



P5 Black and Asian Solidarity

PHILIPPINE Fiesta

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P11 A Matter of Taste

Philippines foreign minister urges China: 'Stop harassing us'

Agence France-Presse

Philippine Foreign Affairs Secretary Enrique Manalo told AFP on Monday that his country wants to solve maritime disputes with China peacefully – but delivered a simple message to Beijing: “Stop harassing us.”



China Coast Guard Vessel No. 3305 fires a water cannon at BRP Datu Bankaw, a patrol vessel of the Bureau of Fisheries and Aquatic Resources, near Scarborough Shoal (Bajo de Masinloc).

Speaking on the sidelines of an ASEAN-Australia summit in Melbourne, Manalo defended his government's policy of publicizing Chinese maneuvers in contested maritime territory – including the recent passage of warships near Scarborough Shoal.



Foreign Affairs Secretary Enrique Manalo maintains that the Philippines wants to solve maritime disputes with China peacefully. However, speaking on the sidelines of an ASEAN-Australia summit in Melbourne on Monday, March 4, 2024, Manalo also delivered a simple message to Beijing: “Stop harassing us.”

“It’s merely trying to inform the people of what’s going on,” Manalo said. “And some countries or one country at least has some difficulty with that.”

“But our simple explanation is if you would stop harassing us and, and perhaps performing other actions, there wouldn’t be any news to report,” he added.

China claims almost the entire South China Sea as its territory, brushing aside claims from a host of Southeast Asian nations.

Scarborough Shoal – a triangular chain of reefs and rocks in the disputed South China Sea – has

been a flashpoint between the countries since China seized it from the Philippines in 2012.

Philippine governments have tried to rally international and regional support to their cause – with mixed results.

“The Philippines is com-

mitted to a peaceful resolution of disputes through diplomatic means, or peaceful means,” Manalo said, while insisting “this will not be done at the expense of our national interest.”

“We are reaching out to partners in like-minded countries with similar issues and similar concerns.”

But Manalo acknowledged there were at least a small question mark over support from the Philippines’ most important security partner – the United States.

The two countries are treaty allies, meaning Washington has formally pledged to come to Manila’s defense in the event of a military conflict.

Ask about the November election – which will pit incumbent Joe Biden against Republican firebrand Donal Trump, he said it was a topic of frequent debate behind

Women’s History Month

Up Role to Shape Family and Country for the Better



Women’s History Month is a time to honor the diverse and significant roles that women have played in shaping America’s history and culture.

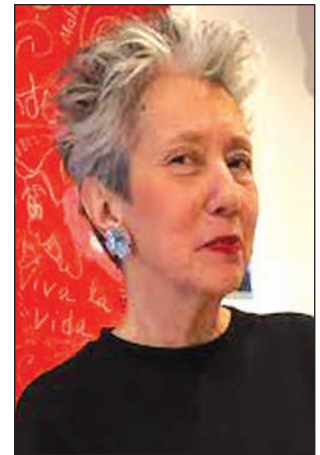
BY BENJAMIN ABAYA

Women’s History Month in America is a dedicated period which has been observed annually in March, to celebrate and recognize the achievements, contributions, and the historical impact of women in various fields of endeavors. The month serves as a platform to highlight the often-overlooked roles that women have played throughout history and their ongoing efforts in shaping society to be an effective and thoroughly organized society for women to meet the great challenges of today’s people predicaments.

Women’s Day, which was first celebrated in the early 20th century and gained momentum in the United States as a week-long event in the late 1970s. Eventually,

in 1987, March was officially designated as Women’s History Month by the United States Congress.

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Born and raised in the Philippines, Jessica Hagedorn is celebrated for her bold, energetic, and tragicomic examinations of Filipino and Filipino-American experience in a wide variety of genres, including fiction, theater, poetry, and performance art.

closed doors.

“Every country in the world is probably thinking of that, of course. The United States is a major, it’s a treaty ally of the Philippines. So obviously, any differences or changes in US policy from existing policies would most

likely have some kind of effect.”

“At this stage it’s fairly difficult to assess how it would happen, or what would happen,” he said.

“But all I can say is we are, of course, carefully monitoring the election season in the United

States, but I’ve had talks with many of my other colleagues from other countries, and I think everybody is doing the same.”

“So certainly all eyes will be riveted on that election this year.” *Inquirer.net*

FAVA’s 35th Anniversary & Installation of Officers 2024-2025

BY DALE ESPERANTE

The Filipino American Veterans Association (FAVA) celebrated its 35th year of being one of our community’s respected veterans’ organizations on February 9, 2024, at the DoubleTree by Hilton Sacramento. The evening’s program flowed according to plan. The four phases of the evening: Opening/Military Ceremonies, Dining and Social Hour, Tributes followed by the Installation of Officers, and Dancing to DJ Ed Cordero’s “Hi Tech Sound.”



Continued on page 7

Congratulations to all FAVA 2024 - 2025 Officers. A Big Thank You to Dr. Girlie Delacruz (Installing officer).

Tatak Pinoy

Sketches

By ANA MARIE PAMINTUAN

Everywhere I go in my part of town, coffee shops are opening it seems almost every week. Not major chain outlets, but mom-and-pop operations with hole-in-the-wall stands.

Unlike the ambulant food carts that offer three-in-one instant coffee by the roadside, the coffee stands offer brewed stuff, hot or cold or iced.

They are sprouting not only in middle-class enclaves but also in low-income communities and even in informal settlements, with clever names such as “Café Pindot.” One popular hole-in-the-wall along my route, without any table or chair for customers, offers a wide range of milk teas, hot or iced coffee with prices starting at P45, and fraps for P65.

These stands have become hangouts for students with a predilection for cold, sweetened coffee or milk tea, and office workers needing a caffeine fix. These are also micro pit stops for motorcycle riders.

Considering the prices, I’m guessing that the coffee for brewing is local, particularly the robust or “barako” varieties of Southern Tagalog.

Alongside the mushrooming of coffee stands, I’m pleased to see an explosion of new brands of “barako” ground coffee for brewing and beans now available in supermarkets, along with varieties from different provinces.

I’ve long enjoyed coffee produced in Lipa, Batangas and

in the highlands of Kalinga, Benguet, Sagada and Malaybalay in Bukidnon. But now there are varieties from other provinces including in Sulu, Basilan and Tawi-Tawi.

These days, apart from the properly packaged stuff, which tends to be pricier, you can get good ground coffee for brewing at amazingly affordable prices in Tagaytay, Cavite. I’ve just finished a pack of a little known brand, BJB, in rudimentary packaging, which I bought at the Mahogany market in Tagaytay. It’s truly value for money.

There’s a better known brand in Cavite, but I’ve always found it too acidic, possibly from over-roasting. There’s a private sector-led group that has been assisting farmers in picking coffee berries at the best time, and then blending and roasting to prevent acidity even for the most robust products.

Coffee came to my mind after President Marcos signed this week Republic Act 11981, the Tatak Pinoy (Proudly Filipino) Act.

“Tatak Pinoy is more than a branding exercise. It is about incubating and incentivizing great products that deserve to carry the Made in the Philippines trademark,” Marcos said at the signing ceremony.

A colleague aired what was on my mind: isn’t that what the government should be doing all along? Why is a law needed for this?

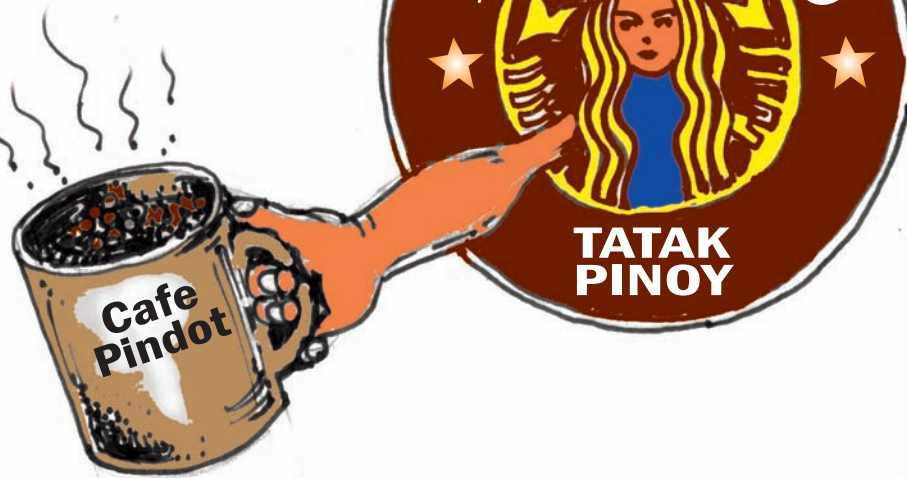


ILLUSTRATION BY DAVE SAN PEDRO

And she’s right. Other countries have been building up their national brand and supporting their local industries, farmers and agribusiness for the longest time, creating an ecosystem for encouraging creativity and innovation, and providing financial and other types of support for startups.

This has been done not only by the world’s leading economies the US, China, Germany and Japan, but also in much smaller states. Israel has an enviable innovation ecosystem that has given the world Waze, USB flash drives, drip irrigation and cherry tomatoes. Singapore invests heavily in its tiny human resource, and is among the most competitive states in the world.

We have world-class coffee beans and cacao; we should have been selling premium coffee and chocolate to the world a long time ago. Our highland farmers need assistance in producing and marketing organic specialty rice.

South Korea has become a global soft superpower, thanks to its hugely successful enter-

tainment industry, for which the government earns billions of dollars in annual revenues. As most Pinoy hallyu fans know, those global superstars of K-pop and K-dramas get years of government-backed rigorous training before being presented to the world. These days South Korean cuisine, cosmetics and hairstyling have also gained global popularity.

In our case, we should ask our innovators if they get enough support from the government. Microbiologist Dr. Raul Destura should be a billionaire by now after developing the first and only reliable Philippine-made reverse-transcription polymerase chain reaction testing kit (remember the rT-PCR?) for COVID-19 at the height of the pandemic, which was cheaper than the imports.

The GenAmplify COVID detection kit of Destura’s Manila HealthTek, however, was largely bypassed by the government in favor of imports from China and the US.

Another microbiologist, Fil-Am Catholic priest Nicanor Austriaco, often sighed about

the obstacle course he had to go through in his efforts to develop a yeast-based vaccine against COVID and related viruses. This was despite Father Nic being a balik-scientist.

Alongside promoting great products and services, there must be more effort to create an enabling environment for developing such products. Greatness or excellence isn’t achieved overnight.

There’s this saying – debunked as a myth by human resource experts – that one gains mastery of a skill after engaging in it for at least 10,000 hours. That’s 416.66 days. If one practices for eight hours straight each day, that’s nearly 1,250 days, or almost three-and-a-half years. With reasonable rest days and breaks, that should come to about six to seven years of sustained, dedicated training in a particular skill.

