

Filipino Fiesta of Sacramento 2019

Sunday, June 2, 2019
10am - 5pm

Jose Rizal Community Center
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PHILIPPINE Fiesta

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Filipino Women's Club - Page 11



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Winner

BY ALEX MAGNO

This has to be said: the biggest winner of the recently concluded polls was President Rodrigo Roa Duterte.

The last elections produced pro-Duterte super majorities in both chambers of Congress. His supporters occupy the overwhelming majority of provincial and municipal executive posts. The only group that positioned itself as the "opposition" was totally obliterated.

Set this against what is more usual in our electoral history.

Midterm elections are usually occasions for voters to express their disenchantment for the sitting president. They usually provide platforms for the counter-elite to position for the next presidential elections. With the exception of elections held under the dictatorship, the opposition routinely trounced the administration candidates.

The last time the opposition was completely shut out during a midterm election was when Manuel Luis Quezon was president. That was 80 years ago.

Duterte might not have Quezon's sterling oratory or his sartorial finesse, but he matches his predecessor's overwhelming popularity. At the start of the campaign period, the opinion polls showed Duterte with 81 percent job approval ratings.

When the Liberal Party (disguised as the 'Otso Diretso' slate) cooperated with the pro-administration groups in the last election, a "referendum" on Duterte, they collaborated in producing the landslide that buried them. They should have paid closer attention

to what the opinion polls were showing. Only political incompetence could explain why they did not.

Last week's vote did not just obliterate an opposition slate driven mainly by wishful thinking. It also denies the anti-Duterte forces a viable base of elected officials from which to launch a credible challenge in the next presidential contest.

That predicament is compounded by the fact that there is no strong opposition personality in the wings, someone who can assemble a coalition that might challenge Duterte's tremendous endorsement power in the next contest.

Mar Roxas is ready to be put out to pasture. Bam, the only surviving Aquino on the political stage, has been knocked off the board. Leni Robredo has been fixed in the public mind as the source of lame comments on everything. LP president Francis Pangilinan, who tried resigning his post the other day to no avail, is as anemic as the vegetables he used to cultivate.

There is no man on horseback here that might excite the electorate and compel a realignment of forces over the next three years.

In a word, there is no one in our political universe who might match the power of Duterte's endorsement in the next political round. The next president will be designated by the incumbent. If he can make Bong Go a ballot box powerhouse by his mere say-so, he can pull a rabbit out his hat and basically make him (or her) president.

It is not only his immense popu-



In this May 13, 2019 photo, President Rodrigo Duterte shows his marked index finger after casting his vote for the midterm elections in Davao City.

larity that gives him awesome endorsement power. That power is magnified by the fact there is no alternative on the horizon.

What makes the latest electoral results even more remarkable is that Duterte exerted only minimal effort to matter. He attended a few rallies and then withdrew to watch movies at home.

He was as nonchalant in the last campaign as he was in 2015 when, as the most reluctant of candidates, he was dragged into the presidential contest by destiny. Political capital

The numbers just tabulated tell us this: President Duterte has even more political capital today than when a landslide delivered him to the presidency three years ago.

What matters now is how he intends to use the political capital he has amassed.

Duterte was swept to power on the promise change is coming. Over the past three years, his administration did much to lay the groundwork for rapid economic expansion.

For the first time in our history, the administration introduced a comprehensive tax reform program without being compelled to do so by an economic crisis. Reforms in tax policy and administration created a reliable revenue flow to support an ambitious infrastructure program that will make our economy competitive. Spending on public works, in turn, provided a strong driver for domestic economic expansion.

To support the massive economic investments, we rebalanced our foreign policy. This opened the

door for closer development cooperation with China and a greater flow of financing support from both Japan and South Korea.

All these produced dramatic results. We emerged as a leading growth economy. We will achieve "upper middle-income" status later this year, far ahead of the original schedule. We have received the highest credit risk rating ever for our fiscal management. Even as we escalated spending for economic investments, we continue to work down our debt as a percentage of GDP.

There is nothing particularly newfangled about our successful economic strategy. It is totally pragmatic. That is the feature that gives it its elegance and potency.

After 20 years, we have finally passed a law creating a national ID system. That will go a long way in modernizing transactions in our economy.

Almost certainly, President Duterte will put his immense political capital to bear on completing the comprehensive tax reform program and advancing economic liberalization policies. Overall, his administration will bring into place policies that will help create a strong state and an inclusive economy.

The ultimate objective of the economic strategy carried out by this administration is to reduce poverty incidence to only 14 percent by 2022. That is the best legacy this administration will leave behind.

All the reforms initiated so far, even those intended to restore our environment, were met with resistance from entrenched interests. With the stronger mandate provided by the last elections, the administration could move forward more decisively.

'Hidden agenda' in Manila Bay rehabilitation

The rehabilitation of Manila Bay started on Jan. 27 and involved 5,000 volunteers. Is this a change that would benefit the world? Yes. Is it already safe for swimming? Not yet. However, that's a great start in turning this new year's resolution into reality.

But, as later reports would reveal, it turns out that this rehabilitation has a hidden agenda, with plans of turning Manila Bay into a commercialized recreational

center. The idea may be good for economic growth, but it will just add more harm to both the country and the environment.

The coliform in Manila Bay has reached 333 million mpn, more than the 100 mpn for it to be safe for swimming and consumption. The bay's main pollutants are the wastes from commercial and industrial facilities in the area. If we add more establishments there, the worst may happen.

I oppose the reclamation of the bay because it will not benefit the country's economy, only the prosperous

few. Does this project help street children live a healthy and comfortable lifestyle? No. Will this project help build shelters for underprivileged Filipinos? No. Will this project help solve poverty? Certainly not. Why not give priority to helping indigents rather than stuffing businessmen's already deep pockets? There are things that need more focus than just building more unnecessary establishments along an already deteriorating natural resource.

Instead of commercializing, why not practice the act of conserving? Manila Bay has outstanding land and water features and just needs proper treatment. Instead of new buildings, why not build playgrounds for children? Why not promote activities that are good for the health in the area? The government can organize fun runs or offer free bike rides—these activities do not harm the environment. Instead of going commercial, why not develop Manila Bay into an eco-friendly recreational area?

We also have to look ahead. Will this campaign of cleaning up the bay be sustained throughout the next few years? Let's hope the government picks the right path for one of the country's most vital bodies of water.

John Alcance,
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Editor's Note

It has been 17 years ago, when the very first issue of Philippine Fiesta news came out of its circulation in our Filipino-American community in Sacramento. Through those years, we have had the chance to publish 2 or 3 issues each month, with up to 40 pages of community news information. There were a handful of contributing writers, along with business advertisers who have been with us, up until this day in PF news publication.

The Filipino Fiesta of Sacramento will be held, as part of the annual Philippine National Day celebration at the Jose Rizal Community Center and park, on June 2. This year's celebration is a celebration in honor of the Philippine Fiesta news, along with their contributing writers' service to the community. This is in time that Philippine Fiesta news announces its transition to online community news reporting, after the newspaper issue in June.

The world of technology and social media have pretty much overtaken our roles in many ways, especially in sharing information with one another. Hence, the Philippine Fiesta news will be much more visible, with its continuing mission and vision for our Filipino-American community in Sacramento and around.

In ending, we wish everyone a happy remembrance of the many special people in our lives. We also extend our congratulations to Rize All Dance Center for another successful dance recital. We look forward to their move to a bigger facilities, in order to accommodate their growing number of students.

With love always,
Dinnah Santiaguél San Pedro

'We're no rubber stamps'

Duterte allies strengthen hold on Senate

BY CECILLE SUERTE FELIPE

MANILA, Philippines — Poised to dominate the Senate following their victory in the midterm elections, allies of President Duterte made it clear they would not be rubber stamps of the administration, but vowed to push his legislative agenda during their proclamation yesterday.

Eight reelectionists and four neophytes were officially proclaimed as newly elected senators who will serve a six-year term until June 2025.

Sitting as the National Board of Canvassers, the seven-member Commission on Elections (Comelec) convened to declare the "Magic 12" as duly elected senators, having obtained the highest number of votes.

Last week's vote has been seen as a gauge of public support for Duterte, who is midway through his single six-year term. His anti-drug crackdown, unorthodox leadership style, combative and sexist joke-laden outbursts and contentious embrace of China have been the hallmarks of his presidency.

"Do I look like a rubber stamp?" Senator-elect Christopher "Bong" Go, a long-time Duterte aide, replied when reporters asked him about concerns that the new Senate would be beholden to Duterte.

But Go stressed he would back the President's war against criminality, corruption and illegal drugs, and would support a bill to reimpose the death penalty for heinous crimes and drug trafficking.

Go said Duterte has not

given any illegal orders to him or anyone he supervised.

"I will support President Duterte's legislative agenda. In the past 21 years that I've known him he has not given any flawed order," Go told reporters in Filipino.

"It's always been his wish to put the interest of every Filipino above everything. So I know, whatever he tells us to do is for the good of Filipinos, so I support him," Go said.

Senator-elect Ronald dela Rosa, a former national police chief, said the President himself had asked him to put the interest of Filipinos above everything. He stressed that Duterte respects the opinions of his allies and is always open to suggestions.

"Never," he said when asked if he would be beholden to the President.

He recalled calling the Chief Executive the other night to seek some advice on legislative matters only to be told: "Bato, you are now a senator of the Filipino, you are not a senator of Duterte. Do your job for the good of Filipinos because 19 million voted for you and I believe in your capacity."

Dela Rosa said he simply replied, "Yes sir."

"It's different for a senator to be cooperative, supportive but not under the dictates of Malacañang," he added.

For his part, Senator-elect Francis Tolentino said the Senate should always be viewed as an institution and not just an assembly of personalities.

"I'll make sure of that, hindi sunudsunuran (no push-over) si Bong Revilla," said

comebacking Sen. Ramon Revilla Jr.

He and fellow actor and former senator Lito Lapid declined to be interviewed after their proclamation.

Another Senator-elect, Imee Marcos, also said the people can always trust her independence. "Dami namin pasaway, kasama na ako dun (There are many of us irritants)," she said.

Like giving birth

Reelectionist Sen. Nancy Binay, the last in the so-called magic 12, said she was so excited about being reelected that it felt like giving birth.

"I feel like giving birth for the 4th time. It's the feeling that something good is gonna come out but it's held back," said Binay, who got 14,504,936 votes, or 200,000 more than those garnered by 13th placer, outgoing Sen. JV Ejercito.

Reelectionist Sen. Sonny Angara said the proclamation was a bit delayed compared to the formal announcement of winners in the 2013 elections.

"It took a little bit longer than 2013 pero hindi naman kami nainip (but we didn't lose our patience)," he told reporters.

Leading the pack of senators proclaimed was Sen. Cynthia Villar, who garnered 25,283,727 votes, representing over 50 percent of the 47 million votes cast during the May 13 elections.

Villar came with her husband, former senator Manny Villar, and their children for the official proclamation held at the Philippine Inter-



Winning senators in the midterm elections pose for a group photo during proclamation rites at the PICC Forum in Pasay City yesterday. From left: Ramon Revilla Jr., Francis Tolentino, Lito Lapid, Ronald dela Rosa, Christopher Lawrence Go, Cynthia Villar, Grace Poe, Pia Cayetano, Juan Edgardo Angara, Imee Marcos, Aquilino Pimentel III and Nancy Binay.

national Convention Center (PICC).

In her speech, Villar thanked President Duterte for letting her join the administration senatorial slate as well as presidential daughter Sara for her support during the campaign.

Another re-electionist, Sen. Grace Poe, was at 2nd spot with 22,029,788 votes. Her mother, actress Susan Roces, and other family members joined her at the proclamation ceremony.

Go landed in third place with a total of 20,622,925 votes. Go attended the proclamation alone. Duterte accompanied Go when he filed his certificate of candidacy for the senatorial race.

Dela Rosa obtained a total of 19,004,225 votes placing him at fifth. Only one of his children accompanied Dela Rosa, though members of his class at the Philippine Military Academy (PMA) and other ranking police officers were at the PICC to witness his proclamation.

