





## Lawmakers raise 'shabu' case vs Paolo Duterte

BY VINCE F. NONATO

"Is he preempting an Ombudsman decision on his corruption case?"

This was the reaction of Magdalo Rep. Gary Alejano to Davao City Vice Mayor Paolo Duterte's announcement on Monday to resign four months after he was linked to the smuggling of P6.4 billion worth of "shabu" (crystal meth) through the Bureau of Customs.

In a statement, Alejano said on Tuesday the resignation of the elder son of President Duterte would "not erase the fact that the 604kilogram shabu shipment issue has not been addressed vet and the brains behind



Paolo Duterte

have not been identified and arrested."

The Office of the Ombudsman created a panel in October to look into the allegation that "the release of the drugs from the port of Manila] was allegedly facilitated by public offi-Continued on page 3

## Palace: Drug war hugely successful

#### BY ALEXIS ROMERO

MANILA, Philippines It's been a year of accomplishments, as far as the Duterte administration is concerned, as it cited reforms introduced by the President and a "hugely successful" war on drugs.

In a 63-page yearend report released Monday night, the administration said the reforms it introduced are "gaining ground" and are paving the way for the economy to maintain its growth.

The Duterte administration has accomplished much in its first full year in office



In a 63-page yearend report released Monday night, the administration said the reforms it introduced are "gaining ground" and are paving the way for the economy to maintain its growth.

cisive leadership, plus the cies, has resulted in the strong collaboration among

in 2017. The President's de- various government agen-Continued on page 4

## 176 still missing due to 'Vinta' It's time to help Visayas and Mindanao – Tagle



IMPROVISATION - People use a makeshift raft vesterday to transport residents and motorcycles across a river, where a bridge was destroyed by tropical storm 'Vinta' four days ago in Lanao del

#### BY FRANCIS WAKEFIELD

The grueling search for 176 people still missing in mudslides, swol-

len rivers, and coastal areas storm "Vinta's" scourge last continued yesterday across six regions in Mindanao that took the worst of tropical

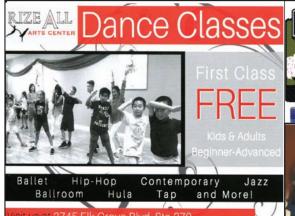
weekend.

Based on the latest figures Continued on page 9

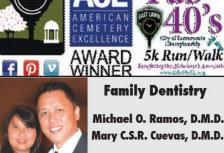
## FAVA Christmas Party



FAVA Christmas Party on December 1, 2017 at the American Legion Magellan Hall. It was a very succesful party well attended by members and their children. Continued on page 15



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## Killer fires

BY ANA MARIE PAMINTUAN

That was a grievous Christmas tragedy in Davao City, and unfortunately it's not going to be the last of the major killer fires in our country.

Lax enforcement of fire safety rules and weak combe the biggest losers in case disaster strikes.

At least two comprehensive studies in the recent past indicated that one of the biggest problems we can expect in case the West Valley Fault moves and Metro Manila is finally shaken by the so-called Big One is the spread of killer fires.

The government has acquired new fire trucks, including mini units that can enter narrow streets in the

ñas Village, Makati just days before Christmas. Firefighters in Makati, one of the country's richest municipalities (it's now a city), reportedly lacked the equipment to break the fortified windows on the second floor to rescue the girl in time.

Since then there has been an effort to upgrade firefighting capability, but the resources are still not enough. I once watched

firefighters up close dousing a fire in a small bungalow that housed sporting goods. It took about four hours to declare the fire out, and by that time the house had been razed.

Firefightcapability ing is even more inadequate for high-rises. Our firefighters lack extension and aerial ladders, fire-resistant

apparel, fire axes and substances to contain chemical fires.

Some owners of commercial buildings may also take fire safety for granted. A survivor of the Davao fire said on TV last night that they did not hear the fire alarm on the fourth floor of the NCCC shopping mall, which was occupied by the SSI call center. The mall



President Rodrigo Duterte views the remains of the victims who died in the recent fire incident at the New City Commercial Center (NCCC) Mall Davao.

pliance are aggravated by the inadequacy of firefighting capabilities even in mega cities.

Across the country, there are simply too many structures to check for fire safety compliance and too few inspectors. The general attitude is that no sane person wants an office or a home destroyed by fire and no one especially wants to see a relative, friend or employee dying in a conflagration. So people are expected to take the necessary precautions against fires, since they will crowded mega city. Volunteers from the private sector also have more trucks on standby.

But firefighting resources are still inadequate, especially in containing chemical fires, as we saw in the blaze that raged for a long time at the Kentex slipper factory in Valenzuela in 2015.

It's been 13 years since the teenage daughter of then

of Sacramento & Vicinity, Inc.

operator has insisted that

#### the building had sufficient speaker Jose de Venecia Jr. fire exits. and wife Gina died in a fire at their home in Dasmari-**The Aklan Association**



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#### BY JULIE YAP DAZA

Children should be safe, at home, in school, anywhere. I went through the grades, high school, college, graduate school, and it never once occurred to me that safety is the primary reason for school! Now I've come across another American, the writer Lisa Gardner, who's famous for her detective thrillers, including Hide, where she inserts a one-page manual that she aptly calls "Safety 101." Safety 101! I was thrilled that OMG, this is it, she's hit the nail on the head, listing her tips in short sentences for kids as young as seven.

Without the author's permission but on the assumption that she wouldn't mind sharing her Safety 101, here it is, with minor editing. It would be worthwhile for parents to read during the long vacation.

Never accept candy from a stranger.

Never leave school with anvone, not even someone who claims to know your parents or your friends.

Never get close to an approaching car. If the driver wants directions, send him to an adult or the police.

Stranger appears in your house or room? Yell, house or room? Yell, scream, bang on the walls. Sometimes, when a child is deeply terrified, she finds it impossible to operate her vocal cords: hence, kick the furniture, throw a lamp, break small objects, do anything to make noise.

Fight. Kick at kneecaps, gouge at eyes, bite at throat.

Always lock the front door, the list aloud to their kids even when at home in broad

daylight. Never answer the door without first looking through the peephole and never acknowledge someone you don't know.

Philippine Fiesta

Walk with your head up, steps brisk. If you feel uncomfortable, catch up to the nearest group of people in front of you and follow them. If you're threatened in a public bathroom, yell "Fire!" – people will respond to the threat of a fire before they respond to cries of rape.

Feeling uncomfortable in a mall? Run to the nearest female - women are more likely to take action than

Do not unlock the door of your car if a stranger is standing behind you. Do not climb into the car without first checking the backseat. Once inside, keep the doors locked at all times.

#### **Editor's Note** "F" the New Year



It's not what you're all thinking! First, I want to say, I know you'll agree how stressful the holiday has been. From just making a Christmas gift list, to buy-

ing those gifts, setting up the holiday decorations, to think of what to prepare for dinner at New Year's eve, and to having everyone over to celebrate the most merriest occasion of the year can be all overwhelming.

I have been thinking of several ways to get a grip and survive these life events. Each new year that comes, we always wish for a better year to have, whether financially, improve family relations, or just living a normal life year after year. Here are the Fs that we've already and probably have been practicing but have not nailed it down in putting them into words. I hope to make it meaningful and become a reminder for us all to welcome the upcoming New Year with open heart and

When all else fails, have FAITH. Having faith takes me to the center of my core. I find it peaceful in my heart to just pray the rosary, as an example, be it to say a gratitude for our many blessings that we receive, or when things get out-of-hand. Somehow, praying allows me to calm my heart, which then allows me to think through ways to find some

solutions to my problems.

Have FOCUS and not be clueless of what's going on in our environment. Know what's coming and going and yet not allow ourselves to get distracted, in order to fulfill our intentions and achieve our goals throughout the year.

Reconnect with long lost FRIENDS. This year, try to see or visit someone we have not seen for some time. Let's not wait till we hear of them afflicted with serious illnesses or worst of all hear of them passing. We are in this age in time when things are imminent. Anything can hap-

FAMILY is everything. Time spent with family is precious. Resolve old grudges. Forget about your siblings not paying you back the \$100 they owe you for quite some time. Better yet, clear out some misunderstandings and replace them with love and compassion for each other.

Last but not least, be FREE. Be free to make decisions to better our situations in life. We can only decide for what's best for ourselves. Others are too busy thinking of ways to improve their own situations, and so get motivated and be proactive!

I'm not perfect and I don't have the best answers to my own problems all the time. Each year though, I try to aspire for what's best for me and the people around me, especially my own family.

Cheers to you all for the New Year!! **Dinnah San Pedro** 

## **Opposition challenges martial law** before Supreme Court

MANILA, Philippines -Opposition congressmen led by Edcel Lagman of Albay have turned to the Supreme Court for help in contesting Congress' decision to allow President Duterte to extend martial law in Mindanao up to the end of 2018.

In a petition, the lawmakers also challenged the continued suspension of the writ of habeas corpus also up to the end of next year.

Suspension of the writ allows state forces to resort to warrantless arrest.

Lagman and opposition colleagues Edgar Erice of Caloocan City, Teodoro Baguilat Jr. of Ifugao, Emmanuel Billones of Capiz, Gary Alejano of Magdalo and Tom Villarin of Akbayan asked the high court to issue a temporary restraining order (TRO) on the extension of martial law and the suspension of the writ of habeas corpus.

Named respondents in the case were Senate President Aquilino Pimentel III, Speaker Pantaleon Alvarez, Executive Secretary Salvador Medialdea, Defense Secretary Delfin Lorenzana, Budget Secretary Benjamin Diokno and Armed Forces chief Gen. Rey Leonardo Guerrero.

The petitioners said there is no actual rebellion in Mindanao to justify the second extension of martial law.

They said Pimentel and Alvarez, "supported by the supermajority in both chambers of Congress, unduly constricted the period of deliberation and interpellation on the subject extension so



In a petition, the lawmakers also challenged the continued suspension of the writ of habeas corpus also up to the end of next year. AP, File

much so that the President's request for extension was approved baselessly and with inordinate haste.

"Threats of violence and terrorism by remnants of vanquished terrorist groups do not constitute a constitutional basis for extension of martial law because 'imminent danger' has been deleted as a ground for imposing martial law under the 1987 Constitution," they said.

They added that prolonging martial law by one year "defies the unequivocal intent and mandate of the Constitution of having a limited duration of martial law and its extension."

The Constitution does not allow a series of extensions or re-extensions of a martial law proclamation, which may lead to "extensions in perpetuity," Lagman and his colleagues stressed.

They added that Congress committed grave abuse of discretion in extending mar-

They pointed out that the President, as commanderin-chief, has the power to call out the armed forces to prevent and subdue lawlessness by remnants of terrorist groups without extending

martial law and the suspension of the writ of habeas corpus in Mindanao.

They noted that the President and his defense, military and police advisers have claimed that "remnants" of terrorist groups have been monitored as "recruiting" new fighters and "regrouping" to launch new attacks.
"Rebellion or invasion is

neither a state of mind or a state of fear. It must be actual, not contingent. It must be real, not contrived," Lagman said.

He said "remnants" of defeated terrorist groups 'do not have the capacity to launch a rebellion even as the government is molding them into apparent menacing ogres, instead of preempting them by ordinary military and police operations without the need for extending martial law.'

"Martial law cannot be extended in Mindanao simply to subdue residual phantoms. The improvident extension of martial law and the suspension of the writ of habeas corpus against remnants of terrorist groups is akin to killing a fly with a sledgehammer," he said.

#### 'Pure BS,' says Trillanes of Paolo Duterte resignation

BY PATRICIA ANN ROXAS

The resignation of presidential son Paolo Duterte as Davao City vice mayor was just an attempt to "preempt investigations against him," Senator Antonio Trillanes IV said on Monday as he questioned the former's "delicadeza."

