



Is a banana republic in the making? - Page 8

PHILIPPINE Fiesta

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Dawn Bohulano Mabalon Page 17

20 million U.S. immigrants could face deportation

BY PERRY DIAZ

Since Donald J. Trump was elected President, legal and illegal immigrants are no longer safe from deportation even when they follow the law to a tee.



Once implemented, this sinister attempt to punish immigrants could result in mass deportation of an estimated 20 million legal and illegal immigrants -- Filipinos and other people of color.

According to news reports, the Trump administration is "expected to issue a proposal in coming weeks that would make it harder for legal immigrants and illegal immigrants to become citizens." Other reports said that Trump's plan to deport them, which doesn't need congressional approval, was

part of White House senior adviser Stephen Miller's plan to limit the number of immigrants who could obtain legal status in the U.S.

each year. His goal is to cut legal immigration in half and get rid of all illegal immigrants.

Continued on page 9

PDEA files rap at DOJ for 'shabu' found in magnetic lifters

BY TETCH TORRES-TUPAS

The Philippine Drug Enforcement Agency (PDEA) on Wednesday filed before the Department of Justice (DOJ) a criminal complaint against persons involved in the shipment of magnetic lifters, which were found containing P2.4-billion worth of illegal drugs.



Facing complaint are Chan Yee Wah Albert, Zhang Quan, Vedasto Baraquel Jr., and Maria Lagrimas Catipan for allegedly violating Republic Act 9165 or the Comprehensive Dangerous Drugs Act of 2002, specifically for importation of illegal drugs, conspiracy and possession of the contraband.

The case stemmed from the seizure of 355 kilos of methamphetamine hydrochloride, also known as shabu, which were found inside two magnetic lifters at the Manila International

PDEA chief Aaron Aquino inspects one of four magnetic lifters that contained traces of "shabu" (crystal meth) already emptied by drug traders that smuggled about P6.8 billion of the illegal drug in a Cavite warehouse on Friday. Authorities found the massive steel devices with hollowed parts where the drugs were hidden inside a warehouse in General Mariano Alvarez town in a follow-up operation after seizing 500 kilograms of shabu worth P4.3 billion (below) inside two lifters at the international container port in Manila two days earlier.

Container Port (MICP).

The Bureau of Customs (BOC) has already filed before the DOJ criminal com-

plaints against Vecaba Trading and its owner Vedasio Cabral Baraquel.

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FILIPINIANA 2018



The Filipino American Veterans Association held their annual Scholarship Awards on August 4, 2018.

Carpio won't succeed De Castro-Duterte

BY JULIE M. AURELIO

President Duterte has discounted the possibility that Associate Justice Antonio Carpio, the most senior magistrate in the Supreme Court, may succeed incoming Chief Justice Teresita Leonardo-De Castro after she reaches the mandatory retirement age of 70 on Oct. 8.

Mr. Duterte said Carpio himself had declared that



President Duterte and Justice Antonio Carpio

he was not interested in the chief magistrate's post.

"He stated publicly that

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Why we can't 'move on'

BY RANDY DAVID

The children of the late dictator Ferdinand Marcos—namely, his namesake Ferdinand “Bongbong” Marcos Jr. and his eldest daughter Imee Marcos, whose respective political careers have received a special boost under the Duterte presidency—have repeatedly admonished their father’s critics to stop wasting time talking about the Marcos martial law regime.

As the nation marked the Aug. 21, 1983, assassination of the late senator Benigno “Ninoy” Aquino Jr., Imee told the press: “The conflict between the Marcoses and the Aquinos happened a long time ago. We don’t need to keep hating people for a very long time. It’s not our way. We just need to go forward.”

Her brother, Bongbong, chimes in before another forum: “The country faces so many problems. Why do we continue to waste time on this? It’s over.”

Imee, who is Ilocos Norte’s incumbent governor, has recently joined forces with the party of Davao City Mayor Sara Duterte. At the last Sona, she was seen onstage celebrating the election of Gloria Macapagal Arroyo as House Speaker. Bongbong, who ran for vice president in 2016 and lost to Leni Robredo, is asking the Presidential Electoral Tribunal to hasten the resolution of his electoral protest and declare him as the true winner in the vice presidential race. Their mother, Imelda Marcos, sits in the House of Representatives as representative of Ilocos Norte, a living relic of past glory. Even as Bongbong waits to be proclaimed vice president, President Duterte has singled him out as his ideal successor.

The martial law regime was overthrown in 1986. The patriarch is dead. No Marcos is in jail. The bulk of the family’s wealth is intact. Clearly, the scions of the Marcos family have all moved on. So, why, indeed, can’t the rest of the country stop talking about the crimes committed under martial law? Why can’t we “move on”? Why do we re-

member?

The reasons are many, but for lack of space we can mention only two of these here. First, because the clash between remembering and forgetting cannot be reduced to a feud between the Marcoses and the Aquinos. The issue is between a



Bongbong and Imee Marcos

repressive regime that took advantage of the people’s yearning for a better life, and a nation that pinned its hopes on the charisma and political will of a strongman. The more important conflict is between dictatorship as a form of rule and the practicability of democratic governance in a young nation such as ours.

Second, we cannot move on because dictatorship is not a thing of the past. It remains very much alive, feeding upon the despair and resentment of a gullible public. It thrives in every area of modern governance where the staggering complexity of social problems permits no easy solutions, and where the exercise of authoritarian political will takes the place of reflective and rational planning.

In an insightful 1995 essay titled “Ur-Fascism,” the Italian novelist and public commentator Umberto Eco warned that the defeat of German Nazism and Italian Fascism did not necessarily extirpate the conditions that made them possible. These include “a way of thinking and feeling, a group of cultural habits, of obscure instincts and unfathomable drives.”

They also take the form of “linguistic habits” or common expressions that encapsulate for many the reality around them. I would point as examples from our own experience statements like:

“All politicians are corrupt”; “Filipinos are lazy and unruly, what they need is someone who can impose discipline”; and “Government officials lack competence, integrity and political will.”

Considering that such

statements never go out of fashion, fascism becomes entirely feasible again under different guises. All it takes, Eco wrote, is for a whole system of rule to “coagulate” around any of the following features or elements: the cult of tradition, the rejection of modernism, the cult of action for action’s sake, intolerance of disagreement, fear of difference, the appeal to a frustrated middle class, obsession with conspiracies, the exploitation of feelings of envy and humiliation, “an Armageddon complex,” a contempt for the weak, “the cult of death,” machismo, “selective populism” and an impoverished vocabulary.

Depending on which of these elements are highlighted, fascist regimes can assume many forms. Eco says that Hitler’s Nazism was very different from Mussolini’s Fascism. The former had a well-articulated program and philosophy that rested on the delusions of a superior Aryan race and a German will to power. The latter was a jumble of contradictory themes held together by a charismatic leader.

By the same token, one can say that the authoritarianism of Marcos was very different from that of Duterte’s. Marcos had a long view of his place in the nation’s history and a broad program of what he wanted to achieve, whereas Duterte cannot seem to go beyond his war on drugs and crime.

But, what ties them together is the easy resort to the means of state violence, which they share—to a point where both seem to equate action with the ability to make and enforce decisions, using fear and intimidation as the preferred weapon. Many have died and many have suffered because of the self-righteousness by which state violence has been deployed.

“What else do you want?” the young Marcos asks those who choose not to forget. Here’s Eco’s answer: “If reconciliation means compassion and respect for all those who fought their own war in good faith, to forgive does not mean to forget. [B]ut I cannot say, ‘OK, come back and do it again.’ We are here to remember what happened and solemnly say that ‘They’ must not do it again.”

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Mental health of Filipinos today

BY SARA SOLIVEN DEGUZMAN

The new Chief Justice of the Supreme Court is in but only for a few months.

I don’t have any qualms about Chief Justice Teresita Leonardo de Castro getting the highest position in the judiciary. I think she will serve her term well. My problem is that her time is too short. Many government officials especially in the Philippine National Police and Armed Forces of the Philippines are appointed in this manner and truth to tell they don’t get things done.

In the case of the Supreme Court, I think the President chose her not only for her

qualification and seniority but because she will retire soon. This gives more time for the Executive branch to look for the right person in the Supreme Court.



Chief Justice Teresita Leonardo de Castro

Some say it is a good move for the Supreme Court since following protocol and tradition is re-established. I say it’s a sort of pa consuelo de bobo kind of thing. Who would accept such a job? For De Castro’s dignity, she shouldn’t have even accepted the offer unless she is desperately seeking recognition like many officials do. Working for only two months is nonsense. What

work will she be able to do? This is how government service is disrupted and destroyed. This is why we will never progress. We indulge people who are hungry for power even to have or to feel it for only a second. Susmariosep!

Let’s see what happens next. Will Carpio reconsider or will they appoint Bersamin? Abangan!



Editor’s Note

There are happy moments but there are also sad moments that pull us down, at any given time, and without warning. I find my job as a nurse challenging. I see first hand some of my patients and especially friends getting afflicted with some kind of illnesses, where I work in radiology. It gets me weak that instead of being able to help, I find myself breaking down. It makes me realize that our time is borrowed and that it’s important that we don’t waste any of it.

It’s strange that as I write this short note, I receive this message from a friend on FB messenger. Please allow me to share this on this issue of Philippine Fiesta. Though the writer maybe unknown, it has its significance, with what I’m trying to say. So here it goes:

Because none of us have many years to live, and we can’t take along anything when we go, so we don’t have to be too thrifty. Spend the money that should be spent, enjoy what should be enjoyed, and donate what you are able to donate.

DON’T WORRY about what will happen after we are gone, because when we return to dust, we will feel nothing about praises or criticisms. The time to enjoy the worldly life and your hard earned wealth will be over!

DON’T WORRY too much about your children, for children will have their own destiny and should find their own way. Care for them, love them, give them gifts but also enjoy your money or what is left of it, while you can. Life should have more to it than working from the cradle to the grave!!

Don’t trade in your health for wealth, by working yourself to an early grave anymore. Because your money may not be able to buy your health. When to stop making money, and how much is enough? A hundred thousand, one million, ten million, one billion?

With one of thousand hectares of good farm land, you can consume only three quarts (of rice) daily; out of a thousand mansions, you only need eight square meters of space to rest at night.

So, as long as you have enough food and enough money to spend, that is good enough. You should live happily.

Every family has its own problems. Just DO NOT COMPARE with others for fame and social status and see whose children are doing better etc., but challenge others for happiness, health, enjoyment, quality of life and longevity.

DON’T WORRY about things that you can’t change because it doesn’t help and it may spoil your health.

You have to create your own well-being and find your own place of happiness. As long as you are in good mood and good health, think about happy things, do happy things daily and have fun in doing, then you will pass your time happily every day.

One day passes WITHOUT happiness, you will lose one day. One day passes WITH happiness and then you gain one day.

In good spirit, sickness will cure; in a happy spirit, sickness will cure faster; in high and happy spirits, sickness will never come.

With good mood, suitable amount of exercise, always in the sun, variety of foods, reasonable amount of vitamin and mineral intake, hopefully you will live another 20 or 30 years of healthy life of pleasure.

Above all, learn to cherish the goodness around, such as your spouse and friends. They all make you feel young and “wanted”. Without them you are surely to feel lost !!

I hope you find its significance in your heart. Thank you for allowing us to share with you our contributing writers’ stories about our community.

With love always,
Dinnah San Pedro

Fil-Ams flex their political muscle

BY PERRY DIAZ

On August 26, 2018, a major political event occurred in the Bay Area. Held at the sprawling estate of Mr. and Mrs. Rene and Mila Medina in Atherton, California, more than 100 Filipino-American political and civic leaders gathered in a Meet-and-Greet Luncheon, hosted by the Medinas, to plan a roadmap to achieve the Filipino American Coalition's (FAC) ultimate goal of advancing the political, social, and economic empowerment of Filipinos in America. The event couldn't have come at a better time because the Fil-Am community is now under siege from the Trump administration!

If the assault on our community succeeds, it could – nay, would – have deep and far-reaching consequences, including anti-immigration reform that would drastically change the criteria for the admission of new immigrants as well as legal immigrants residing in the U.S. The “architect” of the immigration blueprint is Stephen Miller, Trump's 32-year old senior policy advisor, speechwriter, and immigration policy chief... or should I say, “anti-immigration policy chief”? Miller's goal was to cut legal immigration in half and get rid of all illegal immigrants, which makes one wonder: Is this an attempt to disenfranchise the minorities?

In my column, “20 million U.S. immigrants could face deportations” (August 16, 2018), I wrote: “Miller's master plan is to deport immigrants – legal and illegal – based on what he believed are ‘violations’ of immigration laws. His rulemaking proposal targets legal immigrants (green card holders) in the U.S. who have used or whose household members have used the Affordable Care Act (ACA) or Obamacare, Chil-

ren's Health Insurance Program (CHIP), Supplemental Nutrition Assistance Program (SNAP), Food Stamp and other social programs, including the Supplemental Security Income (SSI) for the aged. For participating in these social programs, illegal immigrants could be hindered from obtaining legal status, while legal immigrants' application for citizenship could be imperiled. In both cases, ‘violators’ could be deported.

Family Reunification/Chain Migration

While the majority of Filipino-Americans are financially self-sufficient, which make them less dependent on welfare programs; they have used the “Family Reunification Program” to petition for their parents, children, and siblings. This program favorably helps Filipino-Americans to reunify with their families back home, which is fundamentally in line with their time-honored “extended family” tradition.

