

PHILIPPINES PLACED UNDER STATE OF CALAMITY DUE TO CORONAVIRUS



President Rodrigo Roa Duterte presides over a meeting with the Inter-Agency Task Force for the Management of Emerging Infectious Diseases at the Malacañan Palace on March 16, 2020. (Karl Norman Alonzo/Presidential Photo)

President Duterte to Filipinos: Pray for health professionals, country

MANILA -- President Rodrigo Roa Duterte has placed the entire Philippines under state of calamity for six months in a bid to contain the spread of coronavirus (COVID-19), which at present, has infected less than 200 people.

Under Proclamation No. 929 signed by President Duterte on March 23, the Chief Executive mandated all government agencies and local government units (LGUs) to render full assistance and cooperation with each other and to mobilize the necessary resources to eliminate the threat posed by COVID-19.

All law enforcement agencies, with the support of the Armed Forces of the Philippines (AFP), are directed to implement measures to ensure peace and order in affected areas.

The President also directed the executive and health secretaries and all other department heads to issue guidelines governing the implementation of the Enhanced Community Quarantine throughout Luzon that he announced on Monday, March 23.

President Duterte imposed the enhanced community quarantine throughout Luzon to contain COVID-19 after a similar measure imposed in Metro Manila the week before failed to limit public activities and encourage people to stay home.

The President's proclamation enables LGUs to utilize their quick response fund (QRF) for disaster preparedness to halt the contagion and provide basic services to affected population.

The government has raised the Code Alert System for COVID-19 to Code Red Sublevel 2 based on the recommendation of the Department of Health (DOH) and the Inter-Agency Task Force for Emerging Infectious Diseases (IATF).

The President conveyed a message of hope, rallying the nation to pray for the country's frontliners against COVID-19 and for the welfare of the entire Philippines.

"I solemnly urge everyone to pray to the Almighty God, who has the power to defeat every enemy, visible or invisible. Pray for all doc-

tors and health professionals and workers, pray for your government, pray for the country," the President said after announcing a Luzon-wide enhanced community quarantine.

"Even as we maintain physical distance from each other, let us remain strongly united in spirit to fight this dreaded disease. And with our unity and the blessing of God, we shall overcome."

Local chief executives as well as village chiefs were mandated to ensure the welfare of their respective constituents. Barangays captains were tasked by the President to work hand in hand with the Department of Social Welfare and Development (DSWD) to extend relief to the poor and the most vulnerable.

Under the enhanced community quarantine and stringent social distancing measures to be implemented until April 12, classes and mass public transportation will be suspended, mass gatherings will not be allowed, and land, air and sea travel will be restricted. - PND

"The Olympic Flame can become the light at the end of this dark tunnel" - IOC President

INTRODUCTORY REMARKS FROM THE IOC PRESIDENT, THOMAS BACH

We at the IOC, but I can also say after the phone call with Prime Minister Abe, our Japanese partners and friends, we are not only aware of the seriousness of this global pandemic, but also, and even more importantly, what it is doing to people's lives. We are in fact very worried about the latest developments and the alarming figures we got in the last couple of days. As far as, for instance, Africa is a concern, we can see figures which are showing that we are at the beginning of the outbreak of the virus. We also have very alarming figures in South America and in Oceania, and in many other parts of the world. This realisation led to the meeting of the IOC Executive Board on Sunday. Right after -- Sunday evening and Monday -- we observed more alarming figures, more international travel restrictions.

Due to the growth of the pandemic and the spread, later on Monday, the World Health Organization raised the alarm to the world, by saying that the spread of the virus was accelerating, and that they wanted to address the G20 leaders. We then agreed on a phone call between Prime Minister Abe and me scheduled for today. During this phone call, we agreed, given these circumstances, on the following: that the Games of the XXXII Olympiad in Tokyo and the Paralympic Games, must be rescheduled to a later date beyond 2020, but not later than summer 2021, to safeguard the health of the athletes, and everybody involved in the Olympic Games, and the international community. We also agreed that the Olympic flame will stay in Japan, as a symbol of our commitment, and also as a symbol of hope. We will also keep, for these symbolic reasons, the name Olympic Games Tokyo 2020.

We both expressed the hope that in the end, next year, these Olympic Games Tokyo 2020 can be a celebration of humanity, for having overcome this unprecedented crisis of the COVID-19 pandemic. In this way, the Olympic flame can really become the light at the end of this dark tunnel the whole world is going through together at this moment, and which we do not know how long it will be. Let me add that, in the meantime, after the phone call [with Prime Minister Abe], we had an IOC Executive Board meeting, where the Executive Board members approved this agreement between Prime Minister Abe and me.

• special in this issue •

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UNWTO AND WHO CALL FOR RESPONSIBILITY AND COORDINATION

As the outbreak of the Coronavirus Disease (COVID-19) continues to develop, the World Health Organization (WHO) and the World Tourism Organization (UNWTO) are working together in the travel and tourism sectors' response to COVID-19.

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EXCLUSIVE INTERVIEW BY AWEE ABAYARI WITH CARLOS PUENTE, Ph.D

Carlos Puente, Ph.D, an International Lawyer, Economist, formerly with the European Union, Expert on European Affairs, University Professor, and Book Author, shares his insights on the effects of the Covid-19 and how governments should respond to the worldwide pandemic.

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HOW TO AVOID COVID-19 SCAMS TARGETING VULNERABLE POPULATIONS

U.S. Attorney Billy J. Williams warned of several new fraud schemes seeking to exploit the evolving coronavirus public health emergency by targeting vulnerable populations. Scammers have already devised numerous methods for defrauding people in connection with COVID-19. They are setting up websites, contacting people by phone and email, and posting disinformation on social media platforms.

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HOW DO I FILE FOR UNEMPLOYMENT INSURANCE?

The U.S. Department of Labor's unemployment insurance programs provide unemployment benefits to eligible workers who become unemployed and meet certain other eligibility requirements. Unemployment insurance is a joint state-federal program that provides cash benefits to eligible workers.

President Trump signs coronavirus aid package

A multibillion-dollar emergency aid package with paid sick leave was signed into law to help Americans impacted by the coronavirus.

The House-passed measure was approved by the Senate earlier Wednesday, March 25. It includes provisions offering paid leave benefits for Americans, strengthened unemployment benefits and free diagnostic testing for the virus.

After signing the bill, President Trump said "The [Families First Coronavirus Response Act] makes emergency supplemental appropriations and other changes to law to help the Nation respond to the coronavirus outbreak."

Other updates on the Coronavirus response

President Trump and the White House Coronavirus Task Force announced additional actions as part of the ongoing, government-wide response to the global pandemic:

- To help American families and businesses, the Treasury Department announced that Tax Day will be moved from April 15 to July 15. No interest or penalties will be charged for filing during this extended window, but any American expecting refunds or credits may claim now to get their money sooner.

