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WHO IS AFRAID OF CHINA?
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Illustration by Dave San Pedro

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Enrile's privileges

The decision of the Supreme Court granting Sen. Juan Ponce Enrile provisional release upon payment of a P1-million cash bond was released late Thursday morning, allowing the most prominent suspect in the billion-peso pork barrel scam to leave the Camp Crame hospital where he had been detained and to return to the Senate.

When the outcome of the decision was announced on Tuesday, a lawyer for the former Senate president eagerly announced that Enrile was ready to reassume his Senate duties immediately. "He's really into law," counsel Eleazar Reyes said, by which he must have meant that the senator—the only politician who has been active in Philippine politics since the 1960s—was raring to get back to lawmaking.

We can understand the bravado that accompanied this statement. There are political and personal reasons for saying that, after the yearlong distraction of detention, Enrile was only focused on work.

But Enrile had been given the privilege of hospital arrest on account of his advanced age and various ailments. The idea that he can go straight back to work after several months in the Philippine National Police General Hospital is jarring; if he can go to work right away, perhaps he didn't really need to be confined in the hospital in the first place.

There wasn't even an attempt on the part of Enrile or his lawyers to pretend that he will spend substantial time at home or in a place of his choosing to recover from the ordeal of his detention; it's as if, when the happy news spread after the decision was announced (it was the second Su-

preme Court ruling favorable to him in as many weeks), the reasons Enrile used to enjoy the privilege of hospital detention were forgotten.

A farce!, people commented on social media. And who can blame them? Isn't it only fair to conclude that Enrile, apparently fit to report to work immediately, used the privilege of hospital detention to his personal advantage?

The decision of the Sandiganbayan, made on Tuesday, to open its offices the following day, a holiday in Quezon City, may have been made out of good intentions, but in fact it was just another privilege freely extended to favor Enrile.

Courts as a rule are not open on holidays and weekends; the fact that the Sandiganbayan offered to disregard the holiday, in case the Supreme Court decision was released on Wednesday, can be understood as a courtesy. We should not allow a person who has been released from detention, even though only provisionally, to spend a minute longer behind bars. But: Would that all our courts were as solicitous to those accused who are not wealthy senators from powerful families.

The high court's decision to grant Enrile's petition—to post bail for the nonbailable offense of plunder—accepts the senator's argument that at 91 he cannot be considered a flight risk, and that the charges he faced "cannot be considered a capital offense" because, even if he is found guilty, his age and the fact that he voluntarily surrendered would mean that he cannot be meted the maximum penalty of life imprisonment.



Sen. Juan Ponce Enrile

It is interesting to note that, even before the high court released copies of its ruling, Enrile's fellow senators already hailed the decision as trailblazing. For instance, Sen. Francis Escudero told a TV network: "This is a seminal and precedent-setting decision on the right to bail given the unique theory used by Senator Enrile."

It is certainly unique, because the heart of Enrile's case lies not in emphasizing his old age and frail health but in challenging the very concept of prima facie evidence, the cornerstone of our prosecutorial system: One of only two exceptions allowing the accused to post bail even in nonbailable crimes involves the presence of "strong evidence of guilt." Enrile's challenge is that the evidence can be found strong (or not) only by the court, and only after the prosecution has finished presenting its evidence.

In this view, no person accused of capital crimes can be detained on the basis of a prima facie finding of "strong evidence of guilt." It has to be the court to make the determination.

This is legal acrobatics pure and simple—and yet another example of the readiness of solicitous government institutions to offer Enrile and others like him favor, courtesy, privilege. *Inquirer.net*

They're still doubling taxes on OFW boxes

By Jarius Bondoc

Picking on small Filipinos

P-Noy is no hero of poor overseas Filipino workers. He may have halted Customs chief Bert Lina from ransacking OFWs' Balikbayan boxes. But through Lina he's still more than doubling the Customs duties on those cartons. That makes costlier the sending of gifts to the family. In short, P-Noy is picking on the OFWs, instead of big-time smugglers.

As reported here Monday, Lina arbitrarily imposed last July an extra Customs charge of P40,000 per cargo container of Balikbayan boxes. In Oct. will be added another P60,000. That's on top of P80,000 that Customs already was charging. By the Christmas delivery season, Lina will be exacting P180,000 per container.

Balikbayan freight forwarders naturally will pass on the new levies to customers. The present Balikbayan service of \$52-\$57 per box will rise by \$5.50-\$7—all to suit P-Noy's new exactions.

P-Noy aims to raise P600 million more per year from the OFWs' gift packages. That's a paltry sum compared to the P200 billion Customs could earn by going after oil smugglers. The latter's ships berth in all the major ports, in full view of Lina's inspectors. There's a big difference, though. Only loose change can be extorted from Balikbayan forwarders. Oil smugglers bribe sitting administrations billions of pesos to look the other way.

Smuggling worsened to \$19.6 billion a year in P-Noy's first two years in office, compared to \$3.1 billion under Joseph Estrada and \$3.8 billion under Gloria Arroyo.

Just weeks into P-Noy's tenure, 2,000 highly dutiable containers were whisked out of Customs. At a modest P100,000-tax per container, the government lost P2 billion in one blow. "That was before my watch," Lina, a 2010 campaign contributor to P-Noy, is quick to yell. But the Customs chief then was his personal recommendation to P-Noy, the general manager of his freight and related companies that deal everyday with the Customs.

Business columnist Tony Lopez points up the irony. OFWs pump into the economy \$25 billion, or P1.15 trillion, a year—ten times more than new investments. Yet Lina chooses to antagonize them by announcing to scrutinize their 400,000 boxes a year. That would open to theft and invasion of privacy the contents that painstakingly were assembled over months of scrimping on personal expenses.

In truth the law allows such 100-percent inspection, although Customs only randomly opens a few for faster processing. Lina last week threatened to resort to the minute inspections to silence the Balikbayan forwarders grumbling against the new P180,000-duty. P-Noy at first let Lina have his way, until OFW families counter-threatened to take it out on P-Noy's anointed presidential successor in 2016. P-Noy feigned the hero by restraining Lina into mere x-ray and K-9 examining, which is already being done anyway.

Like a sore loser skulking from a fight, the press secretary had to spit back. Supposedly negligible is the \$68 million, or P3.2 billion, that the economy would lose from angry OFWs' "no-remittance protest" today. Maybe he wants to provoke them into prolonging that to a "no-remittance week."



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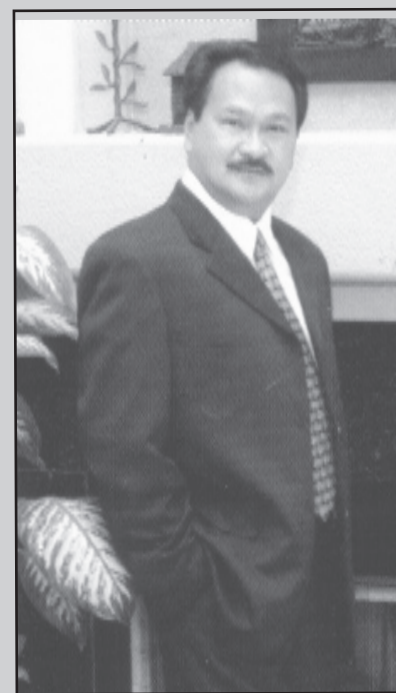
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China has grabbed Philippine satellite slot in space!

By Federico D. Pascual Jr.

NOT SATISFIED with grabbing land, sea and air space from its neighbors, China has also taken over a satellite communication slot of the Philippines in outer space.

Military sources told Postscript over the weekend that China has grabbed and now occupies one of the two ge-orbital slots in space that used to belong to the Philippines. That slot, which is 98 degrees East longitude, is now reportedly occupied by a Chinese military satellite.

The government may not immediately have the resources or inclination to grab it back or launch its own communication satellite to assert its rightful place in the sky, but we have been told there are private groups ready and willing to do it.

One official move the government might want to take in reclaiming its slot is to seek the support of the ITU (International Telecommunication Union) in kicking out the Chinese squatter satellite suspected of being used to eavesdrop on messages and activities in the West Philippine Sea.

The fact that the ITU's newly installed Secretary-General Houlin Zhao is a Chinese should not deter the Philippines from pressing the return of the slot that has been historically assigned to it.

In preparation, the government in tandem with the private sector must be ready to jump into the slot and use it once it is restored.

MILITARY sources recalled how three Supreme Court justices led by senior associate justice Antonio Carpio visited Pagasa, the largest island in the Spratly group being claimed by China. It has a thriving Filipino community and a Philippine flag



pushed by the Chinese telecommunications firm ZTE amid allegations of corruption.

Recently one of the largest Chinese state-owned enterprises was negotiating to set up a 50-megawatt solar farm on a local site, but the government discouraged it for fear or suspicion of the Chinese possibly mounting surveillance equipment on the panels, or whatever. Satellites can quicken telco speed

proudly and defiantly flying over it.

Although Pagasa has a short airstrip, there are no commercial flights servicing it. The only way to fly there, apart from a private charter, is via an Air Force C-130 (takes 1.5 hours from Puerto Princesa) or the NOMAD, an eight-seat propeller-driven plane that makes it in two-plus hours.

Recently, engineers who tend to a VSAT (Very Small Aperture Terminal) system on the island were flying there on a C-130 when troubled by the jamming of the plane's GPS (Ground Positioning System) by the Chinese. The pilots had to pull out the maps and do manual landing.

And Beijing talks of free navigation in the area while harassing neighbors and countless ships and aircraft passing through.

It is just my impression, but the Philippine government seems to be no longer quick to trust the Chinese on matters impinging on national security – such as information and communication technologies.

Officials are saying in hindsight that it may have been providential that then President Gloria Arroyo scrapped in 2007 the \$329-million national broadband network being

Chinese possibly mounting surveillance equipment on the panels, or whatever. Satellites can quicken telco speed

NOW the Philippines has to secure its own orbital slot, in case a decision is made to launch a satellite and catch up on the neighbors. Slots are administered by Geneva-based ITU, a specialized United Nations agency that satellite owners and operators deal with.

We have not had a satellite since the launching of one and only one Mabuhay that was majority owned by the Philippine Long Distance Telephone Co., but hardly used.

In 2009, PLDT subsidiary Mabuhay Satellite Corp. sold the Agila-2 satellite (launched in 1999) to Asia Broadcast Satellite, an entity with foreign interests. Agila was not optimally used as PLDT and other telcos preferred to rely more on fiber networks.

Most of our neighbors have two or more satellites in the sky. Japan has 20; Indonesia, 13; Thailand, 9; Malaysia, 5; Singapore, 4; Taiwan, 3; and Vietnam, 2. Laos and Cambodia are reportedly set to launch their own satellite in 2016, and Myanmar in 2017.

The Philippines has none. For more reliable satellite communications, the Phil-

Continued on page 4

The Leader I Want:

Cebu youth on Binay, Poe, Roxas visit

By David Lozada

MANILA, Philippines - Three top contenders for the presidency visited the vote-rich province of Cebu on Monday, January 24.

Administration standard-bearer Manuel Roxas II, opposition standard-bearer Vice President Jejomar Binay, and senator Grace Poe, rumored to be planning her own "independent" candidacy, attended separate events in the province.

The visits were aimed at getting the sentiments of Cebuanos, whose votes are crucial for any presidential candidate. During the 2013 elections, the province had 2.5 million registered voters.

In a conversation in Rappler's Cebu Movers Facebook group, Cebuano youth weighed in on the visits, answering the question, "What would you say to the leaders if you had the chance to talk to them?"

Admin bet

Roxas went on the offensive as he warned a crowd against choosing politicians who want to return to an era of "traditional politicians (trapos)" and those with no clear plans for the country.