Even when the 10,000 hours are completed, there’s no guarantee of greatness, or exemplary performance. That’s where natural talent and genius come into play.

We need to develop a culture of excellence, putting an end to the puede na mindset.

This will require dealing decisively with the education crisis. You can’t foster the innovation and creativity needed for creating great products if Filipino 15-year-olds’ reading comprehension is limited to abbreviated text messages and emojis, and they can’t grasp basic math and science concepts.

Before you can offer “great products” that are proudly Philippine made, you need to invest in the producers, the nation’s human resource.

The Philippine Star

As a partner in The Laban Group, we are proud to present our February Art Ad by artist Shawntay Gorman.



“This piece reflects on the historical significance of the Black Panther Party’s message and the timeless resonance of Malcolm X and Yuri Kochiyama’s shared values. Through the lens of their enduring camaraderie, this newsletter captures their collective commitment to societal transformation.”

The Filipino-American community is the largest Asian population in the Sacramento region and the second largest in California. While the impacts of anti-Asian hate are under-discussed in the Filipino community, our presence is clear and our voice is strong. The Laban Group’s Filipino artist campaign aims to uplift our experiences, tell our stories, and amplify our power. If you have experienced or witnessed an incident of anti-Asian hate, bigotry, bias, or discrimination, report it at CAVSHATE.ORG or call 833-8-NO-HATE (833-866-4283). YOU ARE NOT ALONE.



Editor’s Note

It’s still freezing cold but I’m already looking forward to a bloomy spring! So many functions and events are lined up in our Filipino community in Sacramento.

In less than 2 weeks on March 15, please support Rize All’s first ever fund raising dinner and dance for our community. They’ve been around in our community for 10 years now, a non profit dance center, mostly serving young children.

A big congratulations to my high school batch mates of 73-74 from General Trias Municipal High School in General Trias, Cavite, Philippines, in the celebration of our 50th Golden High School Reunion. I feel blessed to have been able to attend such memorable event in my life and see the same classmates and friends, since when we were young!

The Filipino Community of Sacramento and Vicinity (FCSV) will be holding its 2nd Sama-Sama Fashion Show on June 7, at the District 52. This is considered one of our biggest fundraisers to help support and make the building of our own Filipino Community Center come true. Please support as model/participants or program sponsors!

I’ve never been so inspired again to be of service to our Filipino community in Sacramento. Please join me!

Happy Women’s History Month!

With love always,
Dinnah San Pedro

Philippine Educational Reform

BY GABRIEL ORTIGOZA

The Philippine educational system has been undergoing reforms aimed at improving access, quality, and relevance. Key initiatives include the K-12 program, which extends basic education to 12 years, and the Enhanced Basic Education Act of 2013 (Republic Act 10533), which addresses gaps in the curriculum and infrastructure.

Education, Research, Service

In the context of educational reform, these three pillars form the foundation for holistic development. Education ensures the transmission of knowledge and skills, research fosters innovation and problem-solving, and service encourages social responsibility and community engagement.

Infrastructure

Adequate infrastructure is crucial for effective teaching and learning. This includes classrooms, laboratories, libraries, and other facilities. Educational reform efforts often prioritize infrastructure development to accommodate growing student populations and enhance learning environments.

Technology

Integration of technology in education is a key component of reform efforts. This includes providing access to digital resources, training educators in technology integration, and leveraging tools like online learning platforms and educational apps to enhance teaching and learning outcomes.

Human Resources

Investing in the professional development of educators and administrators is essential for educational reform. This involves providing training and support, promoting continuous learning, and ensuring that personnel are equipped with the skills and competencies needed to meet the evolving needs of students and society.

Doctoral Degree Requirements for School President and Postgraduate Degree for Faculty

Requiring doctoral degrees for school presidents ensures strong leadership and academic expertise at the institutional level (CHED Memorandum Order 16, Section 5, Series of 2009). Similarly, mandating postgraduate degrees for faculty members enhances the quality of instruction and promotes a culture of scholarship and research within the institution.

Faculty and Staff Salary and Pay

Competitive salaries and benefits are crucial for attracting

and retaining qualified faculty and staff. Educational reform efforts should prioritize fair compensation to recognize the value of educators and support their professional growth and well-being.

School Economic Funding

Adequate funding is essential for sustaining educational reform initiatives and ensuring equitable access to quality education. This includes government allocations, private sector partnerships, and innovative financing mechanisms to address resource gaps and promote inclusive development.

Getting Rid of Graft and Corruption

Graft and corruption have long been challenges in the Philippine educational system, affecting resource allocation, procurement processes, and the delivery of services. Educational reform must include measures to combat corruption, such as strengthening transparency and accountability mechanisms, implementing strict anti-corruption policies, and promoting ethical standards among administrators, educators, and staff.

Additionally, promoting a culture of integrity and good governance within educational institutions is essential for fostering trust and confidence among stakeholders. This may involve establishing oversight bodies, conducting regular audits, and encouraging whistleblowing mechanisms to identify and address instances of corruption promptly.

Collaboration between government agencies, civil society organizations, and the private sector is also crucial for combating graft and corruption effectively. By working together, stakeholders can share best practices, leverage resources, and coordinate efforts to root out corruption and ensure that educational resources are used efficiently and effectively for the benefit of students and communities.

Opening the Philippine education system to foreign bodies can bring about various benefits and considerations:



sure that quality assurance mechanisms and standards are in place to safeguard the integrity and quality of education. Regulatory frameworks, accreditation processes, and oversight mechanisms should be strengthened to maintain high educational standards and protect the interests of students and stakeholders.

Cultural and Ethical Considerations

Opening the education sector to foreign bodies may raise concerns about cultural imperialism, loss of national identity, and ethical considerations related to profit-driven motives. It is essential to strike a balance between harnessing the benefits of international collaboration and preserving cultural heritage, values, and autonomy in education.

Policy and Regulatory Framework

Clear policies, regulations, and guidelines should be established to govern the participation of foreign bodies in the Philippine education sector. These frameworks should outline eligibility criteria, licensing requirements, financial arrangements, and accountability mechanisms to ensure transparency, fairness, and compliance with national laws and regulations.

Overall, opening the Philippine education system to foreign bodies presents opportunities for innovation, internationalization, and economic development, but it also requires careful planning, regulation, and consideration of cultural, ethical, and quality assurance aspects.

periences. This exposure can enrich learning experiences, broaden horizons, and prepare students for global citizenship and the interconnected world.

Enhanced Academic Opportunities

Collaboration with foreign bodies can create opportunities for joint research projects, academic exchanges, and dual-degree programs. These initiatives can enrich academic offerings, expand learning opportunities, and promote academic excellence.

Economic Benefits

Opening the education sector to foreign investment can stimulate economic growth by attracting foreign direct investment, creating employment opportunities, and generating revenue streams. Additionally, foreign investment can spur infrastructure development, technology transfer, and industry partnerships, benefiting both the education sector and the economy as a whole.

Quality Assurance and Standards

While collaboration with foreign bodies can bring about benefits, it is essential to en-

Access to Expertise and Resources

Partnering with foreign educational institutions or bodies can provide access to expertise, knowledge, and resources that may not be readily available domestically. This collaboration can enhance the quality of education, promote innovation, and facilitate the exchange of best practices.

Internationalization and Global Perspective

Opening up to foreign bodies can internationalize the Philippine education system, exposing students to diverse perspectives, cultures, and ex-

Mindanao independence: Duterte's 'joke' that just didn't fly

BY FERDINAND ZUASOLA

'It was just a scare tactic, just a bluff,' says ex-president Rodrigo Duterte, 28 days after he called for Mindanao independence

DAVAO ORIENTAL, Philippines – Former president Rodrigo Duterte sang to a different tune nearly a month after he called for Mindanao secession, saying that it was merely a bluff and he was joking about it to get the attention of "Manila."

"Pang hadlok ra man na, pang atik lang yun kasi kung hindi mo ganunin ang mga taga-Maynila, parang sipain mo yung paa at sabihang, 'Putang ina mo, hindi lang ikaw ang Pilipino! Hindi lang kayo ang Pilipino!'" Duterte told a news conference in Davao City on Tuesday night, February 27.



Ex-president Rodrigo Duterte

(It was just a scare tactic, just a bluff because if you don't treat the people of Manila the same way, it's like kicking them in the leg and saying, "Son of a whore, you're not the only Filipino! You're not the only Filipino!")

It took Duterte 28 days to take back what he said during a similar news conference in

Davao on January 30, when he announced that he had asked former House Speaker and Davao del Norte Representative Pantaleon Alvarez to lead the movement because he was among the first to circulate papers "about the desirability of Mindanao seceding from the Republic of the Philippines."

Rappler.com



BY BENJAMIN ABAYA

Women's History Month

Up Role to Shape Family and Country for the Better

From page 1

Women's History Month in America is a dedicated period which has been observed annually in March, to celebrate and recognize the achievements, contributions, and the historical impact of women in various fields of endeavors. The month serves as a platform to highlight the often-overlooked roles that women have played throughout history and their ongoing efforts in shaping society to be an effective and thoroughly organized society for women to meet the great challenges of today's people predicaments.

The observance originated from International Women's Day, which was first celebrated in the early 20th century and gained momentum in the United States as a week-long event in the late 1970s. Eventually, in 1987, March was officially designated as Women's History Month by the United States Congress.

During Women's History Month, there are various events, activities, and initiatives that aim to shed light on women's accomplishments in various fields of human existence such as science, politics, arts, business and many more. It provides an opportunity to address issues like gender inequality and advocate for women's rights which has been tainted with inequality for many years.

The month also acknowledges the intersectionality of identity, considering how race, gender, and other factors intersect to shape women's experiences. It emphasizes the importance of amplifying the voices of women of color and highlighting their accomplishments in various fields, including science, politics, literature, activism, and more. Furthermore, it is also a time to address the unique challenges faced by women of color, such as systemic inequalities, discrimination, and the fight for social justice. It encourages conversations about inclusion, representation, and breaking down barriers that hinder the progress of women from diverse backgrounds.

Filipino-American women have made significant contributions to various fields in America that



Photos by Dave San Pedro

many people might not have known. From literature, arts, medicine, and politics, they've carved a piece of themselves in Women History Month. In literature and the arts, Jessica Hagedorn, a Filipino American playwright, poet, and novelist, has made significant contributions in the field for several decades, particularly in exploring the complexities of Filipino American identity and culture. Hagedorn is known for her diverse and innovative works that often incorporate elements of multiculturalism, postcolonialism, and feminism. One of her most well-known works is the novel "Dogeaters," published in 1990.

