



**Who will succeed Duterte?  
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# PHILIPPINE Fiesta

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**A Hero Named Jose  
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## 'I will certainly kill you,' Duterte warns illegal drug importers



President Rodrigo Roa Duterte.

BY FRINSTON LIM

DAVAO CITY – President Rodrigo Duterte on Friday threatened to kill drug smugglers, saying he would not care about human rights groups and other critics of his crackdown on illegal drugs.

In a speech during the inauguration of a shopping complex here, Mr. Duterte said the government had completely wiped out domestic drug laboratories in the country, and that drugs that remained in circulation nationwide were only

“You druggists, especially those importers, I will certainly kill you. I told you before, do not destroy my

country,” Duterte said.

On why most of those killed in his administration’s war on drugs belonged to the poor, the 73-year old Chief Executive explained it is because crystal meth or shabu is basically the drug of choice of poor people, who also comprise majority of the addicts in the country.

“If you’re into drugs, I’ll really kill you. Human rights? I don’t give a sh—,” Mr. Duterte said. “If we don’t have law and order in this country, we would be going nowhere.”

Human rights groups said Duterte’s drug war has already claimed the lives of thousands of mostly poor individuals.

## Filipino American History Month



Photo by Dave San Pedro

Filipino Community and Vicinity (FCSV) with the participation of the Filipino organizations and group individuals celebrating the October Filipino American History Month at the Jose Rizal Community Center.

BY CARLE and SARAH ENLOE

It is amazing how annual Filipino community events seem

to take on a life of their own each year. Guests arrive at the event expecting that it will be the

same as the previous year only to be pleasantly surprised to find that it is the same format but entirely

different in content. How interesting!

Continued on page 10



## Decades after their service, Northern California Filipino WW2 vets receive highest honor

BY JASON SHOULTZ

In a ceremony in Sacramento, California on Saturday, October 13, 2018, Filipino veterans and surviving family members of deceased vets received the Congressional Medal of Honor. Filipinos were drafted into service for the U.S. in their home country.

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## Military and police support for Duterte

BY JOEL RUIZ BUTUYAN

What is the extent of military and police support for President Duterte, almost three years into his controversy-filled presidency?

From the day he assumed office on June 30, 2016, the President has steamrolled his way from one controversy to another. The controversies are intentionally generated by Mr. Duterte himself. He has cursed God, blasphemed the Church, scorned priests, mocked women, badmouthed foreign powers, slurred critics, and threatened human rights advocates.

The most controversial undertaking that Mr. Duterte has mounted as the centerpiece mission of his presidency is the bloody war on drugs. This has resulted in over 4,000 deaths in the hands of policemen, and 23,000 more victims by masked vigilantes suspected of being state agents.

Another highly controversial move of the Duterte administration is its complete reclassification of ally and enemy in our international relations. He has assumed a posture of hostility toward the United States and has groveled to become a close ally of China. This, despite China's occupation of land features and water territories belonging to the Philippines in the West Philippine Sea.

What has been the effect of all these controversies, and several other scandals, on the extent of support by the police and military establishments for President Duterte?

The police force has always been completely servile to whoever occupies the presidency. This is in full display

under the Duterte administration where policemen are the fawning enforcers of the bloody drug war. The police will stick it out with whoever is president until the tide shifts in favor of a change in power. The police force never creates

the tide of change; it merely rides the tide to benefit from the resulting change.

It is the military establishment that has served as the fulcrum of power in our history. People power succeeds or fails when the military tilts its weight one way or the other. We have seen this in the successful ouster of both Ferdinand Marcos and Joseph Estrada, and in the failed attempts to overthrow Gloria Macapagal Arroyo.

The military has largely been enigmatic in its reaction to the many controversies surrounding the President. But there's one controversy where the military has clearly made known to Mr. Duterte that there are limits to his excesses. When the President issued Proclamation No. 572 voiding Sen. Antonio Trillanes IV's amnesty, he ordered the military to arrest the senator and to commence court martial proceedings against him. In a clear act of defiance, the military refused to implement the presidential order. The President has been forced to go to court and apply for a warrant of arrest against Senator Trillanes.

The virtual rebuke stung the President. He accused the military of ingratitude, reminding them that he has doubled their salaries and that he gave them new firearms. He challenged soldiers to stage a coup against



President Duterte

his administration.

Whether the military "pushback" is due to self-interest (many top military officials are amnesty beneficiaries) or because soldiers sincerely feel that their "loyalty is to the Constitution," it has been demonstrated to Mr. Duterte that his propensity to misuse power has limits.

There's rising people's discontent because of the worsening economy. Poor families have increased, and even the middle class is complaining of high prices. There are unanswered questions on the President's health. His pivot to China is not resulting in any kind of benefit for our country. His approval rating is plummeting, very soon emboldening opportunistic politicians to reinvent themselves as government critics when they see the tide turning.

All these developments will increase the people's intolerance for the President's self-inflicted controversies, and they will make the ground fertile for a people's unrest. If he refuses to heed the virtual warning made in the Trillanes fiasco, President Duterte may end up giving the military an excuse to tilt the fulcrum of power away from him.

## Boracay in Manila Bay

BY BOBIT S. AVILA

The famous Isle of Boracay was closed on April 26, 2018 and it gave Pres. Rodrigo "Digong" Duterte great proof that he had the political will to effect change in this country when it is needed!



Manila Bay

Boracay is set to reopen on Oct. 26 and we hope that what needed to be fixed in Boracay would be fixed by now. Now the government is using Boracay as the main standard for resort hotels that open by the beach and all this was set by no less than Pres. Digong Duterte.

With problems plaguing us for decades without any solution in sight, I sincerely hope that Pres. Duterte would lean his ears and help solve the problem of trash and garbage being thrown in Manila Bay where the only tourism sight to behold is merely the sunset that we see over the water. With the Duterte administration coming up with a Department of Human Settlements I propose that Pres. Duterte write a law prohibiting people from living beside esteros, riverbanks or creeks and that the Department of Human Settlements first resettle the people who lived there so finally we can clean up our rivers, creeks and esteros and eventually Manila Bay. If Pres. Duterte takes this as a challenge, then it can be the rallying cry for the 2019 elections.

Still on the Manila Bay issue, my good friend, Rick Ramos wrote me again to say: "Bobit, Thank you for your column last October 9, 2018 on saving our Manila Bay. The pollution of Ma-

nila Bay began as early as 40 years ago in the 1970s. I recall taking photos of debris floating beside the American Embassy compound along Roxas Blvd after a typhoon. It just shows that the garbage of Metro Manila – far worse now – ends up in what used to be a beautiful Manila Bay with a world famous sunset.

In the Year 2000, my family and I took a ship going back to Manila. It was then when I realized that Manila Bay has been long dead with the dark brown fecal color of the water. Upon docking at the Manila North Harbour, we saw the myriad of squatter dwellings that contribute to the pollution of the bay. Then in late 2016, we saw trash floating at the pier in Corregidor Island. Amazing that the government authority in charge of the tourist destination cannot even address the visible, miserable eyesore.

Manila Bay, with an area of almost 200,000 hectares, has sadly become the country's biggest cesspool with sewage and trash coming not only from Metro Manila, but also from the four provinces of Cavite, Bulacan, Pampanga and Bataan with a total population of almost 20 million people. It is only the rain and the Pampanga River that pours in an estimated 50% of its freshwater. In a study conducted on its cleanup, some four million

gallons or 16 million liters of raw untreated sewage were disposed to the bay together One Million units of fecal matter per cubic meter of water. It certainly does not sound too inviting. Yet if we only take care of Manila Bay, it can feed Metro Manila with enough fish. The total area of the bay is three times the size of the metropolis (an area of 62,000 hectares).

For the past four decades, our national government has been remised – an understatement – with its duty to protect a great body of water with a coastline of almost 200 kms. Out of the 54,000 hectares of mangroves a century ago, there are only some 800 hectares left in the Parañaque-Las Piñas area. This perhaps explain why Senator Cynthia Aguilar Villar is so passionately against the reclamation project for a new runway to compliment a new international airport at Sangley, Cavite.

In 2008, the Supreme Court ordered the immediate cleanup of Manila Bay in recognition of PD 1152 issued by then President Marcos in 1977 that states that it is the responsibility of government to clean up when bodies of waters are polluted. A year after in 2009, the High Tribunal also issued a landmark decision and ordered 13 government agencies led by the Department of Environment and Natural Resources to "clean up, rehabilitate, and preserve Manila Bay, restore and maintain its waters, make them fit for swimming, skin-diving, and other forms of contact recreation." But nothing has happened especially under President Aquino.

I shall pursue the cleanup off the Manila Bay together with Laguna de Bay whose total pollution could be a thousand times worse than Boracay, which has the advantage of being an island. It is not an easy task, but nobody seems to be doing it. I have consulted a friend, a former Supreme Court

Continued on page 4



### Editor's Note

What an exciting month October has been for our Filipino American community in Sacramento, and of course, for our family. We've celebrated the month of October, as Filipino American History Month. For one, as hosted by several Filipino community organization in Sacramento, a celebration was done in a way depicted the many instances, of how the Philippines have come about in achieving its independence. The Sac Fil Vet event, I hear, was a big success. It was a big celebration in honor of our WWII Veterans who were presented their long overdue Gold Medal Award, in honor of their service. In this issue we write ups about our contributing writers, namely Sarah Enloe and Perry Diaz. In two separate occasions, their birthdays, as significant milestones in life were celebrated with their families and friends in the community. And the most beautiful of all for our families, is our celebration for our son and his bride-to be, in an affiance shower party held at our residence, also with our family and friends.

This issue of Philippine Fiesta is all of those events and more! As we ran out of space, other community events will be featured on our next issue for December.

Sometimes I wonder, how through all these years we have been able to fulfill our responsibilities for our family, and our community, through the publication of this newspaper. There's always that immense joy that we feel, as we are able to fulfill our mission for our Fil-Am community.

We are grateful, as we are gifted with the ability to make this happen month after month. It's one of the ways to keep us going, and to live our life purposefully, for our family, and for our community.

See you all next month,  
Dinnah S. San Pedro

**'I DON'T WANT TO KILL YOU'**

**Duterte urges NPA anew to surrender**

BY CATHERINE S. VALENTINE

President Rodrigo Duterte has made a fresh call to communist rebels to surrender, saying he wanted peace in the country and did not want any more bloodshed.

Duterte made the statement in remarks in Davao City on Friday, reiterating his willingness to offer jobs and houses to member of the New People's Army (NPA), who will submit themselves to authorities and lay down their arms.

"Listen, NPAs. I'm not fighting with you and I don't want to kill you, but I don't know about you. But we are really friends," Duterte said in the Visayan language.

"Your underground movement will not amount to anything. But I am ready to accept you if you surrender. Bring your firearms, give it to me, and I will give you a house and a job," he added.

The President said he wanted to return the favor to communist rebels in his home city of Davao who helped him win the presidency in 2016.

"I will not be where I am today without the help of the people of Davao and the NPA. I'm thankful for that. And because you helped me, I am asking you to also help me find a way for all of us to live. Not necessarily rich but..." Duterte said.

"During my term you can approach me anytime. I will not harm you because I have served for so long and I know that you supported



This photo taken on July 30, 2017 shows members of the New People's Army (NPA) in formation in the Sierra Madre mountain range.

me," he added.

The President made the fresh offer even after he expressed confidence that the communist insurgency would be over by next year.

The NPA is the armed wing of the Communist Party of the Philippines (CPP). The President, through a proclamation, declared them a terror group in December 2017.

Duterte, a self-described left-leaning leader, told the NPA rebels they would get nothing from killing him, adding it would be better for them to just return to the fold of the law.

"What will you get from it? You NPAs. What? You're going to kill me? O the next day what will happen? What will happen to the Philippines? You amazonas (women fighters) are better off coming here. I'll hug and kiss you," he said.

**Corruption, lawlessness**

The President also said the country would never improve if corruption continued to exist and if law and order was not observed.

"I already told you — and

remember this because I won't last long here on earth — that if there is no law and order or peace here in the Philippines and corruption is still rampant, our country will never prosper," he said.

Hopes were high that the communist insurgency in the Philippines, one of the longest-running in Asia, would be over under Duterte.

Duterte said he had leftist leanings, having been mentored by CPP leader Jose Maria "Joma" Sison.

But ties between Duterte and the Left soured amid continuous fighting between government troops and communist rebels.

Duterte had also dismissed the possibility of forging a coalition government with the communists, which he said was the goal of the communist movement which had been bent on toppling the government.

Peace talks were supposed to resume in late June this year, but the government decided to postpone it and opted to conduct more consultations with stakeholders.

The government also

**Duterte's advice to government job seekers: Be honest**

BY EDITH REGALADO

DAVAO CITY, Philippines — President Duterte has advised all those wanting to join the government to be honest and competent.

"To those of you intending to enter government now, my criteria is you must be honest and you must be competent. That's it. If you can handle the job and if you are a decent person..." Duterte said during the inauguration of the new Gaisano Grand Citygate Mall in Buhangin district here the other night.

Duterte vouched for the honesty and competence of former Army chief Rolando Bautista, whom he appointed as secretary of the Department Social Work and Development immediately after the general's retirement on Oct 15.

Bautista, who took his oath the following day, was also chief of Task Force Davao before he was assigned as brigade commander in Basilan.

In 2016, he was Duterte's first Presidential Security Group chief.



President Duterte is accompanied by partner Cielito 'Honeylet' Avanceña and Benito Gaisano as he takes a tour inside the Gaisano Grand Citygate Mall during its inauguration at the Buhangin district in Davao City.

The President earlier admitted his wont for appointing former military men into civilian office, particularly to Cabinet positions.

"If I want to get things done, these former military officials could easily do them for me," Duterte repeatedly said in his speeches.

The President said his circle of friends is limited and he does not know many other people, except those whom he knew and worked with before.

Most of the retired military officers that the President appointed had been

assigned here this city or in Southern Mindanao, where he had the opportunity to work with them.

Duterte reiterated his commitment to fight corruption in government.

"You accepted me but I need to tell you that if we do not have the law and order in this country, if the corrupt will never stop, ah then there's nothing. We would all be dead," he said.

