





The resurrection of Gloria Arroyo

BY VAL G. ABELGAS

lthough I had expected the fall of Rep. Pantaleon Alvarez and the political resurrection of Gloria Macapagal Arroyo, feelings were mixed upon reading reports that the former president had been elected to replace the Davao congressman as Speaker of the House of Representatives in a coup that overshadowed a fairly decent State of the Nation Address by President Duterte.

I could have rejoiced with the knowledge that the wings of the high-flying, power-hungry Alvarez had been clipped so mightily you could hear the thud when he fell to the ground. Alvarez, who created a lot more enemies than friends in his two-year stint as leader of that chaotic chamber, was ousted by a vote of 184 House members with 12 abstentions. It was so overwhelming and the coup so decisive, Alvarez opted to be away from the session hall when it happened.

Alvarez brought the downfall on himself after having been so obsessed with power, he acted and spoke like he was the president. He was indeed the alter-ego of the feisty Duterte in the Legislative Branch but in the end,



Gloria Macapagal Arroyo

even his friend could not do anything to save him.

Alvarez' downfall started when he elected to feud with the President's daughter, the equally feisty Davao City Mayor Sara Duterte-Carpio, who vowed to bring him down and indeed was reported to have led the House uprising from her throne in Davao. Alvarez had allegedly told reporters that Sara was feuding with her father and that she had formed her Mindanao political party without Duterte's blessing. Now, even his chances of being reelected to his seat representing the first dis-trict of Davao del Norte has become dim, while Sara's political might appeared to gain foothold in preparation for a run at national politics possibly next year.

started compiling enemies in the lower chamber when he pres-sured lawmakers belonging to the House supermajor-ity to vote in favor of the re-imposition of the death pen-alty and threatened removal from their leadership position. Among those he ousted was Arroyo, who was then a deputy speaker. Although an ally and known Duterte supporter during the presidential campaign, Arroyo

rejected the re-imposition of the death penalty and wouldn't budge to Alvarez's threats.

But talks of a possible coup came as early as March 2017 after Alvarez filed a graft complaint against his longtime friend, Davao del Norte Rep. Antonio Floirendo Jr. (second district) over the Tadeco land deal reportedly after a spat between their mistresses. Apparently, Floirendo, Duterte's biggest financial support-er during the campaign, had his revenge.

Alvarez steered the House to become Duterte's persecution arm as it went after the administration's most severe critics, including Sen. Leila Lima, Vice President Continued on page 2

Abu Sayyaf behind Basilan explosion - AFP

BY FRANCES MANGOSING

The military claimed Tuesday that the suspect behind the explosion in Basilan that left at least 11 people killed belonged to the group of Abu Sayyaf leader Furuji Indama.

"Based from a conver-sation with Wesmincom commander Lt. Gen. Arnel dela Vega, this person whose name or identity

Continued on page 3



Men carry the remains of a victim after a bomb exploded in a van at a military checkpoint in Lamitan, Basilan

Failed assassination: Gunman is antidrug cop Bodyguards of Cebu village dad, who survived attempt on his life, kill assailant – a policeman



TARGET The vehicle carrying Tejero village Councilor Jesselou Cadungog, a P3-million Toyota FJ Cruiser, was cordoned off for investigation.

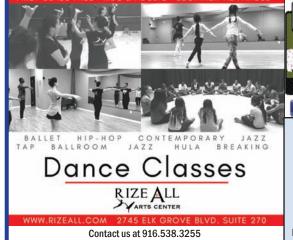
BY ADOR VINCENT MAYOL

CEBU CITY — A village councilor survived an assassination attempt early on Monday and his bodyguards were able to kill one of the assailants - an antidrug police officer.

An accomplice of the officer, an antidrug asset, was arrested.

Jesselou Cadungog, village councilor of Tejero, was unhurt and sought the help of Mayor Tomas Osmeña and the National Bureau of Investigation.

Continued on page 3









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Editorial August 2018 Philippine Fiesta

The resurrection of Gloria Arroyo From page 1

Leni Robredo, ousted Chief the country. Instead, the de-Justice Lourdes Sereno and retiring Onbudsman Conchita

Carpio-Morales, using impeachment threats and committee hear-

He immersed himself into so many controversies in an obvious effort to please and show undivided loyalty to his boss

Lately, he pro-Arroyo posed the postpone-ment of the 2019 elections to give way to a plebiscite on the proposed constitutional amendments and a shift to federalism, which led many to claim that Alvarez was worried about his reelection chances. It was his first sign of weakness in an otherwise solid-looking hold on the Duterte coalition.

It was definitely good riddance, but there is not much reason to rejoice. A known political manipulator with a dubious record as national leader is taking his place.

She was the beneficiary of the second People Power Revolt at EDSA to oust a sitting President who had survived an impeachment trial. But there were reliable reports that Arroyo, with the help of her husband Mike Arroyo, had been plotting a coup against President Joseph Estrada in connivance with some AFP generals several weeks before the EDSA Revolt.

No stranger to coups, Arroyo herself was the subject of four coup attempts by disgruntled military officers, and was nearly ousted by massive protests following the "Garci" scandal where she was caught on tape instructing Comelec Commissioner Virgilio Garcillano to ensure a million vote victory over the late actor Fernando Poe Jr. in 2004.

And so, she was just being true to herself when she connived with ranking lawmakers in plotting a coup against Alvarez that would put her back within a few breaths away from the presidency again.

Here's what I wrote about Arroyo in the closing months of her nine-year presidency ("The Lost Decade," January 4, 2010):

"Some Filipino business-men call it the "lost decade," the first 10 years of the third millennium that was characterized by scandals, graft and corruption, political violence and intense political divisiveness that, in turn, resulted in lost opportunities for them and more difficult conditions for the Filipino people. "It was a decade ushered in

by hope and ended in despair for millions of Filipinos, who had hoped early on that the ouster of an immoral and inept president and the crowning of a new face in Malacanang would start a glorious era for cade was marked by disunity, decadence and despair.

'Many Filipinos had hoped that the ouster of President Joseph Estrada and the rise of an untested, but promising Gloria Macapagal Arroyo would finally put the country on the path to economic recovery. Arroyo, after all, had promised in

her first State-Of-The-Nation Address (SONA) to pursue job creation, education, housing and food security as the central points of her promised war against poverty. She even towed along three impoverished Payatas kids who, she said, had launched paper boats that contained wishes for jobs for their parents, food on their table and roof on their heads. The paper boats were supposed to have landed in Malacanang.

"But one could see that beyond the dramatics was a clear shade of hypocrisy, because none of the four goals of her administration was ever accomplished. Instead of the Enchanted Kingdom that she promised, one could only see signs of a Disenchanted Population and a Despaired Nation.

"Less than a year into her presidency, which took nearly the entire first decade of the millennium, the true colors of the Arroyo administration surfaced with the Jose Pidal Scandal when her husband, Jose Miguel Arroyo, was implicated in a jueteng pay-off controversy that pointed to a multi-million peso bank account under the name of Jose Pidal. Mike Arroyo was identified as the Jose Pidal, but Gloria Arroyo didn't lift a finger to investigate the matter. Mike's brother, Ignacio Arroyo, later claimed he was Jose Pidal and that he owned the account, as if it made any difference that he was not the presidential husband, but just the presidential brother-in-

"Scandals after scandals rocked the Arroyo administration, but she would just ignore them and ask the nation repeatedly to do the same and

"On December 30, 2003, Arroyo's hypocrisy became even more evident when she promised before the monument of the country's national hero, Jose Rizal, on the day nation commemorated ultimate sacrifice, that would not run for the presidency in 2004, and that she would instead focus on her administration's goals of combating poverty uplifting the lives of the people. The statement, of course, smacked of hypocrisy and many, including this writer, could see it in the usual smirk on her

"True enough, the announcement was just a ploy to hopefully reverse her precariously sliding popularity. And when she thought nobody was looking, she suddenly announced that she would, after all, seek a second shot at the presiden-

cy in the May 2004 elections. "When the protests mounted in the aftermath of the controversy and threatened her presidency, Arroyo showed again another aspect of her personality – her penchant to circumvent the law and impose her will on the Filipino people. She was not just a hypocritical, scheming, callous and dishonest leader, she was emerging as a tyrant.

"In quick succession, Arroyo issued three executive orders that challenged the Constitution - the Calibrated Preemptive Response (CPR) that ordered the police to break up protest rallies, thereby stifling the people's right to peaceably assemble to redress their grievances; Proclamation 1017 or a state of emergency that allowed warrant-less arrests and seizures, resulting in the arrest of several opposition leaders and media personalities and the padlocking of a newspaper; and Executive Order 464 that suppressed Congress's constitutional power to investigate in aid of legislation by preventing high government and military officials from giving incriminating testimony to Congress.

'Emboldened by the passive resistance to these obviously unconstitutional measures and by the Supreme Court's acquiescence, Arroyo would move in the latter part of the decade to circumvent the constitutional limit on her term by pushing for charter change (cha-cha) that would replace the present presidential form of government to a parliamentary one, where she hopes to be elected prime minister for as long as she could hold the loyalty of members of the Parliament."

Do all these sound familiar? Yes, because it is happening all over again. Duterte and Arroyo are of the same mold.

When Arroyo was jailed and later placed under hospital arrest for four years with the filing of plunder charges against her, and with that ever-present brace around her neck, many thought Arroyo was politically dead. But now, she is back!

Only the elevation of former Sen. Bongbong Marcos to vice presidency following a rumored legal victory in his poll protest against Robredo is needed to complete a Duterte-Marcos-Arroyo triumvirate. What else is common with these three aside from their fascist tendencies and disrespect for human rights and the rule of law? Their subservience to China.

Should we rejoice, or should we weep for our country?

We need to listen to our people'

BY GUY CAMACHO

At the launch of Marites Dañguilan Vitug's landmark book "Rock Solid" on July 25, former DFA Secretary Albert del Rosario and Acting Chief Justice Antonio Carpio criticized both Duterte and SND Lorenzana for inaction against China, but instead blaming PNoy for 'mismanagement' of the Chinese disregard of international law.

Regarding Lorenzana's statement, "We won but it is an empty victory," Del Rosario had this to say:

"Let me say that I shudder at what my friend Del appears to be saying.' (When Delfin Lorenzana was the Military Attache and Veterans Administrator at Washington DC, del Rosario was Philippine ambassador.)

"While responsible nations are hailing our tribunal outcome as a milestone to advance international law, rise our own defense minister appearing to now be denigrating an over-whelming victory for the Filipino people.

"What Del appears to be saying is beginning to sound like the Chinese narrative. Del also appears the ruling an empty victory, attacks on our sovereignty.



Defense Secretary Delfin Lorenzana on June 26, 2018 apologized to former Foreign Affairs Secretary Albert del Rosario and Supreme Court Associate Justice Antonio Carpio for his recent remark that the country's victory in the Permanent Court of Arbitration (PCA) in relation to issues concerning the West Philippine Sea was an "empty victory."

to say that our case has nothing to do with the UN..... Our case was decided under UNCLOS, which was a convention of the United Nations. The decision or ruling for the Philippines is now an integral part of international

"We need to listen, not to the Chinese ambassador, but to our people. We need to embrace, not China, but our own country. The President and his men should cast aside their fear of displeasing China.'

Justice Carpio had this to

say:
"I never expected that our defense secretary would call

echoing the propaganda line of China.

'I never expected that our own President will announce publicly that he is setting aside the ruling."

The book launch was attended also by VP Leni Robredo and retiring Ombudsman Conchita Carpio Morales.

Del Rosario congratulated the author Marites Vitug for providing "a great public service by writing this book."

"As our government continues to sit on their hands, this book could serve as a chilling reminder to our government of China's persistent

Editor's Note

As defined, time is the "indefinite continued progress of existence and events in the past, present, and future regarded as a whole" We try to beat time, in most occasions. But what does it really mean when we say that? And can we really beat it?

Dave asked me once, why don't I go to a hairdresser or a beauty salon to get my hair colored. I say, it is not because I'm being stingy. It is because, I feel like, I'm wasting time. At home when I do it, I can get many things done such as doing the laundry and doing other house chores, or being with my children, when they come home to visit

How did I get to thinking about "time"? Lately, I've been thinking about friends getting ill or hearing them and other acquaintances passing. They are either due to chronic illnesses, or being afflicted with incurable diseases such as cancer, or due to fatal accidents. We can't really beat our life ending, but also like managed time, we can make plans to make our life productive, purposeful, and worthy of our existence on earth.

