



PHILIPPINE Fiesta

A Division of Five D's Arts, LLC

Volume 19 No. 2 July 2021



P2 Rethinking Pinoy Pride

P8 Little Manila Perseveres

Legal arguments raised vs Duterte's fancied VP run

BY NESTOR CORRALES

Legal luminaries Christian Monsod and Rene Saguisag said on Thursday that President Duterte could not seek the vice presidency in the 2022 national elections and may face legal obstacles if he decides to push through with his plan.

One of the framers of the 1987 Constitution, Monsod cited Article VII, Section 4 of the Charter clearly stating that a president is not eligible for any reelection.

He said Mr. Duterte would only be using the vice presidency as a "backdoor" for another presidential term.

"It is clear that it is just a plan to go through the backdoor and to circumvent the constitutional provision that bans him from occupying the Office of the President again," Monsod said in a



President Rodrigo Roa Duterte

phone interview.

In an email interview, Saguisag, a former senator and a longtime human rights lawyer, said Mr. Duterte's possible run for vice president was "a patent circumvention."

"A wise maxim from time out of mind is that one may not do indirectly what he cannot do directly. The President knows he cannot run again, so

the obvious unconstitutional circumvention," Saguisag said.

Never again

Monsod, a former chair of the Commission on Elections (Comelec), said Mr. Duterte could only occupy the presidential office for a maximum of six years and could "never be presi-

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Duterte-Duterte tandem in 2022 'possible,' says Roque

BY AGRYLL CYRUS GEDUCOS

Presidential Spokesman Harry Roque did not discount that two Dutertes running together for the two highest positions in government was going to happen, saying this was still in the realm of possibility.

Roque made the statement after Davao City Mayor Sara Duterte-Carpio said she was now open to running for president in the 2022 elections.

Meanwhile, her father, President Duterte, said he was seriously considering running for vice president.

In his press briefing on Monday, July 12, Roque said the Duterte-Duterte tandem can now happen.

"Sa politika (In politics), anything is possible, nothing is impossible," he said.

In March this year, Malacañang

denied that the Duterte-Duterte tandem for 2022 was floated by the government but said that if



Davao City Mayor Sara Duterte-Carpio and President Duterte

a government official indeed said it, it was most

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Filipino Fiesta 2021 Time for A Reunion



The Filipino Community of Sacramento and Vicinity (FCSV) Filipino Fiesta 2021 committee

BY DALE ESPERANTE

The president of the Fiesta organization, Lilia Rivera, addressed the guests by inviting them to "have this day like a reunion."



Rob Bonta
CA Attorney General

After a year of shielded faces because of the masking requirements to prevent the spread of COVID-19, people are ready for normalcy. The old normal is not 100% back yet, but a steady increase of traffic in business and leisure is a good sign. The Filipino Fiesta this year granted the Filipino Community of Sacramento and Vicinity (FCSV) a taste of more celebratory times to come.

At 10am the Master and Mistress of Ceremonies, Vince Sales and Sarah Enloe, called

upon the Filipino-American Veterans Association (FAVA) flag detail members to advance the colors: President Jess Velasco, Joe Gonzalez, Fortunato Delacruz, Carlos Cordero, and Danny Perez. The national anthems were sung by Beatrice Vale (Star Spangled Banner) and Lorraine De Arco (Lupang Hinirang). President Lilia Rivera made a brief welcome speech ending with the words "reunion and enjoy the day".

The opening remarks by Cynthia Bonta set the stage for more inspiring and uplifting speeches by those who followed her. Dr. Robyn Rodriguez introduced the guest speaker, California Attorney General Rob Bonta. The speech of Rob Bonta was not only inspiring because he is the first ever Attorney General of California but also because of family stories and upbringing, especially guidance he received from his mom, Cynthia Bonta. Mr. Bonta also recalled an image of a No Filipinos Allowed sign in front of a Stockton hotel, the heroic and historic challenges of Larry Itliong and Cesar Chavez, and the changes that were made because of the solidarity movement. Historic accounts we needed to hear these days.

"It ain't over yet" was heard when former May-

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Rethinking 'Pinoy pride'

BY GIDEON LASCO

Whenever there's something linked to the Philippines that makes it to the global stage—whether it's an athlete, a beauty queen, a whiz kid, or a work of art—there's the expected invocation of "Pinoy pride," the declaration that one is "proud to be Pinoy!"

But "Pinoy pride" has also gained notoriety among those who think it is all too often a misplaced search for relevance. Why highlight the remote Filipino ancestry of some pop star, or feature the Filipino maid of some sporting superstar? Why allow foreign entities—from platforms like Netflix to media outlets like Time magazine—to serve as a source of validation for our accomplishments? And why the need to land in the Guinness Book of World Records for things like "World's Largest Fish Display" or the "Most people brushing their teeth simultaneously"?

Both sentiments, I think, are understandable.

People's notions of "Pinoy pride," after all, often stem from a long history of Pinoy humiliation; of being told we were second class; of being patronized and infantilized, alongside being exploited and held back to such an extent that our inferiority seemed natural. Held in the light of this symbolic violence, people have looked at international validation as a way to affirm their sense of national worth. Just as Juan Luna's medals for Cleopatra and Spoliarium gave pride to the ilustrados in the 1880s, Manny Pacquiao's boxing victories and life story continue to resonate with many Filipinos today.

It's also worth adding that the discourse of na-



tional pride is not unique to the Philippines. Here in Mexico, for instance, numerous articles have been written about why the people should be "orgulloso de ser mexicano" (proud to be Mexican), and the Mexican connection is always highlighted in global sports and other domains. And if pursuing Guinness records sounds trivial, we must bear in mind that it's done all over the world; in fact, the "Most people brushing their teeth simultaneously" record, attempted by Filipinos in 2007, is currently held by India, with 26,382 people brushing their teeth simultaneously in 2019.

Even so, the discomfort is understandable for various reasons, chief of which is the argument that, by accepting Pinoy pride, we reinforce the power of others to validate us, unwittingly perpetuating our marginality. Do we really need a foreign vlogger or magazine to tell us how beautiful our beaches are? Or some international chef to tell us that our lechon is "the best pig ever"? I think there is a point to be made that all too often foreign provenance is uncritically held up as an achievement, as if just because something is "international" means that it's prestigious.

This is especially because this "foreign validation" is exploited by unscrupulous entities, such as those who extract huge fees for children and adults alike to participate in some international event, or get some foreign "certificate." And because, in turn, the resentment for this "foreign validation" is then capitalized on by racists

who insist on a narrow definition of what constitutes "Filipino"—as well as by populists like Duterte who proclaim that "I don't care about what other countries think," as when we are ranked poorly in our COVID-19 response.

But can we appreciate what others think of us without placing undue importance to it, without feeling insecure about what it means? And can we welcome connections—genetic, ethnic, historic, or otherwise—with others without relying on those connections to give us a sense of identity and worth? Perhaps the problem is not with "Pinoy pride" per se, but how it often involves looking at ourselves from the eyes of others, and forcing a choice between their gaze and others. Can it not be both?

I don't really have an answer to what constitutes "Pinoy pride," but what I know is that there is no need to invent reasons for it, other than those that already exist. In the 1980s, school textbooks trumpeted fake "achievements" like Filipinos inventing the fluorescent lamp or moon buggy in a bid to prop up this "pride." In fact, we have always been relevant, both in our own terms and in relation to what others have achieved.

From the Austronesian sailors who navigated the oceans to the athletes who will represent us this month in the Tokyo Olympics, there's so much to be proud of in our nation—especially if we are willing to expand our vision of nationhood.