The President has fired several government officials over allegations of graft and corruption since he assumed office in June 2016.

sought to just hold "localized peace talks" with communist rebels, a setup rejected by the communist group.

**'Talk to LGUs'**

On Friday, Duterte reiterated that he and Sison "will no longer talk," but urged "other communists" to talk peace with local government officials.

"But we will find a way because life is not a revolu-

tion. It will evolve by itself like a flower that will bloom on its own," he added.

Last week, Malacañang said President Duterte remained open to negotiating with the rebels, in reaction to a The Manila Times exclusive interview with Sison in the Netherlands.

In the interview with The Times Chairman Emeritus Dante Ang, Sison accused members of the Cabinet security cluster of sway-

ing Duterte into suspending the peace talks in favor of a "military solution."

The military however said Sison was lying, and explained that peace negotiations were terminated because of rampant recruitment and extortion by the NPA, as well as the need to review previous and proposed agreements and hold consultations with the public.



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# Duterte's 3 eldest children running in 2019

BY PIA RANADA

**S**ara Duterte is seeking reelection as mayor, Paolo is running for Davao City 1st District congressman, and Sebastian is running for Davao City vice mayor



**DUTERTE DOMINATION.** The 3 eldest Duterte children are running for the highest local positions in Davao City. Paolo Duterte photo by Jefry Tupas, Sara and Sebastian Duterte

President Rodrigo Duterte's 3 eldest children are seeking the highest local positions in their hometown of Davao City.

The President's eldest son Paolo is running for Davao City 1st District congressman and was the first of the 3 to file his certificate of candidacy (COC) on Friday, October 12.

On Monday, October 15, Sara Duterte Carpio filed her COC for Davao City mayor, a post she currently holds.

On Wednesday, October 17, the last day for COC filing, Duterte's youngest son Sebastian formalized his bid

for vice mayor, marking his entry into politics.

The 3 are Duterte's children with his first wife Elizabeth Zimmerman.

Veronica, Duterte's child with Honeylet Avanceña, is only 13 years old.

The President himself was Davao City's longest serving mayor, having held the post for some two decades.

Victories by all 3 in 2019 would cement the domination of the Duterte family as it would be the first time that the highest local positions in Davao City would be occupied by members of a single family.

It's not unusual in Philippine politics for the children of presidents to seek electoral positions.

Former president Joseph Estrada's two sons Joseph Victor "JV" Ejercito and Jinggoy Estrada are both running for senator in 2019. Joseph Estrada's wife, Loi, was also a former senator. San Juan City's incumbent Mayor Guia Gomez is the mother of JV Ejercito.

Juan Miguel "Mikey" Arroyo, son of former president and now House Speaker Gloria Macapagal Arroyo, has served twice as congressman. He is again running for Pampanga 2nd District representative in 2019.

Arroyo's other son, Diosdado "Dado" Arroyo, served two terms in Congress as Camarines Sur district representative.

But Sara and Paolo had served in local positions in Davao City even before their father's presidency. Sara had been mayor and vice mayor, while Paolo had been vice mayor, councilor, and barangay captain.

# Imee Marcos seeks Senate seat, Imelda to run for governor

**M**ANILA, Philippines – Ilocos Norte Governor Imee Marcos will run for senator in the 2019 elections.

Marcos is set to file her certificate of candidacy at 10 am Tuesday, October 16, at the Commission on Elections headquarters in Intramuros, Manila. She will run under the banner of the Nacionalista Party.

"Naniniwala tayo na malaki ang maitutulong natin sa bansa sa usapin ng ekonomiya (I believe I can contribute much to our country when it comes to the economy)," Marcos said in a statement, citing some of the country's problems, such as inflation and the rising prices of commodities.

Marcos, daughter of the late dictator Ferdinand Marcos, served as Ilocos Norte governor starting from 2010 up to the present; she is on her last term.

Prior to this, she was Ilocos Norte 2nd district representative from 1998 to 2007.

Aiming to replace her as Ilocos Norte governor is her mother, former first lady and incumbent Ilocos Norte 2nd District Representative Imelda Marcos.

As supporters of opposition senate bet Chel Dionino shout 'Never again to Martial Law,' Imee Marcos says she only hears supporters chant 'Imee, solusyon'.

Mrs Marcos will be running with his apo, grandson, Ilocos Norte Board Member Matthew Marcos Manotoc, son of Imee with ex-husband sportsman Tommy Manotoc.



Ilocos Norte Governor Imee Marcos is running for senator in the 2019 elections.



Mrs. Imelda Marcos will run for Ilocos Norte governor.



**RUNNING MATE.** Imee Marcos' son, Matthew Marcos Manotoc, will run for Ilocos Norte vice governor in the 2019 elections.

Matthew ran for board member in his grandmother's 2nd district in the 2016 elections.

"Dadalhin ko ang tinig ng mga probinsya at kanayunan

sa Senado – bilang beternong lider ng pamahalaang lokal, titiyakin ko na tutugunan ng ating mga batas ang mga kagyat na pangangailangan ng ating mga local na pamayanan sa kabuhayan, edukasyon at kalusugan na siyang mga susi ng kanilang paglaya sa kahirapan," Imee Marcos said.

(I will bring the voice of the provinces and rural areas to the Senate – as a veteran leader of local governance, I will make sure that our laws will address the needs of our localities in terms of livelihood, education, and health, all of which are the key to poverty alleviation.)

Marcos ranked 7th-11th places in Pulse Asia's September survey on the 2019 senatorial elections.

The last Marcos who served in the Senate is former senator Ferdinand "Bongbong" Marcos Jr, who said he won't be running for senator in the 2019 elections since he is confident he would win his electoral protest against Vice President Leni Robredo.

The patriarch Ferdinand Marcos was also senator from 1959 to 1965, the year he first ran for president. He was ousted in a people power revolution in February 1986, forcing the entire family to exile.

## Boracay in Manila Bay

From page 2

Justice, for legal advice on how to proceed. I will ask a few former senator friends to help me in the advocacy. Perhaps one day people can swim again in the Manila Bay as it was in the 50s and 60s. – and enjoy the beautiful sunset. That can be Our Legacy!" Ricardo B.

Ramon Managing Director Pilipinas Sandiwa Heritage Foundation." In a talk with Commodore Bobby Joseph in Cebu the other day, he told me that the Manila Yacht Club (MYC) will have its formal opening and introducing of its new members of the board on Nov. 17.

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# 3 ex-senators charged in pork barrel scam running in 2019

BY MICHAEL BUEZA & LIAN BUAN

**Ramon Revilla Jr is currently detained, while Jinggoy Estrada and Juan Ponce Enrile are out on bail**



**RUNNING IN 2019.** Former senators Ramon 'Bong' Revilla Jr, Juan Ponce Enrile, and Jinggoy Estrada.

Plunder cases in connection with the pork barrel scam will not stop 3 former senators from seeking a return to the Senate in the May 2019 midterm elections.

Ramon "Bong" Revilla Jr's family filed his certificate of candidacy (COC) on his behalf at the Commission on Elections (Comelec) headquarters on Wednesday, October 17, the last day of the filing period.

On Tuesday, October 16, Jinggoy Estrada personally filed his COC for senator, while Juan Ponce Enrile filed through his lawyer Joseph Sagandoy after a surprise announcement of his senatorial bid.

Revilla is currently detained, while Estrada and Enrile are out on bail.

The 3 senators were charged with plunder at the anti-graft court Sandiganbayan over alleged misuse of their pork barrel or Priority Development Assistance Fund (PDAF), the lump-sum funds previously allocated to legislators. (READ: Pork Tales: A story of corruption)

The scam's supposed mastermind is Janet Lim Napoles, who is also facing plunder and graft charges at the Sandiganbayan.

Revilla's trial at the Sandiganbayan 1st Division ended in August this year, and has been submitted for decision. It was the first-ever pork barrel scam case to wrap up. The plunder defendant

and ex-senator is the 14th name in the regional party's Senate slate.

On Wednesday, Revilla's wife, Bacoor City Mayor Lani Mercado Revilla, insisted on his innocence.

"The truth will come out, and justice will prevail," she said.

Estrada's plunder case remains pending after the Supreme Court (SC) recently affirmed the charges against him.

The Sandiganbayan Special 5th Division granted bail to Estrada in September 2017.

Meanwhile, pre-trial proceedings against Enrile are still ongoing at the Sandiganbayan 3rd Division, which had junked the former Senate president's pleas to dismiss the plunder case against him.

The SC allowed Enrile to post bail in August 2015.

### Can they run?

The 3 plunder defendants are allowed to run for office because the Local Government Code and the Omnibus Election Code disqualify people from holding public office only upon a conviction, or if they have been administratively sanctioned with the penalty of perpetual disqualification from office.

Enrile, Estrada, and Revilla,

though charged criminally with plunder and graft, were not administratively sanctioned by the Office of the Ombudsman.

In the event of a conviction for any of them, disqualification will not be automatic as well, according to Sandiganbayan Presiding Justice Amparo Cabotaje Tang.

Under the Local Government Code and the Omnibus Election Code, those convicted of crimes punishable by 12 to 18 months or more in jail are disqualified from holding public office.

Plunder is punishable by lifetime imprisonment, and conviction also carries a perpetual disqualification penalty.

"The judgment of conviction must be final and executory...so if there is a pending motion for reconsideration or appeal from the judgment of conviction, the disqualification does not yet attach," Tang said.

Simply said, if any of the 3 are convicted, they would not be disqualified unless the SC makes a final and executory ruling, a period of litigation that will take more time.

# Roque: It's time to be my own person again



Former Presidential Spokesperson Harry Roque.

BY DARRYL JOHN ESGUERRA

**Former Presidential Spokesman Harry Roque on Monday said his "old" self would be back after parting ways with President Rodrigo Duterte's administration.**

Roque made the statement shortly after announcing that he would be running as Luntian Pilipinas party-list representative in the 2019 midterm elections.

"It's difficult not to have your own personality especially when you're highly opinionated such as myself so an elective mandate will again entail expressing my own views, espousing my own solutions to the many problems of the nation," Roque said in

Palace briefing.

"It's time to be my own person again...I'm now back to the old person that I was. I knew that as a spokesperson, I had no personal views, that period has ended I'm able now to freely advocate for the many issues that are close to my heart," he added.

According to Roque, he will serve as first nominee of Luntian party-list, while Ciara Sotto, daughter of Senate President Vicente Sotto III, will be the second nominee.

Roque's stint as presidential spokesperson was marred by controversy as he made pronouncements contrary to his former stances as a human rights lawyer and Kabayan representative.

His decision to drop his Senate bid comes after Duterte, in a speech in Malacañang, said he believed his spokesman not having a winning chance in the 2019 senatorial race.



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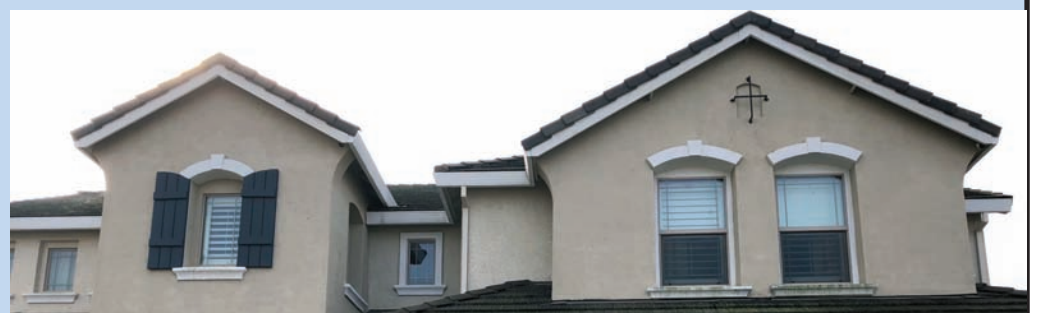
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## Filipino Veterans of WWII Congressional Medal of Honor



Photo by Danielo Dolar

(Not in Pictured: Rommel Estrada Declines Sr. and Chris Marzan) #SacFilVet #FilipinoAmericanHistoryMonth — with Camille Abutin, Rufina Dawang Gee, Ivy Yuson, Sue Ann Estrada Tumakay, Zenny Yagen, Cirian Villavicencio, Sarah Enloe, Chris Mateo, Gino Barrica, Doris Madayag, Tisa Lorenzo, Derek Ledda, Mario DjMarios Vitug, Joyce Sarmiento Vitug and Yvette Nonato at California Secretary of State.

75 years after defending the United States, Filipino WWII Veterans were finally honored with the Congressional Gold Medal at a ceremony in Washington DC last October. One year later, this past weekend, the Sacramento Filipino American WWII Veterans group (or SacFilVet) hosted the local area ceremony at the California Secretary of State auditorium. 60 Veterans, their Next of Kin, and their families were presented with their own Congressional Gold Medal.

## Guns, drugs, cash, ammo: Sacramento sheriff's search warrant yields big crime bust

BY MICHAEL McGOUGH

Drugs, guns and a whole lot of ammo were found in a recent warrant served by the Sacramento County Sheriff's Department.

Detectives uncovered 516 grams of processed marijuana and \$14,000 in cash at a

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Guns, ammo and other contraband recovered from a search warrant served in Sacramento County. Sacramento County Sheriff's Department

suspect's residence in Sacramento County, according to a news release by the Sheriff's Department.

Then, at the suspect's storage unit, detectives found 411 grams of meth, 364 grams of heroin, eight firearms and multiple boxes of ammunition.

A photo of the bust posted to social media shows three handguns and five other weapons, as well as what appear to be high-capacity magazines and at least one scope.

free!  
The suspect's identity, and the location of his residence and storage unit, have not been released by authorities. The suspect has been booked into Sacramento County jail, the Sheriff's Department said.



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Source: gettyimages.com



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# Dr. Christine Blasey-Ford wins America's heart

Commentary  
BY PERRY DIAZ

Christine-Blasey-Ford-supporters When President Donald Trump acceded to Sen. Jeff Flake's demanded for an FBI investigation of the allegations against Judge Brett Kavanaugh, I commented in my previous commentary: "It was Trump, no less, who let the cat out of the bag when he said that he thinks Flake's role in delaying the vote was just fine." "Actually this could be a blessing in disguise," he said, "because having the FBI go out, do a thorough investigation, whether its three days or seven days, I think it's going to be less than a week. But having them do a thorough investigation, I actually think will be a blessing in disguise. It'll be a good thing." To which I asked, "Good thing for who?"