Trump uses the derogatory term, “Chain Migration,” in referring to “Family Reunification.” He wants to rescind this program and change the qualifying requirements for acquiring legal immigration. It will be based on what Trump calls a “merit” system, which would limit immigration to those who possessed certain professions – e.g., doctors, nurses, IT professionals, scientists, and mathematics teachers – or investors who will start a business or invest in certain industries. But it looks more like an “elite” class of people that Trump wants to immigrate to America. Indeed, no longer would parents, children, and siblings of U.S. citizens be issued permanent resident visas or “green cards.”

CALL TO ARMS

This is a call to arms to all Fil-Ams and their allies

who would be impacted by Trump's anti-immigration reform, which also includes limiting the number of legal immigrants to become U.S. citizen; thus, relegating them to “second-class” status. And worse, even naturalized U.S. citizens are no longer safe from revocation of their citizenships. Known as “denaturalization,” former citizens who are denaturalized are subject to deportation.

In June 2018, the U.S. Citizenship and Immigration Services (USCIS) quietly announced the formation of a new task force based in Southern California to investigate “bad” naturalization cases. According to WNYC and Public Radio International, the USCIS has hired dozens of lawyers and immigration officers “to find U.S. citizens they say should not have been naturalized, to revoke their citizenship, and then eventually deport them.” To date, 2,500 cases have been flagged for in-depth review. Grounds for denaturalization are: (1) Falsification or concealment of relevant facts, (2) Refusal to testify before Congress, (3) Membership in subversive groups, and (4) Dishonorable military discharge.

The challenges that FAC is faced with are daunting. However, they should be treated as opportunities for the Fil-Ams to step up to the plate and make a big difference in the forthcoming midterm elections on November 6, 2018. The question is: Can we overcome the obstacles ahead of us?

This is a question that applies to all Fil-Ams? To answer this question, please ponder the following demographic calculus:

1) According to the 2010



President Donald Trump

Census, the Filipino-Americans are 3.4%. But if you add the Multiracial Filipino-Americans estimated by the U.S. Department of State in 2011, their total increases to 4 million, the second-largest population of Asian Americans; (2) Filipino-American citizens have one of the lowest voter registration numbers; and (3) Registered Filipino-Americans have one of the lowest turnouts in elections.

That's double whammy for Fil-Ams! By not registering to vote or failing to vote on election day, the Fil-Ams were in actuality giving their votes away to whoever is opposing Fil-Am candidates including those who don't identify with Fil-Ams nor support the Fil-Ams' political agenda. It's a zero-sum game where votes we lose will go to the opposing side by default. It's a no-brainer. It's a simple math, indeed.

There are two things that are key to winning elections: Voter registration and get-out-the-vote that would overcome Numbers #2 and #3. And with the advantage of Number #1, we have a winning equation that could help Fil-Ams win elections and advance FAC's goals.

Founding President's message

In a message posted on Facebook by Founding President Mario Cendana- Panoringan, he said: “Filipino American Coalition PAC Meet & Greet Luncheon hosted by my long time and beloved friends, our kumpadre/kumadre, Mr. & Mrs. Rene and Mila Medina at their sprawling, head turning and gorgeous property.

“Through the years, the Filipino American Coalition has spearheaded and conducted numerous undertakings to promote political awareness in the Filipino Community

including Voters Registration Drives/Workshops, Leadership Conference, Business & Youth Summit, Outstanding Filipino American Women Awards (OFAWA) Luncheons, Testimonial Honoring then Consul General now Ambassador to Turkey Maria Rowena M. Sanchez, Book Signing Forum/Reception in Honor of HE President Fidel V. Ramos, Candidates Forums and Endorsements of Filipino Candidates among others. It has contributed financially to campaigns of its chosen candidates.

“Since its founding in 2005, Ademan Angeles, Marico Enriquez, Rene Medina and myself (The Founders) continue to work together in promoting the Mission Statement: ‘The Filipino American Coalition plays a leadership role in promoting educational, economic, political and social empowerment of our communities.’

“Serving on the Board starting in 2018 are President Francis Espiritu (Interim President since 2014), Vice President Gary S. de Guzman, Secretary Olivia Parina, Treasurer Edwina Esporlas Anigi, and Board of Directors Ademan Angeles, Marico Enriquez and Mario Cendana-Panoringan (President 2005-2013), who will also serve on the Advisory.

“In attendance besides those already tagged on FB are Colma Mayor Joanne Del Rosario (Past Board Member) Rene Malimban, Mayor Jose Esteves, Dellilah Merano (Past Board of Director), Myrna Lim, Daly City Mayor Joslyn Manalo, Councilman Ray Buenaventura, SMC Board of Supervisor David Canepa, Manny & Carolina Reburiano, Dan Domingo, Dolores & Perry Diaz, Rommel & Lisa Medina, Rebecca Ayson, Michael Pangilinan, Ed & Lily Mauricio, Marino Gueco, Joseph Callao, Alvin & Marita Padilla, Sister Teodoro Mon-

tealto, Fe Enriquez, Cristina Osmena...

“Thank you Mr. & Mrs. Rene and Mila Medina for hosting the Meet & Greet, WE at the Filipino American Coalition are grateful. Mabuhay po kayo!”

Powerhouse

After the luncheon, the FAC held a board meeting and brainstorming session. Three members were voted into the Board of Directors: Ben Menor, Cristina Osmena, and Perry Diaz, representing, respectively, Santa Clara, San Mateo, and Sacramento/Yolo counties. The board members also discussed their plans and agenda for the midterm elections on November 6.

Indeed, what FAC had assembled is a powerhouse that includes veterans of political wars in the past and new faces that would contribute new ideas. It is a fusion and alchemy of Filipino-Americans and their allies of various backgrounds, differing political orientations, and diverse disciplines that truly makes it unique. However, this is not enough for the Fil-Am community to win; we have to register to vote and vote! Let us help our kababayan candidates win in their respective campaigns. But make no mistake about it; we're off to a good start. Now is the time for Fil-Ams to flex their political muscle!

This would be a fitting tribute to the late Alice Bulos, who passed away on October 21, 2016. She would have been beaming with pride of her kababayans. She was simply called “Alice,” but the late San Francisco Mayor Ed Lee called her, “The Grand Dame of Filipino American Politics.”

The next board meeting will be on September 9, 2018 at the Medina's residence in Atherton, California.

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3-month price freeze for basic goods

Suspension of special duty on onion, chicken imports approved; NFA abolition eyed

BY **BERNIE MAGKILAT**

Manufacturers of basic necessities and prime commodities (BNPC) have agreed in principle to hold off price increases at least in the next three months or up to the end of the year, the Department of Trade and Industry (DTI) said Tuesday.

The government likewise approved five measures, including the suspension of special safeguard duty on onion and chicken imports and close monitoring of government rice importation and distribution, to mitigate the impact of soaring inflation.

At the Senate, Senator Cynthia Villar said she is set to sponsor for plenary deliberations the measure on rice tariffication which, in effect, may eventually lead to the abolition of the National Food Authority (NFA).

DTI Undersecretary for Consumer Protection Group Ruth Castelo said they have already met with BNPC manufacturers, representing the 235 items listed in the expanded suggested retail price (SRP), where they requested and appealed to their social responsibility to stop increasing their prices in the next three months or until December 30 this year.

"We requested manufacturers of basic necessities and prime commodities though, to hold off any price increase at least for the next three months. Response in principle is very positive, although we hope to get their commitment in writing. We actually appealed to their social contribution and responsibility," said Castelo.

She, however, said this is "not a moratorium" because government does not have the power to do that under



RICE LINE - A line forms at an NFA stall in Commonwealth Market in Quezon City Tuesday. Calls for the abolition of the grains agency were raised following the rice shortage in Zamboanga City and the weevil-ridden rice shipment that arrived at the Subic Freeport recently.

the Price Act.

Given the choice, Castelo said they would have preferred the manufacturers to agree to hold off SRP price increases until the first quarter of next year.

It was recalled that consumer advocacy group Laban Konsyumer, Inc. (LKI) strongly urged the DTI to implement a moratorium on price increases on items listed in the expanded SRP until the end of the first quarter of 2019.

"That is part of our appeal, preferably until next year. Some manufacturers will not increase their BNPC prices until next year," said Castelo.

So far, Castelo said they got a firmer commitment from manufacturers for coffee, noodles, laundry and bath soap, soy sauce, patis (fish sauce), vinegar, and bread candles against movement in prices in the coming months. But canned sardines and meat manufacturers have not no commitment yet.

DTI said that 40 percent of items under the SRP list have increased prices. Castelo said their computation showed that only 84 out of the 209 SKUs increased their prices and 125 remained stable.

The increases are basically

for canned fish and meat products due to current global oil prices, although not all brands increased.

5 measure to stabilize prices

Meanwhile, Presidential spokesman Harry Roque said the decision on the supply-side intervention was reached by the President's economic managers, other Cabinet members, and tariff authorities after rejecting the proposed reduction of import tariffs on fish and meat products.

"Our economic managers alongside the Department of Agriculture, Department of Agrarian Reform, Department of Labor and Employment, Department of Foreign Affairs, and the Tariff Commission had a recent meeting. They reached a decision that lowering tariffs would not really bring down the prices of commodities especially food," Roque said during a Palace press briefing.

"So they decided instead to pursue (five) measures to lower prices firstly by approving the importation of round scad. That's ongoing as we speak," he said.

Apart from the importation of galunggong, Roque said, the government would also temporarily suspend the

special safeguard duty on certain imported onions and chicken to reduce prices. He noted that onion traders have agreed to sell red onions at P55 per kilo in retail stores and white onions at P65 "in two weeks' time."

Roque said the Department of Agriculture has also given importers of pork one month to maximize their import quota allocations. At present, he said, 50 percent of the minimum access volume on pork imports have been not utilized by importers.

"Agriculture Secretary Emmanuel Piñol has given them one month to import otherwise the quota will be given to someone else. The intention is to fully avail the minimum access volume quota on the importation of pork products," he said.

On vegetable products, Roque said the government would conduct "regular inspections" of the warehouses of importers. He said the warehouse inspection seek to determine the actual level of inventory.

As for the NFA's rice imports, Roque assured the public there would "close monitoring" of the importation and distribution of the commodity. He noted that most imports have not yet

reached government warehouses.

"The DA noted that putting the NFA under the DA would facilitate coordination and timing of importation such that this would arrive during lean months when they are most needed," he said.

But once the Villar bill, which amends the Agricultural Tariffication Act of 1996 to replace the quantitative restrictions (QR) on rice imports with tariff, the DOF

shall decide whether or not the NFA "is still relevant to the system."

The chair of the Senate Committee on Agriculture and Food said the measure introduces a "new model" for the country's rice market. Under the bill, they are looking at imposing a tariff of 35 percent at most in the rice imports from members in the Association of the South East Asian Nations (ASEAN).

Carpio won't succeed De Castro

From page 1

he is not going to accept. So why force a person to accept a task that he does not want. This is a free country," the President said.

Carpio did not apply for the vacancy at the top post of the judiciary left by the ouster of former Chief Justice Maria Lourdes Sereno because he did not want to benefit from her removal.

Mr. Duterte also told reporters at Libingan ng mga Bayani in Taguig, where he led the National Heroes' Day celebration on Monday, that "political colors" were not a factor in his choice of De Castro as Sereno's successor.

Reward for support

He made the statement amid persistent claims by opposition lawmakers that De Castro was rewarded for supporting Sereno's ouster from the Supreme Court in May.

"In the civil service or military, it's seniority. And it would be the same for all justices, unless they refuse, or they opt to retire. It's like a train. Whoever comes first will be promoted first, and that's the same for everybody," he said.

"It's like that even in the military, in the civil service. There [are] no political colors included. It's not allowed, so we have the merit system," he added.

Mr. Duterte had openly called for Sereno's impeachment by his allies in the House of Representatives for asserting the judiciary's authority over judges he had linked to illegal drugs.

De Castro was among the eight justices who voted to oust Sereno through a quo warranto suit filed by Solicitor General Jose Calida.

An impeachment complaint was filed last week against De Castro and six other magistrates for alleged violation of the Constitution and betrayal of public trust over Sereno's ouster.

Very brief term

De Castro's term will be very brief, as she is set to retire on Oct. 8, when she turns 70. She will take her oath before Mr. Duterte on Friday, according to Presidential Assistant Christopher "Bong" Go.

A former associate justice at the Sandiganbayan, De Castro was appointed by then President Gloria Macapagal-Arroyo to the Supreme Court as an associate justice in 2007.

On Monday, Mr. Duterte maintained that he did not personally know De Castro or any of the contenders for the position.

"I'm not familiar with any of them actually. I don't know any of them personally... They are all strangers to me," he said.

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Marcoses back? voters made it possible, says Roque

BY CHRISTINE O. AVENDANO

Malacañang on Tuesday shrugged off accusations by the group Campaign Against the Return of the Marcoses to Malacañang (Carmma) that President Duterte was using his power to help members of the family of the late dictator Ferdinand Marcos regain a political foothold.

“In our democracy, it is the people who elect their leaders,” said presidential spokesperson Harry Roque, a former human rights lawyer.

“It’s the people who elected the Marcoses back to power,” Roque said.

Aside from Imelda Marcos, now Ilocos Norte representative, her daughter, Imee, is currently the governor of the same province.

Not appointees

“The President has neither appointed any of them, nor has he campaigned for any of the Marcoses,” Roque said in a text message.

Carmma leaders said Mr.