Vaccinations Prevent Nearly All COVID-19 Related Hospitalizations and Deaths, New Data Shows

Out of over 20 million fully vaccinated Californians, only 0.003% contracted COVID-19 and required hospitalization

Sacramento – Today, the California Department of Public Health (CDPH) is reminding unvaccinated Californians that the COVID-19 vaccine is safe, free and provides excellent protection from severe COVID-19 illness, hospitalization and death. Out of over 20 million vaccinated individuals, only 0.003% (584 people) contracted COVID-19 and required hospitalization. The data and science clearly demonstrate vaccines are highly effective at preventing serious illness and death from COVID-19, including the Delta variant.

"As a father and pediatrician, I urge all eligible Californians to get vaccinated to not only protect themselves, but the children in their lives and in their communities who are not able to get vaccinated," said Dr. Mark Ghaly, California Health and Human Services Secretary. "The data is clear: nearly all new COVID-19 hospitalizations and

deaths are preventable. The vaccines work and they protect us."

The risk for COVID-19 exposure and infection continues as a number of Californians remain unvaccinated. With the emergence of the more transmissible Delta variant, there is a renewed urgency to get all eligible Californians vaccinated as quickly as possible and complete their two-dose vaccination process if they are receiving Pfizer or Moderna.

"We are closely monitoring the spread of COVID-19 and its variants across our state. COVID-19 has not gone away. If you are not vaccinated, you are still at risk," said Dr. Tomás Aragón, CDPH Director and State Public Health Officer. "Currently, the Delta variant accounts for approximately 36 percent of cases sampled in California, and we expect this to rise. The most important thing we can do to stop the spread of COVID-19, and the variants, is ensure everyone who is eligible gets vaccinated."

While overall COVID-19 metrics are near an all-time low, California has always prepared for a slight increase in cases and hospitalizations post-reopening. There is no anticipation of any threat to the state's healthcare system capacity. There are enough people vaccinated against COVID-19 that the system is not at risk of being overwhelmed if cases increase. CDPH will continue to update point in time data on post vaccination cases and outcomes while monitoring vaccination and COVID-19 infection rates.

Californians who have not been vaccinated yet are encouraged to go to myturn.ca.gov or call (833) 422-4255 to schedule their appointment or go to myturn.ca.gov/clinic to find a walk-in clinic in their county.

More information on vaccines can be found at the state's vaccine resource page: Vaccines - Coronavirus COVID-19 Response (ca.gov).

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Editor's Note

As businesses and other local activities have opened up and the wearing of masks have become optional, our community events are also amazingly happening! After more than a year-long uncertainties into the future with the pandemic, things are starting to look bright and promising again.

Although, we should keep in mind that a big percentage of the population are still choosing not to receive the COVID vaccines. By that, we should remain cautious and careful and still do what we know, that can protect us and everyone from getting ill.

In the same token, the CDPH, in its press release, is appealing to the public to do our part to get everyone fully vaccinated.

Congratulations to the organizers of a very successful 2021 Sacramento Filipino Fiesta celebrations and to all the recipients of Health Care Heroes Award.

Our next issue of PF News is October 2021.

In faith with you all,
Dinnah San Pedro

Legal arguments raised vs Duterte's fancied VP run

From page 1

dent" again. He explained that "the vice president is a mandatory line of succession" and Mr. Duterte could not run for the second highest political position in the country because he would assume the presidency if anything happens to the elected president.

"They say it is not prohibited [for a president] to run for vice president. But think of it this way: The meaning of the provision that he cannot run for any reelection means that the other side of the coin is that he can only occupy a presidential office for a maximum of six years because that is the term of a president," Monsod said, adding: "He can never be president [again]. So that means you can interpret that provision as a prohibition for him holding the office beyond six years."

According to Monsod, it is "clear" that the plan of Mr. Duterte and his allies is "for him to occupy his office again through the backdoor because he cannot run for president again."

Monsod also questioned the proposal of Mr. Duterte's allies in the ruling Partido Demokratiko Pilipino-Lakas ng Bayan (PDP-Laban) that he could choose the party's standard-bearer for 2022.

"So it tells you what the plan is," Monsod said, adding that it was "a very smart" move by Mr. Duterte and his party mates.

At the meeting of PDP-Laban on Tuesday, the President seemed to endorse Sen. Bong Go as a presidential candidate, saying that his longtime aide was "ready any time."

His daughter, Davao City Mayor Sara Duterte, is also being floated as his running mate for next year.

But Monsod said that would be a violation of the antidynasty principle in the Constitution.

No way

Saguisag agreed that Mr. Duterte could not run for vice president in next year's elections.

"Under Section 4, Article VII of the [Constitution], no veep who succeeds as prez for more than four years shall be qualified to run as prez, showing a bias against long serving presidents," Saguisag said.

"In the case at hand, a prez who is 77 or older and takes Fentanyl should really be resting," he said.

At the PDP-Laban meeting, the President said he was "somewhat sold" on

the prospect of running for the No. 2 post, an idea formalized by his party mates in a resolution in May.

In June, Sen. Richard Gordon also said Mr. Duterte could not run for vice president next year.

The intent of the Constitution [is], once you're president, that's it, that's the ultimate role you can play. Otherwise, people will be flouting the Constitution," Gordon said.

Case in order

Both Monsod and Saguisag said a case may be filed at the Comelec if Mr. Duterte files a certificate of candidacy (COC) for vice president in October.

"Some citizen, lawyer, or lawyers' group may file a case testing the issue," Saguisag said. "And, or but, the [Constitution] is what the Supreme Court says it is."

Monsod also expressed the belief that there would be individuals or groups who would question Mr. Duterte's move at the Comelec if he files his COC as vice president.

"If nobody files, maybe I will do the filing. But I expect that there would be people who are going to file [a complaint]," Monsod said. "If nobody files, maybe I will file myself."

China says it 'drove away' US warship on anniversary of tribunal ruling



U.S. Navy destroyer USS Benfold. The Benfold is deployed with the aircraft carrier USS Nimitz battle group under the U.S. Navy's Fifth Fleet.

BY REUTERS

China's military said it "drove away" a U.S. warship that illegally entered Chinese waters near the Paracel Islands on Monday, the anniversary of an international court ruling that held Beijing had no claim over the South China Sea.

The USS Benfold entered the waters without China's approval, seriously violating its sovereignty and undermining the stability of the South China Sea, the southern theater command of the People's Liberation Army said.

"We urge the United States to immediately stop such provocative actions," it said in a statement.

On July 12, 2016, the Permanent Court of Arbitration in the Hague ruled that China had no historic title over the South China Sea, a ruling that China said it would ignore.

The Benfold asserted navigational rights and freedoms in the vicinity of the Paracel Islands consistent with international law, the U.S. Navy said in a statement on Monday.

The islands are claimed by China, Taiwan and Vietnam, which require either permission or advance notification before a military vessel passes through.

"Under international law as reflected in the Law of the Sea Convention, the ships of all states, including their warships, enjoy the right of innocent passage through the territorial sea," the U.S. Navy added.

"By engaging in innocent passage without giving prior notification to or asking permission from any of the claimants, the United States

challenged these unlawful restrictions imposed by China, Taiwan and Vietnam."

Hundreds of other islands, reefs and atolls in the resource-rich waterway are contested by Brunei, China, Malaysia and the Philippines, with China claiming rights to resources within its so-called nine-dash line, or most of the region.

"By conducting this operation, the United States demonstrated that these waters are beyond what China can lawfully claim as its territorial sea, and that China's claimed straight baselines around the Paracel Islands are inconsistent with international law," the U.S. Navy said.

In its 2016 ruling, the Hague court also said China had interfered with traditional Philippine fishing rights at Scarborough Shoal and breached the country's sovereign rights by exploring for oil and gas near the Reed Bank.

