseless support and effort are vital to the longevity of the historic Magellan Hall owned solely by the Filipino-Americans veterans. Service is no stranger to the veterans. So when family members excel in their occupational fields, the veterans salute them with pride.



Maria Ripani



California State Parks Director Lisa Mangat congratulates Maria Ripani.

On May 6, 2015, Maria Ripani (daughter of Paul and niece of Carlos and Philip—Cordero Brothers and all members of Magellan Post 604) was awarded a special commendations award by California State Parks Director Lisa Mangat for her excellence in service in handling a distress call from a suicidal veteran.

“When California Statewide Law Enforcement Association (CSLEA) Member Maria Ripani relieved the graveyard shift at the Communications Center at Prairie City State Park in Sacramento County early one morning in 2014, she had no idea what her day as a State Parks communications operator would have in store for her.

Typically receiving calls about boating or bicycle accidents, drownings, fights,

indecent exposure or lost hikers, her first emergency call for help came from a man who was determined to take his own life in a State Park in Santa Cruz County.

‘He was a Veteran who had just come back two months ago from Iraq, he told me he took medication for PTSD and he wanted to end his life,’ said Ripani.

Ripani, responsible for answering calls and dispatching State Park rangers, lifeguards, federal park rangers and fish and wildlife wardens in 40-plus counties was the lone communications operator in the dispatch center that morning. ‘You have to be like an Octopus.’ She joked. ‘It’s very challenging.’ While juggling other dispatch calls, she calmly and gently kept

the man talking, attempting to get him to disclose his location. ‘I needed to stay on the line with him until a ranger arrived, there was no ranger in service. I had to call a ranger into service to help him. I kept asking him about his little girl and his family members,’ said Ripani.

Thirteen years as a communications operator for State Parks, four years as a communications operator at Napa State Hospital Police and six years with the Assembly Sgt-at-Arms, Ripani had never received a call from someone suicidal.

‘I had a lot of adrenaline going. I felt good after it was over and he didn’t hurt himself.’

The “Special Commendation presented

to Maria C. Ripani, Communication Dispatcher, NORCOM Law Enforcement and Emergency Services Division (LEESD)” reads:

“This certificate recognizes your heroism in averting a tragedy and for regularly demonstrating professionalism, generosity, and dedication to your tasks.

On the day of the distress call, you were the lone dispatch operator on duty, yet you were able to handle a crisis, using calm persuasion, while handling other emergencies. You are sincerely appreciated.

On behalf of California State Parks, its employees and supporters, congratulations and thank you.”



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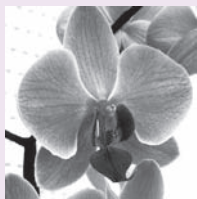
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### Luisa Padilla Yutan Retirement

On July 18, 2015, Luisa celebrated her retirement at a party held at the Hilton Garden Inn in Elk Grove, CA.

The gathering was attended by her relatives and closest friends. Luisa retires after 27 years of working for Kaiser Hospital in Sacramento.

Photos: (Left) Luisa with her son and grandchildren. (Bottom) and with her fabulous group of friends.



### Beta Sigma Fraternity



Reunion of the Beta Sigma Fraternity, Northwest Chapter held at Double Tree Hotel on July 18, 2015 at Tukwila, Washington. In picture are Dr. Fred Aquino and Johnny Regadio of UPAAASV.



UNLUCAI Meeting held at the residence of President Henry and Tina Bambao on July 25, 2015.

### Ida Alvarez's surprise birthday



The Golden Hips performed at Ida Alvarez's surprise birthday party on June 17, 2015 at A&A Tasty, Sacramento CA given by husband Joe Alvarez and sister Russel Medina. From left to right, Marilyn Lopez, Laurie Ligsay, Nancy Bautista, Liz Valencia, Ida Alvarez, Helen Enriquez, Aida Garucho, and Hilda Bobier  
Photo by Ramil Guico of FASCINATEPHOTOS@916-834-2549



On The Border celebrating Ida Alvarez's special day with friends and co-worker with shots of tequilas and margaritas.