The Marcoses (L to R) Imelda, Imee and Bongbong

Duterte had allowed the Marcoses to flourish under his administration despite refusing to apologize for wrongdoing during martial law.

“Duterte has, no doubt, played a big role in the political rehabilitation of the Marcoses,” said Marie Hilao-Enriquez, a Carmma leader.

The President wanted the Marcoses back for a reason—to enter into an “ideal partnership,” said Enriquez.

Symbiotic

“Marcos needs Duterte’s popularity, while Duterte needs Marcos to absolve him of his crimes once he steps down,” she said, citing Mr. Duterte’s repeated statements he was ready to step down if he would be replaced by former Sen. Ferdinand “Bongbong” Marcos

Jr. She denounced what she said was political posturing by two children of the late dictator—Bongbong and Imee, currently governor of Ilocos Norte.

Imee recently drew flak for suggesting martial law victims of her generation should learn to “move on,” adding that millennials had already forgotten the sins of martial law.

Bongbong came to her sister’s defense, saying he understood his sister’s sentiment over “something that happened 32 years ago.”

In a recent interview, Bongbong said he was “ready for the presidency,” following Mr. Duterte’s pronouncement that he was willing to step down so long as Marcos replaced him.—

PDEA files rap at DOJ for ‘shabu’

From page 1

They are facing a case for violation of Section 1401 (Unlawful Importation) in relation to Section 118 (g) (Prohibited Importation), pursuant to Sections 4 and 5 of RA 9165.

The shipment from Malay-

sia was said to contain door frames, but upon inspection and 100-percent physical examination, authorities discovered that it contained two magnetic lifters containing 355 kg of “shabu” estimated to be worth about

P2.4 billion.

The shipment, which arrived in the country on June 28, was deemed abandoned after the consignee failed to file an entry document within 30 days from the date of discharge.

The Return of GMA

BY GABRIEL ORTIGOZA, PHD

Gloria Macapagal-Arroyo is back to power after a revolution spearheaded by her political colleagues in the House of Representatives ousting Pantaleon Alvarez and installing her as the new Speaker of the House on 23 July 2018, the day President Rodrigo Roa Duterte is scheduled to deliver his Speech Of the Nation Address.

Majority of the congressmen were disgruntled on the leadership of Congressman Alvarez. The turning point started when Alvarez slashed congressional budget of lawmakers, including GMA, who did not vote for the approval of death penalty bill. The dislike on Alvarez became intense when he acted as if he is indispensable in government.

He forgot the people voted and put him to office thru election. Ironically, Alvarez planned to have “No EI” (no election) scenario comes 2019 midterm election. It caused his ouster as speaker of the house.

The revolt became a reality with the help of two prominent ladies in the persons of Davao City Mayor and presidential daughter Sarah Duterte and Ilocos Norte Governor Imee Marcos; 161 congressmen joined the political wave and voted to unseat Alvarez before the SONA.

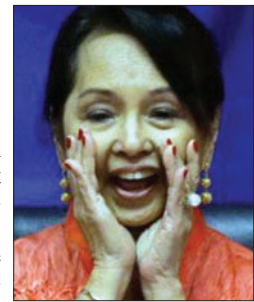
Alvarez, who was with the president, Senate President Vicente Sotto and other government officials at the receiving hall of the House, said he did not know he was ousted as speaker. PRRD talked to both camps to loosen the tension among lawmakers and asked GMA to allow Alvarez to sit as Speaker during the SONA.

To prevent further delay on his SONA, PRRD advised the house members to continue their plans after he delivered his SONA.

True enough after the SONA the lower house lawmakers easily got a quorum, resumed and made an exclamation to their coup and voted again for GMA as the house speaker. This time the votes for GMA went up to 184 out of 299 house members.

Who is GMA?

GMA is a daughter of the late Philippine president Diosdado Macapagal. She is an economist who is a graduate of the University of the Philippines and Georgetown University.. GMA and former U.S. president William Jeffer-



son “Bill” Clinton were classmates at Georgetown University class of 1968. Georgetown is the oldest Jesuit university in the U.S.

GMA started working in government as Assistant Secretary at Department of Trade and Industry (DTI) during the administration of President Corazon Aquino (1986-1992). GMA ran and topped senatorial race in 1992. She was elected vice president in 1998 under the ticket of former house speaker Jose De Venecia, Jr. of the Rainbow Coalition. De Venecia lost that presidential election to Joseph “Erap” Estrada. On 20 January 2001, people power revolution installed Gloria Macapagal-Arroyo as president of the Philippines.

In April 2001, I met GMA at Philippine Military Academy (PMA) when she and her family spent vacation in the Summer Capital of the Philippines. On the last day of the First Family’s vacation, a PSG helicopter crashed in the mountains of the Cordilleras. I was the Officer of the Day (OD) at PMA on that day. As OD, I was approached by Presidential Security Group (PSG) commander Brigadier General Alberto Braganza (Integree 71) to help search for the missing helicopter. Brig. Gen. Braganza was not new to me. He was our command chief of staff at Southern Command in Zamboanga City in 1994 with Lt. Gen. Orlando Soriano (PMA 62) as our commander.

After the remaining presidential term ended, GMA ran and won the May 2004 presidential election. The opponents led by closest rival Fernando Poe, Jr. protested the result of the election based on the “Hello Garci” wiretapped incident. GMA asked an apology for that incident. She served her term until 30 June 2010.

GMA ran and won a congressional seat in Pampanga representing her district for four years in the House of Representatives. GMA’s successor, president Benigno “Noynoy” Aquino, son of presidential Cory Aquino and Sen. Ninoy Aquino, placed GMA on house arrest for four years on the charges of corruption at the Veterans Memorial Hospital. While in detention, GMA ran for congressional post in the same district and won the reelection. GMA is serving her third and last term as representative of her district which will end in 2019.

As speaker of the house and as an economist, GMA’s first major step was to call the government’s economic managers to get update on the latest economic turmoil going on at the Philippine economy. This is the best time for GMA to show the Filipino people she cares.

What is next for GMA?

As OD of PMA and at

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The International Philippines Association 14th Dinner and Dance



Congratulations to the International Philippines Association who recently changed their name from Central Philippines Association, allowing them to be recognized officially as a non-profit organization. They held their 14th Annual Dinner and Dance on 25 Aug 2018 at the Holiday Villa Restaurant on Land Park Dr. Funds they have raised help charitable organizations, such as, My Sisters House, Loaves and Fishes, to name a few. Thank you to President Brian Jumawan for inviting Philippine Fiesta.



Members and supporters of the International Philippines Association, the Valila Family (all seated). Standing behind: former president, Josie Canlas, with friend Melita Esperante.



Dancing was available before, during, and after dinner. It was a full night of fun and dancer-size.

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This group is drop in, free, and open to all genders and ethnicities. If doesn't matter where or when it happened, if it still affects your life in any way you are welcome to join us.

Our #metoo group meets every month on the third Monday.

Date: September 17 Time: 6-7pm

Location:

Private location. Please call 916-428-3271 or email us at info@my-sisters-house.org

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- ▼ Shelter for abused women and children



Source: gettyimages.com



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14th Annual My Sister's House Run for a Safe Haven

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
5K Run/Walk Race Start Time: 9:00am
Awards Ceremony Begins: 10:00am



Trump's associates flipping over scandals

BY PERRY DIAZ

If there is one word that is anathema to President Donald Trump, it's the word "flip." In legal parlance, "to flip," means: "To cause or persuade (a witness) to cooperate in prosecuting a criminal case against an associate." [Source: Merriam-Webster] Since August 21, 2018 – "Black Tuesday" – when Trump's Campaign Chairman Paul Manafort was convicted of eight counts of felony charges and his lawyer and fixer Michael Cohen pled guilty to eight counts of criminal cases, Trump's wall of defense started to crumble.

Although Manafort hasn't implicated him yet, Cohen did so. As part of his plea agreement, Cohen implicated Trump in the "hush" money paid to Stormy Daniels and Karen McDougal, who have had sexual encounters with Trump. Cohen said that a "candidate" – Trump -- directed him to make the payoff totaling \$280,000. To support his claim, Cohen said that the "candidate" paid him \$420,000 – in installments -- to settle the amount that Cohen advanced plus an extra amount (grease money) for him to keep. To back up his claims, Cohen produced receipts he billed the Trump Organization for "legal services." The following day, Cohen told the prosecutors that he'd tell them everything that he knows about Trump and his questionable dealings. In other words, he flipped, which made Trump angry as hell.

The dam has cracked

Indeed, Cohen's flipping could cause more of Trump's associates to flip. It's akin to a dam that has cracked a little. Pretty soon, as pressure mounts on the dam's structural integrity, the dam will break and water will gush out in a torrent; thus, causing a flash flood of great magnitude.

On August 23, David Pecker, Editor of National Enquirer and CEO of American Media Inc., and a long-time friend (or partner-in-crime) of Trump, told federal prosecutors that Trump had knowledge of Cohen's payments to Daniels and McDougal and provided the investigators with details about payments. He also confessed that he kept incriminating materials in a safe but took them out before Trump's inauguration. Did Pecker destroy the



Trump and convicted Campaign Chairman Paul Manafort

materials? On the contrary, I believe that he transferred them to a place where investigators wouldn't find them. But that is no longer an issue because Pecker is now willing to sing like a canary.

The following day, Allen Weisselberg, another associate of Trump and the financial officer of Trump Organization, was also granted immunity in the Cohen case. He was hired first by Trump's father, Fred Trump, and has been with the Trumps for decades. He is the "money man" in Trump's business and personal accounts. As the "money man," Weisselberg could be the missing link connecting Trump and his attempt to buy the silence of Daniels and McDougal.

Sham invoices

It's interesting to note an op-ed published by the New York Times that said: "The Trump Organization recorded the reimbursement as a legal expense. But Mr. Cohen, Mr. Trump's longtime fixer, said on Tuesday that he paid Ms. Clifford, better known as Stormy Daniels, to buy her silence during the 2016 campaign. Federal prosecutors have said the reimbursement payments were for sham legal invoices in connection with a nonexistent retainer agreement. Mr. Cohen, who pleaded guilty to federal campaign finance charges, did no legal work in connection with the matter, prosecutors said."

As the Cohen case moves forward, one wonders how many more people would be implicated? Suffice it is to say, I'm pretty sure that those who would be implicated would have a choice: cooperate with the prosecutors or face criminal charges. For witnesses to cooperate with the prosecutors, they have to ask themselves: What's in it for me? And in all likelihood, there is none. Zilch! So, why would they protect Trump? There is nothing to gain in protecting Trump, except to gain jail time.

Russian mob connection

What we're seeing is scandal after scandal being unearthed. This whole investigation on Trumps' shenanigans could reach a level where Trump's questionable

business dealings with the Russians would be brought to the fore, particularly Trump's relationship with Russian President Vladimir Putin. It's all detailed in the well-documented book, "House of Trump, House of Putin," authored by Craig Unger.

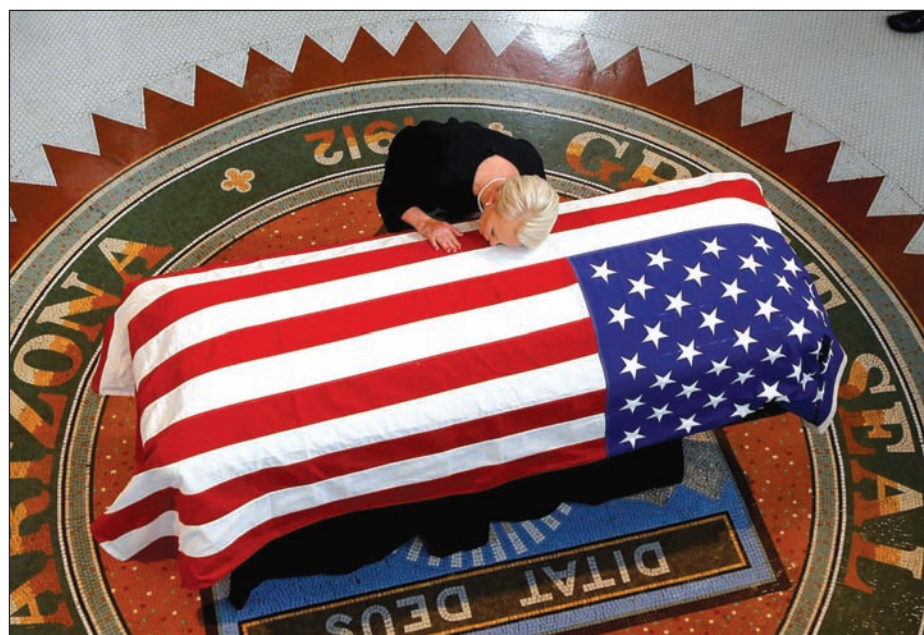
Recently, I received a copy of the book. Just reading the synopsis and the first three chapters, I was shocked as to why Trump, who is allegedly an "asset" of Putin has risen to the top of America's political hierarchy. It took the Russian mob four decades to cultivate Trump as a "sleeper." By 2016, Putin's asset was elected president of the most powerful country in the world's history. And Putin accomplished it without firing a shot, which left America's intelligence agents scratching their heads.

I took the liberty of quoting a couple of paragraphs from the book's synopsis, which says: "it is a chilling story that begins in the 1970s, when Trump made his first splash in the booming, money-drenched world of New York real estate, and ends with Trump's inauguration as president of the United States. That moment was the culmination of Russia's long mission to undermine Western democracy, a mission that began more than thirty years ago, when the Russian Mafia first targeted Trump properties to launder money, and led to Putin's oligarchs and Mafia kingpins rescuing Trump from a string of sensational Trump hotel and casino bankruptcies in Atlantic City.