Freedom of the seas was an "enduring" interest of all nations, U.S. Secretary of State Antony Blinken said on Sunday.

"Nowhere is the rules-based maritime order under greater threat than in the South China Sea," Blinken said in a statement.

"The People's Republic of China continues to coerce and intimidate Southeast Asian coastal states, threatening freedom of navigation in this critical global thoroughway."

Duterte-Duterte tandem in 2022 'possible,' says Roque

From page 1

In September last year, Chief Presidential Legal Counsel Salvador Panelo floated the Duterte-Duterte tandem in his "Counterpoint" program aired in State-run channels.

President Duterte once served as the vice mayor of Davao City when his daughter was the mayor from 2010 to 2013.

However, in June this year, Carpio said the Duterte-Duterte tandem was not going to happen, citing her father's reasons for not allowing her to pursue the position.

"It will never happen that merong (there will be a) Duterte-Duterte [tandem]," she told ABS-CBN in an interview.

"Sinabi naman na ni



"Daughterte-Duterte" tandem

PRRD kung ano 'yung mga reasons niya kung bakit ayaw niya ako tumakbong president (President Duterte already stated his reasons why he did not want me to run for president," she added.

President Duterte said he told Carpio not to run, saying the job was not for a woman and that he did

not want her to experience the same things he did.

President Duterte and Mayor Carpio likewise belonged to different parties. Duterte is from PDP-Laban while Carpio has her own Hugpong ng Pagbabago (HNP) party.

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Taal and disaster resilience

It's been only more than a year and the country again faces the potential wrath of a Taal Volcano eruption. The impact of such an event will not be limited to the economy in terms of production losses, but also in the dislocation of hundreds of thousands of people who continue to live around the active volcano.

The economic recession being experienced by the country started in the first quarter of 2020 when gross domestic product (GDP) shrank as Taal's eruption disrupted production at nearby industrial zones. The National Economic and Development Authority (Neda) pegged the foregone income across four key industries in the Calabarzon region affected by the volcanic eruption on Jan. 12, 2020, at P4.3 billion.

More than the economic disruption, however, there was the displacement of nearly 400,000 residents around the volcano. Neda said this figure included at least 2,761 sustenance farmers who also depended on Taal Lake for livelihood. Thousands of lost jobs in the tourism and hospitality sector were also noted; the volcano was a major tourist destination, and the eruption forced many establishments around scenic Tagaytay to close shop. The government had to shell out P160 million in livelihood assistance to farmers and fisherfolk affected by the eruption and another P30 million in five-year loans worth P25,000 each.

The impact of the volcanic eruption may seem not that big when ranged against the whole economy. Ernesto Pernia, then socioeconomic planning secretary and head of Neda, noted that imme-



People watch as Taal Volcano erupts in Tagaytay, Cavite

diately after any disaster such as Taal's eruption, a lot of economic activities would ensue in terms of reconstruction and rehabilitation. This, he pointed out, would create jobs and stimulate the local economy again and at least partly compensate for the foregone income.

While this is true, the Taal disaster was yet another reminder that the country needed to invest in disaster resilience and to build back better. Simply rebuilding will make displaced people go back to the same areas and face the same risks from future eruptions, while businesses at risk of disaster are allowed to continue without taking into consideration the special circumstances of their location.

The Asian Development Bank, a major source of development financing for the Philippines, has called on the government to address the need for greater planning and resilience measures against natural disasters. While the local effects of natural disasters are often short-lived, partly because residents temporarily evacuated from the affected areas are allowed to return later, the relatively rapid restoration of economic livelihoods and activity should not be viewed as a sign of disaster resilience. "If nothing further is done except the restoration of activity, returning to these affected areas simply means placing the same populations and assets back in the path of

disasters," the ADB said in a report titled "Disaster Resilience in Asia" released last July 1.

In the case of Taal, an active and unpredictable volcano, there is a need to invest more in disaster risk reduction, ecosystem management, land-use planning, and supply chain management to avoid disruptions in the delivery of goods to and from areas within the volcano's reach. In a television interview tackling Taal's recent restlessness, director Renato Solidum of the Philippine Institute of Volcanology and Seismology (Phivolcs) said a long-term development plan should be made in localities around the volcano to prevent the regular evacuation of residents whenever Taal acted up. Essentially, he said a development plan should be considered where livelihoods could still exist very close to the volcano, or along the lakeshore. However, major economic activities should be placed further out of reach of volcanic eruptions.

The national government should consider such planning an urgent necessity for all areas frequently affected by natural disasters, and not only for Taal. Damage from each natural disaster should have been going down through the years had the country invested in effective and sustained disaster resiliency programs. As Solidum put it, it should

China Just Reportedly Dumped Human Feces in the West Philippine Sea

There's so much shit, it was visible from space.



Chinese ships

BY MARIO ALVARO LIMOS

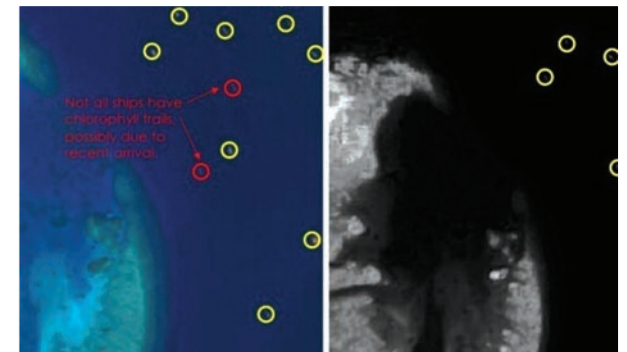
Fish in the reefs in the West Philippine Sea are drowning in human excrement allegedly dumped by Chinese ships. The amount of shit unloaded by the vessels was so massive, it was visible from space.

U.S. think tank Similarity has brought the world's attention to the matter. The company specializes in analyzing satellite imagery. It is the same company that raised the alarm on over 200 Chinese vessels loitering around the West Philippine Sea in late June.

"When the ships don't move, the poop piles up," said Liz Derr, the CEO of Similarity, in an online forum hosted by Stratbase ADR Institute on July 11.

"The sewage from the anchored ships in the

not be a case of "advance and retreat, advance and retreat"—for residents who have to flee disasters in their areas every time and come back to resume their lives without improvements in the protection of their homes and livelihoods, and for businesses whose activities are disrupted and,



Ships (left) and shit

Spratlys is damaging the reefs and we can see this from space," said Derr.

In the following hand-out photos, Similarity compares images of the reefs and the drastic algal growth in the reefs after the Chinese ships dumped sewage into them.

Delifin Lorenzana, defense secretary of the Philippines, issued a statement on July 13 regarding the allegations against Chinese ships. "While we have yet to confirm this waste has reached our waters, such irresponsible acts, if true, would undoubtedly cause grave damage to the ma-

pressed for time to be up again immediately, have to rebuild to the old, unsafe standards. The proper disaster resiliency efforts and initiatives can help stop the vicious cycle in many parts of the country that are always at the mercy of natural calamities.

(*Inquirer.net*)

rine ecology in the region."

According to Derr, there could be immeasurable damage to wildlife because of the dump.

"Coral reef fishes supply a major source of protein for about 85 percent of coastal inhabitants," she said. "The larvae for the fish that inhabit the South China Sea come largely from its coral reefs. The larvae from the Spratly reefs get distributed around the South China Sea by the winter and summer monsoons."

But according to a SCMP report by Raissa Robles, the Department of Defense is still verifying criticisms that Derr allegedly used a 2014 photo of ships in the Great Barrier Reef during her presentation.

"The photo had appeared in Derr's presentation as an illustration of a ship disgoring bilge water above a disclaimer that it was an unknown ship," wrote Robles.