The novel is set in the Philippines during the Marcos re-

gime. It weaves together a rich tapestry of characters and storylines, providing a complex and vivid portrayal of Filipino society in the 1950s and 1980s. The narrative explores the lives of various characters, including celebrities, politicians, and ordinary citizens, whose stories are interconnected. The title "Dogeaters" refers to a derogatory term for Filipinos but also serves as a metaphor for the cultural and political complexities within the country. The novel delves into themes such as political corruption, social inequality, and the clash between traditional Filipino culture and Western influences. Hagedorn incorporates a mix of genres, including drama, satire, and magical realism, to

capture the multifaceted nature of Philippine society.

Overall, "Dogeaters" provides a poignant and sometimes humorous commentary on the tumultuous history of the Philippines, offering a unique perspective on the challenges faced by its people during a period of significant political and social change. While "Dogeaters" is specific to the Philippines of a certain era, its exploration of universal themes allows readers to draw parallels with contemporary political climates around the world. The novel's insights into power dynamics, societal struggles, and the human condition contribute to its enduring relevance.

Undoubtedly, being a pioneer figure in the field of medicine, Violeta Veloso-Gorriceta was the first Filipina American pediatrician in the United States. She was a trailblazer while leaving an indelible mark in healthcare. She played a pivotal role in advancing medical services for children and contributed significantly to the well-being of countless young lives. Her legacy endures as a testament to the importance of diversity and excellence in healthcare.

The month serves as a reminder of the progress made in women's rights and the work that still needs to be done to achieve equality. It encourages reflection on the challenges women have faced and continue to face, while also celebrating the achievements of trailblazing women who have broken barriers and paved the way for future generations. Overall, Women's History Month is a time to honor the diverse and significant roles that women have played in shaping America's history and culture.

Ultimately, Women's History Month in the perspective of a woman of color is a moment to honor the rich tapestry of experiences and contributions that women of color bring to the world, fostering a greater understanding and appreciation for their impact on history and society.

In our Filipino American community and beyond where we decided to establish our residency for our families simply because it has the perfect atmosphere of camaraderie, peace and friendliness, as we joined several community organizations that suit our social standing regardless of race and religious beliefs. For more than 20 years our women proved their leadership by gradually inching their ways on top of several community organizations big or small.

With their leadership, it is just fitting and proper to give credence for their achievements to bring into fore the gracefulness, elegance and greatness of the tradition and culture of the Filipino Americans and other nationalities.

Our highest respect to Jossie Patria, Rose Basos, Dinnah San Pedro, Cynthia Bonta, Lilia Rivera, Dolores Diaz, Mercedes Guerrero, Sarah Enloe, Zenny Yagen, Aida Azurin, Maria Bahoric, Bella Anderson Nidoy, Edna delos Reyes, Remy Solomon, Cristina Bambao, Sonia Delizo, Beatrix Alo, Leila Pereira, Crisel Centeno, Vergie Monteagudo, Charity Avena, Erna Bambao, Carolina Munar, Edna Villanueva, Mercedes Descargar, Faina E. Abaya and many others.

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Black and Asian Solidarity Newsletter



"I believe in human beings, and that all human beings should be respected as such, regardless of their color."

- Malcolm X



Malcolm X

American Muslim Minister and Human Rights Activist



"The movement is contagious, and the people in it are the ones who pass on the spirit."

- Yuri Kochiyama



Yuri Kochiyama

American Civil Rights Activist

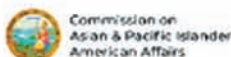


BLACK AND ASIAN SOLIDARITY NEWSLETTER (2024)

By Shawntay Gorman - Taysty Art

"This piece reflects on the historical significance of the Black Panther Party's message and the timeless resonance of Malcolm X and Yuri Kochiyama's shared values. Through the lens of their enduring camaraderie, this newsletter captures their collective commitment to societal transformation."

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This ad campaign is brought to you by the Laban Group, Filipino Ethnic Media Collaborative. This group aims to promote awareness in our beloved Filipino American community and the broader public about anti-Asian hate incidents and crimes; reduce stigma surrounding the reporting of hate incidents and hate crimes; enhance understanding of resources for victims and survivors; and, to promote community healing and cross-racial collaboration. This resource is supported in whole or in part by funding provided by the State of California, administered by the California State Library in partnership with the California Department of Social Services and the California Commission on Asian and Pacific Islander American Affairs as part of the Stop the Hate program. To report a hate incident or hate crime and get support, go to CAVSHATE.ORG



Christopher Cabaldon,

The Filipino Community's Choice for State Senate

BY DEREK LEDDA

On Tuesday, March 5, the Primary Election will be held for voters to not only elect the next President of the United States but also many local and statewide candidates for political office in California. Among the noteworthy candidates is former longtime West Sacramento Mayor Christopher Cabaldon who will be taking the crucial step towards achieving a landmark breakthrough in Filipino American political history by becoming the first Filipino American to be elected to the California Senate.



Christopher Cabaldon

Cabaldon, whose family is from Vigan, Ilocos Sur and Legaspi, Albay in the Philippines is running for the Senate seat in District 3, which includes the Sonoma and Napa wine country, Vallejo and Concord, Yolo County and the nearby Delta. District 3 is home to more than 75,000 Filipinos and is California's only Senate district where Filipinos are the third largest group. A strong turn out by Filipino voters could very well determine the outcome of the Senate race in Cabaldon's favor.

Although Cabaldon is well respected for his many significant contributions in serving all California communities, he has been especially committed to championing the issues that make a critical difference in the lives of peoples whose needs have historically been underserved. As a Filipino-American, he is particularly sensitive to the needs of the Filipino American community in which he has been very active and accessible for over 25 years and which has always been high on his list of priorities in his responsibilities as an elected official, public servant and community member. From his early days as student council vice president at UC Berkeley, when he championed including Tagalog classes in the academic curriculum to helping to lead the groundbreaking White House celebration of Filipino American Heritage Month, he has worked tirelessly on behalf of the Filipino Community.

His decades long support for Philippine National Day Association's youth programs attests to his particular focus on inspiring and empowering Filipino youth. He also mobilized an unprecedented nationwide bipartisan coalition of mayors to fight for the passage of the Filipino Veterans Fairness Act. For his efforts, the Filipino American National Historical Society honored him with its award for Outstanding Historical Contribution. His contributions have never ceased. Last January, the Sacramento Bee honored him as one of the region's

Top 20 AAPI Change Makers .

Cabaldon is probably best known locally, in California and throughout the United States for serving as West Sacramento's mayor for 22 years and transforming the neglected industrial town into the highly regarded entrepreneurial city that has been recognized as "America's most Livable City" and one of the world's "21 Smart Cities to Watch." Under his leadership he tackled critical social challenges and spearheaded groundbreaking initiatives such as:

- Establishing urban farms
- Guaranteeing universal access to preschool
- Enhancing flood protection and floodplain management
- Creating college and career pathway internships
- Instituting free college for local students
- Promoting sustainable land use
- Championing next-gen transit and personal mobility
- Converting hotels into housing for people experiencing homelessness

Building affordable housing at one of the fastest rates in California, while protecting habitat and agricultural land.

Cabaldon's innovative initiatives as mayor reflect many of the priorities on which he has worked throughout his

career in public service. He has been passionate about improving and making education more affordable and accessible to all young people, especially those from underserved communities. Cabaldon has been equally passionate about combatting climate change and preserving the environment. He has continued to fight for the environment without compromising opportunities for building economic prosperity.

As West Sacramento's mayor, Cabaldon also gained recognition for his city as one of only seven California cities designated by the State of California as a "Prohousing City" for implementing policies that aggressively eliminate bureaucratic obstacles to housing growth. He has been an active supporter of My Sister's House a local nonprofit that provides shelter and services to victims of domestic violence, human trafficking and sexual assault. As chair of the Sacramento region's metropolitan planning organization and its transportation committee, Christopher has won numerous awards for his pioneering work on integrating transportation, land use, environmental justice, housing, air quality, and climate change.

In addition to serving as mayor, Cabaldon worked in the Assembly for eight years as chief of staff to the Appropriations Committee chairperson and staff director for the Committee on Higher Education. He also served as a California Community Colleges vice chancellor and, as president and CEO of EdVoice, an education advocacy group aimed at reshaping public education to better serve low-income groups. After considering former Mayor Cabaldon's extensive knowledge, experience and significant achievements, the

that "He has been a longtime advocate for successful and innovative solutions to the most critical issues of our time including in education, the environment and social justice. He has also been a tireless champion for the most vulnerable and underserved members of society. He is an icon and role model in our community.

We will be proud to have him as the first Filipino American to serve in the California Senate."

Among the many prominent Filipino Americans and Asian Americans who have also endorsed former Mayor Cabaldon are the following individuals:

- Sacramento Municipal Utility District (SMUD) Director Dave Tamayo
- Acting Lt. Governor Mona Pasquil Rogers (Ret.)
- Former Davis Mayor Ruth Uy Asmundsen
- APAPA Solano Chapter President Gregoria Torres
- Solano County Young Democrats Past President Tim Knox.
- California Democratic Party Filipino American Democratic Caucus Treasurer Frank Aurelio Yokoyama
- California Democratic Party Filipino American Democratic Caucus Past Chair Joselyn Geaga-Rosenthal
- Filipinos For Biden National Co-Chair Mark Pulido
- Filipino American Association of American Canyon President Elmer Manaid
- Filipino American Association of American Canyon Past President Anthony Quicho
- Filipino American Chamber of Solano County Past President Joey Palma
- Filipino American Lawyers Association Former Secretary Derek Ledda
- Filipino Community of Sacramento & Vicinity Past President Murray Navarro
- Filipino Family Fraternity President Ling Avera
- Filipino Fiesta President Murray Navarro
- Filipino Women's Club President Leila Pereira
- Filipino Women's Club Past President Josie Patria
- National Alliance for Filipino Veterans Equity National Coordinator Ben De Guzman (Ret.)
- Philippine National Day Association Past President Cynthia Bonta
- Aklan Association President Danny Yap-Diango
- Ilocano Foundation of California President Alex Avera
- Vallejo Pista Sa Nayon Cultural Committee Chair Eloise Escano Scott
- UC Davis and Sacramento City College Tagalog Professor Sorcy Apostol (RIP)



Filipino Americans and Asian Americans endorsed former Mayor Cabaldon for State Senate.



Sacramento Filipino PAC's fundraiser for Christopher Cabaldon.

Board of the Sacramento Filipino Political Action Committee (SacFilPAC) unanimously and unequivocally endorsed Christopher Cabaldon to be the next State Senator in District 3, stating

Christopher Cabaldon is the Filipino Community's clear choice as the next Senator of California in District 3. Vote for him and be part of a historic breakthrough in Filipino American political empowerment.