After five days of "thorough investigation," the FBI released one copy – I repeat, one copy – of its findings, which was sent to the Senate for the 21-member Senate Judiciary Committee and after they're done with reading the report, it's passed to the rest of the 100-member Senate. Does anybody think that the senators would have a chance to read the voluminous report given the short time they're given to peruse it?

As it turned out the FBI interviewed only nine "witnesses." Strangely, and anomalously, they did not interview the accuser Dr. Christine Blasey Ford and the accused Judge Brett Kavanaugh. And they did not interview about 40 witnesses submitted by Dr. Ford and Deborah Ramirez, the second accuser. The third accuser, Julie Swetnick wasn't interviewed at all. The net effect is that the testimonies of Dr. Ford and the nine other witnesses are rendered useless for lack of corroboration, which is a key element in determining the credibility and acceptability of evidence against the accused, which begs the question: Did the White House instruct the FBI not to interview the 40 witnesses, who were deemed as "corroborative witnesses" and therefore favorable to Dr. Ford's testimony? There is only one explanation to that: the FBI investigation was truncated, incomplete, and a sham!



Dr. Ford supporter

From the get-go the FBI had been hampered by restrictions imposed by the White House. They were given the names of whom to talk to and what questions to ask. The scope of the investigation was limited to questions about sexual misconduct and drinking beer. They can't ask about gang rape, which was what the third accuser alluded to.

With the restrictions the White House imposed, the FBI's hands were tied behind their backs. And since their client was the White House – which the White House they pointedly reminded the Senate – they couldn't do much but to go along, play along. They'd probably asked themselves, "What the heck, why bust my butt to do the investigation right, get punished and reassigned to the Aleutian Island in Alaska?" Sen. Lisa Murkowski of Alaska would certainly welcome their assignment to her State that would add to the low employment in an island where the sun rises only one month each year.

Indeed, I have to salute Murkowski for her gallant stand by siding with Dr. Ford. She was the only one of the 51 Republicans, who voted "No" on Kavanaugh's confirmation. As to the other fence sitters, Senators Susan Collins (R, Maine), Jeff Flake (R, Arizona), and Joe Manchin (D, West Virginia), it's sad that they lost their cojones to stand by Dr. Ford.

Collins who seesawed in her decision whether to support Dr. Ford or not, eventually succumbed when Republican Majority Leader Mitch McConnell met her for lunch on October 5, the day before the final vote. After their meeting, Collins told the media that she'd announce her decision at 3:00 PM. I had a visceral feeling then that she was going to vote for Kavanaugh. But it took her 45 minutes to slalom her way around into declaring that she'd cast a "Yes" vote, which gave me

the notion that she was just grandstanding. Why not? Well, that's 45 minutes of free time on the networks!

Sen. Joe Manchin, the macho gun-loving Democrat from deep-red West Virginia, never had the gumption to buck the Republican political machinery in his State. In essence, he has to protect his Senate seat, which is teetering in the November midterms. If he cast a "No" vote against Kavanaugh, he might as well kiss his Senate seat goodbye.

Another courageous woman was Democratic Senator Heidi Heitkamp of Montana, another deep-red State, showed that she has more cojones than Sen. Manchin when she announced that she'd cast a vote of "No." It took a real Amazon warrior to make a last stand against her male Republican opponent who is leading in the November elections.

Sen. Jeff Flake had never convinced me that he had thought of giving Dr. Ford his thumbs-up. The drama that occurred in the elevator and his consequent remarks in the committee didn't have the elements of sincerity. He told the media: "I think it would be proper to delay the floor vote for up to but not more than one week in order to let the FBI ... do an investigation limited in time and scope to the current allegations that are there and limited in time to no more than one-week, and I will vote to advance the bill to the floor with that understanding." Whoa! Was he on twilight zone? The fact that he requested the FBI investigation to limit their investigation in "time" and "scope," which the White House gladly endorsed, showed that it was intended to cover up the alleged scandal in Kavanaugh's past.

While Collins and Manchin may have "political reasons" to support Kavanaugh, I don't understand why Flake would vote for Kavanaugh? During the course of the Senate Judiciary committee hearings,

# President Donald Trump unpopular across globe and America's standing dropped, new poll shows

BY DEIRDRE SHESGREEN

WASHINGTON – President Donald Trump is deeply unpopular across the globe, holding the most negative rating among five world leaders, according to a new poll conducted by the nonpartisan Pew Research Center.

A median of 70 percent of respondents across 25 countries said they do not have confidence in Trump to do the right thing – a significantly higher disapproval rating than the leaders of Germany, France and China. Only Russian President Vladimir Putin came close, with 62 percent of the poll's respondents saying they did not trust the former KGB agent.

It's not just Trump. Attitudes toward America are at historic lows around the world – from from Sweden to South Africa – with a median of 50 percent holding a favorable opinion of the U.S., compared to 43 percent who see the U.S. unfavorably. More people also say their own country's diplomatic relationship with the U.S. has grown worse over the past year.

The Pew survey comes as Trump's second year in office draws to a close. In that time, the American president has made waves across the world with his attacks on multilateral institutions, such as the United Nations and NATO, and his public spat with key allies, including Canadian Prime Minister Justin Trudeau and British Prime Minister Theresa May.

The poll also comes just one week after Trump and other world leaders gathered in New York for the U.N. General Assembly. Trump's message – vowing to put American sovereignty over multilateralism – was not well received. Key U.S. allies also sharply rejected Trump's hard line against Iran.

Pew surveyed more than 26,000 people in 25 countries, from May 20 to Aug. 12. The center, which studies public opinion and demographic trends, released the poll late Monday.

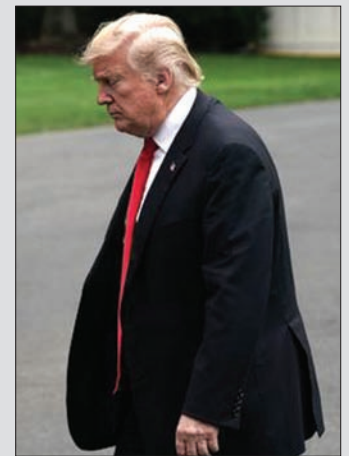
There were some bright spots for the U.S., with residents of Israel, the Philippines and South Korea registering overwhelmingly positive attitudes toward America.

But in other countries, many respondents said the U.S. is not stepping up to solve global crises like it used to, and America's reputation as a champion of freedom has also waned.

"Frustrations with the U.S. in the Trump era are particularly common among some of America's closest allies and partners," the Pew report concludes.

In Germany, for example, only 10 percent of those surveyed said they had confidence in Trump, 75 percent said the U.S. is now doing less to address global problems, and many believe the U.S. no longer respects personal freedoms.

Trump gets his lowest marks from those living right next door in Mexico – with only 6 percent of respondents saying they trust Trump as a leader. The pres-



President Donald Trump

ident repeatedly pledge since his presidential campaign to build a wall on the southern border with Mexico. About one-quarter of Canadians rate Trump positively.

In Russia, only 26 percent of those surveyed voiced a favorable opinion of the U.S., a drop from 41 percent in 2017, and just 19 percent Russians have a positive view of Trump.

German Chancellor Angela Merkel has the highest rating among the five leaders tested, with 52 percent saying they trust her. French President Emmanuel Macron earned a 42 percent positive rating.

In a similar 2017 poll, Pew found that global opinion of the U.S. had "dropped precipitously" after Trump's election. Former President Barack Obama, who championed multilateralism and nurtured ties with foreign leaders, was seen as a more trustworthy steward of global affairs, with a median of 64 percent expressing confidence in his ability to direct American foreign policy, the 2017 survey found.

he had – in media interviews – expressed his mixed feelings about Kavanaugh's nomination. Could it be that he was ready to vote "No" but kept it to himself until the last minute prior to the final Senate vote? Or, could it be that he could be useful to Trump when he is going to revamp his cabinet as is being rumored in the White House? It would certainly keep him on Federal payroll when his term expires in January. And what would be a better way to clinch a job than to cast that one vote Kavanaugh needed to secure his nomination?

So it came to pass that an

FBI investigation was conducted with "time" and "scope" constraints that would satisfy the three fence sitters, which would then give them reason to say that they're satisfied with result of the FBI investigation. Now they can say with "clear" conscience that Kavanaugh deserves their "Yes" vote. And so they did, heads high for Trump to see and damn the protesters.

The final Senate vote was 50-48 for confirmation. That's the lowest vote a Justice of the Supreme Court had gotten in the annals of American jurisprudence. In other words, Kavanaugh will put on a Justice's black robe, knowing that he was just one vote shy from wearing it.

Indeed, the sad denouement of the quirky confirmation process would be instilled in the psyche of women who now see themselves as victims of America's unequal treatment of half of her citizenry.

At the end of the day, Trump may have won a seat on the Supreme Court, but Dr. Christine Blasey Ford has won the heart of America.

(PerryDiaz@gmail.com)



PerryScope

BY PERRY DIAZ

# Who will succeed Duterte?

As soon as rumors that President Rodrigo Duterte was seriously ill, political groups began consolidating their forces and allies to position themselves to succeed him.

It started on April 14, 2018, when 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. 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.

A few days later, he changed his tune when he spoke before a group of broadcasters. He told them that if a leader "like" Senator Francis "Chiz" Escudero or former Senator Ferdinand "Bongbong" Marcos Jr. could assume the presidency, he would step down.

A news story on October 9, 2018 said that Duterte had hinted he might be seriously ill. He alluded that his doctors have suspected that he has cancer; however, he said that recent tests showed that he was not cancerous. Which makes one wonder: Was he just joking? Or, was he trying to smoke out his enemies into the open... and then punish them? Hmm...

With the various power blocs anticipating that his demise, sooner or later, would create a power vacuum, it raises the question: Who are the contenders vying to replace Duterte?

Which reminds me when Alexander the Great, lying on his deathbed in 323 BC and surrounded by his generals. One general asked him, "To whom do you give your empire?" As they watched him gasped his last breath, Alexander said, "To the strongest." And since nobody stepped forward to assert that he was the "strongest," the generals eventually agreed to divide Alexander's empire among them to avoid a civil war.

While this is in no way saying that I am suggesting that Duterte

is the Philippines' Alexander the Great – although 16 million Filipinos see him as a "great leader" -- he seems to encourage rivalry among his critics and rivals, which is a "divide and rule" strategy strongmen use.

**The contenders**

It didn't take too long for the various power blocs to start consolidating their forces in preparation for any eventuality. There are at least six groups that are positioning themselves in the event Duterte steps down or is incapacitated.

Perceived as the most powerful



Sara Duterte-Carpio poses with allies during the founding of a nine-party super-coalition.

and influential group is the nine-party super-coalition that Duterte's daughter, Davao City Mayor Sara Duterte-Carpio, recently formed, which includes her own Hugpong ng Pagbabago (HNP). Joining



Then President Benigno Arroyo III endorses then vice-presidential candidate Leni Robredo during the 2016 election. Note the yellow shirts they wear, the color of the "Yellow Army."

forces with Duterte-Carpio are big political players Sen. Cynthia Villar of the NP, former President and now Speaker Gloria Macapagal-Arroyo, and the National People's Coalition (NPC) that Danding Co-



The heirs of the late dictator Ferdinand Marcos poses in 2014 after achieving a spectacular comeback into the political scene. Left to right: Imee, Bongbong, matriarch Imelda, and Irene Marcos

juangco founded when he ran for President in 1992.

The opposition Liberal Party (LP) is the party of Vice-President Leni Robredo, former President Benigno Aquino III, and former Senator Mar Roxas. They command the loyalty of the "Yellow



Duterte and troops. Will they defend him?

Army" or "Yellowistas" whose provenance goes back to the Cory Aquino years.

A major bloc is the Marcos political dynasty -- former Senator Ferdinand "Bongbong" Marcos Jr. and his mother, Congresswoman Imelda Marcos, and sister, Ilocos Sur Governor Imee Marcos -- and their die-hard Marcos loyalists. They have been positioning themselves for an eventual takeover of the presidency, three decades after the Marcos dictatorship was ousted. The Marcoses are close to Duterte, particularly Bongbong whom Duterte has "anointed" as his preferred successor.

The Magdalo group of former military men that mutinied against the Arroyo administration in 2003 remains a potent group even when they appear to have broken up. But they took their battle to the Congress. Sen. Antonio Trillanes IV and Magdalo Rep. Gary Alejandro are the two prominent Magdalo members who are now in Congress. However, the Duterte administration has accused the Magdalo group of secretly recruiting active military personnel. While Magdalo might not have enough strength to take over the government, they are allied with the LP.

Speaker and former President Gloria Macapagal-Arroyo leads another political group. She has been trying to revive her old political party, the Lakas-Kampik-MMD. But she might not be able to hold its members together, knowing that their loyalty could change easily. Besides, she doesn't have the logistics that she had during her presidency. Meanwhile, she got herself an "insurance" by joining Duterte-Carpio's super-coalition.

The most troublesome group is the Communist Party of the Philippines-New People's Army-National Democratic Front (CPP-NPA-NDF) that has been fighting the government for more than half a century. Led by exiled CPP Chairman Jose Ma. Sison, they have been perennially preparing for a takeover of the government. But they don't have the logistics that the Armed Forces of the Philippines (AFP) have.

**Red October**

Last September, the Duterte administration claimed that the CPP

conspired with the LP and the Magdalo group in attempting to build a critical mass that would push for Duterte's ouster. Known as "Red October," the plot was to force Duterte to declare martial law nationwide; thus, provoking

mass uprisings across the country. After investigating the plot, top AFP officials cleared the LP and Magdalo of any connivance with the CPP. The CPP dismissed the "Red October" plot. Instead they accused Duterte of creating a scenario to justify a massive crackdown on dissenters.