One way or another, as time runs out, so as our life can end. While we can, let's be kind to ourselves, and try to spend some precious times with one another, especially with our own families and close friends. If we have a way, let's not allow time to run out on us, without making good use of them. And let us not allow our life to end without a good fight!

Here is to extend our heartfelt sympathy and condolences to the family of Dr. Fred Aquino. He had been one of the greatest leaders of our Filipino American community in Sacramento. I'll still imagine you dancing on the dance floor during our community events. Rest In Peace Doc!

With life and love. Dinnah San Pedro

Failed assassination: Gunman is antidrug cop

He was riding a Toyota FJ Cruiser when the assailant. PO3 Eugene Alcain Calumba, drove his motorcycle near the councilor's P3million vehicle and opened

Cadungog's bodyguards returned fire, killing Calumba, a member of the Drug Enforcement Unit of the Parian Police Station in the

His alleged accomplice, Michael Banua, a police asset, was arrested.

Twist

The story took a bizarre twist when the Central Visayas police sought to turn the tables on Cadungog, saying it was the village official and his bodyguards who attacked Calumba.

Chief Supt. Debold Sinas, head of the Central Visayas police, ordered the arrest of Cadungog and his body-guards for allegedly attacking Calumba.

Sinas said Calumba was the victim and Banua witnessed the attack on the policeman

Sinas' declaration prompted Cadungong to seek protection from the NBI Central Visayas office.

Why am I the suspect now when I was supposed to be the target of an assassination plot?" he said.

Cops involved

Cadungog comes from a village being monitored for drugs.

A gun registered to him had been recovered from SPO1 Adonis Dumpit, who was killed by policemen in Tagbilaran City when he tried to resist arrest for involvement in the drug trade



DEAD GUNMAN PO3 Eugene Alcain Calumba, of the Drug Enforcement Unit of the Parian Police Station, lies lifeless beside his motorcycle after bodyguards of Cadungog were able to fire back when the policeman allegedly tried to assassinate the village councilor.

in Bohol province.

The failed assassination of Cadungog could be the second such case involving a policeman as the suspected assassin.

Early this month, PO2 Melvin Mocorro was briefly jailed in Iloilo City after he was tagged by another policeman, PO1 Dorben Acap, as the one who tried to kill

Acap was suspected of in-

volvement in drugs.
Cadungog said he earlier received a text message saying he would be the next assassination target. This prompted him to change his routine, Cadungog said.

So on Monday, Cadungog said he asked his bodyguards to drop him off near the village hall and he would

But a few minutes after Cadungog was dropped off, two men on a motorcycle drove up to his side, according to one of Cadungog's aides who asked not to be identified for security rea-

Saved from mob

When the aide noticed that one of the men on the motorcycle was pulling a gun, he shot at the man who turned out to be Calumba.

Banua, an anticrime volunteer who was driving the motorcycle, managed to run but village guards and bystanders caught him and beat him up.

Councilor Dave Tumulak, deputy mayor on police matters, who was in the area, said he responded to the commotion.

Banua from the mob and

After Banua was treated, Tumulak said he was bringing the suspect to the regional NBI office when Senior Insp. Joemar Pomajeros, chief of the Waterfront Po-Station, intervened and said Banua should be brought to Pomajeros' office

Tumulak said he was sur-Pomajeros when

Tumulak said he saved brought him to a hospital.

for "recording."

Surprised

prised

Abu Sayyaf behind Basilan explosion - AFP

is not known yet is part of the group of Furuji Indama," Armed Forces spokesperson Col. Edgard Arevalo told reporters at Camp Aguinaldo.

Indama is a Basilan-based Abu Sayyaf leader. One of its previous leaders in the island, Isnilon Hapilon, was one of the terrorists who led the five-month Marawi siege, which left almost a thousand people killed and hundreds of thousands displaced.

A lone van driver detonated a bomb at a military checkpoint in Lamitan City early Tuesday, leaving one soldier, five militiamen and four civilians killed. The van driver also died instantly.

The driver flagged at the checkpoint reportedly appeared to be a foreigner based on a military report but Arevalo said it could not be proven yet, as of

this posting.
"We can't say that this is a foreign terrorist or a



Seven killed in Bulanting, Lamitan suicide bombing perpetrated by a foreign looking bomber.

foreigner driver because he himself was killed in the blast. The personnel who had contact with the driver also died in this incident," Arevalo said.

"This group of Furuji Indama is swiftly losing ground ground so they are now resorting to desperate moves in order to disrupt the mass surrender of Abu Sayyaf members in Basilan," Arevalo said.

spokesperson called on the pubic to refrain from calling the incident as 'lone wolf attack.'

These are speculations. Up to now, the investigation is still ongoing," he said.

The car bomb attack in Basilan happened days after President Rodrigo Duterte said he was open to a dialogue with the Abu Sayyaf to end extremism in the Philippines.

grabbed Banua and brought him to the Central Visayas office of the Criminal Investigation and Detection Group (CIDG).

Why are they doing this? I was the arresting officer so to speak and yet the police got one of the suspects," Tumulak said.

There should have been a proper turnover," he added.

Only witness

Sinas, the regional police chief, went to the CIDG office, talked to Banua and later told reporters that Banua was not a suspect but a 'witness" in the crime.

Sinas said Cadungog was the primary suspect in the killing of Calumba. Calumba. Sinas said, was conducting surveillance operations in Teiero.

Sinas ordered a manhunt for Cadungog. "For now, Cadungog is our suspect. He was the gunman because he owns the vehicle," Sinas

Banua, the police director said, would not face any charge. "I have to protect my only witness in the crime,' Sinas said.

Mayor Tomas Osmeña expressed disgust over Sinas' version of the case.

we know the truth," Osmeña Cadungog was the suspect,

involved in these crimes. I teeth." suspect that is what's hap-

pening in the city right now," he said.

"The suspect here is the police, not Cadungog," the mayor said.

"He was ambushed and now there's a manhunt for him? I don't know what to say. I don't have the answers but I don't like what's happening and the police are clearly the suspect. I don't think they are immune from public scrutiny," he added.

"This is ridiculous. Now If police would insist that Osmeña said police would



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Violent dispersal of NutriAsia workers draws wide condemnation

BY GAEA KATREENA CABICO

anila, Philippines Groups __individuals outraged by the violent dispersal of NutriAsia workers and their supporters, who went on strike due to the condiments distributor's refusal to regularize workers Monday.

According to an alert from rights group Karapatan and labor group Kilusang Mayo Uno, around 300 NutriAsia workers and their supporters were violently dispersed by the company's security personnel and police forces after an ecumenical mass was held outside NutriAsia's factory in Marilao, Bulacan.

"Scores were injured, while many others remain missing," the groups said.

NutriAsia, however, issued a statement also Monday saying violence began around 2:45 p.m. when someone "fired a shot" and "started to hurl rocks" from the side of the 200 workers of Toll Packer BMirk on strike and their supporters.

NutriAsia added that protesters violated a Malolos court injunction issued last Thursday, July 26, ordering the independent workers' union not to obstruct entry and exit ways of the company's plant in Marilao, Bulacan.

A photo of an elderly woman injured during the dispersal is making rounds online, enraging social media users and prompting them to boycott NutriAsia, which manufactures popular condiments.

At least 19 NutriAsia workers and supporters were also arrested, according to the College Editors Guild of the

The violence against Nu-



A photo of an elderly woman injured during the dispersal is making rounds online, enraging social media users and prompting them to boycott products of a popular condiments company.

wide condemnation.

Rep. Carlos Zarate said that NutriAsia management and the police personnel who participated in the violent dispersal should be held accountable.

Kabataan party-list Rep. Sarah Elago denounced "police violence and brutality" and demanded to release those who were arrested.

"KMU condemns the continuing violence against the workers of NutriAsia, who have been on strike due to the management's refusal to implement a DOLE order for the regularization of contractual workers," KMU

KMU also called on the Duterte administration to 'implement its own meager restrictions on the illegal practice of contractualization, instead of siding with management and harming the workers in their legitimate protest.'

The Palace said in May that a complete ban on contractual labor could only be done through Congress.

The National Union of Journalists of the Philippines also denounced the

triAsia workers received attack as two of journalists were assaulted and threat-Bayan Muna party-list ened by NutriAsia security guards and Bulacan police.

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"The assault on and the possible apprehension of our colleagues is a clear attack on press freedom and highlights the increasing dangers journalists face," NUJP said.

Last month, NutriaAsia workers protesting "unjust" termination and years of unfair labor practices were also violently dispersed.

Early in July, the Department of Labor and Employment ordered the company to regularize 80 workers.

In a compliance order issued by DOLE Calabarzon chief Zenaida Angara-Campita in February, NutriAsia and its three contractors—Alternative Network Resources Unlimited Multipurpose Cooperative, Serbiz Multi-Purpose Cooperative, and B-Mirk Enter-Corporation—were prises directed to regularize 914 of their workers.

The order came after DOLE found that NutriAsia and its contractors were violating labor laws and general labor standards, and engaging in labor-only contracting activities.

Sara Duterte meets with Gloria Macapagal-Arroyo, House leaders

BY DELON PORCALLA

Manila, Philippines — Seen to be the new political kingmaker, Davao City Mayor Sara Duterte-Carpio sat down to lunch yesterday with Gloria Macapagal-Arroyo and about 150 administration lawmakers who supported the latter's election as the new Speaker of the House of Representatives.

"It was just a thank you lunch. It's a private social gathering," Arroyo told reporters in a chance interview at the Seda Hotel in Quezon City yesterday.

Duterte-Carpio, daughter of President Duterte, is widely believed to have played a role in the ouster of Davao del Norte Rep. Pantaleon Alvarez as speaker and his replacement with Arroyo.

Negros Occidental Rep. Albee Benitez, chairman of the House committee on housing and urban development, said Arroyo "presided" over the meeting and quoted her as saying: "Let's get back to work. Let's support the legislative agenda of the President."

The senior administration lawmaker disclosed Arroyo assured them there will hardly be any reorganization in the House, Malacañang, however, de-



Speaker Gloria Macapagal-Arroyo greets Davao City Mayor Sara Duterte during a 'thank you' lunch for lawmakers at a hotel in Quezon

based on their original agreement that all positions in the House "would remain with their respective par-

True enough, only a few positions have been shuffled, among them that of House majority leader, which is taken over by Camarines Sur Rep. Rolando Andaya Jr.

Sen. Panfilo Lacson said Carpio and her political party Hugpong ng Pagbabago has emerged as a political force to reckon with "not only in her region but the national political scene as well.'

"The fact that she is being talked about as the architect behind the changing of the guard in the House of Representatives, true or not. says it all," Lacson said.

Reports said Mayor Carpio had called up lawmakers to seek Alvarez's ouster and replacement with Arroyo.

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nied claims of former president Benigno Aquino III that President Duterte himself had a hand in the ouster

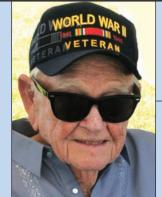
Philippine Fiesta

'No congressman can ever attest to that fact," presidential spokesman Harry Roque

"I don't know where president Aquino got his information but, more or less I am in contact with the President and I can assure you that he did not take any steps to influence either way the choice of leadership in the House," he added. –



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Blast from the past:

is Gloria Arroyo setting herself up to be Duterte's successor?

Analysis: from seemingly nowhere, former Philippine leader has leapt back into the limelight, sparking speculation she could have her eyes on the country's top job - again

BY RAISSA ROBLES

ormer Phildippine lead-Gloria Macapagal Arroyo stole more than the limelight from President Rodrigo Duterte on Monday, after delayhis state-ofing the-nation address by more than one hour. The diminutive 71-year-old made Duterte cool his heels along with hundreds of politicians and business lead-

ers while she was installed nation's top post. The cur- On Monday, Arroyo promas the new speaker of the rent Philippine constitution House of Representatives.

Her bold action will make "the next 18 months very interesting" as she gives herself a political makeover, Earl Parreno of the Institute for Political and Electoral Reforms predicted.

He sees her positioning herself as a potential successor to Duterte. Arroyo could be a strong political contender, running against Duterte's daughter, Davao City Mayor Sara Duterte-Carpio, and former Senator Ferdinand "Bongbong" Marcos Jnr, he said.

Duterte's daughter was part of the plot to make Arroyo speaker, confirmed Congressman Fredenil Castro. The political squabble made Duterte furious, so much so that he threatened to walk out of congress minutes before his address. Senate President Vicente Sotto witnessed the drama and quoted Duterte as saying, "I will just walk out if [the two] don't settle this.