Tulong Anakpawis feeds the poor

PerryScope
By PERRY DIAZ

When hunger hit the poor, the Tulong Anakpawis (Help the Toiling Masses) together with another organization, Sagip Kanayunan (Relief Countryside), went into action. They formed community pantries in the areas that needed the most help. And in each location, they put up the sign, “Magbigay ayon sa kakayahan, kumuha batay sa pangangailangan,” which translates to “Give what you can, get what you need.” Immediately, they were associated with the slogan popularized by Karl Marx, “From each according to his ability, to each according to his needs.” And right away, they were branded “communists” and red-tagged by the National Task Force to End Local Communist Armed Conflict (NTF-ELCAC) as communist fronts. Thus, every community pantry organized in the country became a suspected communist front.

In my column, “Bayanihan in the Maginhawa Community Pantry” (May 7, 2021), I wrote: “It all began on April 14, 2021 when Ana Patricia Non installed the pantry on Maginhawa St. in Teachers’ Village, Diliman, Quezon City. She stocked it with 800 pesos (US\$16.50) worth of groceries.

“Word of mouth spread quickly, which caused donations such as rice, vegetables, eggs, canned goods, biscuits, drinks, medicines, and other essential items to arrive.

“When asked why she founded the community pantry, she said that all she ever wanted was to give the people who have nothing to have at least something to eat to surpass their hunger.”

From that small kitchen that Ana started, hundreds of com-



The Tulong Anakpawis Volunteers

munity pantries sprouted like mushrooms from as far as Cagayan de Oro City in Mindanao, and Pagudpud, Ilocos Norte in the north.

Baseco Compound

The Baseco Compound – a barangay of 60,000 poor people – was one of them. Let’s take a look at a family of nine children and one grandchild. The mother Mona Liza had to grapple with where to get the food to feed her family. It has become a daily struggle for survival.

When the lockdown was imposed, fishing was banned in the sea, which was the lifeline for many Baseco residents who live in Manila’s Port Area.

“We don’t have anything for my children’s food, for our daily expenses,” Mona Liza said. “Sometimes, at night, we don’t have anything to eat, we can only wait for the next day.”

Indeed, if they don’t catch fish, there is nothing to eat. Some families just live on burnt rice and salt with water. Tulong Anakpawis had organized a community pantry to feed the poor in Baseco, but there were never enough to feed them. Many people can only afford to eat once a day.

During the pandemic, the government distributed food par-

cels and provided several cash handouts of 4,000 pesos (\$80) to the poor. But the beneficiaries used that money to pay off their store debts, buy medicine, and cover some of the family’s living expenses. But it’s not enough, so the community pantries have become the families’ only regular form of sustenance.

Tulong Anakpawis

Meanwhile, on April 19, six volunteers of Tulong Anakpawis and Sagip Kanayunan were on their way to distribute relief goods when they were flagged down in a police checkpoint.

The group had the necessary food pass and permits to deliver the relief goods. They wore face masks and observed social distancing. Yet, without explanation, the police ordered the group to proceed to the Norzagaray Municipal Police Station. Several residents who met the volunteers at the checkpoint were also advised to go to the police station.

At around noon, former Anakpawis Rep. Ariel Casilao arrived at the police station to negotiate for the release of the relief volunteers. The police refused to release them and gave no reason for their deten-

tion. After a couple of hours the police chief agreed to turn over the goods to the barangay for distribution to the beneficiaries.

However, after a few minutes, Casilao and the volunteers were called back by the police and were told to proceed to Paombong, Bulacan and later to the Bulacan Provincial Police Office in Malolos City, where they were asked to wait for the police director.

When the police director arrived, he admonished Casilao and shouted at the relief volunteers, and started accusing them of bringing propaganda materials against the government. The police confiscated their Food Pass.

At 5 p.m. the volunteers were ordered back to the Norzagaray Police Station for inquest proceedings and that they would be charged for violating the Enhanced Community Quarantine (ECQ) guidelines on Authorized Persons Outside of Residence. At the police station, the group underwent medical examination and their mugshots were taken. But still no formal charges were made against them and their detention continued.

After three days of detention,

charges of violating the Republic Act 11332 or the Mandatory Reporting of Notifiable Diseases and Health Events of Public Health Concern Act was filed against them. The six volunteers and Casilao were released after posting bail of P40,000 each. Casilao was charged with Inciting to Sedition and Usurpation of Authority.

In a statement sent to the media outlets, Casilao asserted that they did nothing wrong and did not violate the quarantine rules. “It was an attack on activists carrying out humanitarian activities and adhered to the bayanihan spirit in this time of an emergency situation,” Casilao said in his statement.

Meanwhile, Tulong Anakpawis and Sagip Kanayunan said that they would continue to deliver relief aid to communities of farmers, fisherfolk, and urban poor that were hardly hit by the enhanced community quarantine (ECQ).

“It is both the right and duty of every Filipino to aid those in need. The government has no moral authority to sabotage the relief efforts of activists. The delivery of relief packs to the impoverished communities will continue,” Casilao said.

The judge upon hearing the charges against the six volunteers and Casilao, dropped the charge of violating RA11332 saying that it was not an offense of said law. However, the judge did not dismiss the charges of Inciting to Sedition and Usurpation of Authority against Casilao.

What have we learned from these two incidents? What happened to the volunteers is an abuse of power by the police, who instead of helping the volunteers, had harassed them. The Duterte administration should – nay, must – provide assistance to the volunteers to alleviate their sufferings from police bureaucratic tactics. In other words – cut the bureaucracy! It has no place in times of pandemic. For many of these families, the fear of COVID-19 will never compare to the more acute daily threat of hunger. Hunger kills.

(PerryDiaz@gmail.com)



Filipino Fiesta 2021 Time for A Reunion

BY DALE ESPERANTE

Mayor of West Sacramento Christopher Cabaldon spoke about his 24 years' experience as the mayor. Someone else was heard saying, "we want him back!" Yes we do, Mr. Cabaldon. Filipino-Americans represents 40% of the city according to City Councilmember Quirina Orozco, who was still in school when Mr. Cabaldon inspired her to think about entering public service.

Mai Vang of Sacramento City Council District 8 said that although she is of Hmong ethnicity, she is thankful because of the acceptance and support of the Filipino constituency. Eric Guerra of Sacramento District 6 happily declared that there is nothing better than a Fiesta for a Latino like himself. Mr. Guerra expressed profound respect for those who preceded him onstage. Welcome to our Fiesta Mr. Guerra!

Elk Grove Vice Mayor Stephanie Nguyen shared that she is now a five time "ninang." Ms. Nguyen has a long standing relationship with the Filipino community; however, please don't forget Ninang Stephanie that you have to be ready when your five "inaapos" come visiting saying, "Mano po Ninang." Finally SMUD Board Member Dave Tamayo, like Mr. Guerra, emphasized his profound respect for those who preceded him onstage. Welcome back to our stage Mr. Tamayo.

This year's theme is "A Harana Honoring the Filipino Healthcare Heroes." The honorees received their certificates of appreciation and bouquets from Attorney-General Rob Bonta.