The CPP's nemesis, the AFP, and the Philippine National Police (PNP) are the groups to watch. Working in tandem, they're the strongest and, thus far, the only



President Duterte and Speaker Gloria Macapagal Arroyo attend a boodle feast. Will their alliance last?

ones that can maintain peace and order in the country, which is the reason why Duterte favors them to succeed him in the event of his death. With an army of at least 100,000 of armed military personnel and an integrated force of 120,000 policemen, they can grab power anytime at their own choosing. The question is: Would they abandon their pledge to stay out of politics? But would they remain idle if mass disorder threatens the country's security and stability? But this is precisely what



Cadets of the Philippine Military Academy (PMA) march in formation. This is where the cadets were initiated into the "Brotherhood," a lifetime of dedication to defending Philippine sovereignty.

the CPP's alleged "Red October" plans to happen.

**Déjà vu**

But there is another group that could influence the direction of the country: the "brotherhood" of retired generals. Their collective influence -- gained over years of active military service -- could provide the stability the country needs at this time. And



Then Lt. Antonio Trillanes IV poses with Magdalo mutineers in 2003.

this is probably Duterte's rationale -- short of declaring a revolutionary government --for appointing retired generals to key positions in his administration.

The "brotherhood" is presumed to have the support of America's military and intelligence communities based on decades of mutual defense cooperation. And this brings to mind where they have been since 1987. At that time, following the toppling of the Marcos dictatorship, the "brotherhood" provided aid to the revolutionary government of Cory Aquino to steer her through tough times and several coup d'états staged by rogue groups in the military. Is it déjà vu all over again?

Last October 13, when reporters "ambushed" Defense Secretary Delfin Lorenzana and asked



Communist Party of the Philippines (CPP) Jose Ma. Sison.

him about "Red October," he replied: "It's no longer existent. It fizzled out because we uncovered and exposed it." But regardless of whether "Red October" would happen or not, the nagging question re-

mains: Who will succeed Duterte? And just like Alexander the Great, Duterte might not have the "strongest" to succeed him. And if there is nobody strong enough to take over Duterte's "empire," would a "civil war" ensue among the political contenders?

Meanwhile, Uncle Sam and Uncle Xi Jinping are keenly watching what's happening right now. With Xi's promise to Duterte that he'll protect him from any plan to remove him from office, would Uncle Sam harness his forces to prevent any intervention -- military or political -- in the situation in the Philippines?

Like they say, "Beware the ides of October."

(PerryDiaz@gmail.com)



# Could China drive the US out of Indo-Asia-Pacific?

**PerryScope**  
By Perry Diaz

When Chinese Admiral Liu Huaqing laid out modern China's "naval strategy" in 1982, his goal was to be "ready to challenge U.S. domination over the Western Pacific and the Indian Ocean by 2040." Nobody at that time, not even the Americans, had ever thought of the Chinese going beyond China's coastal waters into the deep blue waters. She simply didn't have the naval power to go beyond her territorial waters. That was then.

Today, China has claimed virtually the entire South China Sea. And to protect her territorial claims, she employed a strategy known as "salami slicing." It's a strategy that takes possession of a territory, small slices at a time; small enough that nobody would go to war over it. That's what China did to take possession of a lot of Philippine territory since 1994 when she grabbed the Panganiban (Mischief) Reef in the Spratly archipelago on the pretense of building a rest outpost for fishing boats in the region. The Philippines can use it too, the Chinese said.

In 2012, China seized the strategically located Scarborough Shoal and cordoned off the large lagoon within the atoll to prevent the Philippine Coast Guard and fishing boats from getting into the marine-rich lagoon.

The following year, the Chinese reclaimed six more islands in the Spratly archipelago and started building artificial islands around them including Mischief Reef. By 2016, three of the reclaimed reefs were militarized. China then built airfields to accommodate bombers and jet fighters, and harbors for large warships to dock. With China's fleet of warships—including one aircraft carrier -- and submarines deployed to the South China Sea, it makes one wonder: Is China's navy capable of confronting U.S. forces in and around the South China Sea, which is America's "buffer zone" to prevent China from breaking out into the Western Pacific.

### America's military power

Right now, China doesn't have the capability to confront the U.S. in the South China Sea. Not yet. Not with the tactical merger of the U.S. Third and Seventh Fleets for a total of 200 warships includ-



First and Second Island Chains.

ing six aircraft carriers. Not with more than 200,000 personnel based around the region, of which 80,000 are stationed in Japan and South Korea. Not with a squadron of nuclear-capable B-52 bombers and a squadron of stealth fighter jets stationed on Guam. Not with three ballistic missile submarines -- known as "boomers" -- deployed to the Western Pacific that can launch a total of 42 ballistic missiles, each capable of aiming thermonuclear warheads to hit 12 different targets.

Indeed, America's military power in the Indo-Asia-Pacific region is awesome. But it didn't deter



Disputed South China Sea.

China from taking possession of the Scarborough Shoal and seven islands in the Spratlys. Why? Many think tank analysts believe that, while America is at least tenfold stronger than China militarily; America's leadership doesn't have the political will to stop China from grabbing territories. They likened America's acquiescence during the Scarborough Shoal incident to the Mu-



Three-carrier battle group in formation during a U.S. naval exercise.

nich Appeasement in 1938 when the Western Powers allowed Germany to grab the Sudetenland region of Czechoslovakia for the price of peace. They achieved peace momentarily. But within months, war broke out in Europe.

Pretty soon, country after country in Europe fell.

### Best hands always win

Indeed, history is repeating itself again. But does it have to? Is it fair to presume that this "historical resurgence" can be avoided -- or sidestepped -- by applying a classic poker player's rule, "Bluff only if you have the best hand." And if you follow this rule, you're guaranteed to win. The objective is to make your opponents believe that you don't have the "best hand" in which case they'd call your bluff. So, how can you lose? Remember, "best hand" always wins.

Militarily, the U.S. has the "best hand." She had it since the end of World War II when she emerged as the world's sole superpower. Her navy ruled the seas and her air force ruled the sky. But Russia, China, Iran, and even North Korea played their weak hands to their advantage, bluffing America into submission. But while bluffing with a "weak hand" is gutsy, they scared and forced America, who may not have the "best hand," to fold.

Vividly, the world cannot forget when Russia invaded Georgia in 2008. Sad to say NATO and the U.S. did not lift a finger to help her. Emboldened by NATO's inaction during the Russo-Georgian War, Russia grabbed and annexed Crimea in 2014. The following year, Russia sent her troops and jet fighters to Syria to help President Bashar al-Assad fight the pro-American Syrian rebels.

In 2017, when President Donald Trump took office, he started cozying up to Russian President Vladimir Putin, which led many to believe that a secret or unholy alliance between Trump and Putin exists.

Meanwhile, the U.S. is facing a strong and aggressive challenge to her world leadership. When Xi took power in 2012, he told the Chinese people about his pursuit of the "Chinese Dream," a China that would rule the whole of Asia and the Pacific. In fact, China began promoting "Asia for the Asians" about a decade ago in the hope of drawing the Asian countries into China's orbit and dislodging the United States as a Pacific power. Xi boldly gave a

timeline: the "Chinese Dream" would be fulfilled by the middle of the century, which dovetails with Admiral Liu's "naval strategy," whose goal was for China to become the undisputed hegemon in the Indo-Asia-Pacific region.



Aerial view of Scarborough Shoal.

### Path to destruction

Today, America is on a self-destructive course, following a roadmap drawn by nationalist elements in the current administration. Take for instance the U.S. administration's withdrawal from globalist initiatives such as the Trans-Pacific Partnership (TPP), the Paris Agreement on Global



Trans-Pacific Partnership before U.S. withdrawal

Warming, and the Iran Nuclear deal.

With protectionism in mind, the nationalists' goal was to sever America's links to the United Nations and other international institutions that she helped create -- the International Monetary Fund (IMF) and the World Bank (WB) -- at a gathering at Bretton Woods, New Hampshire in 1944. The conference drew 730 delegates from 44 Allied nations met for the purpose of regulating the international monetary and financial order at the end of World War II. It was at Bretton Woods where currencies were pegged to the price of gold. The U.S. dollar was seen as the world reserve currency, since the U.S. was the largest holder of gold at that time -- which was a key element in making America the world's sole

superpower, which begs the question: Can the U.S. survive by cocooning herself into isolation? Today, the U.S. is still the single largest holder of gold reserves in the world. But China -- the fifth largest holder -- is a threat to America's coveted position. China is also the world's second largest economic power behind the U.S. However, at the rate China's economy is booming, speculation is rife that she could overtake the U.S. within five years.

Interestingly, China is silently waging a war against the U.S.; that is, to replace the U.S. dollar as the world's reserve currency with China's yuan. In the past several years, China has been on a buying spree for gold. A popular theory is that she is hoarding gold as part of a plan to convert the yuan to the gold standard and replace the U.S. dollar as the default global currency.

If China succeeds in supplanting the U.S. dollar and at the rate she is building her military armaments and nuclear arsenal, China could then be in a position to challenge America's military prowess in the Indo-Asia-Pacific



Dollar vs. Yuan

region, which begs the question: Could China drive America out of the Indo-Asia-Pacific region? (PerryDiaz@gmail.com)

## Philippine Fiesta

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# Filipino Community Organizations Celebrates “October – “Filipino American History Month” & Proclamation of Philippine Independence of 1898”

By **CARLE and SARAH ENLOE**

**T**his year, the Filipino Community of Sacramento and Vicinity, Inc. (FSCV) celebrates “October – “Filipino American History Month” and “Proclamation of Philippine Independence of 1898” held this past October 13, 2018 at the Jose Rizal Community Center, was a perfect example.

The FSCV decided that this Filipino American History Month would include the participation and cooperation of the following Organizations and Groups of Individuals: University of the Philippines Alumni Association of Sacramento & Vicinities (UPAASV); Bayanihan of Sacramento, USA; Kapitbahay; D’Dreamgirls; Filipino American Veterans Association (FAVA); Pangasinan Association of Northern California; Filipino Family Fraternity (FFF); Ilocano Foundation of California (IFC); Philippine Fiesta (PF); Filipino Women’s Club (FWC); Cabalen Club Ning Sacramento; Bicolandia Association of Sacramento; Maharlika Lions Club; Midtown Lions Club; and Golden State Lions Club.

We are very proud of our Filipino Community leaders and members in the Sacramento Community plus Groups of Individuals. They make these events happen year after year. With this event, community organizations and Groups of Individuals had been asked to choose a Filipino hero and depict their presentation through songs, dances, and/or a mere narration of their hero’s history and accomplishments and/or achievements in the years that the Philippines was fighting for independence. The DJ for this year’s event was MC Paradella. Here is the sequence of presentations/narratives that were presented.

At the appointed time, Mistress and Master of Ceremonies, Remy Solomon and Joe Gonzalez opened the program by welcoming everyone. Then MC Remy introduced Aida Azurin who gave the invocation for the evening. After the invocation, the Kapitbahay performed the La Jota Mondadena. MC Remy introduced the D’Dreamgirls who performed



The Filipino Community of Sacramento and Vicinity (FSCV)



Door ticketing with Zeny, Edna, Joe and Leila



Edna delos Reyes & Mercy Guerrero



The Bayanihan Club Sacramento USA



Mia Gaerlan



Lilia Rivera



(Emcee) Remy Solomon



D’ Dreamgirls



Gomburza: Father Romy, Father Melchor and Father Alex



The Kapitbahay Dancers

the “Como Tu”. Following their performance, MC Joe announced that the delicious Filipino buffet dinner was ready catered by Carol Munar.

After dinner, MC Remy introduced FSCV President Mercy

Guerrero, who gave the Welcome and Acknowledgement. She introduced Lilia Rivera, who read the “Proclamation of Philippine Independence of 1898. Afterwards, MC Remy introduced Mia Gaerlan, Edna de los Reyes 13-

year-old granddaughter, who sang a beautiful rendition of God Bless America. Bayanihan of Sacramento, USA First Lady, MC Remy sang the “Pilipinas Kong Mahal”. The celebration officially opened as the Bayanihan of Sacramento

sang the National Anthems of the United States and the Philippines. The following is a summary of the presentations from the various Organizations and Groups of Individual.

Continued on next page



Gen. Emilio Aguinaldo by Dinnah and Dave SanPedro



Liberation of the Philippines by the Lions Club, Eddie Aducayen sings Bayan Ko.



Ernie Pangilinan



Cleo Sabarre



Marcela Agoncillo by the Filipino Women's Club



Dick Weitzenberg



Historical display by the UPAASV



Derek Ledda



Rod Lumbang



Committees, performers and guests

**PART I - Presentation of Organizations' Performers**

1. FAVA – Filipino American Veterans Association: Battle of Mactan. Narrator: Joe Gonzalez; Magellan: Dick Weitzenberg, President; Lapu-Lapu: Ernie Pangilinan; Muslim Dance: Cleo Sabarre-Ner; 2. Pangasinan Association of Northern California: Melchora Aquino “Tandang Sora”: Adelina Lomibao. Narrator: Aurora Ramos; Song: “Nandoroman Propesyon” by

Aurora Ramos and Nimfa Solis – Danced by Rey & Julie Oineza and Company; 3. Filipino Family Fraternity & Ilocano Foundation of California: Gomburza: Fr. Gomez - Alex Avera; Fr. Burgos - Romy Sembrano, Fr. Zamora - Merchor Munar; Narrators: Aida Azurin, President and Ling Avera, President; 5. FCSV - Filipino Community of Sacramento and Vicinity: Dr. Jose Rizal: Nick Catudan; 12 Women in Rizal's Life: Julia, 1st Woman to Catch Rizal's eyes – Luz Daclan; Segunda Katigbak – Ling Avera;

Margarita Almeda Gomez – Linda Gibson; Leonor Valenzuela – Aida Azurin; Leonor Rivera – True Love of Rizal – Mercy Guerrero; Consuelo Ortega y Rey – Lee Ramirez; O-Sei San Kiyo – Leila Pereira; Gertrude Beckett – Delia Sibayan; Adelina Bousted – Betty Riganan; Nellie Bousted – Carol Munar; Suzanne Jacoby – Fely Villafuerte; Pastora Necesario Carreon – Divina Borromeo; Josephine Bracken, Common Law Wife

– Maria Bahoric; Narrator: Edna de los Reyes; “Mi Ultimo Adios” – delivered by Jess Velasco, translated in English by Beth Velasco.