"This book confirms the most incredible American paranoias about Russian malevolence. To most, it will be a hair-raising revelation that the Cold War did not end in 1991 – that it merely evolved, with Trump's apartments offering the perfect vehicle for billions of dollars to leave the collapsing Soviet Union."

Unless Trump is impeached in the next Congress, the Russians would be working twice as hard as they did in 2016 to undermine the 2020 elections to ensure that Trump wins in his re-election. But right now, Trump would probably be having bouts of sleepless nights and paranoid nervousness, knowing that it's just a matter of time when more scandals would be exposed next.

Cindy McCain lays her head on her husband's casket in heartbreaking photos from John McCain's memorial in Arizona



As the late Sen. John McCain laid in state at the Arizona Capitol on Wednesday, Cindy McCain lay her head on her husband's casket in mourning. (Reuters)

By ASHLEY COLLMAN

It was the first time that Cindy and her children had been seen in public since the senator and Vietnam War hero died on Saturday, after a battle with brain cancer.

Two memorials will be held in Arizona before McCain's coffin is taken to Washington, DC for more services on Friday and Saturday. He will be buried at the Naval Academy Cemetery in Annapolis, Maryland on Sunday.

John McCain passed away on Saturday, a little more than a year after being diagnosed with brain cancer.

After his death, his wife issued this statement:

"My heart is broken. I am so lucky to have lived the adventure of loving this incredible man for 38 years. He passed away the way he lived, on his own terms, surrounded by the people he loved, in the place he loved best."

After his death, Meghan released a statement, which reads in part:

"All that I am is thanks to him. Now that he is gone, the task of my lifetime is to live up to his example, his expectations, and his love."

Meghan was the oldest of his four children with his second wife Cindy.

At the end of the day, one doesn't fail to wonder: When are Trumps' associates going to flip over the scandals? (PerryDiaz@gmail.com)



Cindy McCain arrived at the funeral on the arms of her two sons, 29-year-old James (left) and 31-year-old John, who goes by Jack (right).



Pictured walking ahead of Meghan is her adopted sister Bridget. The McCains adopted Bridget when she was just three months old in 1991, from an orphanage run by Mother Teresa in Bangladesh.

Sen. McCain also adopted the two children of his first wife, Carol, and had a daughter, Sidney, with her, as well. He is survived by seven children total.

There will be a memorial service at the North Phoenix Baptist Church on Thursday.

On Friday, Sen. McCain's casket will be flown

to Washington, DC, where it will lie in state at the US Capitol building, followed the following day by a memorial service at the Washington National Cathedral.

He will be buried in a private funeral on Sunday at the Naval Academy Cemetery in Annapolis, Maryland, next to his best friend, Adm. Chuck Larson.



PerryScope

BY PERRY DIAZ

Is a banana republic in the making?

President Rodrigo Duterte stepping down? Hmm... Well, this is not the first time I heard him say he's quitting. And how many times did he say he's stepping down if he didn't do what he promised to accomplish.

The first time he said he would step down was when he promised – nay, vowed – to end illegal drugs and criminality when he was campaigning for the presidency. He promised to kill more than 100,000 alleged criminals and dump their bodies in Manila Bay within six months of taking office. He promised that he would resign if he failed to do so.

Six months after he took office and about 3,000 drug pushers and users killed, he asked for an extension for another six months. He missed it again. And two years into his presidency, an opposition senator said the death toll in Duterte's "war on drugs" has exceeded 20,000. Actually, there are more drugs on the streets today than there were at the start of his term in 2016.

On April 14, 2018, Duterte told the military and police during a command conference in Malacañang that he's thinking of stepping down because he was tired. "I am not angry [with] anybody. My chase against graft and corruption seems to be endless, and it has contaminated almost all government departments and offices," he said. The officers in uniform must have been shocked to hear him say he's quitting. Just the day before, Duterte relieved a general and 20 other military officers for corruption. And the week before, he fired all board members of Nayong Pilipino Foundation (NPF) over a "grossly disadvantageous" 70-year property lease contract.

He then asked the military and police to find his "right successor." He said that Vice President Leni Robredo doesn't have what it takes to lead. He added that he rejects Robredo as his successor even if the Constitution states that she would replace him if he steps down. He said he prefers a junta to lead the country, if he's ousted by the military.

Circumvention

Evidently, Duterte wants to cir-

cumvent the Constitution, which mandates that the vice president take over the presidency in the event that the position becomes vacant.

But when he spoke before a group of broadcasters, Duterte changed his tune. He said that if a leader "like" Senator Francis "Chiz" Escudero or former senator Ferdinand "Bongbong" Marcos Jr. could assume the presidency, he would step down. He then said that he would not step down as long as Robredo remains vice president.

Three scenarios

It is now apparent that Duterte's plan would not be implemented for as long as Robredo is in power... except if the military and police intervene. But while Duterte had indicated that he preferred Bongbong Marcos or Chiz Escudero to succeed him, Duterte seems



Duterte and Bongbong Marcos (right).

to be leaning more towards Bongbong, whom he had been grooming since he was inaugurated President. The problem is that he couldn't wait for Bongbong to run and win the presidential election in 2022 in conformance with the Constitution. He wants it now buy any means! Is that why he needs



Duterte grooms Bongbong Marcos to succeed him.

the help of the military and the police?

For Bongbong to succeed Duterte, one of the following scenarios has to occur:

Scenario 1: Bongbong wins in his electoral recount petition and replaces Robredo as vice-president, which would then put him first in the presidential line of succession. This scenario would seem unlikely because of the length of time it would take to recount the votes for vice-presidential candidates



President Duterte in military uniform.

Scenario 2: The Supreme Court removes Robredo by way of a "quo warranto" petition just like the way former Chief Justice Ma. Lourdes Sereno was removed. This scenario could be problematic. While a "quo warranto" petition was approved by a razor-thin 8-7 vote in the Supreme Court to oust Chief Justice Sereno, it might not apply in challenging the election of Vice President Robredo. The Constitution clearly mandates that the President and Vice President can only be removed by impeachment.

Scenario 3: Duterte declares martial law or revolutionary government; thus paving the way for Bongbong to take over the revolutionary government. This scenario could only be accomplished if the military and the police would support Duterte's plan to declare martial law or revolutionary government. Bongbong could then rule indefinitely until a new constitution is adopted, which could take years to pass. Meanwhile, he would be in power indefinitely, which would remind us of his father and namesake, Ferdinand Marcos, who stayed in power for 21 years. It would be déjà vu all over again.

The question is: Why is Duterte in a hurry to step down to pave the way for Bongbong Marcos to assume the presidency? To answer

this question, one has to realize that Duterte is having some health issues, which could curtail his ability to fulfill the demands of his office. He is also grappling with economic issues such as skyrocketing inflation, weakening of the Peso, anemic GDP, and increasing unemployment and underemployment. But the underlying reason is that Bongbong would presumably shield Duterte from prosecution for all the crimes he would be charged with once he's out of power. But how could Bongbong protect him unless he'd follow his father's footsteps; that is, exert dictatorial rule with an iron hand, which begs the question: Are the Filipino people ready and willing to relive the dark era of the Marcos dictatorship?

Banana republic

One has to look at what happened to "banana republics" where dicta-



The late dictator Ferdinand Marcos declares martial law on September 23, 1972.

tors ruled. Take the case of Myanmar (Burma), which was under military dictatorship for 49 years, from 1962 to 2011. It was one of the cruelest and repressive military regimes in modern times.

Another country that was under military rule is Indonesia. On March 12, 1967, Sukarno was stripped of his president-for-life

title. On that same day, General Suharto was named acting president. He held the office for 31 years until he was forced to step down on May 21, 1998 after losing the support of the people. His regime was one of the most corrupt in Asia. He was believed to have accumulated billions of dollars during his reign.

And of course, Ferdinand Marcos' dictatorial rule is something that a lot of Filipinos won't forget. Elected President in 1965, he declared martial law on September 23, 1972 with the strong support of the military, supposedly to stop the communists from taking over the government. He ruled for 21 years that ended on February 25, 1986 when a "People Power" Revolution ousted him from power. He went to exile in Hawaii with his family. After Marcos' death on September 28, 1989, former President Fidel V. Ramos allowed the Marcoses to return home. Ironi-



Duterte talks about martial law.

cally, it was Ramos – together with Juan Ponce Enrile — who led the People Power Revolution.

Indeed, there never was a military rule that had stood the test of time. While they may have stayed in power for many years, ultimately, the people would remove them from power. Duterte should then know that following a path the

Constitution allows and for the presidential line of succession to prevail is the right thing to do. However, Duterte is caught between a rock and a hard place. If he follows the constitutionally mandated presidential line of succession, there is no guarantee that Bongbong would win the presidency in a fair election in 2022. It is expected that there are several strong presidential candidates in 2022. It's going to be a battle royale. If Bongbong decides not to run, there is no guarantee that Duterte will not end up in jail just like his predecessors Joseph Estrada and Gloria Macapagal-Arroyo.

But right now, there is a strong effort to circumvent the presidential line of succession, which begs the question: Is a banana republic in the making?

(PerryDiaz@gmail.com)

20 million U.S. immigrants could face deportation

PerryScope

BY PERRY DIAZ

Who is Stephen Miller?

Stephen Miller is Trump's 32-year old senior policy advisor, speechwriter, anti-immigration policy chief, and right-hand troll. A known provocateur, Miller is a white nationalist who supports rightwing, white supremacist, and alt-right causes. An observer once described him as someone who "likes getting a rise out of people in a very sociopathic way."



New Americans wave U.S. flags during a naturalization ceremony.

In his job in the White House, Miller developed policies such as the barring of individuals from Muslim majority countries, cuts to legal immigration, family separation, and the rescission of the Deferred Action for Childhood Arrivals (DACA). He used his influence in the White House to subvert bipartisan legislation that would have provided permanent protections for "Dreamers." Dreamers

are the young people – mostly Hispanic – who benefitted from former President Barack Obama's DACA executive order when the DREAM Act -- Development, Relief and Education for Alien Minors -- failed to pass in Congress several times. In September 2017, Trump rescinded DACA that has kept nearly 800,000 young immigrants from deportation since 2012. Recently, he fashioned Trump's controversial "Zero Tolerance Policy" that forcibly separated migrant children from their parents at the US-Mexico border. And now, Miller's ultimate dream of ridding the country of immigrants is about to become a reality.

But Miller seems to be running away from reality in regard to his family roots. His uncle David Glosser, a retired neuropsychologist and Miller's uncle on his mother's side, said that Miller's great-great-grandfather Wolf-Leib Glosser left the village of Antopol in what is now Belarus amid "violent anti-Jewish pogroms" there and came to the US. He landed on Ellis Island in 1903 and within a few years was able to bring over the rest of his family.

"I have watched with dismay and increasing horror as my nephew, who is an educated man and well aware of his heritage, has become the architect of immigration policies that repudiate the very foundation of our family's life in this country," Glosser wrote.

Miller's blueprint

Miller's blueprint

Miller's master plan is to deport immigrants – legal and illegal – based on what he believed are "violations" of immigration laws. His rulemaking proposal targets legal immigrants (green card holders) in the U.S. who have used or whose household members have used the Affordable Care Act (ACA) or Obamacare, Children's Health Insurance Program (CHIP), Supplemental Nutrition Assistance Program (SNAP), Food Stamp and other social programs, including the Supplemental Security Income (SSI) for the aged. For participating in

these social programs, illegal immigrants could be hindered from obtaining legal status, while legal immigrants' application for citizenship could be imperiled. In both cases, "violators" could be deported. Those hardest hit are immigrants, mostly people of color, who are working in low-paying jobs that are not enough to support their families.



Stephen Miller is said to be someone who "likes getting a rise out of people in a very sociopathic way."

The crux of the matter is in a document called "affidavit of support," which is required of all sponsors to execute. Basically, it is a document an individual (sponsor) signs to accept financial responsibility for another person (new immigrant), usually a relative, who is coming to the United States to live permanently. An affidavit of support is legally enforceable; the sponsor's responsibility usually lasts until the family member or other individual either becomes a U.S. citizen, or can be credited with

40 quarters of work (usually 10 years). [Source: US Citizenship and Immigration Services]

The anti-immigrant blueprint designed by Miller and his white nationalist cohorts in the Trump administration first came to fruition in the early months of the Trump presidency. The White House is currently reviewing the draft and once Trump approves it, it will be published in the Federal Register; thus, making it a law of the land.



Elderly Filipino veterans of World War II proudly wear their veterans' cap.

Elderly immigrants

One of the groups that would be hardest hit by Miller's anti-immigration initiative are elderly immigrants who were sponsored by their children under the Family Reunification law, which Trump refers to as "chain migration." Since a majority of them were admitted to the U.S. in their senior years, they don't have Social Security benefits

and therefore don't have any earnings or income. As such, they would qualify to receive SSI benefits. In addition, SSI is also used to help blind and disabled people, who have little or no income. It also provides cash to meet basic needs for food, clothing, and shelter.

The Family Reunification law allows the immigration of "immediate relatives" of US citizens, which is not subject to any annual visa numerical limits. Immediate relatives are: (1) Spouses and unmarried children of US citizens; (2) Parents of US citizens; and (3) Widows, widowers, and children of deceased US citizens.