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DEIDRA SAN PEDRO  
AUGUST 7



MARINELLE ABELEDA  
AUGUST 9



TINA GARCIA  
JULY 24



DAVID JESE with wife Norma  
AUGUST 9

## Calendar of Events

**AUGUST 8 & 9, 2015 (Sat-Sun)**  
42nd Annual Barrio Fiesta  
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**AUGUST 8 & 9, 2015 (Sat-Sun)**  
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**SEPTEMBER 12, 2015 (Sat)**  
Filipino Women's Club  
Pista sa Nayon / 6pm - 11pm  
Jose Rizal Community Center  
7230 Florin Mall Dr. Sacramento  
Memie 916.482.9541  
Rose 916.381.3845  
Cleo 916.425.6809



### Adelaida Esmane San Pedro celebrates

On July 26, 2015, Aida celebrated her birthday with families and guests from the Bay at the famous Tokyo Sushi Buffet in Hayward, CA. It was hosted by her daughter Gigi and son Noli together with her husband Ben.



CHRISTOPHER LEON ERESPE  
late night desserts with families - JULY 21

## Anniversary



George and Caring Aducaeyen  
66th Wedding Anniversary, August 2



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# El Niño and the California Drought of 2011-2015

"Water is life. It's the briny broth of our origins. We stake our civilization on the coasts and mighty rivers. Our deepest dread is the threat of having too little—or too much."  
---Barbara Kingsolver, National Geographic ' contributor and author of several books.

By Dr. R. Carado Dizon

**M**odesto, California. The drought in California, according to news media meteorologists, is attributable to a four-mile high- low pressure of atmospheric air that's been pushed off the west coast blocking Pacific storms from delivering their rain to the Golden State. Warm water near the Gulf of Alaska was present when California experiences a damaging freeze in early December of 2013. If only the warm waters in Alaska could shift but slightly, it might have opened the door to more storms during the winter of 2014-2015 (NBC Nightly News, July 28, 2014). The point remains that water in Alaska is just one of the many factors correlated with drought, an ill effect of climate change.

Quite ironically, the Japan Meteorological Agency (JMA) in December 2014, had forecast a 50-50 chance for an El Niño emergence in the Northern Hemisphere, in the summer of 2015 (earthweek.com, Dec. 14, 2014). The JMA facilities have monitored a warmer than normal Sea Surface Temperature (SST) over the Pacific ocean, albeit citing insufficient atmospheric conditions attendant to the predicted event. Nonetheless, the Climate Prediction Center and the Australian Bureau of Meteorology have also confirmed the JMA forecast in terms of a "weak El Niño condition in March and May 2015, respectively. Fred Smith, an American taxpayer, commenting on an article on California Drought, which appeared in The Wall Street Journal (July 13, 2015) wrote, "It's an El Niño year. The last good one in 1998, wiped out a long-term drought over one winter?" In other words, an El Niño phenomenon is supposed to bring in rain to the state of California. This is an especially good news to the 38 million thirsty Californians who, with their crops, animals and factories are suffering from the devastating effects of this wicked climate, now on its fifth calamitous year in the state.



California Drought and Climate with Outlook for El Niño

During an El Niño condition, as warm water spreads from the west Pacific towards the east Pacific, it takes the rain with it. Consequently, an extensive drought will take over the areas vacated in western Pacific. Rain will fall in the normally dry eastern Pacific. According to Wikipedia, "El Niño is the warm phase of The El Niño Southern Oscillation (ENSO). It is associated with a band of warm ocean water that develops in the central and east-central equatorial Pacific, between the International Date Line and 120 degrees west, including off the Pacific coast of South America. ENSO refers to the cycle of warm and cold temperatures, as measured by SST, of tropical central and eastern Pacific ocean. El Niño with SST in the eastern Pacific below average and air pressure high in the eastern and low in the western Pacific. The ENSO cycle, both El Niño and La Niña causes global changes of both temperature and rainfall.

What really causes the El Niño and La Niña phenomena? Under normal conditions, the climate in the Equatorial Pacific follows a dependable pattern. In the eastern area around Australia and Indonesia, when sunlight heats the uppermost sea water layer, huge volumes of hot, moist air rise thousands of feet to the atmosphere, creating a low pressure system in the ocean's surface. As the air mass rests and condenses, the storm clouds shed as rain, contributing to the monsoon in the area. By the time



El Niño may not bring needed rains to parched California

it reaches the west coast of the Americas, having increased in density as it traveled, and it is now so cold, it sinks. It thereby creates a high-pressure system near the water surface. The air current flows back westerly toward Australia and Indonesia as strong trade winds.