- To minimize impact on our nation's students, the Department of Education is temporarily waiving all interest on federally held

CDC encourages donating blood if you are well

In healthcare settings all across the United States, donated blood is a lifesaving, essential part of caring for patients. The need for donated blood is constant, and blood centers are open and in urgent need of donations. CDC encourages people who are well to continue to donate blood if they are able, even if they are practicing social distancing because of COVID-19.

CDC is supporting blood centers by providing recommendations that will keep donors and staff safe. Examples of these recommendations include spacing donor chairs 6 feet apart, thoroughly adhering to environmental cleaning practices, and encouraging donors to make donation appointments ahead of time.



President Trump leads a teleconference with Governors at FEMA Headquarters to discuss the Coronavirus response.

student loans. Secretary Betsy DeVos has also directed federal lenders to allow borrowers to suspend their student loan payments without penalty for at least the next 60 days.

- Early, decisive travel restrictions

helped slow the spread of Coronavirus to our country. Today, Secretary of State Mike Pompeo announced that the United States and Mexico have agreed to restrict non-essential travel across their border. -- The White House

Secretary DeVos suspends federal student loan payments, waives interest during national emergency

WASHINGTON — U.S. Secretary of Education Betsy DeVos announced that the office of Federal Student Aid is executing on President Donald J. Trump's promise to provide student loan relief to tens of millions of borrowers during the COVID-19 national emergency.

All borrowers with federally held student loans will automatically have their interest rates set to 0% for a period of at least 60 days. In addition, each of these borrowers will have the option to suspend their payments for at least two months to allow them greater flexibility during the national emergency. This will allow borrowers to temporarily stop their payments without worrying about accruing interest.

"These are anxious times, particularly for students and families whose educations, careers, and lives have been disrupted," said Secretary DeVos. "Right now, everyone should be focused on staying safe and healthy, not worrying about their student loan balance growing."

Secretary DeVos has directed all federal student loan servicers to grant an adminis-



US Secretary of Education Betsy DeVos

trative forbearance to any borrower with a federally held loan who requests one. The forbearance will be in effect for a period of at least 60 days, beginning on March 13, 2020. To request this forbearance, borrowers should contact their loan servicer online or by phone. The Secretary has also authorized an automatic suspension of payments for any borrower more than 31 days delinquent as of March 13, 2020, or who becomes more than 31 days delinquent, essentially giving borrowers a safety net during the national emergency.

CORONAVIRUS (COVID-19) UPDATES

Justice Department files first enforcement action against COVID-19 fraud

The Department of Justice announced today that it has taken its first action in federal court to combat fraud related to the coronavirus (COVID-19) pandemic.

The enforcement action filed today in Austin against operators of a fraudulent website follows Attorney General William Barr's recent direction for the department to prioritize the detection, investigation, and prosecution of illegal conduct related to the pandemic.

As detailed in the civil complaint and accompanying court papers filed on Saturday, March 21, 2020, the operators of the website "coronavirusmedialkit.com" are engaging in a wire fraud scheme seeking to profit from the confusion and widespread fear surrounding

COVID-19.

Information published on the website claimed to offer consumers access to World Health Organization (WHO) vaccine kits in exchange for a shipping charge of \$4.95, which consumers would pay by entering their credit card information on the website.

In fact, there are currently no legitimate COVID-19 vaccines and the WHO is not distributing any such vaccine. In response to the department's request, U.S. District Judge Robert Pitman issued a temporary restraining order requiring that the registrar of the fraudulent website immediately take action to block public access to it.

"The Department of Justice will not toler-

ate criminal exploitation of this national emergency for personal gain," said Assistant Attorney General Jody Hunt of the Department of Justice's Civil Division. "We will use every resource at the government's disposal to act quickly to shut down these most despicable of scammers, whether they are defrauding consumers, committing identity theft, or delivering malware."

American Red Cross faces severe blood shortage as coronavirus outbreak threatens availability of nation's supply

WASHINGTON, D.C. — The American Red Cross now faces a severe blood shortage due to an unprecedented number of blood drive cancellations in response to the coronavirus outbreak. Healthy individuals are needed now to donate to help patients counting on lifesaving blood.

Individuals can schedule an appointment to give blood with the American Red Cross by visiting RedCrossBlood.org, using the Red Cross Blood Donor App, calling 1-800-RED-CROSS or activating the Blood Scheduling Skill for Amazon Alexa.

As the coronavirus pandemic has grown here in the U.S., blood drive cancellations have grown at an alarming rate.

To date, nearly 2,700 Red Cross blood drives have been canceled across the country due to concerns about congregating at workplaces, college campuses and schools amidst the coronavirus outbreak. These cancellations have resulted in some 86,000 fewer blood donations. More than 80 percent of the blood the Red Cross collects comes from drives held at these locations.

Volunteer donors are the only source of blood for those in need.

The Red Cross expects the number of cancellations to continue to increase, which is causing heightened concern for blood collection organizations and hospitals across the country. This blood shortage could impact patients who need surgery, victims of car accidents and other emergencies, or patients suffering from cancer.

OCR issues guidance on telehealth communications following its Notification of Enforcement Discretion

The Office for Civil Rights (OCR) at the U.S. Department of Health and Human Services (HHS) issued recently guidance on telehealth remote communications following its Notification of Enforcement Discretion during the COVID-19 nationwide public health emergency.

The Notification, announced, effective immediately, that OCR is exercising its enforcement discretion to not impose penalties for HIPAA violations against healthcare providers in connection with their good faith provision of telehealth using communication technologies during the COVID-19 nationwide public health emergency. -HHS

News Briefs

Singaporean shipping company fined \$1.65M for concealing illegal discharges of oily water

Unix Line PTE Ltd., a Singapore-based shipping company, was sentenced Friday in federal court before U.S. District Court Judge Jon S. Tigar in Oakland, California, after previously pleading guilty to a violation of the Act to Prevent Pollution from Ships. Unix Line PTE Ltd. was sentenced to pay a fine of \$1,650,000.00, placed on probation for a period of four years, and ordered to implement a comprehensive Environmental Compliance Plan as a special condition of probation. - DOJ

Pakistani doctor charged with attempting to provide material support to ISIS

Assistant Attorney General for National Security John C. Demers and U.S. Attorney Erica H. MacDonald for the District of Minnesota today announced a federal criminal complaint against Muhammad Masood, 28, charging him with attempting to provide material support to a designated foreign terrorist organization. Masood, who was arrested earlier today at Minneapolis-St. Paul International Airport, made his initial appearance before Magistrate Judge David T. Schultz in U.S. District Court in Minneapolis, Minnesota. Masood was ordered to remain in custody pending a formal detention hearing.

Smuggling event thwarted by U.S. Border Patrol

DETROIT— Detroit Sector Border Patrol agents arrested four aliens illegally present in the United States during a smuggling event.