"Delicadeza, seriously? Pinatulan nga nya yung anak nya publicly sa Facebook, tapos delicadeza?" Trillanes said in a text message. "Besides, he has already been cleared months ago by Gordon's committee de abswelto. So, that's pure BS," he added.

Trillanes also pointed out that Duterte was "probably just preempting the numerous investigations against him by the Ombudsman.'



Paolo Duterte

"Also, he most likely needs more time to focus on managing his multi-billion peso businesses," he added.

Earlier, Duterte announced his resignation effective on Monday, Dec. 25.

He cited his failed first marriage, the dragging of his name into the issue of P6.4billion worth of shabu shipment that slipped past the Bureau of Customs, and his word war between his daughter Isabelle, as the reasons be-

**Senator Antonio Trillanes** 

hind his resignation.

It was Trillanes who accused Duterte and his brother-in-law Manases Carpio of being behind the alleged "Davao Group" which facilitated smuggling at the BOC in exchange of grease money.

Trillanes also pointed out the curious timing of the younger Duterte's resignation. "He is probably just preempting the numerous investigations against him by the Ombudsman," the senator said.

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cials who were identified as members of the 'Davao Group' by customs [fixer] Mark Ruben Taguba II.'

Taguba told the Senate's inquiry into the drug shipment in August that his direct contacts in the Davao Group, "Tita Nannie" and "Jack," name-dropped the vice mayor and his brotherin-law Manases Carpio, husband of Davao City Mayor Sara Duterte.

While he never met Paolo personally, Taguba claimed that he met Councilor Nilo "Small" Abellera Jr. in Davao City in January. Abellera supposedly asked P5 million to arrange the former's protection by the younger Duterte.

Like Alejano, ACT Teachers Representatives Antonio Tinio and France Castro said Paolo's resignation should not save him from having to answer these allegations.

'Removing himself from

public office will not make questions on his alleged links to the Davao Group and the smuggled P6.4-billion shabu shipment go away," Tinio said.

#### 'Too late'

Castro found Paolo's resignation too late, saying "he should have resigned when he was first linked to the Davao Group and the smuggling of the P6.4-billion shabu.'

"But resignation or no, this should not guarantee that he is free from answering the allegations regarding participation in illegal activities and his accountability for them, should any be found," she said.

Besides the drug issue, Paolo cited his public word war with daughter Isabelle, who drew social media backlash for her grandiose photo shoot right inside Malacañang, as a reason for his resignation.

Quezon City Rep. Winston Castelo, a member of the House supermajority, said Paolo's resignation "shows Paolo's resignation

there is still delicadeza in public service.

We hope the President will evaluate the resignation with only the good of the City of Davao in mind and not political pressure from the opposition," Castelo said.

#### Father's advice

Mr. Duterte on Monday night said he had advised his son to do what was right after Paolo brought up his plan to resign. He said, however, that he did not suggest that Paolo quit his

"I told him, 'It's up to you. You are in the position to do what is right. Do what you think is [the] right [thing to do]," the President said during his visit on Monday evening to Southern Philippines Medical Center in Davao City, where the bodies of 37 fire victims were taken for identification.

Presidential spokesperson Harry Roque said the President would talk first with Paolo before deciding what to



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## President promises thorough probe into Davao City mall fire

**BY ALEXIS ROMERO** 

MANILA, Philippines — The truth about the Davao City mall fire will come out, President Rodrigo Duterte said, as he assured victims' families of a thorough investigation.

Duterte, whose daughter is city mayor and whose son announced his resignation as vice mayor on Monday, said an interagency body has been formed to probe the New City Commercial Center (NCCC) fire, which left at least 37 people dead two days before Christmas.

"What I assured them is that the truth will — Let the truth come out...what really happened," the President told reporters after a private meeting with the kin of the victims at the Southern Philippines Medical Center in Davao City on Tuesday.

Duterte said investigators from the National Bureau of Investigation, the Bureau of Fire Protection and the Philippine National Police would take charge of the investigation into the fire in the city that the President and his family has led for decades.

The BPO Industry Employees Network lit candles in Makati on Monday to mourn the deaths of their colleagues and to dramatize their demand for a full-blown investigation. Employees from different BPO firms in Metro Manila participated in the candle-lighting activity.

lighting activity.

"We demand justice and accountability for the tragic death of 37 people in the Davao mall fire," the group said, adding that the information it gathered from concerned individuals point to violations on safety standards.

All who died were BPO employees of Research



President Duterte and a Catholic nun comfort families of the fire victims in Davao's mall fire on Dec. 23, 2017

Now and Survey Sampling International (SSI), located on the mall's 4th floor.

The SSI assured bereaved families of assistance, including funeral arrangements and funds. It also arranged counseling for other employees.

"The terrible tragedy has left us with heavy hearts. We offer our condolences and prayers to the families and loved ones of the victims," SSI chief operating officer Gary Laben said in a statement.

### Government ready to assist victims' kin

President Duterte on Tuesday reiterated his promise to provide financial help to the bereaved families and to assist them in recovering the bodies of their loved ones.

"Maybe the compensation and the expenses were (shouldered). But I committed that the government is willing to chip in," the President said.

It was the second time Duterte met with the families of those who died in the fire. He was the one who informed them that those who were trapped in the mall had zero chances of surviving hours after the fire broke

out.

"Of course, it was a crisis last night. And I consider it that lucky because I was around to commiserate with the people there," Duterte said.

The President said his daughter, Davao City Mayor Inday Sara Duterte, could not relay the bad news herself.

"I was the one who broke the news to them. Because Inday begged off. She said, 'Hindi ko kaya, (I cannot do it) Pa," he said.

Duterte also offered words of consolation to the kin of the victims and advised them to pray "because there's really no sense in overdoing things."

"I stressed to them that at this time, death to me is a spiritual journey. So nobody can deal with it... No amount of kind words, consoling words," he said.

"It is always a spiritual journey between the mother, father, brother, sister."

He also suggested that the bodies be cremated, noting the caskets of those who died would have to stay closed during the funerals because of the extent of the damage to the remains.

### Palace: Drug war hugely successful

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attainment of many of the priorities set out by the national government in the last 12 months," it read.

The government is optimistic that 2018 will be a "more robust year" because of the approval of the national budget and the tax reform bill – laws that are seen to modernize the country's infrastructure and boost human capital formation.

One of the report highlights is the administration's gains in the war on illegal drugs—the centerpiece platform of President Duterte.

It said more than 16,000 deaths are being investigated and over 118,000 drug offenders arrested since the government launched its war on narcotics. Government data showed that authorities are probing a total of 16,355 "homicide cases" although the number may be higher as the report only covered July 1, 2016 to Sept. 30, 2017.

Human rights advocates classified the deaths as "extrajudicial killings" as they claim that President Duterte's rhetoric has emboldened policemen to use shortcuts in the anti-drug crackdown.

But officials disagreed, saying extrajudicial killings or EJKs only apply to members of cause-oriented groups, advocates of such cases, media practitioners and those apparently mistaken or identified to be so as defined under Administrative Order 35 signed by former president Benigno Aquino III in 2012.

This definition became the basis of the Philippine National Police (PNP) in claiming that there are no EJKs in the country.

The yearend report showed a total of 3,967 drug offenders killed and 118,287 others arrested in anti-drug operations as of Nov. 27. It added that more than 1.3

million drug suspects have surrendered to authorities.

From 79,193 operations, government forces seized P18.92 billion worth of illegal drugs and drug paraphernalia, it said.

At least 4,747 barangays were declared drug-free as of Nov. 27 and more than 16,000 drug dependents are undergoing the health department's rehabilitation program. A total of 2,236 former drug users have completed the program. Also, over 14,000 drug addicts who surrendered were given livelihood and skills training by the Technical Education and Skills Development Authority as of end September.

Hugely successful

Presidential spokesman Harry Roque said the antidrug war has been "hugely successful."

"I think the communities are safer and our young people are better protected against drugs," he said in a recent interview.

Roque said he expects fewer allegations of human rights violations tied to the illegal drugs drug clampdown.

"I think it's human experience that we should hear less complaints because we know how to do it better," the spokesman said.

He reiterated that the President does not condone extrajudicial killings and is ready to prosecute policemen or soldiers who violate the law.

Despite allegations of extrajudicial killings and abusive practices, the anti-drug crackdown remains popular among Filipinos.

Eight in every ten Filipinos or 88 percent back the campaign, according to the Third Quarter 2017 Pulse Asia survey. A Pew Research Center poll, meanwhile, found that 78 percent of Filipinos support Duterte's handling of the fight against narcotics.

The administration also

cited the lower crime rate and efforts to cleanse the Philippine National Police (PNP) of scalawags.

It said the total crime volume from January to October hit only 452,204 or lower by 8.44 percent when compared to the 493,912 cases recorded in the same period last year.

Robbery incidents also went down by 23.61 percent to 13,948 from 18,259.

With regard to the PNP's internal cleansing efforts, the administration reported that 426 policemen have been recommended for dismissal because of various offenses.

The two policemen involved in the death of 19-year old Carl Arnaiz were also dismissed. Two senior officers – Police Chief Supt. Edgardo Tinio and Police Director Joel Pagdilao – were also fired over drugrelated charges.

More than 1,900 drugrelated investigations have been carried out against law enforcers from July 1, 2016 to June 15, 2017.

The yearend report also enumerated the high-profile tax cases pursued by the government, including Mighty Corp.'s P40-billion settlement with the administration, Philippine Airlines' payment of its P6-billion debt to the government and Sunvar Realty Development Corp.'s compliance with the court order to vacate the Mile Long property in Makati.

Other accomplishments mentioned in the report include the 6.9 percent economic growth and 2.32 percent agriculture growth in the third quarter, the announcement of the three-year rolling infrastructure program worth P157.44 billion, the 22.6 percent spending growth in June, passage of the free college tuition law and the crafting of the Marawi rehabilitation plan.

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## Will impeaching Sereno succeed?

By PERRY DIAZ

or the third time Philippine history, a Chief Justice of the Supreme Court has been besieged with impeachment complaints. The first one, former Chief Justice Hilario Davide Jr. faced impeachment complaints two times. In June 2003, former president Joseph Estrada filed

the first complaint, but the House of Representatives dismissed it on October 22, 2003. The following day, a group of congressmen filed a second complaint against Davide for his alleged misuse of P4 billion in Judicial Development Funds. It was endorsed by at least 1/3 of the House members; however, the Supreme Court ruled that the second complaint was unconstitutional, saying that the Constitution "No impeachment proceedings shall be initiated against the same official more than once within a period of one year.'

In 2011, an impeachment complaint was filed against the late Chief Justice Renato Corona. On December 12, 2011, the House of Representatives impeached him. The Senate, which convened as an impeachment court began the trial on January 16, 2012. Many believed that the Senate trial was tainted due to the pork barrel scam operated by Janet Napoles, the "pork barrel queen," of which 17 Senators received pork barrel funds brokered through Napoles. On May 29, 2012, Corona was found guilty for his failure to disclose his statement of assets, liabilities, and net worth (SALN). Twenty senators voted "guilty" against Corona, which included the 17senators who received pork barrel funds and the controversial Disbursement Acceleration Program (DAP) funds, which the Supreme Court had ruled unconstitutional.

The third Chief Justice who is facing impeachment charges is the current Chief Justice Maria Lourdes Sereno. In November 2017, Lorenzo "Larry" Gadon, a hitherto obscure lawyer and a vocal supporter of President Rodrigo Duterte, with links to the Marcos clan, accused Chief Justice Sereno of "corruption, violating the Constitution, committing high crimes, and betrayal of public trust.