Following Part I there was a short Break for Public Dance.

**PART II - Presentation of Organizations' Performers**

1. Tribute to World War II Fil-Am Veterans: Derek Ledda; 2. Philippine Fiesta: Emilio Aguinaldo - Dave and Dinnah San Pedro: Dinnah's explanation of their presentation, “Dave and I presented Emilio Aguinaldo, through the help of Jun and Faina Abaya's writing about him, to present Philippine Fiesta news participation in this celebration. At most times, we have preferred to sit in the back to watch our Filipino activities to cover them for the paper's publication. There was not much preparation in our presentation, so we did what we knew best to join in the celebration. Dave's seven (07) minutes painting of Emilio Aguinaldo was donated to Museo Filipino for the University of the Philippines Alumni Association of Sacramento”; 3. Filipino Women's Club: Marcela Agoncillo; Zenny Yagen, President; Narrator: Josie Patria; 4. Cabalen Club Ning Sacramento: Jose Abad Santos; Narrator: Rod Lumbang, President; 5. Bicolandia Association of Sacramento: Wenceslao Vinzons; Dance “Sarungbanggi” – Jess Velasco, President; 6. FINALE: United States Liberation of the Philippines, Return of General Mc Arthur; Vicky Johnson, President Midtown Lions Club; General Douglas McArthur – Carle Enloe, Maharlika Lions Club; Song “Ang Bayan Ko” – Eddie Aducayen; Golden State Lions Club; Joe Villarica, Midtown Lions Club; Maharlika Lions Clubs Singers; All Lions Present; and Audience Participation.

Mina Guerra, FCSV 2nd Vice President closed the event by thanking each and everyone for their participation as we celebrate our Filipino History Month and the proclamation of Philippine Independence of 1898.

We would like to acknowledge the Overall Chair: Mercy Guerrero; Event Chair: Edna de los Reyes and Co-Chairs: Leila Pereira, Remy Solomon, and Joe Gonzales; Finance: Margie Pasalo; Maria Bahoric; and Aurora Ramos; and ALL the Committees for making this celebration a very successful and memorable event. We extend our congratulations to FCSV on another successful event and we hope to see you all again next year.

Photos by Dave San Pedro

# Birthday Celebration of Perry Diaz the Iconic Prolific writer, Pioneer and Community Leader

BY FAINA E. ABAYA

It is always refreshing to know that in our Filipino American community, we have men and women whose dedication and professional expertise in their respective field of endeavors are being utilized to disseminate information, promote our great cultural heritage and encourage social activities for the betterment of our community. Indeed, their sincerity of purpose makes the great difference in our diverse community.

Among these illustrious personalities in our midst, one could claim to have placed himself in a higher pedestal and whose personal and community achievements will surely stand the test of time. We are referring to no other else than Perry Diaz, the iconic consummate prolific writer, community leader, pioneer, innovator, educator, businessman and humanitarian.

The passing of time since Perry Diaz engaged himself in so many activities in the place where he found comfort for his family and enjoyed the high degree of civility with his fellow man, he never slowed down rather showed his indefatigable mental and physical endurance in all the fields that he indulged in.

Suffice to say, Perry Diaz defines his life more on his journalistic astuteness as shown in his syndicated commentaries published in almost all Filipino American newspapers and his thought-provoking writings on social and political issues read world wide through his Global Balita blog.

Perhaps, to ease the stress of the day to day activities of the family, Dolores the loving and caring wife of Perry planned to hold a surprise birthday party for the celebration of the 74th birthday of her husband on October 7, 2018 at the social hall of Hongkong Islander Restaurant on Freeport Avenue, Sacramento. It will be a Luau themed celebration requesting everyone if possible to wear Hawaiian T-shirt for men and, of course, the muumuus or the colorful dresses for the ladies with printed designs of beautiful flora and fauna found in the paradise like island of Hawaii.

As usually expected, Dolores personally managed the preparation of the celebration making it sure to be most memorable not only for the celebrant but to all who were invited to enjoy the night with him.

The social hall was meticulously arranged with 10 round tables that could hold at least equal number of guests each who will be seated on chairs covered with golden linen cloth. Each table has two bottles of red and white sauvignon chardonnay for the wine connoisseurs and a liter of variety of soft drinks for the non-drinkers. And as a center piece in all the tables were freshly cut orchids of various colors.

At exactly 5:00 pm the guests and closest of friends of the celebrant started to arrive and they were met by Dolores and two of her grandchildren at the main entrance of

the social hall offering fresh leis as they ushered them to their respective tables. Luckily, this writer and husband Jun were seated with popular community leaders Josie Patria, Derek Ledda, Henry Bambao and Tina Bambao. At least our conversation was concentrated more on the writings of the celebrant and the various activities in the community where we all evolved.

When the social hall was already filled up to about 100 expected guests and members of the celebrant family, it was announced by self-appointed Emcee of the evening, Joe Carrasco that the celebrant has arrived and about to enter the hall. To really surprise the celebrant, the lights were turned off and someone was heard counting to indicate the distance of the celebrant from the main entrance of the hall. And when the celebrant was about to enter the hall, the lights were turned on as everyone stood up and gave him a thunderous applause as they sang in unison happy birthday which made Perry a little bit surprised as he waved to all sporting as usual his contagious smile.

The enthusiasm of everyone seemed to energize the celebrant that he went around to hug and shake hands as he received their sincerest wishes and greetings for his continued good health and wellbeing to enjoy more years to come. Perry Diaz in his usual amiable manner expressed his profound gratitude to everyone for graciously accepting their invitation to attend his birthday party. Likewise, he also thanks loving wife Dolores and family to such a surprise celebration that gave him the opportunity to be with them and his closest of friends in the community where he gave it all for its best interest and welfare.

At this juncture, the sumptuous dinner of eight courses of Chinese cuisine, intricately mixed with variety of vegetables, pork, beef, fish and lobster were served one at a time to satisfy the fastidious taste of everyone.

While all were enjoying their dinner, the entertainment part of the evening was started by Joe Carrasco who looks more a non-conformist social activist than an Emcee of the evening's impromptu program. He called up Estela Rabara, a popular community chanteuse to be his duet partner for a song dedicated to the celebrant. Despite the poor acoustic of the hall, the singers still gave their best performance singing their own version of the song "My endless love" which received deafening applause. Another duet was performed by Joe Carrasco and Andy Alforte singing "For all the girls I have loved" likewise received prolonged applause from their admiring audience.

The celebratory spirit was even heightened by the gracefulness of the well-choreographed dancing performance of the grandchildren of the celebrant and even regaled the attendees with musical rendition by playing the guitar and flute. Both performances received deafening and thunderous applause from their



Perry Diaz



Perry, wife Dolores and family

Photos by Dave San Pedro



Ambassador George Aducaeyen and family



Faina, Tina, Josie, Henry and Jun Abaya



Perry's relatives, friends and guests



Estela, Didi, Linda, and friends in the community



Perry and Joe

mesmerized audience. Joe Carrasco as an Emcee is likened to a stage thespian whose flamboyance and bravura on his role is well ob-

served when he confidently said, "I am honored to talk about my dear friend Perry Diaz whose birthday we are forced to observed today". Knowing that somebody might be piqued with his roasting like passages about the celebrant, he assured his listeners that Dolores Diaz has granted him immunity of any kind that he can speak freely but added "well, it is not really free because of Eskwela Natin will receive all the gifts and donations intended for this celebration".

The act of roasting a person is an invention of the mainstream media which simply meant as a funny insensitive joke towards a person in such a way that it appears comedic for the enjoyment of the listeners. Ironically, the person to be roasted is

one who has attained success in his chosen field. Joe Carrasco just did that, and he made a litany of passages and tall tales about the celebrant especially his so called "journalistic prowess" which Joe, accordingly, could not understand.

One such passage stated that "For those who are not in the know, Global Balita is Perry's relentless and endless commentary about the political climate here in the United States and in the Philippines". Moreover, he said "If you are not receiving Global Balita in your daily Email, you are not one of the chosen one. As a breaking news, Global Balita has received the utmost and very special attention from the White House which declared it as a Fake News". Undoubtedly, the audience enjoyed Joe Carrasco's one man show about the celebrant which received a prolonged applause.

The memorable night finally ended with slice of the celebrant's birthday cake for everyone as he expressed his deep appreciation for their best wishes and enjoying the night with him. Prominent community personalities who were seen enjoying night were; Dave and Dinnah San Pedro, Mrs. And former Ambassador George Aducaeyen and many others.

Conversely, Perry Diaz has attained a degree of success in all the activities that he engaged in yet there is one field that he has raised the Bar for anyone to achieve even

just a semblance of success, his journalistic brilliance.

Paradoxically, his success in journalism did not even jibe with his education attainment being a graduate of Bachelor of Science in Industrial Engineering from Adamson University, the same school that bestowed on him as an Outstanding Alumnus in journalism. There was no trace of his journalistic acumen during all the years that he started working since he arrived in the United States in 1970 having work as computer programmer analyst and became successful in his construction and real estate businesses.

In recognition for his success in many fields of human endeavor, the then California Governor George Deukmejian appointed him as Assistant Director for External Affairs in California Department of Rehabilitation. Later, no less than President H. W. Bush also appointed him to the US Architectural and Transportation compliance Board in Washington DC.

Perry Diaz also became active in international organizations for individual development, universal understanding, cooperation and for the good of humanity such as Jaycees, Lions Club, Toastmasters and Rotary Club.

He started his writing career in 1987 when he published and edited a community newsletter called

Continued on next page

## Surprise 60th Birthday Celebration for Sarah T. Enloe

BY CARLE ENLOE

There are many joys in reporting on the happenings in the Filipino Community for the Philippine Fiesta. We are able to experience first hand the accomplishments and special moments of community organizations; families; individual triumphs; and enjoy many wonderful events while contributing to the successes of our Filipino community and families. The following story will demonstrate what we are talking about.

It was a Special Surprise 60th Birthday Celebration for my beloved wife Sarah T. Enloe, organized by her two sons, Andre and Anthony along with her daughters-in-law - Kathleen and Kerry, and her sister, Sheila. The theme of the party was a Groovy 60's-70's "Outa Sight" theme to include authentic dress from that era. We were only told that they were taking us out to dinner.

The celebration was held at the Riverside Clubhouse, 2633 Riverside Boulevard, Sacramento, CA on September 29, 2018 at 6:30 P.M. We must say that the venue for the celebration was perfect! The party was held in the Clubhouse's side dining room and adjoining covered patio that included a beautiful fireplace place with a seating area, so guests could enjoy the warmth of the fire. The Celebration was even more special because we were also sharing the celebration of Andre and Kathleen's sixth (6th) Wedding Anniversary. They were married on Sarah's birthday.

Anthony was the designated driver and picked us up at 6 p.m. We were totally in the dark as to the location and



Carle and Sarah Enloe with granddaughter Emma

when asked what restaurant we were going to, he slyly said a restaurant downtown. When we arrived at the Clubhouse, Anthony escorted us in. As we entered the dining room Sarah was totally shocked and surprised by a packed room of 75 guests of family, friends, Lions, and Community members shouting Happy Birthday and then everyone sang Happy Birthday to her. Emma, our granddaughter, made sure she greeted her Lola personally. At the end of the Dining Room was a Big Happy 60th Birthday balloon, a framed poster of a wine glass that said Happy Birthday, covered almost the entire wall, and a remembrance table with early pictures of Sarah along with family pictures from years past.

As is customary with Sarah, she had to personally greet all the guests. Afterwards, we were escorted to our table

and a delicious dinner was served. But the best was to come later in the evening. Sheila, her Sister, made sure that Sarah was appropriately dressed in a beautiful silver sequins 1970's disco pant suits. She was definitely in the groove afterwards.

As dinner ended, Andre, Sarah's oldest Son, on behalf of his Mom, gave a brief thank you to the guests. Afterwards, he introduced Edna de los Reyes, Manager of the Filipina Supremes. She invited Sarah to the front of the room and gave her a special seat, so she could enjoy up close and personal the upcoming entertainment by the fantastic and talented the Filipina Supremes (consisting of



Sarah with sons Andre and Anthony



The Filipina Supremes

Remy Solomon, Lead Singer (Diana), and the backup singers were Cleo Sabarner; Zenny Yagen; Elena Magsuci; Dinnah San Pedro; and Leila Pereira). The Filipina Supremes opened by performing a show stopping rendition of Diana Ross' "Stop! In the Name of Love". As they started performing our Little Granddaughter, Emma Lilian joined Lola and immediately joined in the performance! Their second selection was another favorite - "Where Did Our Love Go". The audience was really getting into the groove. To close out their performance for Sarah, Remy asked her to turn her



The Crisologo family Photos by Dave San Pedro



The Maharlika Lions Club

chair around to face the audience, so they could see better. Then as Remy started singing the final song - "If We Hold on Together" she presented Sarah with a beautiful long stem red rose followed by, Leila, Zenny, Dinnah, Cleo, and Elena, who also presented her with a long stem red rose, and finally Lee Ramirez, the Assistant Manager of the Pinay Supremes, presented her with a small bouquet of long stemmed red roses. Little Emma immediately helped her Lola by holding her bouquet as the pictures were taken! The audience enjoyed the entertainment immensely.

After the entertainment, Andre and Anthony had Sarah's

two birthday cakes brought out and the candles were lit. The second cake had a big 60 candles on it. The audience once again sang Happy Birthday to Sarah as the cakes were cut and served. Following the cake cutting ceremony, the dance floor was opened to the guests for general dancing.

On behalf of Sarah, Andre and Anthony along with their wives Kathleen and Kerry, and the family, we would like to thank everyone who came to help Sarah celebrate her 60th Birthday. Everyone's presence made it a very memorable and special celebration!

"Balita" and wrote his column "From the Grapevine". This was followed with his column Perry Scope" and subsequently with the Filipinas Magazine under the byline "Grapevine". In 2008, Perry Diaz launched his Global-Balita.com which features his articles with other prominent Filipino writers. And the following year he started writing "Balitang Kutsero" a humorous and satirical column that delves into the comedic aspects of Philippine politics.

Today, Perry Diaz commentaries and articles are published and syndicated in almost every Filipino newspaper worldwide for the Filipinos to read about their country and interesting matters that greatly affected their lives.