The Honorees:

Dr. Stephen Aglubat, MD at Mather VA Hospital – Jonathan Belasco, Occupational Therapist, Eskaton Care Center – Grace Belasco, RN, Sutter Medical Center Sacramento (SMCS) – Perfecto Bravo, ACC Care Center – Abigail Carlos, RN, SMCS – Dr. Marc. Concepcion, MD, River Bend Medical Associates – Manuel G. Dizon, Jr., Respiratory Care Practitioner, UCD Med Cen Children's Hospital – Maria Leonora Erespe, BSN, CMSRN, UCD Med Cen – Dr. Winnie Gandingco, MD, Kaiser Permanente



Christopher Cabaldon



Stephanie Nguyen



Sarah Enloe and Lilia Rivera



Quirina Orozco



Eddie Aducaeyen



Rolly Wagas



Photos by Dave San Pedro



Mai Vang



Dr. Robyn Rodriguez



Eric Guerra



Dave Tamayo



Josie Patria with boys carrying Maraming Salamat placards

So Sac – Aida M. Garucho, RN, Kaiser Permanente So Sac – Lourdes V. Moldre, RN, MSN, UC Davis Health – Melanie S. Nazareno, BSN, RN, ACC Care Center – Dinnah San Pedro, RN, MSN, Kaiser Permanente So Sac – Lynda SooHoo, RN, UC Davis Med Cen – Rachelle Rieta, RN, Kaiser Permanente Roseville – Cecilia Vale, RN, Mercy San Juan Hospital – Liz Valencia, RN, Kaiser Permanente So

Sac – Dr. Crispino Ylanan, MD, Kaiser Permanente So Sac – Nida Zabal, RN, Methodist Hospital

Ms. Josie Patria asked all those onstage to stand fast as she called upon the assistance of two enthusiastic boys carrying the placards. Ms. Josie then asked the audience after her count of three to thank the honorees by boomerily expressing Thank You!

Maraming Salamat!

Awaiting under the refreshing shadow of a huge tree, the Filipino Community of Sacramento and Vicinity members who heard the booming Thank You and Salamat, started delivering catered food trays and bags to the invited guests. The traditional Filipino Fiesta of 2021 became a reunion picnic at the park among old and new friends.

Honoring Filipino American Healthcare Heroes

BY GABRIEL ORTIGOZA

California Attorney General Rob Bonta is the guest of honor and speaker during this year's Filipino Fiesta of Sacramento 2021 honoring Filipino healthcare workers.

Rob Bonta is the first Filipino American attorney general of the state of California. Rob is a politician and a lawyer by profession. He finished his bachelor of arts and law degrees from Yale University. Prior to his appointment as the state's AG, he was elected as assemblyman of California's 18th district. Rob is the first Filipino Assemblyman of California State Assembly.

On 24 March 2021, Rob Bonta was appointed California Attorney General by Governor Gavin Newsom. Rob succeeded Xavier Bacerra as state's AG. Bacerra resigned his position as California AG and was appointed by President Joe Biden as Secretary of Health and Human Services. Rob Bonta's appointment as state's AG was confirmed by California State Assembly on 22 April 2021 and was sworn in on 23 April 2021. Rob is the second Asian American to serve as California Attorney General. The first Asian American to occupy the position was Kamala Harris, who is now the Vice President of the United States of America. Bonta's political future is bright.

In his speech during the Filipino Fiesta 2021, Rob talked about the history of Filipino struggles and successes in the United States particularly in California.

Rob mentioned that he still keep in his office wall a framed

old photo he got which states, "Positively No Filipinos Allowed." During those early years of struggles, Filipinos in the United States were not allowed to join and mix with the American locals. That photo in his office, which I have the privilege to see in my visit to his office, is where Rob get his inspiration to do better in life.

He mentioned the names of Filipino labor leaders like Larry Itliong, Philip Vera Cruz, etc. saying those leaders made a major contributions in the lives of Filipino Americans. Itliong spearheaded the famous Delano Grape Strike in 1965 then he invited Cesar Chavez and Mexican farm workers to join the strike. Today, the state of California has Itliong-Vera Cruz Middle School in Union City, California.

Rob also talked about Asian hate crimes in the U.S. and the struggles of Filipino Americans during this period. As the attorney general of California, he is meeting political and civic leaders to put solutions to this hate crimes perpetrated against Asian including Filipino Americans.

Rob congratulated the Filipino American healthcare workers who have been in the frontline in fighting this invisible enemy coronavirus or Covid-19. These healthcare workers have been doing phenomenal job in fighting Covid-19 to keep Americans healthy.

This year's theme of Filipino Fiesta of Sacramento 2021 is "Harana Honoring The Filipino Healthcare Heroes." Congratulations to all the healthcare heroes.

Mabuhay!



The Filipino Healthcare Heroes

Photos by Dave San Pedro



Attorney General Rob Bonta



FAVA Color Guards



Josie Patria and Cynthia Bonta



Cleo Sabarre-Ner



Food and refreshments servers

Little Manila Perseveres: How Filipinx Leaders in Stockton Are Organizing for the Next Generation

BY SHAYLYN MARTOS

On El Dorado Street in Stockton, only two buildings exist from the city's original Little Manila neighborhood, though it was once home to the largest Filipino population outside of Manila itself.

Stockton was at the epicenter of Filipino migration in the 1920s, but as a queer and gender non-binary person who grew up in the city generations later, Donald Donaire did not feel supported by the Filipinx community.

"There was this culture that a lot of young people faced — a lot of my friends faced — that if we wanted to live happy lives, successful lives, we had to study and leave Stockton," Donaire said.

Only when Donaire left Stockton in 2011 and studied at UC San Diego did they learn about the strong legacy of Filipino organizing and activism in their hometown. Now Donaire is one of several Filipinx people who have returned to Stockton as part of a new generation of leaders in the city working to reclaim their history.

"I think we're definitely building on that legacy here, and really trying to make it more robust and inclusive to be responsive to the pandemic and movements that are happening at the same time for racial justice," said Donaire.

The Pioneers of Little Manila in Stockton

The history of Filipinos in Stockton dates back a century. After the Philippine-American War, a large influx of Filipino men came to California during the 1920s and '30s to perform cheap labor — in the Central Valley that was mostly farming. Many Filipinos settled in Stockton, and in time built businesses, fraternities, churches and community spaces on El Dorado Street, which became known as Little Manila.

Leatrice Bantillo Perez is a part of the Manang/Manong Generation that pioneered the early days of Little Manila. Filipinx people use manang/manong to show respect to elders, meaning an older sibling, aunt or uncle. At 92 years old, Perez — known as Manang Letty — lived through the establishment of Filipino businesses and cul-



Stockton demolished many homes, businesses and community centers in historic Little Manila to build a cross-town freeway in the early 1970s. (Photos courtesy of SPD Historical Archives and Elena Mangahas)

ture, while working in farm labor, and eventually serving as the president of the Filipino American National Historical Society chapter in Stockton.

The majority of Filipinos in Stockton during the first wave of migration were bachelors in their 20s. They weren't allowed to own property or marry white women, and they couldn't live in certain neighborhoods due to racist housing policies like redlining. Because of this discrimination, Perez remembers that her mother always made time to check in with the young men of the community.

"As we walked down the street, 'Hello, hello, kamusta kayo?' You know, very friendly," Perez said. "And the men felt good because at least somebody recognized them as a human being."

There were also very few Filipina women or families. By some counts, there were more than a dozen men to each woman during the early years of Little Manila, and Perez said a young woman was lucky if she had 20 suitors. Some suitors, she remembers, would offer to take the whole family to the movies, but Perez's mother would step in and offer Perez as a chaperone instead.

"My mother would go, 'Kawawa niman, he is making so little money and he has to pay for the whole family,'" Perez said.

Perez and her community

were pioneers of a new Filipino American identity — at the same time they banded together and organized efforts to fight for labor rights. In 1939, laborers who picked asparagus went on strike for three days against unfair wage reduction. This is



Filipinos dressed up for photos headed back home in order to send the message 'Doing well here in California!' (Courtesy of the Filipino American National Historical Society)

now known as the Good Friday Asparagus Strike.

"Not one Filipino went out to the asparagus fields," Perez said. "About 7,000 Filipinos did not go into the field."