Marcos got a total of 15,882,628 votes to catapult her to eighth spot. It was the first time for the daughter of the late strongman to run

in the senatorial race. She was with her mother, Ilocos Norte Rep. Imelda Marcos, and siblings former senator Ferdinand Marcos Jr. and Irene Araneta during the proclamation.

Tolentino obtained a total of 15,510,026 votes. Senators who were given fresh mandate were Angara, Aquilino Pimentel III and Binay who obtained total votes of 18,161,862; 14,668,665 and 14,504,936, respectively.

Binay, who ranked 12th in the polls, was accompanied by her father, former vice president Jejomar Binay and brother, former Makati mayor Junjun.

Cayetano got 19,004,225 votes and Lapid, 16,965,464 votes.

Comelec Chair Sheriff Abas congratulated the 12 new senators and thanked all those who helped the poll body facilitate credible and orderly elections.

In her remarks as poll t-pnotcher, Villar vowed to continue creating more livelihood opportunities for the poor and strengthening the agriculture sector.

"Our countrymen can be assured the trust they be-

stowed on me was worth it," Villar said.

She said she hopes to retain the chairmanship of the committee on agriculture and food, which puts her in "a better position to advance legislation that will ensure affordable and adequate supply of food for all Filipinos."

"We'll continue our hard work and I'll really strive to present more balanced views in the Senate. Being an independent candidate, that's the track I'll follow," Poe, for her part, said.

"We'll do whatever we can to help the administration but there'll also be times when we would speak out when there are things that need changing," she said.

"The victory is as much the result of the long hours and hard work we and our supporters poured into the campaign, as it is an affirmation that the Filipino people want to continue the present momentum for reform towards building a government that actively cares for every member of the Filipino family," Angara said.



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Palace mum on Beijing's South China Sea fishing ban

BY PATRICIA LOURDES VIRAY

MANILA, Philippines — While Hanoi already expressed opposition against Beijing's unilateral fishing moratorium in the South China Sea, Manila refuses to comment on the matter.

The Chinese government started its annual fishing ban in the South China Sea, which includes waters that are in the Philippines' exclusive economic zone, on May 1

Presidential spokesperson Salvador Panelo said questions pertaining to other countries should be referred to the Department of Foreign Affairs.

"The policy of the government will always be consistent with its policy that it will assert its sovereignty over the areas claimed to be its own so it will always pursue that line," Panelo said in a press briefing Tuesday.

Asked if China's fishing ban violates Philippine sovereignty, the Malacañang spokesman refused to give a categorical answer.

"Draw your conclusion. That's our position," Panelo said.

"Is it objectionable for a sovereign country to have its property or island assaulted or intruded into? If your answer is yes, then the answer to your question is yes," he added.

Palace: Up to Locsin to issue statement

Panelo pointed out that he will leave it to Foreign Affairs Secretary Teodoro Locsin Jr. to issue a direct statement on the issue.

When reports that Chinese boats continue to harvest giant clams in Scarborough Shoal in the West Philippine



China's unilateral fishing ban in the South China Sea, which Vietnam earlier condemned, would also cover the West Philippine Sea.

Sea last month, Panelo said this violates Philippine sovereignty.

"They are performing acts of ownership... If it's our territory, therefore, it is an affront to our territory and to our sovereignty," Panelo said in April.

A report from Vietnamese online news site VnExpress earlier indicated that Beijing's fishing ban would cover areas also claimed by other countries, including Philippine-claimed Scarborough Shoal.

Vietnam condemned the South China Sea fishing ban as it violates Hanoi's sovereignty over the Paracel Islands.

"Vietnam opposes and resolutely rejects China's unilateral fishing ban decision," Vietnamese Foreign Ministry spokesperson Le Thi Thu Hang earlier said. Clam harvesting resumes in Scarborough

On a report that Chinese clam harvesting activities have left new scars on Scarborough Shoal, Panelo said the government still needs validation.

"I suppose the Western Command should make a validation of that and then refer it to the Secretary of Foreign Affairs for whatever action the department may take of that issue," Panelo said.

Washington-based think tank Asia Maritime Transparency Initiative (AMTI) released satellite imagery showing that China's most destructive boats have returned to the disputed South China Sea.

According to the report, a large number of boats harvesting clams returned to the Scarborough Shoal, as shown by satellite photos from December 2018.

By March 2019, imagery revealed "new scarring on the reef from recent extraction."

"The typical method employed by these poachers involved anchoring their boats and then dragging the reinforced props of their outboard motors across the reef surface to break up the coral, allowing the clams to be easily lifted out," the AMTI said.

Beijing slams US warship sail-by in South China Sea

AGENCE FRANCE-PRESSE

BEIJING, China — China said two US warships sailed near disputed islands in the South China Sea without permission on Monday in the latest US challenge to Beijing's territorial claims in the region.

The Chinese navy asked the US vessels to leave after they entered waters adjacent to Gaven and Chigua reefs in the Spratly Islands, which Beijing calls Nansha, the foreign ministry said.

The move comes on top of trade tensions as President Donald Trump said Sunday he would raise tariffs on \$200 billion in Chinese goods on Friday because talks were moving "too slowly".

"The relevant actions of the US warships violated China's sovereignty and undermined peace, security and good order in the relevant sea areas," ministry spokesman Geng Shuang said at a press briefing.

"The Chinese side expresses strong dissatisfaction and resolute opposition" to the operation, Geng added, noting that the ships had entered "without permission".

The US Navy regularly conducts "freedom of navigation operations" to challenge Beijing's vast claims in the sea.

The People's Liberation Army identified the two US ships as the USS Preble and the USS Chung-Hoon, both guided-missile destroyers.



In this April 18, 2019 photo, the reigh Burke-class guided-missile destroyer USS Preble (DDG 88) steams through the water during a cooperative deployment in the Philippine Sea.

Air and sea forces were deployed to identify and ask the ships to leave, a spokesman for the PLA's Southern Theatre Command said on China's Twitter-like Weibo platform.

"The (Southern) Theatre troops will maintain a high degree of alert and take all necessary measures to resolutely defend the sovereignty of the country and resolutely safeguard peace and stability in the South China Sea," said the spokesman, Li Huamin.

Beijing has built artificial islands and military installations in the sea, including on the Spratlys.

China claims nearly all of the sea, though Taiwan, the Philippines, Brunei, Malaysia and Vietnam all claim parts of it.

"China has indisputable sovereignty over the South

China Sea islands and its adjacent waters. No matter how provocative foreign warships are, this fact cannot be changed," Li said.

Geng said the situation in the sea was "constantly stabilizing" due to the "joint efforts" of Beijing and the Association of Southeast Asian Nations.

"Under such circumstances, China urges the US to stop such provocative acts, to respect China's sovereignty and security interests, and respect the efforts of regional countries to maintain peace and stability in the South China Sea," he said.

"At the same time, China will continue to take all necessary measures to safeguard national sovereignty and safeguard peace and stability in the South China Sea."

'Bikoy' says claims in videos are lies, tags LP, Trillanes

BY CATHRINE GONZALES

MANILA, Philippines — Peter Joemel Advincula, the man who claims to be "Bikoy," revealed on Thursday that the narcolist videos were orchestrated by the Liberal Party and Senator Antonio Trillanes IV.

"Ito ay pawang orchestrated lamang ng Liberal Party under the handling of Senator Antonio Trillanes IV," Advincula said in a press briefing at Camp Crame.

Advincula surrendered on Wednesday night to the

Northern Police District.

Advincula said those behind the videos promised to give him P500,000 in exchange of being featured in the narcolist videos.

He was not been given the cash promised him, but he said he surrendered because he was being haunted by his conscience.

"Ito na yung totoong tawag ng konsensya na napakahirap mabuhay na merong director, may nagsusulat ng gawain mo," he said.



Peter Joemel Advincula a.k.a. Bikoy presented in PNP NHQ by police officials.

Advincula claimed a priest introduced him to Trillanes.

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Police seize P12M cash, rice, eggs in campaign vs vote-buying

BY JAYMEET. GAMIL

Manila, Philippines — Vote-buying comes in cash and in kind, including rice and eggs.

Gen. Oscar Albayalde, the Philippine National Police chief, on Monday said that on top of the more than P12 million cash confiscated in antivote-buying operations nationwide, police also seized 22 trays of eggs and 62 sacks of rice “which [were] used for buying votes of the people.”

The eggs were confiscated in operations in Calabarzon, while the rice was seized from supporters of candidates in the May 13 midterm elections in the Autonomous Region in Muslim Mindanao (ARMM) and Soccsksargen region, Albayalde told reporters at Camp Crame.

Bulk of confiscated cash



PNP chief Gen. Oscar Albayalde revealed that money was not the only item which candidates offered to sway the people's votes in their favor. Boy Santos

Caraga region, where 10 people were arrested and P7.976 million was confiscated, and northern Mindanao, where 17 people were held and P1.125 million was seized, accounted for the bulk of the confiscated cash.

Most number of vote buyers

Police arrested the most number of suspected vote buyers in Metro Manila at 136 and confiscated a total of P541,000.

Twenty-four people in Ilocos region, 22 in Bicol and 14 in Calabarzon were also arrested for vote-buying. Police confiscated P561,000 from the suspects in Ilocos, P400,000 in Bicol and P400,000 in Calabarzon.

Police also arrested 31 people in Eastern Visayas, 10 in Soccsksargen, 36 in ARMM, eight in Central Luzon and 26 in Western Visayas.

Albayalde said 356 people were arrested in 225 vote-buying incidents nationwide from Jan. 13 to May 14, with a total of P12.208 million cash confiscated from them.

Another 85 suspected vote buyers remained at large, he added.

Canada hires company to take back trash from Philippines by end of June

BY PATRICIA LOURDES VIRAY

Manila, Philippines — Canada has beaten the Philippines in looking for a shipping firm that would take back the remaining 69 containers of garbage from the Southeast Asian country.

On Wednesday, Malacañang announced that President Rodrigo Duterte has directed the appropriate government agency to look for a private shipping company to return the trash to the North American country.

Shortly after this announcement, the Canadian government announced that it has hired a company to repatriate the waste illegally shipped to the Philippines between 2013 and 2014.

“The Minister of Environment and Climate Change, Catherine McKenna, announced that the Government of Canada awarded a contract to Bolloré Logistics Canada to safely bring the waste back to Canada as soon as possible,” Canada said in a statement.

McKenna pointed out that Canada has amended its regulations to prevent this incident from happening again.

According to the Canada,



One of the more than 100 shipping containers of trash sent by a private Canadian to Manila in 2013 and 2014.

the private shipping firm will start the preparation in the coming days and will be completed by the end of June.

Canada’s environment department stressed that the garbage must be safely treated to meet the country’s safety and health requirements.

“The safe and environmentally sound disposal in Canada of the waste material will take place before the end of summer 2019,” the Canadian government said.

The Canadian government also committed to shouldering the cost of the preparation, transfer, shipment and disposal of the waste.

“The Government of Canada maintains ongoing discussions with the Government of the Philippines to ensure a positive outcome to this issue in a timely fashion,” the

Canada said.

According to the news release, Foreign Affairs Secretary Teodoro Locsin Jr. talked to Canadian Foreign Minister Chrystia Freeland last week to discuss the repatriation of the waste to Canada.

“As I mentioned to their Foreign Secretary last week, we are committed to resolving this issue as quickly as possible. Today is an essential step forward in accomplishing that,” Freeland said.

Last week, Locsin ordered the recall of Philippine ambassador and consuls to Canada after the North American country missed its deadline of taking back the waste.

Locsin said the Philippines will maintain a diminished diplomatic presence in Canada until the garbage row is resolved.



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Whitney High School's Trio of Filipina Softball Stars

BY SIERRA BEDRIN

With Whitney softball in the midst of their best season in school history, the roster is rife talent. The team is 24-5 on the season, ranked number one in the Sacramento area, and are currently chasing a division one section title.

Part of the team's success can be attributed to a trio of young Fil-Am's having terrific seasons. Senior Sierra Bedrin, junior Nia Trinidad and sophomore Amara Labanog are the three pitchers for the Wildcats and key cogs in the solid defense and explosive offense.