Parreno sees Beijing preferring Arroyo as she has proven herself to be a good friend of China.

Analysts had long written Arroyo off, with her seemingly content to be a kingmaker in Duterte's shadow after backing his presiden-

In gratitude and possibly part of an exchange deal, Duterte helped her political rehabilitation by taking her along on his official trips to China and giving her an important role in last year's Asean summit in Manila.

Few foresaw that "charter change" could be Arroyo's ticket to another shot at the her nine years as president.



The new speaker of the house former Philippine leader Gloria Macapagal Arroyo, was detained for nearly five years until Duterte helped get her released.

restricts presidents from re-election and lawmakers like her to three successive three-year terms or a total of nine years.

But Duterte is trying to change. He has submitted a draft constitution to congress that would set up a federal system of government. Under the latest proposal, former presidents can run again for the top post after 2022 but Duterte cannot.

However, a "transition president" to oversee the change from unitary to federal will be elected upon ratification. Duterte has promised to resign to give way to the transition president, but nothing in the new proposal bars him from running for this post.

First elected to congress in 2010, Arroyo is barred from running again as congresswoman in May 2019 but can run for any other post.

Being elected senator appeared bleak until this week. A new survey by Pulse Asia showed that while respondents had 98 per cent awareness of Arroyo, only 10.8 per cent said they would vote for her as senator.

most Filipinos still had a negative perception of her because of the electoral and money scandals she was embroiled in. However, he pointed out that "people's perception changes fast"

He also said compared to former speaker Pantaleon Alvarez, Arroyo was more capable of delivering Duterte's pet measures, such as charter change and a tax reform package, by "collecting political debt" from lawmakers she favoured in

ised to get Duterte's pet measures approved.

Arroyo has 10 months to change her image. She has a tough job ahead. She is still facing an electoral sabotage case involving the 2004 vote between her and late actor Fernando Poe Jnr. She has been able, though, to get four corruption cases dismissed.

One of the dismissed cases involved a US\$329 million broadband project deal with Chinese company NBN-ZTE in 2007. Arroyo abruptly scuttled it after claims the contract was overpriced. Some Filipino officials were bribed and she knew about it.

In 2011, Arroyo was arrested. Some lawmakers who commended president at the time Benigno Aquino, also voted for her to become speaker on Monday. Due to a spinal problem, she was detained in hospital for nearly five years until Duterte helped get her released.

Her sudden emergence as a major power player has alarmed Senator Grace Poe, the late actor's daugh-Parreno conceded that ter. The family accused Arroyo of cheating.

> History repeats itself, 10 years after Estrada's fall

> Poe warned on radio station DZBB on Tuesday: 'My fellow countrymen, be prepared. You may just wake up and see her as powerful as [Duterte] or taking over as prime min-

Unlike Duterte, Arroyo prefers a parliamentary form of government led by a prime minister and without term limits.

Cayetano: No secret deal with China

BY ANTHONY Q. ESGUERRA

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Foreign Affairs Secretary Alan Peter Cayetano on Tuesday denied speculations that the Duterte administration had secret dealings with China.

'We held no secret meetings. All the meetings are on the record," he told re-

Reacting to calls for transparency on the Philippines dealing with China, Cayetano stressed that all the meetings between the administration and Chinese officials including President Xi Jinping, Vice President Wang Qishan and Premier Li Kequiang



Foreign Secretary Alan Peter Cayetano

were all on record.

"There are no secret deals. We are working out the issues, and principles are being discussed," he said.

Cayetano claimed that it was the Aquino administration that was not transparent with its handling of territorial rows with China.

He said Manila, as a claimant state, will continue to engage Beijing and other members of the Association of Southeast Asian Nations (Asean) to pursue a code of conduct on the South China

3 policemen in kidnap-for-ransom fall, another killed in Taguig

BY GABRIEL PABICO LALU

suspect was killed while three other members of an alleged kidnap-for-ransom group composed of policemen were arrested during an operation of the Southern Police District (SPD) on Tuesday morning.

The SPD named the arrested lawmen as PO2 Joey Maru, PO1 Paolo Ocampo and PO1 Bryan Amir Bajoof. The slain suspect was identified as PO1 Gerardo Ancheta.

According to the SPD, the four policemen barged into the house of a certain Ronielyn Caraecle on Viscara Street, New Lower Bicutan, Taguig City, at around midnight Monday.

They then allegedly took Caraecle's valuables that included two gold watches and signature wallets, all worth P7,000.

The policemen then reportedly took Caraecle and her boyfriend. Samuel, and demanded P50,000 in exchange for their freedom.

The woman's relatives managed to raise P20,000 and handed these to the policemen so Caraecle was freed.

Samuel remained with the group to ensure that the remaining P30,000 would be handed later.

Caraecle sought the help of the police and an entrapment operation was set at a construction site along Tandem Street, Arca South, Western Bi-



Alleged members of a kidnap-for-ransom gang composed of policemen lie on the ground after an entrapment operation in Taguig City before dawn Tuesday.

cutan, Taguig. The operation was led by the Taguig City Police Special Drug Enforcement Unit and Special Operations Unit.

During the entrapment. the rogue lawmen allegedly put up a fight which led to a shootout where Ancheta was killed.

Investigators said the abduction of Caraecle and Samuel was the second by the rogue policemen in a span of a few hours.

On Monday night, they also reportedly victimized a

certain Moreen del Castillo from whom they allegedly also extorted P50,000.

Four pistols with magazines and two extra magazines were recovered from the suspects, who are facing charges of robbery hold-up and kidnap for ransom.

Also, seized from the suspects were P10,600 cash, a watch, three cellphones, and illegal drug paraphernalia. Two sachets of shabu were also reportedly found on Ancheta.



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FCSV Presentation of Scholarship Awards 2018 and First Canvassing of Mrs. Philippines 2019 - 2020

The Filipino Community of Sacramento and Vicinity's Scholarship Award, introduction of FCSV's Mrs. Philippines candidates, and the results of the pageants first canvassing were held on July 15, 2018 at the Jose Rizal Community Center in Sacramento, CA.



FCSV scholarship committees and the 2018 - 2019 scholars (Sheena Corona, Gabriel Aguirre, Erilyn Ramos, Sunshine Hurtienne and Analisa Viloria).



Dr. Tony Solomon, Edna de los Reyes, Leila Pereira, Dr. Amanda Solomon Amorao) Guest Speaker), daughter Arya, Remy Solomon.



Door ticketing with Rose Basos, Edna de los Reyes and Maria Bahoric



The FCSV Mrs. Philippines candidates

(L to R) Cynthia Fuentes Vilma Overton Erlinda Aglubat Minda Wood Lolianne Nanca Susie Gossett





14th Annual My Sister's House

Run for a Safe Haver

Saturday, October 27, 2018

What: 5k run/walk / Kids 1/2 mile race Where: Start and finish at William Land Park at the Village Green area (corner of Freeport Blvd. and Sutterville Rd.) Race Day Registration: 8:00am Kids' Half Mile: 8:30am

Kids' Half Mile: 8:30am 5K Run/Walk Race Start Time: 9:00am Awards Ceremony Begins: 10:00am If you are being abused physically, sexually, emotionally, or financially ... help is only a phone call away.

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- Shelter for abused women and children



Source: gettyimages.com





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Many Chinese companies 'will go bankrupt', if US delivers on tariff threats, court newspaper warns

BY SIDNEY LENG

n an opinion piece published on Wednesday by People's Court Daily, Du Wanhua, deputy director of an advisory committee to the Supreme People's Court, said that courts needed to be aware of the potential harm the tariff row could cause.



An opinion piece in the People's Court Daily on Wednesday, July 25, warned that Chinese courts needed to be aware of the potential harm the US-China tariff row could cause.

"It's hard to predict how this trade war will develop and to what extent," he said. "But one thing is sure: if the US imposes tariffs on Chinese imports following an order of US\$60 billion, US\$200 billion, or even US\$500 billion, many Chinese companies will go bankrupt."

As Chinese courts have yet to have any involvement in the trade dispute, the fact that the newspaper of the nation's top court, ran an opinion piece – for a judiciary-only readership – suggests concerns might be rising in Beijing about the possible socioeconomic implications of the row.

China to speed up US\$199 billion of domestic spending to protect growth during US trade war

Du said the judiciary should also quickly familiarise itself with the possible complexities of such cases, which are probably unlike those they have handled in the past.

"Preparedness ensures success. Unpreparedness spells failure," he said. "Our courts need to look into these possible Chinese corporate bankruptcies as early as possible."

The world's two largest economies have so far imposed 25 per cent tariffs on US\$34 billion worth of each other's imports, with reciprocal duties on a further US\$16 billion of goods expected to take effect soon.

Washington has also threatened to impose 10 per cent tariffs on an additional US\$200 billion of Chinese imports, with Beijing saying it would counter with "qualitative and quantitative measures".

The tit-for-tat dispute escalated against last week when US President Donald Trump said he was prepared to add tariffs to almost all Chinese imports, or about US\$500 billion worth of goods based on last year's trade.

A spokesman for the Chinese foreign ministry said on Monday that threats and intimidation would never work.

While Beijing has not published any forecasts for how the trade dispute might affect China's export companies, jobs or the economy, the commerce ministry said it was monitoring the situation "on a continuous basis".

Huang Libin, a spokesman for the Ministry of Industry and Information Technology, said on Tuesday that there had yet to be any significant impact on industrial output.

"We hear complaints from [Chinese] companies that US clients have requested a suspension of orders and deliveries, but so far it has had only a limited impact on the industrial sector," he said.

Du also wrote that any bankruptcy cases created by the trade dispute would be very different from those involving the liquidation of "zombie" companies – a term used for underproductive and outmoded state-owned behemoths – as several of the firms at risk were promising hi-tech companies.

While he did not mention any companies by name, Chinese telecoms manufacturer ZTE looked recently like it might be facing the threat of bankruptcy after being blacklisted by Washington. The Shenzhen-based company was banned from sourcing essential components from American suppliers after it was found guilty of breaching US business laws. The restriction was later lifted.

Du said in his article that China's hi-tech firms could find themselves paying more for imported raw materials, and if their sales markets were closed off they would soon be on the brink of insolvency.

Under such circumstances, the courts' strategy should be "protecting these companies under the law ... or protecting their overall production capabilities, instead of liquidating and auctioning their assets piece by piece", he said.

Trump administration plans to send billions in emergency aid to US farmers affected by tariffs

Du also called for a list to be compiled of influential companies and investors in different industries that could be called upon to help restructure any companies that find themselves in trouble because of the trade dispute.

Because of the possible socioeconomic implications of the fallout, the government should also provide its full backing to the nation's courts, he said.

"Without the government's involvement and support, these problems won't be solved effectively," he said.

"[And] even though bankruptcy procedures resulting from the trade war won't start immediately, we need to take precautions"

Science Says record heat, fires worsened by climate change

ASSOCIATED PRESS

Heat waves are setting all-time temperature records across the globe, again. Europe suffered its deadliest fire in more than a century, and one of nearly 90 large fires in the U.S. West burned dozens of homes and forced the evacuation of at least 37,000 people near Redding, California. Flood-inducing downpours have pounded the U.S. have East this week.



A man cools off in a water mist along the Las Vegas Strip, Thursday, July 26, 2018, in Las Vegas. The Las Vegas valley is in it's third day of a an excessive heat warning issued by the National Weather Service.

It's all part of summer — but it's all being made worse by human-caused climate change, scientists say.
"Weirdness abounds," said Rutgers Univer-

"Weirdness abounds," said Rutgers University climate scientist Jennifer Francis.

Japan hit 106 degrees on Monday, its hottest temperature ever. Records fell in parts of Massachusetts, Maine, Wyoming, Colorado, Oregon, New Mexico and Texas. And then there's crazy heat in Europe, where normally chill Norway, Sweden and Finland all saw temperatures they have never seen before on any date, pushing past 90 degrees. So far this month, at least 118 of these all-time heat records have been set or tied across the globe, according to the National Oceanic and Atmospheric Administration.

The explanations should sound as familiar as the crash of broken records.

"We now have very strong evidence that global warming has already put a thumb on the scales, upping the odds of extremes like severe heat and heavy rainfall," Stanford University climate scientist Noah Diffenbaugh said. "We find that global warming has increased the odds of record-setting hot events over more than 80 percent of the planet, and has increased the odds of record-setting wet events at around half of the planet."