"Tayo po sa Daang Matuwid, malinaw ang ating patutunguhan, malinaw ang paraan kung paano natin mararating ang ating magandang bukas," said the administration standard-bearer. (On the Straight Path, we have a clear goal and we know how to achieve a better future.)

According to Kevin Ray Chua, in the Gathering of Friends for Mar, the interior secretary talked about the protection of BPO workers rights.

"I would have wanted to talk more with him about protecting the rights and

welfare of BPO workers especially those who are on fly-by-night contact centers," Chua said.

Paolo Martin Saberón noted that more than 600 employees became victims of a fly-by-night call center last 2012.

"There are more labor-related issues coming from BPO industry reported to DOLE. We recognize Mar's contribution to the birth of BPOs, but it should not only stop there," Saberón added.

Chua was disappointed that Roxas did not mention the role of the youth in governance. "I believe that advocating for more youth representation in the local government," Chua said. He cited the efforts of the Cebuano Youth Ambassadors in reforming and increasing youth representation in the Cebu City Youth Development Commission (#YouthForCCYDC) that would create a more participatory democracy.

Answer the allegations

Young people from Cebu are also concerned about Binay's pending corruption cases.

"I would have requested him to once and for all answer the allegations hurled against him because the more he goes into rhetoric of a 'palpak' and 'manhid' governance, the more he becomes a turn off," Chua said.

According to Juli Ann Sibi, Binay still "loudly declares that Cebuanos will support him."

"Binay has been going around trying to 'clear' his name with the masses. He's been visiting public markets and the like, telling them why he's running, why he's doing what he's doing," Sibi said.

Greggy Senados noted, however, that the vice presi-

dent was already consulting various sectors and answering allegations directly to the masses "instead (of) the Senate Kangaroo Court of the Yellow Government (which) is seemingly exercising political persecution than conducting fair investigation in aid of legislation."

Targeting the youth

Poe may be coy about her political plans in 2016, but her words and actions in Cebu painted a different story. The senator laid down some of her would-be campaign platform before 21,000 students in the University of San Carlos.

Poe told students she is pushing for affordable quality education, paid government internship, and fast Internet speed.

Cebuano youth gave mixed reactions to Poe's visit.

According to Rainiel Llaudares, a lot of students reacted positively to Poe's speech, especially when she said she is pushing for faster Internet speed.

However, others were disappointed.

"I didn't really like the idea of her (visiting the university), especially (when) the election season is starting to heat up. She came over because of the invitation from Mike Lopez, one of her subordinates in MTRCB," Guinita said.

For Juli Ann Sibi, a student from the University of the Philippines - Cebu, the leader she wants is someone who digs deeper into local issues. In an iSpeak article on MovePH, Sibi said:

"If our presidential bets truly want to win the hearts of Cebuanos, they should try and learn more from the local situation. In the previous months alone, Cebuanos have been particularly strong on issues such as sustainability, human rights, and youth involvement."



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Miriam blasts 'thieves' in Bureau of Customs

ABS-CBNnews.com

MANILA - Sen. Miriam Defensor Santiago on Monday said embattled Bureau of Customs (BOC) chief Alberto Lina should explain what his office has done against thieves in the agency who ransack shipments.

Santiago has filed Senate Resolution No. 1534 seeking an investigation on the BOC's plan to thoroughly inspect and impose taxes on balikbayan boxes sent by overseas Filipino workers (OFWs).

"It is one thing to inspect balikbayan boxes, another to desecrate them. The Bureau of Customs seems aware that balikbayan boxes, when opened by their personnel, are sometimes pillaged. What have officials done to rid their ranks of thieves?" she said in a statement.

Santiago said she filed the resolution in response to some 78,000 Filipinos who asked her via online petition platform Change.org to stop the BOC's plan.

"Whether they accept it or not, the sad reality is that Customs personnel don't particularly enjoy the public's trust. You cannot blame OFWs for doubting the renewed vigor of Customs inspectors when it comes to balikbayan boxes," she said.

The BOC got the worst rating of minus 63 or "very bad" in the 2013 SWS Survey of Enterprises on Corruption.



Sen. Miriam Defensor Santiago

The bureau also ranked as third worst-performing agency from July 2014 to July 2015, in a Makati Business Club survey.

Lina earlier said the BOC will open balikbayan boxes, which he claimed are being used to bring smuggled goods into the country.

In an interview with ANC Monday, Lina defended his plan to open balikbayan boxes, saying the bureau is mandated to prevent the entry of contraband items as well as assess the value of items that need to be taxed.

He said balikbayan boxes are packages brought by overseas Filipinos returning to the Philippines while care packages sent by migrant Filipinos abroad should be considered "shopping boxes."

He said overseas Filipinos returning to the country are given tax exemptions for items with value of up to P10,000, based on a presidential decree issued by then President Fidel Ramos.

Every item sent via padala package is taxable, he added.

Santiago said that instead of rummaging through OFWs' care packages sent to their families, the BOC should instead improve its facilities and equipment, such as use X-ray machines and other technologies.

The agency reportedly acquired some 30 X-ray machines to be used in seaports in 2006, and in 2013 sought contractors that will provide 20 X-ray machines for airports.

China has grabbed Philippine satellite slot in space!

From page 3

ippines depends on the more costly transponder leases from satellite operators of competitor nations.

For telecommunications, the Philippines uses mainly fiber-optics and submarine cables. But the major earthquakes in Taiwan (2006) and Japan (2011) showed how vulnerable submarine cables are. Unlike satellites in orbit, damage to them disrupts telecommunication and Internet services.

There is also the matter of security. The termination modes of most, if not all, of the fiber optics networks are in Hong Kong, an administrative region of China.

Industry sources said congestion and inefficiencies of present fiber-based data communications, plus the needs for more

secure networks have brought to the fore the VSAT system. But VSAT relies on expensive satellite usage that is still provided here by foreign operators.

Local telco networks suffering from heavy traffic can benefit from a Philippine-owned satellite that will pluck them from being the laggard in the region. At present, the Philippines has among the most expensive and yet the slowest Internet connection speed.

Compare the Philippines' dismal average speed of 2.5 Mbps (MegaBits per second) with South Korea, 25.3 Mbps; Hong Kong, 16.3; Japan, 15.0; Singapore, 12.2; US, 11.5; Taiwan, 9.5; Thailand, 6.6; China, 4.8; Malaysia, 4.1; Indonesia, 3.7; and Vietnam, 2.5 Mbps.

Customs told: Run after smugglers, not balikbayan boxes

By Karen Davila

MANILA - Senate Majority Leader Alan Peter Cayetano on Tuesday challenged Customs Commissioner Bert Lina to run after big-time smugglers instead of overseas Filipino workers and their balikbayan boxes.



Balikbayan boxes.

Cayetano's statement comes even after President Aquino himself stopped the random physical inspections of balikbayan boxes.

Balikbayan boxes will instead undergo x-ray and K-9 examination and will only be opened if suspicious items are detected. A representative from the Overseas Workers Welfare Administration (OWWA) or an OFW group will also be present when the boxes are opened.

In the interview, Cayetano said Customs can still open balikbayan boxes but only if the x-rays show something suspicious.

He also proposed pre-shipment inspection of balikbayan boxes, which he said can be done by accredited cargo surveyors. He said this will help prevent smuggling, minimize corruption and speed up port processing.

"Customs doesn't want that but they are willing to open balikbayan boxes. That I don't understand," he said. He said one problem with random inspections of balikbayan box items is

that the valuation is done by the inspector. He said some balikbayans send secondhand items such as watches to their relatives in the Philippines, only for it to be assessed as brand new by the inspector.

"Makikipag-away ka e nasa abroad ka. Sisingilin ka. That is happening in post offices ngayon, yung mga nagpapadala ng paisa-isang parcel. Mas malaki ang tax na hinihingi ng Customs kaysa sa item itself so hindi na lang kinukuha. That is what the commotion is all about," he said.

Cayetano is among several lawmakers seeking an inquiry on Customs policies including the much-criticized random inspections of balikbayan boxes.

In the interview, the senator said it is up to President Aquino if he wants to fire the Customs chief.

"Anyone who did something like that if I were the president I would do it," he said.

"Anyone who hits the public like that, who's insensitive at hinasel nyo ang tao, humanap kayo ng opisina nyo na manghasel kayo pero hindi kayo pwede sa gobyerno."

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Banatao, Lhuillier, Pacquiao are 3 of Forbes Asia's '40 Heroes of Philanthropy'

Forbes Asia singled out the region's most noteworthy givers, a list of 40 people – sometimes including their spouses or siblings – for having compiled a long record of supporting worthy causes.



Banatao



Lhuillier



Manny Pacquiao

Three of such people come from the Philippines: technology entrepreneur Diosdado Banatao, P.J. Lhuillier, and boxing champion and Congressman Manny Pacquiao.

"As with every year, some of our honorees are billionaires who have built wealthy foundations, launched big projects and are now coming to terms with their legacy. Others are less well-known business people who are also making a mark with their generosity," according to Forbes Asia.

Banatao, 69, is the founder and managing partner of Tallwood Venture Capital.

"The technology entrepreneur and son of a farmer set up his Philippine Development Foundation in 2010 and has given it more than \$1.5 million to reduce poverty through education, innovation and entrepreneurship," Forbes Asia noted in the September 2015 edition that carries the magazine's ninth annual philanthropy issue.

"The family-run Salvador & Rosita Banatao Foundation, named for his parents, assists students in his hometown of Iguig in the northern Philippines. It helped build a science and computer center at his elementary school and

provides financial aid and scholarships to high school and university students with potential in science."

Lhuillier, 70, started what is now the Cebuana Lhuillier Foundation in 2000, Forbes Asia noted in the report, "In Asia, 40 Heroes of Philanthropy Are Making Their Mark."

The foundation "... offers 300 college scholarships to impoverished students nationwide and has enabled thousands of school dropouts to restart their education through 19 Alternative Learning Centers that it's started in public schools," Forbes Asia noted.

Forbes Asia said 48 more learning centers will open next year.

Aiming to inspire millions of people, Lhuillier also launched the 'Search for the Happiest Pinoy' campaign. Every other year, starting in 2009, it has awarded \$20,000 to an individual who has risen above life's challenges and whose positive outlook has improved the lives of others.

Pacquiao, 36, and his wife started the Emmanuel & Jinkee's Heart Foundation last year.

So far, the foundation has awarded more than 200 scholarships and extended more than \$400,000 in

medical assistance to needy people.

"Outside the foundation he spends \$400,000 a year on college costs for 1,000 students and has helped fund the construction of hundreds of houses – mostly in the southern end of the country, where he is from – with Habitat for Humanity Philippines," Forbes Asia noted.

"He has contributed hundreds of thousands of dollars to relief funds after devastating typhoons in the last three years," the magazine added.

Forbes Asia said the list is not of the biggest givers in Asia-Pacific, noting the figures would be impossible to collect. It tries to identify a new group each year, though a few people are returning to the list because of an important contribution or project announced over the past year.

"The goal is to pick only true philanthropists – people who are giving their own money, not their company's (unless they own most of the company), because donating shareholder funds isn't exactly philanthropy.

"By calling attention to these charitable souls and their labors of love, we hope to encourage more giving," it added. GMA News

Did Filipinos help build the Chinese islands?

By Joe America

Reports have been floated – and have yet to be followed in depth by the news media – that sand and other raw materials quarried in Ilocos have been used for the Spratly buildup by China. This could not have happened without a local business agreement, which would need LGU permits – as well as from the local Mines and Geosciences office?



Sand from Zambales.