Meanwhile, the thermocline, is the boundary between warm water and the cold nutrient-rich water lies about 130 feet below the surface. The cold water upwells to the surface in the eastern Pacific. The upwelling, that is mostly off the coasts of Ecuador and Peru in South America, is accompanied by a very rich assembly of nutrients from the deep ocean floor supporting trillions of very tiny planktonic diatoms that nurture the million tons of anchovetas (anchovies). These are small bony fishes of the herring family that can be eaten raw (sushi) and when marinated is served as hors d'oeuvre or pututan.

The extra harvests are dried and grounded as fishmeal, a protein-rich ingredient for livestock feed.

Along with the million guano (organic fertilizer)-exerting birds, that also feed on them, the Peru upwelling is considered to be the most productive food chain on this planet. El Niño, the calamity wind, changes all that. For reasons which scientist, still do not entirely comprehend, the trade winds periodically subside and disappear. Without the trade winds, the top layer of the eastern Pacific does not move west. It stays in place, getting hotter and hotter, swelling as it warms. Curt Suplee, a science writer for the Washington Post, 1998 wrote, "Eventually, it hits the threshold of what meteorologist call "deep convection" the point in which the steamy surface air blast into the atmosphere. When that happens, water in the upper atmosphere condenses and falls as torrential rain on the west coast of the Americas".

In some places during the 1997-1998 El Niño years, sea levels of South America were 10 inches above normal and surface temperatures reached 86 degrees Fahrenheit. Off Ecuador and Peru, upwelling has ceased on the customarily rich fishing grounds. The economically important anchovies population threat heads for the south in search for cooler waters. This phenomenon in the eyes of the now dispossessed Peruvian fisherman and their nouveau riche Chilean counterparts (where the anchovies have transferred) usually start from late December

to early January. They call this season Fiesta del Señor Santo Niño (Feast of the Holy Child). Hence, the term El Niño.

During El Niño, severe drought occurs in Northern Australia, in the sub-continent of India, over the extreme south of the African continent, as well as in the numerous islands of Indonesia and the Philippines. In contrast, during the same period, the weather in Peru is characterized by lots of flash floods, the bad after-effect of deforestation in the Andes mountains. Angry waters sweep the underlying villages wrecking damages of disastrous proportions. In continental U.S.A., mudslides caused by super heavy rains flatten communities from California to the Mississippi Valley. Category 4 to 5 hurricanes pound the Gulf coasts including Florida. Killer tornadoes rip the Midwest from Nebraska to Texas destroying the corn and wheat crops and leaving behind incalculable destruction to life and property (Canby, 1984).

This is not the end of El Niño's abnormal effects on the main components of climate such as air pressure, temperature, wind and the like. An El Niño December is usually, followed by a La Niña one. During La Niña, the climate patterns are the exact opposite of those produced by El Niño. For example, where there was flooding, there is drought. And where winter weather was abnormally mild, it turns harsh. The abnormal cooling in eastern Pacific caused by La Niña's wind is one way of rectifying the heat imbalance that El Niño wrought in one of nature's vicious cycles.

Has there been El Niño over the past few months or not? This is the question being asked the last few weeks by Steve Newman, "Earthweek" columnist of the Modesto Bee. He was quick to guess that, "while some global weather patterns have been similar to what would be expected during El Niño, the main characteristics of the phenomenon have not set in. This has baffled scientists since computer models had consistently predicted a major El Niño would develop in 2014". An El Niño dud? No respite from the drought? I put these questions to the Rain Manager" in heaven for answer.

*The author is a retired Professor from Capiz State University in the Philippines. He completed his Ph.D. degree at the Bowling Green State University in Ohio in 1984 as a USAD-NEDA scholar. His book, "Ecology of the Coconut Crop in the Philippines" was published in 2004.*



## Detecting breast cancer early

By Domini M. Torrevillas

**W**omen should watch out, should know facts about the deadly C. Such facts are: Breast cancer is the leading killer of women ages 35 to 54 worldwide. More than a million women develop breast cancer without knowing it, and almost 500,000 die from it every year. The global incidence of breast cancer has tremendously risen by 256 percent the past 30 years, with Southeast Asia increasing 479 percent.

The above statistics were revealed by Debbie Thomas, president and COO of Evoworld at a forum held in a hotel in Manila the other day.

Women should not despair, however. Early detection of breast cancer can save their lives.

Ms. Thomas spoke of a molecular breast imaging device capable of detecting breast cancer sensitive enough to detect tiny tumors even in patients with dense breasts not normally detected in mammography.