Bedrin is a left handed pitcher with 8 wins so far this season. She will continue her education and softball career at St. Joseph's college in Brooklyn, New York with a double majoring in criminal justice and psychol-

ogy. Her work ethic travels with her off the field and into the classroom and on camera. Bedrin is a sports anchor and reporter for the national award winning broadcast journalism program-WCTV19. She encompasses the definition of a leader as she has been active in Girl Scouts since eighth grade, and has planned eight events for varying ages in the last six years. When she is not in the circle, Bedrin starts at

first base. With her talent on the field, batters are intimidated by her pitches and "all gas no breaks" mentality.

Trinidad is a force to be reckoned with. She carries a league leading 14

wins so far this season and has clobbered 4 home runs. Finding success on both sides of the ball, Trinidad induces fear into opponents. She is currently being recruited and plans to play in college with a computer

science major. Trinidad fully understands the idea of everything is worked for not given. She has a prominent voice in the dugout and in her school life as Trinidad is a member of the Whitney choir as well. She challenges

banog has attended multiple recruitment camps and tournaments with hopes in continuing her career in college to pursue a major in sports medicine. Most of her playing time this season has been at second base, but she

herself with rigorous class schedule- having taken multiple advanced placement and honors courses. She not only wants to find success herself, but she wants her teammates to be successful too. Trinidad brings her positive attitude and work ethic on the field to power the wildcat defense and offense.

Sophomore Amara Labanog is a superb athlete and follows the next player up mentality. La-

banog has attended multiple recruitment camps and tournaments with hopes in continuing her career in college to pursue a major in sports medicine. Most of her playing time this season has been at second base, but she

figures to be a prominent member of the pitching staff next season. This year she has come up with key defensive plays and clutch hits to help the team win games. With her go-getter attitude, Labanog finds success in whatever she puts her mind to even if that means taking a risk. Labanog joined the Whitney dance program despite having no prior experience. With her determination, Labanog had a successful dance showcase and made it into the class she auditioned for. Labanog follows the motto "character and effort, two things you cannot teach" and applies it no matter the circumstance.

All three student-athletes find their niche on the field and in their extra curriculars. Whitney's three headed Filipino monster maintains a 3.8 GPA and a 2.52 team ERA- making them a threat on and off the field.



Pictured from right to left: Amara Labanog, Nia Trinidad, and Sierra Bedrin



Thanks to everyone that met up at My Sister's Cafe for our Big Day of Giving lunchtime! Shoutout to our newest donors Nilda Valmores and Ed Parcero for getting us closer to our goal! And thanks to David Santiago from our printer 4GPM for dropping by to say hi! If you'd like to join Nilda and Ed, use this link to make your #BDOG2019 donation today: www.bigdayofgiving.org/pnda

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Trump's fight with Huawei could threaten internet access in rural areas

BY SUHAUNA HUSSAIN

In swaths of rural America, along roads where there are just a few farms or homes within a mile-long stretch, customers are so few that the likes of AT&T and T-Mobile don't bother to build cell towers for coverage.

The only operators providing wireless access are small carriers, many of which can't afford equipment from suppliers such as Ericsson and Nokia Corp. and instead rely on cheaper network infrastructure from Huawei Technologies Co. and other Chinese companies.

President Trump's move last week to bar U.S. telecommunications networks from acquiring or using equipment from foreign suppliers left these small broadband companies under a cloud of uncertainty. If they can no longer rely on affordable foreign equipment to run their networks, will they run at all?

"Small carriers face a constant uphill battle both in terms of limited vendors who will supply to us ... compounded by the regulatory challenges we're up against," said John Nettles, president of Pine Belt Communications, a small telecommunications company in Alabama that relies on the Chinese company ZTE Corp. for its 4G network. "Sometimes it feels like the cards are really stacked against us."

Last week, the U.S. Commerce Department separately added Huawei and its affiliates to a list of firms considered a risk to national security, effectively preventing Huawei from buying parts from American companies.

Huawei immediately began to feel the effects of the administration's crackdown, with Google initially cutting off Huawei from many Android hardware and software services. (After the Commerce Department announced a 90-day buffer period, Google walked back, saying it would continue to work with Huawei in the meantime). U.S. companies such as Qualcomm Inc. and Intel Corp., which provide the Shenzhen telecommunications giant with crucial chips and other special parts, told employees they wouldn't supply Huawei until further notice.

The move also left rural broadband companies that use Huawei equipment scrambling to figure



Many small telecoms can't afford equipment from suppliers such as Ericsson and Nokia and instead rely on cheaper network infrastructure from Huawei and other Chinese companies. (Fred Dufour/ AFP/Getty Images)

out what it might mean for their day-to-day operations. Though small carriers don't export to Huawei, they often need to send technical drawings or data to Huawei in order to maintain their current network infrastructure.

The 90-day window announced by the Commerce Department on Monday allows companies that rely on Huawei equipment for crucial services to continue operations for now.

"In short, this license will allow operations to continue for existing Huawei mobile phone users and rural broadband networks," Commerce Secretary Wilbur Ross said in a news release. Ross had indicated last week that his department was not looking to harm rural providers.

More pressing to the carriers is the executive order, which the administration will shape over the next five months.

Rural broadband carriers could be forced to rip out and replace entire networks because they wouldn't be able to import spare parts or software updates to maintain infrastructure, said Roger Entner, a telecom analyst at Recon Analytics.

"If something breaks, what are you going to tell your customer? 'I'm sorry you have an outage. We don't know when we are going to fix it because it's Huawei equipment. Until then, sorry. No internet for you,'" Entner said. "You don't want to tell that to a customer."

Nettles estimates that replacing Pine Belt's network would cost \$5 million to \$10 million. And downtime from installing new equipment would probably cause Pine Belt to forgo \$1 million to \$3 million in roaming fees, according to Federal Communications Commission filings.

Carri Bennet, general counsel for the Rural Wire-

less Assn., a trade group for carriers with fewer than 100,000 subscribers, said her organization is waiting to see how the Trump administration's move will affect members. She estimated that 25% of the association's members used Huawei or ZTE gear in their networks.

"When something new comes up, we're sent scrambling," Nettles said. "What it's going to mean for us in the long term is difficult to say at best."

Nettles' company is small, with about 40 employees and some 60 cell sites. That's a "drop in the bucket" for big companies such as Ericsson and Nokia, which often don't see a reason to scale down their services for such small accounts, Nettles said.

Whereas national carriers operate in more densely populated parts of the region, Pine Belt covers many of the roads farmers regularly travel — areas overlooked by big providers. Its 4G network offers rural drivers cell service and even provides household internet access in areas without broadband cable.

"I'm aware of the need to have secure networks. We're not trying to suggest security is not an important consideration," Nettles said. "But how do you balance it with providing service to underserved markets — which is mainly where we operate?"

The Federal Communications Commission's Universal Service Fund funnels money to smaller telecom companies — including members of the Rural Wireless Assn. — to provide internet services in rural areas.

Since June 2018, a group of rural broadband companies mostly in the Midwest have been fighting an FCC proposal that would ban the

Trump loses lawsuit challenging call for financial records

BY JAN WOLFE

A U.S. judge on Monday ruled in favor of a U.S. House of Representatives committee seeking President Donald Trump's financial records from his accounting firm, dealing an early setback to the Trump administration in its legal battle with Congress.

U.S. District Judge Amit Mehta in Washington also denied a request by Trump to stay his decision pending an appeal.

Last Tuesday Mehta heard oral arguments on whether Mazars LLP must comply with a House of Representatives Oversight Committee subpoena.

Mehta said in Monday's ruling that the committee "has shown that it is not engaged in a pure fishing expedition for the President's financial records" and that the Mazars documents might assist Congress in passing laws and performing other core functions.

It was the first time a federal court had waded into the tussle about how far Congress can go in probing Trump and his business affairs.

Trump is refusing to cooperate with a series of investigations on issues ranging from his tax re-



President Donald Trump

turns and policy decisions to his Washington hotel and his children's security clearances.

Trump's lawyers argued that Congress is on a quest to "turn up something that Democrats can use as a political tool against the president now and in the 2020 election."

Mehta's ruling will almost certainly be appealed to a higher court.

The House Oversight Committee claims sweeping investigative power and says it needs Trump's financial records to examine whether he has conflicts of interest or broke the law by not disentangling himself from his business holdings,

as previous presidents did.

Lawyers for Trump and the Trump Organization, his company, last month filed a lawsuit to block the committee's subpoena, saying it exceeded Congress' constitutional limits.

Mehta was appointed in 2014 by Democratic former President Barack Obama, who was often investigated by Republicans in Congress during his two terms in office

Mazars has avoided taking sides in the dispute and said it will "comply with all legal obligations."

use of federal subsidies to purchase Huawei and other Chinese equipment that might pose a national security threat.

In a series of filings to the FCC, the Rural Broadband Coalition argued the ban would force many small rural broadband providers into bankruptcy.

Sagebrush Cellular, a cell service provider in north-east Montana, said that when it considered options for 4G deployment, Lucent equipment was double the price of Huawei. Ericsson technology was almost four times the cost of Huawei equipment. One unnamed prominent alternative vendor didn't even give Sagebrush a price quote, according to the filing, stating only that a small company would be "unable to afford them."

Sagebrush moved forward with Huawei, spending more than \$25 million on its equipment.

It would cost Sagebrush an estimated \$57 million to replace its network, the company said in the filing.

Its network size would shrink by two-thirds, losing coverage in many areas

where Sagebrush is the only wireless carrier, including 173 miles of the U.S.-Canadian border.

The FCC proposal is still pending, as it awaits guidance from the Trump administration on how it should proceed.

Nettles is waiting to see what will happen with the rule-making process, but he expects he will have to find a new vendor to replace current network infrastructure.

The question is: Where will he get the capital to make the change?

Pine Belt relies on federal funds for capital costs. He's hoping the government will provide assistance. Otherwise, he's not sure what he will do: Pine Belt could fold as a result.

"I'm really counting on the system to do right by all of us," he said.

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Dear Bato and Bong G

BY RUFA CAGOCO-GUIAM



Ronald (Bato) dela Rosa and Christopher Lawrence (Bong) Go

Before anything else, you deserve to be congratulated, so, congratulations.

As predicted by your great patron in Malacañang, you have become among the front-runners in the senatorial elections. This certainly is no mean feat, considering you have never been voted as elective officials of this country.

However, I can't address you "honorable" senators-elect. The word seems overly discordant with the positions you have been elected to, or the august hall you will be holding sessions in.

The massive preelection publicity stunts that you mounted created a huge unfair advantage over other candidates not awash with resources—government and otherwise—to push their electoral campaigns on a level playing field with the likes of you and the rest of the administration slate. This included your multimillion-peso media ads, huge and conspicuous tarpaulins and billboards dotting several highways in many parts of the country.

But I will no longer belabor this and other pressing issues before and during the May 13 elections.

Instead, I will ask you to work really hard to become deserving of the honorific title—you owe it to the millions of people who put their trust on you, albeit blindly, to be among our country's senators.

Bato: Together with your beloved patron in Malacañang, you are among the foremost promoters of extrajudicial killings associated with the war on drugs.

This bloody war continues to snuff out the lives of poor, young, vulnerable people drawn into the illicit drug trade. Upon your imminent election to the Senate, you requested for a "seminar" or a crash course on how to go about your new job. But even if you "seminar until you drop" from today until you hold office, it won't automatically make you a legislator worth the taxes that those who voted for you have paid.

For starters, can you please do some serious reading (and understanding) of what has been done in other countries that have made a headway in licking the illegal drug problem? Please check this link, <http://time.com/longform/portugal-drug-use-decriminalization/>, to read about Portugal, where the serious drug problem it faced in the late 1990s has been diminished through its policies of treating drug addiction as a public health issue rather than as a criminal one. It is not perfect but the significant decrease in drug-related crimes over the years since Portugal adopted it in the early 2000s would already be helpful to you when writing future legislation addressing the drug menace. It remains to be seen though whether you will be convinced of such policies, considering your hardline stance on "Operation Tokhang" 1 and 2.

Bong G: You have been touted as the man with the most malasakit (empathy) for the poor and downtrodden, per your master's tagline: "ang kanyang bisyo ay serbisyo (his only vice is doing service for others)." I know you are a great Man Friday to the President. But now that you are one of the front-runners in the senatorial race, you need to learn some

important skills, and fast.