On March 16, Border Patrol agents assigned to Marysville Station observed a vehicle loitering near the international border in an area where several recent smuggling events have been attempted. A short time later, local law enforcement conducted a

traffic stop on the same vehicle, and requested assistance from Border Patrol. An agent interviewed the driver and passenger, who admitted to being in the United States illegally, and that they did not have any documents allowing them to be or remain in the United States.

Simultaneously, another Border Patrol agent observed two people walking along the side of a road parallel to the border with Canada. Due to the recent activity and the presence of the suspicious vehicle in the immediate area, the agent suspected that a smuggling event was in progress. During an interview of the individuals, they admitted to having just crossed the border from Canada in a boat. All four subjects were transported to the Border Patrol station for processing. During processing it was confirmed that all of the subjects were Brazilian nationals, and that none have legal status to be present in the United States.

Federal Court shuts down tax return preparers

A federal court permanently enjoined Smart Ajayi, d/b/a Harplett Marketing LLC., Topps Tax Services and Smart Tax Services, and JoAnn Villarreal, both of Grand Prairie, Texas, from owning or operating a tax return preparation business and preparing tax returns for others, the Justice Department announced recently. Ajayi and Villarreal consented to the relief.

Hayward resident sentenced to four years for acting as an agent of the People's Republic of China

Xuehua (Edward) Peng aka Edward Peng was sentenced yesterday to 48 months in prison, and ordered to pay a \$30,000 fine for acting as an agent of the People's Republic of China's Ministry of State Security (MSS) in connection with a scheme to conduct pickups known as "dead drops" and transport Secure Digital (SD) cards from a source in the United States to the MSS operatives in China, announced the Department of Justice. "This case exposed one of the ways that Chinese intelligence officers work to collect classified information from the United States without having to step foot in this country. Peng acted as an agent of the Chinese Ministry of State Security in the United States, conducting numerous dead drops here on their behalf and delivering classified information to them in China. He pled guilty and is now being held accountable for his criminal actions and his betrayal of his oath of citizenship," said Assistant Attorney General for National Security John C. Demers.

Attorney indicted for Role in \$2.7M Ponzi Scheme

An Allentown, Pennsylvania, attorney has been charged for his role in a \$2.7 million investment fraud scheme that victimized his law clients, according to a superseding indictment that was unsealed. Assistant Attorney General Brian A. Benczkowski of the Justice Department's Criminal Division, U.S. Attorney William M. McSwain of the Eastern District of Pennsylvania and Special Agent in Charge Michael J. Driscoll of the FBI's Philadelphia Field Office made the announcement. Todd H. Lahr, 59, of Nazareth, Pennsylvania, was indicted by a federal grand jury in the Eastern District of Pennsylvania on one count of conspiracy to commit securities fraud and wire fraud, two counts of securities fraud, and four counts of wire fraud.

IMMIGRATION UPDATE

HOSTED BY AWEE ABAYARI



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COVID- 19 PANDEMIC SPREADING ACROSS THE WORLD

WHO Director- General's opening remarks
at the media briefing on Covid-19, March 27, 2020

"Crises like this bring out the best and worst of humanity."

"We are only at the beginning of this fight. We need to stay calm, stay united and work together."

"We must fight, unite and ignite."

During a media briefing on Covid- 19 (March 27) with the WHO Director General, he stated that :

"There are now more than half a million confirmed cases of COVID-19 and more than 20,000 deaths and though these are tragic numbers , more than 100,000 people have recovered."

His message to the leaders of the G20

countries was threefold :

- We must fight, unite and ignite.
- Fight to stop the virus with every resource at our disposal;
- Unite to confront the pandemic together.

We are one humanity, with one, common enemy. No country can fight alone; we can only fight together.

And ignite the industrial might and innovation of the G20 to produce and distribute the tools needed to save lives.

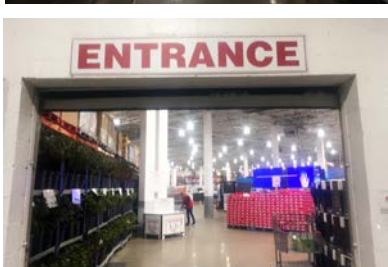
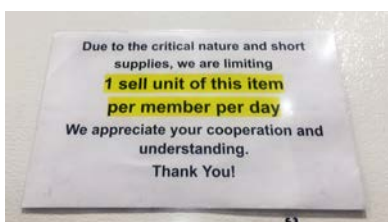
We must also make a promise to future generations, saying never again".

We are only at the beginning of this fight.

-- WHO



Dr Tedros Adhanom Ghebreyesus
Director-General
World Health Organization



Empty streets in both Madrid and Washington, DC, as shown in above photos are representative of many streets in many countries that are under lockdown due to the Covid-19. In many stores all over the country, shelves are empty of food and household essentials due to panic-buying.

United Nations mobilizes globally in fight against Covid-19

With the coronavirus crisis spreading to more countries with broader social and economic implications, the United Nations is mobilizing its global workforce to help affected Governments to contain or slow the onslaught of this deadly disease. While the World Health Organization (WHO) continues to lead the global fight against the spread of COVID-19, around the world, UN teams are also working with authorities to support national preparedness and response plans, including immediate health priorities and broader social and economic impacts.



Medical equipment supplied by the World Food Programme (WFP) arrives in Beijing. (Photo courtesy of Yingshi Zhang)

India imposes 21-day lockdown

India's decision to impose a 21-day lockdown, which was announced on March 24, comes after a call from the UN health agency, WHO, for the country to take "aggressive action".



Lockdown across India, in line with WHO guidance.

US General receives Netherlands Medal of Merit



Ambassador André Haspels talks about the service of US General Joseph Votel (second from right) that earned him the Medal of Merit in Gold from the Kingdom of the Netherlands

US General Joseph Votel received the Medal of Merit in Gold from the Kingdom of the Netherlands in Washington, D.C. during a downsized ceremony because of the coronavirus.

Ambassador André Haspels, on behalf of Minister of Defense Ank Bijleveld and the Chief of the Armed Forces Admiral Rob Bauer, presented the recognition to General Votel for his exceptional meritorious service to the Netherlands armed forces.

From 2016-2019, General Votel was Commander of the US Central Command. He led an international military coalition, including the Netherlands, to defeat ISIS strongholds and operations in Afghanistan and throughout the Middle East.

"General Votel, your outstanding leadership served as an example to our soldiers, which fostered and even increased trust and cooperation between our countries' militaries," said Ambassador Haspels.

HEALTH ALERT

U.S. Embassy Madrid,
U.S. Consulate General Barcelona (22 March 2020)

Location: Spain — Level 4: Do Not Travel

Event: The current countrywide State of Alarm that severely restricts the movement of people and goods, as well as most commercial activity, very likely will be extended through April 12, 2020.

U.S. citizens who live in the United States should arrange for immediate return to the United States, unless they are prepared to remain in Spain for an indefinite period.