The asparagus workers formed a union called the Filipino Agricultural Labor Association, or FALA, to protest their pay cut. Since they worked and lived in

company camps on the farms, the striking workers had no place to stay and no food to eat.

"The union and the Filipino community got together and asked the women of the community to do the cooking," said Perez. "My mother cooked big kettles of chicken stew and some of the men would come and sit on our porch and eat there."

From the 1930s through the 1950s, the Filipino community in Stockton continued to organize for workers' rights, fighting for fair wages and safer working conditions. The organizing work didn't stop even once Filipinos were granted citizenship after World War II, allowing those who fought in the war to own businesses and property and bring wives over from the Philippines.

The Filipinx Force Behind the Farm Labor Movement

As Little Manila began to flourish with independent, family-owned businesses and community spaces, the landscape of agricultural work began to change; a large influx of Latinx farm laborers came to the Central Valley. The workers began to form their own unions and organizing bodies and banded together with the Filipinos to bolster their strength in numbers.

But the Filipino influence is often overlooked.

Many people know about the organizing of the United Farm Workers, and the National Farm

Workers Association. They know about Cesar Chavez or Dolores Huerta. But one of the most famous agricultural worker strikes, the 1965 Delano Grape Strike in California, was started by Filipino organizers and spearheaded by Larry Itliong, who characterized himself as a "son of a bitch" when it came to fighting for agricultural workers' rights.

"I did not learn about Larry Itliong or what was going on here in my place of growing up until I got to college at Long Beach State," said Gayle Romasanta, a writer, educator and publisher who grew up in Stockton.

When Romasanta's daughter received a school assignment to write about a figure in history, she realized there was a huge gap in education — there were no children's books on Larry Itliong.

"I thought, my God, don't tell me I have to write it myself!" Romasanta said.

She partnered with historian and author Dr. Dawn Bohulano Mabalon, who wrote one of the few historical books that exists on Stockton's Little Ma-

'I didn't know that there was something so deep here in the city that I grew up in or that I call my hometown.'

Donald Donaire, *Little Manila After School Program*

nila called "Little Manila Is in the Heart: The Making of the Filipina/o American Community in Stockton, California." Together they wrote the children's book "Journey to Justice: The Life of Larry Itliong." A copy of the book, illustrated by Andre Sibayan, was donated to every school in Stockton.

Romasanta said that there need to be more Filipinx historians and more people committed to sharing the history of Larry Itliong and the Filipinx people within the farm labor movement.

"We have to understand that Filipinos had decades worth of experience going on strike, and demanding for the living wage and working conditions," Romasanta said. "Once we get to understand that ... then we understand that we can continue that fight and it's not recreating the wheel."



Magellan Post 604 4TH of July Celebration and raffle drawing for building maintenance & repairs

BY DALE ESPERANTE

Magellan Hall held its fundraising raffle drawing, 4 July 2021.

The winners were:

Elk Grove female won the third prize of \$750.00

Elk Grove veteran won the second prize of \$1500.00.

Chula Vista female won the 1st prize of \$3000.00

The third and second winners have already received their prizes. The first prize winner has been contacted and she will be receiving her \$3000 Magellan Post 604 check in the mail.

Congratulations to the winners and thank you for supporting Magellan Post 604. For those who bought a raffle ticket this time, perhaps next time you will be one of the lucky winners.

For this raffle drawing, we sold 260 tickets. That meant for those who bought a ticket, they had one out of 260 chances to win a prize.

We invite you to join and support us next time which is scheduled on November 11 Veterans Day.

Thank you again for your attention and support of Magellan Hall.

Photos by Dale Esperante and Fred/Malou Amper



Fourth of July food servers



Second prize winner



American Legion Members and volunteers



Third prize winner

Memorial Weekend Memorials

On 29 May 2021 at 11am, Magellan Hall Post and Unit 604 held a Memorial Honors Remembrance Ceremony for those who have gone before us during the past year. In Loving Memory of Legionnaires: Federico Calindas, Pastor Engkabo Jr., Alex Estioco, Gilmore Perla, Salvador Rose, Dionisio Tonel, and Joseph Ventura. In Loving Memory of Auxiliary Unit 604 Members: Carmelita Calindas and Linda Bade Magayac Gibson.

The following Memorial Farewell was provided by Legionnaire Lionel "Will" Williams: Comrades, this moment is sacred, with the almost visible presence of those who have gone before. We come to honor the memory, of those who offered life and service, for God and country. Those who have now enrolled into that great spirit army, whose footfalls cause no sound. But in our memory, their souls go marching on. Proudly we remember their service in time of war.

To them we say: Farewell Friend, Farewell Comrade, Farewell Soldier, Sailor, Airman, Coast Guardsman, Merchant Marine, and United States Marine. But most of all we say, farewell fellow veterans, and sisters! You have received and answered your orders to Post Everlasting, or Auxiliary Unit Everlasting.

As a retired United States Marine, on behalf of all the veterans present I bid you a "Semper Fidelis" and a hardy OORAH! Farewell, Farewell, Farewell!



Congratulations to Will Williams

For being installed The American Legion Department of California Vice Commander Representing Northern California (Area 1). He was installed yesterday on 27 Jun 2021 during the Department of California Convention. Though he is now responsible as Commander for Northern California, he remains a member of The American Legion, District 6, Magellan Post 604. Magellan Post 604 is the only Filipino-American Legionnaire Post in Sacramento, California.

We are extremely proud of you Comrade Lionel "Will" Williams!!! Mabuhay!!! Today Frenie Williams is celebrating because it is also her birthday, Happy Birthday Frenie!!!



Comrade Lionel "Will" Williams

REVENGE. DOES IT BENEFITS..?

BY MEREMEL ASIS HECHONA

You're hurt, your'e in pain, your heart shattered you can feel it, it burns..., penetrating, dominating, destructive, creating a magnitude of discomfort so powerful it squeezes, it suffocates, all ready to impair, ultimately destroying your reasoning. The hostility, the anger so big it accumulates, dominating your entire self, in control of whatever goodness and decency that's left. You need to release the anger, you need to in the hope that you will find peace and serenity.

Everyday you think about it, it doesn't stop, a constant reminder how miserable it caused you, how it made your life dark and futile, you carry it, you live with it, fueling more hate and anger overrunning your entirety adding more intent that you have to hurt that person who hurts you. You need to get even. You need to inflict pain savagely, intensely way more than the pain that they caused you. That's how hurt you are. That's how big you wanted somebody to fall and crushed. Miserably, exceeding the suffering you feel right now

Its ongoing. Its non stop. Its repetitive.

Now come the negativity it caused you. You lived with so much anger your'e unaware, you failed to recognize a bright new day comes, a new chance offering hope and aspiration, a goal that this day could be different from yesterday, a realization that a new day could give new hope, new change. For the better. For a new tomorrow..

Revenge. Sounds vengeful, sounds fulfilling but it won't satisfy.

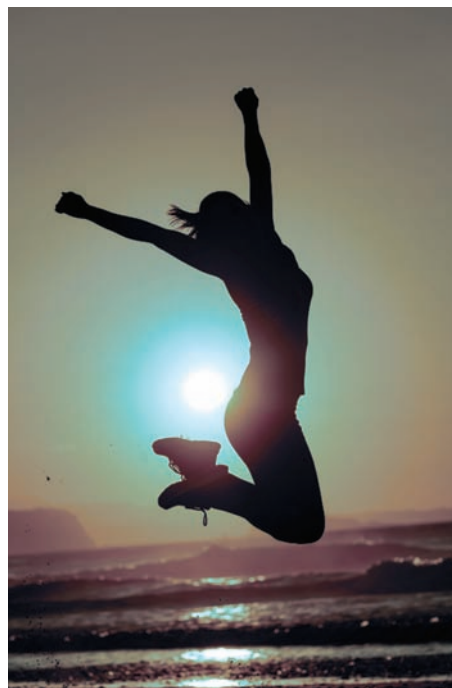
It will increasingly destroy peace of mind and body. You will live in the dark, unable to achieve things, unable to set goals rightfully and appropriately.