Chain migration

Another anti-immigration policy that Miller has been working on is "chain migration." On January 8, 2018, The Hill reported: "Miller pushed the White House message on immigration reform, calling for a border wall and an end to 'chain' migration, the process by which an immigrant can petition to bring family members to the United States, as well as the adjustment of the country's visa lottery system." But didn't Miller realize that it was chain migration that made it possible for his family to enter the U.S. beginning in 1903?

It is interesting to note New York Times' headline on August 9, 2018 that says: "Melania Trump's Parents Become U.S. Citizens, Using 'Chain Migration' Trump Hates." The report said that Trump's Slovenian in-laws, Viktor and Amalija Knavs, became US citizens by taking advantage of the Family Reunification program. When their lawyer, Michael Wildes, was asked if the Knavs had obtained citizenship through "chain migration," which Trump has repeatedly and vehemently denounced, he said, "I suppose. Chain migration is a 'dirtier' way of characterizing the bedrock of our immigration process when it comes to family reunification."



Trump's Slovenian in-laws, Viktor and Amalija Knavs, became US citizens by taking advantage of the Family Reunification program, which Trump calls "chain migration."

lies had been tried before. However, the large number of Filipinos working in the healthcare industry could have a crippling effect in hospitals, clinics, medical and nursing professions, and the elderly care home industry, which is growing fast due to the 60 million aging "baby boomers."



Three generations of a Filipino-American immigrant family.

If Trump proceeds with the deportation of an estimated 20 million immigrants, the result could be catastrophic to the healthcare, agricultural, hotel and entertainment, sanitation, information technology, and other industries, which would have a crippling effect on the economy for lack of qualified professionals and skilled workers.

(PerryDiaz@gmail.com)

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Filipino American Community bids farewell to an Iconic Leader Dr. Alfred Reyes Aquino

BY FAINA E. ABAYA

The Filipino American Community of Sacramento and Vicinity is fortunate to have leaders who are energetic, enthusiastic and have that sincerity of purpose which make our diverse community vibrant, united and progressive.

Yet, among these men and women who had the opportunity to lead in our community for all the many organizations that had been founded and geared towards the betterment of our community, one among them had been considered as the most dynamic and outstanding in community affairs.

Indeed, Dr. Alfredo Reyes Aquino will go down in the annals of community events as the most iconic leader in our Filipino American community. More than any other community leaders in Sacramento and outlying areas, Dr. Fred Aquino had led countless commendable and meritorious activities during his lifetime that benefited many individuals and the place where he had established himself and where he had found comfort and friendly social environment with his close friends and community members.

In all the 29 years that he became active in community activities in Sacramento and outlying areas, we could not just set aside in our memories, the many events that Dr. Fred Aquino had participated as organization leader to raise funds for Scholarship Grants to deserving students, raise funds for charitable purposes, promote our Filipino cultural

heritage to show the beauty, grace and elegance of our songs, dances and costumes. Fred as he was fondly called by his closest friends was also in the forefront of raising necessary funds to put into action and reality the dream of every Filipino to have our own cultural center building where we can hold our community activities and to proudly show our great cultural heritage.

Likewise, Fred also initiated to put on our own Museo Pilipino where we can showcase our unfiltered cultural tradition which will become the repository of our colorful attires, unique dances, native songs and artistic skills in painting and sculpture as they had been handed down from generation to another by our great predecessors.

He also advocates the friendly interrelationship of all races in the community to bring out into fore their cultures and traditions which we usually have friendly celebration to show that diversity makes our community strong and progressive.

Fred was known for his gregariousness that during social gatherings he had shown the panache and flair of a professional like performer that simply entertained his audience. Who could forget his virtuosity on the dance floor, the gentleman's gracefulness was like a musical symphony that played in unison which easily captivated the admiration of everyone especially the ladies whom he chivalrously picked to be his dancing partner. No one could simply disregard but only to notice, his sartorial elegance in the way he impeccably dressed himself with western suit or the Filipino national attire, the Barong Tagalog as he danced or

just walked into the hearts of his regaled and mesmerized audience.

Perhaps, as one suggested that we can send pictures of Fred wearing our National Attire of every design and color to our government officials in the Philippines especially President Rodrigo Duterte to learn from such images on how to properly wear our meticulously embroidered Barong Tagalog in both formal and daily activities. And who will not have a second look to Fred when he was wearing his United States Army uniform during community parades celebrating major events for both the United States and his beloved country of origin, the Philippines to indicate that he had been with the US military reserves with the rank of Captain having proudly served his adopted country not only as a civilian but also in the military service.

Fred was seemingly omnipresent in every major event held in the Filipino American Community of Sacramento and its outlying areas for the various organizations that he either led or just a participant, be it social, fundraising, religious observations and even military gatherings and parades. In all the occasions that he attended, he always played a major role as a program host, delivering his acceptance speech, introducing the guest speaker or even himself at the podium as resource speaker of the occasion. In all the gatherings that he had participated he always projects his self-confidence and his usual



Dr. Alfred Reyes Aquino

contagious smile as he eloquently conveyed the message that he likes to impart for his listeners sometimes mixed with his wits and humor for the enjoyment of his audience.

The long journey of Fred from his birth place in Camiling, Tarlac, Philippines where he spent the best years of his young life up to the shores of the land of milk and honey was not strewn with fresh petals of flowers nor an easy way but rough road full of obstacles. In between, he encountered extreme challenges which he was able to overcome with his determination and perseverance to continue his pursuit to realize his goals in life.

Fred was made of sterner stuff and strong character that he was able to overcome many difficulties to continue with his studies and eventually earned his Doctor of Veterinary Medicine at the University of the Philippines (Diliman campus). Thereafter, he became an assistant professor at the University of the Philippines College



of Filipino Veterinarians and also became member or ranking officer of several community organization.

Undeniably, Fred during his lifetime received numerous accolades from different organizations for his meritorious contributions and his government service where he had shown that there was no substitute for hard work to set an example on how to serve the people for their best interest and betterment. And to name a few of such honors and awards are; Most Distinguished Service Award, UP Beta Sigma Fraternity International, Inc., Man

of the Year Gawad Parangal, Sacramento 1988, Plaque of Honor for Dedication and Service to USDA 1987 and MPIO Excellence in Supervisory Award on Food Safety and Inspection Service, USDA.

Dr. Alfred Reyes Aquino is no longer with us but his legacy as a community leader and his humanity with his fellow men will surely stay in our hearts and memories. Undoubtedly, he will always be remembered as a giant of community leadership whose sincerity of purpose had been always for the welfare of his community. We deeply mourned his passing and expressed our profound condolences to his loved ones; however, we are always consoled by the thought that this Great community leader is now in the Kingdom of His Maker where there are no pains and sufferings but a heavenly place where his soul will ETERNALLY REST IN PEACE.

His greatest pride and joy were his family that he cherished so much. He is survived by his children: Jeff (Arlene), John (Eden), Amy (Michael), Christopher (Mika), and Angelyssa; and his eleven grandchildren: Noah, Cullen, Patrick, Alyssa, Thomas, Krystle, Angelina, Haylee, Noah, Mia, and Kenzie. His siblings also survive him, Gregorio, Pacifico and Linda, including numerous relatives worldwide. He was preceded in death by his parents, Estanislao and Maria Aquino, and four siblings: Florencio, Leonida, Catalina, and Milagros.

of Agriculture in Los Banos, Laguna. To further his studies in his chosen field, he accepted a United Nations Fellow Grant in the field of Veterinary Parasitology and Diagnostic Technique at the University of Queensland, Australia and later at the University of Manawato in New Zealand.

Fred reached the shore of the United States in 1967 as an immigrant and with his educational background and work experiences, he was employed with the California Department of Food and Agriculture as Veterinarian Medical Officer. He also earned the distinction as the first foreigner and Filipino Veterinarian to be employed with the State of California. In his 27 years of government service, Fred held several responsible positions until he retired in 2004. However, in 2006, he was rehired by the USDA as veterinarian area supervisor for Northern California and with his vast experience and knowledge in his field of concentration brought him to Oregon, Kansas and Washington D.C. to lend his expertise.

It is well known that during the lifetime of Fred in his 29 years of community participation, he was entrusted one time or another to become President of the Filipino Community of Sacramento and Vicinity, Chairman of the Pacific Rim Heritage, President of the Filipino American Veterans Association, President of the University of the Philippines Alumni Association of Sacramento and Vicinity, President of Northern California

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FAVA FILIPINIANA 2018

Scholarship Awards Night & Dinner Dance

The Filipino-American Veterans Association (FAVA), Inc. of Sacramento held their annual presentation of Scholarship Awards Dinner and Dance dubbed as Filipiniana 2018 on August 4, 2018 in the Banquet Hall of Happy Garden Seafood Restaurant in Sacramento, CA.

Attended by leaders of different organizations and members, friends, family and out of town guests, it became the representation of all things Filipiniana.

Filipiniana is a reflection of the country's cultural artistic traditions of beautiful designed of terno, barong and saya.

The audience was then invited to join the veterans in paying due respect to the flag and singing the Star and Spangled Banner and the Philippines National Anthem Lupang Hinirang accompanied by Fortunato Delacruz playing the keyboard.

After the Master of Ceremony's (Pete Delacruz) welcoming remarks, he introduced Lionel Williams to deliver the invocation, immediately followed by the FAVA ladies announcing the buffet was ready to be served.

FAVA president Dick Weitzenberg delivered his brief speech welcoming and thanking everyone for supporting FAVA's



Photos by Dave San Pedro

FAVA President Dick Weitzenberg



Dick Weitzenberg and Bill Versoza presenting the award to Martin Nguyen with his parents John and Milagros Z. Nguyen, and grandparents Joel and Zarina Zaragoza.



Scholar Devin Ferguson, Dr. Bob and Shirley Ferguson, Salvador and Lydia Rose.



FAVA scholarship committee and members.

scholarship program.

The scholarship committee chair, Bill Versoza introduced the scholarship awards as follow:

1. Devin Ferguson, her parents are Dr. Bob and Shirley Ferguson, grandparents are Salvador and Lydia Rose.
2. Martin Nguyen, his parents are John and Milagros Z. Nguyen, grandparents are Joel and Zarina Zaragoza.
3. David Kabahit, his parents are Elmer and Cynthia Kabahit, grandparent is Zenaida Berdal.



The Ballroom Dancers

pher, Ched Descargar, Rose Delacruz, Nanette Nerona, Annie Lardizabal, Bella Nidoy, Beth Belasco, Yollie Delacruz, Millet Pangalinan, Edna Tancioco, Olive Jackson, Lita Calindas and Mila Reyes.

After the scholarship awards presentation, a beautiful rendition performed by the FAVA Ladies, dressed in a colorful Maria Clara danced the Filipino folk dance Lawiswis Kawayan. The dance steps are mainly composed of swaying and moving in circles while holding kawayan leaves. The FAVA Ladies Dancers composed of Marlie Ramos - Instructor and Choreogra-

After having the raffles and Filipiniana contest, the dance floor was kept busy up to the closing time, with the music provided by DJ Stephan and Ray-Ray.



Martin Nguyen and Devin Ferguson



David Kabahit



FAVA singers with conductor Pete Delacruz

UNLUCAI focuses on Missions and The 2019 Global Reunion

BY FAINA E. ABAYA

During the United La Union Circle of America, Inc. meeting on August 11, 2018, President Cristina Bambao indicated that she is not seeking a second term to lead the organization having accepted a position with the Global Naguilian Network Alliance (GNAN) as its Treasurer.

Moreover, her husband Henry Bambao is also the Chief Operating Officer (COO) of the GNAN for the 2019 Global Reunion which is tentatively scheduled sometime in July 2019 at Las Vegas, Nevada. Such situation, the husband and wife team are more focused on their respective positions for bigger responsibilities in connection with the global reunion which might jeopardize her obligations with UNLUCAI if she will continue being the president. Besides, the Global reunion is now on the planning stage and both will be more concerned on their respective duties with the GNAN.

The global reunion is expected to be attended by no less than 300 Naguilanders and guests coming from all parts of the world. As in the previous events of the said gathering several Naguilian government officials will attend to show the importance of such an occasion for their beloved town.

Moreover, other hardworking and willing members are now being given the chance to lead the organization. Nevertheless, she and husband will remain very active with the UNLUCAI in all its activities especially in Sacramento where the organization is based and other events to be held by affiliated Naguilian organizations in the United States, Canada and elsewhere.

President Bambao also reported



UNLUCAI members and family



Mon Veridiano, Jun Abaya, Henry Bambao and friends.

that there will be another fund-raising trip to Jackson Rancheria Casino on October 6, 2018 to replenish funds for the Scholarship Grants to 55 students who are now taking up vocational courses in Naguilian Stand Alone High School in accordance with the guidelines brought out by the Philippine Department of Education. More than one thousand five hundred dollars (\$1,500.00) has been allocated for the students' miscellaneous expenses. UNLUCAI also donated commercial oven to the said vocational school in the amount of more than 33,500.00 pesos to be used by the students. She urges all members and/or friends to join the trip. Who knows Lady Luck might be with you and hit the big jackpot.

Some members of the organization also involved themselves for charitable purposes not only in Naguilian but also at Loaves and Fishes operated by the Mercy Sisters in Sacramento where they volunteered to help the homeless in the modest way that they can do. Monetary as well as in kind such



July, August and September birthday celebrants

as school backpacks, clothing and non-perishable goods are being collected from the members and generous people who are willing to help to be sent to different barangays in Naguilian for their needed assistance in their day to day lives. Likewise, some members will also volunteer for whatever capacity that they will be assigned during

the Consulate on Wheels event to be held this coming September. Further, many community organizations also requested our assistance on their commendable fund programs which we willingly endorsed and contributed in accordance with our financial limit.