U.S. citizens who wish to depart Spain should do so now. Options to return to the United States from Spain using commercial carriers, via direct flights or flights with layovers in third countries, are extremely limited. We expect commercial flights to end this week.

We expect all hotels, hostels, and other accommodation to close this week.

National Cherry Blossom Festival in Washington, DC canceled



WASHINGTON, DC — The National Cherry Blossom Festival in Washington, DC announced Wednesday that some events will be canceled or postponed due to new coronavirus concerns. The changes apply to events through March 31, and organizers are considering what changes to make for April events.



Recovery flights, tourism transport to continue for stranded passengers

With the current domestic travel restrictions in place in the NCR as of March 15, 2020, flights to Manila have been redirected to either Clark or Cebu (for outgoing international flights only). The DOT lauds the efforts of Air Asia, AirSwift, Cebu Pacific, and Philippine Airlines for mounting recovery flights to immediately address the situation of stranded passengers.



Both international and domestic tourists, whose flights were affected by the community quarantine impositions across the country, are being assisted by the Philippine Department of Tourism (DOT), local government unit (LGU) officers, local airport staff and the Civil Aviation Authority of the Philippines (CAAP) in terms of recovery flights, transportation, meals and accommodation.

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WHO, UN Foundation and partners launch COVID-19 Solidarity Response Fund

GENEVA and Washington, D.C. — A new coronavirus disease (COVID-19) Solidarity Response Fund will raise money from a wide range of donors to support the work of the World Health Organization (WHO) and partners to help countries respond to the COVID-19 pandemic. The fund, the first-of-its-kind, enables private individuals, corporations and institutions anywhere in the world to come together to directly contribute to global response efforts, and has been created by the United Nations Foundation and the Swiss Philanthropy Foundation, together with WHO.

The fund launches with major support already lined up, including from Facebook and Google who have instituted a matching scheme for funds raised through their platforms, while individual donors are also supporting the fund through www.COVID19ResponseFund.org.

Funds will go towards actions outlined in the COVID-19 Strategic Preparedness and Response Plan to enable all countries — particularly those most vulnerable and at-risk, and with the weakest health systems — to prepare for and respond to the COVID-19 crisis including rapidly detecting cases, stopping transmission of the virus, and caring for those affected.

WHO and its partners are seeking financing for protective equipment for frontline health workers; to equip diagnostic laboratories; improve surveillance and data collection; establish and maintain intensive care units; strengthen supply chains; accelerate research and development of vaccines and therapeutics; and take other critical steps to scale up the public health response to the pandemic.

Apart from giving online at www.COVID19ResponseFund.org, the UN Foundation can also receive donations via check or wire from around the world by contacting COVID19Fund@unfoundation.org.

All donations made to the United Nations Foundation and Swiss Philanthropy Foundation are tax-deductible to the extent allowable by the law, where applicable (U.S. and Switzerland). Additionally, Swiss Philanthropy Foundation has partnered with Transnational Giving Europe to extend tax benefit to certain additional European countries where applicable.

A statement from the Dept. of State's spokesperson, Morgan Ortagus, on the global effort to bring Americans home

The Department of State is rising to meet the historic challenge posed by the COVID-19 pandemic, every day, all over the world. We have no higher duty than to protect American citizens, and have launched an unprecedented global effort to bring home our citizens from every corner of the globe.

As of today, we have repatriated more than 9,000 Americans from 28 countries. Our teams, working around-the-clock in Washington and overseas, will bring home thousands more in the coming days, from every region of the world.

Our first priority was to evacuate more than 800 people in January and February from Wuhan, China, where the outbreak began. The operation involved five flights and more than 300 medical staff, diplomats, and logistics experts — all coordinated by the Department.

Over 48 hours in March, Mission Morocco raced against a sudden and unexpected closure of Morocco's borders to charter nine flights in quick succession into the country to bring home more than 1,000 Americans.

These are just a small sampling of the many extraordinary efforts the State Department is undertaking to protect Americans abroad.

The Department has never before undertaken an evacuation operation of such geographic breadth, scale, and complexity. We are using all the tools at our disposal to overcome logistical and diplomatic challenges and bring Americans home from hard-to-reach areas and cities hardest-hit by the virus.

This effort has involved close collaboration with the U.S. Department of Homeland Security, the Department of Defense, foreign governments, commercial airlines and other private-sector partners, and NGOs.

We will continue to take decisive action to inform and safeguard U.S. citizens overseas, protect the homeland, advance the Administration's commitment to building global health security capacity for this and future outbreaks, and reduce the impact for U.S. companies and supply chains overseas.



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An Exclusive Interview by AWEE ABAYARI with CARLOS PUENTE, Ph.D
International Lawyer, Economist, formerly with the European Union,
Expert on European Affairs, University Professor, Book Author

For more of the interview: www.youtube.com/AweeAbayari

"Leaders must now be smarter and invest in the happiness and better health of the people."

"Consumption must quickly recover after the huge crisis in order to stabilize the labor market and the intensive labor industries. New unknown jobs will come mainly in education, healthcare and new technologies."

"Governments cannot stop all industrial activities because some are important to fight the pandemic virus and help the health system."

"Production and demand are collapsing simultaneously."

"New technologies will allow a new technodemocracy."
- Carlos Puente, PhD

AWEE ABAYARI: What is the present pandemic situation in Europe?
CARLOS PUENTE, PhD: Unfortunately, worldwide figures of infected and dead people grow very fast and Europe is not an exception. On March 24, Europe counts 200,000 people infected and 10,762 deaths. Italy is on the top of the tragic table with 6,820 deaths, Spain has 2,696; France 860; United Kingdom 335, Netherlands 276 and Belgium 122. Finland, Island, Russia, Croatia, Slovakia, Lithuania, Sweden and Czech Republic have declared to have just 1 death because of the corona virus pandemic.

Most governments in Europe adopted the appropriate means too late and a few governments decided to encourage people to go to crowded events. In Spain for example, the Social communist government encouraged people to join in the March 8th feminist demonstration. Just recently, the French President Macron called for elections and the British Prime Minister Boris Johnson ignored the real problem of the pandemic in spite of scientists' opinion. They should face charges for their behavior.

AWEE ABAYARI: What is the impact of the Coronavirus pandemic on the economy of the United States, Europe and The World?

CARLOS PUENTE, PhD: It is very difficult to forecast the general impact of the pandemic in the above mentioned areas. It depends on the country. A country with a huge tourist destination like Spain, Italy, Egypt or the Caribbean countries will suffer a deeper impact than an industrial product exporter country. Anyway, all countries will suffer from this situation and the productive system must change for the future. The main general impact will be the increase in unemployment and small business bankruptcies.

AWEE ABAYARI: Will the Coronavirus cause a recession?

CARLOS PUENTE, PhD: There is no doubt that the corona pandemic will deteriorate the still weak economic situation. The world economy had not yet recovered from the 2008-2011 financial crisis. A huge slump is seen in prices of raw materials and the stock market which sunk to unknown levels may still worsen until the pandemic is over. Consumption must quickly recover after the huge crisis in order to stabilize the labor market and the intensive labor industries. New unknown jobs will come mainly in education, healthcare and new technologies.