Who is Larry Gadon? First,



CJ Sereno

he is a loyalist supporter of the late dictator Ferdinand E. Marcos. Secondly, he is a rabid critic of the late Sen. Benigno "Ninoy" Aquino Jr., who was the nemesis of Marcos.

In recent years, Gadon started a petition to rename the Ninoy Aquino International Airport (NAIA) back it is original name, Manila International Airport (MIA). He said that NAIA earned the reputation as the world's "worst airport." He claimed that it was no coincidence that this bad performance occurred during the administration of Ninoy's namesake and son, former president Benigno "Noynoy" Aquino III, which makes one wonder: Would NAIA had performed differently if it retained the name Manila International Airport? Clearly, Gadon is peddling a cockeyed view of NAIA.

Gadon is also leading a petition to change the name of Ninov Aquino Sports Stadium to Rizal Memorial Coliseum. "Who is Ninoy compared to Rizal?" he asked. He said he will also lead a petition for the to demonetization of the P500 Peso bill. "Why should it bear the image of Ninoy when he did not become president of the country and he was not officially declared a national hero?" he wondered.

But Gadon has nobody else to blame for Ninoy's elevation to a "national hero" but his own hero, the dictator Marcos. It must be remembered that the people recognized Ninoy as a martyr after he was assassinated at the tarmac of the MIA upon his return from exile on August 21, 1983. It was for this brutal murder that MIA was renamed NAIA in Ninoy's honor.

Gadon was also involved in the legal defense of former president Gloria Macapagal-Arroyo in the plunder and other cases filed against In 2016, Gadon left the Arroyo defense team to run for senator under the Kilusang Bagong Lupunan (KBL), which was the party allegations of Gadon.

founded by the late dictator Marcos. He lost in the election.

#### **Impeaching Sereno**

And this bring us back to Gadon's impeachment complaint against Chief Justice Sereno, which makes one wonder: What were his reasons for wanting to impeach Sereno? An analyst, Institute for Political and Electoral

Reform Executive Director Ramon Casiple said Gadon had publicly admitted that the move to unseat Sereno was an attempt to "avenge" former president Macapagal-Arroyo and the late Chief Justice Renato Corona. Casiple cited three reasons, to wit:

1) Gadon wants to get back regarding what happened to his friend Gloria.

2) Gadon wants to make sure that the vice-presidency would go to former Sen. "Bongbong" Ferdinand Marcos Jr. It's noteworthy to mention that Bongbong has a pending electoral protest against Vice President Leni Robredo before the Supreme Court acting as Presidential Electoral Tribunal, which is chaired by Sereno. 3) Gadon wants revenge for what happened to Corona, whom he believed was unjustly prosecuted and wants



**Larry Gadon** 

the ones who benefited from it to be made accountable, including Sereno.

It's interesting to note that Casiple had said that Gadon "not citing anything about accountability or autocracy." He said that Gadon had "candidly conceded" that the allegations in his complaint did not constitute 'impeachable offenses." And this was apparent during the course of the committee on justice hearing. Incidentally, the committee on justice had previously ruled – by a lopsided 25-2 vote -- that there was "sufficient ground" to impeach Sereno, even without discussing point-by-point the



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#### Sereno's SALN

Gadon also alleged that Sereno was not truthful in her SALN. He accused her of tax misdeclarations and unauthorized expenses under the Supreme Court. Sereno has maintained that Gadon's allegations were false, baseless, and without

any supporting evidence.

But Gadon's allegation of Sereno's misdeclaration of her 2010 SALN could be the strongest issue because it was for the same reason that had put Corona on trial. However, Sereno's lawyers argued that the full amount of P30 million in legal fees did not appear on Sereno's SALN because she received them in tranches over a period of five

Besides, Sereno had incurred expenses over the same period. Sereno's lawyers emphasized that, in accordance with the law, Sereno declared in her SALN her assets and liabilities at the time she was declaring it, or what was left of the money she had been paid." It's also important paid." to note that she earned her legal fees for serving as government counsel in arbitration proceedings against the Philippine International Air Terminals Co. Inc. (Piatco), builder of the NAIA Terminal 3. Since her legal fees were earned in the private practice of law, is she required to file SALN?

Sereno's lawyers also

questioned Gadon's accusation that Sereno did not pay the correct taxes when in fact Piatco already had withheld taxes. Sereno said that she had a tax credit because she paid more than what was due. So, what's the problem?

#### **Political circus**

The impeachment hearing, which is now before the House of Representatives' committee on justice, has turned into a political "circus" when it invited three current justices and one retired justice to give testimony on the charges against Sereno.

The justices – Teresita de Castro, Francis Jardeleza, and Noel Tijam - and retired justice Arturo Brion gave their testimonies that many legal experts believe did not constitute impeachable offenses. Most of them questioned Sereno's leadership style, accusing her of dictatorial tendencies and manipulative acts, none of which is impeachable.

So, why is Sereno being im-

peached then?

It is common knowledge that Duterte had wanted to form a revolutionary government. But what's preventing him "indefrom doing so is an pendent" Supreme Court, particularly one that is led by a strong-willed Chief Justice.

In my column, "Dutertesized Supreme Court" (Sept. 22, 2017), I wrote: "Duterte shouldn't have any problem in getting the support of Congress, which is packed with die-hard Duteristas. The problem would be in the Supreme Court where the justices led by CJ Sereno would balk at giving him absolute and unmitigated authority that would allow him to stop the operation of the civil government. Removing Sereno would therefore result in a Dutertesized Supreme Court that swings like a pendulum whichever way the puppet master wants

And this begs the question: Will impeaching Sereno succeed?



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#### Filipino Community of Sacramento & Vicinity



FCSV Christmas Party at Jose Rizal Community Center on December 3, 2017 with Father Julito Orpilla as the officiating priest. Mercy Guerrero, FCSV president wishes to extend her heartfelt gratitude to all sponsoring organizations for making the Christmas community get together the merriest.



#### FCSV induction of new officers 2018-2019

On December 16, 2017 at the Jose Rizal Community Center, President Mercedes Guerrero and their Board of Directors took their oath with Elaine Mateo as the inducting officer for the new incoming FCSV officers for the year 2018-2019.





#### **Pagudpud** Sands Resorts **Gala Night**

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The PSR (newly developed resort in Ilocos, Philippines) gala and presentation night held at the Falls Event Center in Elk Grove, CA on Dec. 17, 2017, with the investors and the developers and their invited guests.







#### **Bicolandia Association Christmas Party**



A joyous Christmas celebration on December 10, 2017 at St. Joseph Catholic Church in Elk Grove, CA with Bicolandia members and friends.

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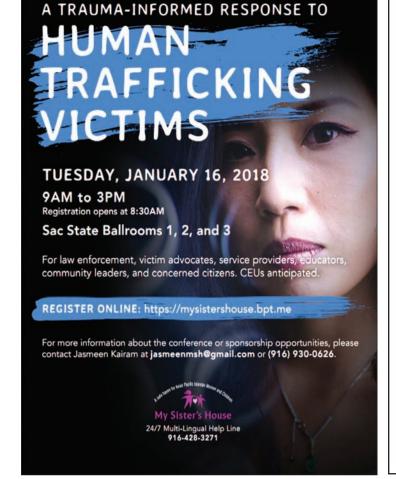
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## House approves GOP tax plan for a second time, heads to Trump's desk

BY CATHERINE REYNOLDS

he House on Wednesday approved the GOP tax plan -- for a second time -- with President Trump's desk as its next and final stop.

Lawmakers approved the bill in a 224-201, a day after they approved it a first time. Due to procedural issues that arose in the Senate a day earlier, the House had to vote a second time.

Besides confirmation of Neil Gorsuch as a Supreme Court justice, this marks the first major legislative achievement of the Trump presidency. President Trump has long said he wants to sign the legislation before Christmas.

The Senate passed the final version of the GOP tax bill early Wednesday morning, after hours of floor speeches in which Democrats lambasted the legislation as bad for the middle class, while Republicans insisted the exact opposite was the case. The legislation passed along party lines, 51-48, with Vice President Mike Pence presiding over the vote.

Senate Majority Leader Mitch McConnell, R-Kentucky, said the Senate will continue to prove to the American people the bill is beneficial to them. Multiple polls have suggested the bill is more unpopular than it is popular, and that many Americans believe their taxes will go up, even as Republicans say taxes will go down for most families and individuals.



Senator Mitch McConnell, the majority leader, and other Senate Republicans after passage of the tax plan on Capitol Hill early Wednesday.

"My view of this is if we can't sell this to the American people, we ought to go into another line of work," McConnell said in a press conference following the vote.

Sen. John Cornyn, R-Texas, called the vote a "referendum" on whether the American dream can be alive in the future.

"We don't believe you have to settle for anemic growth, flat wages and fewer jobs," Cornyn said.

The bill's passage in the Senate was briefly disrupted and delayed by people chanting, "kill the bill!" from the Senate gallery.

Sen. John McCain, R-Arizona, was not present for the yets as he

Sen. John McCain, R-Arizona, was not present for the vote, as he battles the side effects of cancer and spends the Christmas holiday with his family.

Speaker of the House Paul Ryan, R-Wisconsin, was pleased.

"After years of work, we are go-

ing to enact the most sweeping, pro-growth overhaul of our tax code in a generation. Americans are going to see relief almost immediately in the form of bigger paychecks and lower taxes," Ryan said in a statement early Wednesday. "I commend Leader McConnell and Chairman Hatch for working closely with the House to produce this historic legislation, and I look forward to joining them to send it to the president."

Several provisions in the Housepassed overhaul appeared to violate the procedural rules of the Senate, Democrats suggested. One possible violation involved the use of 529 savings accounts for homeschooling. Another possible violation exempted colleges from a new endowment tax if they have fewer than 500 students paying tuition. Another objection appeared technical in nature, as the bill repeals a section by its number, instead of the title of the section. Republicans allowed those provisions to be struck from the bill.

The news of a revote came after much fanfare upon the bill's passage in the House. House members approved the bill in a 227-203 vote.

GOP lawmakers from both chambers struck a deal last week

on the tax plan and released the legislative text on Friday. The tax plan also includes a repeal of the Obamacare individual mandate.

3 moves to make by the end of 2017 if GOP tax bill becomes law Tax reform: How will the new tax bill affect me?

How 4 different households would fare under the tax bill

Here are the details of the final tax agreement, according to highlights from the conference committee: Eliminates penalty under the Affordable Care Act for failing to have health insurance

Lowers corporate tax rate from 35 percent to 21 percent (higher than the original 20 percent in the House and Senate bills)

Reduces top effective marginal tax rate for S corporations to a top rate of 29.6 percent, allowing for a 20 percent tax deduction that applies to the first \$315,000 of joint income earned by all S-corporations Eliminates corporate Alternative Minimum Tax (AMT); increases the exemption amount from the AMT for individuals

Keeps seven individual tax brackets, although those brackets would change.

Continues to exempt the value of tuition waivers from taxes (the GOP had considered counting tuition waivers as income, and thus, taxable.)

Increases the refundable portion of the child tax credit to \$1,400, thanks to Sen. Marco Rubio's insistence. The overall child tax credit will increase from \$1,000 to \$2,000.

Roughly doubles the standard deduction, from \$6,350 to \$12,000 for individuals, and from \$12,700 to \$24,000 for married couples filing jointly

Preserves the child adoption tax credit

Allows filers to write off the cost of state and local taxes, but only up to \$10,000. Filers must choose from among sales, income and property taxes for the deduction, instead of being able to deduct all local taxes.

Preserves the mortgage interest deduction for all homeowners with existing mortgages, and for homeowners with new mortgages, the home mortgage interest deduction will be available up to \$750,000 Preserves the charitable deduction as it is

The GOP claims the bill will mean a \$2,059 tax cut for a family of four earning the median family income of \$73,000.