The President also mentioned that some members are attending the Induction into office of our affiliated organization in San Diego, California on October 13, 2018 to

be led by their incoming President Welma Dumo. There will be several cars to ride for members attending especially those who cannot drive. We deeply appreciated the attendance of Col. (AFP, ret.) Mon Veridiano one of the founders of Bayanihan of Sacramento, USA. He talks to some members about his charitable work in the Philip-

ppines which has been initiated by their organization. We always wish him the best of everything when he will be going back to our country to continue his charitable work for those who are in need. Members who recently had their birthdays were also belatedly greeted and everyone wished them more happy years to enjoy as they were treated with slice of delicious cake courtesy of Jun and Josie Fabros.

During the meeting, nominations of candidates have been received for all the positions, the election will be in October 2018 and the venue will be announced later. Please attend and cast your vote for our new set of officers 2019-2020 term.

Those who attended the meeting were: Jun and Josie Fabros, Edgar and Charity Avena, Dickie and Marilyn Bernal, Mannie and Cora Ojascastro, Lydia Estepa, Tino Floresca, Eligio Floresca, Carol Bambao, Jane Bambao, Fely Esplana, Estenelle dumaguin, Jun and Faina Abaya, Marilou Abenojar, Gina De Ynchausti and Erna Bambao.



Bicolandia Association of Sacramento & Vicinity

Day 6 of Our Lady of Peñafrancia novena at St Joseph Catholic Church in Elk Grove. The sixth day novena was hosted by Jun & Marissa Ignacio, Jess & Beth Velasco and Fely Esplana.

This annual celebration of the Feast of Our Lady Virgin of Penafrancia is held by the Bicolandia Association of Sacramento CA and Vicinity.

CABALEN CLUB GOLF TOURNAMENT

Saturday, September 15, 2018
Bartley Cavanaugh Golf Course
8301 Freeport Boulevard, Sacramento, CA 95832

Fee:	\$70/player (includes cart, snacks and lunch)
Check-in:	7:00 am
Tee Time:	8:00 am (Shot Gun Start)
Lunch:	Yum Buffet & Grill 4300 Florin Road, Sacramento, CA 95823
Hole Sponsorship:	Business - \$100 Individual - \$50
Reservations:	Rod Lumbang 916.402.4637 / rod13@frontiernet.net Pete Lumbang 916.718.9928 / pslumbang@sbcglobal.net

**Reservation Deadline is September 9th.
**Please include name & handicap in reservation.

All proceeds will go to the Cabalen Club Scholarship Fund.

An Aloha Wedding

BY DALE ESPERANTE

Previously, aloha used to be just a Hawaiian word for hello or goodbye, until a recent visit to the islands. The full impact of the word finally hit me. I googled online to explain this feeling. My Aha Moment came when I read the following, according to Wikipedia, "Aloha is the Hawaiian word for love, affection, peace, compassion and mercy, that is commonly used as a simple greeting but has a deeper cultural and spiritual significance to native Hawaiians."

Days before the August 4, 2018 wedding of Edward Esperante and Ashley Madela, family and friends from all over the world arrived in Oahu. A majority of the Esperante clan came from northern California with a sprinkling of representatives from Texas and southern California. Same goes with the visiting members of the Madela family, hailing from distant lands (did I hear as far as Europe and the Philippines?).

To show appreciation for the out-of-towner family and friends, Daryl and Noreen Madela (Ashley's parents) invited all to their beautiful home on August 2 for a Meet and Greet. Ashley's family beginning with her parents as well as Noreen's dad, Mr. Benny Delostrino, and Daryl's parents, Pete and Laurie Madela, made everyone feel so much at home. Edward's grandparents, Eduardo and Caridad Esperante, headed the visiting family's appreciation for the hospitality of the host family. This evening, another Hawaiian word became clear—Ohana. To be precise, Wikipedia describes: "Ohana means



Ashley and Edward



Edward with his mom Elsa Calacal

family (in an extended sense of the term, including blood-related, adoptive or intentional). The concept emphasizes that families are bound together and members must cooperate and remember one another." At the end of the evening, we bid aloha to our host. The feeling of Ohana and Aloha lingered on as we drove up and down Pali highway to reach our lodging along the shores of Bellows about an hour later. We've visited Hawaii several times before, but this was the first time we really felt the wonderful spirit of the islands—Mahalo to the Madela's. (Mahalo means Thank You)

Two days later, the Para-

dise Cove Crystal Chapel accommodated a fraction of the invited guests. The immediate family, the wedding party, and the elders stayed inside. The rest of the guests watched the wedding outside via live-stream, so they knew exactly when the newlyweds would walk out of the tiny chapel. When



Mr. and Mrs. Daryl & Noreen Madela walking their daughter Ashley down the aisle.



Seated (L-R) Edward's grandparents: Eduardo and Caridad Esperante



Edwards dad Robert with his sisters, Bobbee and Kaia.



Ashley and her grandfather Benny, a WWII guerrilla and a U.S. retired veteran.

the chapel doors opened, the new Mr. and Mrs. Edward & Ashley Esperante met cheers of joy and love from everyone meaningfully connected to their lives.

Palm trees and tall plants

300 guests sheltered by a giant canopy complete with several chandeliers, a buffet table ready to offer local and international cuisines, appetizer booths, two separate open host bars, shaved-ice booth, dessert booth, photo

alongside the chapel concealed the view of the acres of reception area awaiting the wedding party. A short descending pave steps between the chapel and the hedge-row revealed the panoramic view of the festive grounds. Tables set for approximately

booth, game area, a dance floor, the Pacific Ocean a stone throw away, a huge bright neon spelling of LOVE, a hip and entertaining DJ, an engaging radio broadcaster for the emcee, and The Loveliest Couple of the Day surrounded by their love ones, made this Aloha Wedding reception absolutely memorable!

Congratulations to the family especially Mr. and Mrs. Daryl & Noreen Madela, the parents of the bride. Another special Congratulations to Mr. and Mrs. Robert & Elsa Calacal, the parents of the groom. And above all, Congratulations Mr. and Mrs. Edward & Ashley Esperante, the newlyweds!!! Aloha and Mahalo Ohana!!!



JESS VELASCO celebrated his birthday on August 9, 2018 with wife Beth surrounded by his nine grandkids.



A surprised birthday celebration for ROSE BASOS on August 22, 2018 at Josie Patria's residence attended by friends and members of Filipino Women's Club of Sacramento CA.



Calendar of Events

SEPT. 8, 2018 (SAT.)
FILIPINO WOMEN'S CLUB
 The Masquerade Ball
 Honoring Lilia Rivera
 2018 FWC Outstanding Filipina
 6:00 pm
 Jose Rizal Community Center
 7320 Florin Mall Dr. Sacramento, CA
 Zeny 916.599.6544
 Rose 916.381.3845
 Mercy 916.266.1923



SEPT. 15, 2018 (SAT.)
CABALEN CLUB
GOLF TOURNAMENT
 7:00 check in
 8:00 am (shot gun start)
 Bartley Cavanaugh Golf Course
 8301 Freeport Blvd., Sacramento, CA
 For Reservations:
 Rod 916.402.4637
 Pete 916.718.9928



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>



Birthdays



DINO S. SAN PEDRO
 SEPTEMBER 1



CARIDAD ADUCAYEN & husband George
 SEPTEMBER 6



JON DELA CRUZ & wife Eva
 SEPTEMBER 5



CHRIS MATEO and wife Elaine
 SEPTEMBER 9



MIA BELLA (R) with Ami, Liv, KC, mama Edna and papa Robert
 AUGUST 28



LING AVERA AND FAMILY
 SEPTEMBER 1



SUSAN DE JESUS with hubby Rey and grandkids
 AUGUST 29

Anniversary



JOJO and MICHELLE ABAYA
 Sept. 9



GEMMA and GABRIEL ORTIGOZA
 20th Wedding Anniversary,
 Sept. 20



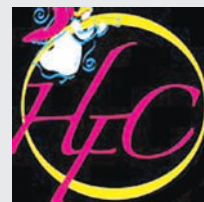
EDNA and RUBEN NAZARENO
 47th Wedding Anniversary,
 Sept. 14



CESAR and FELY SALGADO
 56th Wedding Anniversary,
 Sept. 17



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Doctor Alfred "Fred" R. Aquino

Doctor Alfred "Fred" R. Aquino

June 17, 1936 - July 30, 2018

BY DALE ESPERANTE and FRIENDS

measurements (standard system, i.e., feet) were applied as meters (metric system) in the Philippines. Whoa he said! Surprised but delighted, he accepted the spacious home and made plans to someday retire and live there.

I am writing this as a friend mourning the loss of a very good man. The first time I noticed this gregarious man was at a function organized by the Ilocano organization. This was at least ten years ago. He was the de facto emcee, a dance partner to his friends, a fundraising speaker for the purpose of the event, and overall, the life of the party! In an elevator on another function held at Double Tree was the second time I noticed this man. He came alone, resplendent in his formal barong. We didn't speak because we were still strangers to each other. We were finally introduced when I started participating as an active member of the veteran community at the American Legion Magellan Hall.

As years flew by, I've seen him joyful, cheerful, typically gregarious, giving, supportive, seemingly indefatigable, playful, forward looking, and always dapper. I've also seen him quiet, serious, cool, calm, and collected. When he was quiet, just say hello to him and he would perk right up to give you a most amazing smile.

I never thought that I would be writing about him, in this way, this soon. The very last time I saw him in March (I think), he quietly told me that he would be having a procedure done. As a concerned friend, I asked him if he was going to be all right. Now that I am trying to remember, I'd like to think

that he said he would be fine.

I thought I would have many more years of friendly rapport with Doc Fred because he looked so fit. I didn't know this would happen so soon, but I could imagine him saying to me, "Life will go on my friend." I will truly miss you, Doctor Alfred R. Aquino, my friend, my brother veteran, my American Legion comrade. Your family, friends, and the community will miss you. May you rest in peace Doc.

Memorial Tributes:

• Norm De Young, "Dr. Aquino was astute, intelligent, and dedicated to the well-being of the Filipino community; and an honored friend."

• Dick Mazon, "His support and commitment to an event or organization that meets the needs of the Filipino community."

• Dinnah San Pedro: In the most complimentary and positive meaning, "Infectious of all times!"

• Joe Gonzalez, "a person that you can trust and will give you intelligent advice. We called each other BFF."

• Marcos Evangelista, "calm and collected..."

• Gene Cayabyab, "we had fun and would greet each other by saying poggi."

• Bill Bostock, "I can

say many wonderful things about him. He was a fine, decent, kind man. Kind is the best word to describe him. He was a tremendous person, a tremendous asset to Magellan Post 604."

• Cynthia "Lerma" Amaba, "He was very cordial to everybody. He always addresses us as gayyem, meaning friend in Ilocano."

• Florentina "Oyen" Abad, "He was a very good and amiable friend. He always made sure that the veterans received something when we had veteran functions, such as, free shirts, especially to senior citizen veterans."

• Linda Gibson, "He was my friend. A close friend when we met during a pageant, I was Mrs. Mindanao and his friend was Mrs. FCSV."

• Josie Banag, "Friendly and a very good dancer."

• Bella Anderson-Nido, "He was my dancing partner. A very friendly, understanding, and generous man. We will miss him."

• Linda Cordero, "He always

say Balae because his son is my niece's husband. His son and my niece only have one child. He was always proud of his pretty granddaughter who likes to dance. He was a happy grandpa."

• Paul Cordero, "Mabait na tao at saka, he was funny. At talagang mabuting tao."

• Olive Jackson, "He was humble, patient, and always ready with a smile."

• Fortunato and Yollie Delacruz, "Very generous! He provided cash prizes and crowns for the Filipino American Veterans Association's Scholarship Awards Night for the best dressed Mr. and Ms. Filipiniana."

• Yollie Delacruz, "In the first year of knowing Dr. Fred Aquino, he always called me Julie and every time I corrected him, he would just give me a teasing giggle, with an inspiring and friendliest sweet smile I will never forget."

• Beatriz Alo, "On the outside, Doc A is the life of the party. On the inside, he is even better: generous, compassionate, forgiving."



Photos by Dave San Pedro

Dr. Fred Aquino (R) with fellow veterans at the Elk Grove, CA Veterans Parade.

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Filipino WWII Veterans Awarded the Congressional Gold Medal

BY DEREK LEDDA

On December 8, 1941, only 9 hours after its attack on Pearl Harbor, the Empire of Japan also attacked the Commonwealth of the Philippines, which part of the United States. In response to the start of WWII, the United States War Department created the United States Armed Forces in the Far East, under the command of General Douglas MacArthur, which had control over all the organized military forces of the Commonwealth. Unprepared and ill equipped, the combined American and Filipino forces could not withstand the overwhelming Japanese assault and were forced to continue a steady retreat towards Bataan and Corregidor.

As food, medicine and basic supplies ran out, their courage and acts of heroism were not enough to be able sustain a defense. On April 9, 1942 Bataan fell. A month later, the United States surrendered at Corregidor. However, for the next 2 1/2 years, the seemingly defeated Filipinos and Americans, took the war underground and continued to fight fiercely with determination, courage and the belief that they were preparing the way for General MacArthur to make good on his promise to return. On October 20, 1944, US troops led by MacArthur landed at Leyte Gulf and

began the recapture of the Philippines. On September 2, 1945, Japan surrendered. Half of the over 200,000 Filipinos who fought in the Pacific during WWII died in defense of the United States.