AWEE ABAYARI: What industries will be most affected by the coronavirus pandemic?

CARLOS PUENTE, PhD: World trade will be seriously affected but there are some sectors that will be restructured and merger of companies will be necessary mainly in the airline industry. Tourism is another sector that will suffer the most and it will affect the economy of most popular tourist destinations; oil and gas producers, because of the reduction of consumption of energy. All the automobile auxiliary industries will suffer as well when they depend on the importation of spare parts from China.

AWEE ABAYARI: What is your opinion on the following statement?

"The Organization for Economic Cooperation and Development said Monday that global growth could be cut in half, to 1.5 percent in 2020, if the virus continues to spread. Laurence Boone, the group's chief economist, warned that the forecast was "not a worst-case scenario."

CARLOS PUENTE, PhD: It is rather difficult to predict the real impact of the corona pandemic on GDP, but according to IMF the world economy was already losing strength in the past quarter. In Europe, the situation was worse because of the Brexit whose consequences were not yet properly examined. A cut in the global growth of 1.5 % could be very conservative.

AWEE ABAYARI: How do you see this pandemic repurposing some

of the factories to make up for the lack of "vital medical hardware"? Example: Italy, Britain and the United States drafting automakers and aerospace manufacturers to develop ventilators.

CARLOS PUENTE, PhD: Traditional and new technologies are involved in transforming current production into vital medical devices and products for personal protection of doctors and nurses, etc. Some engineers and companies presently use 3 dimension printers to produce ventilators and other useful products to protect from the corona virus. It is very important to adapt the current industries for use in vital medical hardware like ventilators. Some small and huge textile industries are also involved in producing masks and protective clothing (PPE) for doctors and nurses, but do not forget that other people need similar protection (cashiers in banks and supermarkets, chemists, policemen).

In Spain, the Zara group and Mango are fully involved.

AWEE ABAYARI: Indeed, saving lives is the number one priority, the health and safety of all the people of great importance. How do you see the following necessary guidelines like "travel restrictions, social distancing, limited movements, closure of schools, teleworking for most companies" directly affect the economy?

CARLOS PUENTE, PhD: To save lives is really a priority. Without a healthy population, there is no economic growth. So, first step is to isolate the population to save lives. To reorganize the economic system will be afterwards. In the meantime, new ways of business will appear connected with teleworking and distance education to keep people at home. Governments cannot stop all industrial activities because some are important to fight the pandemic virus and help the health system.

AWEE ABAYARI: What urgent major measures should be taken to make the coronavirus shock not as serious compared to the Great Financial Crisis in 2007-08? And what type of assistance should be extended to households and smaller businesses?

CARLOS PUENTE, PhD: The shock of this pandemic on the economy will probably be worse than the 2007-2011 financial crisis. Now, almost all sectors are affected. In the past crisis, only a few sectors suffered, mainly the housing sector and the banking system. Now, the productive system will be affected. Production and demand are collapsing simultaneously. Meanwhile, it is necessary for the authorities to protect small and medium-sized businesses and households: to cut taxes, provide technical assistance to resume normal life, and provide financial support to survive until the pandemic is over.

AWEE ABAYARI: What lessons will the coronavirus pandemic provide us to be more prepared for future crisis?

CARLOS PUENTE, PhD: World power have spent huge amount of money in developing new weapons to fight each other, but happily, they have never been used. Leaders must now be smarter and invest in the happiness and better health of the people. This pandemic has shown that we must fight an invisible enemy which was predictable. This is the second warning to the world leaders. First, was the ebola epidemic. Nobody knows how and when we will meet with the third challenge, so we must be ready.

The whole economy will follow new routes: to diversify industrial providers to avoid bottleneck in the economy, traditional universities will change its teaching ways and will use the internet more. This will push the authorities to extend wider wifi network in cities and in the countryside.

From now on, democracy will be different. People might have to be consulted in a referendum and it will be necessary to limit the power of politicians. New technologies will allow for a new technodemocracy.

AWEE ABAYARI: Thank you.



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INM Book Choice

Journey to the Cross: 40 Days to Prepare Your Heart For Easter

EDITED BY: MARY CARVER

In Journey to the Cross, you will be guided through forty days of encouragement that will help prepare your heart for Easter during the season of Lent.

Through Scripture, short essays, encouraging stories, quotes, reflective questions, and prayers, you will be pushed to set aside the chaos and concerns of everyday life to focus on Christ. You will also enjoy being led through the meaningful themes of sacrifice, reflection, gratitude, prayer, and fasting.

Prayers and quotes offer reminders of what Jesus has done for you through the resurrection, helping you kindle thankfulness and strip away anything that is standing between you and God so you can experience the full life He promises.

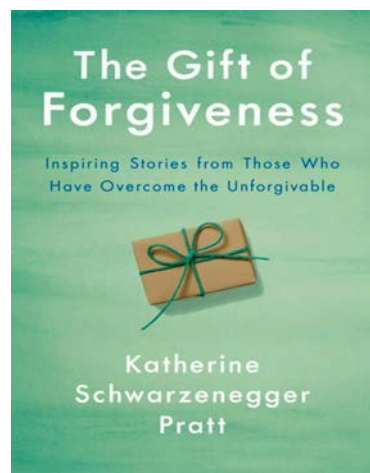
Whether you're a lifelong believer or a new one, any woman looking to find more meaning in the weeks leading to Easter will find it in Journey to the Cross. Featuring (in)courage's warm, authentic, and encouraging voice, this book focuses not on your



phase of life or circumstances, but on your heart, making it a fulfilling read for women of all ages and stages. It also makes a great gift, which God could use in the lives of your friends, daughters, or ministry partners to help them better experience the power and wonder of Easter with more intentionality and depth.

The Gift of Forgiveness

By KATHERINE SCHWARZENEGGER PRATT



A fresh, inspiring book on learning how to forgive—with firsthand stories from those who have learned to let go of resentment and find peace.

"When we learn to embrace forgiveness, it opens us up to healing, hope, and a new world of possibility." --Katherine Schwarzenegger Pratt

Written with grace and understanding and based on more than twenty in-depth interviews and stories as well as personal reflections from Schwarzenegger Pratt herself, The Gift of Forgiveness is about one of the most difficult challenges in life—learning to forgive. Here, Katherine Schwarzenegger Pratt shows us what we can learn from those who have struggled with forgiveness, some still struggling, and others who have been able to forgive what might seem truly unforgivable. The book features experiences from those well-known and unknown, including Elizabeth Smart, who learned to forgive her captors; Sue Klebold, whose son, Dylan, was one of the Columbine shooters, learning empathy and how to forgive herself; Chris Williams, who forgave the drunken teenager who killed his wife and child; and of course Schwarzenegger Pratt's own challenges and path to forgiveness in her own life. All provide different journeys to forgiveness and the process—sometimes slow and thorny, sometimes almost instantaneous—by which they learned to forgive and let go.