Among others, you need to learn how to craft legislation that will redound to making the poor not dependent on yours and others' dole outs, and on providing them an enabling environment to access jobs that celebrate the dignity of labor. You owe it to the constituency that voted for you, not to your master in Malacañang. He should no longer be demanding your presence or "services" (both pleasant and unsavory ones) at every whim.

More importantly, as a senator, make sure you don't only whimper in your Senate seat or participate with just an obsequious nod to all proceedings in it.

Pangilinan denies 'Bikoy's lies; calls it admin's fabrications vs LP

BY MAILA AGER

Senator Francis Pangilinan on Thursday vehemently denied what he calls were fabrications made by the administration against the Liberal Party (LP).

"Kahit ano sasabihin ng testigo laban sa mga nakaupo sa takot na masak-tan. Wala kaming ugnayan sa video at kay Bikoy," Pangilinan, LP president, said in a statement.

"Kasinungalingan lahat ang mga paratang na yan. Gawa-gawa lang ng Administrasyon," he added.

The senator has already re-

The early centuries in our nation's history

Communications Secretary Martn Andanar said Sunday China is looking into helping produce a film about a Filipino datu who went to China many centuries ago and now lies in a tomb in Shandong Province. Andanar attended in Beijing the previous week a conference on Asian civilizations, where Chinese officials bared their interest in helping produce the film.

The datu's story showed that the Philippines and China already enjoyed good trading relations long before the Spaniards came in 1521, Andanar said. The Beijing conference, he said, discussed various new ideas, traditions, and cultures. He stressed the need to open our minds to them.

The datu was one of so many leaders from the various islands of our country who visited China over the centuries. The first mission to China from the Philippines is believed to have come from Butuan around



Illustration by Reni Santiago

1001. There are records of overseas trade carried out by China's Song dynasty in 1178, of trade with Mindoro, Palawan, and Basilan in 1206, and with Babuyan, Lingayen, Liuzon, Lubang, and Manila (Malilu) in 1225.

In 1368, the Ming Dynasty sent emissaries to invite other countries to send tribute missions to China. Borneo responded in 1371, Okinawa in 1372, and Luzon in 1373. In 1405, Mao-li-wu (believed to be Mindoro or Marinduque) presented tribute to China. Other missions came from Pangasinan and Sulu.

The Sulu mission of 1417 was a big one with Paduka Pahala leading a group of over 300 ministers, retainers, wives, and other relatives to pay tribute to Emperor Zhu Di. The datu was warmly welcomed by the emperor but on his way home, he died in Shandong province. The emperor commissioned a tomb for the

Sulu leader, which stands in Shandong to this day.

Filipinos today are well aware of the Spanish and American colonial influence on the Philippines which the famed writer Carmen Guerrero Nakpil once described as "300 years of the convent and 50 years of Hollywood."

Today we are learning that long before the Europeans came, we were already dealing with nearby nations in what is now Southeast Asia, China, and faraway India.

The languages of our various islands and our social and political concepts show strong Hindu and Malayan influences. We were trading with China, exporting cotton, pearls, shells, abaca and pina cloth, and importing porcelain, gold, glass beads, iron cooking pans and needles.

We are now increasingly becoming aware of those early centuries which are now hardly touched upon in our country's history. The filming of the life of one Sulu datu who went to China and died there in the 15th century, long before the Spaniards came in the 16th century, will help in this effort to round up our knowledge of our country's history and broaden our outlook as a nation in today's world.



Senator Francis Pangilinan

signed as LP president after all eight senatorial bets of Otso Diretso lost in the May 13 elections. His resignation, however, was rejected by party chair, Vice President Leni Robredo.

Pangilinan issued the

statement after Peter Joemel Advincula, who claimed to be "Bikoy" in the "Ang Totoong Narcolist" videos, tagged the LP and other opposition members as being behind the video series.

In the videos, "Bikoy" linked President Rodrigo Duterte's relatives and allies to the illegal drug trade.

Advincula however recanted, and pointed to the LP and opposition members as those being behind him and the videos. He said the opposition was also planning to oust Duterte and install Robredo as the new president.

Pangilinan noted that the LP has always been linked into the alleged Duterte ouster plots.

"Kahit ang pagpatay kay Rizal aaminin ng testigo na yan sa takot sa maaring gawin ng administrasyon sa kanya o sa mga mahal niya sa buhay," he said.

"Uulitin ko. Walang kinalaman ang LP sa Bikoy video. Kasinungalingan at gawa-gawa lamang ang mga paratang na ito."

Pangilinan suspects that the administration's lies were just another diversionary tactic.

"Ano na naman kaya ang baho na tinatago ng Administrasyon kaya inilabas ang mga kasinungalingang ito?" he asked.

Accepting accountability requires intellect, not emotion

BY JoeAm

Most people who are pro-democracy, pro-human rights, and pro-Philippine civility and competence rightfully reacted with a shudder or a scream or a wail about the results of the 2019 election, especially the senators who were voted in. People of no known law-writing competence – known killers and plunderers – now sit in the high chamber.

I'd argue that we need to get past it. The easiest trap to fall into is the one where fingers are being pointed every which way, where blames and excuses are used to apply salve to our wounded feelings.

How much better to simply figure out how to win next time.

... and in between be more outspoken in favor of democracy, human rights, civility, and competence.

"But Joe, we suspect election cheating! You want us to forget about it?"

Not at all. Investigate it thoroughly. Get the facts. Then act. Don't wail on the basis of suspicions or anecdotes. Don't guess. Don't malign the innocent. Get the facts.

In corporate planning, every cycle starts with an assessment of the environment and an assessment of recent performance. That can be done for elections, as well. Let me short-form an example:

The environment

The pressure against democracy, human rights, civility, and competence has increased. There is a virtual stone wall being built around the standing government to defend against advocates of



these worthy causes. But there are still gaps in the defenses. Independent 2022 candidates like Senator Poe must carve out a clear position for themselves. The Senate is more independent (self-interested) than loyal to President Duterte. There are a lot of people of conscience in the courts, media, legal professions, and general public. They represent a truth, a strength, if properly inspired.

Assessment of recent performance

The opposition candidates failed to get elected. They were out-funded, out-cheated (Bong Go's shenanigans), and out marketed. Government voices and money were used to advocate for specific candidates, a gross violation of the ethical rule that government serves all the people, not just the favorites among them.

Here are four of the electioneering weaknesses I observed among the opposition during my self-imposed removal from the election process (it is rightfully an engagement only for citizens):

The opposition struggled to define a policy statement that would unify liberals and the hard left. There were contentious matters of who would run and who would not, and who would lead and who would not. The campaign started late and without focus, unity, or sizzle.

Key players refused to be loud. Former President Aquino remained the monk. Vice President Robredo remained dignified and calm whilst being battered by the government's propaganda arm. Business leaders shirked any

limelight. Government set out to recruit entertainers for their ability to speak to the masses; the opposition did not.

Funding was weak. I don't know

if large-scale donations were sought or not. There was no mass "crowd-funding" effort that I'm aware of. The slow start morphed into the election period, and no one seemed ready. Broke from the getgo.

The eight key opposition candidates worked diligently attending local events. But they were together too much. They were not deployed as troops, Samira Gutoc to Muslim Mindanao to push all eight candidates there, Gary Alejano to military areas, and other candidates to areas of strength or high voter concentrations. They traveled in a pack. Mar Roxas spent crucial election time in the US with his family. Their feet did not greet enough people.

I don't recite these matters as excuses or blames. I recite them as a step toward accountability, education, and improvement next time.

Perhaps you also have observations to add. You can freely do so in the discussion section of the blog that follows this article.

In the meantime

The next election is three years away. The time in between is crucial as well. Federalism. Death penalty. Drug war. Corruption. Propaganda. China and sovereignty. The economy. These issues all require a voice of reason and advocacy favoring democracy, human rights, civility, and competence.

I noodled with a blog about pro-democracy advocates setting up a non-partisan "Peoples' Government" to shadow and comment

on issues being pushed through the captured government . . . rather a government outside of government to keep the peoples' interests up front . . . but thought it seemed presumptuous coming from a foreigner. I imagined it not to be an opposition, as it would speak FOR government efforts deemed beneficial. But it would seek to prevent the railroading of bad ideas through a captured legislature (federalism, for instance).

And, of course, efforts for 2022 can begin now. The platform that would unify liberals and hard left. Leadership. Funding. Entertainers. Business people. At some point, candidate endorsements, based on what individual aspirants do between now and then to

establish their promise.

There is a lot of thinking to be done. And organizing.

Intellect vs emotion

My recommendation . . .

Don't kick the dog. If leaving the Philippines is a choice, do it without labeling those who stay, adding to their burdens. If it is to stay, don't boast about your patriotism and put others down. They are not you. If it is to join the effort to promote a democratic state attuned to modern values of human rights, civility, and competence . . . start work now.

Lose the angst. Learn the lessons. Work earnestly.

Yes...It's official!



It is with distinct honor and pleasure that I present to you the District 4-C5 2019-2020 Cabinet, Multiple District 4, of Lions Clubs International: District Governor-Elect Sarah Enloe; First Vice District Governor-Elect Cat Gon; Second Vice District Governor-Elect Donna Prince; Cabinet Secretary Zenny Yagen; Cabinet Treasurer Kitty Kramer; Donner Region Chair and Lion of the Year Tim Luckinbill; Foothill Zone Chair Helene Smith; Sierra Zone Chair Randy Witt; Dos Rios Region Chair Dennis Puccetti; Wolfskill Zone Chair Jeri Wartena; Gordon Zone Chair Jim Fuller; Sacramento Region Chair Gayle Kono; Crocker Zone Chair Josephine Fong; Sutter Zone Chair Beth Esternon; Washoe Region Chair Becky Bell; Eureka Zone Chair Kris Knudson; Marshall Zone Chair Evelyn Butler; Global Leadership Team Coordinator Past District Governor Nick McNicholas; Global Membership Team Past District Governor Andy Anderson; Global Service Team Coordinator Jill Santos; Lions Clubs International Foundation Past District Governor Andy Anderson; Immediate Past District Governor Doug Wight; District Governor Advisors: Past Council Chair Derek

Ledda and Past District Governor Erv Gon; District Administrative Assistant Jeri Retzlaff; District Statistician Dave Pevny; District Chaplain Carle Enloe. Missing in the picture are Lions Randy Witt and Beth Esternon.

I want to take this opportunity to thank each and everyone of the Cabinet for stepping up and assuming the responsibilities of their respective offices.

I want to also thank the Maharlika Lions Club, my home Club; the entire District 4-C5 Lions; the Community, Friends, and Family for your kind words, encouragement, and support.

Special thanks to Lion Tony Santos, District Photographer for the photo.

Service is our Journey we have embarked on together... "Hand-in-Hand, We Can Do More".

Sincerely Yours in Lionism,
Sarah Enloe
District Governor-Elect
— with Jeri C. Retzlaff, Zenny Yagen, Cat Gon, Helene Ann Smith, Carleton M. Enloe and Evelyn Marie Butler.