Climate change is making the world warmer because of the build-up of heat-trapping gases from the burning of fossil fuels like coal and oil and other human activities. And experts say the jet stream — which dictates weather in the Northern Hemisphere — is again behaving strangely.

"An unusually sharply kinked jet stream has been stuck in place for weeks now," said Jeff Masters, director of the private Weather Underground. He says that allows the heat to stay in place over three areas where the kinks are: Europe, Japan and the western United States.

The same jet stream pattern caused the 2003 European heat wave, the 2010 Russian heat wave and fires, the 2011 Texas and Oklahoma drought and the 2016 Canadian wildfires, Pennsylvania State University climate scientist Michael Mann said, pointing to past studies by him and others. He said in an email that these extremes are "becoming more common because of human-caused climate change and in particular, the amplified warming in the Arctic."

Climate scientists have long said they can't directly link single weather events,

like a heat wave, to human caused climate change without extensive study. In the past decade they have used observations, statistics and computer simulations to calculate if global warming increases the chances of the events.

A study by European scientists Friday found that the ongoing European heat wave is twice as likely because of human-caused global warming, though those conclusions have not yet been confirmed by outside scientists. The World Weather Attribution team said they compared three-day heat measurements and forecasts for the Netherlands, Denmark and Ireland with historical records going back to the early 1900s.

"The world is becoming warmer and so heatwaves like this are becoming more common," said Friederike Otto, a member of the team and deputy director of the Environmental Change Institute at the University of Oxford.

Erich Fischer, an expert on weather extremes at the Swiss Federal Institute of Technology in Zurich who wasn't part of the analysis said the authors used well-established methods to make their conclusions

Georgia Tech climate scientist Kim Cobb said the link between climate change and fires isn't as strong as it is with heat waves, but it is becoming clearer.

A devastating fire in Greece — with at least 83 fatalities — is the deadliest fire in Europe since 1900, according to the International Disaster Database run by the Centre for the Research on the Epidemiology of Disasters in Brussels, Belgium.

In the United States on Friday there were 89 active large fires, consuming nearly 900,000 acres, according the National Interagency Fire Center. So far this year, fires have burned 4.15 million acres, which is nearly 14 percent higher than average over the past 10 years.

The first major science study to connect greenhouse gases to stronger and longer heat waves was in 2004. It was titled "More intense, more frequent and longer lasting heat waves in the 21st century." Study author Gerald Meehl of the National Center for Atmospheric Research said Friday that now it "reads like a prediction of what has been happening and will continue to happen as long as average temperatures continue to rise with ever-increasing emissions of greenhouse gases from burning fossil fuels. It's no mystery."

PerryScope ___



BY PERRY DIAZ

The Pied Piper of the White House

in 1284, as the legend goes, the people of Hamelin, Germany, hired the town's rat-catcher, a piper, to lure the rats away with his magic pipe. The piper was dressed in multicolored ("pied") clothing; hence he was called the "Pied Piper." He led the rats out of the town and into the sea where they drowned. When the town's people refused to pay him for his services, he retaliated by using his magic pipe and led their children away as he

Today, the term "Pied Piper" describes a person who talks often convincingly but who leads people into disaster. It is also used to identify a leader whom people willingly follow as he leads them into danger or trouble by means of lies and false promises.

had with the rats.

During the 2016 presidential elections in the U.S., Democratic Party officials labeled the Republican Party's candidate Donald Trump a "Pied Piper candidate." Using his strong appeal to white nationalists and right-wing conservatives, Trump got the nomination of the Republican Party by eliminating his 16 rivals, one by one, in the primaries.

During the general election, Trump used demagoguery to deliver a populist message such as "America First" and "Make America great again!" He also manifested anti-women, anti-immigrant,

anti-Muslim behavior. But to his die-hard supporters, his coded messages stirred their own prejudices.

Massive protests

The day after Trump's inauguration on January 20, 2017, the largest organized protest against him occurred Washington, DC. The protest — Women's March — was

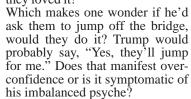
then the largest single-day protest in U.S. history. Protests in various cities around the world were held in support of the Women's March. After that, more protests occurred Trump's immigration against policy, Travel ban, and the controversial Zero Tolerance Policy that forcibly separated migrant children from their families.

As the anti-Trump protests snow- Daily News, showed a cartoon

balled, his base of diehard voters of Trump holdbecame angrier. They turned out in large numbers in rallies Trump organized in cities where his voter base was strong. And in these campaign-like rallies, Trump would excite them using inflammatory rhetoric against the anti-

Trump protestors. He strongly believes that his followers would follow him blindly and remain loyal to him regardless of what he does - right or wrong. Indeed, on January 23, 2016, then presidential candidate Trump caused controversy when he said during a campaign rally in Iowa: "I could stand in the middle of 5th

Avenue and shoot somebody and wouldn't lose voters.' That's how confident he was. Knowing how effective was, he had since repeated the same line over and over again. It A 20-foot orange blimp shaped like a baby in a worked and they loved it!



diaper floats above London.

Faux pas

When Trump visited the Queen of England last July 13, huge anti-Trump demonstrations were held in London and other cities. An



Anti-Trump women's march in Washington, DC.

orange blimp shaped like a baby in a diaper floated above London. It was called "Baby Trump." But what is more surprising was the number of anti-Trump protesters who showed up at the rally. It was estimated that the protesters numbered from 100,000 to 200,000. The British media was particularly critical. One newspaper, the ing Putin with one hand and shooting Uncle Sam with the other hand. It was captioned, "OPEN TREASON."

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The social media was also inundated with postings ex-

pressing indignation and outrage over Trump's behavior in London and during the NATO Summit in Brussels two days before. Trump broke protocol when he arrived 12 minutes late to his meeting with Queen Elizabeth. And when they reviewed the honor guard,

Trump rudewalked in front of The her. Oueen had to walk fast to catch up with Trump and walked by his side, which was the norm. After his visit with Queen at the Wind-

sor Palace, he bragged to reporters that it was the first time in 70 years that the Queen reviewed an honor guard. Certainly, that was a lie.

It's interesting to note that no other members of the Royal Family joined Trump and the Queen for tea. Was it a deliberate snub for Trump who had said, "Britain is in turmoil" and defended Foreign Minister Boris Johnson who had resigned over Brexit?

It was bad enough that Trump made some faux pas during his visit with the Queen; he also criticized Prime Minister Theresa May. He accused her of wrecking Brexit, warning that "she may have killed off any chance of a vital US trade deal," which is a diplomatic taboo to say. He also told May: "Boris Johnson is good friend... He would make a great prime minister," which certainly rubbed May the wrong way.

Helsinki disaster

But the worst thing happened during the Trump-Putin Summit in Helsinki on July 16. During the question and answer session following their press briefing, Trump was asked about the indictment of 12 officers from Russia's GRU, the equivalent of the CIA. They were indicted in the US for allegedly hacking the Democratic Party's computer servers during the 2016 elections. The investi-



Is the Pied Piper of the White House leading the Republicans to defeat in the 2018 elections?

gation that led to the indictment was backed up by US intelligence agencies. But in a stunning rebuke of the US intelligence community, Trump declined to endorse the US government's assessment that Russia interfered in the 2016 elections, saying he doesn't "see any reason why" Russia would be responsible. Standing next to Putin, he then firmly said in no uncertain terms: "I have great confidence in my intelligence people. But, I will tell you that President Putin was extremely strong and powerful in his denial today. He just said it's not Russia. I will say this: I don't see any reason why it would.' Huh? Did Trump just throw Amer-

ica and the American people under the bus?

And when Putin was asked whether he had actively wanted Trump to win the presidency, and if he directed any officials to help ensure Trump would win? Putin's answer to the double question was: "Yes, I did. Yes, I did. Because he [Trump] talked about bringing the US-Russia

relationship back to normal." It was a disaster!

Putin's puppet

The Helsinki disaster triggered a tsunami in public opinion. Waves of Americans vented their anger and displeasure over Trump's treachery. Many called him a trai-

tor, Putin's puppet. How can their . Commander-in-Chief sell out to the country's geopolitical enemy?

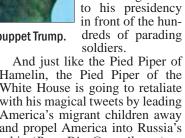
Trump shocked at the reception back home. Although his diehard base remained loyal by delug-ing social media with postings of support, the their rest of the country was thunderstruck!

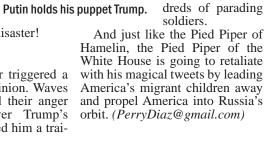
Why? He believed that he had just finished an outstanding performance on world stage. He must have felt that America had disgraced him. How can the American people elect him as president and then abandon him when he needed their unqualified support?

Philippine Fiesta

Now Trump is going to exact vengeance against America for turning her back on him. And what a better way to avenged America's shabby treatment than to find an ally in Putin? So, a few days after his devastating diplomatic fiasco, Trump invited Putin to come to America. He will honor him as his special guest during the military parade he had planned for Novem-

ber 10 to celebrate Veterans Day. which is preceded by the midterm elections on November 6. The outcome of the midterms could lead to Trump taking his victory lap – if he retains majority in Congress — with Putin on his side, or receive the biggest insult — if he loses Congress -







Pied Piper of the White House leads America's migrant children away. (Credit: Daryl Cagle illustration / caglecartoons.com)

August 2018

Has the US forsaken the Philippines?

Why has the US forsaken the Philippines?

Forsaken means "abandoned or deserted". My answer was that I didn't think 'forsaken' was the right word, but the question is worth looking into.

To do this, I'll challenge you to try to see events through American eyes, even if you have never been to the US and no matter what your opinion of Americans might be.

Second, I would ask that you take for a fact that the Philippines is an independent and sovereign state, and is entirely accountable for events that transpire in the Philippines, and for her engagements and reputation overseas. This was established on July 5,

On July 5, 1946, representatives of the United States of America and of the Republic of the Philippines signed a Treaty of General Relations between the two governments. The treaty provided for the recognition of the independence of the Republic of the Philippines as of July 4, 1946, and the relinquishment of American sovereignty over the Philippine Islands. [Wikipedia]

Beyond that clear statement of Philippine independence and sovereignty, however, every engagement between the two nations gets affected by what I will call the Law of Self Interest that determines how each party acts in any situation involving both. Many Filipinos express frustration that the US does not act in Filipino interests, And I ask, why would we expect the US to place Filipino interests over American interests?

The Law of Self Interest:

Any state will place her own interests above those of any other state because that is her lawful and patriotic national obligation to her citizens.

The US government exists to protect and serve Americans, not Filipinos. And the same is true for the Philippines. The Philippines exists to protect and serve Filipinos, not Americans.

If we go back over history, we can think about three events that represent a clear crossing of US and Filipino interests:

*When the US supported President Marcos, then airlifted him to

*When the Philippines evicted the US from bases in the Philippines *Today, as China occupies Philippine seas

Many are critical of America's enduring support for Marcos and the US giving him safe haven in Hawaii. It looks like the US was the one pulling strings. That's not entirely accurate.

America and the Philippines had shared interests at the time: keeping democracy (such as it

was) in the Philippines and suppressing the spread of communism. Both governments were deeply engaged in the effort to stop the Philippine communist insurgency.

And, yes, the US flew Marcos out of the Philippines on February 25, 1986, after American Senator Paul Laxalt advised Marcos to "cut and cut cleanly". But this was done with the permission for safe passage granted by Juan Ponce Enrile, a leader in the opposition. The US did not "save" Marcos over the protests of the Filipino opposition, but with their agreement. [Wikipedia]

If you want to look at the period through informed American eyes, read the entire commentary from the immensely experienced and knowledgeable Richard Holbrooke as he wrote about it in the Washington Post on March 2,

He gives us insights that we can use today. He shows clearly that America is never totally predictable or consistent because she is a democracy. Her policies vary as power politics in Washington DC vary, and as one administration gives way to the next. A political balance is usually achieved after a lot of argument, and the two main parties are almost always at odds. But in this instance, as Holbrooke explains, they were united:

As the end neared, there was a consensus within the [American] administration, across ideological lines, that Marcos could no longer govern effectively. This consensus checked the usual interagency bickering.

Marcos' fall came quickly, before the American right could regroup around an alternative to Marcos, or a catastrophe in Manila could produce second-guessing in Washington and the usual finger-pointing recriminations.

Marcos self-destructed on American television, while Corazon Aquino, after a slow start, captured the imagination of the American public.