FAVA's 35th Anniversary & Installation of Officers 2024-2025

BY DALE ESPERANTE

Outgoing First Lady Beth Velasco, the evening's Master of Ceremonies, took charge of the evening's program. The Military Ceremonies included the Posting of Colors by the Honor Guard Detail: Jess Velasco – Commander, John Huggard, Romeo Gonzalvo, Bobby Aglubat, and Rick Larkin. All veterans in attendance came forward to face the audience and sang the national anthems. Marine Veteran and the FAVA's Chaplain, Will Williams, offered the Invocation.

After dinner, Outgoing President Jess Velasco delivered his welcome remarks. He then introduced POW/MIA Remembrance Ceremony narrated by marine veteran Will Williams and assisted by army veteran Dick Weitzenberg. The poignant sound of Taps handled by Larry Navarette followed the POW/MIA ceremony.

The years of FAVA led by PAST PRESIDENTS: 1989 Bobby Aglubat (USN), 1990 Felimon Reyes (USN), 1991 Bobby Aglubat (USN), 1992 Glenn Carrasca, 1993 – 1995 Andy Tancioco, 1996 – 1997 Bill Versoza, 1998 – 1999 Danny Pascua, 2001 – 2001 Mario Lardizabal, 2002 – 2003 Art Calindas, 2004 – 2007 Richard Weitzenberg, 2008 – 2009 Dale Esperante, 2011 – 2010 Rick Rafanan, 2012 – 2013 Tom Amaba, 2014 – 2015 Fred Aquino, 2016 – 2019 Richard Weitzenberg, 2020 – 2023 Jess Velasco.

The acknowledgements of distinguished guests: The gala event highlighted an evening attended by staunch supporters of the Filipino American veterans. The presence of leaders and members of the community, including but not limited to: The American Legion Magellan Post & Auxiliary 604, Filipino Women's Club, Lions Clubs, Filipino Community of Sacramento and Vicinity, Mabuhay, Ilocano, Visayan, Kapitbahay, Bayanihan, Knights of Columbus, medical groups, church groups, enhanced the significance of the evening.

FAVA conveyed its gratitude and appreciation for the job well done by the 2022 – 2023 outgoing officers: President Jess Velasco, Vice President Fortunato Delacruz, Secretary Yollie Delacruz, Treasurer Elizabeth Velasco, Auditor



FAVA Officers 2024-2025 being installed by Dr. Girlie Delacruz



Past Pres. Jess Velasco and wife Beth and incoming Pres. Ato Delacruz and wife Yollie.



Beautiful FAVA ladies (Receptionists)



Posting of Colors by Honor Guard.



Inaugural address by incoming President Ato Delacruz.



Dance, dance, dance to the music by Hi-Tech Sound.

Photos by Dale Esperante

Sonia Delizo, Directors: Personnel Richard Weitzenberg, Ways and Means Edward Peluso, Social Activities Edward Peluso, Education & Welfare Sonia Delizo, Junior Past President Jess Velasco. Appointed Officers: Chaplain Will Williams, Sergeant-at-Arms Bill Bostock.

Incoming Secretary Elena Dy introduced the Installing Officer – Dr. Girlie Delacruz. Dr. Delacruz took the stage and engaged the audience with stories about growing up in a military family. For one who spent a career in the United States Air Force, I listened attentively because Dr. Delacruz reminded me of my own experiences in the military, such as, stateside, and overseas assignments, the base exchange or post exchange, the commissary, meeting other Filipinos in the military, and many unique and unforgettable moments. Thank you, Dr. Girlie Delacruz, for bringing back a lot of precious memories from the pages of our former military lives.

The Installing Officer proceeded to perform her duties. She acknowledged and expressed her congratulations to every

outgoing officer of 2022 – 2023. With the outgoing officers honorably relieved, Dr. Delacruz invited every incoming officer to come forward, front and center, and face the audience. The Delacruz family in the audience witnessing the installation ceremony must be so proud because Dr. Girlie Delacruz is the daughter of Incoming President Fortunato and First Lady Yollie Delacruz.

Congratulations to the Incoming Officers 2024 – 2025: President Fortunato Delacruz, Vice President Jess Velasco, Secretary Elena Dy, Treasurer Elizabeth Velasco, Auditor Sonia Delizo, Directors: Personnel Yollie Delacruz, Ways and Means Edward Peluso, Social Activities Rose Delacruz, Education & Welfare Marivic Sinlao, Junior Past President Jess Velasco. Appointed Officers: Chaplain Will Williams, Sergeant-at-Arms Bill Bostock, Asst Ways & Means Richard Weitzenberg, Asst Social Activities Baby Avillanoza, Asst Education & Welfare Let Pangilinan, Public Relations Officer Carlos Cordero, Parliamentarian Richard Weitzenberg.

The inaugural address of President Fortunato "Ato" Delacruz included faith, hope, and confidence that the FAVA veterans and the Filipino American community will continue to support each other moving forward for the good of all within and outside the Sacramento community. Goals set by President Ato: increase membership, increase involvement in functions and events, increase support of FAVA to the community. Example of support: Mr. and Mrs. Rusty and Zeny Baluyot, FAVA's lifetime members, reside in Fairfield, more than an hour's drive from Sacramento. Rusty and Zeny travelled and negotiated the heavy freeway traffic on a Friday afternoon to attend the milestone celebration of FAVA. FAVA appreciates all guests who came from near and far away, grateful for your support.

Secretary Elena Dy introduced FAVA Anniversary's first dance, Tango's Hernando's Hideaway, music by Archie Bleyer. The dance troupe members: Ato and Yollie Delacruz, Jess and Beth Velasco, Fred and Malou Amper, Dale and Melita Esperante, Manny and Marlie Ramos, Carlos Cordero and Let Pangili-

nan, Richard Weitzenberg and Priscilla Ramos. The sound of the castanets and the staccato rhythm of the Tango dancers added drama and flair holding the audience's rapt attention. When the music stopped, the audience burst into applause showering the dancers with cheers and ovation.

Inspired by the dance performance, Music by "Hi Tech Sound" staffed by Music Maestro and DJ Ed Cordero showered the rest of the evening with lively pieces that moved everyone onto the dance floor. Chachacha, waltz, rumba, swing, rock and roll, bachata, hip-hop, you name it, and we danced it, until the last second of the closing hour at 11 PM.

Congratulations to the members of the Filipino American Veterans Association! President Ato Delacruz sounded confident in his speech foreseeing the continued harmonious and supportive involvement of all for the good of the Sacramento Filipino Americans and Friends!

MABUHAY TAYONG LAHAT!

Remembering one of the oldest surviving Bataan Death March and POW Veterans Andres Bonilla Cudal

BY STEFFANY LINGAD

On November 2, 1941, Andres Bonilla Cudal enlisted in the United States Army Forces in the Far East (USAFFE), a military formation of the United States Army located on the islands of the Philippines that was active from 1941 to 1946.

Cudal served in L Company, 3rd Battalion, 11th Division, 23rd Infantry, fighting alongside American soldiers during WWII. This year, he was among the oldest known Prisoner of War survivors, reaching his 104th birthday, until his passing in October 2023.

In April 1942, Cudal was among the 76,000 Filipino and American prisoners of war

(POW) who surrendered on the Bataan Peninsula. The troops were forced to march 65 miles to Camp O'Donnell, a former United States military reservation turned POW camp. The Bataan Death March spanned from 5 to 10 days and resulted in the death of over 17,000 soldiers.

Cudal and the remaining survivors suffered the poor conditions of the camp until they were liberated in January 1943. He continued to serve with the American soldiers until his honorable release on June 20, 1946.

Later in life, Cudal moved to San Jose, California, and had received care at VA Palo Alto health care since. Prior to his death, in his native Philippine dialect, Ilocano, Cudal reflected on his service and paid hom-

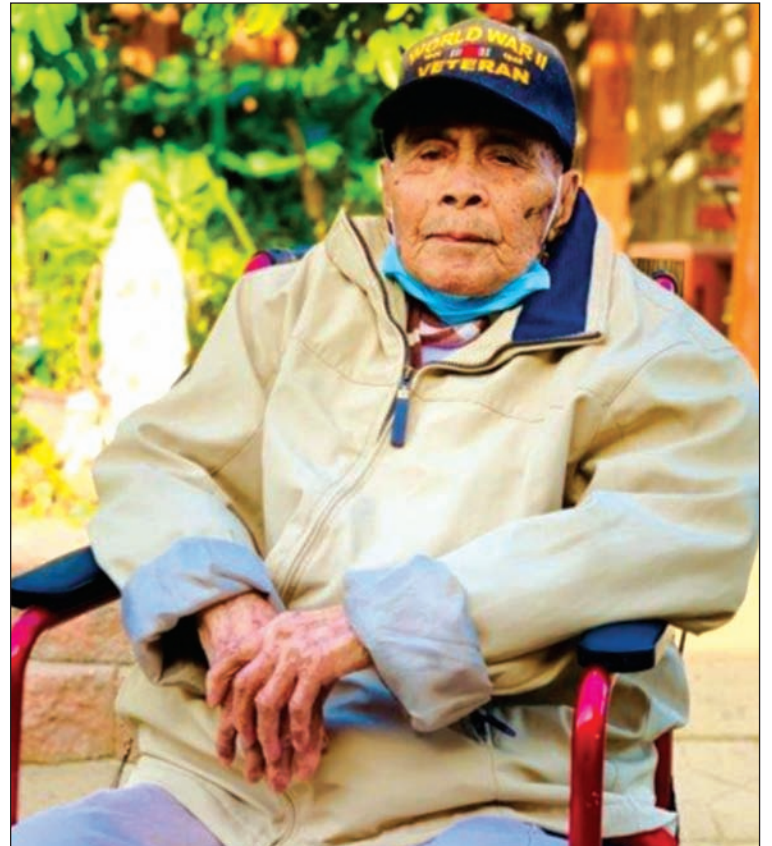
age to his fallen comrades.

"I am forever grateful to America and consider it my high honor to have served the United States Army Forces in the Far East during WWII.

I honor, most of all, my fallen brothers and sisters, for they have given the ultimate sacrifice on the altar of freedom. May God bless America!"

As we share this tribute, we remember Veteran Cudal and we extend our appreciation for his dedication and the sacrifices he made. His contributions remain integral to our nation's history, and we are thankful for his service. We hope his family finds solace knowing his legacy lives on in our gratitude.

<https://www.va.gov>



Veteran Andres Bonilla Cudal was among the oldest known Prisoner of War survivors, reaching his 104th birthday, until his passing in October 2023.

Official Date Announced for the 2024 Bataan Memorial Death March



BY VANESSA FLORES

White Sands Missile Range Public Affairs

The 35th Bataan Memorial Death March is scheduled for Saturday, March 16, 2024, at 7 a.m. here at White Sands Missile Range. It's the first time the race will take place on a Saturday.

