

## DUTERTE TELLS PUBLIC: IGNORE CRITICS, SUPPORT GOVERNMENT

MANILA -- President Rodrigo Roa Duterte asked the people to rally behind his government as he fended off accusations from his critics on the administration's response to the current pandemic.

"*Alam mo itong mga nagbabatikos naman*, there will always be a time for everything and I hope that the next time *kapag magsabi ako, maniwala kayo*," the President said in a televised address to the nation.

He advised the people to ignore those who are engaged in politicking. For years, political enemies who have kept on criticizing the government failed to contribute to the country's development, he said.

The chief executive told the people to trust his administration saying, "*Dito kayo makinig sa gobyerno tuta ako ang nagdadala*. I'm telling you we are doing everything honestly. *Hindi kami humahawak ng pera*."

The President said there are donors approaching him, conveying their intention to contribute. But he advised them to give their money directly to medical facilities battling COVID-19. The President also asked the people to use the cash aid from the government wisely saying the state can't support them indefinitely. The money allocated by the government to subsidize 18 million low-income families would not be enough and the government has to look for sources of funds in case of prolonged quarantine.

President Duterte also wants local officials to inves-



President Rodrigo Roa Duterte addresses the nation on the government's efforts against the coronavirus disease (COVID-19) at the Malago Clubhouse in Malacañang on April 16, 2020. (Karl Norman Alonzo/Presidential Photo)

tigate the people who reportedly organized cockfighting and drinking spree during the quarantine saying violators should not receive cash assistance from the government. The

President called for discipline noting that if the people continue disobeying quarantine rules, he may opt to deploy the police and the military to force them follow lockdown guidelines. -- PND

### COVID-19 UPDATE

#### FDA authorizes first test for patient at-home sample collection

The U.S. Food and Drug Administration authorized the first diagnostic test with a home collection option for COVID-19. Specifically, the FDA re-issued the emergency use authorization (EUA) for the Laboratory Corporation of America (LabCorp) COVID-19 RT-PCR Test to permit testing of samples self-collected by patients at home using LabCorp's Pixel by LabCorp COVID-19 Test home collection kit.

"Throughout this pandemic we have been facilitating test development to ensure patients access to accurate diagnostics, which includes supporting the development of reliable and accurate at-home sample collection options," said FDA Commissioner Stephen M. Hahn, M.D. "The FDA's around-the-clock work since this outbreak began has resulted in the authorization of more than 50 diagnostic tests and engagement with over 350 test developers. Specifically, for tests that include home sample collection, we worked with LabCorp to ensure the data demonstrated from at-home patient sample collection is as safe and accurate as sample collection at a doctor's office, hospital or other testing site. With this action, there is now a convenient and reliable option for patient sample collection from the comfort and safety of their home."

This reissued EUA for LabCorp's molecular test permits testing of a sample collected from the patient's nose using a designated self-collection kit that contains nasal swabs and saline. Once patients self-swab to collect their nasal sample, they mail their sample, in an insulated package, to a LabCorp lab for testing. LabCorp intends to make the Pixel by LabCorp COVID-19 Test home collection kits available to consumers in most states, with a doctor's order, in the coming weeks.

The LabCorp home self-collection kit includes a specific Q-tip-style cotton swab for patients to use to collect their sample. Due to concerns with sterility and cross-reactivity due to inherent genetic material in cotton swabs, other cotton swabs should not be used with this test at the present time.

This authorization only applies to the LabCorp COVID-19 RT-PCR Test for at-home collection of nasal swab specimens using the Pixel by LabCorp COVID-19 home collection kit.

### Awards rules, campaign regulations for 93rd Oscars®

LOS ANGELES, CA — The Academy's Board of Governors has approved rules and campaign regulations for the 93rd Academy Awards®.

The devastating COVID-19 pandemic forced the closure of all Los Angeles County movie theaters as of Monday, March 16, 2020. Current Academy Awards rules (under Rule Two, Eligibility) require that a film be shown in a commercial motion picture theater in Los Angeles County for a theatrical qualifying run of at least seven consecutive days, during which period screenings must occur at least three times daily. Until further notice, and for the 93rd Awards year only, films that had a previously planned theatrical release but are initially made available on a commercial streaming or VOD service may qualify in the Best Picture, general entry and specialty categories for the 93rd Academy Awards under these provisions:

1. The film must be made available on the secure Academy Screening Room member-only streaming site within 60 days of the film's streaming or VOD release;
2. The film must meet all other eligibility requirements.