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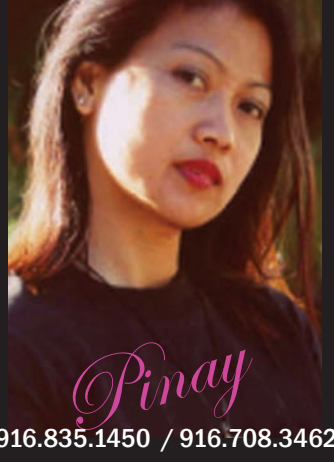
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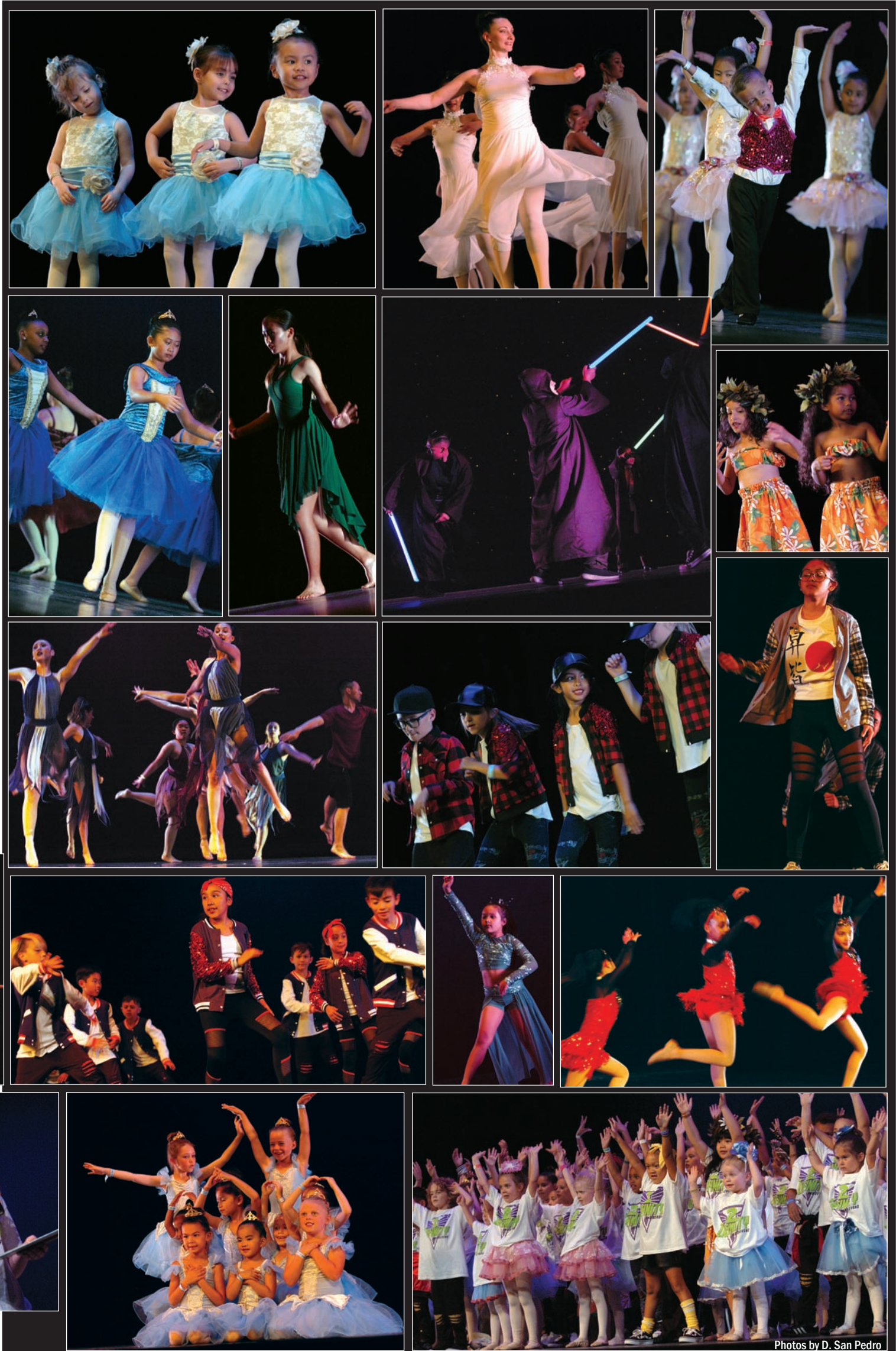
Rize All is proud to present the 2nd Anniversary Recital, 2 Infinity and Beyond.

Rize All is a local non-profit organization with a goal to enrich students with experiences that will positively affect their current future lives. They will remember their first dance steps and moves, a form of art that helps them to express without saying a word.

"Thank you to all our dedicated dancers and families for an amazing second year. We have truly enjoyed teaching and watching all our dancers grow in their first and second years with them," Dane said.

The show was unique in its enjoyable offerings and all in attendance were satisfied with the fun they shared. They enjoy watching them as they worked hard and deserved a great applause.

Be sure to not miss their future events!
For more information visit their webpage at www.RizeAll.com



Dane and Amanda San Pedro
Artistic Directors / Co-Founders

Filipino Women's Club



L-R, Josie Patria, Alice Pambid (FWC Grandmother of the Year), Carmelita Pangilinan (FWC Mother of the Year) and the Club President Zenny Yagen.



On Saturday, May 18, 2019, the Filipino Women's Club celebrated their annual Mother's Day Luncheon at Bistro Filipino restaurant in Sacramento. It was great and fun, eating, singing and playing a few games. They added four new members. The Club's will be celebrating 80th Anniversary in September.

My Sister's House 18th Anniversary Gala

My Sister's House celebrated its 18th Anniversary at the Crest Theater on May 13th with performances by civic, corporate and community leaders with live entertainment show and fundraiser from throughout the Sacramento region. Once again the event was emceed by the amazing, talented West Sacramento Mayor Christopher Cabaldon. Everyone were thrilled to show support for this wonderful organization, a non-profit which specializes in providing services for Asian/Pacific Islander and other underserved victims of domestic violence, sexual assault and human trafficking.



Crest Theater



Nilda Valmores with Mayor Chris Cabaldon



Jinky Hacinas Dolar and Nilda Valmores.



My Sister's House families and supporters



Nilda Valmores, Rosie Paz Dauz, SiTra Thia, Jinky Hacinas Dolar and friends at The Crest.



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For more information, please contact Olivia at (916) 383 9785 ext. 17

Mabuhay Foundation International



Hawaiian Dinner and Dance

On May 17, 2019, the Mabuhay Foundation International held their Hawaiian Dinner and Dance fundraising at the Barbara Morse Wacford Community Center in Elk Grove.

It was an evening of a sumptuous dinner, dancing and raffle attended by various community organization, friends and leaders throughout Sacramento and vicinity.

Proceeds of the event will benefit the future Club's medical mission in the Philippines.



2019 Filipino Fiesta Officers and Steering Committees



L-R, Carlos Cordero, Dick Mazon, Rosie Dauz, Jinky Dolar, Maria Bahoric, Mina Guera, Jay Paular, Frank Zabal, Aida Azurin, Josie Patria, Joe Gonzales, Lilia Rivera, Mena Domondon, Edna De Los Santos and Mercy Guerrero.



Everly Marta Abaya Jones

Celebrates First Birthday

By Faina Abaya

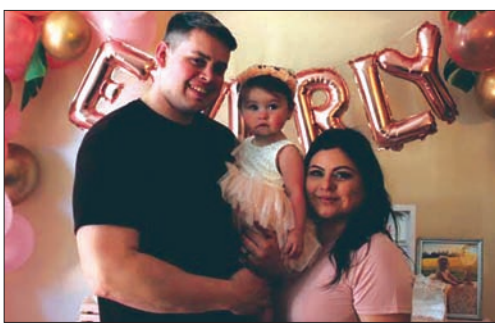
Filipinos are known for their traditional closeness with their family members, relatives and close friends. The Filipinos celebrate important family occasions such as weddings, anniversaries, school graduations, birthdays and most specially the first birthday of additional child from family children and grandchildren. Such was the case of our granddaughter Elizabeth Abaya Jones and her husband Joseph, who recently celebrated the 1st. Birthday of their daughter, our great granddaughter Everly Marta Abaya Jones on May 4, 2019 at their residence at Natomas, North Sacramento. The theme of the birthday celebration was called "Party Animals", because the house and backyard was fittingly decorated with different colors of balloons depicting different animal figures such as, elephants, lions, giraffes and many other kind of animals. The front yard was also a small zoo like with live animals such as Kid (baby goat sheep), baby pigs and baby rabbits. There were so

many children running from the backyard playing with the animal jumper, as their parents took pictures on their joyful activities.

As we sung happy birthday for Everly, she started to mess up with her cake with her hands trying to put it in her mouth and face, adding laughter and joy to everyone.

Filipino and American food were served such as chicken adobo, lumpia, steak, spaghetti, fried chicken, pork bque, fried rice, rolls and cheese, assorted fruits and veggies, muffins and french macaroons.

People enjoying the party were brother and sister of Joseph, John & Leyla, Kerry, Diana, Paul and Chelsea Vansershier, Brian and Stephanie Calhoun, Jon and Tamara Estes, followed by all of their children, Brianna and Tim Dennis and Elyssa Urias, Liz Belvis, Bessie Samaniego, John, Lennox and Korben Abaya, Ben and Kristina Abaya, Jojo, Michelle and CJ Abaya, Fainalita Ngo, Jun and Faina, Joey, Sheryl and Antonio Abaya and many more.



Anniversary



BOBBY and EDNA DELOS REYES with family
36th Wedding Anniversary, May 21



JOSYLYN and CELSO SABINIANO
22nd Wedding Anniversary, May 21

Recent Passing of Sacramento Friends

BY DALE ESPERANTE

Manuel Samonte Viernes

(April 4, 1939 – March 6, 2019)

- A Celebration of Eternal Life was observed at St. Paul Catholic Church on Saturday, March 16, 2019. Father Jovito Rata officiated with co-celebrant, Father Felipe Paraguya.
- Manuel was born in Walnut Grove, CA. A loving and devoted husband to Ann (Manlupig) for 51 years. He is survived by his only son Clifford (Christina), grandchildren Benjamin (Nicole), Steffan (Melody), and Alaina, and great-grandchildren Lillyana and Jaxen. Sisters and brother, Connie Pasquil, Lucille Houghtaling (Norman), Lorraine Young, Danny J. Olaivar (Kathy), and Leonora Grimes.
- Manuel was an Air Force veteran. Before the memorial mass, two Air Force color-guards executed a memorial flag ceremony in front of the church. Taps, a bugle call played at dusk, during flag ceremonies, and at military funerals, was played before the ceremonial flag-folding by the sharply-uniformed Air Force color-guards. The senior color-guard then presented the military folded flag to Manuel's loving wife, Ann Manlupig Viernes.
- The memorial mass seated a church-full of family and friends who came to pay their respect to Manuel and offer their support and love to Ann and the family.
- After the mass, everyone proceeded to St. Paul's community hall, a short walk, for refreshment and lunch.



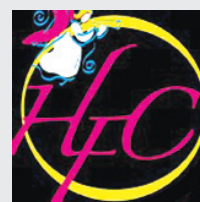
Romulo "Romy" M. Hocson

(June 22, 1945 – March 26, 2019)

- Romy was born in Claveria, Cagayan Philippines. Romy lived and worked hard devotedly for his family and loved ones. In his later years, he continued to serve as a good Samaritan who found time in his busy schedule to help those who were in need, through personal means and/or various community and religious channels.
- He is survived by his wife Gertrudis "Hedy" de Ocampo of Manila, Philippines, and children Anna Marie Kristine, Marianne, Marie Carmeli, Marie Angeline.
- A memorial mass held at St. Charles Borromeo Church on Saturday, April 6, 2019 at 11am filled an assembly of family, friends, and religious colleagues. Reception lunch after the mass was held at St. Charles Borromeo School gymnasium. Family, friends, and parish lay ministers volunteered as food preparers and servers for the reception.
- Several Catholic priests officiated the Vigil Mass, Funeral Mass, and the Funeral of Brother Romy. Present at the Vigil: Father Alex Estrella, Father Ron Marcello and Father Desmond O'Reilly. At the Funeral Mass: Father Alex Estrella, Father Oscar Gomez Medina, Father Brian Atienza, Father Cesar Ageas, Father Felipe Paraguya, Father Michael Ritter, and Father Jovito Rata. At the Cemetery: Father Alex Estrella, Father Brian Atienza, and Father Desmond O'Reilly. Before the conclusion of the Funeral Mass, Father Estrella, the Vicar of St. Charles Borromeo Church, expressed his heartfelt condolences to the Hocson Family. He also acknowledged the fraternal presence of his fellow priests who came to be co-celebrants for the Vigil and Funeral mass.
- The Hocson family members are devout parishioners of St. Charles Borromeo Catholic Church. Hedy has been the secretary of the Parish Office for years.



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Veterans Affiliated Council of Sacramento CA & Vicinity Annual Fundraiser

Congratulations to all those recognized for their contribution to the Veterans Community.