The shared US/Filipino core interest, keeping democracy in place, was expressed by Holbrooke as

The U.S., for a change, can share in the celebration. Finally, this country rode in tandem with an ally through its disintegration and came out on the side of the people and their wishes - rather than trapped by history in a suicide pact with a leader who no longer had popular support.

Of course, the central drama was played out in Manila, and it was the Philippine people themselves who brought Marcos down. But it was actions and statements by top American officials that turned the tide finally and irrevocably against Marcos.

Some critics have charged that the Reagan Administration moved too slowly, especially in the early stages, in making clear where it stood; these critics argue now that we were lucky that things didn't turn out badly, given official ambivalence over Marcos. There is probably some truth to this view, but after a policy success of these dimensions, such considerations seem trivial.

The shared core interest of stopping communism, was expressed by Holbrooke as follows:

The church is a commanding force in this very Catholic country. In recent years, church leaders expressed open contempt for Marcos, and some priests even flirted with the communist guerrilla movement.

Reading this entire article will help you see the American interests at work at the time with all their arrogance, confusion, democratic bickering, and even good luck.

The American obsession over communism was palpable at the time. But as capitalism entered both the Soviet Union and China in its slow, persistent, greedy way, communism in the Philippines became a domestic affair. And it began to fade of its own destructiveness and impotence. Today, the communist slogans are there, the political righteousness, the street protests, and the provincial extortions and destruction.

. . but the US has largely moved on to a more urgent enemy, global terrorism. Opposition to the NPA rebellion is mainly a Philippine affair these days, presumably with some American intelligence support.

If we move to the Philippine eviction of American bases in 1990, we have a clear statement of who controls Philippine affairs. The Philippines does, as it should be. Was the decision right, or wrong? We need not argue that. But we can say for sure that it defined the limits of American military engagement. It effectively said that the Philippines, as a democratic state that had debated the matter vigorously, did not want American guns, bombs, planes, and troops here.

That attitude persisted for two decades. It was accompanied by a reluctance of presidents prior to Noynoy Aquino to invest in defense, leaving the military starved to the bare bones (an Air Force with no planes, an Army without equipment, a Navy without ships). Furthermore, the bases eviction left America UNABLE (regardless of willingness) to stand in with a proxy defense.

President Aquino began a rebuilding of the Philippine military. Along side of that, he brought the US back by crafting the Enhanced Defense Cooperation Agreement (EDCA) which will give the US limited base installations in eight locations in the Philippines. And he began building closer alliances with neighboring states facing China's aggressive expansion.

But that was then

Today, we have a different American government and a differ-

ent Philippine government. The US is constrained by what the Philippine government wants or does not want. The US has no legal right to meddle in Philippine politics or insert herself into territorial matters that are strictly the purview of the Philippines. The US has a legal right to help the Philippines defend herself, if the respective presidents agree as to how and when application of the US/Philippine Mutual Defense Treaty comes into play. (That Treaty does not mandate automatic mutual engagement.)

The US has the legal right to make sure international seas and skies across the South China and West Philippine Seas remain open to free passage.

Reflect back on the overriding strategic interests that drove the Philippine American engage-

ments in the Marcos years: promote democracy and stop the spread of communism. The two nations were in agreement.

Today, those mixed (or crossing) interests might be expressed as

establish peaceful Philippines: relations with China, stop domestic rebellion, and stop global terrorism and Muslim unrest in the Philippines.

United States: maintain open seas and skies, promote democracy, and stop the spread of global terrorism.

They are not totally aligned with respect to China, or the promotion of democracy (today the Philippine 'State' is diminishing the authorities and independence of democratic institutions), and Philippine support for EDCA bases appears begrudging under Duterte.

The US is in an awkward position. She must respect Philippine choices even if she disagrees with them.

The dilemma was expressed clearly during a recent comment by US Secretary of Defense James Mattis when he was asked if the US would respond militarily if the Philippines were attacked by China. He equivocated. He did not say yes and he did not say no.

When we have discussions on these matters, the reason why public figures do not want to give specific answers is that these are complex issues...To simply turn it into a military and non-military response is short-changing the issue. . . . This is what diplomacy is all about, taking contrary perspectives and finding common ground . . ." So the matter is clear. There are contrary perspectives.

I would imagine there is some serious debate going on among four parties: US military leaders, Armed Forces of the Philippines (AFP) leaders, and the Duterte government. I suspect that in the back rooms of the Duterte government. Chinese officials are whispering advice that probably sounds a lot like orders.

These matters come into focus if we look at Scarborough Shoal, a strategically placed ring of rocks that, if developed and militarized, would give China a lock on the South China and West Philippine Seas. It would also seal off Subic and be within missile range of Manila.

Scarborough, under President Aquino, (according to a source I deem reliable) had been jointly agreed to by Philippine and American authorities as a "Red Line". China would not be permitted to develop the shoal, even if it led to armed confrontation. The US would defend Philippine vessels and troops if they were attacked while enforcing Philippine territorial rights.

Now, under a different Philippine government, the Philippines may have backed out of that 'Red Line" agreement. Or maybe it is just being argued. I have no idea what is going on in the back rooms today. But I believe that is the kind of "diplomatic issue" that Secretary Mattis was referring to. The US and Philippines may have 'contrary perspectives' today on Scarborough. And other matters,

The US can defend international waters. But . . . when it comes to Philippine seas and rights . . . the US is powerless to do what the sovereign Philippines is unwilling to do herself.

The US has not forsaken the Phil-

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Philippine Fiesta

Fil-Am at the California State Fair

For more than 160 years, the California State Fair has been showcasing the best of the best. Individuals and commercial producers show off their talents in a variety of competitive exhibits from baking to wine making to fine arts and more!



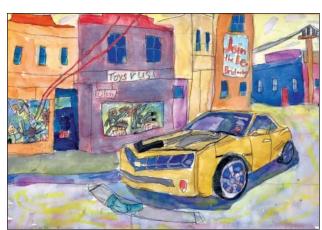
Colin Diep with his Fleeing Monolophosaurus in watercolor

The July 2018 California State Fair in Sacramento Art Competition of different age categories announced the winners. Top among the winners is 7year old Colin Diep's watercolor painting "Fleeing Monolophosaurus" who got the Best of Class Painting award for 5-9 age category. He unseated big brother Ethan, who won the same award in 2016 and 2017 State Fair.

However, this year 9year old Ethan's watercolor painting "My Driving Dream" won First Place in his age bracket. Another watercolor art painting by Colin, "Underwater Bullies" also won Second Place. The proud parents are Sean and Eloise Diep of Gilroy, California. Congratulations!



Colin and brother Ethan



My Driving Dream in watercolor by Ethan



Photos by Rick Garci







Members of the Sinag-tala touring ensemble performed different variety of Filipino dances and song at the California State fair on July 14, 2018.



American Legion Magellan Post 604 and Auxiliary Unit 604 Installation of Officers 2018 – 2019

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BY DALE ESPERANTE

Time passes by. Yet time after time, the members of these organizations (Post and Unit 604) should feel blessed about their significance to the community of veterans and civilians. The youth of yesteryears is now the elders of today. It is high time that someone younger and more energetic than the average majority takes over the leadership of Post 604, thank you Commander Marcos Evangelista. It is also an honor to recognize one of the newly elected Directors of Post 604, United States Air Force Staff Sergeant Cheryl Lyn Amaba! As for the leadership of Unit 604, an experienced leader is a stabilizing force in its continuity, thank you President Lilia Rivera. Congratulations to the following officers whose installation ceremony was held at Magellan Hall on 15 Jul 2018:

Magellan Post 604

Commander - Marcos Evangelista 1st Vice Commander - Thomas Amaba 2nd Vice Commander - Fred Amper Chaplain - Ato Delacruz Assistant Sgt-at-Arms - Bill Bostock Service Officer - Paul Cordero Director - SSgt Cheryl Lyn Amaba Director - Fred Calindas Director - Andy Tancioco Director- Evelio Versoza

Post Installing Officer: Lionel Williams American Legion 40/8 Grand Chef de Gare Area-1 Membership Chairman

Auxiliary Unit 604

Lilia Rivera - President Olivia Jackson - 1st Vice President Aida Azurin - 2nd Vice President Jocelyn Banag - Treasurer Remedios Mangosing - Sgt-at-Arms Penafrancia Williams - Marshall Nenita Nerona - Director Warnita Avillanoza - Director Victoria Deluso - Director Linda Cordero - Director

Auxiliary Installing Officer: Glenda Šchultz District 6 President

After the installation ceremony, a festive reception complete with a whole litson was available for everyone to enjoy. Instead of lining up for the buffet line, the medical students of The Bayanihan Clinic of U.C. Davis started providing their regular health service of checking blood pressure and sugar level of veterans and guests who made a quick visit to their medical table before proceeding to the buffet table. After the health check-up and once everyone received a generous portion of the buffet menu, five band members of "Victory" began a concert of Journey songs sounding amazingly so true to the original. At first, the veterans just listened and remained anchored to their seats...until a few brave aficionados of dancing started swaying to the music. Soon, even the medical students of the Bayanihan Clinic joined the group line-dance. After the exhilarating dance number, one veteran jokingly asked the medical students if his blood pressure should now be rechecked for possible elevated level.



The American Legion Magellan Post 604 with Post Installing Officer, Lionel Williams



The Auxiliary Unit 604 with District 6 President Glenda Schultz



South Sacramento in the late 1940s.



Victory Band



The Bayanihan Clinic of UC Davis



Festive buffet with Post and Unit 604 members

Worthy Grand Knight of Columbus

BY DALE ESPERANTE

n Installation Ceremony by the Worthy Knights of Columbus's (KofC) Bishop Armstrong Council 4443 was officiated on 19 Jul 2018 at St. Charles Borromeo Parish's school gymnasium.

Congratulations to the following:

Grand Knight Jesse Cheguina--Deputy Grand Knight Bernard Joseph--Chancellor Jerome Cheguina--Warden Audi Cerezo--Recorder Leonard Roe--Financial Secretary Bruce Smallwood--Treasurer Don Snow--Inside Guard Daniel Myrthel, Outside Guard Robert Cushing--Advocate & Lecturer Bobby Catris--1st Year Trustee Jack Fontes--2nd Year Trustee Ruebin Manguia--3rd Year Trustee Mike Amparan. Installing Officer and Worthy

District Deputy of 6 Councils: Mike Amparan.

Worthy Marshall: Don Snow. Invocation and Blessings: Father Oscar Gomez-Medina Closing Prayer: Father Alex Estrella

The Knights of Columbus is the largest Catholic Fraternal Service Organization. There are 1.9 million members around the world. Pope John

Paul II referred to the order as the "strong right arm of the church" for their support of the church as well as for their philanthropic and charitable efforts. (Source Wikipedia)

Newly installed Grand Knight Jesse Cheguina now holds the top leadership position of KofC's Bishop Armstrong Council # 4443. He has been a dedicated member of the Knights of Columbus since

He is devotedly married to Myrna Pineda (Banag) Cheguina, of Capas, Tarlac, Philippines. Mr. and Mrs. Cheguina are blessed with two sons and 4 grandchildren. St. Charles Borromeo has been the family's parish since 2006. Grand Knight Jesse is also a military veteran having retired from the United States Army where he served 22 years.

Congratulations again to all the newly installed officers of the Knights of Columbus' Bishop Armstrong Council No. 4443!











Grand Knight Jesse Cheguina



Advocate and Lecturer Bobby Catris



Deputy Grand Knight Bernard Joseph being installed. Behind him is Grand Knight Jesse's son Jerome who was installed as the Chancellor.







Hawaiian Style

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Knights of Columbus Luau dinner at Good Sherperd Hall with the Filipino community on July 21, 2018. Wearing their favorite Hawaiian shirts and dresses with Doctor Tony and Remy Solomon, Aida Azurin, Leila Pereira, Mildred Go, Edna de los Reyes, Estelita Discipulo-Avera, Ling Alejo-Avera, Mercy Guerrero and many others.



Bobby and wife Edna de los Reyes in a traditional Hawaiian attire.



Benjie with wife Tess, children, grandchildren and friends, as he celebrated his 77th birthday on July 23rd at his residence in Elk Grove, CA.



Angelo Mercado's 16th Birthday

On July 22, Angelo (R) celebrated his 16th birthday with family and friends at their residence in Mountain House, Tracy California.