On a date to be determined by the Academy, and when theaters reopen in accordance with federal, state and local specified guidelines and criteria, this rules exemption will no longer apply.



## U.S. donates 1,300 new cots to support Philippines' response to Covid-19

MANILA -- U.S. Ambassador to the Philippines Sung Kim announced the U.S. government's donation of nearly 1,300 new cots to support the Philippine government's response to COVID-19. In partnership with the Philippine government, the United States donated more than 1,100 cots to the Office of Civil Defense to aid COVID-19 patients. The United States also provided 150 cots to support patients and frontline Department of Health medical professionals at Philippine General Hospital who are providing critical diagnosis, treatment, and care. The cots were originally intended for the Balikatan 2020 joint military exercise.

In addition to the donation of cots, the US is providing the Philippines nearly \$4 million in health assistance to help address the COVID-19 pandemic in Manila and around the country.



Office of the Civil Defense Undersecretary Ricardo Jalad, U.S. Ambassador to the Philippines Sung Kim, and Philippine Department of Foreign Affairs Secretary Teodoro Locsin, Jr. at a handover of new cots donated by the United States government.

### • special in this issue •

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#### EXCLUSIVE INTERVIEW BY AWEE ABAYARI ABOUT MANUEL P. VILLAR

Peter Villar, President of Villar Recording Company and International Representative based in California talks about his father, Manuel P. Villar, the Father of Philippine Music, and Pioneer in Philippine Recording.

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#### THE U.S. CONTINUES LEADERSHIP IN THE GLOBAL COVID-19 RESPONSE

The United States continues this outstanding record in the face of the COVID-19 pandemic, with the announcement of more than \$270 million in additional foreign assistance provided by Congress in supplemental funding specifically to respond to the outbreak.

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#### USCIS LAUNCHES NEW ONLINE FORM FOR REPORTING FRAUD

U.S. Citizenship and Immigration Services launched a new online tip form to help the public provide the agency with information about immigration fraud. The new online form, available on the USCIS public website, prompts the form user for the information that the USCIS' fraud investigators need to investigate allegations of immigration benefit fraud or abuse.

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#### PH EMBASSY IN D.C. HONORS FILIPINO MEDICAL FRONT LINERS

The Philippine Chancery and Chancery Annex buildings along Massachusetts Avenue in Washington, D.C. have been adorned with parols and blue lights in honor of the thousands of Filipino medical professionals who are serving in the frontline of the global battle against COVID-19.

### Treasury joins Veterans Affairs to deliver economic impact payments to veterans automatically

WASHINGTON — The U.S. Department of the Treasury and IRS announced that they are working directly with the U.S. Department of Veterans Affairs (VA) to ensure Veterans and their beneficiaries who receive Compensation and Pension (C&P) benefit payments will receive their Economic Impact Payments automatically and without additional paperwork.

"Economic Impact Payments will be issued automatically to our Veterans and their families who did not file tax returns for 2018 or 2019," said Secretary Steven T. Mnuchin. "The Treasury, IRS and VA are working hard to ensure our nation's heroes receive these payments quickly and without any additional action or paperwork." Many non-tax filing beneficiaries have already begun using the "Non-Filers: Enter Payment Info" tool to provide basic personal information to receive their EIP. There will be no interruption to payments being processed using this online tool.

### \$10 billion in relief for America's airports

WASHINGTON — U.S. Transportation Secretary Elaine L. Chao announced the award of approximately \$10 billion to commercial and general aviation airports from the Trump Administration's newly created Coronavirus Aid, Relief, and Economic Security (CARES) Act Airport Grant Program. The effort will provide unprecedented and immediate relief to American families, workers, and businesses.