## Porch pirates didn't snatch this boy's gifts. They stole his lifesaving medication

BY LINDSEY BEYER

hen Austin Taylor turned 4, his father reminisced about the young life doctors said the boy would likely never have.

"1,461. It may seem like an odd number to post on Facebook. But this number holds more meaning to our family then you realize. This is the number of days Austin has gone beyond the doctor's life expectancy," Cody Taylor wrote on Facebook over the summer.

"1,461 days full of smiles trials and accomplishments, of progress and setbacks, of tears, fear and hope. 1,461 days of being thrown up on," he added. "All the trials seem so small when we look at what he has done. He is taking, walking and eating. 3 things the doctors said he would never do. He watches and learns, and tries so hard to normal. This has been

our smoothest year yet, with so much to look forward to. Happy 4th Birthday my son, my little hero."

Austin, who was born with numerous birth defects, had struggled with stage 5 kidney failure – undergoing a kidney transplant a couple of years ago to try to save his life, according to Fox affiliate KSTU. Since then, he has been on expensive medications to keep his tiny body from rejecting the organ.

Days before Christmas, a threemonth supply was delivered, then stolen from his front porch, Taylor said.

"You don't know who you're hurting by your actions. It could range from ruining someone's Christmas to threatening someone's life. You just never know," he told the news station earlier this week

doctors said he would never do. Porch pirates have been a problem He watches and learns, and tries for years, especially during the so hard to normal. This has been holiday season – swiping people's

packages straight from their doorsteps.

And with more and more Americans embracing the online shopping trend, it can have a profound

impact. The National Retail Federation noted that about 58 million Americans made purchases only online from Thanksgiving Day to Cyber Monday, while 51 million made their way into the stores. An additional 64 million did both.

UPS has estimated that it will deliver a record-breaking 750 million packages to porches during the holidays this year.

But Taylor, a single father from Riverdale, Utah, said his son's stolen package was not an ordinary delivery; it was \$5,000 worth of medication.

The father told KSTU that he got a notification this week that the supply had been delivered. "Usually as I get that I expect to see the boxes as I pull up, but there was nothing there," he told the news



station.

Taylor said that he was contemplating taking out a loan to replace Austin's medication before the insurance company agreed to cover it.

KSTU reported that a company called the Porch Locker has since given the family a lock box to help protect Austin's medical deliveries.

Taylor called his 4-year-old his "little miracle."

"He's so strong and always fighting," he said.

"He's my little miracle. He's my hero," Taylor told KSTU. "Because of everything he's gone through, I can't complain about life."

## Juslyn Manalo elected as first Filipina mayor of Daly City



DALY CITY, CA — The Pinoy hub of Daly City elected a Filipina American as its new mayor on Monday: the first to do so in the city's history.

Mayor Juslyn Manalo previously held the position of vice mayor to Daly City, which has the highest concentration of Filipinos and Filipino-Americans of any midsized city in North America.

Manalo's track record includes service to Filipino WWII veterans, and housing programs for lower income families.

Joining Manalo in serving daly city is another Filipino, Ray Buenaventura, to serve as the city's new vice mayor.

### **PerryScope**



BY PERRY DIAZ

ver since the Philippines gained her ✓ independence, the young country has been at war with various rebel groups. First, the Hukbalahap or Huks for short.

The Hukbalahap, which stands for Hukbong Bayan Laban sa mga Hapon (The Nation's Army Against the Japanese Soldiers), was a communist guerilla movement formed by the peasant farmers of Central Luzon. It was originally formed to fight the Japanese invaders. However, after World



Huk Founder and Leader Luis Taruc (center) with the NPA and Philippine his rebels.

War II ended, the Huks continued their guerilla warfare against the Philippine government. Known as the Hukbalahap Rebellion, it was defeated through a series of agrarian reforms and military victories by then President Ramon Magsaysay. He created the Economic Development Corps (EDCOR), a resettlement program for land-

less peasants and Huk rebels surrenwho dered. It was a tactical victory for Magsaysay who used the Huks' slogan "Land for the Landless" as his own, establish- Pres. Ferdinand E. Marcos talking with

each family a carabao and a plow in exchange for their weapons. It worked! It broke the back of the Huk movement and peace was achieved in Central Luzon where the Huks waged their rebellion.

Then came the New People's Army (NPA), the armed wing of the Communist Party of the Philippines (CPP). It was founded by Bernabe Buscayno ("Commander Dante") on March 29, 1969. Maoist-oriented in its strategy of "protracted people's war," the NPA was estimated to have 3,200 fighters by the end of 2015. However, the NPA leadership claims that they have more than 15,000 fighters.

Give peace a chance to grow

In 1992, during the presidency of Fidel V. Ramos, the Anti-Subversion Act of 1957 was lifted; however, the NPA continued to operate. It col-lected "revolutionary tax" from businesses in the areas where they operated. They continue to do so today.

#### **Peace Talks**

In 2011, peace talks resumed between the government and the CPP, NPA, and the National Democratic Front (NDF). The talks have been going on and off since

Last December 5, President Rodrigo Duterte signed a proclamation declaring the CPP-NPA as a terrorist organization. He vowed to finish them off during the remainder of his term through 2022.

Incidentally, a "Christ-mas Truce," which had been observed by both Army since the 1970s is not going to be observed

this year. This is a big setback to the peace process.

#### Muslim rebellion

In the southern Philippines, there is a different kind of war; various Muslim groups are waging a "war of liberation." The Moro Islamic Liberation Front (MILF) and its

> rival the Moro National Liberation Front (MNLF) are the two major Muslim rebel groups.

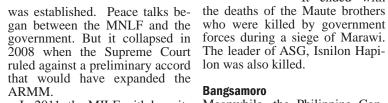
The MNLF was founded in 1972 as a political ing homestead settlements in Dante, Supreme Commander of the Maoist New People's Army during his splinter group of the Muslim capture sometime in the 80's.

Independence Movement. In 1996, the MNLF signed a landmark peace agree-

ment with the Philippine government during the presidency of former president Fidel V. Ramos. The peace accord led to the creation of Autonomous Region of Muslim Mindanao (ARMM). Peace at last or was it?

MNLF and the Philip-province.

pine government brought
about a rift in MNLF leadership. Islamic State of Lanao, was a
In 1984, the splinter group MILF radical Islamist group composed



In 2011, the MILF withdrew its demands for independence and instead agreed to pursue "substate" status, similar to a U.S. state. On October 7, 2012, President Benigno Aquino III announced a peace deal with the MILF and declared, "This framework agreement paves the way for a final and enduring peace in Mindanao.'

#### **Elusive peace**

But the peace agreement between government and the MILF did not achieve lasting peace in Mindanao. smaller group, the Bangsamoro

Islamic Free-BIFF rebels (also known as BIFM). dom Fighters (BIFF) led by Ameril Umbra Kato, that broke away from the MILF in 2008, disagreed with the MILF's acceptance of autonomy rather than full independence, which was

what Kato wanted. On April 14, 2015, Kato died from an illness. Ismael Abubakar took over leadership of the BIFF. BIFF suffered another split, when Ustadz Karialan left and formed another group after disagreement with other BIFF members regarding the Islamic State of Iraq and Syria (ISIS) ideology.

Last May, a new group emerged in Mindanao. Founded by the Maute brothers, Abdullah and Omar, the Maute group, also known as the



Moro National Liberation Front (MNLF) mem-The signing of the peace bers, led by its founder, Nur Misuari, display the agreement between the group's flag in rites held in Indanan town, Sulu

radical Islamist group composed In my column, "The price of peace (PerryDiaz@gmail.com)

fighters and former MILF rebels. The group joined with the terrorist Abu Sayyaf group (ASG) and attacked Marawi City. The battle of Marawi lasted for five months. It ended with

who were killed by government forces during a siege of Marawi. The leader of ASG, Isnilon Hapilon was also killed.

#### **Bangsamoro**

Meanwhile, the Philippine Congress has been trying to pass a bill known as the Bangsamoro Basic Law (BBL), which seeks to establish a proposed new autonomous political entity known as the Bangsamoro Autonomous Region (BAR). It would replace the current ARMM.

BBL is an organic act that would provide for the basic structure of government for the BAR. It would enact the agreements set

forth in the peace agreement signed between the MILF and the government former president Benign Aquino III in 2014.

If Congress passes BBL and is signed by Pres-

ident Duterte into law, it would legalize the existence of MILF, which would give it political pre-

eminence among the other rebel groups in Mindanao in-cluding the MNLF, BIFF, ASG, and the newly organized Justice for Islamic Movement (JIM).

Under the draft BBL the BAR government shall have the primary responsibility over public order and safety, while the Central Government with its AFP and PNP would be responsible for safeguarding Map of proposed Bangsamoro Autonomous the BAR's external secu-

rity. That means that once MILF takes over control of the BAR government including its own police force, it would exercise police power over the other rebel groups. If that happens, it would surely shatter any prospect for peace. It would be back to the trenches for all of the rebel groups. And once again, the Central Government would be caught in the middle of fraternal warfare among the Muslim rebels.

#### Price of peace

the Maute in Mindanao" (August 19, 2011), I wrote: "The ideal thing to do is to expand the FPA [Final Peace Agreement signed between the government and MNLF in 1996] to include MILF. But this is easier said than done. However, if [President] Aquino is going to pursue a separate treaty with MILF without involving – or consulting – MNLF, the political dynamics in Mindanao could dramatically change.

"The President's meeting with the MILF chairman was indeed a great leap forward. However, it remains to be seen what direction it would take? Will it lead to the creation of an autonomous Bangsamoro "sub-state," exclusive of MNLF and separate from ARMM?



Bangsamoro rebels.

Or, will it unify MILF and MNLF under the aegis of ARMM... and bring peace to Mindanao?'

#### Same issues, different players

It's interesting to note that the issues faced by Aquino in 2011 mirror the issues faced by Duterte this year. While there are other issues that need to be worked out, none is more important than bringing the various rebel groups to the table and fashion an entity that would satisfy all the groups' concerns. Failure to do so could crush any hope for achieving peace in Mindanao. The challenge is: How



could Duterte bring all the rebel groups to the table and unify them under the umbrella of Bangsamoro Autonomous Region? It's s tall order, but nothing short of it would achieve peace.

Peace is like a tree. You plant the seed on fertile ground and nurture it. You fertilize and water it. It may take years for the tree to bear fruit. But when it starts to bear fruit, you spray it with pesticide to protect it from harmful pests. And like a tree, give peace a chance to grow.

General "Bato" awarmed by Fil-Ams in Bay Area

BY GABRIEL ORTIGOZA, PHD

irector General Ronald "Bato" Dela Rosa, chief of Philippine National Police and so far, the most popular general of the Philippines today,

was the guest of honor at Philippine Consulate General in San Francisco Friday evening.

Philippine Center Kalayaan Hall was filled up with several Filipino-American civic organizations. Bay Area Fil-Am police officers came and look snappy on their uniform.

Daly City mayor Glenn Sylvester presented city resolution which designates December 8th as General Ronald Dela Rosa Day.

On his acceptance speech, Gen. Dela Rosa thanked Mayor Sylvester and the city of Daly, which has about 30% Fil-Am population, for the recognition.

The general offered his invitation for Glenn to visit the Philippines and he told the mayor that he will direct the whole PNP to declare everyday as Glenn Sylvester Day.

Gen. Bato updated the Fil-Am organizations on the purpose of his US trip to Washington DC and the status of Philippine government's war on drugs.