3 & 12 Celebration

Christopher Leon Ancheta Erespe and young miss Christal, a double celebration given by their parents, Len and Lito Erespe on July 28, 2018 in Elk Grove, California.

Filipino American Veterans Association, Inc.

Filipiniana 2017 & Scholarship Awards Dinner & Dance



Saturday, August 4, 2018 $\,/\,$ 6:00 pm - 11 pm Happy Garden Seafood Restaurant 5731 Stockton Blvd., Sacramento, CA 95824 Attire: Barong / Filipina Dress Donation: \$40.00 per person Contact - Olive Jackson 916.262.6273 Bill Versoza 916.927.7829 / Melit Pangalinan



Calendar of

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Maharlika Lions Club **25TH ANNIVERSARY** 6 pm Dinner / Formal \$55 per person Hilton Arden West Lyn 916.798.4423 Vickie 916.524.3452



OCTOBER 27, 2018 (SAT.) My Sister's House 15th Annual

Run for a Safe Haven Race day registration - 8:00am William Land Park corner of Freeport Blvd. & Sutterville Rd. Register at http:

//www.runforasafehaven.com



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DEIDRA SAN PEDRO and Dad Dave AUGUST 7





AUGUST 25, 2018 (SAT.)

2200 Harvard St. Sacramento, CA Myrna 916.505.1421



NAP DELEON and wife Ginnie AUGUST 10



JAY PAULAR AUGUST 9



HENRY BAMBAO and wife Tina AUGUST 20



VIC DUADICO with wife VIIa & grandson JULY 28



VIDA GWEN & BILL CARLOS AUGUST 8 and AUGUST 30



CAROL MUNAR & hubby Melchor



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365 Guidelines To Live By

The following do not have definite scientific proofs behind them. They are just guidelines or tips to remind us how to live healthy, easily, and happily. Get medical approval prior to the medical applications. By following just at least one of these everyday may bring positive outlook to life.

August:

1. Temper: Hot weather could exacerbate hot tempers. Chill.

2. Homemade Exfoliate/ Scrub:

For hands, legs, etc, the following food mixture is Mix, apply, cover and refrigerate the leftover.

- 1 tablespoon honey
- 1 tablespoon brown sugar
- 1 tablespoon olive oil 1 tablespoon oatmeal 1/4 cup yogurt

3. Old newspaper:

Place old newspaper underneath the chopping board to avoid scratching the counter, to prevent the board from sliding, and to catch all the vegetable peels, etc. to just gather and throw them in the garbage.

4. Lip Stain:

Lipstick called lip stain is better than the normal lipstick because it does not stain the teeth and does not wear fast.

5. Skin Hydration:

3 liters of water per day is the recommendation for hydrating the skin. Tea is better also than coffee because it dehydrates the skin.

6. Right Tools:

Shorter time and easier task can be achieved by using the right tools for each prob-

7. State Fair:

Check with the guidelines of the event if water and ice are allowed to be carried inside. If so, bring drinking water in plastic bottles, some are frozen and some are just cold. You could save about \$3.50 per bottle.

8. Diseases Coming Back: According to Breibart report, there are 6 currently diseases that have comeback:

- a. Tuberculosis
- b. Measles
- c. Whooping Cough or Per-

tussis

Food:

d. Mumps

e. Scarlett Fever or Scarletina f. Bubonic Plague {from in-

fected fleas } 9. Natural Body Detox

Lorraine Brocco of " Naturally Detox Your Body" January 5,2017 said,"These foods will give your liver a helping hand so that it works at peak efficiency all the time to keep you clean

- from inside out" a. Apples
- b. Artichokes
- c. Asparagus d. Avocado
- e. Basil
- f. Beets
- Brazil nuts
- Broccoli
- i. Brussel sprouts Cabbage
- k. Carrots
- 1. Cauliflower
- m. Cilantro n. Collard greens
- o. Dandelions tea
- p. Fennel
- q. Flax seeds

s. Ginger

- t.Kale
- u. Lemons v. Olives
- w. Onions
- x.Parsley y.Pineapple
- z. Spinach
- aa.Turmeric
- bb. Walnuts cc. Watercress
- dd. Wheat grass

10. Carbon Monoxide:

Install carbon monoxide alarms in the houses. If a rotten-egg odor is smelled inside the home, contact the fire department right away. A lot of times, this particular odor is caused by a faulty furnace. Also, do not warm the car in the garage, even with the garage door open.

11. A New Word Per Day: Teach the children at least one new word a day and keep a record of them. The older kids can use a dictionary to look for the spelling and the meaning of the words. Compile them in a notebook so that words can be reviewed often. This is more beneficial than just referring to a computer. This could be applicable to adults

12. Flax Seed Smoothie: Here is a personal recipe that is healthy and delicious: In a blender, mix to desired consistency

1 up fat free milk

a handful of blueberries or strawberries

1/2 ripe banana

1 teaspoon flax seeds

August 2018

- 1 teaspoon sweetener
- 2 ice cubes

13. Retirement First Step: Consider paying off all

14. Homemade Exercise: No need to go outdoor like the gym to exercise. Receive Vitamin D under a morning sun by the window inside the house. Spend about 15 minutes doing calisthenics, cardio exercises, indoor walking, stair exercise, weight lifting to some, and/or dancing. Of course, these should be under the phyician's advice.

15. Splinters:

Try a paste of baking soda with a little water to pop the splinter out.

16. Upset Stomach:

For upset stomach, try any of the following foods:

- 1. Banana
- Papaya
- White rice 4. Applesauce
- 5. Ginger
- 6.Chamomile tea
- 7. Yogurt
- 8. Oatmeal
- 9. Chicken broth

17. Birds And Thunderstorm:

Birds flying low means thunderstorm is coming because falling air pressure causes pain in birds ears.

18. Airplane Mode:

Airplane mode is used in an airplane when it is flying to first.

BY NANCY CRISTI BAUTISTA

cut off the cellular activities that could interfere with the airline communications, but still can use its other services.

19. Clams and Alzheimers Disease:

According to Matt Kaeverlein, PhD, University of Washington, clams live 500 years with beating heart. And, according to Dr. Steven Austad, clams do .a better job in protein aggregation. He also added that in some human diseases, particularly brain diseases like Alzheimers and Parkinsons disease, brains are occupied by these clumps of protein called plaques and tangles. Tests showed that when we place human tissues in the clam soup, it refuses to aggregate and refuses to form these clumps. He also said that he thought that this may be a treatment for many diseases.

20. Donuts:

Enjoy a healthy donut by eating only half of a plain baked donut.

21. Stored Foods:

Have the habit of using up some stored canned goods or refrigerated/frozen foods at least once a week, like, maybe at the end of the week, using the older foods

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Memorial for Henry C. Arcangel

BY DALE ESPERANTE

n 25 Jul 2018, at the Smith Funeral Home, at 116 D St, Davis, CA, the American Legion Magellan Post 604 1st Vice Commander Tom Amaba started the Legionnaires' memorial for his good friend, Henry C. Ar-

After Tom, the Magellan Post 604 commander, Marcos Evangelista entered the memorial parlor with the chaplain (this writer), followed by the Color Detail. The Color Detail posted the colors. The Legionnaires saluted the Star-Spangled Banner as the sound system played Taps.

Commander Evangelista addressed the mourners and said, "Another Legionnaire has been called to the High Command and has gone to report to the Commander of us all." The chaplain then read a Legionnaire prayer concluding with this paragraph, "Until for us also the day breaks and the shadows flee, grant us so to live so our lives may honor the Le-



Henry C. Arcangel

gionnaires who have gone before us. Together we may come to the city which You have prepared for those who love You and keep Your commandments. For Your own name's sake we pray. Amen."

To conclude this ritual, all Legionnaires present at the funeral service formed a single line behind the commander facing their repose comrade, Henry C. Arcan-

One by one, the legionnaires paid their last respect by rendering a Post Everlasting salute to their fallen comrade. A Post Everlasting Salute requires a sharp

ascending motion with the right hand, and a slow respectful descent of the same hand before resting the hand at ease. After the salute, the Legionnaires left the funeral parlor in single file with dignity.

It is with great sadness that the family of Henry Carino Arcangel (born October 21, 1940) announces his passing on Thursday, July 19, 2018, at the age of 77, at home and surrounded by family and friends. Henry will be lovingly remembered by his wife of 53 years, Linda, and his children Phillip (Raquel), Lori (Doug), and Lynne (Jacques).

Henry will also be fondly remembered by his grandchildren, Malaya, Luke, Rebecca, and Phoebe, and by his brothers, Cesar (Linda) and Jimmy (Ruby). He will also be remembered by his American Legion Magellan Post 604 comrades and friends.



Chaplain Dale Esperante waiting to enter the memorial parlor. Finance Officer Joseph Ventura standing behind the commander.



Commander Marcos Evangelist and The Legion Auxiliary Unit 604 Ladies: Bella Anderson-Nidoy, Malou Amper, Lita Calindas, Mercedes Descargar, Edna Tancioco.



Fil-Am WWII vets honored in LA congressional medal ceremony

BY ALBERT BATACLAN

LOS ANGELES Though some are frail in body — all 24 of the Filipino awardees, 8 of whom are some of the last living veterans of WWII, beamed with pride as they finally received the recogreceived the recognition they waited 75 years for: the congressional gold medal for their service in the United States Armed Forces of the

Far East.

Retired major general Antonio Taguba, chairman of FilVetRep, one the highest ranking Filipino American military officials —and one of the key players, who fought for the veterans to receive the honor, handed the medals to the awardees and their survivors.

He said although the wait was long, it still left a huge impact in our history.
"It's never too late. There

is never a statute of limitation that says recognition, right there, it perpetuates itself." honor and dignity stops

The Congressional Gold Medal is an award bestowed by the U.S. Congress and is one of the highest civilian awards in the United States.

On December 14, 2016, President Barack Obama signed the Filipino Veterans of WWII Congressional Gold Medal Act of 2015 into law-essentially nullifying The Rescission Act of



Retired Major Gen. Antonio Taguba handed the medals to the awardees and their survivors.

1946, signed by then-President Harry Truman (which retroactively annulled recognition benefits that would have been payable to Filipino troops for their military service under the United States, during the time that the Philippines was a U.S. territory and Filipinos were U.S. nationals).

Art Garcia, Director of the LA-based organization Justice for Filipino American Veterans said this was just the beginning of the recognitions for the Filipinos vets, and added that advocates are still actively looking for WW2 veterans who are eligible to receive the award.

'We are calling on all the veterans, their survivors or next of kin, they can apply and avail of the medal for the second awarding and we will announce the date before the end of the year"

Active military member and also a veteran private Mark Chiong, was in at-tendance, and said honoring the veterans is important, especially for young Filipino American service men

and women.

When I grow old, I wanna share my experiences to my little ones, telling them that freedom is not easy," said Chiong.

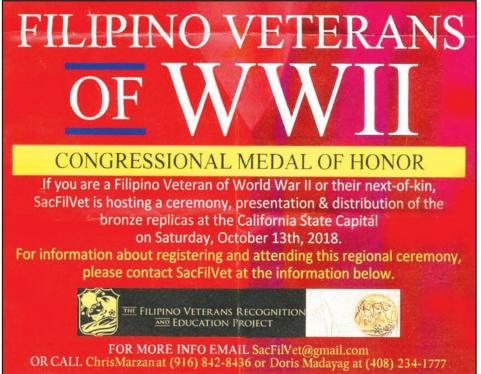
But Franco Arcebal, one the evening's medal recipients said that although he is proud to have received the recognition, he seeks more from the US government to feel full vindication.

" Pakay pa namin na magkaroon kami ng equal benefits as the American service

Stepping stone ito, para gamitin namin na since you recognize our service, you also pay our benefits.

For more information and eligibility requirements for the next round of awards, visit filvetrep.org.

It might have taken 75 years for our veterans to receive the recognition they truly deserve, but tonight, they finally join the ranks of General Douglas MacArthur, Winston Churchill, and even President Harry Truman



To Teach With Love - A Tribute

BY CYNTHIA GARCIA

t was June 1964 - the start as to the kind of teacher he or she of school term 1964-65 in all levels of the educational system in the Philippines. In a classroom, situated at the very end of the ground floor of the high school department building of Southeastern College in Pasay City, a group of about fifty-five impressionable teenagers as first year high school students waited with great anticipation to meet their teachers. I was one of these eager learners that particular school term. Our common thread of wonder was to find out what it would mean to be a high school freshman student.