The device was launched at the forum. Harry Dy of S&S Enterprises, sole distributor of the device, bared plans to embark on a breast cancer awareness campaign emphasizing its importance. He said the Philippines has “the highest incidence rate of breast cancer in Asia and registered the highest increase of 589 percent among 187 countries over a 30 year period from 1980 to 2010.” He added that one out of 13 Filipino women will develop breast cancer in her lifetime.

According to Harry, the breast cancer awareness campaign will be done in cooperation with medical institutions.

On another health-related front, here are statistics on the state of adolescents’ health. The 2013 Philippine National Demographic and Health survey indicates that at least 25 percent of unmarried young people are sexually active and 10 percent of

adolescent girls aged 15-19 are already mothers or pregnant with their first child. Meanwhile, a 2015 Department of Health report released in February revealed that more than a quarter of the 23,709 confirmed HIV cases in the country are in the 15-24 age group. At this



time the Philippines has one of the world’s fastest growing HIV-AIDS epidemic.

A Global Network Meeting on Adolescent Development and Participation (ADAP) was recently held in Manila under the sponsorship of UNICEF Philippines. Its purpose: to develop UNICEF’s strategic direction with regard to adolescents’ needs and development, with particular focus on those most disadvantaged and marginalized.

The event focused on health and empowerment programs for adolescents, the heart of the meeting. It saw the convergence of specialists and delegates from Nepal, Zambia, Montenegro Kosovo, Romania, Jordan and the Philippines. UNICEF officials from the New York headquarters and East Asia Regional Office were also in attendance. Filipino youth delegates came from Zamboanga, Eastern Samar, and Manila.

“While we have made great progress in saving young children across the globe by improving child survival and development, historically adolescents were not given adequate attention. This is now a critical opportunity to further accelerate progress for our youth. It is an investment in the future, with dividends of creating a generation properly equipped to become respon-

sible citizens,” UNICEF Philippines Representative Lotta Sylwander said in her opening remarks.

At the opening session, young speakers Aljon Operario and Rey Nicart, both from Borongan, Eastern Samar thanked UNICEF for convening the meet-

ing so they can learn from global experts and advocates for adolescent development and empowerment. “We feel honored to join the policy discussions and convey the issues faced by young people, especially the marginalized youth in areas affected by typhoon Haiyan.”

The young people of Samar, the two said, “need a lot of support in confronting issues such as early pregnancy, sexual abuse, and HIV and AIDs.”

Key discussion points at the Global ADAP meeting dealt with advancing the health and well-being of adolescents, providing them with formal and non-formal learning opportunities, ensuring safety and protection, increased space and opportunities for social and civic engagement for adolescents, and generating evidence for effective programming for adolescents.

Sywander concluded her remarks by reminding adolescents to remain active in policy dialogue and program activities, and to include their peers across the country to do the same. To the Filipino youth, she said, “It is your generation that will lead this country to the future. You can set new examples as agents of change. UNICEF is with you in every step of the way.”

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## Adobo may have French roots

By Cherie Querol Moreno

PARIS, France – Did the Philippine national dish originate in France?

I’m more than ever convinced that the stew of meat swimming in its own juice and oil with spices is actually French food. To be precise, food prepared in a distinctly French technique with an undeniable Filipino accent.

That marriage of pork, beef, chicken, squid, or kangkong (morning glory) with bay leaves, pepper, garlic, soy sauce, and vinegar represents the complex Philippine palate and culture.

Many have declared the dish “indigenous” to the archipelago, but is it really?

Some experts attribute adobo’s landing in the Philippines to Mexico by way of the Galleon Trade. Yes, the southern third of North America boasts of as many adobo recipes as its national dish, the mole (moh-leh). But countries further down in South America, too, have their own interpretation of the dish, betraying its source – the nation that unified a continent with a common religion, language and well, a viand.

Authorities concur that Spain is the mother of adobo, evidenced by its definition of adobar or to marinate. Its Iberian neighbor Portugal has its own version.

No food blogger has challenged the broadly accepted belief that Spain is the origin of adobo. But hungrier, perhaps wider traveled, gastrogeeks ventured further into the etymology of the subject. And deeper digging unearthed a French connection.

Here I am, Parisienne-for-the-weekend, watching diners dig into their plat, or what we in the U.S. call “entree” (which is “starter” in France).

When the French slow-cook or braise budget meats in herbs, they call it en daube. Say it as Catherine Deneuve would, with a silent “n” and an audible “e”: “E’ dob-e.” Now faster: “Uh-duhb’uh.”