The Gift of Forgiveness is a perfect blend of personal insights, powerful quotations, and hard-won wisdom for those seeking a way to live with greater acceptance, grace, and peace.

Tips for avoiding COVID-19 scams targeting vulnerable populations

PORTLAND—U.S. Attorney Billy J. Williams warned of several new fraud schemes seeking to exploit the evolving coronavirus public health emergency by targeting vulnerable populations.

Scammers have already devised numerous methods for defrauding people in connection with COVID-19. They are setting up websites, contacting people by phone and email, and posting disinformation on social media platforms.

Some examples of scams linked to COVID-19 include:

- **Testing scams:** Scammers are selling fake at-home test kits or going door-to-door performing fake tests for money.

- **Treatment scams:** Scammers are offering to sell fake cures, vaccines, and advice on unproven treatments for COVID-19.

- **Supply scams:** Scammers are creating fake shops, websites, social media accounts, and email addresses claiming to sell medical supplies currently in high demand, such as surgical masks. When consumers attempt to purchase supplies through these channels, fraudsters pocket the money and never provide the promised supplies.

- **Provider scams:** Scammers are contacting people by phone and email, pretending to be doctors and hospitals that have treated a friend or relative for COVID-19, and demanding payment for that treatment.

- **Charity scams:** Scammers are soliciting donations for individuals, groups, and areas affected by COVID-19.

- **Phishing scams:** Scammers posing as national and global health authorities, including the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC), are sending phishing emails designed to trick recipients into downloading malware or providing personal identifying and financial information.

- **App scams:** Scammers are creating and manipulating mobile apps designed to track the spread of COVID-19 to insert malware that will compromise users' devices and personal information.

- **Investment scams:** Scammers are offering online promotions on various platforms, including social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID-19, and that the stock of these companies will dramatically increase in value as a result. These promotions are often styled as "research reports," make predictions of a specific "target price," and relate to microcap stocks, or low-priced stocks issued by the smallest of companies with limited publicly available information.

The U.S. Attorney's Office urges Oregonians to take the following precautionary measures to protect themselves from known and emerging scams:

- Independently verify the identity of any company, charity, or individual that contacts you regarding COVID-19.

- Check the websites and email addresses offering information, products, or services

related to COVID-19. Be aware that scammers often employ addresses that differ only slightly from those belonging to the entities they are impersonating. For example, they might use "cdc.com" or "cdc.org" instead of "cdc.gov."

- Be wary of unsolicited emails offering information, supplies, or treatment for COVID-19 or requesting your personal information for medical purposes. Legitimate health authorities will not contact the general public this way.

- Do not click on links or open email attachments from unknown or unverified sources. Doing so could download a virus onto your computer or device.

- Make sure the anti-malware and anti-virus software on your computer is operating and up to date.

- Ignore offers for a COVID-19 vaccine, cure, or treatment. Remember, if there is a medical breakthrough, you won't hear about it for the first time through an email, online ad, or unsolicited sales pitch.

- Check online reviews of any company offering COVID-19 products or supplies. Avoid companies whose customers have complained about not receiving items.

- Research any charities or crowdfunding sites soliciting donations in connection with COVID-19 before giving. Remember, an organization may not be legitimate even if it uses words like "CDC" or "government" in its name or has

reputable looking seals or logos on its materials. For online resources on donating wisely, visit the Federal Trade Commission (FTC) website.

- Be wary of any business, charity, or individual requesting payments or donations in cash, by wire transfer, gift card, or through the mail. Don't send money through any of these channels.

- Be cautious of "investment opportunities" tied to COVID-19, especially those based on claims that a small company's products or services can help stop the virus. If you decide to invest, carefully research the investment beforehand. For information on how to avoid investment fraud, visit the U.S. Securities and Exchange Commission (SEC) website.

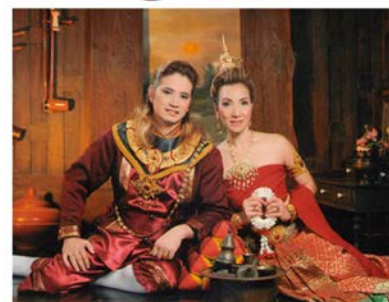
- For the most up-to-date information on COVID-19, visit the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) websites.

On March 19, 2020, U.S. Attorney Williams announced the appointment of a COVID-19 fraud coordinator to lead investigations into known and suspected occurrences of financial fraud related to the nation's ongoing public health emergency.

If you or someone you know believe you've been the target or victim of an outbreak-related fraud scheme, please contact the FBI's Internet Crime Complaint Center (IC3) by visiting www.IC3.gov. If you or someone you know are in immediate danger, please call 911.

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For questions:

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Find your healthy eating style and maintain it for a lifetime

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life,

situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count.

MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

A healthy eating style includes vegetables from all five vegetable subgroups - dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. - USDA



APPEAL FOR HELP

Dear Dr. Alvear
(World Surgical Foundation- Founder)

Good day to you and family, we hope you are all safe and healthy. Since the community quarantine has been in effect last March 15,2020 we have postponed till further notice all our missions for the next 3 months (Cavite, Masbate, Batanes and Bulacan). But the WSFP board has now agreed to help in two specific areas which we feel are in much need today in the Philippines.

1. Healthcare frontliners (government hospitals) with regards to specific needs which we have personally noted upon doing our duties in our respective government hospitals:
Face masks, face sheild or goggles, PPE, Surgical gloves, alcohol, sthetoscope, thermoscan, pulse oximeters, Surgical gowns. Gauze, etc. Food and water.

2. Food Packs for poor Barangays in NCR and Luzon- specific Local Government Units have already given each Barangay unit food and other basic needs for their constituents during this 1 month quarantine. Most of these barangays have thousands of daily wage workers(no work- no pay status) and the allotted help by their LGU is not sufficient for 1 month.

These are the areas we would want to help, by providing this food packs we will ensure that their families have enough to eat which will be good for peace and order.

Suggested Food Packs: 1 family of 4-5 persons/week P 500-600 pesos or S 10-12 US dollars (1 US dollar = P50 pesos)

Rice- 6 kilos	(P40 x 6 = P240)
Can Sardines- 4	(P15 x 4 = P60)
Corned beef - 4	(P25 x 4 = P100)
1/2 kilo Sugar	(P 45)
2 loaves of bread	(P40 x 2)= P80)
1 large Powder Milk(P90)
Total	P 605

If you remove sugar and milk= P480 (S10 US dollars will feed 1 family for 1 week)

Plan is to coordinate with national government agencies and local government units (Barangay Captains - in charge of the smallest unit of government in the Philippines) which means we will be delivering services straight to the people. Barangay Captains are tasked by President Duterte for their local needs, this will ensure orderly distribution of food packs to their doorstep to avoid contact and continue practising Social distancing (avoid the spread of Covid 19). Thank you very much to all of you with kind and generous hearts! God bless us all!