The heroism and sacrifice of those Filipino WWII Veterans have not been forgotten. In December of 2016, the 114th Congress approved Public Law 114-265, also called the "Filipino Veterans of World War II Congressional Gold Medal Act", to award a Gold Medal collectively to the Filipino WWII Veterans in recognition of their service.

The Congressional Gold Medal and the Presidential Medal of Freedom are the highest civilian awards in the United States. The Gold Medal is awarded to persons "who have performed an achievement that has an impact on American history and culture that is likely to be recognized as a major achievement in the recipient's field long after the achievement." Since the American Revolution, Congress has commissioned gold medals as its highest expression of national appreciation for distinguished achievements and contributions.

Congress gave the Filipino Veterans Recognition and Education Project (FilVetREP) responsibility for signing up living veterans and the next of kin of veterans who are eligible to receive the award and for coordinating ceremonies around the United States where they can be honored by the presentation of the medals. The Sacramento FilVetREP Committee has taken responsibility for helping to register local veterans and their next of kin and to organize a gold medal ceremony and lunch in Sacramento on October

13. The local Committee's success in holding the kind of event that the Veterans and their families deserve depends on the donations that organizations, individuals and businesses will make.

If you care about honoring the service and sacrifice of our war veterans or if you think it is important to inform the broader community of the significant contributions that Filipinos have made to this country, then please support

the committee's efforts by letting possible eligible veterans and their families know about the Congressional Gold Medal and by making a donation to fund the Ceremony and lunch on October 13.

Consider becoming a sponsor at any of the levels described below or making a donation in any amount.

1. Kuya/Ate Level: \$250 entitles you to 2 lunch tickets and to have your name listed in the program.

2. Tito/Tita Level: \$500 entitles you to 2 lunch tickets and a quarter page ad in the program.

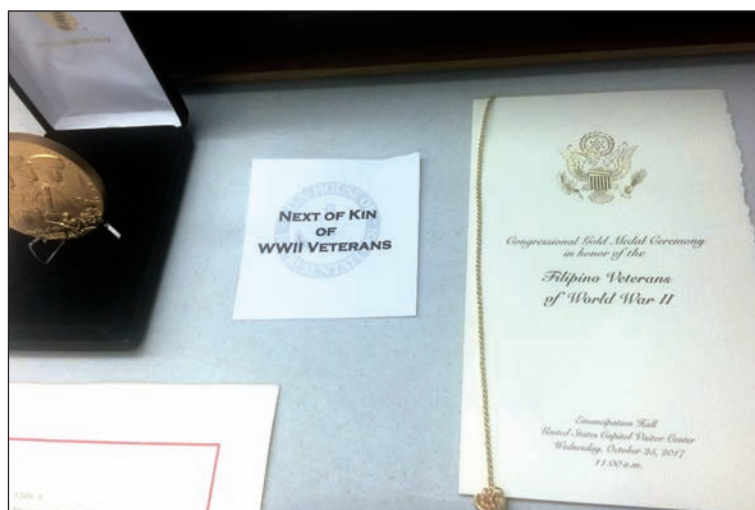
3. Ninong/Ninang Level: \$750 entitles you to 4 tickets, a half page ad in the program and to have your name announced at the lunch.

4. Manong/Manang Level: \$1000 entitles you to 8 lunch tickets, a full page ad in the program and to have your name announced during the lunch.

5. Lolo/Lola Level: \$5000 entitles you to 10 lunch tickets, front inside, back inside or back cover of the program and other benefits to be determined.

For more information about making a donation or registering a veteran or veteran's next of kin for the Congressional Gold Medal and to participate in the October 13 ceremony and lunch, contact any of the following Sacramento FilVetREP Committee members:

Chris Marzan
Richard Weitzenberg
Zenny Yagen sacfilvet@gmail.com
richard@weitzenberg.org
zennyuyen@yahoo.com



Filipino Veterans of WWII

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If you are a Filipino Veteran of World War II or their next-of-kin, SacFilVet is hosting a ceremony, presentation & distribution of the bronze replicas at the California State Capitol on Saturday, October 13th, 2018.

For information about registering and attending this regional ceremony, please contact SacFilVet at the information below.

THE FILIPINO VETERANS RECOGNITION AND EDUCATION PROJECT

FOR MORE INFO EMAIL SacFilVet@gmail.com
OR CALL ChrisMarzan at (916) 842-8436 or Doris Madayag at (408) 234-1777

Dawn Mabalon and Carlos Bulosan are in the heart

BY BOYING PIMENTEL

Dawn Mabalon, historian, activist, storyteller, died earlier this month.

I recently found myself reflecting on the loss of a person who played such an important role in documenting the Filipino American experience — and on the other pioneering storyteller whose life and struggles she helped introduce and explain to a new generation of Filipino Americans: Carlos Bulosan.

Like Dawn, Bulosan was a writer, activist, and storyteller. He was also a factory worker, labor organizer, civil rights warrior who took part in significant civil and community rights struggles in the 1940s and 1950s. His book, *America is in the Heart*, considered an American classic, inspired generations of Filipino Americans and Asian Americans.

One of them was Dawn, who read Bulosan as a college student at UCLA. In fact, Bulosan's work inspired the title of her own compelling history of the Filipino American community in Stockton, California, *Little Manila Is in the Heart*.

Bulosan is even featured in Dawn's book. It's fun to imagine what he would tell Dawn when they meet in the afterlife. Would Bulosan playfully give Dawn a hard time for her sometimes unflattering portrayal of him in her book?

"Did you really have to call me an alcoholic Communist who never really worked in the fields, Ading?" I imagine Bulosan teasing Dawn.

"E, that's how some of the Pinoy saw you, Manong," Dawn would respond. "But there are many more of us who know that's not who you were."

In her book, Dawn introduces Bulosan by recalling that in Stockton, her hometown, there were old-timers who "regarded the



The late Dawn Mabalon at Little Manila historical site in Stockton, California.

celebrated author as an alcoholic Communist who never worked in the fields, yet wrote as though he did."

But she paints a more complete portrait of Bulosan, that of a literary giant who was also on the frontlines of many battles against racism and workers exploitation in the United States.

Bulosan paid a hefty price for his activism. He was beaten, harassed by authorities, struggled with poverty and illness. He was, in some ways, unique. Confronted by prejudice and abuse, he fought back and would not be silenced. He became one of the most famous Filipino American and Asian American writers of his time.

By the '80s and '90s, *America is in the Heart* was required reading on many college campuses in California. As a college student, Dawn Mabalon was so moved by the book he told her father, Ernesto Mabalon, about the famous Filipino American writer.

She was surprised by his response. Her father actually knew Bulosan, and so did her grandfather who used to offer the Bulosan free meals "because my soft-hearted

lolo couldn't bear to see Filipinos starve."

To express his gratitude, Bulosan gave Dawn's lolo a signed copy of the first edition of *America Is in the Heart*. Dawn's lolo appar-



The late writer Carlos Bulosan.

ently wasn't that interested in the book which, Dawn wrote, was "cast off by the family as scratch paper," and later used by a toddler member of the family "as her scribbling pad."

writes.

Eventually, Dawn realized that to become a truly effective historian, she had to go beyond academe. She had to become like Bulosan. So Dawn, the historian, also became Dawn, the activist.

Instead of picket lines and union halls, she waged battles in and for Stockton where the history she hoped to uncover and chronicle was under siege. The Filipinos of her hometown, Stockton, had endured racism and abuse, and then the physical destruction of their community.

"When I was growing up, my elders rarely spoke about the Little Manila community that had thrived in downtown Stockton or the demolition that destroyed it in the 1960s and 1970s," Dawn writes. "Few of them ever talked of the intense racism and discrimination that they had survived in Stockton... The loss of Little Manila in the 1960s as a result of urban redevelopment left a traumatic wound for old-timers and second

generation Filipinos."

generation Filipinos."

There were still vestiges of the old Little Manila in the '90s and early 2000s. Dawn led the fight to save them and scored an important victory for the Filipino American community. The campaign helped preserve two remaining blocks of the original Little Manila neighborhood in Stockton and Little Manila itself was eventually named one of the nation's endangered historic places by the National Trust for Historical Preservation.

Dawn was busy at work on other projects at the time of her death. She co-authored a children's book on the Filipino American farm worker leader Larry Itliong.

And she also consistently supported other projects, other efforts to record and tell the Filipino American story. The last time I saw her was at the launch of *A Time to Rise*, the collection of essays by members of the Union of Democratic Filipinos, or KDP, the activist organization that led the US-based fight against the Marcos dictatorship. Many KDP members were the children and grandchildren of the early Pinoy immigrants whose stories Dawn sought to preserve.

It's striking to note that Bulosan and Dawn both died young. She was only 46 when she died in Kauai. Bulosan was only 43 when he collapsed due to an illness at Seattle City Hall Park in 1956.

I imagine their 'meeting' would have turned serious at some point, as they reflected on uncompleted tasks, untold stories.

"You could have written so much more, Manong, told so many more stories," Dawn would tell Bulosan.

Bulosan would nod and say: "And you too, Dawn. But you've accomplished a great deal, Ading. And I don't think we have much to worry about. I'm willing to bet that we have many more storytellers in our community."



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 Presented by the Ka'onohi Foundation

Saturday, October 6, 2018, 9:00a - 6:00p
 Cal Expo - Free Admission
8:30a - Parking Opens | 9:00a - Gates open | 9:30a - Opening ceremony

Aloha and welcome our very own Sacramento Aloha Festival. Coming up on 8 years, the Ka'onohi Foundation is proud to present a fun family day in the Sacramento sun and with FREE admission.

Live Native Hawaiian and Pacific Islander Entertainment
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 Health and Community Awareness Exhibits
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 Cultural Village Keiki Komer - Arts & Crafts






BY CYNTHIA GARCIA

The word 'palace' is synonymous to grandeur, opulence, monarchy and majesty. As with those great historical palaces and castles in Europe particularly in England, The Buckingham Palace, Windsor Castle, The Kensington Palace are only but a few of the many grand places the British Royalty calls home sweet home.

Along the banks of the Pasig River, in the capital city of Manila, lies on its own majestic splendour, the Philippines' version of what a palatial home is, the Malacañan Palace. It is the official residence of the President of the Philippines and the heart of the Republic's democratic form of government. It has a storied past that bears witness to the pain and glory it had endured since its beginnings more than two hundred sixty years ago. It had withstood the colonial regime of the Spanish rule for more than three hundred years and that of the Americans for more than forty years. It is a symbol of pride and strength inherent to the qualities of a people, the Filipinos.

First and foremost, let us look at Malacañan's early beginnings excerpted and condensed from Wikipedia...

The original structure of the Palace, which sat on a 16-hectare property owned by Spanish aristocrat Don Antonio V. Rocha, was built in 1750 as a country house. Then in 1802 and for a sum of one thousand pesos, it was purchased by Colonel Miguel Jose Formento whose executors subsequently sold it to the state in 1825 as the temporary summer residence for the Spanish Governors-General.

Since 1863, the Palace has been occupied by eighteen Spanish Governors-General, fourteen American Military and Civil Governors and later the Presidents of the Philippines. It had been repaired, expanded, enlarged and refurbished numerous times since its construction in 1750 due to earthquakes, heavy rainfalls, floods that greatly affected its structural foundation. By the end of the Spanish rule in 1898, Malacañan Palace was a rambling complex of mostly wooden buildings.

It was during the American colonial rule of the Philippines following the Spanish-American war that the Palace underwent great expansion. American Governor-

General Gen. Wesley Merritt was the first Military Governor to reside in the Palace in 1898 while William Howard Taft was the first Civil Governor resident in 1901. They continued to improve and enlarge the Palace, buying more land and reclaiming more of the Pasig River. Left and right wings were added. An azotea facing the river was joined to the existing azotea. Galleries were built, the ground level was raised above the flood line, replacing wood with concrete and beautifying the interiors with hardwood panelling and adding magnificent chandeliers.

The first Filipino resident of the Palace was President Manuel Luis Quezon upon the establishment of the Commonwealth of the Philippines on November 15, 1935. It has been the Philippine President official residence ever since.

The incumbent resident, President Rodrigo Duterte, now calls it home.

Early on as a young student, I always wanted to see the Philippines' Malacañan Palace. Its colourful history spans hundreds of years starting from the Spanish rule of the country up to the present. Back in the day, the only



With cousin Lily

source of information available to Filipinos about the comings and goings of the Palace was through the print media, radio and television. I remember those days of reading about great events conducted in there by the resident Philippine President and members of his cabinet and inner circle.

It was during my 6-week vacation in the Philippines last April following my high school Golden Jubilee reunion that set the wheels in motion for me to finally land my feet on the grounds and corridors of the Malacañan Palace. So on April 19th, a Thursday, together with my cousin and high school classmate Lily Cuevas Garcia and her daughter Aleli, a 2-hour tour of the Malacañan Palace Museum and Library became the highlight of our day.

The three of us started early that day because included in the

A Cherished Moment At The Palace



Malacañan Palace

Palace tour, at my request, was a brief stop in Rizal Park (formerly Luneta Park). I wanted to see once again the monument of our National Hero, Dr. Jose P. Rizal. Fifty years of absence from cer-



Entrance Hall

tain places that were once familiar to me had become somewhat new and awe-inspiring to my eyes. It's a sweet wonder about old age. To feel wonderfully reconnected to people, places and events that didn't matter much when I was younger was bliss. I relished that outing to see for myself the Malacañan Palace.