The four-year period from 1964 to 1968 was the one time-treasured experience as a student that I always characterized as the most exciting and happy years in all of my academic years. My best recollection of my high school years in Southeastern College may be a bit cloudy now but the many fond memories are still there.

The first day of school was usually scheduled as a 'greet and meet day' between teachers and students with a brief discussion on the subject at hand. As customary in those days, classroom seat positions were alphabetically arranged by surnames. More than likely, I was seated on the third row that allowed me a good vantage point towards the entrance to our classroom.

I'm not exactly sure right now whether this distinct memory happened on that first day of school or the next day of that first week, nevertheless it was a fateful moment for me. This image was and still is embedded in my consciousness to this day. By around mid-morning, a young woman waltzed into our classroom in her mild-mannered gait that I had come to know quite well. She was outfitted in a neatly pressed teacher's uniform made up of an above-the-knee-mustard-yellowish shade of skirt and short-sleeved, buttoned-down white blouse with a complementary black pair of low-heeled shoes and a matching handbag. In her arms were her course materials on our next subject - English Composition. Her pleasant demeanour certainly caught everyone's attention.

And so began our journey into the beautiful world of the English language as the entire class was introduced to the former Miss Julita C. Mendoza, now Mrs. Julita M. Blanco, her married name. With that introduction in front of the class, came the sweetest smile that defined grace with youthful exuberance and a quiet self-confidence. She exemplified what the future meant to us - a role model in the pursuit of our own aspirations and ambitions. She embodied idealism. I was in awe of her.

Two of the most common anxieties of a student on the first day of school are a dreadful feeling firstly, would have to deal with every day for the duration of the term and secondly, the requisite subject as set out in the curriculum. Students especially in those days had no choice in the matter but simply to deal with these underlying issuesTo learn both the basics and complexities of the English language is no easy feat for any student. Its structure has a multitude of rules for students to follow and understand. To uphold the standards, the English teacher, given the expertise and thorough knowledge on the subject, must also have the right methods and skills in teaching his or her students all the fundamentals and essentials of this most universal of languages. To properly speak and write it can be a challenge at times.

Miss Mendoza was in her element when we sat in her classroom all those years ago. She wore that feathered cap in every lecture she expertly and patiently gave us. She knew her mandate to teach - she walked her walk and talked her talk. She was more than willing to share her knowledge to each one of us. We were inducted into the mechanics of this universal language and I personally loved every minute of it. She made teaching English, an art. It was truly a rewarding experience all around

Her classroom instructions were always fun and lively because she was quite expressive in her methods. She was never boring or technical and used simple examples to get the point across. It was a classroom of young minds guided by a young mentor who was tireless in managing the planned lecture for the day. We showed great promise as a direct result of her excellent skills in teaching. By the end of the school term, we were better equipped than when we first walked into that classroom back in June. Our continuing education on the English language over the next three years was easier because of the good foundation we received from Miss Mendoza.

The aforementioned words and thoughts and what follows next are my own personal impressions as to how Miss Mendoza's character and style had influenced me from that first moment in 1964 and all through the years. In this context, let this be my LIVING TRIBUTE to her for she is the one person who has been and still is a big part of my life. We may be leading distant lives now having established residences in the opposite ends of the globe but that simply is just geog-

These days, her former students everywhere and anywhere, refer to her as Ma'am Blanco. Some address her as Ma'am Tita while a few are still buoyed by the idea of referring to her as Miss Mendoza. Her lifelong friends call her Tita.

I fondly call her Teach.



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Former Miss Julita C. Mendoza, and now by her married name, Mrs. Julita M. Blanco.



Ma'am Blanco (center) and the Southeastern College Class of '68.

Teach is of the baby-boomer generation. She obtained her Bachelor of Arts in English degree from Santa Isabel College, a private, Roman Catholic College in Ermita, Manila. Her early education was at St. Mary's Academy in Pasay City. She continued her quest for knowledge when she did her Graduate Studies at the Philippine Women's University. Southeastern College was her first teaching job as soon as she got her degree from Santa Isabel. She also tenured at Philippine Pasay Chung Hua Academy and had a stint at Assumption College in Makati City as a high school and college instructor. She enjoyed being a teacher for more than twenty years.

A lifelong resident of Malibay in Pasay City, she has deep roots in the community. She is an active member of her parish church. She is the youngest of three sisters and is very close to her Diche who lives in the same neighbourhood. She is married to a wonderful man and has been in this solid wedded bliss for more than 40 years. Their union is blessed with a son who has two beautiful sons of his own and yes, she is a devoted wife and mother and a doting grandmother among those other things she does quite naturally well.

She is smart, witty, kind and generous with a terrific sense of humour. She is loyal to the core to her friends and is a good listener. An unfailing confidant, a friend can always turn to her for advice. She can be easily provoked to tears due to her sensitive nature but she can also be very stubborn and resolute. She has a forgiving nature – an enviable trait that a few of us try to emulate. She is never judgmental about anyone and always sees the other side of the fence on any given situation. An excellent cook, she finds sheer pleasure in cooking for family and friends especially at certain occasions in her home. Indeed, she is all these qualities and a lot more.

One of her passions is travelling which she had extensively done over the years since her retirement from the teaching profession in the late '80s. She had been in parts of the United States, Europe and Asia and had toured Australia and New Zealand with her bosom friends from her college days. She made a detour to Toronto and Niagara Falls in Canada in 2006 for a short visit when she was in the States rekindling with friends and relatives. She had also seen most of the Philippines and just recently, she expressed her desire over landing her feet on the Island of Batanes, the northernmost province in the Philippines.

There is just no stopping her on what she is more than capable of doing.

One of these things is being able to do what she can for residents in her community who are in need of some form of assistance.

Downplaying any lavish plans concocted by her family and many friends to celebrate her milestone birthday this past July 20th, her selfless nature kicked in once again when she advocated to holding a simple event instead for the residents of The Marillac Hills in Alabang, Muntinglupa City. She embarked upon this endeavour one Sunday to spend time with the

Marillac girls who are some of the most disenfranchised and marginalized sector of the Philippine society. She came with her family's priest friend who officiated the Thanksgiving Mass and her loyal support group bearing catered food as well as simple gifts of amenities to the resident teenage girls. It is truly a testament to the big heart that she is for having the empathy to do what she did for the Marillac residents.

She has her own worthwhile causes that she religiously follows at certain times of the year. She is an advocate for economic justice hence the little things she can do to alleviate the plight of some of the underprivileged members in her community. And however small her contribution is, she does it with no expectations of recognition. It speaks volumes about her innate sense of compassion for everyone. She is a quiet, happy warrior.

I do not at all presume to know everything about Teach. It is not necessary from my perspective. I am merely trying to put into words my admiration for her that stemmed from a day back in June 1964 when I was young and impressionable. Pleasantly enough, that same admiration has remained undiminished considering I am older now and no longer some wide-eyed teenager I once was.

To encapsulate then all that I have written about her, let me say it through these words...

I am joyful for knowing her and utterly proud to be counted as a friend. Our teacher-student relationship had evolved into a trusting and meaningful friendship over the years. It is a bond that had transcended time, distance and place.

I am a grateful heart.

Cynthia Garcia lives in Toronto, Canada



My profound appreciation goes to Dinnah and Dave San Pedro for giving me space and a platform in their Philippine Fiesta publication so I can publicly pay homage to Mrs. Julita M. Blanco,

Acknowledgment:

Cynthia Garcia

my lifelong mentor and friend. This is also a way of celebrating what July 20th means to her entire family, her many friends and colleagues particularly this year and the years to come.

Dave San Pedro is my former high school classmate from our freshman to senior years at Southeastern College. Our recent SEC Class 1968 Golden Jubilee Reunion held in Noveleta, Cavite, Philippines paved the way for me to renew his acquaintance and meet his lovely wife Dinnah, Managing Editor. This is my rare op-portunity to contribute to their pub-

I can never thank you enough, Philip-

18 Lifestyle August 2018 Philippine Fiesta philippinefiesta.net (916) 708-3462 (916) 835-1450



BY GABRIEL ORTIGOZA, PHD

merican influence in the Philippines has been strong even at this time and age. The dream to live and work in United States (U.S.) has been positively introduced and instilled to the minds of the majority, if not all, of Filipinos.

In the 70s when I was growing up in the town of Mlang I was asked several times by friends if I want to see America. My answers were always in the affirmative.

Sixteen years ago I joined my wife in California to start a family. We were blessed with two sons now in sophomore and junior years.

Every summer academic break of my children we spend family vacation in other places in the U.S. or in the Philippines. This year we went to the Philippines for 10 days and did a long drive in the mainland U.S. for 16 days.

Planning is vital to every successful endeavor. Our vacation goals this year were simple: spend quality time with my parents, celebrate my father's 90th birthday in the Philippines, and to drive, see and take family photos at state capitols in our route this summer's U.S. tour.

On 18 June we flew via PAL to the Philippines and came back on the 30th. On 02 July we commenced our journey by land starting from our house in Elk Grove, California. We safely arrived back on the 18th.

Hereunder are the state capitols we

The first target was Nevada State Capitol in Carson. It took us about 2.5 hours drive via South Lake Tahoe. This route was the most challenging of all our routes because of the road situations in mountainous terrain. Nevada is known as Silver State. "Because of the state's abundant growth of wild sage, the state is known as the "Sagebrush State." Nevada is also called the "Battle Born State" because it became a state in 1864, during the Civil War. (Google)." Driving from east to west via Interstate 80 (I 80) was boring, even if the speed limit is up to 80 MPH, due to its barren rocky land without human inhabitants along the national hi-way. Nevada's economy is kept afloat by numerous casinos.

The second target was Utah State Capitol in Salt Lake City. Utah is known Beehive State. "Utah is a western U.S. state defined by its vast expanses of desert and the Wasatch Range mountains (Google)." Utah is also a boring place to drive. Speed limit is up to 80 MPH. Unlike Nevada, Utah's barren land is covered by salt. When you talk about sports, Utah is the place to go.

The third target was Wyoming State Capitol in Cheyenne. "Wyoming is known as the Equality

Summer Vacation 2018

State, Cowboy State, and Big Wyoming. Rodeo is the state sport. Wyoming became the 44th state in 1890 (Google)." The state capitol was under renovation on the day we visited the place The capitol dome was covered with construction materials but still we took a family photo with the capitol building at the background.

The fourth target was Colorado State Capitol in Denver. "Colorado is nicknamed "The Centennial State" because it became the 38th state of the United States in 1876 (one hundred years after the signing of the Declaration of Independence)(Google)." Denver is like Sacramento. The city is alive and filled with people.

The fifth target was Nebraska State Capitol in Lincoln. "The state got its nickname, the Cornhusker State, from the University of Nebraska athletic teams. Corn is a major vegetable that is farmed in Nebraska, and the term "cornhusker" comes from how the corn is harvested (Google)." Unlike driving in the interstate of Nevada and Utah, Nebraska has signs of life where corn in hundreds of areas are planted.

The sixth target was Iowa State Capitol in Des Moines. "Adopted early in the state's history, Iowa's nickname is "The Hawkeye State" as a tribute to chief Black Hawk. leader of the native American Sauk tribe (relocated to Iowa after unsuccessful fighting of settlers). Iowa is also called "The Corn State" - 90 percent of the land in Iowa is devoted to agriculture (Google)." As the nickname says, corn is planted everywhere.

The seventh target was Illinois State Capitol in Springfield. "Today, Illinois honors Lincoln with its official state slogan, Land of Lincoln, which has been displayed on its license plates since 1954. The state is the site of the Abraham Lincoln Presidential Library and Museum, located in the state capital of Springfield (Google)." Illinois is a good place for agriculture. The mountains, hills, and the valleys are filled with greeneries such as trees, corn, vegetables and other agricultural plants. In Chicago, I attended my college alumni 10th CPU Global Reunion on July 5-8. Around 550 alumni registered for the reunion mostly from the mainland U.S. but we have groups of alumni from Canada, Hawaii, and delegation from Iloilo City headed by the university president Dr. Ted Robles. I was honored, along with two other senior alumni, to be nominated for the president of the alumni association however it was not my time yet to lead the organization. Glad to meet fellow alumni and college classmates at the four-day CPU re-

The eight target was Indiana State Capitol in Indianapolis. "Indiana designates "The Hoosier State" as the official state nickname. The "Hoosier" is rooted deep in the history of Indiana and the original meaning is uncertain. Historians, folklorists, politicians, and







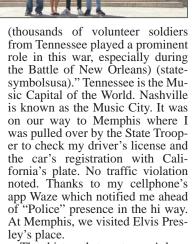
everyday Hoosiers offer many colorful theories on the origin of the term, but no one has a definitive answer (Google)."