Lester Suntay
President - World Surgical Foundation Philippines

* donations can be coursed through WSF USA - 501c3 foundation (earmarked for Covid 19 Outbreak Donation Philippines)

Or to World Surgical Foundation Philippine's : WSFP bank details:

Acct Name: World Surgical Foundation Philippines Inc.
Dollars Acct : 1004 60347 608
Swift Code: BNORPHMM

Bank: BDO Equitable tower, 8751 Paseo de Roxas, Makati
Account name: World Surgical Foundation Philippines, Inc.
Peso #- 000460337807

How do I file for unemployment insurance?

The U.S. Department of Labor's unemployment insurance programs provide unemployment benefits to eligible workers who become unemployed through no fault of their own and meet certain other eligibility requirements.

Unemployment insurance is a joint state-federal program that provides cash benefits to eligible workers. Each state administers a separate unemployment insurance program, but all states follow the same guidelines established by federal law.

Am I Eligible?

Each state sets its own unemployment insurance benefits eligibility guidelines, but you usually qualify if you:

- Are unemployed through no fault of

HEALTH CARE FRAUD OR HEALTH INSURANCE FRAUD

Health care-related schemes attempt to defraud private or government health care programs, which usually involve health care providers, companies, or individuals.

These schemes may include offers for (fake) insurance cards; health insurance marketplace assistance; stolen health information; or medications, supplements, weight loss products, or pill mill practices.

The FBI seeks to identify and pursue investigations against the most egregious offenders involved in health care fraud through its investigative partnerships with federal, state, and local agencies, as well as its relationships with private insurance national groups, associations, and investigative units. Listed below are some of the most common health care fraud and health insurance fraud scams that the Bureau investigates:

COMMON FRAUD SCHEMES

Medical Equipment Fraud: Equipment manufacturers offer “free” products to individuals. Insurers are then charged for products that were not needed and/or may not have been delivered.

“Rolling Lab” Schemes: Unnecessary and sometimes fake tests are given to individuals at health clubs, retirement homes, or shopping malls and billed to insurance companies or Medicare.

Services Not Performed: Customers or providers bill insurers for services never rendered by changing bills or submitting fake ones.

Medicare Fraud: Senior citizens are frequent targets of Medicare schemes, especially by medical equipment manufacturers who offer seniors free medical products in exchange for their Medicare numbers.

your own. In most states, this means you have to have separated from your last job due to a lack of available work.

- Meet work and wage requirements.

You must meet your state's requirements for wages earned or time worked during an established period of time referred to as a “base period.” (In most states, this is usually the first four out of the last five completed calendar quarters before the time that your claim is filed.)

- Meet any additional state requirements. Find details of your own state's program.

How Do I Apply?

To receive unemployment insurance benefits, you need to file a claim with the unemployment insurance program in the state where you worked. Depending on the state, claims may be filed in person, by telephone, or

online.

- You should contact your state's unemployment insurance program as soon as possible after becoming unemployed.

Generally, you should file your claim with the state where you worked. If you worked in a state other than the one where you now live or if you worked in multiple states, the state unemployment insurance agency where you now live can provide information about how to file your claim with other states.

- When you file a claim, you will be asked for certain information, such as addresses and dates of your former employment. To make sure your claim is not delayed, be sure to give complete and correct information.

- It generally takes two to three weeks after you file your claim to receive your first benefit check.

Checks from the government

By JENNIFER LEACH, Associate Director, Division of Consumer and Business Education, FTC

As the Coronavirus takes a growing toll on people's pocketbooks, there are reports that the government will soon be sending money by check or direct deposit to each of us. The details are still being worked out, but there are a few really important things to know, no matter what this looks like.

- The government will not ask you to pay anything up front to get this money. No fees. No charges. No nothing.
- The government will not call to ask for your Social Security number, bank account, or credit card number. Anyone who does is a scammer.
- These reports of checks aren't yet a

reality. Anyone who tells you they can get you the money now is a scammer.

Look, normally we'd wait to know what the payment plan looks like before we put out a message like this. But these aren't normal times. And we predict that the scammers are gearing up to take advantage of this.

So, remember: no matter what this payment winds up being, only scammers will ask you to pay to get it. If you spot one of these scams, please tell the Federal Trade Commission: www.ftc.gov/complaint. We're doing our best to stop these scammers in their tracks, and your report will help.

Sprays and pills that cure it all? Not true.

By ROSARIO MÉNDEZ , Attorney, Division of Consumer and Business Education, FTC

Marketers try to sell us things like sprays and pills that supposedly cure it all, help us lose weight, get rid of wrinkles, and more. But some marketers make claims about their products without having any proof and may lie about the results people experience after using their products. That's what the FTC alleges Health Center Inc. and its owner Peggy Pearce, the telemarketers of Rejuvi-Cell, Rejuvi-Sea, and Rejuvi-Stem, did.

Health Center claimed its “Rejuvi” health products could cure everything from cancer, arthritis, and Alzheimer's disease to depression, diabetes, and obesity, either by spraying their homeopathic product, Rejuvi-Cell, under the tongue, or by taking a few pills of Rejuvi-Sea or Rejuvi-Stem. The FTC says that Health Center didn't have any scientific evidence to back up those claims. And the testimonials on the company's websites were written by employees, not actual customers. All these actions are deceptive, says the FTC.

When it comes to health issues, we all want a quick and easy solution. Add to that the pressure that telemarketers put on people, and it's easy to see how someone may fall for empty promises. But there are a few things that we can learn from this case:

- Don't trust products that promise to cure lots of medical issues. Nothing can cure it all.

Traditional homeopathic products lack reliable scientific evidence for their claims of effectiveness. They are not evaluated for safety and effectiveness by the U.S. Food and Drug Administration (FDA).

- Take testimonials with a grain of salt. Look for reviews on your own. Search the product online and put words like “problems” or “complaints” to see what others are saying about the products.

- It's best to always consult a health-care provider before trying a new medical treatment, especially if it's for a serious condition.

ANNOUNCEMENT: POSTPONEMENT OF CONSULAR OUTREACH MISSIONS IN GUANTANAMO BAY; MIAMI, FLORIDA; AND NASHVILLE, TENNESSEE

20 March 2020

The Philippine Embassy in Washington DC would like to announce that the following Consular Outreach Missions have been postponed, and a new schedule will be announced as soon as possible:

Guantanamo Bay	22-23 April 2020
Miami, FL	25-26 April 2020
Nashville, TN	8-9 May 2020

The Consular Team remains at the disposal of Filipinos in these areas to answer any questions & assist with any concerns that they may have, through email at consular@phembassy-us.org and FB messenger at ConGen WDC.