The Bataan Memorial Death March is a weekend filled with commemorative events that culminate with a 26.2-mile standard route or a 14.2 honorary route taking marchers through tough, hilly desert terrain and

the dreaded sand pit obstacle. After the race, participants and supporters can enjoy an exclusive concert and choose from a variety of food trucks provided by local vendors.

The Bataan Memorial Death March is held in honor of a group of heroes who were surrendered in the Philippines on April 9, 1942, at the outset of World War II, and forced to march in the scorching heat 65 miles over treacherous terrain. Thousands of Americans, to include members of the 200th Coast Artillery, New Mexico

National Guard, and Philippine Soldiers died along the route and in prisoner of war camps.

White Sands Missile Range will provide further information on the registration opening date, early bird specials, and an exclusive discount for past participants of the 2023 race.

The 2024 Bataan Memorial Death March will be live and in-person with no COVID restrictions.

For more information visit bataanmarch.com

Congratulations to Lorenzo Palomar for being selected as delegate representing The American Legion Magellan Post 604 to the California Boys and Girls State Program.

The veterans of Post 604 are proud of Delegate Palomar and grateful to mom Marijean for coming to the interview process. Delegate Palomar passed the interview process with flying colors.



(l-r) 2nd Treasurer Fortunato Delacruz, Commander Tom Amaba, Treasurer Dick Weitzenberg, Mom Marijean, Delegate Lorenzo, Director of Americanism Rey Ado, Judge Advocate Will Williams, 2nd Vice Commander Oscar Meris, Director Carlos Cordero.

Mercedes Rodrigo Descargar 85th Luau Birthday Celebration!



Mercedes Rodrigo Descargar turns 85 on her birthday, Feb. 28. Here is her "Hau oli la hanau's" celebration, as organized and hosted by her children and attended by family and friends, held at the Magellan Hall in Sacramento on March 2, 2024. Many more happy returns, manang Ched. We love you!

FILIPINO FIESTA OF SACRAMENTO



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ORDER OF THE KNIGHTS OF RIZAL

NON-OMNIS MORIAR



WHO ARE WE?

The Order of the Knights of Rizal is a fraternal organization created to honor and uphold the ideals of the Philippine national hero Dr. Jose Rizal. It is a civic, patriotic, cultural, non-partisan, non-sectarian, and a non-profit organization under the Philippine Republic Act 646.

Its history goes back to Dec. 30, 1911, when Colonel Antonio C. Torres organized a group of nine men from different walks of life for the purpose of commemorating the execution and martyrdom of our National Hero Dr. Jose P. Rizal. Thereafter, year after year, the same group would gather to celebrate the birth and commemorate the death of Dr. Jose Rizal and this group would be seen conspicuously on horseback, reminiscent of the Knights of old known for their chivalry and exemplary life.

WHAT IS REPUBLIC ACT 646?

Signed by President Elpidio Quirino on June 14, 1951, it is the one order of knighthood in the Philippines officially recognized and endorsed by an official act of the national government, and its awards and titles are recognized by the Honors code of the Philippines as official awards of the Republic. The Order is often worn by members of the Philippine government and diplomatic corps.

WHAT DO WE DO?

The Knights of Rizal is an active order and membership does not only convey privilege but requires continuous participation in the year-long projects of the Order.

-To study the teachings of Dr. Jose Rizal. Inculcate and propagate it among all classes of Filipino and foreign nationals

-To organize and hold programs commemorative of Rizal's and martyrdom. Leading or taking an active part in the official and diplomatic ceremonies commemorating important dates in José Rizal's life and the Philippine Independence Day.

-To spread the ideals, teachings and exemplary life of Dr. Rizal especially to our youth. Such activities include the annual National Rizal Youth Leadership Institute Conference, and the annual Search for Jose Rizal Model Students of the Philippines (JRMSP) held every December.

-To promote among the associated Knights the spirit of patriotism and Rizalian chivalry

THE KNIGHTS OF RIZAL - SACRAMENTO LANDMARK CHAPTER

Founded on September 30, 2023, the chapter is based in Sacramento, California. We are a Non-Profit 501c3, Organization. The founding and pioneering members include Sir Johnie Estapia, Sir Irvin Noval, Sir Cesar Sotto, Sir Loreto Paragas, Sir Brian Pastor, Sir Delmer Tucker and Sir Winston Almojuela.

HOW TO BECOME A MEMBER

-Any person of legal age and of good moral character and reputation, who believes in our National Hero, Dr. Rizal, willing to learn about his life and works and propagate his teachings, is eligible for admission to the First degree.

-Complete and submit the application form with recommendation by at least two (2) members in good standing in the Order.

-Contact any officers or members:

Sir Cesar # 9167687632, Sir Irvin # 4845291574, Sir Loreto # 9168974261, Sir Brian # 9168966264. E-mail - Irvin_guitar@yahoo.com

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Photo by Dave San Pedro

A MATTER of TASTE

BY MATTHEW SUTHERLAND
Philfiesta.net-March 2010

I have now been in this country for over six-years, and consider myself in most respects well assimilated. However, there is one key step on the road to full assimilation, which I have yet to take, and that's to eat BALUT.

The day any of you sees me eating balut, please call immigration and ask them to issue me a Filipino passport. Because at that point there will be no tum-ing back. BALUT, for those still blissfully ignorant non-Pinoys out! there, is a fertilized duck egg. It is commonly sold with salt in a piece of newspaper, much like English fish and chips, by street vendors usually after dark, presumably so you can't see how gross it is.

It's meant to be an aphrodisiac, although I can't imagine anything more likely to dispel sexual desire than crunching on a partially formed baby duck swimming in noxious fluid. The embryo in the egg comes in varying stages of development, but basically it is not considered macho to eat one without fully discernable feathers, beak, and claws. Some say these crunchy bits are the best. Others prefer just to drink the so-called 'soup', the vile, pungent liquid that surrounds the aforementioned feathery fetus... excuse me; I have to go and throw up now. I'll be back in a minute.

Food dominates the life of the Filipino. People here just love to eat. They eat at least eight times a day. These eight official meals are called, in order: breakfast, snacks, lunch, merienda, merienda ceyna, dinner, bedtime snacks and no-one-saw-me- take-that- cookie-from-the-fridge-so-it-doesn't-count.

The short gaps in between these mealtimes are spent eating Sky Flakes from the open packet that sits on every desktop. You're never far from food in the Philippines. If you doubt this, next time you're driving home from work, try this game. See how long you can drive without seeing food and I don't mean a distant restaurant, or a picture of food. I mean a man on the sidewalk frying fish balls, or a man walking through the traffic selling nuts or candy. I bet it's less than one minute.

Here are some other things I've noticed about food in the Philippines:

Firstly, a meal is not a meal without rice - even break-fast. In the UK, I could go a whole year without eating rice. Second, it's impossible to drink without eating. A bottle of San Miguel just isn't the same without gambas or beef tapa. Third, no one ventures more than two paces from their house without baon (food in small container) and a container of something cold to drink.

You might as well ask a Filipino to leave home without his pants on. And lastly, where I come from, you eat with a knife and fork. Here, you eat with a spoon and fork. You try eating rice swimming in fish sauce with a knife.

One really nice thing about Filipino food culture is that people always ask you to

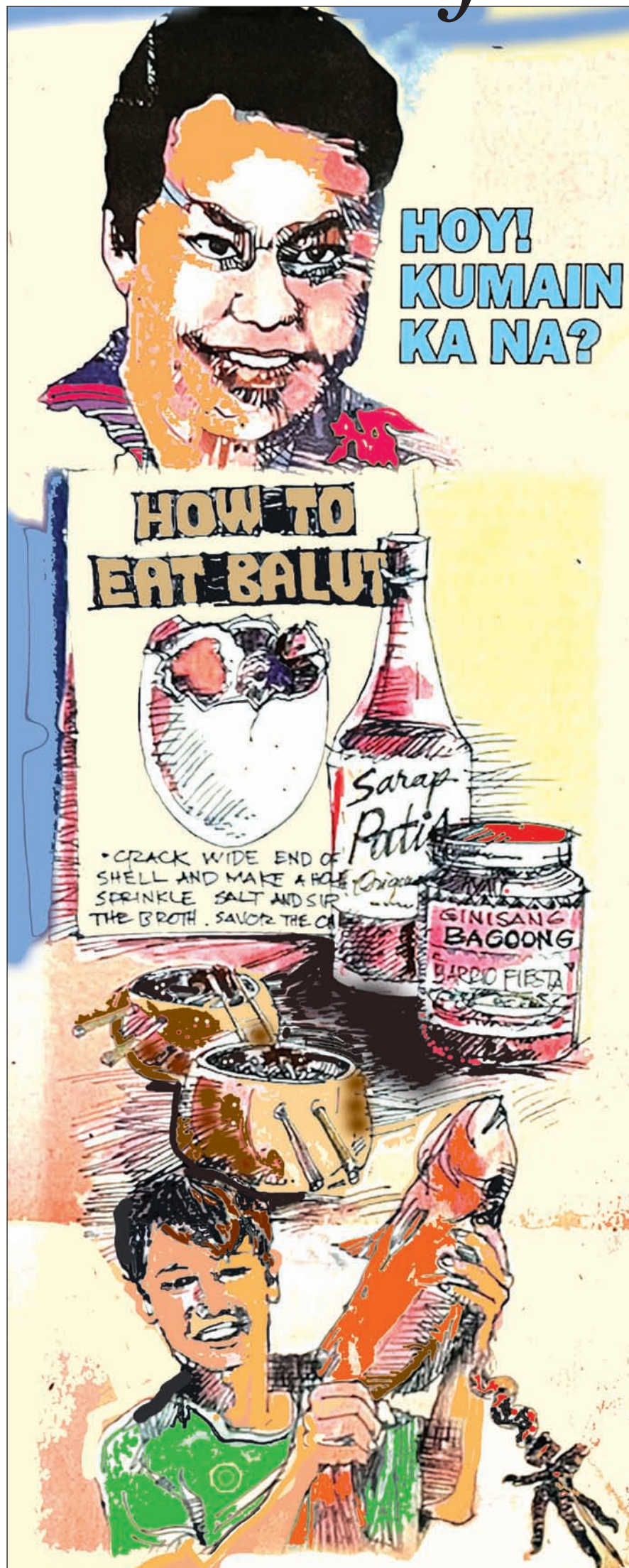


ILLUSTRATION BY DAVE SAN PEDRO

SHARE their food. In my office, if you catch anyone attacking their baon, they will always go, "Sir! KAIN TAYO!" ("Let's eat!"). This confused me, until I realized that they didn't actually expect me to sit down and start munching on their boneless bangus. In fact, the polite response is something like, "No thanks, I just ate." But the principle is sound - if you have food on your plate, you are expected to share it, however hungry you are, with those who may be even hungrier. I think that's great! In fact, this is frequently even taken one step further. Many Filipinos use "Have you eaten yet?" ("KUMAIN KA NA?") as a general greeting, irrespective of time of day or location.