There was a separate report saying that they got their sand from Zambales. I've heard from good authority, an engineer working down south, that China also sourced sand for its runway-building from as far away as Tawi-tawi. So these reports are with regard to the West Philippine Sea construction. . . . What'll you bet that at least some of Makati's 700 sister LGUs are among these providers of sand and rock and minerals?

So when Binay says let's make nice with China . . . likely there are LGUs who will see this as preserving a source of revenue and livelihood, forget geopolitics.

Well, we got a two-fer on that comment. Connivance among mayors and smugglers selling sand to the enemy.

I personally believe in patriotism and sacrifice and all-for-one, one-for-all. Who can go that low? Helping the enemy? Not one or two people . . . but many?

And so I wonder about these things. This is new to me, this kind of collusion, these base deeds.

What does Filipino pride mean, to these people?

Do Filipino smugglers root for Pacquiao, I wonder? Did they stand before their flag in the mornings at school and recite the patriotic oath? Did they tune into the Pope's visit and tear up at his kindness as he wheeled through a driving rainstorm to give solace to the residents of typhoon wracked Tacloban?

Do they kiss their Filipino kids good night before sending them to bed? I'm sorry. I don't get this.

Can we please get Duterte-tough with these people if these deeds can be shown to be true? Can we take care of them swiftly, try them, flog them, and string them up alive above the docks in Zambales, like in Pirates of the Caribbean, so the birds can pick at their sores?

Don't you get angry? Or are you inclined to say "well, that's just the way we do things here, Joe."

Can we write a modern law that defines common treason, the kind that is not used to overthrow kings and presidents, but is so

awful in working directly against the well-being of Filipinos, that it calls for QUICK trial and immediate punishment?

The severe kind. If we don't do capital punishment, can we at least put hard labor into the punishment?

Not jail cells with TV's and oven toasters and girls on weekends. Not hospital wards with birthday parties and family fiestas once a month. Not house arrest, even if they are old and doddering and still drooling at the nurses.

Can we just let these people die natural and speedy deaths on the cold, hard concrete floor of a really tiny cell on one of the more remote islands? Like, can we get them out of sight, out of mind? They are a cancer and ought to be carved out of the Philippine body.

Or do we have to just trudge along, impotent, little more than a nation full of sleep-walking sloths, mumbling, "well, shit happens?"

That's the current way, if I am not mistaken.

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PerryScope

By Perry Diaz

Who is afraid of China?



Chinese fortifications on Panganiban (Mischief) Reef.

For the past two years, China has embarked on an aggressive encroachment of the East China and South China Seas and the islands and reefs in those waters. And her neighbors aren't happy about China's bullying and salami-slicing techniques. But the most disadvantaged among China's neighbors is the Philippines, which is the weakest militarily among the Asian countries. The country is at the mercy of China who had been grabbing Philippine territories since the forced removal of U.S. bases in 1992.

In 1994, China took possession of the Panganiban (Mischief) Reef in the middle of the night and built fortifications on it. China said that it was going to be used as a rest area for fishermen in the area. China also occupied the Subi Reef and built a 4-story building and deployed around 200 troops. It is located 16 miles southwest of the Philippine-occupied Pag-Asa Island. It is claimed by Vietnam, Taiwan, and the Philippines.

Twenty years later, China took another slice of "salami" when she grabbed Scarborough Shoal, a Philippine territory about 124 miles west of Luzon Island.

In 2013, China started reclaiming seven reefs in the Spratly Islands. In one of them, Fiery Cross Reef, China built a runway that could accommodate China's largest aircraft. Recently, it was reported in the news that China is about to start building a larger runway on Subi Reef. Speculation is also rife that she would build an air and naval base on Scarborough Shoal. It could then be used as a forward operating base when

China is ready to break out of the First Island Chain (also known as Inner Island Chain) through the Bashi Channel, a narrow strait between Taiwan and the island of Luzon, that is a major maritime lane for goods destined for Japan. The island chain is a natural land formation that consists of Japan, Taiwan, the Philippines, Malaysia, and Vietnam. It is the U.S.'s first line of defense against Chinese expansion.

And once China has broken through the Bashi Channel into the Western Pacific, she would be in a position to attack the U.S. mainland with her long-range submarine-launched nuclear ballistic missiles. No American city would be safe from such attacks. To the American military planners, this is not an acceptable scenario. But this has been a Chinese dream for the past three decades.

Chinese Dream



Admiral Liu Huaqing

In 1982, Chinese Admiral Liu Huaqing, the former commander of the PLA Navy and the master-

mind of China's modern naval strategy, said that it would be necessary for China to control the First and Second Island Chains by 2010 and 2020, respectively. The PLA Navy

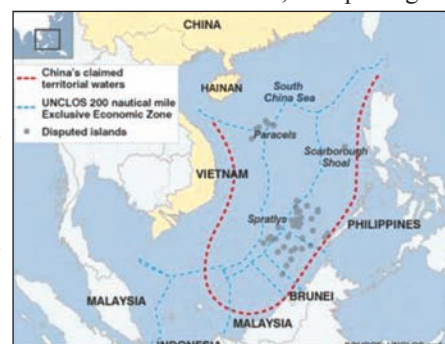
must be ready to challenge US domination over the Western Pacific and the Indian Ocean in 2040. To date, China has yet to accomplish taking control of the East and South China Seas. However, the flurry of land reclamation that China is doing in the South China Sea (SCS) would allow her to catch up with Admiral Liu's timetable.

The Second Island Chain (also known as Outer Island Chain), which runs from Japan through Guam, Marianas Islands, and New Guinea, is the U.S.'s second line of defense. It is no surprise then that the U.S.'s "Pivot to Asia" strategy calls for the deployment of 60% of America's naval and air forces to the Indo-Asia Pacific region by 2020 to counter Chinese incursion into the Western Pacific waters.

However, with China building artificial islands – and militarizing them — in the SCS, tension is building up between the U.S. and China over China's reclamation projects. And this is where the U.S. drew the line.

Nine-dash line

Recently, to China's surprise, the U.S.'s top diplomat for East Asia, Assistant Secretary of State Daniel Russel, made it clear that the U.S. is not neutral when it comes to following international law in the SCS and "will come down forcefully to ensure that all parties adhere to the rules." He clarified that the U.S. "neutrality" in the SCS only extended to the competing claims and not the way in which the disputes were resolved. In my opinion, his clarification seems to suggest that China should participate in the United Nations' arbitral tribunal that is hearing the Philippines' assertion before the body that China's "nine-dash line" is not valid. China's refusal to participate in the arbitration seems to indicate



Nine-dash line

that she would go to war – if need be — to protect her "indisputable sovereignty" over the SCS.

At the Association of Southeast Asian Nations (ASEAN) Foreign Ministers meeting in Kuala Lumpur last August 5, U.S. Secretary of State John Kerry told the gathering: "Freedom of navigation and overflight are among the essential pillars of worldwide maritime law." He then slammed China for building facilities for "military purposes" on the artificial islands, which has raised tensions among the other claimant states. However, Chinese Foreign Minister Wang Yi claimed that the land reclamation has "already stopped." But what Wang didn't say was that construction of fortifications and buildings is now in full swing.

Arms race

A few days after Wang's misleading claim, U.S. Pacific Fleet Commander Admiral Scott Swift told the media: "The 'angst' China has generated has led East Asian nations from Australia to Japan to fortify their own defenses and also to seek much deeper US military engagement." Indeed, China's militarization of the SCS has started an arms race among her neighbors: Japan, South Korea, Taiwan, the Philippines, Malaysia, Singapore, Indonesia, and Vietnam, and Australia.

Swift also said that his "Pacific Fleet is larger and more powerful than any national navy outside the US, comprising five aircraft carrier groups, 200 ships and submarines, 2000 aircraft and a quarter of a million sailors and marines. The fleet currently accounts for about half of all US naval assets, moving to 60 per cent."

Which begs the question: How would China perform in a carrier battle with the U.S.? An article published in Want China Times last August 7 said: "Konstantin Sivkov, a Russian defense analyst, said in his piece written for Moscow-based Military Parade

that even as China speeds up the development of its first domestic aircraft carrier, it would still be unable to defeat the United States in a future carrier battle.

"The Russian expert also said that China's air defense missiles can only intercept between four and five US anti-ship missiles during the first round of the fight. Under US electronic attack, the capability of Chinese air defense systems would drop to between



U.S. Carrier battle group.

30% and 70%. In this scenario, the Liaoning would be able to intercept probably no more than three American anti-ship missiles in a confrontation.



China's Liaoning battle group.

"The primary weapon systems of the Liaoning against a US aircraft carrier is the YJ-83K anti-ship missile. Sivkov said that China is unlikely to win a carrier battle against the United States with its current warship qualifications. While US destroyers can fire between 30-40 long-range anti-ship missiles against a Chinese carrier battle group 600 kilometers away, the PLA Navy's surface combat vessels can only fire 30.

"In a direct confrontation with the US Navy, the chances of the Liaoning not being hit by a US anti-ship missile is only between 20% and 30%. The chances of China bringing serious damage to a US carrier is only between 7% and 15%. Meanwhile, China will lose twice or perhaps even four times the warships, which the United States would. Sivkov said that it is impossible for the PLA Navy to win a carrier battle with the US in near future."

So, who is afraid of China?
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PerryScope
By Perry Diaz

Who doesn't want to be vice president?

With nine months to the presidential election on May 9, 2016, there are only two declared candidates for President and one "maybe." And with the filing of candidacies on October 16, 2015 fast approaching, the two presidential candidates – Jejomar "Jojo" Binay and Manuel "Mar" Roxas II – have yet to pick their vice presidential running mates. Not because they're in no hurry, it's because they can't find the "right person" whom they believe would help them win the presidency.

Binay, who made his presidential ambitions known even before he was elected vice president in 2010, was way ahead in the game and had consistently been topping the polls until recently. Hounded by plunder and corruption cases filed against him, his wife Elenita, and his son Jejomar "Jun" Jr., Binay has a hard time getting a running mate. He approached several high-profile personalities but they all declined. One of them was Sen. Grace Poe who is presumed to be seeking the presidency herself. Recent Social Weather Stations (SWS) and Pulse Asia polls show that she has overtaken Binay's popularity ratings by more than 10% points.

It did not then come as surprise that President Benigno "P-Noy" Aquino III had been "courting" Poe to be Roxas' running mate under the LP banner. Unsuccessful at "baiting" her, Poe – after four meetings with P-Noy – declined.

Musical chairs

When P-Noy finally "anointed" Roxas as the LP's standard bearer, he left the door open for Poe to

become Roxas' running mate. Roxas then took the initiative of trying to attract Poe but to no avail. Lately, P-Noy and the LP stalwarts gave up on Poe and turned their attention to Rep. Leni Robredo, the widow of the late Secretary of the Interior and Local Government (DILG) Jesse Robredo. But the word is that she's more inclined to run for a Senate seat at this time, which she'd win easily.

Meanwhile, rumor has it that Danding Cojuangco, the founder of the Nationalist People's Coalition (NPC), was supportive of a Poe candidacy. Poe and her ally Sen. Francis "Chiz" Escudero were invited to meet with members of the NPC – the second largest political party after the LP – at the NPC clubhouse. It was reported in the news that a majority of the NPC members would support a Poe presidential run.

Another major political party, the Nacionalista Party (NP), was also interested to have Poe as their guest presidential candidate. However, Sen. Antonio Trillanes IV vehemently objected to the NP endorsing Escudero for vice president, who is Poe's preferred running mate if she runs for president. Well, that is understandable because Trillanes made his intentions known that he is interested in running for vice president. But two other NP stalwarts, Sen. Ferdinand "Bongbong" Marcos Jr. and Sen. Alan Peter Cayetano are also eyeing the vice presidency.