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make the difference.**

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A handshake ...**

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Coronavirus pandemic affects sports events worldwide

World Cup I in Sabuadia, Italy from April 10-12 canceled.
 Asia and Oceania Olympic qualifying regatta in Chungju, South Korea from April 27-30 canceled.
 European Olympic qualifying regatta in Varese, Italy from April 27-29 canceled.
 World Cup II in Varese, Italy from May 1-3 canceled.
 Boat Race in London on March 29 canceled.
 Henley Royal Regatta in England from July 1-5 canceled.
 RUGBY LEAGUE
 Super League: Catalans vs. Leeds on March 14, postponed. Competition from March 16 suspended.
 National Rugby League in Australia from March 19, no spectators. From March 23 suspended.
 RUGBY UNION
 Six Nations: Ireland vs. Italy in Dublin on March 7; Italy vs. England in Rome on March 14; France vs. Ireland in Paris on March 14; Wales vs. Scotland in Cardiff on March 14, postponed.
 Women's Six Nations: Italy vs. Scotland in Legnano on Feb. 23; Scotland vs. France in Glasgow on March 7; Ireland vs. Italy in Dublin on March 8; Italy vs. England in Padua on March 15; Wales vs. Scotland in Cardiff on March 15; France vs. Ireland in Villeneuve-d'Ascq on March 15, postponed.
 European Rugby Championship: Georgia vs. Russia on March 14; Romania vs. Belgium on March 14; Switzerland vs. Netherlands on March 14; Spain vs. Portugal on March 15, postponed.
 Euopean Rugby Women's Championship: Spain vs. Russia on April 5; Spain vs. Netherlands on April 11, postponed.

SUMMER SPORTS

Aquatics - Artistic swimming, Diving, Swimming, and Water polo
 FINA Artistic Swimming Olympic Games Qualification Tournament, Tokyo, Japan. 30 April-3 May 2020, postponed.
 FINA Diving World Cup - scheduled to take place in Tokyo (JPN), on April 21-26, 2020, postponed.
 FINA Diving World Series - March 27-29, 2020/London (GBR) - postponed.
 FINA Diving Grand Prix - May 29-31, 2020/Singapore (SGP) - cancelled.
 FINA Diving Grand Prix - June 5-7, 2020/Kuala Lumpur (MAS) - postponed.
 Asian water polo championships in Nur-Sultan, Kazakhstan, from 12-16 February cancelled.
 Diving Grand Prix in Madrid from 14-16 February: No participation from Chinese team.
 Diving World Series event in Beijing from 7-9 March cancelled.
 Italy Olympic swim trials in Riccione from 17-21 March cancelled.
 South America swim Championships in Buenos Aires, Argentina from 25-29 March cancelled.
 China Olympic trials in Qingdao from 28 March - 4 April postponed to May 10-16.
 African Swimming Championships in Durban, South Africa from April 17-22 postponed.
 European Aquatics Championships in Budapest, Hungary postponed from 11-24 May to 17-30 August.
 FINA Men's Water Polo Olympic Games Qualification Tournament, Rotterdam, the Netherlands. 31 May-7 June 2020 (Final decision to be made on 30 April)
 FINA Women's Water Polo Olympic Games Qualification Tournament, Trieste, Italy. 17-24 May 2020 (Final decision to be made on 20 April)
 Other key events scheduled
 FINA Olympic Marathon Swim Qualifier, Fukuoka, Japan. 30-31 May
 FINA World Swimming Championships (25m), Abu Dhabi, United Arab Emirates. 15-20 December
 Archery
 ISSF International Solidarity Championships in Dhaka, Bangladesh 22-28 February postponed.
 World Cup in Shanghai from 4-10 May cancelled.
 Other key events scheduled
 World Archery Final Qualification Tournament(World Cup stage 3), Berlin, Germany. 21-28 June 2020

MGM Resorts Int'l increases support for those impacted by the coronavirus crisis



MGM RESORTS INTERNATIONAL™

LAS VEGAS -- MGM Resorts International (NYSE: MGM) on March 23 announced an array of initiatives intended to support those impacted economically by the coronavirus (COVID-19) pandemic, including a \$1 million crisis and disaster relief pledge into an employee emergency grant fund and donating the equivalent of 400,000 meals across the United States.

"As we confront extraordinary events and an unprecedented global pandemic crisis, we know that this is an extremely challenging and uncertain time for many of our employees, their families, friends and neighbors and we are committed to help those in need," said Bill Hornbuckle, Acting CEO and President of MGM Resorts International. "We have done a number of things to help our colleagues, including significantly expanding eligibility coverage for the MGM Employee Emergency Grant Fund. MGM Resorts International is donating \$1 million towards disaster relief to offer additional support to employees impacted by the crisis and who may be experiencing hardships."

10 Tips: Healthy Eating for Vegetarians

A vegetarian eating pattern can be a healthy option. The key is to consume a variety of foods and the right amount of foods to meet your calorie and nutrient needs.

- 1. Think about protein.** Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts, and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.
- 2. Bone up on sources of calcium.** Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soy milk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).
- 3. Make simple changes.** Many popular main dishes are or can be vegetarian — such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna,

tofu-vegetable stir-fry, and bean burritos.

- 4. Enjoy a cookout.** For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!
- 5. Include beans and peas.** Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus filled pita sandwich.
- 6. Try different veggie versions.** A variety of vegetarian products look — and may taste — like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).
- 7. Make some small changes at restaurants.** Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or nonmeat items, such as tofu and beans for meat, and adding

CANCELLATION OF DISNEY ON ICE IN ONTARIO & LONG BEACH

Due to the increasing spread of COVID-19 and expanding restrictions on domestic and international travel, and in accordance with national, state and local governments prohibiting large group gatherings, Disney On Ice presents Celebrate Memories scheduled performances for Thursday April 16 – Sunday April 19, 2020 at the Toyota Arena in Ontario, CA and Thursday, April 23 – Sunday, April 26, 2020 at the Long Beach Arena in Long Beach, CA have been cancelled. Refunds through Ticketmaster will automatically be refunded back to your credit card. If you had purchased tickets elsewhere, please contact your original point of purchase directly for refunds. Refund information is located at Ticketmaster.com or on the venue website event pages:

- Ontario: <https://www.toyota-arena.com/events/detail/disney-on-ice-presents-celebrate-memories>
- Long Beach: <https://www.longbeachcc.com/events/disney-on-ice-presents-celebrate-memories/>

Produced by Feld Entertainment



FOOD SECTION

vegetables or pasta in place of meat. Ask about available vegetarian options.

- 8. Nuts make great snacks.** Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.
- 9. Get your vitamin B12.** Vitamin B12 is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B12 supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B12 in fortified products.
- 10. Find a vegetarian pattern for you.** Go to the Dietary Guidelines for Americans, 2015-2020 and check Appendix 5 for vegetarian (and vegan) adaptations of the USDA food patterns at 12 calorie levels. USDA

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15 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit
CORONAVIRUS.GOV

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

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School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.