The general hinted drug lords and drug addicts are salivating for his mandatory retirement when he reached the age of 56 on January 21, 2018. But the president, by virtue of his authority as Commander-in-Chief, can extend the term of Gen. Bato.

Photo-op followed after his speech. Everybody in the hall wanted to take photo with this famous and very accommodating general.

I had a chance to talk with Gen. Bato and gave him a copy of the book on leadership I authored and published; by the way, my book is available online. Just search leadership and type my name.

One wish in his bucket before he retires from service was to see Alcatraz Penitentiary. With the assistance of his friends in San Francisco his wish was granted.

Gen. Bato said he will assume as director of the country's Bureau of Correction after he bowed out

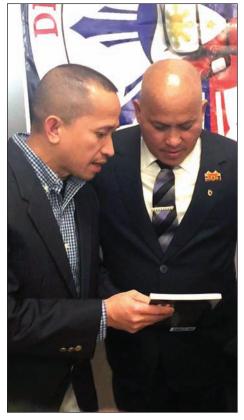
of PNP. He and his team visited factory outlet in Livermore on Saturday, December 9th. While at the outlet he was swarmed

Fil-

for photo op, selfies, and autograph. The supposed short stop at the outlet lasted five hours.

He also met Bay Area Fil-Am bikers' association on the same day.

In the evening, my wife and I joined Gen. Bato and Philippine Military Academy Alumni As-



Handling my book on leadership to Gen. Bato



Philippine Center Kalayaan Hall

sociation (PMAAA) Northern California for a dinner in Vallejo. Gen. Bato belongs to PMA class 86.

The Saturday dinner with Gen. Bato and PMAAA was more relaxed. Unlike at the Philippine Consulate, he was able to sit



Photo-op with Daly City former mayor now council member Glenn Sylvester and wife.



Gen. Bato presents a replica of his PNP badge to Cav. Irwin Ver.

down and ate his favorite food and imbibed his favorite drink while conversing with his fellow alumni and their spouses.

Cav. Ador Raga (PMA 91) was the most vocal amongst the cavaliers. He brought life to the party. Cav. Gerry Parinas (PMA 91) took care of the bar as mixologist of the night and offered Gen. Bato his famous blue label.

The most senior cavalier present was Cav. Irwin Ver (PMA 70) and the most junior alumnus was PSSupt Eric Noble (PMA 92).

In his evening message, he talked on his plans for the PNP. peace and order situation, and the government's war on drugs.

Gen. Bato mentioned he cannot please everybody in the police organization. As the chief of the PNP, he bypassed classes 82, 83,, 84, and 85 in the linear list. He understood their feelings but

what can he do he was appointed to the post by the president of the republic.

However, he gives credit to credit is due. The general said he calls his upperclassmen sirs. And even during PNP conference he addressed them accordingly. Respect begets respect.

Gen. Bato also announced the forthcoming promotion of his senior aide PSSupt Rhodel Sermonia (PMA 89) to Chief Superintendent, a star rank. Gen. Bato and PSSupt Sermonia belong to Alpha Company while at PMA.

Shout out to PSSupt Eric Noble and Cav. Ador Raga for inviting me and my wife to join Gen. Bato for a dinner on Friday and Saturday, respectively. Thanks also to Cav. Gerry Parinas for the ride from Sacramento to Vallejo and vice versa.

There is a great possibility that Gen. Bato will participate in the senate race comes May 2019 election. Due to his popularity, winning the 2019 election is not an issue. The goal now is how to top the election (gabbyortig@yahoo.

#### 176 still missing due to 'Vinta'

released by the National Disaster Risk Reduction and Management Council (NDRRMC) at the press briefing in Camp Aguinaldo, Quezon City, NDRRMC Spokesperson Romina Marasigan said that apart from those missing, 164 of those reported killed have been confirmed and identified.

By region, the death toll is 65 in Region 9 (Zamboanga Peninsula); 75 in Region 10 (Northern Mindanao); and 24 in the Autonomous Region in Muslim Mindanao (ARMM).

Meanwhile, Marasigan also confirmed the identities of six of the missing persons as Jino Agapay Lacaza, 21, of Bunawan, Agusan del Sur; Elizabeth Alferez, 45; Nelgine Alferez, 5; Jonjie Duriaz, 3; and Cornelio Alferez, 54, all of Gutalac, Zamboanga del Norte; and Benjo Apigo 14, of Salug Zamboanga del Norte.

Marasigan said a total of 118,596 families or persons are affected in 1,034 barangays in MIMARO-PA, Regions VII, IX, X, XI, XII, ARMM, and CARAGA

Of the number of families affected, 19,485 or 90,987 persons are currently being served inside 246 evacuation centers.

Marasigan said a total of 12,189 families are presently staying with their relatives.

She added that at present, three areas have been declared under state of calamity due to heavy flooding and landslides.

These are the areas of Tambulig, Zamboanga del Sur, Bacolod, Lanao del Norte; and the whole province of Lanao del

Marasigan told reporters in a press briefing that there are still funds for residents affected by the Vinta but because the year is about to end, they have to ask the Department of Budget and Management (DBM) for funding.

#### **Philippine Fiesta**

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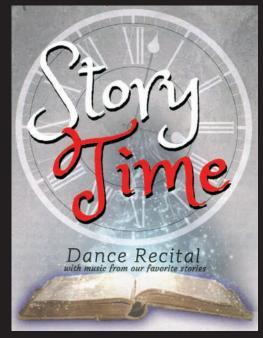
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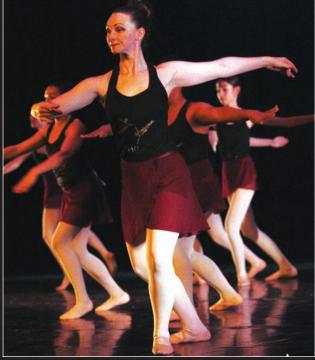
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## RIZE ALL









## Rize All Stunning Dance Recital

By DINNAH S. SAN PEDRO

Barely a year since its inception, Rize All Arts Center, a nonprofit organization, cofounded by Dane San Pedro and Amanda Newsum once again held a second dance recital at the Cosumnes Oaks High School Performing Arts Center on Dec. 9, 2017, in Elk Grove, CA.

The venue was at full capacity during the successful two-day event. It made everyone in attendance watching the over 200 young kids and adult alike to fully appreciate and enjoy their dance performances. This recital's theme was "Story Time." Children from as young as 4 years old danced gracefully and gleefully to Disney's music of our times.

Rize All Arts Center is very thankful to all their dedicated dancers and families for a great first fall season!

For more information, please visit: www.rizeall.com



















The Bayanihan of Sacramento, USA

## "An Event Remember" **Christmas Concert**

By DINNAH SAN PEDRO

he Bayanihan of Sacramento, USA, in their annual Spaghetti Dinner, Dance, and Fellowship, once again hosted a successful "An Event to Remember" concert. It was held on December 2, 2017 at the St. Charles Borromeo School Social Hall/Gym in Sacramento, California. The event has been an annual get together, organized, and spearheaded by the newly retired and power couple Dr. Tony and Remy Solomon.

Where rehearsals were held in the cold winter nights since October at the residence of Bill Carlos, as the music director, with his wife Gwen, the Christmas concert was a collaboration of several local performing artists from Sacra-

The first and the second part of the concert were the Spaghetti dinner with



philippinefiesta.net (916) 708-3462 (916) 835-1450

The Bayanihan of Sacramento, USA ensemble

Photos by Dave San Pedro



Sinag-tala Performers

Rev. Father Salvador Bringas who delivered the invocation. It was followed by Continued on page 12



Lito Pabon, Virgil Faundo, Rj Mata and Alex Morato



Espie Espena



Ana W. Vellanoweth



**Eddie Aducayen and Remy Solomon** 



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**Chloe Villegas** 



MC Paradela and Michelle Devol



Rogenig Mamuyag



Lucy with lolo-lola Dr. Tony and Remy Solomon



BY FAINA and JUN ABAYA

he continuing great tradition of the members of United Naguilian La Union Circle of America, incorporated which started since 36 years ago to hold their usual annual Family Christ-mas Party was held at Wackford Aquatic Hall, Sacramento on December 10, 2017.

The gathering was attended not only by the members of their families especially children but also their relatives, friends and some members of the Sacramento Filipino American community. As expected, the feeling of oneness and camaraderie as well as that innate sincerity of purpose were enhanced as they rekindled nostalgically the past, tackle the predicaments of today and ready to meet the many challenges of the future.

Games for the children were played and all savored the sumptuous dinner of Filipino American cuisines contributed by everyone. The event was also in conjunction with the coming Naguilian Global Reunion 2018 which will be held this time at the very place where it started it all, in the small town of Naguilian, La Union. More than 300 global members of all affiliated organizations will be attending and about 40 members from UN-LUCAI to be led by its president Cristina Bambao with husband Henry will also attend.

Several months of hectic prepa-

ration have been undertaken by both government and private sectors to ensure the comfort, safety and enjoyment of those who will be attending including local resi-

Accordingly, all the attendees will be treated with extraordinary

## **UNLUCAI Christmas Party**

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**UNLUCAI** members and family 2017 Christmas



Men of UNLUCAI

**Ladies of UNLUCAI** 

reception showcasing the dances, songs, music and costumes of their great heritage and traditions never before seen in the town. This festive activities of the town will be observed from social gatherings to travelling many places to linger in their memories such enjoyable moments of their lives.

The merry making atmosphere is to coincide with the 179th foundation Anniversary of the town which is now referred to as Basi Festival to give credit on the original product of the place made from fermented sugar cane juices. This will also the time to honor

the men and women who left their beloved town to seek better future for themselves and who constantly help their town mates in time of need, especially, the recurring natural calamities that frequently hit them.

The Family Christmas party ended with the usual exchanged of gifts among the members and their respective families. From UNLU-CAI members we greet you from the bottom of our hearts, HAPPY, HEALTHY AND PROSPEROUS NEW YEAR 2018.

Some of those who attended were: Teddy and Letty Cheng, Henry and Tina Bambao, Rudy and Sonia Delizo, Tony and Lydia Yadao, Charlie and Caridad Delizo, Tino and Lirio Floresca, Carol, Erna and Jane Bambao, Mannie and Cora Ojascastro, Cherie Narain, Jun and Josie Pabros, Edgar and Charity Avena, Pat Banayat, Julie Banks, Fely Esplana, Dick and Marilyn Bernal, Eligio Floresca, Ador and Weveline Aragon, Zaldy and Lydia Estepa, Nestor and Luisa Isaac, Bryan and Gina De Ynschauti, Estenelle Dumaguing, Ramon Nodo and many others.

Hereunder are the tentative schedules of the coming Naguilian 179th Foundation Anniversary and Basi Festival which will be held in Naguilian, La Union from February 13-19, 2018.

Feb. 13-Dinner Dance Barrio Fiesta, 6 PM at Naguilian Civic Center; Feb.14 at 2:30 PM Karayan Festival at Naguilian River. In the evening will be all Class reunion at the Aberin Compound; Feb. 15 at 3 PM

will be Street dancing time, Capsule placement and tinuno Festival at the Naguilian Town Center; Feb. 16 at 3 PM will be Quiz Bee for High School at the Naguilian Civic Center and at 6 PM will be Global Reunion night to be held at the Naguilian Plaza Auditorium; Feb.17-AM we have Volleyball tournament and in the afternoon Basketball at Naguilian Civic Center. At 7 PM Ginoong Kapogeyhan and Bibibining Keygandahan at the Plaza Auditorium; Feb.18 at 8 AM-12 Noon, Dance Sport Civic Center. At 7 PM will be Mutya ti Naguilian and The Voice of Naguilian at the Plaza Auditorium.