However, a recent news report said that an alliance between NP and Davao City Governor Rodrigo Duterte's political party, the Partido Demokratikong Pilipino-Lakas ng Bayan (PDP-Laban), is seemingly shaping up. The report also said that Duterte's choice for his running mate has narrowed



Bongbong, Trillanes and Cayetano

down to either Marcos or Cayetano. But regardless whom Duterte picks as his running mate, the two who would be left out would most likely seek the vice presidential slot in the UNA or LP slate. The latest word is that Binay is interested to have Marcos as his running mate. That would leave Cayetano out in the cold unless Roxas cannot get Leni Robredo and settle for his good "pal" Cayetano.

Odd man out

But how about Trillanes? Ruled out by Duterte and shunned by Binay, he might try to get the endorsement of Aquino to be Roxas' running mate. If Trillanes gets Aquino's blessing, Cayetano would be sidelined and nowhere to go.

If all these pairings would fall into place, we'd see an interesting presidential battle royale among LP's Roxas, UNA's Binay, NP's Duterte, and NPC's Poe. With Poe the only one so far who has a preferred running mate, the other three have to make up their minds pretty soon.

It's interesting to note that the NP has three vice presidential aspirants but nobody wants to be president. One explanation could be that Binay and Poe are way ahead in the polls that it would be a political suicide for others to run against the two heavyweights. And by including Roxas and Duterte in the mix, there is just no way for Marcos, Trillanes or Cayetano to win the presidency. But

in the vice presidential contest, the three Nacionalistas plus Escudero are all in the same weight class; they're middleweights. It would be a toss up who'd win.

Historical data

Whoever wins the vice presidency would be in a good position to run for president in 2022. Statistics show that out of the 10 presidential elections since 1946 (excluding the presidential elections during the martial law), five incumbent vice presidents ran for president in the next presidential election and won. They were: Elpidio Quirino in 1948, Carlos P. Garcia in 1953, Diosdado Macapagal in 1961, Joseph Estrada in 1998, and Gloria Macapagal Arroyo in 2004. But three other incumbent vice presidents had opted not to run for president, to wit: Emmanuel Pelaez in 1965, Salvador Laurel in 1992, and Noli de Castro in 2010.

Based on these historical data, whoever is elected vice president in 2016 would most likely win the presidency in 2022, which begs the question: Does that mean that Poe, Roxas, and Duterte don't have a ghost of a chance of beating Binay? Not necessarily. A case in point was Aquino who – like Poe – was an incumbent senator when he ran for president in 2010. Out of a field of nine presidential candidates, which included heavyweights former Senator Manny Villar, former President Joseph Estrada, and former Defense Secretary Gilbert Teodoro, Aquino beat them all with 42.08% of the vote!

Positioning

Indeed, "positioning" is the name of the game. A good example is Binay who ran and won as vice president in 2010. A longtime family friend of the Aquinos, he

sought a high-profile appointment from President Aquino. As the administration's "Housing Czar," he worked hard to raise his profile; thus, positioning himself for a presidential run in 2016.

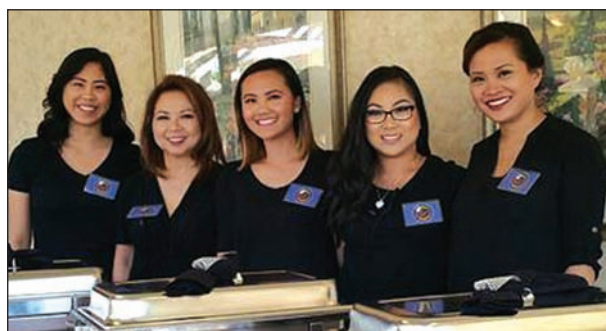
Binay would have been unbeatable in 2016 had he kept his nose clean. But with the corruption activities that he was allegedly involved when he was mayor of Makati City, his rivals would certainly hammer them in during the campaign. That was what happened to Manny Villar in the 2010 presidential election. He was the front-runner before the campaign started. But his ratings plummeted when allegations of corruption were exposed during the campaign.

On the other hand, there is Poe – a rookie senator – who gained the respect and admiration of the people for her efforts in the passage of the Freedom of Information (FOI) bill in the Senate and for chairing the Senate hearing on the Mamasapano massacre.

The vice presidential derby in 2016 would be interesting to watch. We're looking at four young and capable – and ambitious -- senators whose record of public service earns them the respect and admiration of the people. All of them have proven their mettle in these challenging times. But only one will be elected vice president. And whoever that person is, he has six years ahead of him to position himself for a shot at the presidency in 2022. And as vice president, he'd be "president-in-waiting" and just a heartbeat away from the presidency. Indeed, the vice presidency is the best on-the-job training without really doing much... and just wait.

So, who doesn't want to be vice president?

(PerryDiaz@gmail.com)



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2016: Desperately seeking Ninoy

By Joe America

How to honor a patriot.

Kindly allow me to sneak in one final political commentary before I retreat to the seats way high up in the bleachers, back row, from which the foreigners can be seen, but their voices not heard. This one is rich with generalizations and speculations, all in the interest of provoking discussion, something the loquacious members of the Society of Honor are particularly adept at providing.

It struck me that most tributes to those of remarkable character who have passed are expressed in terms of deeds done, of legacies left, of fond remembrances, of thanks for the lessons and the sacrifices.

None left more behind than Ninoy Aquino as he was shot to death by President Marcos' security forces while exiting his plane upon return to the Philippines. He was returning to oppose Marcos. I could write pages extolling what a remarkable character Ninoy Aquino was, and how he gave us so much.

Well, his brave but final end gave us two presidents, after all, one his wife, the other his son. Both lived up to the ideal that there was something about the Philippines that demands we give of ourselves to the nation, above personal gain.

I'll leave the real tributes to those whose lives were touched by him. They can do it better, more tenderly. I can only say:

"Thank you, Sir Ninoy, for bringing conscience to the Philippines, a state of mind foreign to some, but one that will lift the Philippines to its proper place among honorable nations."

As I was reflecting, mind wandering everywhere, it struck me that, after we praise those lost, we typically return to our mundane lives, our struggles and maybe cheating and self-dealing, our personal arrogance, and our apathy toward the great nation, Philippines.

It's like kissing the Pope's ring, then going back to the office to steal taxpayer money.

It's like celebrating Dr. Jose Rizal for his worldly wisdom and gifts of vision and words, then fighting like snarling tom cats over a condo near his grave, as if that honored him.

It's like kissing babies on the campaign trail and going home to kick the dog over the survey numbers.

Maybe we could best honor Ninoy Aquino by understanding

what he gave – everything – and by giving a little of ourselves to the Philippines on August 31, on September 1, and every day thereafter. That is, convert our honor of him to deeds that we do, because we think that is better than placing a rose on his coffin. Or do both, that's fine, too.

But let's really honor him, you know?

What makes a first class patriot like Ninoy Aquino?

Does it require death? No, I don't think so. But it requires sacrifice and dedication.

Does it require authoritarian might? The ability to boss people around? No. No. Not that. Been there, done that.

Does it require a big picture view of the Philippines, an awareness of where the nation stands on its timeline, and what its social, cultural and political strengths and weaknesses are? Yes. Oh, yes. We must have that. Introspection is so critically important to a wise and well-directed leadership.

Mulling this over, I couldn't help but go back to the discussion of a few blogs ago about "Level 5" leadership, brought to us by Society of Honor contributor LCpl_X. It is a simple concept, and you can refer to that discussion here: [Link to Level 5 discussion](#). The best leaders, the Level 5 leaders, are both modest and determined. Modesty leads to introspection and the ability to motivate others. Determination promotes intense problem solving, organization, and follow-through. It is the will to succeed. Failure is not an option.

Ninoy Aquino had both, and he instilled both qualities in his wife and son.

I would add to this formula a third element, which is basically a crossing of the two, where modesty (introspection) and determination (analysis) generate knowledge and vision. Let's call this trait perception, because I think it is vitally important to define a leader's motives, means and deeds.

Modesty Perception Determination

Well, it seems to me that if we truly want to honor Ninoy Aquino, we will look for these traits in the people we choose to lead the Philippines.

So who are the Level 5 leaders among the various names mentioned as candidates for president and vice president? Are there any? Who is closest? Who is for sure not likely to be of the mold of Ninoy Aquino or leaders of great humility, wisdom and achievement? What do we simply not know yet?

Let me give you my take on matters, elaborating where I think it is



Ninoy Aquino

important, being dismissive when there is little to discuss because most of us do, after all, have a measure of perception.

Jejomar Binay: Zero modesty. All is faked. A modest man, introspective, of wisdom, does not steal and lie, and there is a pile of evidence that suggests Mr. Binay is dishonest. He is totally self-consumed and ambitious. If you are not for him, he is against you, so he is totalitarian and vindictive, as reflected in his efforts to bring down earnest people just doing their job. If you will note, neither of those qualities is on the leadership check-list. He is only on the candidate list because he is a skilled propagandist and power broker. He fits in the old culture of power, entitlement and corruption like glove on hand.

Mar Roxas: Mr. Roxas is without question modest, and a man of both sacrifice and vision. He understands the importance of continuity of stable, clean governance, and he is diplomatic in his speaking. He does not attack others, and grants them honor. The big question mark for him is in the arena of determination. Can he make the tough decisions that go against the will of Mr. Aquino, or his cabinet, or the oligarchs, or the press? Or does he so need to be liked that determination becomes puppetry? It is an open question for me.

Grace Poe: It seems to me that Ms. Poe has plenty of determination, in the form of ambition, but lacks modesty and perspective. A person of perspective would understand that one of the great failings of the Philippines is the voting base's penchant to elect popular people who do not have skills. How many movie stars are in the Congress? Yet, she cannot connect the dots

to say "I am not ready, popularity is not a qualification, it is a flaw in our system, I should sacrifice my ambition for the nation and develop real experience and skills." She didn't do it and is not Level 5 in my book, or anywhere close. She attacks in the press but gets angry if attacked. These are qualities we see in Mr. Binay. She has become more of a complainer than a gracious diplomat of the campaign trails.

Leni Robredo: Missing perception. Not Level 5. Ms. Robredo has modesty and determination. But she seems unwilling or unable to see the nation in its timeline of crucial need, and step outside of herself. Rather, she is focused on family (worthwhile, but rather the trees and not the forest) and local politics and seems to lack the simple understanding that her, and her husband's, sacrifice can be multiplied to benefit EVERY community in the Philippines. She is playing small ball, protecting her own plate, when the nation needs a home run hitter going for the team win.

Bongbong Marcos: Totally self-absorbed and unwilling to raise others up (the BBL peace negotiators) to achieve consensus. Perspective is missing (anger that President Aquino did not fire artillery at Mamasapano; ignores brutality and theft under his father to focus on his accomplishments; absolutely no remorse). Not a healer at all. Totally driven by ambition, or more correctly, his mother's ambition and bitterness.

Alan Cayetano: Strong determination – perhaps among the strongest on scene – but it is negated by a lack of modesty. I actually think he DOES have excellent perception. For example, he knew the leverage value of the Binay hearings and the BBL (Mamasapano hearing) to recast his image as anti-corruption and pro-Philippines. Yet he was willing to sacrifice two vital institutions (the peace negotiation panel and the BBL) to do

that. All in all, he seems to be a calculating politician interested in personal ambition. National well-being is a tool, not the end game.

Rodrigo Duterte: Lacks modesty and perception. If he had them, he would use them to elevate others, not bring them down. Vindictive (feud with Secretary de Lima). Unreliable and maybe even unstable. Who is he going to kill next?