Congressional Record House of Representatives Recognition by Congresswoman Doris Matsui:
 - Julie Baumgartner, Veteran's Affiliated Council Commander
 - Chris Marzan, Veterans Affiliated Council Associate Member & Elected Trustee
 - Paulette Hope Spaeth, VFW Post 67 Auxiliary & Veterans Affiliated Council Associate Member

Sacramento County Board of Supervisors Proclamation by Board of Supervisor (Dist. 4) Sue Frost:
 - Julie Baumgartner, Veteran's Affiliated Council Commander

Sacramento County Board of Supervisors Certificate of Recognition by Board of Supervisor (District 4) Sue Frost:

- Charles Morgan Jones, Morgan Jones Funeral Home
 - Marcus Smith, President of Sacramento Panthers
 - Derrick Brown, Vice President of Sacramento Panthers

Association of the US Army Certificate of Appreciation & Employer Support of the Guard and Reserve for Outstanding Performance
 - Julie Baumgartner, Veteran's Affiliated Council Commander

Veterans Affiliated Council of Sacramento CA & Vicinity Certificate of Appreciation recipients:
 - Gabriela Herrera, Field Representative for Congresswoman Doris Matsui
 - Sue Frost, Sacramento County Board Supervisor (District 4)
 - John F. Kennedy High School MCJROTC Color Guard Unit
 - American Legion Post 861, Commander Don Harper
 - AMVETS Post 1, Com-



Chris Marzan, Veterans Affiliated Council Associate Member & Elected Trustee and Gabriela Herrera, Field Representative for Congresswoman Doris Matsui.

mander Tom Derrick
 - Association of the US Army



John F. Kennedy HS MCJROTC Color Guard

- Disabled American Veterans Chapter 6, Commander Gilbert Tafoya
 - Brotherhood American Combat Veterans "EST. 1988" AA, VAC Delegate Phil Rios
 - Mexican American Sports Hall of Fame, VAC Delegate Rosie Gayton

- Vietnam Veterans of America Chapter 500, President Patrick Graham

Thank you John F. Kennedy High School MCJROTC Color Guard.

Special thanks to the following sponsors:

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- SMUD

Thank you Sacramento Kings and Sac Republic for your generous donation for our raffle.

Many thanks to all those that attended and supported our annual fundraiser. It is through your continued support and membership that the Veterans Affiliated Council of Sacramento CA and Vicinity is able to serve our veterans and their families.



Fil-Am Domingo Los Banos, WWII vet, teacher, Filvet advocate dies at 93

Domingo Los Banos, a well-known Hawaii educator, World War II veteran and advocate for fellow Filipinos who fought in the war, died Friday morning, March 15 at age 93, the Star Advertiser reported.

Hawaii-born Los Banos was one of five brothers who served in the U.S. Army. Three of the Los Banos brothers served in World War II, one in Korea and another in Vietnam.

Domingo, then 19, was sent to the Philippines with 300 other recruits from Hawaii as part of the 1st and 2nd Filipino Infantry Regiments.

Domingo Los Banos was born in Hawaii and fought in the Philippines when he was a 19-year-old GI. He fought Japanese soldiers in jungle combat late in the war, coming face to face with an enemy soldier. Los Banos shot first and lived, according to the Star Advertiser report.

Todd Los Banos said his father's greatest purpose was to promote recognition of Filipino World War II service. While fighting in 1945 in the Philippines, his father made a promise to become a teacher if he survived the war, Todd said.

Los Banos attended Springfield College in Massachusetts — where he sang with fellow student Don Ho. Todd Los Banos said his father was a Fulbright scholar and spent part of his time in Thailand coaching a Thai basketball team and interacting with the Thai royal family.

Domingo's first teaching job at Waimea Elementary on Kauai. He became a principal and later a district superintendent in the Leeward area on Oahu.

More than 260,000 Filipino and Filipina-



U.S. Senator Mazie Hirono greet Filvet Domingo Los Banos (seated) during a ceremony honoring Filipino WWII veterans.



Los Banos as a young soldier in the US Army.

and fought under the American flag during World War II, including more than 57,000 who died.

Members of Congress presented the Congressional Gold Medal to Filipino World War II veterans at a ceremony in Washington, D.C., on Oct. 25, 2017.

U.S. Sen. Mazie Hirono said at the time the recognition was a "long-overdue honor for hundreds of thousands of veterans and their families."

no-American soldiers responded to President Franklin Roosevelt's call to duty

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Monday, May 27, 2019

Program 1:00 PM to 2:00 PM

The Life and Legacy of José Rizal: National Hero of The Philippines

BY RONICA VALDEAVILLA

Dr. José Rizal, the national hero of the Philippines, is not only admired for possessing intellectual brilliance but also for taking a stand and resisting the Spanish colonial government. While his death sparked a revolution to overthrow the tyranny, Rizal will always be remembered for his compassion towards the Filipino people and the country.

Humble beginnings

José Protasio Rizal Mercado Y Alonso Realonda was born on June 19, 1861 to Francisco Mercado and Teodora Alonzo in the town of Calamba in the province of Laguna. He had nine sisters and one brother. At the early age of three, the future political leader had already learned the English alphabet. And, by the age of five, José could already read and write.

Upon enrolling at the Ateneo Municipal de Manila (now referred to as Ateneo De Manila University), he dropped the last three names in his full name, after his brother's advice – hence, being known as José Protasio Rizal. His performance in school was outstanding – winning various poetry contests, impressing his professors with his familiarity of Castilian and other foreign languages, and crafting literary essays that were critical of the Spanish historical accounts of pre-colonial Philippine societies.

A man with multiple professions

While he originally obtained a land surveyor and assessor's degree in Ateneo, Rizal also took up a preparatory course on law at the University of Santo Tomas (UST). But when he learned that his mother was going blind, he decided to switch to medicine school in UST and later on specialized in ophthalmology. In May 1882, he decided to travel to Madrid in Spain, and earned his Licentiate in Medicine at the Universidad Central de Madrid.

Apart from being known as an expert in the field of medicine, a poet, and an essayist, Rizal ex-

hibited other amazing talents. He knew how to paint, sketch, and make sculptures. Because he lived in Europe for about 10 years, he also became a polyglot – conversant in 22 languages. Aside from poetry and creative writing, Rizal had varying degrees of expertise in architecture, sociology, anthropology, fencing, martial arts, and economics to name a few.

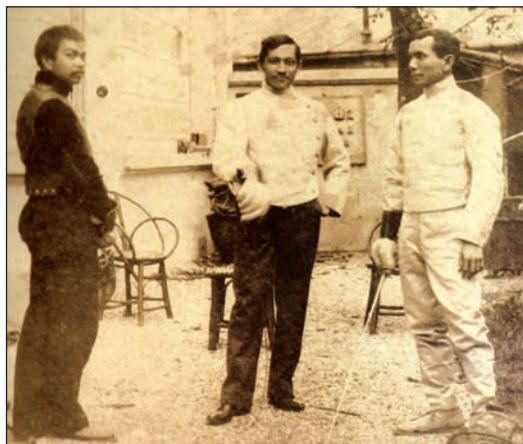
His novels awakened Philippine nationalism

Rizal had been very vocal against the Spanish government, but in a peaceful and progressive manner. For him, "the pen was mightier than the sword." And through his writings, he exposed the corruption and wrongdoings of government officials as well as the Spanish friars.



Rizal's novels

While in Barcelona, Rizal contributed essays, poems, allegories, and editorials to the Spanish newspaper, La Solidaridad. Most of his writings, both in his essays and editorials, centered on individual rights and freedom, specifically for the Filipino people. As part of his reforms, he even called for the



Rizal had varying degrees of expertise in architecture, sociology, anthropology, fencing and martial arts.

inclusion of the Philippines to become a province of Spain.

But, among his best works, two novels stood out from the rest – Noli Me Tángere (Touch Me Not) and El Filibusterismo (The Reign of the Greed).

In both novels, Rizal harshly criticized the Spanish colonial rule in the country and exposed the ills of Philippine society at the time. And because he wrote about the injustices and brutalities of the Spaniards in the country, the authorities banned Filipinos from reading the controversial books. Yet they were not able to ban it completely. As more Filipinos read the books, their eyes opened to the truth that they were suffering unspeakable abuses at the hands of the friars. These two novels by Rizal, now considered his literary masterpieces, are said to have indirectly sparked the Philippine Revolution.

Rizal's unfateful days

Upon his return to the Philippines, Rizal formed a progressive organization called the La Liga Filipina. This civic movement advocated social reforms through legal means. Now Rizal was considered even more of a threat by the Spanish authorities (alongside his novels and essays), which ultimately led to his exile in Dapitan in northern Mindanao.

This however did not stop him from continuing his plans for reform. While in Dapitan, Rizal built a school, hospital, and water system. He also taught farming and worked on agri

In 1896, Rizal was granted leave by then Governor-General Blanco, after volunteering to travel to Cuba to serve as doctor to yellow fever victims. But at that time, the Katipunan had a full-blown revolution and Rizal was accused of being associated with the secret militant society. On his way to Cuba, he was arrested in Barcelona and sent back to Manila to stand for trial before the court martial. Rizal was charged with sedition, conspiracy, and rebellion – and therefore, sentenced to death by firing squad.

Days before his execution, Rizal bid farewell to his motherland and countrymen through one of



Dr. Jose Rizal

his final letters, entitled *Mi último adiós* or *My Last Farewell*. Dr. José Rizal was executed on the morning of December 30, 1896, in what was then called Bagumbayan (now referred to as Luneta). Upon hearing the command to shoot him, he faced the squad and uttered in his final breath: "Consummatum est" (It is finished). According to historical accounts, only one bullet ended the life of the Filipino martyr and hero.

His legacy lives on

After his death, the Philippine Revolution continued until 1898. And with the assistance of the United States, the Philippines declared its independence from Spain on June 12, 1898. This was the time that the Philippine flag was waved at General Emilio Aguinaldo's residence in Kawit, Cavite.

Today, Dr. Rizal's brilliance, compassion, courage, and patriotism are greatly remembered and recognized by the Filipino people. His two novels are continuously being analyzed by students and professionals.

Colleges and universities in the Philippines even require their students to take a subject which centers around the life and works of Rizal. Every year, the Filipinos celebrate Rizal Day – December 30 each year – to commemorate his life and works. Filipinos look back at how his founding of La Liga Filipina and his two novels had an effect on the early beginnings of the Philippine Revolution. The people also recognize



his advocacy to achieve liberty through peaceful means rather than violent revolution.

In honor of Rizal, memorials and statues of the national hero can be found not only within the Philippines, but in selected cities around the world. A road in the Chanakya-apuri area of New Delhi (India) and in Medan, Indonesia is named after him. The José Rizal Bridge and Rizal Park in the city of Seattle are also dedicated to the late hero.

Within the Philippines, there are streets, towns/cities, a university (Rizal University), and a province named after him. Three species have also been named after Rizal – the *Dracorizali* (a small lizard, known as a flying dragon), *Apogonia rizali* (a very rare kind of beetle with five horns) and the *Rhacophorus rizali* (a peculiar frog species).



Monument in memory of Jose Rizal at Rizal Park

To commemorate what he did for the country, the Philippines built a memorial park for him – now referred to as Rizal Park, found in Manila. There lies a monument which contains a standing bronze sculpture of Rizal, an obelisk, and a stone base said to contain his remains. The monument stands near the place where he fell during his execution in Luneta.

History in present tense

BY C. HORATIUS MOSQUERA

In the month of June, especially around Independence Day, our thoughts usually turn to our history and heritage. Sadly, however, it seems not too many people nowadays appreciate the past. Maybe it is because we live in a time of rapid change, where the fast pace of progress, especially in technology, defines us in terms of where we are going. The past, even the recent past, therefore becomes irrelevant.

It is sad, for example, how we have lost so many heritage structures in our cities. In the world's great capitals, they preserve their buildings and monuments, many of which are hundreds or even thousands of years old. Here in the Philippines, we tear them down to be replaced by mega-malls.

To our forebears, history and heritage mattered. To them, knowing where you came from helped you understand who you are. It grounded you, provided you roots and a sense of belonging.

With Google now easily at our fingertips, ignorance of the past is not because of a lack of information, but because of a lack of interest. Or perhaps indifference. Or even intimidation, because knowledge of history and heritage is often considered the territory of experts and geeks. Nothing could be further than the truth. History and heritage are compelling enough that many social register A-listers have embraced it as an advocacy, making it classy and newsworthy. Think Jacqueline Onassis, E.M. Forster, Stephen Fry, and Charles, Prince of Wales.