Some foreigners think Filipino food is fairly dull compared to other Asian cuisines. Actually lots of it is very good: Spicy dishes like Bicol Express (strange, a dish named after a train); anything cooked with coconut milk; anything KINILAW; and anything ADOBO. And it's hard to beat the sheer wanton, cholesterolic frenzy of a good old-fashioned LECHON de leche (roast pig) feast. Dig a pit, light a fire, add 50 pounds of animal fat on a stick, and cook until crisp. Mmm, mmm...you can actually feel your arteries constricting with each successive mouthful.

I also share one key Pinoy trait --a sweet tooth. I am thus the only foreigner I know who does not complain about sweet bread, sweet burgers, sweet spaghetti, sweet banana ketchup, and so on. I am a man who likes to put jam on his pizza. Try it! It's the weird food you want to avoid. In addition to duck fetus in the half-shell, items to avoid in the Philippines include pig's blood soup (DINUGUAN); bull's testicle soup, the strangely-named "SOUPNUMBER FIVE" (I dread to think what numbers one through four are); and the ubiquitous, stinky shrimp paste, BAGOONG, and it's equally stinky sister, PATIS. Filipinos are so addicted to these latter items that they will even risk arrest or deportation trying to smuggle them into countries like Australia and the USA, which wisely ban the importation of items you can smell from more than 100 paces.

Then there's the small matter of the purple ice cream. I have never been able to get my brain around eating purple food; the ubiquitous UBE leaves me cold. And lastly on the subject of weird food, beware: that KALDERETANG KAMBING (goat) could well be KALDERETANG ASO (dog)...

The Filipino, of course, has a well-developed sense of food. Here's a typical Pinoy food Joke: "I'm on a seafood diet. "What's a seafood diet?" "When I see food, I eat it!"

Filipinos also eat strange bits of animals -- the feet, the head, the guts, etc., usually barbecued on a stick. These have been given witty names, like ADIDAS" (chicken's feet); "KURBATA" (either just chicken's neck, or "neck and thigh" as in "neck-tie"); "WALK-MAN" (pigs ears); "PAL" (chicken wings); HELMET* (chicken head); "IUD" (chicken intestines), and BETA-MAX" (video-cassette-like blocks of animal blood).

Yum, yum. Bon appetit.

Einstein's 7 rules for a better life

BY ETHAN SIEGEL

The most celebrated genius in human history didn't just revolutionize physics, but taught many valuable lessons about living a better life.

Key Takeaways

With scientific discoveries like the constancy of the speed of light, the photoelectric effect, $E = mc^2$, and general relativity, Albert Einstein is rightly known as one of humanity's greatest geniuses. However, his fame and renown extended far beyond the field of physics, as Einstein played major roles in politics, media, and even the everyday affairs of life. From his letters, correspondence, and from the personal accounts of those with whom he interacted, a fascinating set of rules for life can be gleaned. Here are some of his best lessons.

When it comes to living your best life, Albert Einstein — notorious as the greatest physicist and genius of his time, and possibly of all-time — probably isn't the first name you think of in terms of life advice. You most likely know of Einstein as a pioneer in revolutionizing how we perceive the Universe, having given us advances such as: the constancy of the speed of light, the fact that distances and times are not absolute, but relative for each and every observer, his most famous equation, $E = mc^2$, the photoelectric effect, the theory of gravity, general relativity, that overthrew Newtonian gravity, and Einstein-Rosen bridges, or as they're better known, wormholes.

But Einstein was more than just a famous physicist: he was a pacifist, a political activist, an active anti-racist, and one of the most iconic and celebrated figures in all of history.

He was also known for his unconventional behavior in a variety of ways that flouted social norms, including his unkempt hair, his witty humor, and his unrelenting hatred of socks. But less well-known is Einstein's freely-given life advice to many of his friends, acquaintances, and contemporaries, which are perhaps even more relevant today, in the 21st century, than when he initially doled out his words of wisdom and compassion. Taken from the book *The Einstein Effect*, written by the official social media manager of the Einstein estate, Benjamin Cohen, these rules for a better life go far beyond physics and are relevant to us all. Here are, perhaps, the best and most universally applicable lessons from Einstein himself.

Rule #1: Expend your efforts on the things that matter.

When you think of Einstein's appearance, the word "disheveled" may come to mind. His overgrown, uncombed hair, his ratty, worn-out, often smelly clothing, his shoes without socks, etc., all were notoriously slovenly. But none of that bothered Einstein, who in his later years wore what could be considered almost a uniform: a signature grey suit, sans the traditional sport coat, with a leather jacket in its place. (And, of course, with shoes and no socks.)

This idea, of wearing simple but functional clothing that puts the wearer at ease with themselves, has been made famous in recent years by tech entrepreneurs who have their own signature style:

Steve Jobs and his infamous blue jeans and black turtlenecks (a style copied by Elizabeth Holmes), Jeff Bezos, who wears blue jeans with short-sleeve, monochrome, collared shirts, Mark Zuckerberg, who prefers blue jeans and

T-shirts, Satya Nadella, who typically wears slacks, polo shirts, and Lanvin shoes, and Jack Dorsey, whose all-black outfits often include a hat, hoodie, or jacket, is prized for one reason above all others: efficiency.

If you have a lot of decisions to make each day, or a lot of work that requires mental effort in any sense, cutting down on your overall mental load is of paramount importance if you want to avoid what's known as decision fatigue: where our ability to make good decisions degrades as we become more tired from relentlessly having to make choices.

As fashion journalist Elyssa Goodman wrote, "Uniform dressing has roots in not just physical but mental efficiency. People who have to make immense decisions every day will sometimes choose a consistent ensemble because it allows them to avoid decision fatigue, where making too many unrelated decisions can actually cause one's productivity to fall off."

It's a way to economize your efforts: to put them where they're most needed, at the expense of not wasting them on spurious or unimportant matters. In other words, choosing not to put effort into the things that are superfluous to what's actually important to you is a way to become more mentally efficient, which frees up your mind to focus on what actually matters most to you. Einstein's lack of effort into his personal presentation extended to his disdain for going to the barber, as well as his often nearly-illegible penmanship. But the rewards, of focusing his mind on what was truly important to him, led him to a rich, fulfilling life.

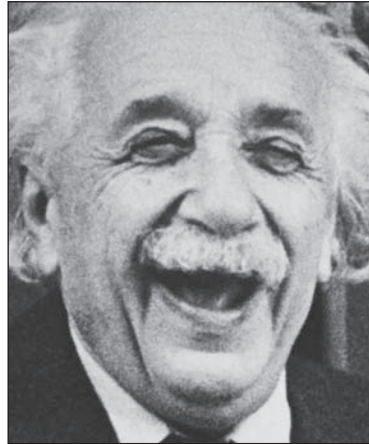
Rule #2: Do things you love, even if you're terrible at them.

While many of Einstein's passions extended far beyond physics — including a love of baked goods and a penchant for playing the violin — perhaps the one he enjoyed the most was sailing. As Einstein wrote, "A cruise in the sea is an excellent opportunity for maximum calm and reflection on ideas from a different perspective." His second wife (and cousin), Elsa, added that "There is no other place where my husband is so relaxed, sweet, serene, and detached from routine distractions; the ship carries him far away." By focusing on something mundane, Einstein's mind was free to wander, frequently leading him to exciting new ideas.

Einstein, however, was completely inept at sailing, and was at best a wildly inattentive sailor. He would frequently lose his direction, run his boat aground, or have his mast fall. Other sailing vessels frequently had to beware of Einstein's ship, as he was a hazard to himself and others, refusing to wear a life vest despite being unable to swim. Boaters and even children routinely rescued him, and having his boat towed back to shore was a frequent occurrence. But the serenity Einstein experienced while sailing was unparalleled, giving him a mental freedom that we should all aspire to for ourselves.

Rule #3: Have a puzzle mindset.

Think about the problems that we face, both as individuals and collectively, as a civilization. These could be financial, environmental, health-related, or political, for example, as those arenas affect us all. Do you view these problems as crises? If you do, you probably



A black and white photo of Albert Einstein laughing. Einstein, shown here at a Princeton luncheon in 1953, was not only a physics genius and global celebrity, but a kind and just man who was generous with his advice, time, and lessons for those who were willing to listen. Credit: Ruth Orkin

feel despair at them, as there's very little that's empowering about facing a crisis. But if you view them as a puzzle, you might be inclined to think about a fresh approach to solving them. In this regard, Einstein was pretty much the prototype individual for someone who viewed every difficulty he faced as a puzzle to be solved: in physics and beyond.

Consider his oft-misunderstood but most famous quote, "Imagination is more important than knowledge." While many people had looked at the puzzle of objects moving near the speed of light before — including other geniuses like FitzGerald, Maxwell, Lorentz, and Poincaré — it was Einstein's unique perspective that allowed him to approach that problem in a way that led him to the revolution of special relativity. With a flexible, non-rigid worldview, Einstein would easily challenge assumptions that others couldn't move past, allowing him to conceive of ideas that others would unceremoniously reject out-of-hand.

Einstein was no stranger to having strongly held convictions about both life and physical reality, but each of his opinions, even those he was most certain of, were no more sacred to him than a mundane hypothesis. When one has a hypothesis, or idea, the goal isn't simply to find out whether that hypothesis is right or wrong; in some sense, that's the least interesting part of the endeavor. The search for the answers, including figuring out how to perform the critical test and interrogate the Universe itself in an effective manner, was what truly got Einstein excited.

His thought-experiments were among the most creative approaches ever taken by physicists, and that line of thought has been adopted by a great many scientists ever since who wish to avoid what's known as cognitive entrenchment. What would a lightweight look like if you could follow it by traveling at the same speed it traveled at? How would the light from a distant star be deflected by the Sun's gravity during a total solar eclipse? What experiments could one perform to determine whether our quantum reality is pre-determined by variables we cannot observe directly? Unlike a preacher who claims to be infallible, a prosecutor who wants to convince you of their perspective, or a politician who just wants to win your approval, having a puzzle mindset — i.e., the mind of a scientist — is the only one that can lead you to novel discoveries, including quite unexpected ones.

Rule #4: Think deeply, both long

and hard, about things that truly fascinate you.

Over the course of his long life, Einstein received many letters: from those who knew him well to perfect strangers. When one such letter arrived on Einstein's desk in 1946, asking the genius what they should do with their life, the response was as astute as it was compassionate. "The main thing is this. If you have come across a question that interests you deeply, stick to it for years and do never try to content yourself with the solution of superficial problems promising relatively easy success."