Sonny Trillanes: The most complex of all the candidates. Definitely determined, definitely willing to sacrifice for the nation, seems to have good perception of national need (anti-corruption) and is willing to single-handedly wage the battle as others fade to safety (Poe). But what is missing? What is missing? An element of modesty, perhaps. An element of tact. I can't put my thoughts around it.

I think these profiles will be sufficient to start the discussion, and I will leave it to readers to put other shades on the listed candidates, or add new candidates to the list.

I did have one additional test I put all the candidates. It is called the "Ninoy test", a combination of modesty, perception and determination.

Would they – for the nation – go to the tarmac? Sacrifice all?

Binay: No
Roxas: Yes, for the nation

Poe: No

Robredo: No

Marcos: No

Cayetano: No

Duterte: Yes, to prove a point

Trillanes: Yes, for honor

I know that is a hard judgment. But the key indicator is how much "self" is in the formula for each candidate, and what anchors their essential being.

I've tried to be candid here. No puff piece for anybody. No accolades for President Aquino, with a shift of the glory to his chosen candidates.

Just modesty, perception and determination.

Desperately seeking Ninoy.

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FAVA'S FILIPINIANA 2015

By Dale Esperante

On 8 August 2015, friends and supporters of the Filipino-American Veterans Association, Inc., arrived to enjoy a genteel evening of dinner, entertainment, and dancing. An iridescent array of Philippine fashion filled Magellan Hall. Almost everyone was dressed elegantly in colorful Filipiniana dress or barong. The hallowed Legion Hall of Magellan was once again replete with excitement because of FAVA's annual quest to raise funds for its scholarship program.

President Fred Aquino commenced the reception by introducing the Master of Ceremonies aka MC Dick Weitzenberg (FAVA secretary, FAVA lifetime member, and former FAVA President). MC Dick introduced FAVA Chaplain Will Williams (also the current commander of The American Legion District 6). With a booming voice, Chaplain Will prayed for an evening of fellowship and blessings.

With the chaplain's invocation fulfilled, the dinner committee positioned behind the buffet line started serving the eager guests. Members of the committee: Malou Amper (Chair), Olive Jackson, Linda Cordero, Carina Gonzalez, Nora Basco, and Lita Calindas. As my plate was being filled with a generous and appetizing portion of beef entree by Linda Cordero, she thanked me for the column about her daughter--Maria Ripani Answering the Call of Duty--published in last month's Philippine Fiesta issue. It was heartwarming to hear and see how proud Linda Cordero is of her daughter Maria.

What is a feast without desserts! The table of desserts was sumptuous with Filipino kakanin, thanks to the team of Ched Descargar, Edna Tancioco, and Carmen Versoza.

The official program started after dinner with the singing of the national anthems. Joe Zaragoza, a FAVA lifetime member, proudly sang the Star Spangled Banner. Apoll Reyes, one of Sinagtala's premier singers, melliflously sang the Philippine's Bayang Magiliw. FAVA President Fred followed with his brief welcoming address. The president's cordial and quality over quantity speech was highly appreciated by all.

A strong community cooperative was evident this evening with FAVA's invitation of the Sinag-Tala Theater Ensemble (STTE). President Fred introduced the new Sinag-Tala president, Beep Alo. President Beep humbly thanked FAVA for the invitation. She also explained that all the hard work in the past that placed Sinag-Tala as a prominent community organization will continue. With the help of FAVA and other community supporters, the future looks promising. Being thrust into a salient leadership role, she pointedly thanked her community and



Continued on page 12

Photos by Dale Esperante

Mon Veridiano Cites Achievements of Bayanihan of Sacramento, USA on Appreciation Night



Photos by Dale Esperante

By Faina E. Abaya
in collaboration with
Col. (Ret. AFP) Mon Veridiano

The Filipino American community of Sacramento has many community organizations whose members are usually based on the region where they have come from in the country of their birth, the Philippines.

Such tradition has been deviated by few community organizations and one of them is Bayanihan of Sacramento, USA under the leadership of Dr. Tony Solomon whose membership is open to everyone, regardless of regional leaning.

However, members must have that spirit of volunteerism to share their helping hands for the many diversified missions being undertaken by the organization. And, at least some of the members also must know how to sing or, maybe, the art of lip sing when a little bit out of tune.

Accordingly, the Bayanihan of Sacramento, USA was founded by four (4) well known community leaders such as Mon Veridiano, Llyod Castaneda, Tom Amaba and the incumbent President Dr. Tony Solomon. The founders have envisioned an organization that engages in civic, cultural, charitable and educational endeavors for the benefit of the Filipino American community in Sacramento and the Filipinos in general. Under the guidance and initiative of Henry Arcangel, the Bayanihan of Sacramento, USA is a non-profit organization duly recognized and registered under the laws of the State of California

To put into action and reality for such varied missions, everyone must have that sincerity of purpose to help one another, thus, the word Bayanihan was chosen to be the most appropriate name of the organization. There are many meanings of the word Bayanihan



which is actually derived from the word "bayan" meaning country, town or community. Everyone's concept about Bayanihan is correct as long as it comes down to this simple meaning which is "the spirit of communal unity or effort to achieve a particular goal".

After (10) years of vibrant and pro-

ductive existence, the Bayanihan of Sacramento, USA holds their Appreciation Night on August 15, 2015 at the Magellan Hall of the American Legion Magellan Post 604 on Gerber Road, Sacramento. to express their profound gratitude to the volunteer members and to the Filipino American community in general. The success of the

Bayanihan of Sacramento, USA is not the work of just handful leaders but the indefatigable supports of the community that believes on the projects being undertaken and the undying dedication of the members who always carry that spirit of volunteerism for the success of their missions.

Col. (Ret. AFP) Mon Veridiano

became the historian of the night about the many successful missions of the Bayanihan for the betterment of the Filipino American community in Sacramento and beyond.

Mon Veridiano said that the first successful project of the Bayanihan was the holding of a CSI symposium for the youth and newly arrived immigrants to familiarize themselves on how the American Justice System works. The main purpose of the symposium was to inculcate into the minds of the young the harsh penalty of the law in the commission of a crime that could easily destroy their future. This event was a joint project of the PNDA and several Associations of Peace Officers in Sacramento and the main speakers were the Chief of Police of Sacramento Captain Alfredo Najera and Alice Wong the Attorney General of California.

From that initial project, the Bayanihan went into Scholarship Program for deserving students of 8 and 12 graders who were given modest monetary incentives and educational grants from the sponsorship of the Memorial Scholarship Grants of Maria Fabon, Nellie Foronda Tumbaga, Jun Barcenas which were managed respectively by Lito Fabon, Grace Faundo and Francis Barcenas. Likewise, Crisel Centeno has her own personal educational grant under her name.

To maintain and sustain other meritorious projects, the Bayanihan choir under the direction of Espie Espena and Remy Solomon holds Christmas Songfest to raise necessary funds. The songfest which is held annually is in partnership with Saint Charles Borromeo Church. Funds generated in this event have benefitted the Saint Charles Borromeo Church Elementary School, La Concordia Orphanage and the street children of Manila.

Continued on page 13

FAVA'S FILIPINIANA 2015

From page 10

Sinag-Tala "coaches" for their confidence and support-- mentioning Memei Weitzenberg (FAVA) and Raeselle Lourdes (STTE). Emphasizing the evening's event as FAVA's, Prez Beep introduced the Sinag-Tala Theater Ensemble to entertain FAVA and company. The showcase of singing and dancing was absolutely superb—thanks to the professionally coached STTE group. This evening displayed unity and strength, thanks to the special cooperation between FAVA and Sinag-Tala.

Filipiniana fashion followed the entertainment. The Filipiniana Fashion committee recognized this year's participants. Olive Jackson (Ms. Filipiniana 2014) and FAVA Auditor Alex Cheng announced the 2015 winners: Aurora Foresee for Ms. Filipiniana, and Dante Castaneda for Mr. Filipiniana. As customary, the winners received their rewards, crowns, and the whole dance floor to share a winning dance together. Ms. Aurora and Mr. Dante, though surprised for the recognition, were all smiles as they danced together in a winning fashion.

Acknowledgement of former scholars, Bobby Aglubat (Education and Welfare Director) mentioned two successful ladies who were seated in the audience. Both 1987 FAVA scholars: Lynn Marasigan Mendoza, daughter of Drs. Francisco and Erlinda Marasigan; Bernadette Descargar, daughter of Victorio and Ched Descargar (Victorio was a prominent and highly respected member of FAVA. He is sorely missed by



Photos by Dale Esperante

our community since he passed on over a year ago). Director Bobby also acknowledged the Filipiniana chairpersons: Sonia Delizo, Malou Amper, President Fred, Lu Capuchinno, Ato Delacruz, and DJ Paul Cordero.

When it was time to hand out prizes, the Raffle committee called out the winning numbers drawn by random members of the audience. A handful of winners spent the rest of the evening feeling fortunate and feeling good for sure. Thank you to the generous contributors of FAVA.

A surprise performance by the

FAVA Ladies followed. Garbed in their Filipiniana dresses, they graced the room as they swayed to the music of a traditional Filipino kundiman music. The veterans (husbands and friends of the dancers) let everyone hear their unabashed roar of approval. The men's roar of approval is the motivational sound made and heard in their former life as active duty military.

For the final two hours, echoes of ballroom and various dance music filled the entire hall as lively dancers of all sizes, shapes, ages, and dance skills simultaneously brushed sole and leather on the polished dance floor. A couple who drove all the way from Vacaville attracted the attention of other dancers. Rusty and Zeny Baluyot stayed on their own track of the dance floor to express their discipline in ballroom dancing. It was evident that ballroom dancing is one of their passions. They are also lifetime FAVA members and consistent supporters of anything FAVA. Zeny mentioned that as long as they are given enough advance notification, they will drive up for FAVA. Now, that is proof the community of supporters extends beyond the borders of Sacramento!

Congratulations to the veterans and ladies of FAVA! To all FAVA members who assisted, thank you. President Fred Aquino, on behalf of all FAVA members, extends his tremendous appreciation to the friends and supporters of the Filipino American Veterans Association, Inc. of Sacramento.



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Bayanihan of Sacramento, USA appreciation Night

From page 11

The sad situation of our Filipino American veterans of World War II with their multifarious problems such as personal health, housing, food, financial claim, transpiration, burial or cremation expenses were put into consideration by the Bayanihan volunteers to help them. Several organizations and individuals joined together in a common bond of unity to help the plight of our aging veterans, such as Rizal Lions Club under Ester Carrasco, American Legion Magellan Post 604 under Tom Amaba, Filipino Legionnaires under Col (Ret. AFP) Alfredo Arcaya, Philippine Fiesta community newspaper of Dave and Dinnah San Pedro, Bayanihan members under the leadership of Tony Solomon, Mon Veridiano and Tessie Arca.

For ten (10) years the Bayanihan spirit has continued with programs like Medical and Dental mission for our aging veterans and farm workers in partnership with the Kaiser Nurses Association led by Aida Garrucho and the Rizal Lions Club who distributed winter clothing's for them as they performed Dental and Medical services for those who were in need.

The Bayanihan represented by Mon Veridiano also had a joint Medical and Dental mission with the Golden State Lions Club led by Eddie and Kristine Aducaen together with Lita Castellano and the late JR Bernardo performing such services to the people of Sto. Nino and Claveria, Cagayan and some towns of Ilocos Norte.

The Aetas of Pampanga who were misplaced by natural calamities were also given monetary assistance and in kind that could alleviate their living condition and day to day life in a joint undertakings with the Ilocanos of America under the leadership of Nick Catudan, Mercy Guerrero and Ling Avera.