Indeed, the past is not about being outdated. No, far from it; in fact, scholars have said that our view of the past shapes how we view the present, and how we prepare for the future. So how do you make history and heritage interesting and relevant? Try these 4R's for as a start.

READ

Knowledge is power, and learning never stops. These are truisms that hold true, even in the everyday workplace. Because to stop learning means to stagnate and to stop growing. From the moment I opened my first encyclopedia at home as a young kid, my cravings for knowledge have been sated by



MORE THAN JUST WARS Many of us know about the different wars in Philippine history, but our country's history is more than just about these conflicts.

reading. I have been hooked on history and heritage ever since.

To illustrate: my own understanding and appreciation of Philippine history was not only informed by reading Gregorio Zaide textbooks in school, but by spending time in

ums, art galleries, even theaters! Soak it all up. Once you absorb it, it becomes part of you.

RELATE

You can get information about the past not only through books, but through people. In fact, history

are, they become more generous and open with their time and their resources.

And the best way to relate to other people is to speak their language. Literally and figuratively. The National Commission on Culture and the Arts has established, with the help of ethnologists and linguists, that there are about 133 indigenous languages in the Philippines, 13 of which languages—Cebuano, Tagalog, Ilokano, Hiligaynon (Ilonggo), Waray, Kapampangan, Bicol, Albay, Pangasinan, Maranao, Maguindanao, Kiniray-a, and Tausug—have more than one million speakers. And there are hundreds more dialects found all over the archipelago, some with variations occurring between towns on the same island. Not too many Filipinos realize it, but they are already multi-lingual.

For example, if their families originated from the island of Panay, they may also speak Hiligaynon and Kiniray-a aside from Tagalog. Add to that English and Spanish, and they can readily study source materials in the original languages if they wanted to!

REVEL

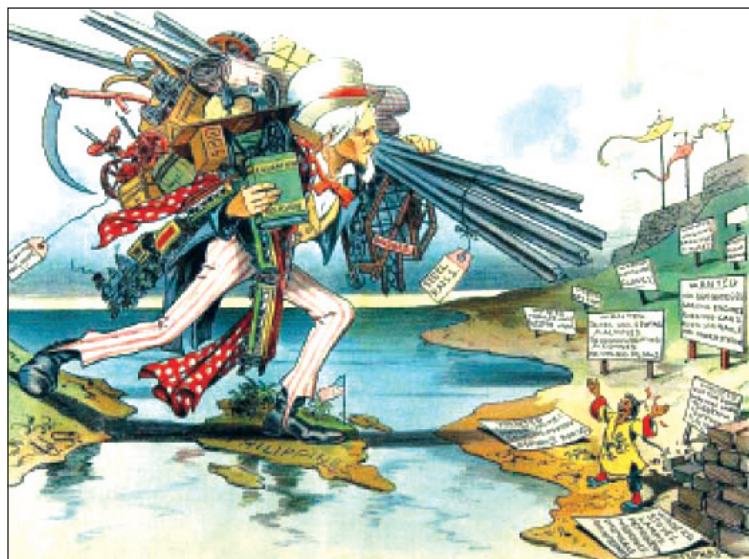
Get out of your comfort zone. Go places. Party, if you must. The best

way to learn about history and heritage is to go where it was made. It is sad to note that many Filipinos know more about the ins-and-outs of San Francisco or New York than Manila itself. A walking tour of Intramuros or Vigan or Cebu or Iloilo can leave you with a different perspective of the place and its people. Even something simple like taking the public transport, where you can observe, listen, and experience how the local people get around, can give you valuable insights to their worldviews and way of life.

Interested in Philippine architecture? Regional cuisine? Tribal fabrics and designs? Meeting and interacting with like-minded aficionados can provide you with the connections to organizations and experts. You will find out that they are more than happy to welcome others into their fold. They usually have regular get-togethers where you can meet new friends, share information, and be updated with the latest news.

REJOICE.

Lastly, be proud of your history and heritage. You are a Filipino! Celebrate yourself. The more you are comfortable in your own skin,



LONG-TIME COLONY: An editorial cartoon showing the Philippines as a bridge to China for the US.

the library reading essays of Nick Joaquin, books by Leon Ma. Guerrero, and the newspaper columns of Ambeth Ocampo, among many others. It is always a good idea to get many views to a topic. The more you know about a topic, the more you can ask the right questions.

With the Internet, access to information is almost instant. But nothing still beats going through the pages of a hardbound book. Or going to other repositories of culture and knowledge like muse-

and heritage become alive when told through the witness and experience of people. Start with your own family history. Little-known stories as told by the old-timers offer so many anecdotes that are priceless references to the character of relatives long dead. Instances like this show that history and heritage begin at the personal level. In the provinces, people usually get to "know" you by asking your surname, who your parents and grandparents are, who your relatives are. Once they are satisfied that they "know" who you



A map of the Philippines from the Spanish times.

the more you become sensitive to the environment around you. And you will find that you will begin to value and appreciate history and heritage not just as a topic, hobby, or advocacy. At the end of the day, history matters because you are part of it, and what you do—no matter how big or small—becomes your legacy for the future, adding in a shared heritage of family, community, and nation.

Chest Pressure



BY GABRIEL ORTIGOZA, PHD

While I was doing my routine workout on 06 April 2019 at 1700, to get rid of the jet lag from my recent trip to the Philippines with 14 hours straight flight on 26 March and from the Philippines back to California via San Francisco on 04 April with 11 hours straight flight, I felt chest pressure at the end of first cycle. It comes with burning sensation and I was nauseous. These symptoms have been on and off for about 6 months.

At 2000 I decided to go to Emergency Department (ED). My eldest son, Gamiel, drove me to Kaiser ED with my wife Gemma and youngest son, Gamaliel, accompanying.

Vital signs were taken and 12 Leads EKG was ordered. The EKG revealed Anterior Acute Infarct.

Chest X Ray was taken. Repeat 12 leads EKG revealed the same. Labs to include troponin I, CBC, and Chem7 were also drawn. My serum potassium was down to 2.8 (normal level is between 3.5 to 5.1). Potassium liquid 20 mEq x 2 were given to me. This potassium liquid taste nasty. It's like a rotten liquor. My serum creatinine was up to 1.9 (normal level is between 0.6 to 1.2 mg/dL). I was dehy-



drated. Trops x2 were normal at 0.03. Aspirin 325 mg tab x 1 was given to me.

ED doctor was concerned of my EKG result so he spoke with Interventional cardiologist. The heart specialist told him not to rush with angiogram but recommended stress test the following morning, Sunday, 07 April 2019.

At about 0600, 3rd EKG was taken and revealed the same with anterior acute infarct. ED doc again consulted with cardiologist who recommended not only regular stress test but stress thallium at

nuclear medicine.

MD ordered Lactated Ringer solution 1 liter to be given intravenous bolus. Another laboratory blood draw was done. My serum potassium remained the same at 2.8. There was no improvement even after I took that nasty tasting potassium liquid. My serum creatinine was down to 1.6. 3rd Trop was 0.02. Potassium liquid 40 mEq oral was again given to me.

At 1000, Potassium 10 mEq IV with lidocaine x 4 bags were transfused via my left AC 20

gauge PIV. This K IV infusion burns even if it was mixed with lidocaine.

At 1030, I was transported by ED Tech to nuclear medicine for my stress test. Nuclear scan supine position was done first. The scan lasted 9 minutes. It was followed by stress test on treadmill with cardiologist Dr. Dinh and ED doctor Chandra present together with EKG technician and nuclear medicine technologist. Treadmill HR max goal was 176, I reached 184 with BP of 226/94. No symptoms of chest pain or SOB.

While double pacing on treadmill I Spoke with the cardiologist regarding my concern on high BP. MD mentioned during our conversation that magnesium tablet is a new medication to treat hypertension. Isosorbide mononitrate ER 30 mg tab extended release (generic for Imdur) was ordered by cardiologist in addition to my BP meds which include Amlodipine 10 mg daily and hydrochlorothiazide 25 mg daily with potassium 20 mEq tabs daily.

At the peak of my treadmill stress test, an IV medication to raise further my HR was injected by nuclear technologist via my left AC PIV.

Nuclear scan prone position was

done after treadmill.

The nuclear stress test lasted 2 hours at 1230. I was wheeled back to room 23 at ED. The remaining half bag of 1st K rider was infused.

I was then transferred to CDA bed 8 to complete 2nd, 3rd, and 4th K series. I am resting comfortably on a real bed at CDA, unlike a gurney at room 23.

At about 1500, ED doc came with good news. My nuclear stress test revealed normal. Miraculously the acute anterior infarct that was seen three times on my 12-lead EKG was gone. Thanks be to God my healer.

Discharge plans on Chest Pain and low potassium were discussed by MD. The chest pressure was probably caused by my hypertension. Imdur ordered with warning on possible side effects. Lab draw after one week to check my K was also ordered. My PCP to call me post ED visit.

My PIV was removed by my RN. Cardiac monitor and Continuous Pulse Ox were disconnected. Discharge papers with work note printed, explained and given to me.

I called my wife Gemma to come and pick me up. She came with my son Gamiel. From ED I dropped by KP Pharmacy to pick up my Rx. Gamiel drove us home.

Lasang Pinoy

Ingredients

Lumpia Wrappers
½ head cabbage, chopped
100g green beans, chopped
1-2 sweet potato, chopped
1 large Jicama, chopped
100g bean sprouts [togue]
1 carrot, chopped
100g pork, minced
100 shrimp, minced
2 tbsp cooking oil
1 onion chopped
2 cloves garlic, minced
salt and pepper
10 pcs native lettuce leaves

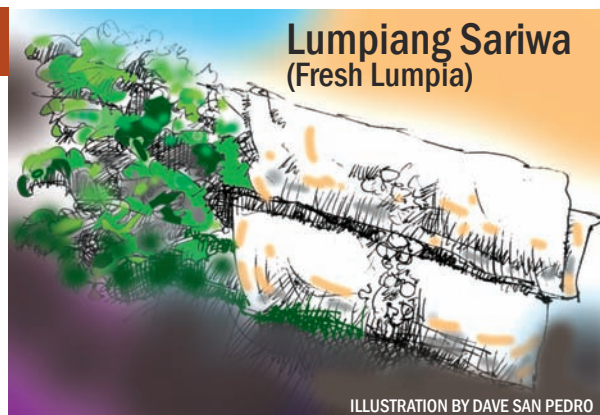
♥ for the sauce

2 cups water
3 tbsp soy sauce
3 tbsp sugar
1 tbsp cornstarch
4 tbsp ground peanuts
4 tbsp garlic, minced

Directions

Fry sweet potato until golden brown and set aside.

In the same pan, sauté garlic and onion



Lumpiang Sariwa
(Fresh Lumpia)

ILLUSTRATION BY DAVE SAN PEDRO

until it becomes translucent.

Add pork and shrimp and fry until cooked.

Add all the vegetables and season with salt and pepper.

The water content of the vegetable should be enough to cook them but if the vegetable is a little dry, you can 1-2 tbsp of water.

Cook until vegetable are done. Constantly stir vegetables to prevent them from burning.

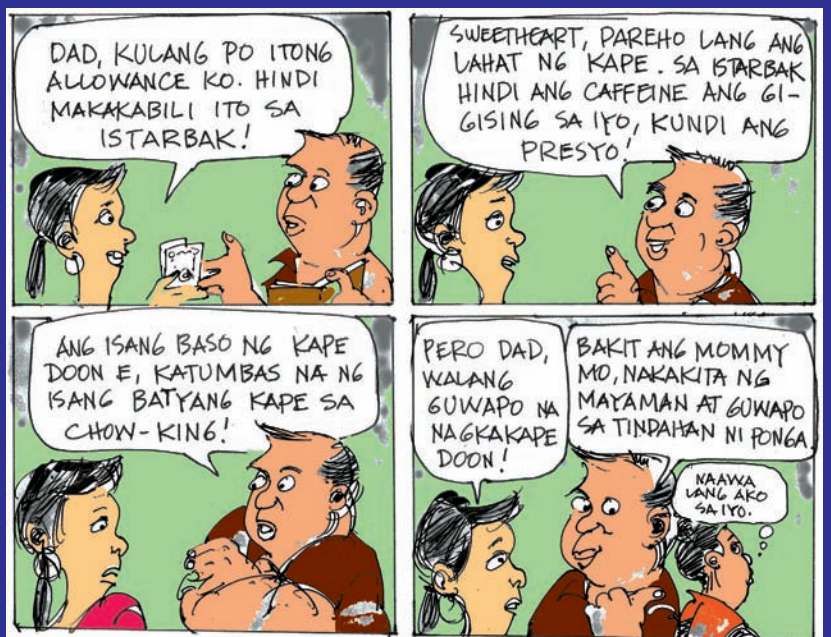
For the sauce: Boil water, sugar and soy sauce.