"This \$10 billion in emergency resources will help fund the continued operations of our nation's airports during this crisis and save workers' jobs," said U.S. Transportation Secretary Elaine L. Chao. In less than two weeks since the bill was signed into law, the U.S. Department of Transportation's Federal Aviation Administration (FAA) is ready to deliver CARES Act grants to eligible airports throughout the nation. The grants will provide economic relief to airports around the country affected by the COVID-19 public health emergency.

### DHS and USDA move to protect American farmers

WASHINGTON - The Department of Homeland Security, with the support of the U.S. Department of Agriculture (USDA), has announced a temporary final rule to change certain H-2A requirements to help U.S. agricultural employers avoid disruptions in lawful agricultural-related employment, protect the nation's food supply chain, and lessen impacts from the coronavirus (COVID-19) public health emergency. These temporary flexibilities will not weaken or eliminate protections for U.S. workers. Under this temporary final rule, an H-2A petitioner with a valid temporary labor certification who is concerned that workers will be unable to enter the country due to travel restrictions can start employing certain foreign workers who are currently in H-2A status in the United States immediately after United States Citizenship and Immigration Services (USCIS) receives the H-2A petition, but no earlier than the start date of employment listed on the petition. To take advantage of this time-limited change in regulatory requirements, the H-2A worker seeking to change employers must already be in the United States and in valid H-2A status.



## AN APPEAL FROM COLEGIO DEL SAGRADO CORAZON DE JESUS

As we mark the 103rd Foundation Anniversary of COLEGIO DEL SAGRADO CORAZON DE JESUS, we acknowledge with deep gratitude the abundant blessings that God has showered on the entire SAGRADO FAMILY throughout the 102 years of its existence.

Despite the ups and downs of SAGRADO's history, it has maintained its mark of Vincentian Excellence through its enriched and up-to-date curriculum programs, dedicated and competent faculty, state-of-the-art learning facilities and strong community outreach program being the first PAASCU Level 3 accredited school (Basic Education Department) in Iloilo City. It is our ardent HOPE and PRAYER that this DREAM will continue to be actualized through Sagrado's enriched and up-to-date curricular programs, dedicated competent and academically qualified faculty, state-of-the-art learning facilities and strong community outreach program.

Once again, we turn to you to support us in our various continuing endeavors and projects. We know that as our loyal ALUMNA/ALUMNUS, you will not close your heart to this appeal. Please extend this also to your families, relatives, alumni batchmates and friends who, like you, have room in their hearts for CARING and SHARING "til it hurts" – for LOVE!

Only GOD, who is never outdone in generosity, can REWARD YOU for everything. We entrust you and your family to the Most Sacred Heart of Jesus and the special protection of Our Lady of the Miraculous Medal, and all our Vincentian Saints and Blessed.

Lovingly and gratefully in Jesus and Mary,  
SR. ELVIRA G. CORREA, D.C.  
Registrar/Alumni Adviser

SR. MA. ASUNCION G. EVIDENTE, D.C.  
President – Sister Servant

### HELP US BUILD A BRIGHTER SAGRADO

Account Name: COLEGIO DEL SAGRADO CORAZON DE JESUS  
Peso Savings Account No.4160036530  
US Dollar Savings Account No. 104160077504  
Banco de Oro Iznart Branch, Iloilo City  
You may send your deposit slip through our e-mail at cscj\_1917@yahoo.com



## IMMIGRATION UPDATE



HOSTED BY AWEE ABAYARI



50 YEARS OF EXPERIENCE  
IN U.S. IMMIGRATION LAW

Send your questions to: radiotvanchor1@gmail.com  
www.youtube.com/Awee Abayari

INMN

INTERNATIONAL NEWS MEDIA NETWORK



**Part I of an Exclusive Interview by AWEE ABAYARI about MANUEL P. VILLAR, SR.**  
Father of Philippine Music, Pioneer in Philippine Recording  
**with his son, Peter Villar**

President of Villar Records International based in California, USA

For more of the interview: [www.youtube.com/AweeAbayari](http://www.youtube.com/AweeAbayari)

## DIYOS LAMANG ANG NAKAALAM ( " ONLY GOD KNOWS ")

Composed by Manuel P. Villar, Sr., the hero of Philippine Music

Indescribably beautiful and divine, this song is known all over the world for its inspiring message of faith, love and hope today and forever. - AA