The month of October for many years, the Bayanihan has always a joint project with the Maharlika Lions Club and the American Legion Magellan Post 604 to raise funds for the benefit of the veterans and scholarship grants to deserving students.

The Consulate on Wheels program of the



The Maharlika Lions Club of Sacramento

Photos by Dale Esperante



The American Legion Auxiliary and the FAVA ladies

Philippine government to help Filipinos living abroad to facilitate in the processing of their passports, legal documents and dual citizenship applications. The Bayanihan has been always in forefront to help Filipinos secure their documentations in the most convenient and less time consuming ways by joining hand and hand with the Consulate on Wheels staffers and community organizations such as the Filipino American Community of Sacramento under Aida Azurin, United Naguilian, La Union Circle of America, Inc. under Henry Bambao and the Chamber of Commerce under Crisel Centeno.

For such unselfish volunteerism, Certificate of Appreciations were given to; Leila Pereira, Memie Weitzenberg, and the following organizations received by their respective representative; Maharlika Lions Club- Sarah Enloe, American Legion Magellan Post 604- Tom Amaba, Filipino Community of Sacramento and Vicinity- Aida Azurin, Filipino Chamber of commerce of Sacramento- Lilia Rivera, United

Naguilian, La Union Circle of America- Henry Bambao and Filipino Fiesta community newspaper, Dave and Dinnah San Pedro.

Dr. Tony Solomon who guided the Bayanihan of Sacramento, USA for ten years with his dedicated volunteers and caring loving wife Remy beside him received a miniature golden gavel as a symbol of his leadership and a profound appreciation for what the organization achieved in the community and beyond, all for the best interest of his fellowmen. Dr. Solomon also received an Appreciation Award from the outgoing President Sarah Enloe of the Maharlika Lions Club Education Foundation of Paul Shimada Leadership Award to members who have exhibited their outstanding leadership and community service.

In addition, most of the events narrated by Mon Veridiano whether we like it or not were all chronicled in the Philippine Fiesta

our only community newspaper. Owners and Publishers of the newspaper, Dave and Dinnah San Pedro who as always with no strings attached were very accommodating to publish all articles written by our local writers for the best interest of our community and beyond.

Undoubtedly, the many articles written covering many colorful events in our community including the achievements of the Bayanihan of Sacramento, USA within the span of 10 years wife Remy beside him received a miniature golden gavel as a symbol of his leadership and a profound appreciation for what the organization achieved in the community and beyond, all for the best interest of his fellowmen. Dr. Solomon also received an Appreciation Award from the outgoing President Sarah Enloe of the Maharlika Lions Club Education Foundation of Paul Shimada Leadership Award to members who have exhibited their outstanding leadership and community service.

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Undoubtedly, the many articles written covering many colorful events in our community including the achievements of the Bayanihan of Sacramento, USA within the span of 10 years were started by Carl and Sarah Enloe whom we always wish for their good health and well being.

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FUNd-raising Dance for Magellan Hall

By Dale Esperante

Magellan Hall is the pride of the local Filipino-American veterans and community. It stands as a reminder for us to remember the enormous sacrifices by WWII Manongs and Tatangs who established its foundation in challenging times before integration. The age of this historic building is approximately three quarters of a century. The ages of its current veterans range from fifty to ninety years old. To keep this building standing, regular maintenance and necessary repairs must be performed. Funds must be generated to pay for the cost of maintenance and repairs.

In November, the veterans will be involved in a healthful endeavor that should be beneficial to Magellan Hall and all participants. The vintage interior of Magellan will be the venue for a fundraising dance to help pay for its required maintenance and attention. Dancers and enthusiasts of Ballroom and Latin music are invited to support this fundraising.

WHAT: Social Dancing.
WHEN: 7 November 2015
TIME: 6 p.m. to 11 p.m.
ENTRANCE: \$15 per person
WHO: Anyone who enjoys social dancing in Ballroom and/or Latin dances. Social etiquette is appreciated.
WHERE: The American Legion Magellan Hall
 8831 Gerber Rd, Sacramento, CA 95828
BENEFITS:
 a. Wholesome activity in the company of people who enjoy dancing and socializing.
 b. A chance to practice or exhibit your social dancing. For novices, no worries be-



The American Legion Magellan Hall

cause you are with people who appreciate the art of dancing. Everyone started with the first few awkward steps. Just move that body to the rhythm of the music.
 c. Participate in a fun community event.
 d. Feel a sense of community support for the maintenance of historic Magellan Hall, the meeting place of Filipino-American veterans since the late 1940s.
 e. Help the veterans prepare for the upcoming Veterans Day on 11 November 2015. They will participate at the annual Veterans Day Parade in the city of Elk Grove.


The scheduled evening of dance will have no official program. A modest meal will be served. There will be about a thirty minute break for everyone to enjoy dinner. During the break, there may be a surprise entertainment.

Community friends will be contacted by the Post and Auxiliary 604 members by next month. This is just a heads up that pure dancing with no official program is planned by the veterans of Magellan Post 604. Please spread the word. Contact information will be published in the next issue of this community newspaper, Philippine Fiesta. Get ready to have fun in social dancing!
 Email esperante1868@frontier.com for your supportive comments.

Christening



Arya Jhalessi Encina celebrated her Christening and first birthday on August 22, 2015, at Magellan Hall along Gerber Rd. Arya is the daughter of Austin and Rose Encina from San Diego, wherein Austin Encina is an active member of the United States Air Force. The celebration was attended by relatives and friends of the celebrant.



Naguilian Annual Picnic

September 6, 2015 - Sunday
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Anniversary



Edna and Ruben Nazareno
 45th Wedding Anniversary, Sept. 14



Tony and Carmen Cua
 38th Wedding Anniversary, Sept. 14



Cesar and Fely Salgado
 54th Wedding Anniversary, Sept. 17



Gemma and Gabriel Ortigoza
 17th Wedding Anniversary, Sept. 20

Birthdays



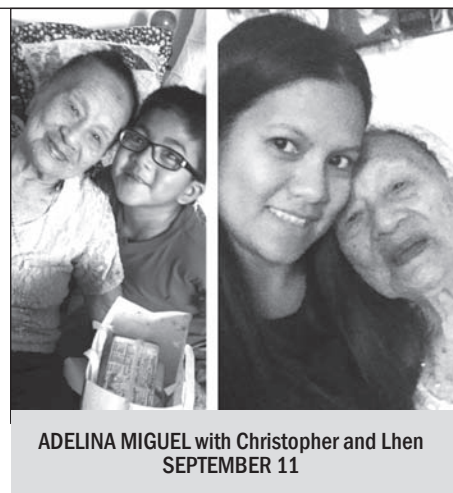
DEIDRA SAN PEDRO
AUGUST 7



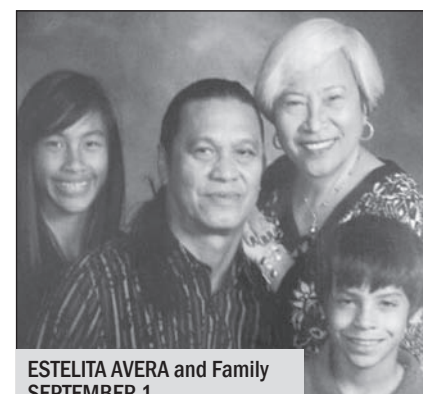
ANGEL LOBO
AUGUST 21



ALEXIS TENCE
SEPTEMBER 11



ADELINA MIGUEL with Christopher and Lhen
SEPTEMBER 11



ESTELITA AVERA and Family
SEPTEMBER 1



MINDA L. MIGUEL and Sisters
AUGUST 26



CARIDAD ADUCAYEN and husband George with Family
SEPTEMBER 6



"We Love You Nanang"

In Loving Memory of
Juliana Abad Bernardino Torralba
August 26, 1918 - October 4, 2013

Calendar of Events

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



OCTOBER 3, 2015 (Sat)
5th Annual Sacramento
ALOHA FESTIVAL / 10am-6pm
Gates open at 9am
CAL EXPO - FREE Admission
Presented by Ka'ono'hi Foundation
Sacalohafest.org



OCTOBER 22, 2015 (Thursday)
OUR PRIDE, OUR LEGACY, OUR FUTURE
Philippine National Day Association
25th Anniversary gala
at The Falls Event Center
8280 Elk Grove Blvd., E.G. CA
5:30 pm VIP reception
6:30 pm Dinner & Program



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At last, California school renamed after Fil-Am labor heroes

Union City, California — Finally, after a long wait, the first U.S. school to be named after two Filipino American labor leaders will become a reality after major stakeholders finalized the timeline and the work plan for the re-naming of the Alvarado Middle School to Itliong-Vera Cruz Middle School in Union City.



Philip Vera Cruz and Larry Itliong

others things, with the extra fund to be used for the celebration, remembrance and education about Itliong and Vera Cruz. The estimated total cost for the name change is \$46,225.

The main funders are Supervisor Valle, who committed \$30,000 from his office, IBEW 595 with contributions that include free labor and construction materials aside from \$20,000 and New Haven Pilipino American Society for Education (NHPASE), which will contribute \$10,000.

Construction to begin

A side account will be put up by NHPASE for the donations. The construction itself is expected to be finished in a month or two at the most.

Union City Vice Mayor Jim Navarro added that the school year opening is coming up, making administrators and teachers so busy that they won't probably do the renaming until the January-February 2016 period, after the school year has started.

"The New Haven Unified School District (NHUSD) also has to figure out by consulting with its lawyers who will be doing the actual construction, whether IBEW members themselves or a contractor designated by the New Haven Unified School District," Navarro said.

The IBEW 595 union is pushing that they do the construction as they have done at Conley-Caraballo High School in Hayward," Navarro shared.

To heal divisions

Meanwhile, a community planning committee will try to heal divisions in the constituency resulting from a divisive renaming process

by reaching out to those who opposed the renaming.

NHPASE, FAJ and Itliong-Vera Cruz middle school are partnering to have a celebration and day of remembrance and education about Itliong and Vera Cruz on October 23rd at the middle school.

"I feel very strongly that the two champions of labor, Larry Itliong and Philip Vera-Cruz, both of them helped to create the United Farm Workers (UFW) Union, and the work that they did in the fields is very admirable. I have a great deal of respect for their sacrifices and I think that they rose to be recognized as the champions for the working people," Valle explained.

Large Filipino population

Valle, a founder and currently president of the Tri-CED Community Recycling, California's largest non-profit recycling organization, added, "It is very important for Union City to have the first school to be named after two Filipino heroes because Union City and nearby Hayward have a large Filipino-American population and those are in my district."

Valle also said that the renaming is another way of recognizing that "the Filipino community is a leader in education, in worker's struggle and in making contributions to the community, and not expecting anything for it."

The name change honors Filipino American labor leaders Larry Itliong and Philip Vera Cruz, who were farm worker organizers and labor leaders.

Itliong founded the Agricultural Workers Organizing Committee, which initiated the 1965 Delano Grape Strike later joined by Cesar Chavez's organization, the National Farm Workers Association. The two organizations eventually merged, forming the United Farm Workers (UFW).

"The good news is that renaming is sure to take place and there is no more problem," announced Union City council member Pat Gacoscos.

"Now we are just making sure that there also will be no more problems with funding because the proponents like us are supposed to take care of that," she added.

Alameda County District 2 Supervisor Richard Valle and International Brotherhood of Electrical Workers (IBEW) 595 helped a lot with this commitment, Gacoscos reported.

"We welcome Supervisor Valle's and IBEW's efforts because they will augur well for the renaming efforts coming not only from Filipino proponents but also from non-Filipinos like them," she explained.