### Shared borders, recipes

Because France shares a border with Spain, their recipes intermingle.

Bouillabaisse, a symphony of seafood that’s favored in the south of France port city of Marseille is almost identical to Zarzuela de



Adobo

Mariscos, the Catalan seafood stew. The French have garlicky mayonnaise with a touch of mustard called aioli and the Spanish hold the mustard and call theirs allioli. Nougat, a Provençal delicacy showcasing the region’s almonds, bares little difference from Torrones de Almendras in northern Spain.

Daube is emblematic of Rhone River-fed Provence, fabled region in the south of France where the warmer climate and the rich terroir – or natural elements – heighten scents and flavors of all that grow there. The conquering Romans loved the landscape and dubbed it provincia. They reveled in its natural gifts, including an herb they named lavandula with which they perfumed their laundry and that we now stuff in sachets with our lingerie.

Garlic, eggplant, peppers, tomatoes, and herbs thrive wild next to fields of that intoxicating lavender, olive groves and vineyards that produce the famous Cotes du Rhone and the venerable Chateaufort-du-Pape (new castle of the pope) around Avignon, site of the papal seat when the French monarchy and the Catholic hierarchy could not see eye to eye in the 14th century.

Herbs are so intense they elevate the lowliest ingredient to “gourmet” status beyond the land where American culinary icon Julia Child wished she had been born. Think snails, sold only in upscale stores in the United States, and are considered vermin in gardens surrounding both huts and mansions in the Philippines.

The south of France has its own bullfights but not bloody as those typical in Spain. The French merely tease the beast but do not impale it to death. When the animal is past its prime and unfit for pasture, it retires in the kitchen. Bathed and simmered for hours in wine, olive oil, and aromatics, the bull reincarnates into a dish that is a feast for the senses.

Julia Child describes the technique in *Mastering the Art of French Cooking*, her 1961 tome that changed the way Americans eat: “Daube comes from daubiere, a covered casserole. Almost

every region of France has its own daubes, estouffades and terrine.”

Child adds a “variation” popular in Provençal that punches up the flavor with achovies, capers and – guess what – vinegar!

### Cross culture

As the beloved chef said, a special cookware named for the dish, the “daubiere” is shaped to build condensation, prevent evaporation, and seal in all the juices.

Purists say daube should be marinated first then cooked at least a day before and allowed to rest before serving. The longer the simmer, the better the taste.

### Sound familiar?

The recipe has morphed over time and geographic boundaries, like everything else particularly in this global society.

Don’t forget that the likes of those who invented Champagne also Christianized most of the world. Their brother missionaries may have brought along their daubiere and taught “en-daube” to their indigenous wards, who procured native ingredients to replicate the original.

Highly probable: Replaced the bell peppers with bay leaves, substituted vinegar for the wine and soy sauce for the olive oil, doubled the garlic and developed what is now the Philippine national dish.

Of course Philippine adobo is only as “authentic” as the region that serves it. Coconut cream enriches the southern Luzon variety. Pineapple and sugar jazz it up in Central Luzon. Filipino Hawaiians spike up theirs with ginger.

Daube transformed similarly. New Orleans serves a jellied stew called Daube Glacé. Other recipes eschew the Frenchy orange zest and cinnamon peel, throwing in carrots and mushrooms instead. The daubiere? Usurped by a Dutch oven or a heavy lidded pan that performs like the French pot.

And the palayok (clay pot) comes to mind.



By Nancy Cristi Bautista

When we were young, we were brought up to choose between good and evil. Our parents and guardians taught us how to be the best that we can be, guided by our mind and conscience — if it was wrong, do not do it, if it was right, choose it.

However, it might be easier said than done, because when it comes to health, there is one factor that might be beyond someone's grasp. It is the genes. Since it is still not feasible to choose who our parents would be, we can just settle with having the power to gear our body and mind to a better health. It is just a matter of choice.

Whatever one's age is, choosing mind over body could mean life and survival or even living healthy beyond expectancy. One can change his or her way of life, anytime, but making sure a firm regimen should be followed. This is where a self-discipline is pertinent in following the right way.

While practicing a pathway to a healthy choice, there are some few guidelines to remember in order to embolden one to adhere to the rules. There are actually numerous tips on how to be healthy, and some would be indicated in this article.