### HONORING

**MANUEL P. VILLAR, SR., FATHER OF PHILIPPINE MUSIC, PIONEER IN PHILIPPINE RECORDING**

A creative genius with great business foresight, Don Manolo, as he is popularly known, was devoted to his beautiful, loving wife, Asuncion, his wonderful family and his beloved country making him a patriot and a hero of Philippine music and recording. With great humility and dedication, Manuel P. Villar, Sr. received countless awards during his lifetime for his exceptional efforts in promoting Philippine music. He was awarded the First Cecil Awards and his name will forever be remembered and engraved in the Hall of Fame for Music.

Mr. Manuel P. Villar, Sr. was revered as a specially gifted composer and an all-time music hero. With strong faith in God foremost in his mind, he has always produced many indescribably beautiful and meaningful divine songs that had reverberated throughout the world -- inspiring songs that were full of message of faith, love and hope.

Today, more than ever, his most favorite composition:

"DIYOS LAMANG ANG NAKAALAM" ( ONLY GOD KNOWS ) is TODAY'S MESSAGE TO THE WORLD. The lyrics speak of life like a song that has a beginning and an end.

What is our destiny? " ONLY GOD KNOWS"

Peter Villar, son of Manuel P. Villar, Sr. is continuing the Villar legacy of promoting Philippine music and songs throughout the world as President of Villar Records International based in the United States that handles manufacturing, promotion, distribution and publishing of the Villar Catalog. Like his father, Peter is an exemplary business and community leader with his guiding principles.

**Awee Abayari:** When did your father establish Villar Records?

**PETER VILLAR:** Early 1960's.

**Awee Abayari:** What was it's main objective?

**PETER VILLAR:** To promote Philippine music/local talents.

**Awee Abayari:** What was his first composition?

**PETER VILLAR:** Dahil sa Isang Bulaklak.

**Awee Abayari:** What was the topic or theme of his songs/music?

**PETER VILLAR:** Love songs and religious.

**Awee Abayari:** What was his favorite music or song from his own compositions?

**PETER VILLAR:** Diyos Lamang ang Nakakaalam.

**Awee Abayari:** What were his most popular songs and music distributed worldwide?

**PETER VILLAR:** Diyos Lamang ang Nakakaalam, Walang Kapantay / Di Ba't Ako'y Tao Ring May Damdamin.

**Awee Abayari:** Who are the most popular singer/s of Villar Recording?

**PETER VILLAR:** These are among the most popular: Ric Manrique Jr., Sylvia La Torre, Tres Rosas, Mabuhay Singers, Relly Coloma, Maestro Leopoldo Silos.

**Awee Abayari:** Tell us about your family growing up? Did your father encourage you all to learn how to play the piano or any musical instruments or sing/compose?

**PETER VILLAR:** Everybody in the family knows how to play musical instruments. Elder brothers Ronnie, Jun and Willie had a band called "Ronnie Villar and the Firedons". Rose studied Hawaiian, ballet, and learned violin. I studied piano, guitar and was a Glee Club member in high school.

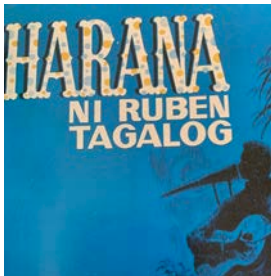
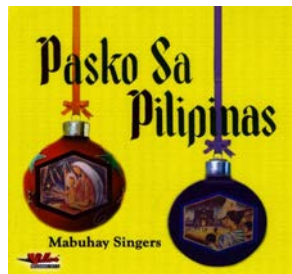
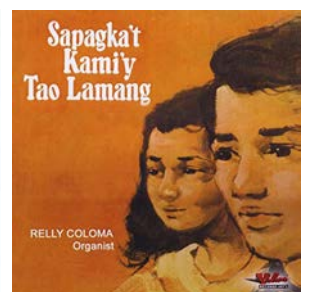
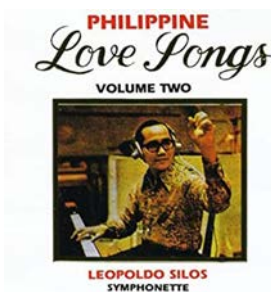
**AWEE ABAYARI:** What do you remember most about your father?