And if you fail to arrive at the solution you've been chasing, don't despair. As Einstein wrote to his friend David Bohm, "You should not be depressed by the enormity of the problem. If God has created the world, his primary worry was certainly not to make its understanding easy for us." Although Einstein was most famous for the problems he did solve, there were plenty whose solutions eluded him all his life: from finding a deterministic explanation for the observed quantum behavior to the attempt to unify all of physics (including gravity and the other forces) into one overarching framework.

Although many have tried-and-failed (and continue to try-and-fail) to solve these and other puzzles, the greatest joy and fulfillment is often to be found in the struggle itself.

Rule #5: Don't let politics fill you with either rage or despair.

Einstein kept up with many friends and members of the public, but also with his extended family. In correspondence with his cousin Lina Einstein, he offered a lesson that many of us would do well to heed. "About politics to be sure, I still get dutifully angry, but I do not bat my wings anymore, I only ruffle my feathers."

How many of us have seen a friend, acquaintance, or even total stranger make a statement that filled us with outrage, and flew off the handle, filled with righteous indignation, and launched into a tirade as a result? While that might fulfill some primitive need in us to speak our mind and challenge what we see as an unacceptable narrative, how often was such a response actually effective in achieving any of our goals?

Sometimes, it truly is important to intervene and go all-out: what Einstein refers to as "batting our wings." But at other times, in a lesson that King Bumi from *Avatar: The Last Airbender* would heartily approve of, sometimes the best response is to sit back, observe, think, and wait for the opportune, strategic moment to take action down the road: "ruffling our feathers" for the time being. It's often a wise course of action, although for Einstein's ill-fated cousin, Lina, it's worth mentioning that she died in the Nazi gas chambers in 1942.

Rule #6: Blind obedience to authority is the greatest enemy of the truth.

Many of us, upon hearing something that we are certain is either absurd, flawed, or hopelessly corrupt, immediately and vociferously make up our minds to oppose them, regardless of what the full suite of evidence actually indicates. Once we abandon our critical thinking faculties because we are certain we know the answer, we tend to simply go along with those who agree with us and oppose those who espouse anything different. To Einstein, this rep-

resented the death of the rational mind, which he called "collective insanity" or a "herd mind." Today, we would likely call it groupthink, and Einstein noted that it was often driven by a prominent figure spouting propaganda.

Scientists, including formerly reputable ones like Johannes Stark (Nobel Laureate and founder of the Stark effect), formed an anti-relativity society that discredited Einstein and his theory. Fueled by nationalism and anti-semitism, Einstein and his ideas became a target, with one line of attack claiming relativity was wrong and dangerous, and another line claiming it was brilliant but that Einstein stole the idea from "real" (non-Jewish) scientists. It was this course of action that eventually led to Einstein having a bounty placed on his head, leading to him fleeing Germany for the United States. While Einstein initially thought these machinations were silly, ridiculous, and harmless, he later concluded that "Blind obedience to authority is the greatest enemy of the truth." In the era of fake news, this lesson is more important to assimilate than ever.

Rule #7: Science, truth, and education are for everyone, not just the privileged few.

Einstein was often very critical of the United States Government, even after emigrating in the 1930s and gaining his citizenship in 1940. The history of slavery and ongoing segregation and racism, in particular, resonated with him the same way that anti-Semitism did: as fundamentally dehumanizing as it was baseless. The FBI began a file on Einstein in 1932, and it had burgeoned to more than 1400 pages by the time Einstein died in 1955, and Einstein's anti-racist actions were deemed fundamentally un-American by many (including Senator Joseph McCarthy), but Einstein would not be deterred.

In 1937, Einstein invited black opera star Marion Anderson to stay at his house when she was refused lodging at the local (segregated) hotel in Princeton. In 1946, Einstein took the revolutionary action of simply visiting Lincoln University — the first degree-granting black college in the United States — and lectured, speaking with students and answering questions. Delivering an address to the student body, Einstein said:

"My trip to this institution was on behalf of a worthwhile cause. There is a separation of colored people from white people in the United States. That separation is not a disease of colored people. It's a disease of white people."

In 1953, Einstein defended the academic freedom of William Frauenglass, a teacher who taught about easing interracial tensions, in a letter published by *The New York Times*. The following year, he further pushed for "the right to search for truth and to publish and teach what one holds to be true." In this day and age, we can be certain that Einstein would have pushed for science, truth, and education to be available to everyone. While certain physical properties may be relative, like space and time, the joys, knowledge, and truths uncovered by science belong to no one race, nation, or faction, but rather to all of humanity.

*The quotes contained within were curated and lifted from Benjamin Cohen's new book, *The Einstein Effect*, and this piece contains affiliate links to that book.*
-bigthink.com

More than one billion now afflicted by obesity

© Agence France-Presse

More than one billion people around the world are now suffering from obesity with the number having more than quadrupled since 1990, according to a study released by the Lancet medical journal.

The “epidemic” is particularly hitting poorer countries and the rate is growing among children and adolescents faster than adults, according to a study carried out with the World Health Organization.

The study, released ahead of World Obesity Day on March 4, estimated that there were about 226 million obese adults, adolescents, and children in the world in 1990. The figure had risen to 1,038 million in 2022.

Francesco Branca, director of nutrition for health at the WHO, said the rise past one billion people has come “much earlier than we have anticipated”.

While doctors knew obesity numbers were rising fast, the symbolic figure had previously been expected in 2030.

Researchers analyzed the weight and height measurements of more than 220 million



people in more than 190 countries to reach the estimates, Lancet said.

They estimated that 504 million adult women and 374 million men were obese in 2022. The study said the obesity rate had nearly tripled for men (14 percent) since 1990 and more than doubled for women (18.5 percent).

Some 159 million children and adolescents were living with obesity in 2022, according to the study, up from about 31 million in 1990.

The chronic and complex ill-

ness is accompanied by a greater risk of death from heart disease, diabetes, and certain cancers. Being overweight increased the risk of death during the coronavirus pandemic.

Countries in Polynesia and Micronesia, the Caribbean, the Middle East, and North Africa have suffered more from the rise.

“These countries now have higher obesity rates than many high-income industrialized countries, especially those in Europe,” the study said.

“In the past, we have tended

to think of obesity as a problem of the rich, now a problem of the world,” said Branca, who highlighted the fast lifestyle changes in low and middle-income countries.

The “very rapid transformation of the food systems is not for the better”.

Majid Ezzati of Imperial College London, the study’s lead author, said there were signs that obesity was leveling out in some southern European countries such as France and Spain, “especially for women.”

But he said that in most countries there are more people suffering from obesity than being under-weight, which the study said had fallen since 1990.

While not eating enough is the main cause of being under-weight, eating badly is a prime factor for obesity.

“This new study highlights the importance of preventing and managing obesity from early life to adulthood, through diet, physical activity, and adequate care, as needed,” said WHO director-general Tedros Adhanom Ghebreyesus.

He added that “getting back on track” to meet global targets for cutting obesity rates “requires the cooperation of the private sector, which must be accountable for the health impacts of their products”.

The WHO has supported taxes on sugary drinks, limiting the marketing of unhealthy foods to children, and increasing subsidies for healthy foods.

Experts say that new treatments against diabetes can also help combat obesity.

Branca said the new drugs “are an important tool but not a solution of the problem.”

“Obesity is a long-term issue and it is important to look at the impact of these drugs on long-term effects or side effects,” he added. (AFP)

Benny Blanco makes new Filipino food review after Jollibee online backlash

BY KATHLEEN A. LLEMIT
Philstar.com

Manila, Philippines — After earning the ire of many Filipinos who had seen his initial negative review of Jollibee, American record producer Benny Blanco uploaded another food review video, this time giving a more favorable review of Filipino food.

Blanco received the ire of many online users, including those who wondered what singer Selena Gomez sees in him. Blanco and Selena went official late last year.

Blanco’s first video shows him trying out Jollibee food.

“Not a lot of you know but my stepmom is from the Philippines so I grew up eating a sh** load of Filipino food,” he began.

He immediately began eating his takeout food. He called the adobo rice as “dry-ass,” while pointed to the chicken after dipping into the gravy as “soggy as f***.”

To complicate things, he tried dipping the chicken into his



American record producer Benny Blanco tries Jollibee as posted on his TikTok account on March 1, 2024.

cup of pineapple juice and concluded that it was a “bad idea.”

The one part of the video that drew the most reaction was when Blanco threw up the Filipino spaghetti back into its container from his mouth.

“I feel like that’s ruined my night. Eww,” he said.

He is also not impressed with the “limpdick ass fries.”

Blanco shared that the Peach Mango Pie was okay, but ended his video not recommending the popular Filipino fast food chain.

A day after the backlash, Blanco uploaded a new video where he tried other Filipino food, including pancit, lumpia, longganisa and Jollibee Chicken Sandwich.

“All right these are all the high-

est-rated Filipino places in LA (Los Angeles). Apparently, all the Jollibees in LA are not as good in the Philippines or New York. But my friend told me to get the best one, the Jollibee Chicken Sandwich,” he began in the second video.

After dancing around and having his bite of the sandwich, Blanco said, “Not only is this sandwich so good but I completely reverse my opinion of

how it sucked. You can go there just for this.”

He mentioned his stepmom’s name, Cora, whom he said makes the best lumpia.

He tried the Filipino egg roll, which he got from another store, and said it is “basically the sexiest fried egg roll.”

Blanco described longganisa as “sweet, a little bit spicy,” while the grilled chicken has “big smoky flavor.”

The pancit was okay for him.

He ended his video by saying that the best thing he had for the food review was the Jollibee Chicken Sandwich. He, however, showed a twist on how to eat it by adding two pieces of lumpia on top of the chicken fillet and poured the lumpia spiced vinegar sauce over it.

Some online users had mixed reactions to his second food review.

One wrote in all capital letters, “PURE SARCASM.”

Another wrote, “He knew he needed to redeem himself lol.”

Another quipped: “Try balut and then we’ll forgive you.”

IPAGLABAN MO

STAND-UP TO ANTI-ASIAN HATE

TUMAWAG

or CALL

A stylized illustration of several raised fists in shades of purple and blue, symbolizing solidarity and protest. The fists are of varying sizes and are positioned in a way that suggests a group of people standing together.

If you have experienced or witnessed an incident of anti-Asian Hate or discrimination report at STTOPHATE.CALCIVILRIGHTS.CS.GOV or 833-8-NO-HATE (833-866-4283)

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8-10:30PM**

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Dinnahsanpedro@gmail.com

Keepin' It Alive: GTMHS 50th Golden High School Reunion

BY DINNAH SANTIAGUEL SAN PEDRO

It was a short but sweet vacation, just to attend my 50th Golden High School Reunion in General Trias Cavite, Philippines.