Our booking was for 10 o'clock that Thursday morning and eager beavers that we were that day, we got there a bit early so we had to wait outside of the gates for more than an hour. We didn't mind because it gave us a chance to walk around and peek through some small openings in between the metal gates to see the inside of the grounds. We sat around as we kept checking the time and even met two female kababayans who were visiting from Australia.

The tour began as scheduled and the first stop was of course the Entrance Hall that resembles a "Press Room" where our tour guide, Louie made a welcome speech. He wore the traditional Barong Tagalog in short sleeves and he talked about what the tour entailed. There were close to one hundred visitors that day, some foreigners and most likely some were balikbayans and many locals as well. In this room is a podium that bears the Presidential Seal giving us the perfect chance to take some photographs as if we were conducting our very own press briefings. Naturally, Lily, Aleli and I took that photo opportunity. We had fun.

The entire tour took us to different rooms that evidently are the designated areas of the palace allowed to the public in the daily tours. Security staff members in

Barong Tagalog can be seen milling around which create a good sense of comfort for the visitors.

The one place that took me by a most pleasant

surprise is this room that features portraits of the nation's First Ladies. Their large exquisite portraits from the time of the Commonwealth President Manuel Quezon to the current one adorn the four walls of that magnificent room. I must say that between Lily and me, we managed to remember the names of most of them. Of course the most infamous one did not escape our curiosity but she did strike quite a pose in her portrait. There was a special mention by our tour guide about the youngest First Lady at the time and that was Victoria Quirino, the only surviving daughter of President Elpidio Quirino who was a widower when he ascended to the presidency in 1948. Victoria, at 16 years of age, assumed the role traditionally performed by the First Lady in the aftermath of her mother's tragic death and that of her other three siblings at the hands of the Japanese troops during the Battle of Manila. I found that piece of information quite intriguing. I wouldn't have come to know or revisit that important actual event if not for the tour. It is in my books a very educational one.

Another spacious room that we were ushered in is the library that contains the memorabilia of past presidents – their personal effects, letters, their own writings, medals, commendations, campaign materials and all relevant data associated with each past president. Even President Duterte has his own place in the museum already. This is the one part of the tour that is laden with a great deal of personal information on the country's presidents, past and present. Inside can be seen also some cam-



Memorabilia of past presidents

There is one other aspect of this tour that I found rather compelling having only read about it in the news cycle at the time. I felt somewhat dumbfounded when I actually saw for myself the balcony where the Marcos Family stood and bade goodbye to their

loyal supporters when the People's Power Revolution ended the Marcos regime in 1986. It was a simple proof of that not so forgotten past.

It had been said and confirmed that the current President when he is in the Palace and conducting the business at hand will, on a whim, just saunter into the visitors' gallery to say hello to those doing the day's tour and can be asked to have a photograph to be taken with him. Unfortunately, he was out of town that Thursday of our most anticipated tour, hence no sighting and meeting of the President for us.

The three of us finished our tour that day with a renewed sense of appreciation for our country's seat of government. I personally consider my experience there as one of the highlights of my long overdue vacation. The Malacañan Palace Museum and Library tour made my long distance travel to visit once more my land of birth after many years of living in far distant shores all so worthwhile.



Presidential Seal

It is without a doubt, a must-see event for everyone.

Every Filipino, from within and without, young and old alike, should make an endeavour to visit the Malacañan Palace Museum and Library and bathe in its history, its walls, halls and corridors, the cathedral ceilings, the beautiful rooms and galleries. It is open to everyone and it only costs one's time and effort.

Presidents will come and go but Malacañan Palace is and will always be there. It is not only a symbol of The Philippines' glorious past and honoured history but it is a living testament to every Filipino's love and faith in the country's freedom and democracy. It will always stand proud and mighty on the banks of the Pasig River.

Cynthia Garcia is a retired office employee and lives in Toronto, Canada.

Acknowledgment:

My sincerest thanks to my cousin Lily Cuevas Garcia and her daughter and my lovable niece, Aleli Grace for facilitating my tour of the Malacañan Palace. As well, the ever so sumptuous lunch we had after our Palace Tour at the nearby Casa Roces Restaurant was another experience that will stay with me for a very long time. Thank you again dear Family...until our next adventure.



BY NANCY CRISTI BAUTISTA

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.

September:

1. Fill Up Gas Tank:

Always make sure that your vehicles' gas tanks are full, just in case of an emergency.

2. Senior Citizen Discounts:

Always ask a store or service if they give a senior citizen discount.

3. Everyday Clutter:

Make a daily habit of discarding one thing not needed. It is easier said than done, but, think, when you're gone, would your family keep it? Make it easy for your loved ones so they don't have to decide what belongings to dispose of.

4. Emergency Letter of Intent:

Not everyone has a legal document about their personal properties in case of loss. When a parent goes on a long trip, leaving their children behind, it is a good idea to write a letter of intent on who would take care of them and your properties, just in case you're unable to.

5. Low Glycemic Index:

Diabetics need to know the glycemic foods that would affect their blood glucose level. The low glycemic foods are rated 55 or below. The high glycemic foods are above 70. Here are the following list of low glycemic food:

- a. Ezekiel Bread {contains 6 grains and legumes} is also high in protein and fiber. Pumpernickel bread is also good and has a glycemic index {GI} of 36.
- b. Oatmeal c. Pasta d. Sweet Potato e. Corn e. Yam
- f. Lima Beans g. Legumes and Lentils h. Most Fruits, in moderation i. Non Starchy Vegetables j. Carrots
- Meats and fats do not have GI because they do not contain carbohydrates. All of these foods must be taken in moderation.

6. Purpose After Retirement:

Make sure that one has a better purpose after retirement. This is not the period of life that is dedicated to the couch. When the body and brain stop being active, that is the start of a rapid deterioration. Being an interactive grandparent is a joy, but, if not able to, volunteer at least two hours

per week.

7. Positive Stress:

A little stress is good. Having no stress means no challenges in life, which is needed to be able to strive.

8. Foods To Avoid Risk of Heart Attack:

- a. Extra Virgin Olive Oil b. Avocado c. Pomegranate d. Cinnamon e. Turmeric f. Oatmeal g. Spinach and Broccoli h. Watermelon i. Blueberries & Strawberries j. Apples and Pears k. Garlic l. nuts m. Cocoa

9. Herbicides in Cereals:

It was recently announced the presence of an herbicide called, 'Glyphosate' in 33 out of 35 tested cereals. This substance is known to be a carcinogen.

10. Measles Is Back:

The public is warned that the measles disease, medically known as Rubeola is back. The symptoms are mild to high fever, blotchy red-brown skin rash 4 days after the virus exposure, harsh, dry, irritated cough, muscle aches, fatigue and pain, runny nose and congestion, Koplick spots {clustered, white lesions inside inside the mouth by the lower molars and back of the throat}, conjunctivitis or pink eye, and photophobia {painful sensitive to light}. This airborne virus is highly contagious and could be lethal. Measles vaccination is the best way to avoid it. Doctors believe that vaccinations do not cause autism.

11. Secret Codes:

With all the passwords to remember, it is probably good to create a secret code to the passwords created and keep the list in a safe place where you alone and a confidant would know.

12. Monosodium Glutamate:

Read the food labels for an ingredient called monosodium glutamate. Even though this is already on the list of not safe to eat, a lot of processed food or even some restaurants still include this in the preparation of the food.

13. Body Odor/Perspiration:

Dr. Stephanie Co, a dermatologist, suggested to wet a cotton ball with apple cider and dab it in the armpit to balance the acidity of the body after shower and before bedtime. In the morning after shower, when the armpit is dry, dip a cotton ball in a mixture of lemon juice and baking soda and apply it as a deodorizer to remove bacteria. For sweating of hands, place a black tea bag in boiling water, cool it off and place in hands for about 5 minutes. For sweaty feet, place baking soda in a small piece of fabric and seal with a rub-

ber band and place in the shoe overnight. Drink tomato juice. It is a great antioxidant, anti fungal, and anti bacterial drink.

14. Save Pork Trimmings:

Do not buy pork just for sauteing. Save the pork trimmings when cooking, cut them in smaller pieces, keep them in a small plastic bag and keep in the freezer. It may be used in the future for sauteing.

15. Stopped By A Cop:

Hopefully this will not happen to anyone, but, if soever one experiences this event, one must comply quietly and politely to the police instructions. Keep both hands on the wheel until the police instructions are given. A little misunderstanding during this circumstance could lead to a tragedy.

16. Hyaluronic Acid:

This acid is a hydrator that is naturally found in the body, but also sold commercially. It binds to moisture and can hold up to one thousand times its weight in water. It is an excellent skin plumper and repairs and generates itself from damage and dryness.

17. Vitamin C:

Vitamin C is an antioxidant that slows the rate of free-radical damage and produces collagen for the skin so it appears bright, plump and firmer. This vitamin is a vital nutrient for health. It helps in forming and maintaining bones, skin, and blood vessels.

18 General Guidance For Healthy Aging:

- a. Healthy diet with lots of vegetables, fruits and nuts
- b. Regular and consistent exercise
- c. Positive Social Activities
- d. Professional medical and dental follow ups

19. Financial Debts:

As much as possible, try not to buy merchandise or service using other financial institution's credit cards. One can open a checking account, with the capability of using the credit card against own checking account. This way, one is only able to charge within the budget in its checking account, no monthly bill and no overcharging.

20. Cable Services:

When subscribing for a television/cable service, shop around for a prestigious server. Ask for the cheapest offer that would suffice the needs. Ask for the shortest contract period and before the contract expires, check with them to be given or find a better deal. Most likely, the server would like to keep their subscribers business and they would gladly satisfy their customers.

'Crazy Rich Asians' had the biggest opening for a foreign rom-com in PH

The movie's opening shatters two box office records in the Philippines



BREAKING RECORDS. 'Crazy Rich Asians' continues to make waves worldwide, particularly in the Philippines. Still courtesy of Warner Bros Philippines

MANILA, Philippines – If you're wondering why your Facebook and Twitter feeds are flooded with stories and posts about Crazy Rich Asians, wonder no longer – the movie grossed over P82.7 million since premiering in Philippine cinemas on August 22.

The opening breaks the record for the biggest opening weekend for a foreign romantic comedy in the Philippines, a distinction previously held by Maid in Manhattan. It was also the biggest opening of 2018 for Warner Bros in the Philippines, a title previously held by the recently-released The Meg.

Crazy Rich Asians centers on Rachel Chu, a American-born Chinese economics professor, who travels to Singapore to attend boyfriend Nick Young's best friend's wedding. It's there where Rachel discovers that the Youngs are more than just "comfortable" and that she had unwittingly walked into the opulent and crazy world of Singapore's most affluent.

The movie is a watershed moment in Hollywood – it's the first full-length film in over 25 years to feature a predominantly Asian-American cast (the last being Joy Luck Club) in a story that's set in present-day. While it's been getting welcomed with open arms in the United States, many



NICO SANTOS. The Fil-Am actor plays Oliver T'sien, one the Young family's 'poor relations.'

Asian countries haven't quite ridden the hype – save for the Philippines, of course.

Warner Bros Philippines general manager Francis Soliven attributed the big opening to the movie's virality – it opened to good reviews in North America, where premiered a week early. It also didn't hurt, noted Soliven, that two Filipinos are in the cast – "Queen of All Media" Kris Aquino and US-based Filipino comedian Nico Santos.

Kris plays Princess Intan, a guest at the wedding. Nico, meanwhile, plays Oliver, Nick's cousin.

It has earned over \$76.8 million in North America since premiering on August 15. The movie is based on the worldwide best-seller of the same title by Kevin Kwan, who grew up in Singapore. (READ: More than music: The 'Crazy Rich Asians' soundtrack hits all the right notes)

Directed by Jon M. Chu, the movie is headlined by Constance Wu, Henry Golding, Gemma Chan, Lisa Lu, and Awkwafina, with Ken Jeong and Michelle Yeoh.

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Saturday, **September 8, 2018** at 6:00 pm
JOSE RIZAL COMMUNITY CENTER
7320 Florin Road Mall Drive, Sacramento, CA 95823

Attire: Formal and Mask | Cost: \$25
RSVP by September 5, 2018

Zenny Yagen – 916-599-6544
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**14th Annual
My Sister's House
Run for a
Safe Haven**



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
5K Run/Walk Race Start Time: 9:00am



A message from Alex Llanera, SJ.

Dear Family and Friends,


This year I celebrate ten years in the Society of Jesus, and it has been an incredible journey. Even amidst the trials and tribulations, God's great love and mercy are present in prayer and in the people that I have been so blessed to encounter and serve. I am humbled and grateful for the gift and beauty of Christ's love.

In this spirit, I would like to announce that I will be ordained to the priesthood on Saturday, November 24, 2018, at 1:00 PM at Saint Ignatius Church in Sacramento, California. My mass of thanksgiving will be Sunday, November 25th at 10:00 AM at the Chapel of the North American Martyrs at Jesuit High School, Sacramento. Both are public liturgies, and all are welcome to attend.


Please pray for me as I prepare for this sacrament of service and know that I am grateful to all of you for your love and support throughout my Jesuit formation.

(Alex is the son of Jesa and Alex Llanera)

Every Wednesday
at 8:30



learn
ballroom



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