**PETER VILLAR:** Hardworking/ had a keen foresight on the music business/very family oriented, despite his busy schedule still managed to make time for special family gathering.

**AWEE ABAYARI:** Thank you very much.



Photo Credit: UP Alumni Association.









## MESSAGE FROM MADRID

### We have to wake up quickly!

Dear Friends,

Across the world, countries continue to count the cost of COVID-19: in lives lost, in economic disruption and in the threat to sustainable development where it's most needed.

This week, the Spring Meetings of the World Bank and International Monetary Fund set the backdrop for global leaders to advance immediate response and the economic policies to chart a path towards a sustainable recovery. The meetings follow decisions made by the European Union and national governments across the world.

Tourism must be recognized as a key pillar for building a better future in all world regions. Past recoveries prove that the importance of our sector cannot be

overstated.

In Europe, the world's leading tourism destination, the sector generated last year more than US\$407 billion in international tourism receipts, providing more than 27 million jobs. And jobs are a lifeline for communities, including the most vulnerable members of society.

Europe can be a leading example: Recognizing the unique power of tourism not just with words but with concrete action.

At UNWTO we urge our partners in the European Commission, across the United Nations and the Bretton Woods institutions to embrace tourism like never before.

This will ensure that tourism grows back stronger and better – but only if it has the right support from the highest levels of government and international organizations.

Waking up quickly to start concrete action is of the essence so that we may face up to our



shared challenge.

Thank you.

Zurab Pololikashvili  
Secretary-General  
UNTWO

## IOC and Tokyo 2020 Joint Statement

### Framework for preparation of the Olympic and Paralympic Games Tokyo 2021

The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) and the International Olympic Committee (IOC) met today for an Executive Project Review via teleconference.

IOC Coordination Commission Chair John Coates and Olympic Games Executive Director Christophe Dubi joined Tokyo 2020 President MORI Yoshiro and CEO MUTO Toshiro for the meeting. During the productive discussion, Tokyo 2020 and the IOC agreed on the following framework, that will govern preparations for the postponed Games:

#### Governance

- The process to deliver the Games in 2021 is overseen by a Joint Steering Committee which is led by IOC Coordination Commission Chair John Coates and Tokyo 2020 President MORI Yoshiro. The Committee will include Tokyo 2020 CEO MUTO Toshiro and IOC Olympic Games Executive Director Christophe Dubi.

- The meetings of the Joint Steering Committee will be held whenever necessary, in order to ensure permanent coordination and efficient decision-making.

- Supporting this Joint Steering Committee, Tokyo 2020 and the IOC will each have their own respective task forces: the "Here we go" Task Force on the IOC side, and the "New Launch" Task Force on the Tokyo 2020 side.

#### Timeline

- The details of planning for Tokyo 2020 in 2021 are being examined this month with a view to establishing a new roadmap for the Games by May 2020, in order to then align resources and priorities accordingly.



### STATEMENT ON THE PHONE CALL BETWEEN PRESIDENT RODRIGO DUTERTE AND PRESIDENT DONALD TRUMP

20 April 2020

Philippine Ambassador to the United States Jose Manuel Romualdez said that the Philippine Embassy in Washington, D.C. will continue to work closely together with the United States Government in delivering on the pledge of President Rodrigo Duterte and President Donald Trump to continue bilateral cooperation amid the COVID-19 global pandemic.

Philippine Presidential Spokesperson Harry Roque and the White House disclosed that during a phone call on 19 April 2020, President Duterte and President Trump agreed to continue bilateral efforts to address the various challenges posed by the pandemic.

Philippine Secretary of Foreign Affairs Teodoro Locsin, Jr. and Ambassador Romualdez in their recent telecon were pleased that the two leaders agreed to further strengthen the comprehensive and longstanding ties between the Philippines and the United States.