### The Bayanihan of Sacramento, USA Christmas Concert

several program performances by the Bayanihan Ensemble, dance presentation by the D' Dream-girls, song performances by The Gentlemen: Allen Quirante, RJ Mata, James Frilles, Eddie Aducayen, and Rogeniv Mamauag. Other local performing artists in-Other local performing artists included Andrew Mata, the Divas (Norie Brooks, Rosie Sloan, Anna Weitzenberg-Vellanoweth, Michelle Dival, and Chloe Villegas, MC Paradela, Elvira Aguirre, Beth Estenon, Sandra Gil, Jojie Ramos, Jaz Palma), and the Filipiniana performance by Apoll Reyes, Cristina Garcia, with the Tinikling dance performed by other members of Sinag-Tala touring ensemble.

It was a very well celebrated and attended concert by special friends of the Bayanihan in Sacramento. Several community friends and supporters of the Bayanihan generously donate and sponsor the



Accompanist Bill Carlos and the ensemble

sponsors were Dr. Marcella and esar Ibanez of Primelife Medical Group. The gold sponsor was Frances Torres, and the silver sponsor included Val and Espie Espena, George Victorioso, Dr. Billy and

Christmas concert. The platinum Virgie Monteagudo, and Stanley and Edna Villanueva. There were almost 50 bronze sponsors and loyal friends that supported the Bayanihan of Sacramento annual fundraising community project this time of the year.



Friends of Bayanihan

The Bayanihan of Sacramento gives recognition to the present and past supporters of the organization. This "Event to Remember concert" was held specially to commemorate and honor Memie Weitzenberg who joined our crea-

ture last year. She was an avid and generous supporter of the organization, along with her husband Dick, and daughter Anna Vellanoweth, who was the event emcee and who rendered and sang a beautiful song (When We Were Young) by Adele in honor of her mom.

It was a great night for the Bayanihan of Sacramento, USA. Their success will allow them to continue their scholarship project and their other projects supporting the St. Charles Borromeo parish and the orphanages back home in the Philippines. More power!

## Congratulations Gene and Ruby!

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#### BY DALE ESPERANTE

"Love is a Many Splendored Thing." For Gene and Ruby Cayabyab, they have travelled far in this life together because of Love.

They first met when Ruby transferred to Gene's high school during their senior year. They were classmates. After high school, they went to different colleges. Then Gene joined the Navy and got Ruby's address from a mutual friend. Unbeknownst to Ruby, Gene was already making serious plans to be with her again. For three years, they wrote each other, and that was how Gene courted Ruby. Meanwhile Gene had to work harder and save enough before returning home to carry out his honorable plans. Approximately three years passed when Gene was able to take a vacation in the Philippines. He rode a bus to his hometown with a plan to stop first at Ruby's town to see her. He stopped the bus and got off to find the family home of Ruby. As he approached the house, he saw Ruby standing next to a tree in the front yard reaching for a ripe guava fruit. Ruby saw him as well and thought to herself, "It's Gene!" Gene and Ruby said hello again after three years, and that was the beginning of a sweet and fruitful relationship. Gene asked Ruby's parents' permission to take her out on a date. After a week had passed, he asked for her hand in marriage. Ruby's

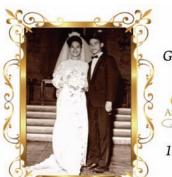


Gene and Ruby Cayabyab

parents gave their blessings. And soon after, in a private nuptial ceremony, Gene and Ruby became One.

As a military wife, Ruby wholeheartsupported Because edly Gene. of her support, the years sailed smoothly for Gene

who completed a long and rewarding United States Navy career. Their children (oldest to the youngest):1) Rugen and wife Kasandra, with kids: Alysia, Stanley, Nick, and Breanna. 2) Annareuber and husband Dr. David Lozar, with kids: Quinn and



Gene & Ruby 12.13.2017

Young Gene and Ruby

Aiko. 3) Rachel with kids: Jade and Jazmin. 4) and Ruth.

Scholars and/or valedictorians when they completed their education, the children are now enjoying successful careers. Ruth, who works for the State of California, lives here



Gene and Ruby, standing from left to right: Ruth, Kassandra and Rugen, grandchildren Quinn and Aiko, Annarueber and David Lozar, and Rachel.

in Sacramento with mom and dad. She arranged for her parents 50th wedding anniversary renewal of vows in the Sacramento Cathedral, requested a letter for Governor Jerry Brown to sign and send to her parents, and finally organized the anniver-sary dinner with family and closest friends at Il

Fornaio Restaurant, an elegant restaurant frequented

by celebrities in downtown Sacramento.

The Warmest Congratulations from the Staff of PF News to Gene and Ruby and family! We also thank you, Ruth, for sharing your parents' wonderful love story.











t was a jolly hee-haw Christmas party amongs friends including Judy Mendoza, Aida Mejia Garrucho, Janet Gerona Chuidian, Hilda Bobier, Marilyn Tauro Lopez, Gigi Martin, Vissia Ellis Mauricio Valencia, Nancy Bautista, Helen Aducayen Enriquez, Marita Rayala Huggard, Ida Alvarez, Rowena Mayuga Vidal, Kim Vu, Rassel Calaor, Patricia Calaor, Laurie Ligsay, and Dinnah San Pe-

The party was gracefully hosted by Judy Mendoza at her beautiful home, held on December 19, 2017, in Elk Grove, CA.



Congratulations Newly Wed

Genese and Nick Foley

November 18, 2017





Our Aducayen Family's 2017 Christmas Eve Celebration, where we truly have the warmth of love and happiness amongst ourselves. Merry Christmas!

## Calendar of Events

JANUARY 13, 2018 (SAT)
The Ilocano Foundation of California
MRS. ILOCANDIA 2017-18
Coronation, Dinner and Dance
6am to 11pm

Double Tree Hotel Sacramento 916.266.1923 916.616.1040



JANUARY 16, 2018 (TUE) A trauma-informed response to HUMAN TRAFFICKING VICTIMS 9am to 3pm

Sac State Ballroom 1, 2, and 3 Register: https://mysisterhouse.bpt.me 916.930.0626



#### JANUARY 20, 2018, (SAT) ATI-ATIHAN FESTIVAL

Hala Bira 2018!
6pm to 12 midnight
The Aklan Association of Sacramento
and Vicinty / Donation \$15
Jose Rizal Community Center
7230 Florin Mall Dr. Sacramento, Ca
Danny - 916.212.6904
Frank - 916.712.6094



#### **Birthdays**



DANAMER S. MERCADO



JANUARY 28



CHRISTINA ANDRADA



DAVE SAN PEDRO



ADELINA CASTELLANO & sis Analicia



EZRA S. ARGUELLES DECEMBER 24



CHRISTIAN 'CARL' ERESPE with family DECEMBER 23



BENEDICTO ABLANG & wife Tere DECEMBER 27

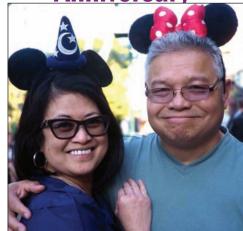


TITO DELEON with wife Elsa & children JANUARY 4



GILBERT and AIDA GARRUCHO 34th Wedding Anniversary December 26

## **Anniversary**



BERNADETTE and LEO ABUCAYAN 34th Wedding Anniversary December 12



LIZA and MIKE VALENTINE Wedding Anniversary December 30



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## Filipino American Veterans Association



BY CHAPLAIN DALE ESPERANTE

#### **NEWLY ELECTED OFFICERS**

An election was held on 1 December 2017. Congratulations to the following: President .....Dick Weitzenberg Vice-President.....Fortunato Delacruz Secretary.....Jose Gonzalez Treasurer.....Elizabeth Velasco Auditor.....Alexander Cheng

**Directors:** 

Personnel.....Pete Delacruz Ways and Means.....Fernanco Tancioco **Education and Welfare....Bill Versoza** Social Activities.....Olive Jackson

Immediate Past President......Fred Aquino

Congratulations again to all the above officers especially President Dick Weitzenberg. This will be his fourth term as president of FAVA. He served consecutively as president for years 2004-2007. He served as president again for years 2016-2017. He has been reelected to serve as president for years 2018 - 2019.



The newly officers and members of the Filipino American Veterans Association Inc. for 2018 - 2019

#### **CHRISTMAS PARTY**

very year since the inception of the Filipino American Veterans Association, Inc., its Christmas party had always been held in the evening. This year, the celebration started in the afternoon of December 2nd at 2 p.m.

President Dick Weitzenberg welcomed all who came, followed by the auxiliary chaplain's invocation. Everyone enjoyed the tasty meal catered by Rosalie Crandall. Desserts for the kids consisted of cake and sweets, while desserts for the adults included bibingka, leche flan, and tupig (an Ilocano bibingka wrapped in banana leaf). Coffee, beverages, cookies and treats added to the hors d'oeuvres.

FAVA's traditional celebration of Christmas is shared by the members with their children and grandchildren. The FAVA members are grandparents now. Their joy of sharing the fun, laughter, good food, caroling, and gift-giving with their kids and grandkids

made this day so special.

After the feast, Yollie Delacruz invited all the children and their parents or grandparents to gather around for a medley of Christmas carols, starting with English songs with a couple of Filipino Christmas classics squeezed inbetween. Yollie's husband, Ato, tickled the keyboard while Joe Zaragoza blew the trumpet. Before the end of the last song, "Santa Claus is coming to town, guess who walked in the front door? Old Jolly Saint Nick himself came merrily in. The eyes of the little ones widened as Santa









greeted all around with some high fives here and there.

When the last song ended, a chair was conveniently set in the center for all to see, for Santa to sit. As the bearded man sat down, a line of kids helped by the grandparents formed in front of him. Santa asked every child, have you been naughty or nice? Somehow this year, Santa seemed to have seen something nice about all the FAVA kids. Every little one happily accepted an envelope, a candy cane.

a promise that being good will always be answered.

Since Santa still had a world of errands to make, he bade farewell after completing his delivery of Joy to all, promising to follow up with the kids who are still on the nice list next

For this observer, I wonder if Santa and the president of FAVA are one, because they had the same gleam in the eyes. Hmm..



16 Heritage January 2018 | Philippine Fiesta philippinefiesta.net (916) 708-3462 (916) 835-1450

## Filipino veteran, 99, finally gets medal for World War II heroism

BY KEVIN FAGAN

mado Ante was five days into the Bataan Death March when it finally came time to die. He was ravaged by malaria, starved to his bones, his feet swelled up so badly he could no longer walk. Japanese soldiers were bayoneting or beheading everyone who fell behind.

"My friends pushed me into a ditch and I went into the bushes to escape," Ante, now 99, recalled Friday. "There was always fear, always fear. But I had to live. I had to fight.'

And fight he did — hand to hand in the Battle of Bataan that led to the death march, and afterward as a jungle guerrilla for three more years until the Philippines was liberated and World War II ended in the Pacific.

But after all that, it took 72 years for the United States to officially thank him for his service.

That thanks came Friday, one day before Veterans Day, when Rep. Jackie Speier, D-Hillsborough, came to Ante's home in Millbrae and handed him a Congressional Gold Medal — the highest civilian award in the United States, matched only by the Presidential Medal of Freedom.

Marymount

ment complex, where he lives, stared at the large golden disc for a moment, saying nothing. He looked up and smiled at the congress-

"It's heavy," he said.
"Well, you carried

a very heavy load for our country," Speier responded. "I want to thank you."