Significantly, Perry Diaz is also actively involved in community affairs since the time he became President of

the Filipino Community of Sacramento and Vicinity. He is credited to be the first community leader to envision the building of our Cultural Center where we can hold our activities and to become the repository of the beauty, grace and elegance of our great cultural heritage.

Perry Diaz received numerous awards in recognition for his great contributions to his community, journalistic skill and above all his humanity to his fellowmen. He was the recipient of the 2004 award as "The twenty Outstanding Filipino Americans in the United States and Canada during the 13th annual Circle of Leaders event in Washington DC. In 2011, he was awarded the "Gintong Pamana Award in Journalism" in Chicago, Illinois, Bart and Jolly Tubalinal Gintong Pamana Awards Foundation. In 2017 Perry Diaz was awarded the Best Commentary and International

Reporting by the Philippine American Press Club Plaridel Award In San Francisco, California. And in 2018 he also received the Merit Award for Best Commentary.

Currently Perry Diaz operates a residential care facility for the elderly. He is married to the former Dolores Valdez for 48 years. They have two daughters: Lara, a lawyer, who works as the regional director for governmental affairs with large American company, and Andrea, a graphic designer, who operates her own graphic design and public relations business. Perry and Dolores are the proud grandparents of five young grandchildren.

Eskwela Natin is the recipient of any gift or donation to be received during the birthday celebration of Perry Diaz, thus, we requested them to provide further information about Eskwela Natin.

The pioneering spirit of

Perry and Dolores Diaz has brought into reality the founding of Eskwela Natin in May 2013, when Dolores and Perry Diaz called a meeting to discuss the formation of the same. They had been thinking about doing this since their first grandchild was born eight years ago. They were inspired by their growing grandchildren whom they thought that it might be a good idea for them and other Filipino-American children to learn about the rich culture of the Filipino people.

The mission statement of Eskwela Natin is to educate the Filipino American children about the rich and diverse Filipino culture, ensuring the unique traditions of the Philippines will be passed on to the next generation in a safe and fun environment.

The grand opening of Eskwela Natin was held on May

19, 2013. Philippine Consul General Marciano A. Paynor Jr. was the keynote speaker and who also cut the ceremonial ribbon assisted by former Mayor Ruth Asmundson of the City of Davis. On September 22, 2013, the first graduates of 36 students received their certificates of achievement.

Now on its 6th year, Eskwela Natin continues to thrive with the generous support of the community and strong ties with the Philippine Consulate in San Francisco, California. The Board of Directors, include all the Officers as ex-officio members, consists of the following: President, Perry Diaz; Vice Presidents, Vangie Hinnenkamp and Anna Mestidio; Secretary, Dolores Diaz; Treasurer, Ramon Taraya; Community Liaison Officers, Josie T. Canlas and Celsa Taraya; Public Relations Officers; Raul Bernaldez and Andrea Diaz-Vaughn; Sports Committee, Ernie Santos; Board Mem-

bers, Kisha Arsenia, Lilibeth Brewer, Joe Carrasco, Gladys Carriaga, Paolo Legaspi and Didi Loteyro and Murray Navarro. Honorable Ruth Asmundson is the Adviser.

The teachers are Eskwela Natin's most valuable assets and resource persons. They volunteered all the time and gave their efforts to make the school successful. They have full time teaching careers but still committed to making the lesson plans, handouts, homework and logistics of running a school.

In addition to the summer classes for children ages 4 to 12, with no cost to the parents, Eskwela Natin has expanded to include a scholarship program for deserving Filipino American high school graduates, the Ester Carrasco Community Service Award funded by Conrad De Castro and the Ten Outstanding Young Filipino Americans (TOYFA).

# Calendar of Events

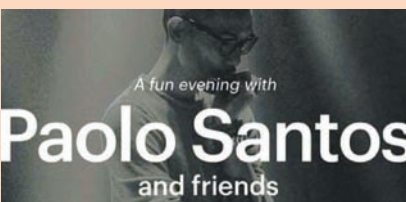
**OCTOBER 27, 2018 (SAT.)**  
**My Sister's House 15th Annual Run for a Safe Haven**  
 Race day registration - 8:00am  
 William Land Park  
 corner of Freeport Blvd. & Sutterville Rd.  
 Register at <http://www.runforasafehaven.com>



**NOVEMBER 2, 2018 (FRI.)**  
**ALL SAINTS/ALL SOULS DAY**  
 Honoring our departed loved ones  
 5:00 pm - Video Tribute & Rosary  
 6:00 Candle offering and memorial mass-  
 Josie - 916.392.6252  
 Manny - 916.505.8555  
 Lilia - 916.524.8008  
 Mercy - 916.266.1923



**NOVEMBER 3, 2018 (SAT.)**  
 A fun evening with  
**PAOLO SANTOS and Friends**  
 Starts at 9 pm  
 Ticket - \$25  
 Chason's Seafood Restaurant  
 8839 Elk Grove, CA 95624  
 Leonard - 916.622.4924  
 Howell - 916.531.2398



# Birthdays



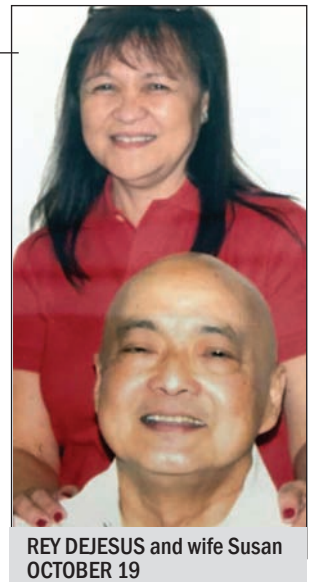
LETTY O'QUINN  
OCTOBER 8



MELCHOR MUNAR and wife Carol  
NOVEMBER 9



MIKE VALENTINE and wife Liza  
NOVEMBER 9



REY DEJESUS and wife Susan  
OCTOBER 19



CRISANTA GALINATO and hubby John  
NOVEMBER 1



FAINALITA and HIEU NGO  
(Both) NOVEMBER 19



BETTY GALINATO and hubby Fernando  
NOVEMBER 1



CYRUS PARADELA and Frank  
NOVEMBER 8

# Anniversary



REGINA and GERRY LOBO  
10th Wedding Anniversary  
November 8



CINDY and BOBBY RICHARDS  
11th Wedding Anniversary  
November 10



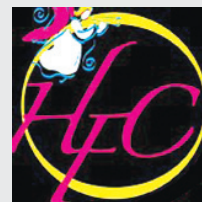
SHERYLYN & EDMOND NAZARENO  
4th Wedding Anniversary  
November 8



SARAH and CARLE ENLOE  
22th Wedding Anniversary  
November 21



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# 365 Guidelines To Live By



BY NANCY CRISTI BAUTISTA

## November

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

### 1. Security Doorbell:

There is a new technology doorbell that could show whoever passes by or rings the doorbell. It is a very little investment for a very good security. One can also watch other neighbor's shared videos captured in their doorbells.

### 2. Light Salad Meal:

Try having a light salad for either lunch or dinner. Here is a suggestion that could be tried. It is easy to prepare and may be prepared in advance:

Lettuce pieces, carrot slices, celery Slices, 1 cut up tomato, a small handful of dried cranberries or raisins, some cheese of choice, a small handful of favorite nuts or seeds, some red onion slices, and a hard boiled egg or water-based tuna. May also add some other fresh vegetables, if desired.

For dressing, try a mixture of 3 tablespoons vinegar, black pepper, and sweetener or sugar if no substitute.

### 3. Sleep Faster:

A trick on how to go to sleep faster is: Relax the shoulders, open the mouth, place the tongue in the middle of the mouth without touching any part of it, and think of nothing.

### 4. Getting Rid of Unneeded Cloth-

ing:

It is hard to part from some clothes that are still usable. One help is to place a grocery bag in one corner of the bedroom. While dressing up and when found that one piece of clothing that is tried and decided not wanted anymore, place it in that paper bag, not to be opened at all, but, to be given away.

**5. Tuna Casserole Without Baking:** Tuna casserole is a delicious dish, but, baking is too much work. Here is a way of cooking it without turning on the oven at all.

Cook the noodles according to the instruction on the package. While the water is boiling, place a cup of frozen peas and carrots in it with the noodles. When noodles and the vegetables are cooked, drain and transfer them in a big bowl. Add a can of drained water chestnuts, 2 cans of drained tuna, a tall can of mushroom, a small can of drained mushrooms, one teaspoon each of garlic and onion powder, salt and pepper, one half cup of shredded cheese of choice, and one fourth cup of Parmesan cheese. May sprinkle Mozzarella cheese, if desired and may be placed in the microwave oven for about 2 minutes before serving. Enjoy!

### 6. Dates On Household Items:

To track down the longevity of the household merchandise, write down the start of use of each item. This way, one would know which product lasts longer effectively.

### 7. Toiletries According To The Needs:

Toiletries are expensive, so, just buy the ones that would suit the

needs. For example, buy only the toothpaste that has fluoride, and if whitener is not needed, do not buy that for extra cost.

### 8. Storage Of Fresh Produce:

First of all, buy only the needed produce for that day or two. If there is leftover, store them properly. When storing them in plastic bags, place holes on the bags, or keep them in the net bag where they were in. Keep the produce away from each other, especially onions and potatoes. Do not wash the vegetables and fruits before storing. Unpeeled garlic may be stored in an open container. Peeled ones may be stored in plastic containers. Do not keep potatoes, onions, and tomatoes {they dehydrate fast} in the refrigerator. Spinach or kangkong may have their leaves separated from the stalks, place paper towel in the plastic bag and refrigerate. Green beans may be refrigerated with paper towel in the bag also, or may be blanched and frozen.

### 9. Coconut Oil:

Coconut oil may be used instead of the expensive oil or cream for the face and the body. It may also be used once in a while oiling the hair to make it shiny and healthy.

### 10. Retain Books Read:

As book is being read, have paper and pen handy to jot down the important words, quotations or memorable events being encountered.

### 11. Increase Vocabulary:

Make a daily habit, especially the kids, to learn a difficult word with its spelling and meaning.

### 12. Rooting Seeds:

Rooting fruit seeds are fun and eventually beneficiary. For example, the avocado seed or pit. Place the pit upside down, having the pointy part up on top of a cup of water, supported by four toothpicks, so that the pit's wider part will be touching the water. Let the seedling be placed on the sunny part of the room, preferably by a window. Just make sure that the bottom part is always touching the water. Watch it grow into a plant. When the actual seed breaks and falls off, transfer the plant in a medium size pot with a hole at the bottom. Place a few small rocks inside and fill with three fourths of potting soil. The plant will grow to about a foot in a matter of months. Then, after the frost, plant, outside in a sunny area. The sad part is that it might take ten years or more to bear fruits. The future generation will surely appreciate it. By the way, try apple seeds, too.

### 13. Stair Exercise:

Why spend money and time preparing to go to the gym or even walk outside in the hot sun or in the cold? Walking up and down the stairs with about ten steps or more, ten times, can help in losing weight or lowering blood sugar or pressure, safely and easily. Walking briskly inside the house for about fifteen minutes can do the same effect.

### 14. Backyard Vegetables And Fruits:

Planting vegetables and fruits in the backyard could be more beneficial instead of the non-bearing ornamental plants or trees. At the same token, they will serve the same shade and visual satisfac-

tion.

### 15. Perennials:

Annual plants are pretty, but, not practical, since these kind of plants need to be replaced to enjoy them longer, year after year.

**16. Appliance Repair Contract:** Take advantage of some appliance companies offering repair or maintenance insurance of multiple and/or different brand appliances for an affordable price.

**17. Movies In The Theaters:** Save money by not watching new release movies in theaters, but wait till they are available in CD's or cable TV.

**18. Constant Communication:** Whether it is between partners or own children, constant communication is a good practice. The saying that, "Do not go to bed without making up", is good, but, why wait till bedtime to do it? Anything can happen before that.

**19. Scheduling Bill Payments:** Save money with on-line bill payment, but, if in person, try to schedule all of them in a single errand with other appointments.

**20. Christmas Pictures:** It is still too early to mention Christmas, but, this is the right time to plan for the Christmas card pictures, especially with the young children.

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BY FAINA and JUN ABAYA

**G**eneral Emilio Aguinaldo is the most controversial Filipino revolutionary leader in our history. But his patriotism and love of his country is, undoubtedly, cannot be questioned. Under his leadership, the Philippines became the first country in Asia to proclaim its independence from foreign domination.

Although, the Republic that he established was short lived, nevertheless, he showed to the whole world that the Filipinos cannot be forever subjugated and proved that we were capable to govern without foreign intervention. Emilio Aguinaldo was the youngest President, the Philippines ever had and the youngest leader in the world to lead a revolution against foreign colonialism. He was barely 30 years old when he held such positions.

Emilio Aguinaldo was never schooled in military tactics but during the fight against Spain, he led a ragtag revolutionary force



Gen. Emilio Aguinaldo proclaimed the Philippine Independence on June 12, 1898.

against superior Spanish army and showed his military brilliance by outmaneuvering the well-trained military opponents. He emerged victorious in several battles. Andres Bonifacio, the founder of Katipunan suffered several defeats that made Emilio Aguinaldo gained popularity and respect among the leaders of the revolution.

For such reputation Emilio Aguinaldo, his popularity and leadership became so widespread that seemed to rival Bonifacio. Eventually, the Tejeros Convention was convened to establish the Philippine Revolutionary government and it was even presided by Andres Bonifacio. The convention

elected Emilio Aguinaldo as the President and several of his cabinet members. Andres Bonifacio was elected as Director of Interior but the qualification to hold such position was questioned by Daniel Tirona that caused Bonifacio to be deeply insulted. Because of this incident, Andres Bonifacio being the Supreme head of the Katipunan walked out from the convention and refused to recognize the legitimacy of the gathering.