We live in the world mixed with negativity and goodness. Imperfect it may seem but we can never change that. That's how the world evolves, that's how the universe are made of, that no matter what we do, no matter how we tried, we can never attain perfection. Mistakes are bound. Uncertainty certain. It will happen. Non preventable, non promising. Some people may hurt you for their own satisfaction, for their own selfish gratification. But you need to know

how to confront, self adjust and problem solved. You need to recognize that the world is also a beautiful place.

Life is not about allowing negativity, embracing it and letting yourself down. We can smile, we can laugh amidst the chaos around. Non perfect it may seem but we can choose what we become. Choose wisely. Let us choose decency, let us choose to be right. Let us choose to be happy. Either that or we choose to crush and let ourselves fall into en-famy.

Create balance. Accept good or bad and decide what's right. Forgive. See the light. Life is temporary. Life is short lived. Don't consumed yourselves to hate that will eventually drown you, sink you down to total limbo. Always choose the right path that will give you a satisfactory outcome. Don't let misery rules. Don't let yourselves succumb to darkness. Avoid that path. Recognize that the world is a secure place that can inspire, that can motivate.



Free yourself. Live, laugh, scream! Do what makes u happy. Let go of the pain, release the hate. See the world as a beautiful place to share with family. Continue on. Life is worth living if you choose to. Choose happiness. Choose peace. Only then we can say that we live..

How to Tell Whether You're Stressed or Depressed

Stress and depression have a lot of overlapping symptoms, but the treatment is different



BY RACHEL FAIRBANK

Stress and depression can look and feel very similar to each other. Some of the common symptoms for both include issues with sleeping, eating, concentration, and mood, as well as difficulties performing daily tasks. Physically, there's a lot of overlap between stress and depression, as both affect the immune system, leading to an increase in certain inflammatory markers.

For depressed patients, the changes in their brain are similar to what is observed in chronic stress. And chronic stress, when left untreated, can lead to depression. For example, adults who experienced a high level of adversity during their childhood, which results in toxic stress, have much higher rates of depression.

"The biology is not the same, but they share a lot of similarities," says Philip Muskin, a professor of psychiatry at Columbia University.

When it comes to stress versus depression, there are distinct differences, especially when it comes to effective treatment options. One of the primary ways stress and depression differ is that stress can come and go.

"Stress is something that is phasic for most people. You have a stressful period and you come out of it," Muskin says. "Depression is not like that. Depression goes on for years in some people. It can spontaneously remit in some people, but not everybody."

For example, if a happy event happens, such as friends or loved ones coming for a visit, a stressed person will be able to feel happy in that moment, although the stress will probably return once they have left. For a depressed person, they won't be able to feel happiness in that moment, even when they know they should.

"If you can get home from work and

still recharge, that's not major, clinical depression," says Sheryl Ziegler, a psychologist and author of the book *Mommy Burnout: How to Reclaim Your Life and Raise Healthier Children in the Process*. "Clinical depression doesn't come and go."

So, what's the treatment for stress? Reducing it, Muskin advises, through measures like exercise, meditation, and mindfulness, as well as reducing the source of the stress.

Depression is an illness

For a depressed person, although stress-reducing measures—such as exercise or going out into nature—can help, it will not cure them.

"At certain levels of depression, nothing but medication will help," Muskin says.

Depression is, at its core, an illness of the brain. Just like we treat an infection with antibiotics, depression often requires medication. For someone with severe depression, no amount of "mind over matter" or "willing it away" will work. Instead, a person with depression needs medical treatment.

"Depression is no different than any other illness," Muskin says. "It is a medical illness."

If you are experiencing either stress or depression, the most important thing to know is that help is available, and that it can get better. For stress, that involves reducing the source of stress and finding ways to cope. For depression, that involves treatment, such as therapy and medication.

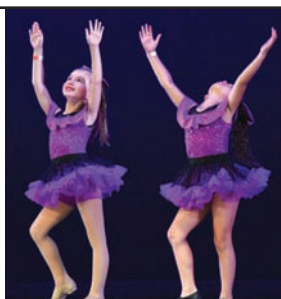
Whatever the right solution may be, know that there is one, and that taking the first step to getting the help you need may be the most important one of them all.

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Neil Nayar becomes the world greatest instrumentalist with 107 music instruments!

THE ASIAN AGE

For most people playing a musical instrument can be a challenge. Especially in this era where you do not need to know how to play a musical instrument to produce a song- people mainly rely on computer-generated beats and rhythms to create a song. Neil Nayar has taken a different route, at a very young age; he can play more than 107 instruments and counting.



Neil Nayar

Given his achievements in the music scene and his abilities, one would be forgiven for thinking that Neil is approaching his mid-life but would be surprised to learn that he has just entered his teenage life. While some musicians have mastered a few instruments Neil has broken all the records. At the age of twelve years, he broke the record that had been set by a twenty-seven years old instrumentalist to play 44 instruments.

One year later, he almost tripled the number of instruments that he could play when the number moved to 107 settings, a record which most people think would be hard to beat by anybody who dares challenge the prowess of this young artist.

And how did the thirteen years old learn to play all these instruments? This is a question that has lingered in most people's mind. His parents say they realized he was good on the instrument and had the talent at the age of five. At

this age, most of the kids can only sing along to the tunes they hear from the media; and they are way off the tune. But for this super kid, it was a walk-over, being able to play instruments in a way that most people would not do. Upon discovering the talent, they registered him for summer camps where he learned how to play several instruments. He has music teachers spanning different parts of the world; China, India, Italy among other places where he works through Skype.

It is not just playing music instruments, the homeschooled boy is talented in other different ways, he can paint, is good in martial arts and Bollywood dance among other activities. The multi-talented teenage sensation has also ventured into acting, he recently signed a contract with Conquest Management and has already auditioned to perform Star-Spangled Banner on Saxophone at Sacramento Kings at Golden 1 Center, an indoor arena in downtown Sacra-



To Neil, music is not just a feel-good moment but also way that he connects with people where he shares his music and draws inspiration.

mento (California) on October 28th, 7 P.M at the opening of the game. It is Breast Health Awareness Night sponsored by Kaiser Permanente and he will be surrounded by Breast Cancer Survivors while he performs.

When asked about his favorite performance so far, Nayar was quick to point out the California State Fair, an event where he sang and played four instruments among other Saxophone, Sitar as well as Sheng and Sauna- both of which are Chinese instruments.

To Neil, music is not just a feel-good moment but also a way that he connects with the people where he shares his music and draws inspiration. He says that through learning to play instruments he has learned different cultures. This is his favorite part, where he meets new people and cultures, seeing how they play the instruments. For him instruments represent people and cultures providing a perfect avenue to promote unity and cohesion around the world.

Recognition has been flowing; the Elk Grove sensational teenager has been named the youngest person to play musical instruments by Assist World Foun-

ABC10.

Neil says music is his passion; he lives, dreams and thinks music all the time. He reveals that passion started at a very young age with a hundred-dollar drum. He is not done yet, he says the sky is not the limit and he will add more instruments. He revealed that he is currently working on his 108th musical instrument. The young talent has many plans for his future. He recently signed with a talent agency and has his sights set on adding acting and singing to his growing repertoire. Neil has also been working with vocal coach Raquela Burt of Elk Grove Sings and Mr. R. Prasanna (who is pioneer in playing guitar on Carnatic music and has given his guitar music in famous Shahrukh Khan "Yeh jo des Hai Tera, Swades (Bollywood) – A.R.Rahman, 2004 and many others) as he completes his upcoming first World Music album.