Ante fell silent again. Then he sighed. "So many sacrifices," he

The medal has been handed out, one by one, over the past two weeks to Filipino vet-

erans of World War II today number only about 18,000, out of the 260,000 who fought in the conflict. As many as half of that country's soldiers and guerrillas were killed in battle, and those who survived have either died or are in their 90s like Ante, or older. About a dozen live in the Bay

Rep. Jackie Speier delivers it to him at his home in Millbrae

The medal is a gesture to help make up for one of the biggest broken promises in American his-

That was the vow by President Franklin Roosevelt that all those Ante, sitting in a chair at the in the Philippines — then a com-Marymount Greenhills retire- monwealth of the United States —



Ante holds the Congressional Gold Medal, the highest civilian award in the United States. Photo: Michael Macor, The Chronicle

who heeded his call to fight alongside American troops there would marine based in the Bay Area, get full military veterans benefits when the war ended. Congress snatched back that promise with the 1946 Rescission Act, and Filipino veterans have been fighting to reverse the betrayal ever since.

In 2009, Congress approved lump-sum payments of \$9,000 to \$15,000 to Filipino World War II vets, but they still lack full medical, pension and other military benefits and have to fight one by one for them. Speier is lead sponsor of a bill in a House subcommittee to make them all eligible, along with their widows and children. But in the meantime, she said, she took pleasure in helping right a bit of the wrong done so many decades ago to the vets by Congress handing Ante his medal.

"When are we going to rectify that Rescission Act of 1946 — when they all die?" Speier said as she watched three of Ante's 12 greatgrandchildren play and eat cup-cakes at his feet. "We have thrown them some pebbles, but anyone who served should get what they deserve. You don't make a promise, and then not keep it.

Ante said he is not bitter.

After the war, he worked as a clerk in New York and then San Frana full career in the U.S. merchant when things got worse. and along the way became a U.S. citizen. He was a competitive ballroom dancer until his 90s — his favorite dance was the tango then moved south to Millbrae to fill out his retirement years. His wife, Josefina, died in 2013, but he has scads of other relatives to keep him company.

"Ît's been a good life," he said. 'I'm lucky. We depended so much on the Americans back then, and when they didn't give us benefits, I thought, 'So what?' We were

Ante, with the help of his 60-yearold son, Steve of San Bruno, had to apply five times to the Veterans Administration until he finally got full benefits in 2007. The medal, he said, makes him "very happy."

Happy is never what he gets when he thinks of the war. He picked up a rifle for the Philippine Scouts army even before the Japanese invaded, and during the Battle of Bataan he fought so fiercely that he was awarded a Bronze Star by the U.S. Army.

Ante and his comrades in both the Filipino and American forces managed to hold off the Japanese long enough to prevent them from spreading farther into the Pacific, but after three months, the 75,000cisco, raised four children, pulled man army had to surrender. That's

The Bataan Death March was one of the most horrific atrocities committed in any war — a forced march of all 75,000 prisoners of war more than 60 miles to a concentration camp. Along the way, anyone who lagged or collapsed was executed on the spot or run over with a truck. Many who asked for water were shot dead. More than 10,000 Filipinos and nearly 1,000 Americans died on

"After I escaped the march and began to fight again, it was hit and run against the Japanese," Ante said. "The whole war — it was scary. I wished it didn't happen. I'm glad it ended."

Cecilia Gaerlan, executive director of the Bataan Legacy Historical Society, watched Ante get his medal Friday. She said the heroics of Ante and his fellow soldiers have nearly been lost to history and hearing their accounts is more urgent than ever as they begin to die of old age.

"The Bataan Death March, the Battle of Bataan — all of that has fallen by the wayside," she said. "It's not even taught meaningfully in the Philippines.

She helped craft an expansion of the state's curriculum that will teach more of the Philippine World War II experience in California's schools, but she said that same effort should be spread around the

"We should not ever forget what these men did," she said.

Ante didn't linger on details of what happened all those decades ago — which is typical, his son

"He never advertises his accomplishments, he just takes what life gives him," Steve Ante said. "He is my hero. A very quiet hero."



Join us on January 2<sup>nd</sup>, 2018 as we celebrate Filipino Heritage Group Night at the Kings game. The show will begin with the celebratory traditional Filipino Dance. Then Raeselle Lao, representing the Filipino Community, will sing the National Anthem. At halftime GDJ Entertainment, lead by DJ Gee, will spin some tunes on the court as his dancers showcase the Filipino Cha Cha. The first 500 link purchasers will be able to redeem OUR FREE Sacramento Kings Filipino Heritage Night beanie by purchasing tickets directly from our link below.

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## Life is unfair

#### BY CIELITO F. HABITO

The rich get richer, and the poor get children," Nancy Birdsall once wrote tongue in cheek in an article on inequality, "Life is Unfair," in the journal Foreign Policy. She noted rising income inequality in the United States, not just because of gains at the top, but more disturbingly, because of losses at the bottom. Evidence of this was the 15-percent fall in average wages of white male high school graduates from 1973 to 1993, and the growing number of men aged 25 to 54 years earning less than \$10,000 a year.

She further noted: "The ratio of average income in the world's richest country to that in the poorest has risen from about 9 to 1 at the end of the nineteenth century to at least 60 to 1 today. That is, the average family in the United States is 60 times richer than the average family in Ethiopia. Since 1950, the portion of the world's population living in poor countries grew by about 250 percent, while in rich countries the population increased by less than 50 percent. Today, 80 percent of the world's population lives in countries that generate only 20 percent of the world's total

Closer to home, income inequality in the Philippines is worse than in most of our neighbors. The ratio of income of the richest one-



fifth Filipinos to that of the poorest one-fifth (known as the quintile ratio) is 8.4 times, against 6.8 times in Vietnam, 6.6 in Indonesia, 6.5 in Thailand, 6.3 in Laos, and 4.4 in Cambodia. If it's any consolation, Malaysia's is 11.4 times.

Some widely lamented unfair realities include how: 1) small farmers in poor developing countries are hurt by the policy environment both in developed countries (such as massive agricultural subsidies) and in their own (e.g., heavier taxation on farm inputs and products); 2) the poor have no access to good quality education, and thereby get left even farther behind by the well-educated rich; 3) small borrowers who need cheap credit the most find it hardest and costliest to access bank financing, 4) the rich can easily afford to take full advantage of the benefits of information and communication technology and use it as an instrument for creating and amassing more wealth, while the technology-starved poor are left behind in the so-called digital divide; and 5) tax systems impose the heaviest burden on the poor and the middle class, while the rich pay the smallest taxes as a percentage of their income. All together, the result is an ever-widening gap between rich and poor.

But such perverse realities need not be inevitable. Neither are inequalities necessarily undesirable. Birdsall noted that within limits, inequality could be economically justifiable, particularly because inequality helps encourage innovation and

Bank points out that there are bad inequalities and good inequalities. Those arising from lopsided opportunities are bad inequalities that society must collectively address. But inequalities that arise from differences in human attitude, effort and initiative, where opportunities are otherwise equitable, are deemed to be "good" (or acceptable) inequalities.

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One could well argue that people who lack initiative should not reap the same rewards as those who work hard and maximize use of their talents and capabilities. I've heard it said many times, mostly by poor peo-ple themselves, that many of the poor "deserve" their fate because they are "lazy" and have low aspirations in life. Some call it a "culture of poverty." Improved equality is better pursued, then, by ensuring equi-table opportunities, not by redistributing wealth. This means bridging the gap in access to quality education and health services between rich and poor; correcting historically or politically lopsided access to land and natural resources; addressing inequitable access to credit by small and large borrowers; providing a justice system blind to people's social and economic status; and a competition policy that makes sure that big and small enterprises alike play on a level playing field.

These are the unfair things in real life that need correcting. That way, we can ensure that any inequalities that persist are only good inequalities.

cielito.habito@gmail.com



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## Breaking bad diets on Pinoys' poor eating habits

BY DR. KAYCEE REYES

oliday ham, lechon, keso de bola, kakanin, fruit salad. Tell us, have you been naughty or nice with your eating habits this year? If you have been "naughty" as a lot of us might have been, you might want to rethink your choices and start with a clean slate soon.

According to the World Health Organization (WHO), around 16 million disability adjusted life years (DALYs, which is a measure of early death and the possible years of life lost because of disability) and 1.7 million of deaths worldwide are because of low fruit and vegetable consumption. And low consumption of healthy food does not translate to a generation of individuals eating less. Apparently, the number of obese people worldwide has ballooned to a 500 percent increase, from 105 million individuals in 1975 to a whopping 641 million in 2014. And if that is not alarming enough, our country is facing the same dilemma.

The number of obese Filipinos



Diet

has doubled in the last 20 years, from 16.6 percent in 1993 to 31.1 percent in 2013. This huge jump may be attributed to the changes in Filipino's food choices, opting for more fatty or sugary food and choosing lesser vegetables. Higher costs of fresh fruits and vegetables than processed ones, and the lack of nutrition information labels do not help Filipinos choose better food either. And obesity is not just about the scale.

Obesity is a risk factor for a lot of non-communicable diseases (NCD) such as cardiovascular disease, type 2 diabetes, cancers, and respiratory diseases. According to WHO, the possibility of death from these NCD's are 28 percent in 2012, with respiratory illnesses at the highest, and has been increasing in number since the turn of the millennium. Moreover, raised blood pressure and obesity are among the top risk factors of NCD's.

While it is unfortunate that a lot of Filipinos have poor food choices, eating habits can always be modified, and it is always better to start early, and start young. The Department of Health (DOH) is currently working with local government units (LGU) to stop vendors from selling food nearby or around the school perimeter, as it has been found that most food offered by these stalls are high in salt and fat that may be detrimental to children's health in the long run. The Department of Education (DepEd) also has a current memorandum banning all public school canteens from selling sugary, salty, and fatty food to students, such as soft drinks, powdered juice drinks, and deep fried food. For

children, it is not only obesity that is increasing, malnourishment is peaking as well. In the past 15 years, hunger among Filipinos rose from 11 percent in 1998 to 19.5 percent in 2013 according to a survey of Social Weather Station (SWS). This is why food programs such as feeding programs by the Department of Social Welfare and Development (DSWD) exist to help especially those children from low income families to get adequate nutrition.

Moreover, a lot of house bills are in line to address inadequate nutrition in the country, such as milk feeding programs, school feeding programs, and nationwide nutrition programs for schools and barangay health centers. The country's National Nutrition Council (NNC) also works closely with various government sectors and the food industry to increase awareness on the importance of a healthy diet, either through media or through programs to make healthy eating a daily habit.

The government is taking steps to curb the growing unhealthy eating lifestyle of Filipinos with food programs and legislations. The habit of healthy eating, however, starts with you. Taking time to prepare your own food, rather than buying fast food, will reap major health benefits in the long run. And contrary to belief, buying your own fruits and vegetables and preparing them yourself may even be more cost-efficient than say, eating a salad from a restaurant. If you are not sure where to start, consult a nutritionist and find out how to manage your diet. While it is best to start early and start young, it is still better to make healthy eating a habit today rather than tomorrow.



BY NANCY CRISTI BAUTISTA

The following do not have definite scientific proofs behind them. They are just guides or tips to remind us how to live healthy, easily, and happily. By following just one of these everyday may bring positive outlook in life.

#### 1. Red Foods

Eat and drink red foods. They are good sources of lycopene, and anthoxyanin, which are oxidants that are shown to help protect against cancer of the lungs, colon, esophagus, breast and skin. They also have been shown to reduce heart disease risk, protect the eyes, fight infections, and protect against damage from tobacco

Some of these foods are watermelon, cherries, red cabbeets, strawberries, bage,

## 365 GUIDELINES TO LIVE BY

pomegranates, and tomatoes.

. Moving Your Body Constantly Regular exercise is good. However, if not able to do it, just keep on moving your body by carefully brisk walking, and dancing. Do not let your body be stagnant. We have to burn the calories into en-

3. Daily Bowel Elimination

Having a bowel movement everyday could avoid future health problems.