There were many battles fought against Spanish forces, but the most decisive battle was fought on May 28, 1898 in Alapan, Imus, Cavite where the Spanish forces were annihilated. Subsequently,

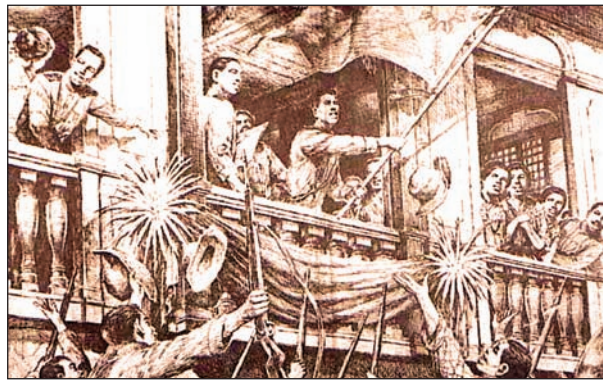
after the victory, Emilio Aguinaldo unfurled for the first time the Philippine Flag in the presence of thousands of Filipinos including 300 captured Spanish soldiers and even witnessed by American Sailors of the US Asiatic Squadron. Later, the Philippine Flag was again unfurled when President Emilio Aguinaldo proclaimed the Philippine Independence from Spanish rule on June 12, 1898 at the balcony of his mansion in Kawit, Cavite.

Eventually, when the Spanish rule was practically ended, the Malolos Congress in Bulacan was convened and adopted a constitution as it proclaimed the Indepen-

dence of the Philippines. Emilio Aguinaldo was elected the first President of the Republic of the Philippines. The intrusion of the United States led to the Philippine American War and the fight of independence continued again led by Emilio Aguinaldo until he was captured in Palanan, Isabela by the American forces.

It is undeniable, that Emilio Aguinaldo played an important role in our fight for our independence and freedom. He had shown to the whole world that the Filipinos were determined to live freely and capable to peacefully establish a constitutional government without any foreign intervention.

# Gen. Emilio Aguinaldo



Aguinaldo captured in Palanan, Isabela by the American forces.

## Filipino American History Month 2018

The 2018 Filipino American History Month them is **TURNING POINTS**.

Three events changed forever the lives of Filipinos and Filipino Americans: the declaration of Philippine independence and establishment of the First Philippine Republic, the Spanish American War and the establishment of Ethnic Studies. These events were turning points in Filipina/o/x American history. FANHS encourages particular attention to the following events, which have both shaped the Filipina/o/x American experience. FANHS also reminds everyone that the month is HISTORY month, not "Heritage" month. "History" encompasses the experiences and events that have shaped our lives, as well as culture and heritage.

In 2018, we will celebrate the 120th Anniversary of the declaration of Philippine independence from Spain in 1898 and mark (not celebrate) the 120th Anniversary of the Spanish-American War. Spain and the US engaged in a brief war in May, 1898 when it was believed that a US ship, The Maine, was bombed by the Spanish in Havana Harbor. Meanwhile, Emilio Aguinaldo, leader of the Philippine Revolutionary forces,



Philippine-American War, 1899 - 1902

declared independence from Spain on June 12, 1898 and proceeded to establish the First Philippine Republic. Despite this, in the Treaty of Paris, signed on December 10, 1898, Spain sold its remaining colonies – the Philippines, Puerto Rico, Guam – to the United States for \$20 Million, marking the end of the once-sprawling Spanish Empire and the beginning of the American Empire. The treaty marks the beginning of US colonial control and an American military presence in the Philippines that lasted formally until 1946 and continues to this day. A brutal Philippine-American War followed from 1899-1913, in which the Philippine Republic battled US forces for control of the archipelago. One million Filipinas/os died in the Philippine-American War. Filipinos were classified as "nationals" and their entry was not restricted. This was the catalyst for the 20th century migration of millions of Filipinas/os across the American empire to Hawai'i, Guam, and the US mainland.

Americans played a significant role. At San Francisco State University, the Pilipino American Collegiate Endeavor (PACE), joined with the Black Student Union, Latin American Student Organization, La Raza, Asian American Political Alliance, Pilipino American Collegiate Endeavor, and Native American Students Union at San Francisco State University to form the Third World Liberation Front (TWLF). Students' experiences were shaped by the civil rights, anti-war, and feminist movements. The student strike the TWLF organized that began on November 6, 1968 and ended in March, 1969, was the longest student strike in American history. Students demanded open admissions of students of color and a relevant, student-centered and community-based curriculum which challenged the Eurocentric curriculum which reflected Western values and canons. At San Francisco State, these efforts resulted in the establishment of the nation's first College of Ethnic Studies and

the first Filipino American Studies courses. Parallel efforts at UC Berkeley and UC Davis resulted in the establishment of ethnic studies at those campuses. Ethnic Studies classes and programs now proliferate across the nation. The now-thriving discipline of Filipina/o/x American Studies was borne from the struggle for Ethnic Studies.

FANHS encourages organizations and communities across the United States to incorporate this theme in their Filipino American History Month events, to visit our website in late September for curriculum and lesson plan resources, and for all to share their stories of their family's stories of turning points at #FAHM2018 on Twitter, @fanhs\_national and our Facebook page @FANHSnatl.

Filipino Americans are the second largest Asian American group in the nation and the third largest ethnic group in California, after Latinas/os and African Americans. The celebration of Filipino American History Month in October commemorates the first recorded presence of Filipinos in the continental United States, which oc-

curred on October 18, 1587, when "Luzones Indios" came ashore from the Spanish galleon Nuestra Senora de Esperanza and landed at what is now Morro Bay, California. In 2009, U.S. Congress recognized October as Filipino American History Month in the United States. Various states, counties and cities in the U.S. have established proclamations and resolutions declaring observance of Filipino American History Month. The late Dr. Fred Cordova, along with his wife, FANHS Founder Dr. Dorothy Laigo Cordova, first introduced October as Filipino American History Month in 1992 with a resolution from the FANHS National Board of Trustees.

This year also marks the 36th anniversary of the Filipino American National Historical Society. Across the nation, the thirty-five FANHS Chapters, colleges and universities, museums and community groups, will be commemorating Filipino American History Month with various activities and events to bring awareness of the significant role Filipinos have played in American history.



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BY CYNTHIA GARCIA

By the time my high school Golden Jubilee Reunion in the early days of April 2018 was celebrated, enjoyed and feted by members of SEC Class 1968, a very thoughtful family member set the wheels in motion for what was to be another wonderful highlight of my six-week vacation back home in the Philippines.

When my niece, Aleli Grace asked me if I were interested in going to Bataan since the commemoration of the Fall of Bataan was just around the corner and in spite of the fact that such would have been a momentous journey as well, I had to politely say no to her offer on account of a few reasons, one being the long drive to go there and the limited time available to me.

Aleli's familial sense of hospitality opened that wide window of opportunity for me and of course jumping at the chance, I asked her instead if she could drive me to Rizal Park for the sole purpose of seeing the Rizal Monument again after all these many years of being away from home. My underlying motive was to have a photo taken in that historic place with the Philippines National Hero's Monument. I told her that going there even for a brief visit would seal it for me and I would be just as pleased as taking a long trip to any other points of historical interest which the Philippines has a lot to offer to foreign visitors or visiting balikbayans.

My ever so accommodating niece most likely found my request a charming one and as her name Aleli Grace suggests, graciously and with nary a sense of hesitation, said yes and took care of this Rizal Park visit single-handedly and made all the necessary arrangements. As it turned out, given the proximity of these two historic places, the whole Rizal Monument outing came in tandem with our Malacañang Palace tour that I recently articulated about in Philippine Fiesta's September 2018 issue.

April 19th, 2018, a Thursday, indeed became a red-letter day for me because of its two-fold significance – the Malacañang Palace tour in the morning and the visit at Rizal Park that became even more interesting because of the afternoon tour of Fort Santiago where Dr. Jose P. Rizal is enshrined. Again, my cousin Lilia Cuevas Garcia who is as much of a history enthusiast as I am was there with me and of course her indefatigable daughter Aleli Grace who was the real author of

these two historic tours that her mom and I both dug into and enjoyed.

My distant yet still distinct memories about Rizal Park, also known at the time as Luneta Park or still widely and popularly referred to as Luneta were very much different then as they are now. Progress had created a lot of positive changes in the whole area and in the landscape, in the atmosphere and Our Hero still standing there is a good homecoming sight for visiting balikbayans. Whether a visitor is a dignitary or not, it is almost an official practice to visit the place because not only is it a



Lily and Cynthia

magnificent monument of bronze and granite to honour him, it also holds his remains. It is a place that evokes every Filipino's sense of patriotism and love of country. It immortalizes the martyrdom of a man of letters, he who was conversant in several languages – a polyglot. He was a dutiful son, a caring brother. He exemplified how to be a quiet revolutionary at the time when the entire archipelago was in the hands of Spain for more than three hundred years.

I must say though that it's good to see and a comfort to know that the Philippine government has taken good care of his exact location and if memory serves me right at this point, the Rizal Monument looks even much better now and gives Filipinos more reasons to visit the place. One little observation though is when caught in a photograph at a vantage point, the whole area in the Rizal Monument is somewhat clouded by a condominium building in the background. Our Dr. Jose Rizal most likely would be amused by this giant oversight on the part of real estate developers catering to what is known as 'progress' since in his time, he wanted the Philippines to embrace it. He must be smiling and winking from where he is somewhere out there particularly when visitors go to see him and can see from a distance what lies behind him.

But what counts the most is finding him where he is supposed to be with the Changing of the Guards in full force and all. And

## A Hero Named Jose



having the whole enclave devoted to Rizal and his Monument festooned with Philippine Flags truly creates a vibrant atmosphere. I think it is safe to say that this protocol is the Philippines' version of what an Eternal Flame symbolizes in the same fashion mandated by the U.S. government for President John F. Kennedy's Memorial in Arlington Cemetery.

In my brief research for this article, I came upon this important fact that the construction of this monument to immortalize the memory of Jose Rizal was conceptualized during the American regime in the Philippines in the early 1900s. It took more than twelve years for the monument to be unveiled in conjunction with his 17th death anniversary on December 30, 1913. This was one piece of information that surely was discussed during my high school years but had gone buried deep in my memory bank for I simply do not remember this detail at all. It was good to be informed about it once again.

I was really glad to visit the Rizal Monument and see the area albeit a short one. It was the first stop of our tour that day and as early as seven of that Thursday morning, we were on the road traversing the way and our saving grace (again) was Aleli Grace (no wonder her mom gave her that second name) because she's quite good behind the wheels. To alleviate the situation due to Manila's famous traffic conditions and with no available parking spot nearby, Lily and I decided to get off in front of the Rizal Monument to accomplish my one big wish that day – a photo-op with Dr. Jose P. Rizal. Of course, in this famous park being a tourist favourite, a professional photographer was in sight to accommodate our request that a picture of Lily and myself be taken by him using our own cell phone to which he readily obliged to do with the silent understanding that the next snapshots would be through his own lenses for a fee. It was good all around because how could one say no to someone who was just trying to make an honest living? We walked away from it feeling upbeat and joyful and we had our pictures to prove our visit. It was really just all about life's simple pleasures.

It might sound trivial to most readers but having been away from the Philippines for so long, I did want to see that part of "Lu-

neta" because Rizal and Luneta are two synonymous terms in my books. The mere mention of Luneta means Rizal – one equals the other. This park holds a lot of fond and fun memories for

me growing up.

Further along into this tour, we proceeded to Fort Santiago that houses the memorabilia of Jose Rizal.

Fort Santiago is a citadel first built in 1593 by Spanish conquistador, Miguel Lopez de Legaspi for the new established city of



Fort Santiago

Manila in the Philippines. The defence fortress is part of the structures of the walled city of Manila referred to as Intramuros. It used to be the nerve centre of the Spanish military presence in the Philippines. The fort is one of the most important historical sites in Manila. It has been transformed into a tribute, a Shrine to its most famous prisoner, Jose Rizal, the Philippine National Hero. He was imprisoned here before his execution in 1896. His statue stands at the very centre of the plaza. (Wikipedia)



Rizal's books and photographs

We toured the grounds first and it was like being in the olden times due to the structures from within although mostly in ruins now. Then as we entered the hallowed halls and corridors, we were easily taken into that era for the walls are peppered with Rizal's photographs, his writings and letters, poetry, books he wrote and those written about him. Some of his sculptural works are also on display together with his paintings.

On exhibit in a glass-encased cabinet in one of the rooms is his

complete attire of his customary shirt, jacket, pants, hat and his pair of shoes/boots. This whole ensemble was what Jose Rizal wore when he faced the firing squad of Filipino soldiers of the Spanish Army in 1896.

In one room, visitors are taken back in time when he was being tried for rebellion in a make-believe courtroom where they can listen to an audio recording of those men passing judgment on his fate. In another, there is a simulation of his cell, where a wax figure of his likeness is seated in a chair behind a wooden desk with pen in hand and a bottle of ink, a pad paper and a gas lamp on the table creating the illusion that he was writing his famous poem "Mi Ultimo Adios" on the eve of his execution.

There is so much in this museum that an afternoon is not enough if one is to get immersed in reading everything about Rizal. Regardless, it was a chance to have a more vivid and reflective appreciation of the kind of sacrifice a man of his stature as a polymath endured at the hands of colonial Spain. Rizal did his more than fair share in gaining the Philippines independence from Spain's tyrannical rule through his books and writings. He was a quiet revolutionary who chose his own death in order to save more of his people's lives. His death was the catalyst for the successful 1896 uprising by the Filipinos against colonial Spain after three centuries of sheer injustice exacted in all levels of the population.

I have no recollection whatsoever of visiting Fort Santiago before so this was a thoughtful idea once more on the part of the formidable mother and daughter team of Lily and Aleli. I'm aware though that this historic site lies within the Walled City in Intramuros for it's a familiar place to me when I was a student for four years at the Lyceum of the Philippines. Looking back now, I do wonder this time why I never bothered to visit this famous Rizal Shrine.

Another family member upon learning that I had visited Rizal Park and his museum in Fort Santiago suggested a trip to Calamba, Laguna to see his place of birth, his family homestead. Maybe next time around, I said.