Based on merits

That will also make clear that the renaming of the school is based on the merits of Itliong and Vera Cruz, who were with Cesar Chavez in the labor movement, and "not just because of the lobbying efforts of fellow Filipinos, which constitute a big part of Union City," Gacoscos clarified.

She also reported that funds raised now amount to more than \$50,000, which is more than enough for the project that includes the construction of a monument, signage, stationary and envelopes, business cards, ink, checks, evacuation maps and library books, among

MNAP at 50: Nurturing Seeds of Compassion, Kindness, and Commitment to a Globally Competitive Nursing Service



By Gabriel Ortigoza

"For whatever a man sows, this he will also reap." - Galatians 6:7

Congratulations everybody!

Military Nurses Association of the Philippines is now in existence for 50 years. That is half century of nurturing seeds of compassion, love, and commitment. Happy golden anniversary to all members of the MNAP.

Let me highlight our vision to become a globally competitive nursing service. Remember, we are referring to nursing service as an organization. An organization is composed of resources, simply known in management as 5Ms (man, money, machine, method, and motive). An organization has vision, mission, goals, and objectives. We must therefore adopt strategies on how to become globally competitive.

There are multifarious ways of hitting our target and these are some of the following:

First, create a plan prefer-

ably medium term development plan.

Second, form research and development center to conduct scientific studies toward the pursuit of our vision.



Third, nursing service must also expand its investment in members' education locally and abroad.

Fourth, acquire state-of-the-art skills laboratory for training and development.

Fifth, conduct seminars towards value transformation. There must be paradigm shift from "what is" to "what

should be".

Last but not the least, nursing leaders must have good work ethic, right attitude, and motivate everybody to perform task related activities beyond what is expected.

Avoid mediocrity!

Let us altogether nurture seeds of excellence with compassion, love, and commitment to realize our vision to become a globally competitive nursing service.

Mabuhay!
(gabbyortig@yahoo.com)

Komiks Buhay Pinoy by Dave San Pedro



A French Soldier's View of US Soldiers

What follows is an account from a French ISAF soldier that was stationed with American Warfighters in Afghanistan sometime in the past 6 years.

By French Soldier

"We have shared our daily life with two US units for quite a while - they are the first and fourth companies of a prestigious infantry battalion whose name I will withhold for the sake of military secrecy. To the common man it is a unit just like any other. But we live with them and got to know them, and we henceforth know that we have the honor to live with one of the most renowned units of the US Army - one that the movies brought to the public as series showing "ordinary soldiers thrust into extraordinary events". Who are they, those soldiers from abroad, how is their daily life, and what support do they bring to the men of our OMLT every day? Few of them belong to the Easy Company, the one the TV series focuses on. This one nowadays is named Echo Company, and it has become the support company.

They have a terribly strong American accent - from our point of view the language they speak is not even English. How many times did I have to write down what I wanted to say rather than waste precious minutes trying various pronunciations of a seemingly common word? Whatever State they are from, no two accents are alike and they even admit that in some crisis situations they have difficulties understanding each other. Heavily built, fed at the earliest age with Gatorade, proteins and creatine- they are all heads and shoulders taller than us and their muscles remind us of Rambo. Our frames are amusingly skinny to them - we are wimps, even the strongest of us - and because of that they often mistake us for Afghans.

And they are impressive warriors! We have not come across bad ones, as strange as it may seem to you when you know how critical French people can be. Even if some of them are a bit on the heavy side, all of them provide us everyday with lessons in infantry know-how. Beyond the wearing of a combat kit that never seem to discomfort them (helmet strap, helmet, combat goggles, rifles etc.) the long hours of watch at the outpost never seem to annoy them in the slightest. On the one square meter wooden tower above the perimeter wall they stand the five consecutive hours in full battle rattle and night vision goggles on top, their sight unmoving in the directions of likely danger. No distractions, no pauses, they are like statues nights and days. At night, all movements are performed in the dark - only a handful of subdued red lights indicate the occasional presence of a soldier on the move. Same with the vehicles whose lights are covered - everything happens



US Soldiers in Afghanistan.

in pitch dark even filling the fuel tanks with the Japy pump. Here we discover America as it is often depicted: their values are taken to their paroxysm, often amplified by promiscuity and the loneliness of this outpost in the middle of that Afghan valley.

And combat? If you have seen Rambo you have seen it all - always coming to the rescue when one of our teams gets in trouble, and always in the shortest delay. That is one of their tricks: they switch from T-shirt and sandals to combat ready in three minutes. Arriving in contact with the enemy, the way they fight is simple and disconcerting: they just charge! They disembark and assault in stride, they bomb first and ask questions later - which cuts any pussyfooting short. Honor, motherland - everything here reminds of that: the American flag floating in the wind above the outpost, just like the one on the post parcels. Even if recruits often originate from the hearth of American cities and gang territory, no one here has any goal other than to hold high and proud the star spangled banner. Each man knows he can count on the support of a whole people who provides them through the mail all that an American could miss in such a remote front-line location: books, chewing gums, razorblades, Gatorade, toothpaste etc. in such way that every man is aware of how much the American people backs him in his difficult mission. And that is a first shock to our preconceptions: the American soldier is no individualist. The team, the group, the combat team are the focus of all his attention.

(This is the main area where I'd like to comment. Anyone with a passing knowledge of Kipling knows the lines from Chant Pagan: 'If your officer's dead and the sergeants look white/remember it's ruin to run from a fight./ So take open order, lie down, sit tight/ And wait for supports like a soldier./ This, in fact, is the basic philosophy of both British and Continental soldiers. 'In the absence of orders, take a defensive position.' Indeed, virtually every army in the world. The American soldier and Marine, however, are imbued from early in their training with the ethos: In the Absence of Orders: Attack! Where other

forces, for good or ill, will wait for precise orders and plans to respond to an attack or any other 'incident', the American force will simply go, counting on firepower and SOP to carry the day.

This is one of the great strengths of the American force in combat and it is something that even our closest allies, such as the Brits and Aussies (that latter being closer by the way) find repeatedly surprising. No wonder is surprises the hell out of our enemies.)

We seldom hear any harsh word, and from 5 AM onwards the camp chores are performed in beautiful order and always with excellent spirit. A passing American helicopter stops near a stranded vehicle just to check that everything is alright; an American combat team will rush to support ours before even knowing how dangerous the mission is - from what we have been given to witness, the American soldier is a beautiful and worthy heir to those who liberated France and Europe.

To those who bestow us with the honor of sharing their combat outposts and who everyday give proof of their military excellence, to those who pay the daily tribute of America's army's deployment on Afghan soil, to those we owned this article, ourselves hoping that we will always remain worthy of them and to always continue hearing them say that we are all the same band of brothers".

We seldom hear any harsh word, and from 5 AM onwards the camp chores are performed in beautiful order and always with excellent spirit. A passing American helicopter stops near a stranded vehicle just to check that everything is alright; an American combat team will rush to support ours before even knowing how dangerous the mission is - from what we have been given to witness, the American soldier is a beautiful and worthy heir to those who liberated France and Europe.

To those who bestow us with the honor of sharing their combat outposts and who everyday give proof of their military excellence, to those who pay the daily tribute of America's army's deployment on Afghan soil, to those we owned this article, ourselves hoping that we will always remain worthy of them and to always continue hearing them say that we are all the same band of brothers".

Everyone complains about the quality of 'the new guys.' Don't. The screw-ups of this modern generation are head and shoulders above the 'high-medium' of any past group. Including mine. So much of 'The scum of the earth, enlisted for drink.'

This is 'The Greatest Generation' of soldiers. They may never be equaled.

Conclusion of...

Being Healthy-A Choice



By Nancy Cristi Bautista

As any other point of view or research, there is a personal conclusion. To the continuation of my last article, hopefully, readers will pick up some more pointers that could improve their health.

Exercise pumps oxygen into the heart and brain, and at the same time, eliminates the waste products from these vital organs. Exercise can also reverse the age-related shrinking of the brain, according to Dr. Neal Barnard, a television personality physician and the author of "Protect Your Memory".

Music is a big part of all health-conscious success stories. It accompanies almost all exercise routines, not only enhancing the movements, but also, inspiring the individuals to follow them to its completeness. Find the songs or music that allow oneself to flow with the moment of either doing yoga or vigorous exercise. Even at home, when doing a daily house chore, have a background music or song and feel the music and just dance to the beat. Without exerting too much effort, one is getting the movement needed to flex the muscles, stretch the bones, calm the soul, and eventually, finishing the exercise to achieve the maximum benefit for the body.. If possible, join parties, mingle with friends and dance in groups. It does not have to be a professional team.

While movement of the body is needed to achieve good health, keeping it calm and relaxed during sleep is just as important too. Good eight hours of sleep without interruptions is needed for the restoration of the body and brain strength. During sleep, the brain cells need to rewind the things accumulated during the waking hours and

they are needed to be filed away in an organized manner. During sleep, any brain damage slows down also.

Incorporate the support of the whole family or a friend. Teach the children how to adapt to the maintenance routine of good health. Show the children how to respond when an emergency arises. This is where parents can instill a good example of good healthy habits to the kids. At the same time, the future of these children could reassure healthy lives.

Develop new or renew talents that have been forgotten. Keep healthy minds. Eat good food that would not only benefit the physical body but also the brain cells. Currently, it has been foreseen that in 2050, half of the world's population with dementia would be in Asia. It is also calculated that it would cost \$1 trillion dollars for the treatment and maintenance of such disease and condition.

Sun is good for our the body since it is a good source of vitamin D, which is good for the bones. However, too much sun may not only burn the skin, but also may cause skin cancer. A good sun-block cream or lotion applied on the skin before sun exposure or even in cloudy skies would be beneficial in preventing this disease.

It is pretty sure that there are more numerous tips on how to live a healthy life. Having open ears and eyes to legitimate and professional advice could be an excellent aid in acquiring a healthy lifestyle.

Life is too short and love every second of it. Try to lengthen it by taking care of one self, including the environment and the people around. God bless.



When I Make You Upset

*When I make you upset most of the time,
When I am not listening as I guess I should have,
When you feel that your hand wants to land on mine,
Just look at how small my dainty hand is
Laying on your loving and protective palm.*

...Nancy Cristi Bautista

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Manny Pacquiao to quit boxing if elected as senator

By Leo Reyes

Filipino boxing superstar Manny Pacquiao will give up boxing if he wins a seat in the Philippine Senate in a national elections that is set for May 2016.

Pacquiao, who is on his second term as member of the House of Representatives representing the lone district of Sarangani, is yet to decide on his plan to run for senator.

The Commission on Elections has set the date of filing of Certificates of Candidacy (COC) from October 12 to 16, 2015.

Pacquiao is being lured by major political parties to join their senatorial line up consisting of 12 candidates who intend to join 12 other incumbent senators in the 24-member Philippine Senate.

"I'm still thinking about it (running for senator) because once I am elected as senator I have to give up everything, including boxing,

and focus on my job as lawmaker," said Pacquiao who is one of the possible candidates with a fair chance of winning based on recent survey.

Like other candidates, Pacquiao has been moving around the country to get the pulse of the electorate about issues that will be discussed during the campaign.

While in Davao, Pacquiao visited his friend Mayor Rodrigo Duterte and he said he got the Mayor's support if he decides to run for senator.

"I was touched by his (Duterte's) kindness and words of encouragement. He promised to campaign for me all over Mindanao if ever I decide to run for senator," Pacquiao said, adding that the mayor thinks Mindanao needs someone like him to be in the Senate.

Pacquiao has entertained the idea of running for a



Manny Pacquiao

higher public office and a senate seat could serve as a pathway to his long term political plan.