Stir cornstarch in 1 tbsp water and pour in the sauce. Wait for it to boil, to thicken the sauce

To serve: Put 1 native lettuce leaf and 3-4 tbsp of vegetable at the center of each wrapper and roll.

Top each Lumpia with 3 tbsp of sauce, ground peanuts and freshly minced garlic.

Pinoy Kasi Komiks by Dave San Pedro



Pacquiao, Thurman face to face

BY ABAC CORDERO

Filipino boxing icon Manny Pacquiao and fellow WBA welterweight champion Keith Thurman, scheduled to lock horns on July 20, will have enough time to get to know each other.

The two fighters are currently in New York for a photo shoot scheduled Monday (today in Manila) and the kick-off leg of a whirlwind two-city press tour Tuesday at the Gotham Hall of the Big Apple.

Then on Wednesday, they will face members of the press at the iconic Beverly Hills Hotel in Beverly Hills, California.

Pacquiao, the senator, will board the evening flight back to Manila to try and catch the Senate sessions, which resumed yesterday.

While in New York and Los Angeles, Pacquiao, the WBA “regular” champion, and Thurman, the WBA “super” champion at 147 points, will sell their pay-per-view bout.

The venue has yet to be decided although Las Vegas, boxing’s capital, remains as the most logical choice.



Manny Pacquiao

Pacquiao flew out of Manila Sunday evening, joined by his Filipino trainer, Buboy Fernandez, and just a handful companions. They landed at the JFK International Airport after 16 hours.

The 40-year-old Filipino was mobbed at the airport, mostly by Filipino fans, an indication that he remains a hot commodity in the sport that hasn’t lost its appetite for big fights.

Pacquiao is at the final bend of his long and colorful career, and at his age, is just trying to stretch his years inside the ring, and prove that he remains in the elite circle.

Both boxers are coming off big wins last January – Pacquiao over Adrien

Broner and Thurman over Joselito Lopez.

The victory over Broner was a big followup to Pacquiao’s seventh-round knockout win over Argentina’s Lucas Matthyse in Kuala Lumpur on July 15, 2018. It was Pacquiao’s first KO win in nine years.

Thurman is 10 years younger, and remains undefeated with 29 wins and 22 knockouts. Observers say that the native of Clearwater in Florida has never been in the ring with a fighter of Pacquiao’s caliber.

In the next few days, they will spend time under one roof.

It’s time to size each other up.

Super Bowl of Boxing

BY JOAQUIN HENSON

International matchmaker Sean Gibbons yesterday called it the “Super Bowl of Boxing” and predicted the unification showdown between “super” WBA welterweight champion Keith Thurman and “regular” WBA titleholder Manny Pacquiao in Las Vegas on July 20 will deliver “amazing” hits on Fox Sports pay-per-view.



WBA welterweight champion Keith Thurman

“The fight will crank out big numbers on Fox Sports pay-per-view,” said Gibbons. “This is the Super Bowl of Boxing. It’s a huge fight on July 20. The Senator is hot right now, just peaking. The all-time great won’t lose to Thurman.”

Gibbons said Thurman’s body and chin are “a little suspect” and if the Florida fighter nicknamed “One Time” comes to fight and not run, it could be lights out. “There’s a good chance the Senator stops Thurman if he doesn’t run like a thief in the night,” said Gibbons. “The Senator’s body shots

are a killer.”

Gibbons said Thurman has never been in the ring with an opponent like Pacquiao. “They’ve never seen the Senator like he is now,” he continued. “Like Mike Tyson said, everyone has a plan until they get hit in the mouth.”

If Pacquiao knocks out Thurman, Gibbons said it would be sensational. But whether Pacquiao wins by stoppage or decision, Gibbons said it will be a monumental result considering his legendary con-

temporaries are no longer active. “Just look at all the greats whom the Senator fought,” he noted. “They’ve all retired. The Senator is the last man standing. Marco Antonio Barrera, Erik Morales, Juan Manuel Marquez, Ricky Hatton, Antonio Margarito, Miguel Cotto, Tim Bradley, Sugar Shane Mosley, Oscar dela Hoya and even Floyd Mayweather Jr. – they’re all gone. The Senator is still out there fighting. That’s an unbelievable accomplishment.”

Nadine wins big in this year’s MYX Music Awards

BY KANE ERROL CHOA

A night of celebrating local breakthrough acts, highlighted with the most memorable songs of the ‘90s from OPM legacy band Rivermaya, made the MYX Music Awards 2019 the best ever yet, capped with Kapamilya star Nadine Lustre emerging as the most triumphant with four wins in the much-awaited event.

Nadine took home Artist of the Year, Female Artist of the Year, Media Soundtrack of the Year for Prom with James Reid, and Music Video of the Year for her single St4y Up, directed by Petersen Vargas.

This year’s MYX Magna awardee, Rivermaya, was given a heartwarming performance tribute, reliving the legacy of its past and present members and remembering the band’s contributions to the music scene for the last 25 years.

Guest performers Jolina Magdangal, Jona, Julie Anne San Jose, Juris, Maysh Baay and Moira dela Torre sang Rivermaya’s biggest hits — 214, Awit ng Kabataan, Elesi, Himala, Liwanag sa Dilim and Ulan.

Rock band Juan Karlos, led by frontman JK Labajo, also won big after winning the highly-coveted Song Of The Year award for the song Buwan.

Star Music artist Moira, meanwhile, won Collaboration of the Year for Kung ‘Di Rin Lang Ikaw with December Avenue and Mellow Video of the Year for her hit song Tagpuan.

BoybandPH is Group of the Year

Darren Espanto and I Belong to the Zoo also nabbed two awards each — Darren



Artist of the Year Nadine Lustre with James Reid

with Male Artist of the Year and Remake of the Year for Dying Inside to Hold You, and I Belong to the Zoo and MYX Bandarito Performance of the Year.

classic love songs Beautiful Girl by Jose Mari Chan and Naaalala Ka and Maging Sino Ka Man by Rey Valera.



BoybandPH.

The celebration began with a grand musical act by KZ Tandingan and Acapellago. The awards night also featured special numbers from Janella Salvador who performed her new track Take It Easy, Ben & Ben, Moira and husband Jason Hernandez, St. Wolf, This Band and Unique.

I Belong to the Zoo, winner of the Year and MYX Bandarito Performance of the Year

This year, MYX partnered with Spotify to present the Most Streamed Local Artist award to Moira based on the streaming service’s 2018 Wrapped data. The Idol Philippines judge, also Spotify’s most streamed female artist for 2018 in the country, warmly received the inaugural award.

Moira and Ben&Ben also surprised the audience with a special Spotify Jams session live at the MYX Mu-

Other awardees were BoybandPH for Group of the Year, IV of Spades with Rock Video of the Year, Shanti Dope with Urban Video of the Year, Maris Racal for Music Video Guest Appearance of the Year (for Inigo Pascual’s Lumang Tugtugin), and AC Bonifacio as MYX

Celebrity VJ of the Year. Fake Love by BTS is this year’s International Video of the Year.

Daniel Padilla and Kathryn Bernardo, Barbie Imperial,



Guest performer Janella Salvador

Paulo Angeles, PBB Otso’s Andre Brouillette, Lou Yanong, Fumiya Sankai and Yamyam Gucong, Kristel Fulgar, Ria Atayde, Jake Cuenca, CK Kieron and Vivoree Esclito were some of the award presenters.

The ‘90s-themed gathering of today’s hottest musicians, held at the ABS-CBN Vertis Tent, was hosted by the MYX Squad — VJs Ai dela Cruz, Inigo, Robi Domingo, Samm Alvero, Sharlene San Pedro and Sunny Kim.

'John Wick 3' bags top box office spot on opening weekend, beats 'Avengers'

AGENCE FRANCE-PRESSE

On its North American box office debut, 'John Wick 3' rakes in big with \$57 million, kicking 'Avengers' from top spot on its 4th weekend



John Wick 3' opens strongly on its opening weekend with \$57 million.

Avengers: Endgame finally yielded the top spot at the North American box office this weekend to the latest John Wick action film, but the Marvel Studios/Disney blockbuster edged closer to historic status as the all-time number one grossing film.

Avengers took in a domestic total of \$30 million in its 4th weekend out, industry watcher Exhibitor Relations said Monday, May 20, bringing its worldwide total to \$2.62 billion, just shy of the \$2.79 billion Avatar earned in 2009.

But in North America, it fell well behind Lionsgate's new John Wick: Chapter 3 - Parabellum, which posted a strong \$57 million for its opening 3-day weekend.

The 3rd John Wick movie again stars Keanu Reeves as a retired hitman, this time being chased by an army of killers after a \$14 million contract is put on his head. The film also stars Halle Berry, Laurence Fishburne, Ian McShane and Anjelica Huston.

In 3rd, down one spot from last weekend, was Warner Bros.' family-friendly Pokemon: Detective Pikachu, at \$25.1 million. Based on a Nintendo video game and subsequent anime series, it has the animated title character (voiced by Ryan Reynolds) teaming up with a young boy (Justice Smith, in a live-action role) to seek the boy's missing father.

A Dog's Journey from Universal placed 4th, at \$8.1 million.

Based on a novel of the same name, it stars Dennis Quaid and Josh Gad in the story of a dog that is repeatedly reincarnated, each time to protect someone close to it - a plot device that works for some animal lovers but which critics have called "emotionally manipulative" and "insufferable."

The movie is a follow-up to 2017's A Dog's Purpose.

In 5th was The Hustle from United Artists, at \$6.1 million. The female-driven revamp of Dirty Rotten Scoundrels stars Rebel Wilson and Anne Hathaway as two con-women trying to scam an internet millionaire.

Rounding out the weekend's top 10 were:

- The Intruder (\$4 million)
- Long Shot (\$3.3 million)
- The Sun Is Also a Star (\$2.5 million)
- Poms (\$2.2 million)
- UglyDolls (\$1.8 million)

'John Wick 4' confirmed for 2021

'John Wick' didn't just enjoy a successful debut weekend - he's also getting another movie!

The action-packed John Wick franchise is thriving in its box office success. And already, they're gearing up for a 4th film.

The announcement follows John Wick: Chapter 3 Parabellum's box office debut success on Monday, May 20.

On the same day, Lionsgate studios announced that John Wick 4 is slated for a May 21, 2021 release.

According to Variety, fans got wind of the news via a mysterious text message from the studio, saying, "You have served. You will be of service. John Wick: Chapter 4 is coming - May 21, 2021."

John Wick 3 has lead star Keanu Reeves play an ex-hitman who is suddenly caught in an adrenaline-fueled, cat-and-mouse

chase after killing a member of an assassin's guild. The film also stars Halle Berry, Laurence Fishburne, Ian McShane and Anjelica Huston.

Lionsgate revealed no other details on the upcoming 4th film.

The Reeves-led action trilogy has been around for more than 5 years, starting with the original John Wick in 2014 which debuted at almost \$90 million, and John Wick: Chapter Two in 2017, which earned \$172 million in total.

According to Polygon, John Wick 3 has already brought in \$93 million worldwide as of May 20.



PERSONAL INJURY and IMMIGRATION

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10-10:30am	Welcome
10:30-11am	Morning Exercise / Yoga
11-11:30am	Wellness Presentation
11:30-12pm	Q&A with Healthcare Professionals
12-12:30pm	Break + Performance
12:30-1pm	Raffle
1-1:30pm	Zumba Class
1:30-2pm	Closing Remarks

Local organizations and health booths will be available entire time.

Guest Speakers

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Dr. Shaun Rafael, DO	Dr. Joseph Lin, MD
Michelle Schnack LMFT	

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