The Ambassador noted that the two leaders have maintained a good personal relationship ever since their first meeting in Manila last November 2017. ###

## The US continues leadership in the global COVID-19 response with more than \$270 million in additional US. foreign assistance

For more than a half century, the United States has been the largest contributor to global health security and humanitarian assistance. Through the American people's generosity and under the leadership of President Trump, the United States continues this outstanding record in the face of the COVID-19 pandemic, with the announcement of more than \$270 million in additional foreign assistance provided by Congress in supplemental funding specifically to respond to the outbreak.

This new funding will provide approximately \$170 million in humanitarian aid to allow communities in some of the most at-risk countries to prepare for, and respond to the pandemic. At the same time, we are also providing more than \$100 million to help governments, civil society, and the private sector prepare for, mitigate, and address second-order economic, civilian-security, stabilization, and governance impacts of COVID-19.

Today's announcement brings the total global investment from the U.S. Government since the outbreak of COVID-19 to more than \$775 million to date in health, humanitarian and economic assistance – specifically aimed at fighting the pandemic in more than 100 countries in every

region of the world.

A healthier world means a healthier United States. Decades of smart and strategic foreign assistance has proven to mitigate further impact to Americans overseas and better protect Americans at home from further transmission across our borders.

The State Department, U.S. Agency for International Development, U.S. Centers for Disease Control and Prevention, and Department of Defense are working together as part of an All-of-America response to support health care, humanitarian assistance, and economic, security, and stabilization efforts worldwide with \$2.4 billion in emergency supplemental funding allocated by Congress.

The United States is without peer as a humanitarian force for good. Together, Americans – separately from our government aid and contributions to multilateral institutions – have generously donated more than \$3 billion to populations affected by the COVID-19 pandemic around the world through private businesses, nonprofit groups, faith-based organizations, and charitable organizations, in addition to what the U.S. Government has provided.

## Appeal for help from worldsurgicalfoundation.org

Dear All,

Please continue to support our efforts to help our front liners and families in need during this Pandemic. \$12.00 can feed a family of 4 for 1 week.

Send your tax deductible donation to: WSF, P.O. Box 1006, Camp Hill, PA 17001 or go to our website [worldsurgicalfoundation.org/](http://worldsurgicalfoundation.org/) donate.

Thank you and God Bless.

Sincerely,  
Dom Alvear



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## INM Book Choice

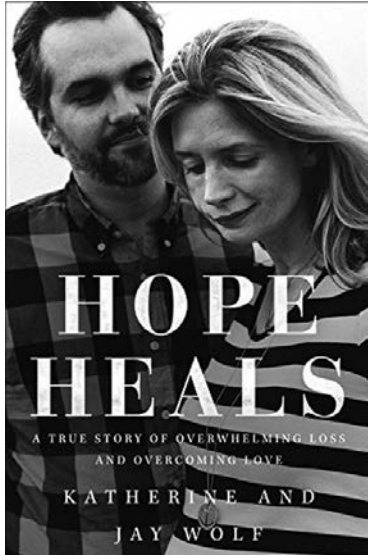
### Hope Heals: A True Story of Overwhelming Loss and Overcoming Love

by Katherine Wolf, Jay Wolf, Joni Eareckson Tada (Foreword by)

When all seems lost, where can hope be found? Katherine and Jay married right after college and sought adventure far from home in Los Angeles, CA. As they pursued their dreams—she as a model and he as a lawyer—they planted their lives in the city and in their church community. Their son, James, came along unexpectedly in the fall of 2007, and just six months later, everything changed in a moment for this young family.

On April 21, 2008, as James slept in the other room, Katherine collapsed, suffering a massive brain stem stroke without warning. Miraculously, Jay came home in time and called for help. Katherine was immediately rushed into micro-brain surgery, though her chance of survival was slim. As the sun rose the next morning, the surgeon proclaimed that Katherine had survived the removal of part of her brain, though her future recovery was completely uncertain. Yet in that moment, there was a spark of hope. Through 40 days on life support in the ICU and nearly two years in full-time brain rehab, that spark of hope was fanned into flame.