A professional help is probably the first step in achieving the desired good lifestyle. Consult the help of a trusted and knowledgeable physician. Being open to the personal doctor would eliminate doubts and speculations. A direct approach to the health problems or concerns is an indicative of a successful goal. One can have a database to measure one's progress. However, it is necessary also to get

## Being Healthy A Choice

another opinion, if deemed compelled, uncomfortable, or in doubt with the professional's guidance or approach in medical treatment.

Aside from the inherited family genes, the next consideration is the food we introduce to our mouth. It is easy to just get the visual and tempting convenient fast food, but, would feel guilty right after the salivary gland has feasted and come to the point of no return anymore. The results appear on the thighs, belly, double chins, and more seriously, on the delicate organs that could cause the shortening of good life and beginning of all the sufferings.



So, it is wise to give a methodical approach on what kind of food should be included in the diet. It has been studied that generally, less carbohydrates and cholesterol and more protein-rich food are the pathway to a good diet.

Regular drinking of water helps the body in so many ways, from cleansing internally to regulating bathroom habits. Once, in my own experience, my physician told me that the lab cannot find any protein in my urine, because it was diluted well, due to my regular drinking of good amount of water, and according to him, that was a good thing.

For those who have to watch their diets, it is a good idea to have an alarm in their cellphones to remind them of when to eat, when to take their medicine, when to do exercises, and when to sleep and take naps. Sometimes, because

of the busy schedule, these things are forgotten or pushed aside.

Taking good vitamins or supplements and boosting drinks or healthy bars are a good practice also. Having them on hand at all times could avoid grabbing anything like junk foods when hungry or in a hurry, and would prevent the vicious cycle of hypo or hyper consumption of calories.

Walking regularly even for about fifteen minutes daily works wonder. One does not have to join the gym or sport a gear to go outside the house. One can just walk inside and around the house for fifteen to thirty minutes after meals. It is a fact that blood sugar drops as much as 60 mg to 100 mg after such walking.

Personal stress takes a heavy toll on the body that hinders acquiring a healthy body and mind. Try relaxing and calming down away from electronic devices, including social media. When sitting behind the wheels, one must exercise good self control to avoid the increase of blood pressure and any road rage effect.

The material things in life must be set aside to accomplish a good health. Problems sometimes cannot be avoided, but, managing them well must be a priority to calm down the nerves and not to burden the vital organs.

Choosing the right friends and associates also play an important role in achieving all of these. They could share encouragement, cooperation, and contentment. One can also get good tips and ideas from them.

There are still ample of good advice to implement a good healthy habit, and it is up to the individual to choose being healthy.

Good Health, and God Bless!

## What a Day!



By Gabriel Ortigoza

I had my dental appointment first hour in the morning of 07 July 2015 for my sensitive right lower molar which my dentist treated and put a crown over it but my tooth rejected said treatment so I was scheduled for a root canal to the same aching tooth and a filling to my other molar next to it.

The plan was to put me under conscious sedation using anesthetic agent via intravenous line. The dentist tried to start IV at my right antecubital vein but unsuccessful. The dentist then looked at my left hand and saw a straight bulging vein and she attempted to start an IV however she cannot hit the blood vessel. She tried twice in the same vein but to no avail.

I told my dentist that Gemma, my wife who is also a nurse, is at the dental clinic waiting room. "Maybe Gemma can help." I told the dentist. The dentist in-

structed her assistant to call Gemma to start IV.

Gemma came and was confident to start IV. She tried my left antecubital vein but unsuccessful. She went to my right hand vein but was not successful. She move about an inch proximal to same vein but, again, unsuccessful.



After six failed pokes against my obviously big veins I told the dentist to give me the IV needle to start my own IV. The dentist was hesitant but because of desperation she gave me needle, gauge 20 IV catheter.

While lying on a dental chair with my left hand clinched like a fist I saw a vein at my left hand, half inch below the one hit earlier. "No need to use tourniquet." I uttered. With my right hand

holding IV needle like a pro I slowly poke my own vein from the distal until I felt a popping motion. Bingo! I successfully hit my vein. IV was successfully inserted.

The dentist and her assistant and my wife were all clapping their hands in gladness and congratulated me for the successful pe-

ripheral IV insertion. The dentist, who is the president of California Dental Association, told me it was the first time in her practice that a patient inserted his own IV for conscious sedation.