*Cynthia Garcia, a retired office employee, enjoys reading and is a classic movies enthusiast.*

*She lives in Toronto, Canada \*Acknowledgment and Appreciation: Boundless thanks goes to my cousin Lily Cuevas Garcia and her daughter Aleli Grace for finding time to visit Rizal Park and have that afternoon tour of Fort Santiago with me. It was time well spent with both of them – an added bonus in visiting these two historic sites in Manila, Philippines.*

*The day even ended in a higher note because of our wonderful merienda at The Manila Grand Hotel – another world-class landmark in the Philippines.*

*On to our next adventure, dear Family and thank you as ever.*



BY GABRIEL ORTIGOZA, PHD

# Diabetes and It's Management

The first topic assigned to me to teach students under Master's Entry Program in Nursing of the Betty Irene Moore School of Nursing at the University of California Davis is blood glucose monitoring. This Fall Quarter 2018 we have 48 MEPN students at UC. These students were divided into six sections with eight students per section. 50-minute lecture was allocated for each section starting 9 am until 2:30 pm. After five long hours of mentally draining and vocal cord-irritating lecture my group of students and I proceeded to the hospital for unit orientation until 5 pm. Here is the summary of my lecture on diabetes.

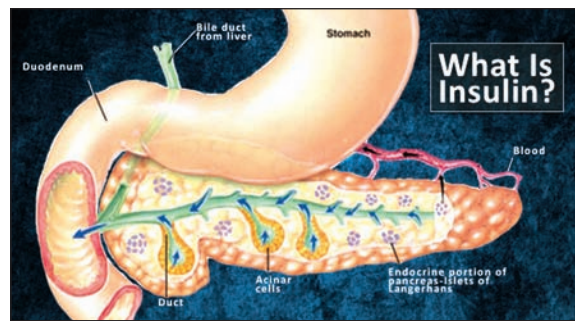
Diabetes is the 7th leading cause of death in the United States. The US government spends \$245 billion annually for the treatment of diabetes. Forty percent of hospital budget is spent to treat patients with diabetes. The frequency of admission for person with diabetes is twice if compared with a person without diabetes. The length of hospital stay of diabetic patient is doubled the length of stay of non-diabetic patient. The government penalizes hospitals with high number of diabetes readmissions. There is an average of 10 years delay in the diagnosis of diabetes in the U.S. Some patients were diagnosed through incident findings who came with other chief complaints.

Diabetes is a disease in which the body is partially or completely unable to produce insulin or the body develop resistance to insulin causing alteration in the metabolism of carbohydrates which leads to high level of glucose in blood and urine.

There are two major types of diabetes. Type 1 or Insulin De-

pendent Diabetes Mellitus is an autoimmune disease in which the beta cells of pancreas is unable to produce insulin. Type 1 diabetes can be seen in people from infancy to late 30s. Pancreas of some diabetic obese children initially secretes insulin but later their beta cells completely breaks down due to overproduction of insulin. Type 2 or Non-Insulin Dependent Diabetes Mellitus is a non-auto immune disease in which the pancreas partially produce insulin or the body develop resistance to insulin. Type 2 diabetes used to be called the disease of "parents and grandparents" but now a disease of youngsters. Another form of diabetes is gestational diabetes. It happens to pregnant women on their 2nd and 3rd trimester of pregnancy.

Insulin transports glucose from intravascular to intracellular or from blood vessels to the cells of the body particularly to muscles



Pancreas Insulin

and liver for energy use. The absence of insulin causes hyperglycemia or high level of blood sugar.

Hyperglycemia is not good for the body. It causes microvascular and macrovascular problems. Microvascular condition causes dia-

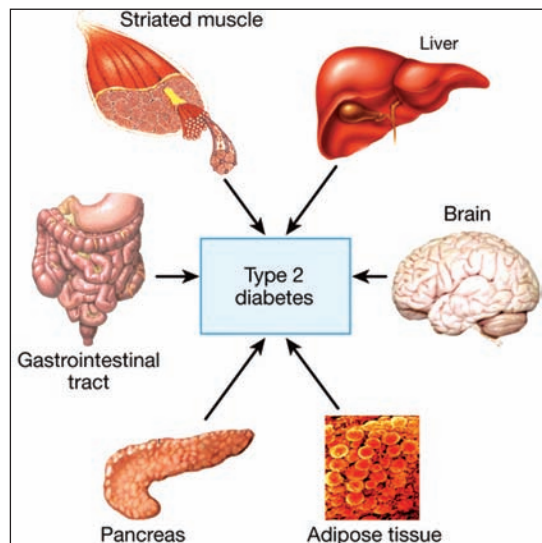
Checking the blood sugar



betic retinopathy, diabetic nephropathy, and neuropathy of the fingers and toes with pain and discoloration. Nephropathy causes kidney injury which may lead to end stage renal disease (ESRD). The treatment for ESRD is either dialysis or kidney transplant. Macrovascular condition causes coronary problem or heart attack and cerebrovascular accident or stroke.

The treatment for Type 1 diabetes is insulin injection, diet, and exercise. The treatment for Type 2 diabetes is diet, exercise, and pharmacologic therapy. Remember that the pancreas does not produce insulin in Type 1 diabetes therefore insulin injection is the first treatment while in Type 2 diabetes the pancreas partially produce insulin or the body resist the absorption of insulin therefore diet and exercise are given emphasis without neglecting oral and subcutaneous injection of insulin as ordered by a physician.

Signs and symptoms of hyperglycemia are the following: increased thirst, headaches, trouble concentrating, blurred vision, frequent peeing, fatigue (weak, tired feeling, weight loss, and blood



Type 2 diabetes

sugar more than 180 mg/dL. Signs and symptoms of hypoglycemia are the following: hunger, tremor or trembling, sweating, anxiety, irritability, a pale face, heart palpitations, and accelerated heart rate.

Overdosage of insulin, less food intake and overexercise cause hypoglycemia or low blood sugar. It is advisable to take some bites of carbs prior to physical exercise to avoid hypoglycemia.

Financial effect of diabetes treatment is heavy. The cost of a single blood sugar strip is \$1 but my graduate school students at the University of California told me last Monday, October 1, 2018, that blood glucose strip now costs \$2 a piece. If a diabetic person checks his/her blood sugar before meals and at bedtime, that is four times a day. That is \$8 per day or \$240 a month for blood sugar strip only. An insulin syringe costs \$1 a piece. The use of syringe is dependent on the result of blood glucose. If blood glucose is within normal limits, usually from 70 to 120 mg/dl, then a diabetic person don't need to inject insulin. The price of a vial of insulin ranges from \$100 to \$500. Once a vial is opened it must be used within 28 days. Some diabetic

person uses less insulin and some uses more insulin coverage based on their individual sliding scale.

There are 20 different kinds of insulin in the market but the most common ones are regular insulin, lispro, NPH, and lantus. Metformin tablet is famous among oral medication for diabetes intended for Type 2 but are being pre-

scribed for Type 1 diabetes. About 70% of diabetic people uses metformin. Other famous oral pharmacologic therapy is glipizide, glyburide, glucotrol, etc.

Self Monitoring of Blood Glucose (SMBG) plays a vital role in the management of diabetes. Glucometer is available in the market. A patient needs to learn the proper way of checking his/her blood sugar. Techniques in SMBG must be transferred to the patients to save money, time, effort and energy. Patients must give return demonstration on the skills taught to make sure he/she is confident and doing it properly. My students were paired to check their blood sugar following the university standards on blood glucose monitoring. They are now confident to perform blood glucose monitoring and diabetic teaching to their patients.

In September 2017 the Food and Drug Administration approved FreeStyle Libre System developed by Abbott company is a state of the art glucose monitoring equipment. A devise is stick and wrap in the arm once every 14 days vis-a-vis traditional way of pricking fingers several times daily. Blood glucose can be checked anytime without sticking a finger.

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SMBG and insulin injection along with proper diet and consistent exercise are the weakest links in the management of diabetes. These three-pronged approach in diabetes management need to be strengthened to be successful. The strength in the management of diabetes is dependent on its weakest link.

# 'A Star is Born'

BY GLENDA GLORIA

A review in the New York Times describes it as the "great Hollywood myth" that Hollywood keeps on doing. My age will certainly show, but I must admit that it's the Barbra Streisand-Kris Kristofferson version, circa 1970s, that I have seen perhaps thrice in my lifetime.



**A GREAT MOVIE IS BORN.** The critically-acclaimed romantic drama about two musical souls intertwining stars Lady Gaga and Bradley Cooper, who is also the film's director. Photo courtesy of Warner Bros. Pictures

"A Star is Born" – a storyline that endures because it captures our highs and lows, our suffering and

redemption, our ability to soar, and the wounds we inflict on ourselves that push us to hell. Add to that, love as an addiction.

## Who is Matthew Libatique, the Fil-Am cinematographer of 'A Star Is Born?'

The talented eyes behind the raved-about romantic drama A Star Is Born, starring Lady Gaga and Bradley Cooper, belong to one of our very own – Filipino-American cinematographer Matthew Libatique, the film's director of photographer.



The Oscar-nominated cinematographer used the first-person perspective to bring the critically-acclaimed film even more to life.

Working hand-in-hand with director Bradley Cooper, Matthew wanted to ensure the raw, passionate and authentic depiction of both artists' souls on screen by using the cinematic style of a first-person perspective.

Both director and cinematographer chose to film all performance sequences from the perspective of the performers – meaning the singers' and musicians' immediate POV and onstage interactions with each other. There were no wide shots from the audience perspective; the lens would live inside the performance, so that the audience could almost feel like they were really one with the artists, according to a press release from Warner Bros.

"He's an artist," Cooper



**Matthew Libatique**

said. "I got to meet him through Darren Aronofsky, who he has done many films with, and we hit it off right away. I told him we wouldn't have a lot of days and we'd be moving fast, here's the color palette I see, here's a little about the opening composition, and he just got it."

Even lead actress Lady Gaga couldn't help but gush about

the talented Libatique.

"Matthew is brilliant at what he does. He and Bradley work brilliantly together. There was not a moment when we were on set filming a scene when I was thinking, oh, how do I look and can I check the cameras? I was always just trusting them," she said.

This, of course, isn't Matthew's first major Hollywood gig – this Oscar-nominated, Filipino-American cinematic artist also worked on Black Swan, which earned him his first Academy Award nomination.

For the same movie, he also received acclaim from the New York Film Critics' and Los Angeles Film Critics' awards, plus an Independent Spirit Award and nominations from BAFTA and The American Society of Cinematographers.

## Pops qualifies for CBS' show The World's Best

BY RICKY LO

When Pops Fernandez flew to the States recently, she didn't give any hint what she was going there for, except to say that she was taking a vacation.



Pops Fernandez: Will she be 'The World's Best'?

According to Funfare's California-based DPA, Pops actually passed the screening for The World's Best, a CBS talent competition in which she will be pitted with 24 other international experts.

Quoting a story about the project, the DPA said The World's Best "hails from reality TV heavyweights Mark Burnett and Mike Darnell, the forces behind two of the biggest talent competition reality series of the current unscripted wave, The Voice and American Idol. Burnett is executive producing NBC's The Voice which is overseen by Darnell at Warner Horizon; while Darnell in his role as head of reality at Fox, Darnell developed and launched American Idol and steered the show for its first 12 seasons."

The World's Best is described as "a first-of-its-kind global talent competition that features acts from every genre imaginable, from every corner of the planet." The contestants are tasked not only to impress the American judges (James Corden, Drew Barrymore, Ru Paul and Faith Hill) and 50 world experts

but also to break through the "wall of the world." One of the 25 participants from every field of entertainment will be chosen the winning act to be crowned as The World's Best.

The World's Best will be produced in partnership with MGM Television and Warner Horizon Unscripted & Alternative Television, and with Burnett, Darnell, Alison Holloway, Brooke Karzen, Barry Poznick and Dan Sacks as executive producers.

Casting for the show started just a few weeks after the new show was announced last February.

Added the DPA, "An L.A.-based talent scout was asked by a friend of one of the show's producers to recommend a Filipino artist and the talent scout chose Martin Nievera to be interviewed by the executive producer. Martin impressed the executive producer but there was a hitch — conflict of schedules. It turned out that Martin was committed to do shows until Valentine's next year so he couldn't do the VTR scheduled this month

and in November. Pops was the last to be interviewed and she passed. She's now doing the VTR." (The DPA mentioned Lea Salonga and Billy Crawford as among those also recommended.)

According to the same report quoted by the DPA, "CBS, which finds early reality success with adventure competition series Survivor and The Amazing Race as well as the voyeuristic Big Brother, has stayed away from the shiny floor/talent competition genre...but the time has come to take talent competition shows to the next level and bring in judges from around the world to decide on the ultimate winner."

By the way, it's reported that each expert will be paid SAG/AFTRA scale with all travel expenses paid (i.e. flight, hotel, etc.) and given per diem for additional expenses.

Oh well, let's wish Pops all the luck and keep our collective fingers crossed that she will emerge The World's Best.

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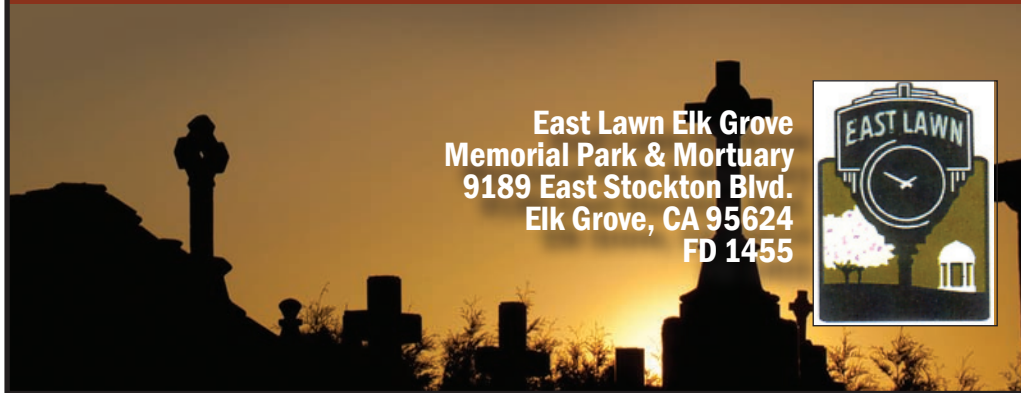
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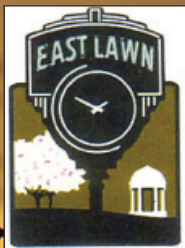
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