Defying every prognosis with grit and grace, Katherine and Jay, side by side, struggled to regain a life for Katherine as she re-learned to talk and eat and walk. Returning home with a severely disabled body but a completely renewed purpose, they committed to celebrate this gift of a second chance by embracing life fully, even



though that life looked very different than they could have ever imagined. In the midst of continuing hardships and struggles, both in body and mind, Katherine and Jay found what we all long to find . . . hope, hope that heals the most broken place, our souls.

An excruciating yet beautiful road to recovery has led the Wolf family to their new normal, in which almost every moment of life is marked with the scars of that fateful April day in 2008. Now, eight years later, Katherine and Jay are stewarding their story of suffering, restoration, and Christ-centered hope in this broken world through their ministry Hope Heals.

### The Blue Zone Kitchen

by Dan Buettner

Best-selling author Dan Buettner debuts his first cookbook, filled with 100 longevity recipes inspired by the Blue Zones locations around the world, where people live the longest.

Building on decades of research, longevity expert Dan Buettner has gathered 100 recipes inspired by the Blue Zones, home to the healthiest and happiest communities in the world. Each dish—for example, Sardinian Herbed Lentil Minestrone; Costa Rican Hearts of Palm Ceviche; Cornmeal Waffles from Loma Linda, California; and Okinawan Sweet Potatoes—uses ingredients and cooking methods proven to increase longevity, wellness, and mental health.

Complemented by mouthwatering photography, the recipes also include lifestyle tips (including the best times to eat dinner and proper portion sizes), all gleaned from countries as far away as Japan and as



near as Blue Zones project cities in Texas. Innovative, easy to follow, and delicious, these healthy living recipes make the Blue Zones lifestyle even more attainable,

## Should you wipe down your food or packages?

Amid the ongoing coronavirus outbreak, many consumers have become increasingly concerned about shopping for groceries in stores. If you've been nervous about getting the highly contagious virus from food or other packages that you don't wipe down, the Food and Drug Administration has some reassuring news.

The FDA recently reiterated guidelines advising shoppers that there is a very low risk of the virus being transmitted in this way because there are no confirmed reports or any evidence that it's possible to get coronavirus from food or food packaging.

FDA has heard your concerns about shopping for #food safely.

### INM Recommended Movie



One woman's journey through a century of love, war and discovery.

"Curiosity, Adventure, & Love" is a story of a woman raised by fate to go boldly where few young women of her time and upbringing would go... into the arms of chance and life. A young American woman leaves her country and all security behind, to begin an adventure in the Philippines that would witness the birth of a nation, a cruel war and occupation and reconstruction. Jessie, is a striking personality, somewhere between Scarlett O'Hara and Amelia Earhart, who knew no boundaries and flew far ahead of her times, without regard to sex or society. Her story of a century well-lived is both rich and one that should restore our faith in our own humanity.

You can watch it for FREE on AMAZON PRIME or TUBI or LOCAL NOW

It's also available on iTunes (for rent or purchase), DirectTV, Dish Network/Sling TV, iN Demand - Comcast, Cox, Spectrum, etc., Vubiquity - Frontier, Verizon Fios, etc., Amazon Instant Video, Google Play, Hoopla, Swank, Vudu, Xbox, YouTube Movies

"We want to reassure consumers that there is currently no evidence of human or animal food or food packaging being associated with transmission of the coronavirus that causes COVID-19," the FDA wrote in a news release.

"This particular coronavirus causes respiratory illness and is spread from person-to-person, unlike foodborne gastrointestinal or GI viruses, such as norovirus and hepatitis A that often make people ill through contaminated food."

The FDA has reiterated guidelines that there is a low risk of getting coronavirus from food or food packaging.

While the FDA says there's a low risk of getting coronavirus from groceries or packaging, here are some tips for those looking to take extra precautions.

- When you get home, use a disinfectant wipe on food packaging. Make sure you don't use any such wipes on the food itself.

- Leave your groceries out for 24 hours, or more, to kill any live virus that may be on package surfaces.

- If you are unable to perform the first two steps, put the groceries away and wash your hands thoroughly immediately afterward.

#### Takeout containers

- After receiving your order, place the packaging in the sink, take the food out with

utensils and put it on a clean plate.

- Clean the utensils, throw away packaging, then wash your hands thoroughly.
- Use another set of utensils to eat.