I put big smiles on their faces and that was the last thing I remember. After that, I was put to sleep. I woke up three hours later with my root canal, crown placement, and filling done. What a day! (gabbyortig@yahoo.com)

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## Susan's wish for Grace



Susan Roces hosts a dinner for friends at Pio's Kitchen on Saturday, July 25, three days before her actual birthday today. Front row, from left: Girlie Rodis, Shirley Kuan, Dolor Guevarra, Susan, Helen Gamboa, Maricel Soriano, Malou Choa-Fagar and Regal Matriarch Mother Lily Monteverde. Back row, also from left: Susan's nephew Jeffrey, Tony 'Mr. T.' Tuviera, Sen. Grace Poe, Marichu 'Manay Ichu' Maceda, June Torrejon-Rufino, Pat-P Daza, Ricky Lo, Lilibeth Perez-Nakpil, Veanna Fores, Danny Dolor, Lawrence Tan, Sen. Tito Sotto, Bibeth Orteza, Susan's nephew Joseph and Carlitos Siguion-Reyna.

By Ricky Lo

Make a wish, make a wish!

**S**usan Roces stood before a huge square cake with only two lighted candles Saturday night, July 25, three days before her actual birthday which falls today which also happens to be the 29th anniversary of The Philippine STAR, the broadsheet that kicks off the day for stars in all fields, especially showbiz.

The dinner was held at Pio's Kitchen (corner Scout Reyes and Scout Fuentebella Streets, Quezon City, call 0917-5322892 for inquiries) which the owners Mon and Chin (who both used to be flight attendants) close exclusively for a party of eight (upwards). The kitchen is famous for, among other

mouth-watering dishes, paella and also serves both white rice and black rice.

Instead of making a wish, Susan joined the barkada in singing Happy Birthday. She's turning 74 but definitely doesn't look it. "And I'm proud of it," said Susan who has remained, excuse me for starting to sound like a broken record, "The Face That Refreshes" through the years, every part of her "original" (read: untouched by science).

Asked what her birthday message was, Susan playfully said, "Prosperity. Love! Harmony! Good health to everybody. And peace!" Then she proceeded to sing, "Let there be peace on earth..." She was mum

when asked about her daughter Grace Poe's much-awaited decision related to the 2016 presidential election. She simply flashed a smile so sweet that it seemed to say everything.

And Grace's wish for her mom? "That she finds fulfillment in everything that she does both in her career and her life. Satisfaction in her work and more free time in her farm (in Batangas)...And for her to find every reason to be proud of me."

What would give Susan one more reason to be proud of her...you know? Grace made no comment, except to break into a smile so sweet that it seemed to say everything.

So what gift is Grace giving her mom?

"Secret! I'm giving it to her on her birthday," which is today. "My mom is actually very simple," revealed

Grace. "She doesn't expect an expensive gift. A home-made concoction will make her very happy. One time, I came from a trip abroad and gave her a lavender plant as pasalubong. Tuwang-tuwa siya!"

What Grace values the most are the pieces of advice from her mom.

"She always reminds me, 'Huwag mong walain ang sarili mo, don't lose yourself; you have a moral compass and follow it.' (Those pieces of) advice are priceless."

To Susan and The STAR, many happy returns of the day! Rest assured that both of you will have many more to come.



Grace and Susan

## Bea opens up on relationship with Zanjoe

By Joyce Jimenez

Bea Alonzo speaks up on the status of her relationship with actor Zanjoe Marudo.

On Monday, the 27-year-old actress said she and Zanjoe are "okay" admit reports of problems in their relationship. A proof of this



Bea Alonzo says she's "working things out" with Zanjoe Marudo

is their recent show together in London.

"Masaya naman kami," said Bea about their relationship, during the press conference of her upcoming film "The Love Affair."

These statements come weeks after Bea admitted that she and Zanjoe are having issues in their relationship.

## Matteo tells Sarah: With love, everything is possible

MANILA, Philippines - Matteo Guidicelli says he will do anything to make girlfriend Sarah Geronimo happy.

The ABS-CBN actor posted a birthday message for Sarah on his Instagram account on Saturday. The message was accompanied by a photo Sarah embracing Matteo.

Sarah turned 27 yesterday.

"Before the night ends I would like to say HAPPY HAPPY BIRTHDAY to the person I love so dearly. Your happiness is contagious and your presence has been life changing," he said.

Matteo added: "I will do my best to fill your life with sincere limitless JOY.



Matteo Guidicelli greets Sarah Geronimo with a very sweet birthday message on Instagram.

Things are not easy but with Love, everything is possible."

Sarah celebrated her birthday this week via a private party with Matteo and some of her friends.