The ninth target was Ohio State Capitol in Columbus. "One of the state's nicknames is "Mother of Presidents." A total of seven presidents were born in the state of Ohio. and although William Henry Harrison was born in Virginia, he was the first President from Ohio (Ohio. org)." Ohio is the home of aviation where the Wright brothers invented and flew the first aircraft in the world.

The tenth target was West Virginia State Capitol in Charleston. "West Virginia's official nickname is "The Mountain State" because, being part of the Appalachian Mountain system, the entire state is filled with hills and old mountains (statesymbolsusa)." I met the Ortigoza sisters, my paternal second cousins, Georgia and Emma for the first time in West Virginia. I also met Georgia's family to include her daughter and the beautiful grandchildren. Georgia and husband Orville served us halo-halo with ice made up of real snow harvested last winter. Emma and Georgia were former college instructors at Central Philippine University in the 60s. Emma told me she turned 92 years old this vear.

The eleventh target was Kentucky State Capitol in Frankfort. "Kentucky's nickname is The Bluegrass State, based on the fact that bluegrass is found in many of the lawns and pastures throughout the state (particularly in the northern part of Kentucky - including the metropolitan areas of Lexington and Louisville) (statesymbolsusa)." My family and I made sure to have lunch at KFC where this delicious fried chicken originated. I had my SUV's oil changed at Honda Frankfort.

The twelfth target was Tennessee State Capitol in Nashville. "Tennessee has had several nicknames, but the most popular and well-known is "The Volunteer State," a nickname earned during the War of 1812



The thirteenth target was Arkansas State Capitol in Little Rock. "The nickname for Arkansas is The Natural State. Arkansas is famous for its natural scenic beauty, clear lakes and streams, and abundant wildlife (statesymbolsusa)." This is the place of former president Bill Clinton. He was the state governor before running for president of the country. We also visited the William J. Clinton Presidential Library in Arkansas. The hi way from Memphis to Arkansas via I 10 was a different experienced because the interstate was congested with large trucks.

The fourteenth target was Mississippi State Capitol in Jackson. The most well-known nickname for Mississippi is "The Magnolia State." This nickname honors the stately beauty of the Magnolia Trees of Mississippi. The Magnolia is Mississippi's official State Tree and the blossom is Mississippi's official State Flower (netstate)." The road infrastructures of downtown Jackson from Arkansas were old and rugged that needs repair but the roads on the other side of the city were much better.

The fifteenth target was Louisiana State Capitol in Baton Rouge. "Louisiana is the only state in the union that does not have counties. Its political subdivisions are called parishes. Louisiana is the only state with a large population of Cajuns, descendants of the Acadians who

were driven out of Canada in the 1700s because they wouldn't oledge allegiance to the King of England (50states.com)." Louisiana is the Jazz Capital of the World. The state was connected by long bridges, up to 20 miles in length. Traffic situation in New Orleans was bad.

The sixteenth target was Texas State Capitol in Austin. "Texas is popularly known as The Lone Star State. The Alamo is located in San Antonio. It is where Texas defenders fell to Mexican General Santa Anna and

the phrase Remember the Alamo originated. The Alamo is considered the cradle of Texas liberty and the state's most popular historic site (50states.com)." Texas is the place of the Civil Rights President Lyndon Johnson, a teacher by profession, and the Bushes, the 41st and 43rd president of the U.S. We have to cut our road trip into three phases in Texas because of its huge land area. Our first overnight stopover was in Houston. It was in this city where we have two dinners at two different houses and got invited to Mao Sonalan, my college classmate's house, third house to visit that evening. We had to allocate two hours from 5pm - 7pm at the Morales Residence (the patriarch my maternal 2nd cousin) and 7pm - 9pm at Reyes residence, about 1.8 miles away, to have another dinner with former military nurses hosted by sir Mike Reyes, a former dental officer now a registered nurse in TX and his wife Marits. Glad to meet other military nurses and comrades Angie, Liz, and Sarsi. The following day we drove to the capital city Austin. Our lunch in the capital city was hosted by Penny (former military nurse) and husband Boyong. We then proceeded to Ozola for our 2nd overnight stop and then to El Paso for our 3rd overnight stopover. In El Paso, a family friend Russel (U.S. Army) and wife Joy brought us to Fort Bliss. The Home of America's Tank Division (1st Armor Division) and the couple hosted us for dinner.

The seventeenth target was Arizona State Capitol in Phoenix. 'Arizona's nickname is The Grand Canvon State. Most of the canyon lies within the Grand Canyon National Park in Arizona (one of the first national parks in the United States) (50states.com." Glenda Almeida-Britanico, former military nurse, hosted us for dinner in Tucson. Thank you Glends for your hospitality. Highway Patrols were everywhere in I-10 from Tucson to Phoenix. Unlike in Tennessee, we were not pulled over by a highway patrol.

Other U.S. states we already visited before this tour were Oregon, Washington, New Mexico, Florida, North Carolina, Virginia, Maryland to include U.S. State Capitol in Washington D.C., Delaware, Pennsylvania, New Jersey, New York, Massachusetts, and Hawaii. Few more states to visit to complete 50 states of the U.S.A.

On this 2018 U.S. tour, my Honda Pilot registered a total mileage of 7.501 which can circle the entire Philippines four times. For comparative appreciation of land areas, the

Continued on next page



Hammer of power

BY STEPHANIE MARIE BERNARDO

t's his first time to play superhero and Alden Richards is charged to electrify local audiences with a performance bound to be a hit.

Who wouldn't want a superhero in our midst? In the case of "Victor Magtanggol" starring Alden Richards, it took seven years before he could wield that hammer in order to save the world.

The series that starts airing tonight on GMA-7 is about a hardworking young man who's very caring for his loved ones. The story opens just when he is about to go abroad to look for his mom.

Inspired by the Norse Mythology, the drama series also features John Estrada as Loki, the god of deception; Andrea Torres as Sif, the last wife of Thor; Pancho Magno as Modi, Thor's son; and Miguel Faustman as Magni/Magnus, the other son of Thor. In a special participation is Conan Stevens as Thor, the god of thunder and owner of the powerful hammer, Mjölnir.

Alden noted that aside from reviving the superhero theme in the local television landscape, they aim to showcase how reallife heroes as Overseas Filipino Workers valiantly sacrifice for the sake of giving their families better lives through the remittances they send back home.

"It will showcase the pain and hardship OFWs go through abroad and the big role they play in Philippine economy," he said.

The actor shared that even he, himself, could relate to the story of OFWs, having been to several countries before.

"I met different kinds of Filipinos in every continent that I've been. They're all different but we also have the same sentiments that family is number one priority on the list. Most of them or all of them would set aside their emotions, their longing to be home just to be able to sustain the life of their family even if it means being away. It's really a struggle," he shared.

On the series, Alden's character works as maintenance guy in a museum. His journey as superhero begins when he met a curator of a museum who happens to be part of Norse mythology which is Asgard. The latter bestows a magical compass to Victor, to guide him on his trip to look for the magical gloves of Thor which is called Járngreipr.

"It's like he (Victor) is a chosen one to be the next wielder of Mjölnir, the hammer of Thor. When he found it, he became the superhero Hammer Man whose power is lightning and thunder. The journey starts from there," he revealed.

He hopes more local audiences would support more Filipino creations than those that come from abroad.

They practice what they preach. Alden said all the costumes they wear on the show are Filipino-made.

More on the show

How different is the superhero from its alter ego? Actually, they have the same values, point of view, and priorities. It's just that he has to keep the identity of Hammer Man in disguise unless he puts the lives of his loved



Alden Richards as Hammerman

ones in danger.

The actor added Victor looks strong outside but he really has a soft spot for people who need help.

To play the character well, Alden trained in parkour and martial arts because he doesn't want to use a double o stuntman if he can help it.

"That's how I put my heart in this project," he noted. "I want everything to be done by me. I would like to experience it myself so I could feel the emotion of the character when I'm doing the scenes."

Alden has to maintain his current weight because the size of his costume is fixed. Trivia: It takes him about 10 minutes to

Some of the scenes were shot in Tokyo and Toyama, Japan. They shot in summer though they were able to find a snowy location for their purpose.

Co-stars

Alden said this time, he has no leading lady. Recall that the actor comes fresh from the success of a love team with Maine Mendoza.

On "Victor Magtanggol," his character is set to have a special relationship with the characters played by Andrea, Reese Tuazon, and Janine Gutierrez.

Also in the cast are Coney Reyes, Eric Quizon, Freddie Webb, Maritoni Fernandez, and Kristoffer Martin.

Alden said he enjoys working with his co-actors who are all "professionals."

"I couldn't ask for a better cast and crew and staff. Everyone is so into the project, everyone is putting a lot of effort into it that it's a shame if you don't do your part. You feel that somehow you need to push yourself an extra mile to be able to deliver." he said.

The theme song "Superhero Mo" is performed by Ex Battalion featuring Alden.

Summer Vacation

Philippines has 115,831 square miles, California has 163,696 square miles, and the entire U.S. has land area of 3.797 million square

This year's tour made us appreciate the nature we came in close contact in the Philip-

pines and in the U.S. and was in awe to see the vast land area of the U.S. which made us look up to high heavens to say how great is our God, the great architect who created the entire universe.

These are the most danceable number one hits, according to computer science



Lose yourself to dance. (Reuters/Tatyana Makeyeva)

BY DAN KOPF

Then "Funkytown" comes on at a wedding, you can't help but dance, right? What about Nelly's "Hot in Herre" or "Bad Girls" by Donna Summer?

If your answer to any of those is no, you have defied computer science. (Also, I don't want you at my party.) Those songs are among the most "danceable" number-one hits in the history of pop, according to new research from Columbia Business School and French business school INSEAD, using data from Billboard and audio-tech company Echonest.

Developed by students at the MIT Media Lab and owned by Spotify, Echonest uses digital processing technology to identify attributes of songs, such as valence, instrumentation, and key signature (pdf). The company created a proprietary algorithm to determine the "danceability" of a song based on its tempo and beat regularity. The calculation emphasizes the ability to dance throughout the whole song, so a bridge that even briefly changes the mood is highly penalized.

Researchers at Columbia and INSEAD then combined Echonest features with US Billboard rankings going back to 1958. Although they were able to calculate dance-ability for more than 90% of Billboard-ranked songs, Taylor Swift's album 1989 was not available from Echonest at the time. Thus we may never know whether "Bad Blood" is more danceable than 50 Cent's "In Da Club," though my own personal investigation suggests it's a dead heat.

The Most Danceable US Billboard Number Ones since 1958

Rank Track Artist 1 Give It To Me - Timbaland - 2007 2 SexyBack - Justin Timberlake - 2006 3 Hot In Herre - Nelly - 2002 4 Ice Ice Baby - Vanilla Ice - 1990 5 Pop Muzik - M - 1979

6 Another One Bites The Dust-Queen -'80

7 Funkytown - Lipps, Inc. - 1980 8 Can't Nobody Hold Me Down - Puff Dad-

dv - 1997 9 Baby Got Back - Sir Mix-A-Lot - 1992

10 Billie Jean - Michael Jackson - 1983

11 Bad Girls - Donna Summer - 1979 12 I'll Be Missing You - Puff Daddy &

Faith Evans - 1997 13 Hollaback Girl - Gwen Stefani - 2005

14 Fancy - Iggy Azalea - 2014

15 Then Came You-Dionne Warwick - '74

16 Boogie Fever - Sylvers -1976

17 Low - Flo Rida - 2008

18 Hypnotize - Notorious B.I.G. - 1997

19 It's Still Rock And Roll To Me - Billy Joel - 1980

20 In Da Club - 50 Cent - 2003

The purpose of the research—published in the American Sociological Review and beautifully explained here by data scientist Colin Morris—was not to rank the most danceable mega-hits; it was to identify song features that could be predictive of megahits. Researchers found that top-ranked songs tended to have more difference from past hits than lower-ranked songs, defying the trope that popular songs are just copies of other popular songs.

Still, the optimal pop song should be only slightly off the beaten bath. Take Snoop Dogg's number-one hit "Drop It Like It's Hot." It's quite similar to much else on the charts, except for its distinguishing slow

If you want to experience computer science's vision of danceability for yourself, try the playlist below. And if you want to experience mine, hold out for that party in-



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