Neil believes that the future is bright and he will keep going hoping to achieve even greater things. The sky is not the limit for a boy who is soon set to assigned parts in a Hollywood movie/TV/Commercials that suits his super talent.

Miss Filipina International

BY GABRIEL ORTIGOZA



Kimberly Panaligan Clark

Introducing Miss Filipina International 2021 candidate Kimberly Panaligan Clark from Palo Alto, California. Kim is 20 years old and the eldest among two siblings in the family. Kim is the daughter of Leah Panaligan-Clark, my classmate in college at Central Philippine University, and Steve Clark of California. Kim went to school in Guimaras, Philippines and now she is representing the beautiful islands of Guimaras and Panay in this pageant.

From the website of MISS FILIPINA INTERNATIONAL, it states that, "Miss Filipina International (formerly Binibining Pilipinas USA) is searching for those special young women in today's Filipino communities around the globe with the beauty, grace and dynamic personalities and intelli-

gence that set them apart from the rest.

"A pageant created to showcase and highlight the beauty, elegance, intellect, and cultural pride of today's young Filipina.

"The pageant has a unique status as the only US beauty pageant with tourism promotion as its fundamental core value, and holds the unique distinction of being the only Filipino pageant to be nationally televised in each of its six years of existence in the US.

"All interested applicants e-mail Info@IEGproductions.com for details or apply online at www.MissFilipinaIntl.com.

"Dream of joining the most prestigious Filipino pageant in the US? Now is your chance! Join the 8th Annual MISS FILIPINA INTERNATIONAL and MISS FILIPINA TEEN INTER-

NATIONAL 2021 for the experience of a lifetime! No pageant experience necessary. Apply online at <http://missfilipinaintl.com/apply-now.html> to compete for the most coveted crown in the overseas Filipino community. "Your DESTINY Awaits!"

Minimum requirements:

- 1.) Between the ages of 13-17 (Teen) and 17-28 (Miss)
- 2.) At least of 1/4 Filipino descent
- 3.) Of good moral character
- 4.) Height and weight proportionate
- 5.) Must be able to travel to the US (overseas applicants)

Kimberly Panaligan Clark and her family are in Sacramento to witness the celebration of Filipino Fiesta of Sacramento, Sunday, June 6th 2021.

Let us support Kim on her journey to Miss Filipina International 2021.

LIFESTYLES Corporation Is here.

On July 8, 2021, we welcome the entry of Lifestyles Inc and it's team leaders to the Northern California community, anchored here in Sacramento. Lifestyles Corporation has been in business since 1989 with their home office in Toronto, Canada. All of their products are manufactured in Canada under the strictest scrutiny of Health Canada.

The company has offices worldwide and rapidly growing. They ship to over 40 countries and is a member of the DSA (Direct Selling Association) They use network marketing and leveraging as tools to reach millions in their mission to provide health and wellness solutions and help people live better everyday.

The urgent need of Lifestyles

Most of us know someone who has heart disease, cancer or diabetes or other lingering health issues. These modern diseases are caused by body pollution due to an unhealthy diet, smoking, lack of exercise, medications, air pollution, radiation and or stress.

How do we fight back body pollution?

Since it is almost impossible for us to get the right amount of nutrients from our modern diet, supplements are very essential to give the proper nutrition our body needs. We have a choice of natural or synthetic methods. Lifestyles offers premium quality and natural sourced products.

The flagship product is Lifestyles Intra, a pleasant tasting proprietary herbal dietary supplement containing 23 ancient botanical extracts which have been treasured and used to promote well be-

ing for thousands of years and today have been formulated to help boost your body's systems while increasing energy and vitality.

Your journey to well being begins with Intra. In addition to Intra, the world renowned botanical drink, Lifestyles also has Fiberlife, nutria plus and Cardioline and since they work better together they are packaged as BTK (Better Together kits)

At the Lifestyles Corporation welcome event on July 8, 2021, we honor and celebrate GMD Yovi Aninon, (Global Marketing Director), the most prestigious level in the hierarchy of the Lifestyles level of success. GMD Yovi has dedicated the past years promoting the Lifestyles mission and expanding her organization worldwide. She has gone cross country in the United States and now has the largest group of users and distributors in the United States. We invite you to be there on July 8, 2021, at the American Legion Post 604 Magellan Hall. at the fiesta to hear all about her amazing journey to the top!

After a brief refreshment hour (5:30 to 6:30pm) the program will start promptly. Included in the program are welcome remarks from Lilia Rivera, past President of the Filipino Community of Sacramento and Vicinity and current President of our co sponsor, American Legion Post 604 Auxiliary. Then you will meet leaders of the team healers, first Lifestyles distributors in Northern California. The highlight of the program is the health and wellness business opportunity presentation. You will discover a franchising business with little start up cost, great customer service, mentorship, training and continuing education at your fingertips.



JOIN the Fiesta
AND WELCOME LIFESTYLES CORPORATION

To Sacramento, California

Announcing this worldwide franchising opportunity of health and wellness products

Date: July 8, 2021
Time: 5:30 to 7:30pm

American Legion Post 604 Magellan Hall
8831 Gerber Road, Sacramento, CA

Learn more, join and celebrate a worldwide health and wellness business opportunity

Free admission
Come early as space is limited

Door prizes, raffle, product and business presentation, meet and greet Lifestyles Global Marketing Director and other team leaders.

Refreshments served 5:30-6:30 pm
Show the Plan with franchise of Health and wellness Presentation immediately following

Co-sponsored by American Legion Post 604 Auxiliary

For more information. Please contact Yovi at yovimarie2@gmail.com or visit Dolores at www.myintrasite.com/lifestyledvd or contact Doloresvdiaz@gmail.com

With Lifestyles, Live better everyday

For more information please contact Yovi at yovimarie2@gmail.com or Dolores at doloresvdiaz@gmail.com. www.myintrasite.com

“Local Domestic Violence Shelter celebrates 20th years with a covid safe celebration”

WHO: My Sister's House

WHAT: My Sister's House is celebrating 20 years of providing culturally responsive services to victims of domestic violence, sexual assault and human trafficking with a Covid-safe celebration.

WHEN: Monday, June 28, 2021 -- virtually; 6:00 p.m. to 7:15 p.m.

VISUALS:

Former West Sacramento Mayor Christopher Cabaldon singing famous Filipino love song

Christopher Cabaldon and West Sacramento City Councilmember Quirina Orosco emceeding.

Lt. Governor Eleni Kounalakis and Attorney General Rob Bonta presenting My Sister's House 2021 Hero awards.

Genevieve Shiroma, California Public Utilities Commission and Chet Hewitt, on behalf of Sierra Health Foundation accepting My Sister's House 2021 Hero of Hope Awards.

Singing a special song for My Sister's House:

Rosanna Herber, SMUD Board of Directors

Katie Valenzuela, Sacramento City Council

Paula Villescaz, San Juan Unified School District Board President

Elk Grove teen sensation and world record holder Neil Nayyar, who plays 107 instruments



About My Sister's House: For 20 years, My Sister's House is the non-profit organization in the Central Valley which has provided culturally appropriate services for domestic violence victims within the Central Valley's highly diverse Asian/Pacific Islander community. My Sister's House has answered more than 25,193 crisis phone calls; provided 1000 individual counseling sessions; arranged for 55,000 nights of shelter (emergency, transitional, and anti-human trafficking); given utilities, food, case management services, legal services, and job training to more than 4,000 women and children. For more info about My Sister's House, go to www.my-sisters-house.org.