4. Television Watching
When watching TV, get up and move for ten minutes at least every hour.

5. Listen To Your Body

Always listen to your body for any ache or change and get treat-

ment as needed. 6. Sunblock, Lip Balm, And Body Moisturizer

Protect your skin from the sun and other elements by using the above-mentioned daily.

7. Dancing

Go dance\_ \_even in your own house or by yourself.

8. New Thing

Learn a new thing, hobby, or any, everyday\_\_\_starting today. . Old Friend

Get in touch with old friends. 10. Hot Beverages Drinking hot beverages could melt some sludge in the digestive system.

New Activity

Learn a new skill or activity, like a new dance step or a new game. 12. Electronics

Skip the use of a favorite electronic gadget once in a while. Read a book or do board game instead.

13. New Healthy Recipe Learn a new healthy recipe to be

added to your diet. 14. Old Ğrudge

Forgive and forget an old grudge. Get rid of hatred from your heart to let God in.

15. Vitamins

Take your vitamins daily.
16. Old Clothing And Unused Personal iItems

Give away some old, clean clothing and unused good personal items. Other's garbage is somebody's treasure.

17. House Clean Up

Clean up one part of the house, one at a time.

18. Treat Yourself

Pamper yourself once in a while with a massage or a new hair-

19. Increase HDL Blood Level HDL, the good chloesterol, is found in avocado, dark chocolate, and only one daily serving of red

and white wine. Also avoid the

breakdown of HDL by eating anti-oxidant rich fruits.

Strengthenthe leg

muscles,like squats, lunges or leg presses can lift HDL by 19%. They prompt your liver to produce more HDL level in the blood.

Calming deep breaths during stressful times can stop the adrenal glands to use the HDLs to manufacture stress hormones, and therefore will leave plenty of HDLs to protect and heal the arteries of the heart.

20. Nice Words

Say honest nice words to someone aside from your family.

21. Negative Remarks

If possible, ignore negative remarks from you or from other people. 22. Walks

Walk at least ten laps inside or around your house everyday. 23. Tumeric

Add tumeric in your cooking. It has anti-inflammatory properties, helps control knee pains, and psoriasis, and plays a role in the prevention and treatment of Alzheimer disease.

24. Write Poetry or Prose Write something like short sto-



ries, poetry or any phrase. Annoying

People Give a pass on

people who annoy you. 26. Bad Habit

Skip at least a bad habit starting

todav. 27. Špending

Try not to spend anything at least today

28. Puzzle

Work on a word or picture puzzle today

29. New Word

Learn a new word or two today, and write it down for future use. 30. Beets

Beets provide a blood pressurelowering vitamins like vitamin K. vitamin B folate. These are also practically important in pregnant women.

31. Praise Yourself

Praise and reward yourself quietly on even the small thing you have done for yourself of to oth-

Happy Reading. See You Next

Happy 2018 New Year!

### Jericho to star in directorial debut of L.A.-based Fil-Am screenwriter

BY RICKY LO

The short film, Make You Feel, stars Jericho Rosales as a fisherman named Bong, who is

reality that the fish are dwindling in his Philippine seaside village because of climate change.

After 15 years of working as screenwriter and production manager in various Hollywood projects, Los Filipino-

Angeles-based American Eileen Cabiling, a fellow of the prestigious American Institute Film (AFI), is venturing into directing backed by a multi-awarded creative team.

Cabiling, who has worked as a screenwriter and animation writer-for-hire for Disney's Winnie the Pooh and

nials (co-creator), is directing a major project consisting of a 20-minute short and a full-length feature film.

"The short film is an ambitious international production that is performance, cinematic and choreographically driven," Cabiling told STAR contributor Edmund Silvestre in an interview for Funfare. "The script, which I myself wrote, is about self-value, survival and confronting difficult options."

It will be entered at international film festivals and will serve as a significant part of Cabiling's "financing package as proof of style, vision and collaboration" with award-winning members of her creative team to potential investors, studios and production companies for financing the full-length feature.



faced with the grim Jericho and Los Angeles-based director Eileen Cabiling.

The short film, titled Make Pearl Best Performance You Feel, is about a fisherman named Bong who is faced with the grim reality that the fish are dwindling in his Philippine seaside village because of climate change and overfishing, and his livelihood and family's survival are in peril. Playing Bong is Jericho Rosales who, according to Cabiling, "is a deep



Cannes ho's Palme d'Or nominated action-adventure film Okja. Tolentino edited the movie Transit, the Philippines official entry to the 2014 A c a d e m y Awards for Best Foreign Film. He also has edited fea-

tures that have premiered at Cannes (Death March) and Venice (Blanka).

Award at the 2017 Osaka

Also part of the group are

Bong

Joon-

Jae Hyuk Lee, director of

Asian Film Festival.

Barrozo has collaborated with famous Filipino directors for movies like Zombadings, Aparisyon and The Gifted; and with Brillante Mendoza on Thy Womb, Lola, Captive, Tirador and Ma' Rosa. Her music won Best Original Soundtrack at the 42nd Sitges International Film Festival in Spain for Mendoza's Kinatay; Best Sound and Aural Orchestration at Young Critics Circle for Adolf Alix's Kalayaan; and Best Music at the Metro Manila Film Festival for Joyce Bernal's 10,000 Hours.

Edmund said that Cabiling and her team, who are now in pre-production, continue to gather funds for the project and have so far



Eileen (center) with Jericho and his manager Tita Marines

Discovery Kid's The Terraitalent with a big heart and epic range" recognized with multiple Best Actor wins for films like Baler, Alagwa and Pacquiao The Movie.

The team is hoping to finish the short film in early January next year as soon as Jericho has time to shoot. "The aim is to film the short in January and move onto the full feature by spring or summer of 2018," Cabiling explained.

Joining the team is Cabiling's co-producer Darlene Malimas whose films Aparisyon, Da Dog Show and Señorita were shown in festivals abroad. Malimas' documentary, The Landscape Within, was named Best Documentary at the Chicago Reeling International Film Festival and Best Cinematography at the Byron Bay Film Festival in Australia. Her horror film Bliss bagged the Yakushi raised half of their target.

### Box Office: 'Star Wars: The Last Jedi' soars to \$745 million worldwide

BY REUTERS

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Disney-Lucasfilm's "Star Wars: The Last Jedi" is showing plenty of force at mulitplexes worldwide with \$745.4 million globally as of Sunday.

The North American take has hit \$365 million in its first 10 days as of Sunday with the studio projecting another \$32 million on Christmas Day on Monday - making it the third highest domestic release in 2017 following "Beauty and the Beast" with \$504 million and "Wonder Woman" at \$412 million.

"Stars Wars: The Last Jedi" has totaled \$380.3 million in international box office. It is already the top grossing film of 2017 in both Denmark and Sweden and the fourth highest grosser in the overall European market. The U.K. is the top market with \$67.4 million, followed by Germany with \$40 million, France with \$29.3 million and Australia with \$26.9 million.

"The Last Jedi," which picks up following the events of 2015's Star Wars: The Force Awakens," is so far the 87th highest worldwide grosser of all time, trailing 2016's "Suicide Squad" by \$1.4 million. Rian Johnson directed with Mark Hamill, Carrie Fisher, Adam Driver, Daisy Ridley, John Boyega, Oscar Isaac, Andy Serkis, Lupita Nyong'o and Domhnall Gleeson reprising their roles. It's the final screen role for Fisher, who died a year ago.

Universal's "Pitch Per-



Actors Daisy Ridley and Mark Hamill pose for photographers as they arrive for the European Premiere of 'Star Wars: The Last Jedi,' at the Royal Albert Hall in central London, Britain.

drawing respectably at the domestic box office. But moviegoers are showing little interest in Paramount's "Downsizing" and Warner Bros.-Alcon's "Father Fig-

"Star Wars: The Last Jedi" opened with the second-largest North American launch ever in its first weekend with \$220 million. It faced competition for the first time on Dec. 20, with Sony's action comedy "Jumanji: Welcome to the Jungle," which is leading the rest of the pack with \$34 million at 3,765 sites for Friday-Sunday and a six-day total of around \$64 million.

Josh Greenstein, Sony's president of worldwide marketing and distribution, pointed to the A- CinemaScore as an indication that "Jumanji" is attracting all demographics. "We have incredible momentum as we go into the biggest moviegoing week of the year," he added.

"Jumanji" also opened Sony's "Jumanji: Wel-come to the Jungle" and in 53 international markets, finishing ahead of "Star Wars: The Last Jedi" in 28 fect 3" have also opened solidly while Fox's "The territories. Its top perfor-Greatest Showman" is mance came in the U.K.

with a second-place finish at \$10.1 million including previews.

Universal's "Pitch Perfect 3" took in \$20.5 million at 3,447 theaters and is on track for \$27 million by the end of the fourday period. The threequel brought back the Bellas singing group with Anna Kendrick, Rebel Wilson, Hailee Steinfeld, Brittany Snow, Anna Camp and Hana Mae Lee reprising their roles. "Pitch Perfect 3"also opened with \$9.8 million in 14 international markets.

Hugh Jackman's "The Greatest Showman," a musical take on circus founder P.T. Barnum, grossed \$8.6 million at 3,006 venues during Friday-Sunday. The movie, produced by Chernin Entertainment, opened on Dec. 20 and is on track to take in about \$18 million in its first six days.

"Downsizing" took in a quiet \$4.6 million at 2,558 theaters in its Friday-Sunday debut and should finish four-day frame with \$6.2 million. Paramount paid \$65 million for the near-future comedy in which Matt Damon agrees to be shrunk to five inches in exchange for a better life. Audiences were unimpressed, giving the film a C Cinema Score.

'Father Figures" grossed a tepid \$3.2 million at 3,902 theaters during Friday-Sunday and should add about \$1 million on Monday. The film follows brothers - played by Owen Wilson and Ed Helms - who set out to find their biological father. "The Post," directed by

Steven Spielberg and starring Tom Hanks and Mer-Streep, dazzled with \$495,000 at nine sites for Friday-Sunday. Fox will go wide with the journalism drama on Jan. 12.



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My goal is to provide the best music & entertainment to your satisfaction.



Tradition, friendship, and love...all we could share with you this holiday season. Happy New Year! Dave and Dinnah San Pedro



To All Our Wonderful Friends and Family, we wish you a joy filled Christmas and a Blessed and Prosperous New Year. Carle and Sarah Enloe

# Leason's Treetings.

From the Publishers and Contributors of Philippine Fiesta Newspaper



As we begin the year 2018, we express our precound gratitude to our readership, Dave and Dinnah San Pedro and the PF News staff for giving us this rare privilege to give our account that deeply concerned our Filipino American Community. For more than 11 years we have contributed articles and as many pictorials chronicling important events in our diverse community and beyond. Surely, God willing we will continue such endeavors as our humble participation in our beloved community. We hope everyone has enjoyed the Christmas Season as we wish healthy and prosperous New Year to one and all. MABUHAY! Jun and Faina Abaya



Best wishes from me, my wife, and family this Christmas holiday season! Another year is behind us and may we have no regrets left behind, as we bravely go forward into the new year. May we all be grateful for the blessings, and smile. A Smile will lift you up. The opposite of Smile will pull you down. Here's hoping we all have an uplifting Merry Christmas and a Blessed Happy New Year! Dale and Melita Esperante and grandson Jai'e



Merry Christmas and a Happy New Year to all: Gabriel and Gemma Ortigoza and family



A very Blessed and Merry Christmas to all...Greetings from Nancy and Francis Bautista with their grandchildren: Barrett (6), Chloe (8), and Casey (9) and also from their parents, Cary and Chrissy Hegna and Tom and April Wong.