"When I started boxing, of course I was planning, you know and thinking about getting to become a champion. So when I enter politics, its the same thing," he said.

"But, you know, it's far away," he said. "It's God's will," Pacquiao added. Read more:

Pacquiao, who is still recuperating from his shoulder injury, has announced his plan to return to the ring early next year.

Ronda Rousey says she makes more per second than Floyd Mayweather

By Kevin Iole

Sooner or later, someone will surpass Floyd Mayweather as the world's highest paid athlete. But given that he made at least \$250 million for his May 2 victory in Las Vegas over Manny Pacquiao, that isn't going to happen any time soon.

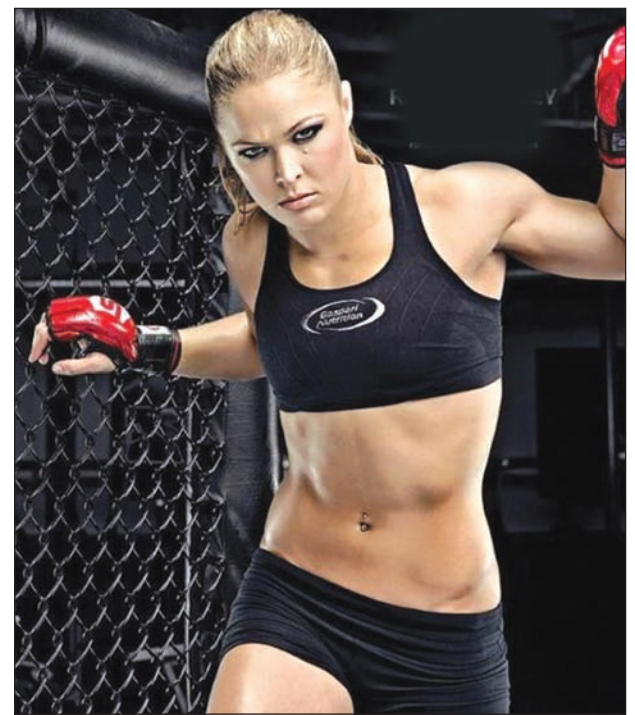
But UFC women's bantamweight champion Ronda Rousey says that while her total compensation isn't anywhere near Mayweather's, she believes she makes more per second than the boxer does.

Rousey was stopped on the street by a reporter for TMZ and, quickly, the conversation turned to Mayweather, whom Rousey topped last month for the ESPY as "Best Fighter."

During the conversation with TMZ, Rousey said she makes two to three times more per second than Mayweather.

"I don't know if you saw the Floyd thing, where he said, 'When you make \$300 million in a night, give me a call.' I actually did the math and given the numbers in my last fight, I'm actually the highest-paid UFC fighter, and I'm a woman. And I think I actually make two to three times more than he does per second. So when he learns to read and write, he can text me then."

Mayweather's take for the Pacquiao fight is believed to be between \$250 million and \$275 million, but given that Rousey used \$300 million, let's do the math using that number to see how much Rousey might have made from her 34-second knockout of Bethe Correia on Aug. 1 at UFC 190 in Rio de Janeiro.



Ronda Rousey

Dividing \$300 million by the 36 minutes Mayweather was in the ring with Pacquiao works out to \$8,333,333.33 per minute. Dividing that by 60 comes to \$138,888.89 per second.

So since Rousey said she makes two to three times more per second than Mayweather, multiplying \$138,888.89 times two is \$277,777.78. Multiplying it by three comes out to \$416,666.667 per second for Rousey.

So, if you multiply those figures by 34 – the length of time of the Rousey-Correia match – Rousey is suggesting that she made at least \$9,444,444.52 (at \$277,777.78 dollars per second times 34 seconds) and as much as \$14,166,666.68 (at \$416,666.667 dollars per second times 34 seconds).

I appeared on The Insider on Aug. 3 and estimated that Rousey made at least \$5 million from the Correia fight and potentially a bit more.

So by any standard, she's doing well.

Dave Sholler, the UFC's vice president of public re-

lations and athlete marketing, confirmed that Rousey "is the highest compensated current UFC champion." Sholler said he was not able to discuss Rousey's exact purse.

Rousey's disclosed purse from Aug. 1 was \$190,000. She made \$70,000 to show, \$70,000 to win and earned a \$50,000 Performance of the Night bonus. But as a champion, she also earned a percentage of the pay-per-view sales. The show did in excess of 1 million buys, though the UFC did not release the exact figure.

But it was the highest-selling pay-per-view this year.

All that means is that Rousey makes a lot of money. She may make more per second than Mayweather, though there is no way of knowing that since we don't know the exact figures in her contract. But while she may take some joy in that, most people would take Mayweather's side and have the real money to spend.

Either way, don't expect to see either of them in the soup line any time soon.





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LIST: Nominees, Push Awards 2015



Aldub is up for two categories, and Maine Mendoza has 3 nominations for Best Newcomer in the Facebook, Instagram and YouTube categories

MANILA, Philippines—Recognizing the importance of social media, entertainment website Push.com, launched the first-ever PUSH Awards. The awards recognize this year's online and entertainment newsmakers based on their influence, popular votes, and excellence.

The awarding ceremony is scheduled in November with 4 main categories – Push Like (Facebook) Awards, Push Tweet (Twitter) Awards, Push Gram (Instagram) Awards, and Push Play (YouTube) Awards.

Another set of awards, the Top PUSH Elite Awards for Male Celebrity of the Year, Female Celebrity of the Year, Group/Tandem of the Year, Music Artist of the Year and Newcomer of the Year will be determined by a panel of experts. A special award for the fan club of their favorite artist will also be given.

This year's nominees include Alden Richards and Maine Mendoza aka Yaya Dub of the AIDub tandem, Daniel Padilla and Kathryn Bernardo (KathNiel), and James Reid and Nadine Lustre (JaDine) in the Push Tweet and Gram Awards.

Anne Curtis, Angel Locsin and Kim Chiu were also nominated for the Favorite Female Celebrity awards for Facebook, Twitter (Angel and Anne) and Instagram (Kim and Anne).

Voting will officially start on September 14. Log on to pushawards.com to see the other categories and to know how to vote for your favorite artists.

Here is the list of nominees:
PUSH LIKE Facebook Awards
 Favorite Female Celebrity
 Marian Rivera
 Angel Locsin
 Toni Gonzaga
 Anne Curtis
 Kim Chiu

Favorite Male Celebrity
 Vice Ganda
 Manny Pacquiao
 Piolo Pascual
 Enchong Dee
 Daniel Padilla

Favorite Group or tandem
 KatNiel
 JaDine
 LizQuen
 Team Kramer
 LoiShua

Favorite Music Artist
 Sarah Geronimo
 Yeng Constantino
 Parokya ni Edgar
 Gloc 9
 Juris

Favorite Newcomer
 Maine Mendoza (Yaya Dub)
 Mich Liggayu (Jamich)
 Donnalyn Bartolome
 Ryan Rems
 Darren Espanto

PUSH TWEET (Twitter) Awards
Most Loved Female Celebrity
 Angel Locsin
 Anne Curtis
 Kathryn Bernardo
 Angelica Panganiban
 Julia Montes

Most Loved Male Celebrity
 Vice Ganda
 Whong Navarro
 Sam Milby
 Xian Lim

Sam Concepcion
Most Loved Group or tandem
 KatNiel
 JaDine
 LizQuen
 AIDub
 LoiShua

Most Loved Music Artist
 Lea Salonga
 Yeng Constantino
 Janella Salvador
 Nikki Gil
 Gloc 9

Most Loved Newcomer
 Joshua Garcia
 Loisa Andalio
 Donnalyn Bartolome
 Ryan Rems
 Darren Espanto

PUSH GRAM (Instagram) Awards
Most Popular Female Celebrity
 Kris Aquino
 Kathryn Bernardo
 Toni Gonzaga
 Anne Curtis
 Kim Chiu

Most Popular Male Celebrity
 Manny Pacquiao
 Whong Navarro
 Enrique Gil
 Billy Crawford
 Luis Manzano

Most Popular Group or tandem
 KatNiel
 JaDine
 LizQuen
 AIDub
 LoiShua

Most Popular Newcomer
 Maine Mendoza (Yaya Dub)
 Iñigo Pascual
 Donnalyn Bartolome
 Ryan Rems
 Darren Espanto

How Vice Ganda kicked off comedy career

ABS-CBNnews.com

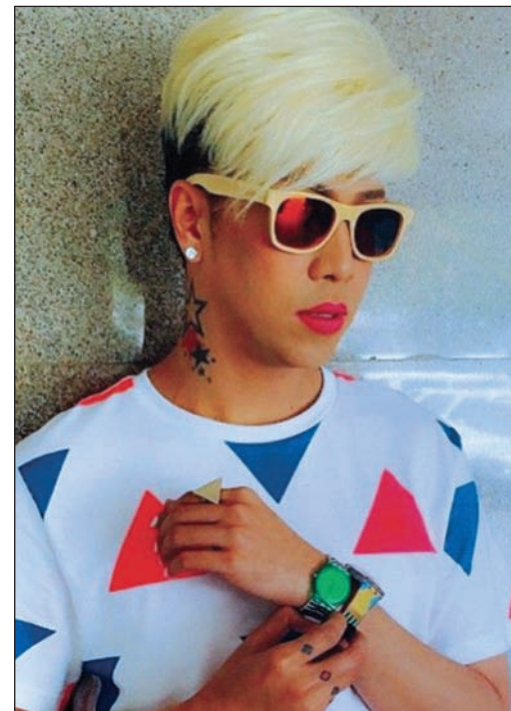
MANILA -- A student who is having second thoughts about going abroad as an exchange student for a year turned to comedian Vice Ganda for advice on "It's Showtime" on Tuesday.

While the scholarship includes air tickets and other expenses in South Korea, the student admitted that she would still need extra money, especially for her first two weeks.

"May nabasa ako kanina, sabi nila 'don't ever miss an opportunity that might change your life forever,'" Vice Ganda told the girl, as he recalled his beginnings as a stand-up comedian in a bar.

"Nung nagsisimula ako sa comedy bar, in-approach ako ng may-ari ng comedy bar na mag-trial set ka. Sabi ko ang ganda ng opportunity, kikita na ako, kaya lang wala akong pamasaha, wala akong pang-show na damit, dahil ang damit ko lang ay uniform at pang-casual. Sabi ko sayang 'yung opportunity kung hindi ko maga-grab dahil sa wala akong pamasaha at wala akong damit baka hindi na bumalik," he narrated.

"Alam mo anong nangyari? May mga tumulong sa akin. Yung mga ang mga barkada ko na kasama ko mula noon hanggang ngayon kasama ko ay nagambag-ambag sila para ibili nila ako ng damit sa SM North, isang set ng sapatos, stockings, palda, bra at blusa, kasi dati pa-girl ako. Nung binili nila ako, ni-ready nila ako, tinulungan nila akong magsimula. Pagkatapos nung gabing 'yon, dumi-diretso na hanggang sa araw na ito na pinapanood



Vice Ganda

niyo akong lahat," he said.

"Kung dati may tumulong sa akin, gusto ko tulungan din kita. Kasi kung hindi kita tutulungan ngayon baka may ma-miss tayong lahat. Baka malay mo ito ang susunod na pinuno ng Bureau of Customs na siya ang magtutuwid ng 'di masyadong magandang panuntunan. ... kung may oportunidad kunin mo na at baka di na bumalik pa," he added.

"It's Showtime" co-host Teddy Corpuz gave the student P10,000 in cash, while the show's other staff members vowed to buy her winter clothes.

Vice Ganda also said he would also help the student.



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