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A celebration of life and culture in the land of dream weavers

# T'nalak Festival 2015

By Alexander D. Lopez

**K**oronadal City, South Cotabato – Last Saturday's warm and sunny morning here was filled with bright colors as hundreds of dancers wrapped with colorful costumes trooped to the streets to highlight this year's T'nalak Festival and the culmination of the 10-day celebration of South Cotabato's 49th founding anniversary.

Thousands of merry-makers lined-up along the streets and cheered to the sparkling and thematic parade and demonstrations packed with unvarying movements and exhibitions to the beat of thundering drums and musical instruments.

The culmination of this year's T'nalak Festival was an expression of South Cotabato's rich and diverse culture, its valuable history and the province's growth of becoming one of the most developed and progressive areas in SOCCSKSARGEN (Region 12).

The T'nalak Festival 2015 celebration was opened last July 8 and ended yesterday, July 18 here, a 10-day revelry and grandiose festivity with a total allocation of P16 million.

The festival is named after a cloth made and designed by the T'boli tribe of South Cotabato. It is said that the weaving of T'nalak is inspired by the dreams of weavers. T'nalak is made out of abaca fibers and designed by natural dyes.

This year's celebration is themed "Sharing our Best with the World".

"The selling point of our festival is our culture. It is really



Hundreds of dancers, clothed in colorful costumes joined the street dancing competition during the 2015 T'nalak Festival and the commemoration of the 49th founding anniversary of the province of South Cotabato on Saturday, July 28. (Photos by Alexander D. Lopez)

about the uniqueness of our culture," was the statement made by Governor Daisy Avance-Fuentes during the opening of this year's celebration.

The T'nalak Festival, as compared to other celebrations in the country is unique because it highlighted the culture, beliefs and traditions of various tribes who continue to live and help develop the province of South Cotabato, Avance-Fuentes added.

"The people of South Cotabato are the true dream weavers," the governor pointed out, adding: "We have succeeded weaving our dreams into a united and common

tapestry we called T'nalak."

South Cotabato's population is composed of Christian settlers, Muslims, T'bolis and B'laans.

Starting last July 8, continuing events attracted local and foreign tourists to visit the province to savor the every activity that showcased South Cotabato's milestones.

These activities include the Regional Industrial, Technology and Trade Expo 2015 Trade Fair and Exhibit; the Agro Trade Fair and Plant Exhibit; T'nalak Food Garden Bahay Kubo and Plants and Products Display of the local government units; the LGBT Rise and Shine; Skills Enhance-

ment Seminar and Food Conference; Motocross; LGBT Freedom Night Celebration; Marathon and Fun Run; Golf Tournament; and the Inter-LGU Basketball and Women's Volleyball Championship.

Practical Shooting Competition; Mountain Bike Challenge; Cheerleading Competition; Musical Pop Solo Voice Competition; Hip Hop and Team Ballroom Competition; the Awit Dula Sayaw Competition; the Search for Mutya ng South Cotabato; and the Governor's T'nalak Charity Ball were also facilitated from July 12 until 17.

Last Saturday's T'nalak Festi-

val Tri-People Grand Parade featured twelve contingents coming from various towns in the province.

The contingents competed during the street dancing and show-down competitions under the categories: Madal Be' Lan which featured the culture of the T'boli tribe through dances; the Kasadyahan sa Kapatagan category that manifested the celebration of bountiful harvest of the Christian settlers; and the Kadsagayan A' Lalan category which showcased the colorful Maguindanao dances.

"It's my first time to join the contingent of our school in this competition," said Melanie, a student from Norala town.

Melanie was thankful for the opportunity given on her to join the grand parade.

Another student, Jonathan from a Christian school in Polomolok town expressed fulfillment of his dream of joining the T'nalak Festival.

"Noon ay nanonood lamang ako ng parade ng T'nalak Festival. Masaya ako dahil kasali na ako ngayong taon. (Before I only watch the parade during the T'nalak Festival. Now I'm happy because I'm part of it)," he added.

The day's activities were concluded by the T'nalak Foundation Anniversary program that was attended by Senators Grace Poe and Chiz Escudero.

The province of South Cotabato is situated in the southern portion of Mindanao Island with a total land area of 3,935.95 square kilometers.

According to 2010 census, the province has a total population of 827,200.

South Cotabato has 10 municipalities and one city, Koronadal.

The T'nalak Festival is an annual celebration in South Cotabato in time with the commemoration of its founding anniversary.

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