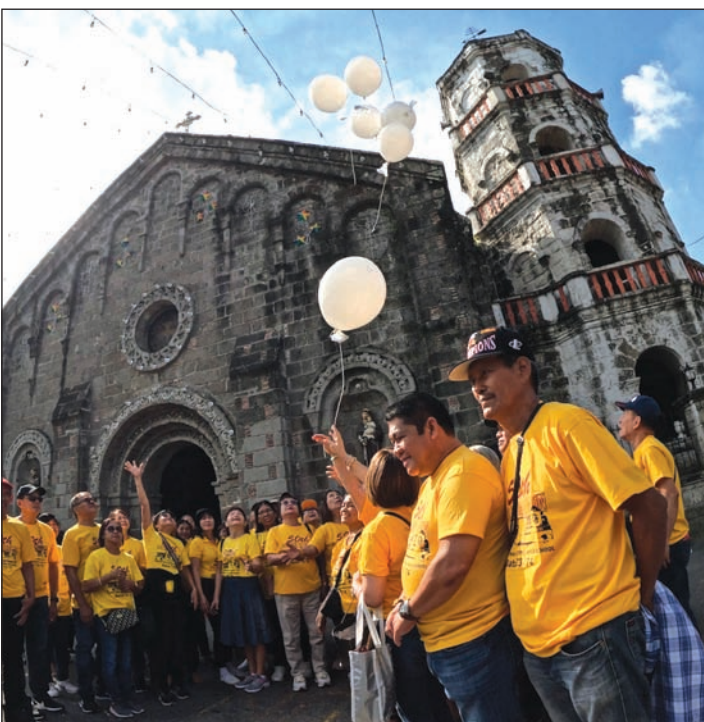
Leaving on February 4th in the evening from San Francisco via United Airlines, after flying back to Sacramento in the morning from LA. Ollie, our first granddaughter from our daughter Deidra who resides there with her husband Tim, also celebrated her 3rd birthday on February 3, and we wouldn't miss that for anything!

It was our first time to fly via United Airlines, since they started offering flights nonstop to the Philippines. It was a smooth roundtrip flight, I have to say, and we experienced no delays. Not to mention the rough drive my son, Jojo, had to endure due to the wind storm, as he drove us to San Francisco airport that evening, for our departure.

We landed on the 6th at Ninoy Aquino International Airport, picked up by my brother Boy, and our relative/neighbor, Che. If one can recall, my brother Boy was the one who survived a massive abdominal aortic aneurysm, exactly 2 years ago. He's back in PI, doing his usual rendezvous with his long time high school friends. Along with my older brother, Minio, who settled in General Trias since retiring from Virginia, I've only seen them there once or twice when we went out for lunch at Kuya Js restaurant and another time at Solaire Casino with my brother Boy and friends.

The rest and the majority of the 10 days trip were devoted solely to spend time with my high school friends, in celebration of our 50th Golden High School Reunion.

The plan for a three-days reunion commenced on the 8th of February, with a beautiful early Catholic mass officiated by Father Ollie, at the St. Francis de Assisi Church in the City of General Trias Cavite. It was a solemn mass, offering prayers for our deceased batch mates, and letting go of several white balloons in the air to signify their absence after the mass. "Sumunod (follow), manalig (have faith), at maging mababa ang loob (be humble)", to show



Photos by Dave San Pedro

appreciation from all God's love and blessings, and to consider one's success as an inspiration and encouragement for everyone," were what I specifically remembered, he said during the sermon.

After the mass with non-stop photo shoot by the official staff photographers and videographers, we headed to "Lawiswis

Kawayan", a newly opened Filipino Cuisine Restaurant owned by the Grepsons, in Pasong Kawayan. Our entrance was made dramatic by dancing the "karakol" from the parking lot all the way inside the restaurant, with music taken over by a live group of acoustic guitarist and singers.

After the invocation by our

batch mate, Lenie Comandante, we savored in the buffet servings of authentic, delicious, and sumptuous Filipino dishes and desserts. After lunch, no music was played without anyone dancing on the dance floor. There were raffles and gift giving and everyone parted from the first day of the reunion, gleaming with joy, ready to embark on the next day's cel-

ebration.

The second day on February 9, of our reunion, was both heartwarming and humbling. We visited those of our batch mates, who were not able to attend the first gathering, due to their physical conditions and disabilities, at their homes.

Continued on next page

Keepin' It Alive: GTMHS 50th Golden High School Reunion



Photos by Dave San Pedro

We've provided them with some basic essentials such as sack of rice and other food items, prepared by our ever supportive and provider batch mate, Felix Grepo. The funds for this effort and the whole reunion itself are contributions from our batch mates from abroad but Felix has equally been instrumental in making all these elaborate gatherings possible, both during our 45th and this 50th Golden High School Reunion.

This grand reunion's theme "Keeping it Alive", aimed to bring back memories of our high school years in the 70s. The third and final day came with all of those reminders: with everyone's attempt to show up dressed and danced like in the 70s, with music provided by a live band taking us down to memory lane, and a beautifully decorated venue owned by our batch mate, Felix and wife Jovie Grepo. It was nostalgic of the past dancing in the farm with an all-evening servings of lechon, pancit kilawin, valenciana, and other food that we've not tasted since residing in the states.

Dave and I flew back from Manila to San Francisco on February 16, as planned, and in time to attend the next day, back in Sacramento—our second granddaughter Evie's 3rd birthday celebration. She's our son Dane and wife Amanda's only child.

Our 50th Golden High School Reunion would have not been made possible, if not for the hardworking team of our GTMHS Batch 73-74 officers, namely: Malen Culapan, Myrna Fortuno, Belen Dulce, Daisy Fortuno, Remy Culapan, Neneng Bugtong, Mario dela Cruz and all other officers of our batch. Till we meet again!



DATE & TIME

Saturday, March 9
9:30 a.m. - 10:30 a.m.

LOCATION

La Bou Bakery and Cafe
8694 Elk Grove Blvd
Elk Grove, CA 95624

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KAPWA

IS WHAT CONNECTS ALL OF US



KAPWA IS WHAT CONNECTS US ALL (2024)

By LeRoid David

"Kapwa ay ang pinakapuso na nagbubuklod sa isang samahan. Ito ang naglalarawan ng ugnayan ng mga saling lahi, kahalagahan ng bawat sangkatauhan at mga tinig na marapat na pakinggan. Sa salitang KAPWA, mapagtatagumpayan natin ang lahat ng pagsubok at sama-samang maiaangat natin ang ating pangunawa, paninindigan at pagdadamay sa bawat isa, sa pamilya, sa bawat pulo at sa buong mundo."

Ang kapuloan Fil-Am ay isa sa pinakamalawak na samahan sa rehiyon ng Sacramento at pumapangalawa sa pinakamalaki sa buong California. Hindi man gaanong nabibigyang pansin at napag-uusapan ang mga karahasan na nagaganap sa mga kapwa nating Pilipino, **ang ating pagkatao ay malinaw ang ating tinig ay umaalingawngaw.** Ang Laban Group's Pilipino dalubhasang manlilikha ay naglalayon na itaguyod ang ating mga karanasan, ilahad ang ating kwento at palawakin ang ating kakayahan. Kung ikaw ay nakaranas ng pangraapi o naging saksi na pagmamalupit o karahasan, di pantay na pagtingin dahil sa iyong kulay at paniniwala at paninindigan, pagbigay alam mo sa cavshate.org o tumawag ka sa **833-8-NO-HATE (833-866-4283)**. **HINDI KA NAG-IISA.**



Ang mga sumusunod na patalastas at paghahayag ay inihahandog sa inyong Laban Group: Filipino Ethnic Media Collaborative. Ang kapulungang nagnanais na pukawin ang damdamin ng ating mga mahal na kababayang Pilipino-Amerikano at sa buong madla ukol sa nakakabahalang pagkamuhi at karahasan dinaranas ng mga Asyano; bawasan ang batik ng pangamba at pagwawalang bahala na udyok ng marubdob na galit sa karahasang natamo bagkus marapat na ipaalam; at paigtingin ang ating pangunawa na may nakalaang tulong sa sinomang naging biktima nakaligtas man o pumanaw sa krimen; pagibayuhin ang pagbibigay lunas ng komunidad sa pamamagitan ng pagtutulongan ng magkakaiba pang pang lahi. Ang lahat ng tulong pananalapi ay itinataguyod ng State of California, pinangangasiwaan ng California State Library at sa pagtutulongan ng California Department of Social Services at ang California Commission on Asian and Pacific Islander American Affairs na kabahagi ng Stop the Hate program. Ipaalam ang pangyayari sa CAVSHATE.ORG



STAND-UP TO ANTI-ASIAN HATE



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Photo by Dave San Pedro

BLACK & ASIAN

VOL. 1, NO. 1

BLACK HISTORY MONTH, 2024

Black and Asian Solidarity Newsletter



"I believe in human beings, and that all human beings should be respected as such, regardless of their color."

- Malcolm X



Malcolm X

American Muslim Minister and Human Rights Activist



"The movement is contagious, and the people in it are the ones who pass on the spirit."

- Yuri Kochiyama



Yuri Kochiyama

American Civil Rights Activist



BLACK AND ASIAN SOLIDARITY NEWSLETTER (2024)

By Shawntay Gorman - Taysty Art

"Ito ay kapisasong nag-papakita ng kahalagan sa kasaysayan ang mensahe ng Black Panther Party at ang walang hanggang resonance ng sagradong paniwala sa pamumuhay ng kapwa Malcolm X at Yuri Kochiyama. Sa kanilang mga mata at matagal na pagkakaibigan, itong Newsletter ay nahuli ang matibay na paniwala nilang lahat sa pag-bago ng lipunan."

Ang kapuloan Fil-Am ay isa sa pinakamalawak na samahan sa rehiyon ng Sacramento at pumapangalawa sa pinakamalaki sa buong California. Hindi man gaanong nabibigyang pansin at napag-uusapan ang mga karahasan na nagaganap sa mga kapwa nating Pilipino, **ang ating pagkatao ay malinaw ang ating tinig ay umaalingawngaw.** Ang Laban Group's Pilipino dalubhasang manlilikha ay naglalayon na itaguyod ang ating mga karanasan, ilahad ang ating kwento at palawakin ang ating kakayahan. Kung ikaw ay nakaranas ng pangraapi o naging saksi na pagmamalupit o karahasan, di pantay na pagtingin dahil sa iyong kulay at paniniwala at paninindigan, pagbigay alam mo sa cavshate.org o tumawag ka sa **833-8-NO-HATE (833-866-4283)**. **HINDI KA NAG-IISA.**



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