#### Food, Clothing and shoes

- Practice social distancing while running essential errands to reduce the chance of viral particles clinging to your clothing.

- If someone sneezes or coughs on your hair or clothes while you are out, you should change clothes and wash your hair immediately upon returning home.

- Use one pair of shoes when you go outside and leave those shoes at the door when you come back inside.

- If the shoes are washable, wash them periodically.

#### Cardboard packaging

- Leave the package outside for more than 24 hours.

- If you cannot do that, wash your hands immediately after handling it

- Open the box, dump the contents into a clean area, throw away the packaging and then wash your hands again before touching interior contents.

#### Mail

- Once you've opened the mail and looked at the contents, wash your hands. Throw away anything you don't need.

### Appeal for Donations

#### HOSPICIO DE SAN JOSE

Since its foundation in 1810, Hospicio de San Jose has stood as a beacon of hope and succor for persons in poverty situations. It is the first charitable institution in the Philippines, a forerunner of social work and have been an exemplar of compassion and charity, demonstrating the Filipino people's boundless capacity for extending a helping hand to those in need.



It has been managed by the Daughters of Charity of St. Vincent de Paul since 1865.

In 2017, Hospicio has launched to better the lives of the people under their care and to achieve financial and food sustainability:

- Sponsorship of a child or an elderly: A donation of \$100, on a monthly basis can already provide education, food, etc. to a child and medicines and food to a special child or elderly, psycho-therapy and healing sessions for the abused children. The sponsor may choose a particular category he/she wishes to provide for.
- Sponsor a house for a homeless family. Hospicio has finished 10 housing units which have been occupied and have 24 units more waiting for sponsors.

- Food Sustainability: through organic hog-raising, organic vegetable gardening, chickens, ducks, turkeys, goats (all in Bulacan property).

- A Multi-purpose pavilion for the Street People—to provide a place for the feeding, formation sessions and emergency "night shelter" for the homeless.

- A Livelihood and Skills Training Center which will provide short courses in Baking, Cooking, Housekeeping and other skills to equip the unemployed heads of families, especially women, with skills for income generation activities.

For the readers whose hearts have been touched by our appeal and desires to sponsor a particular project, you may contact us through this email address: [mspg.evidente@gmail.com](mailto:mspg.evidente@gmail.com) or call (063-2-7342366)

Sr. Maria Socorro Pilar G. Evidente, DC  
Administrator  
Hospicio de San Jose  
Ayala Bridge, Manila  
Philippines



Sr. Maria Socorro Pilar G. Evidente, DC

## Public Affairs

with AWEE ABAYARI



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INMN

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## Staying active while social distancing

*Why is it important for me to be active?*

Physical activity can provide immediate benefits. Physical activity can help to boost your mood, reduce stress, improve sleep, and sharpen your focus — benefits that can be especially important during stressful times. Physical activity can also help you live a longer, healthier life by reducing the risk of many common chronic diseases, like type 2 diabetes and some cancers.

*How much activity do adults need?*

According to the Physical Activity Guidelines for Americans, adults need a mix of activities to stay healthy, including at least:

- 150 minutes of moderate-intensity aerobic activity a week
- 2 days of muscle-strengthening activity a week

During stressful times, it's important to

remember that some physical activity is better than none! Adults should move more and sit less throughout the day. If you're working from home, try taking activity breaks throughout the day or walking around your house during conference calls.

*How much activity do kids need?*

With many children home from school, parents and caregivers might be wondering how to get kids moving. The Physical Activity Guidelines for Americans recommends that kids and teens ages 6 to 17 get 60 minutes of activity every day. Kids younger than 6 need physical activity too — it helps support their growth and development. Preschool-aged children are active naturally, so aim to help them be active throughout the day and avoid time just sitting around.

Remember, lots of things count as physi-

cal activity — and it all adds up!

Ask your kids to teach you their favorite game from physical education class or recess, have a family dance party, or challenge each other to learn a new yoga pose or do another push-up. -- Health.gov





## USCIS launches new online form for reporting fraud

WASHINGTON—U.S. Citizenship and Immigration Services launched a new online tip form to help the public provide the agency with information about immigration fraud. The new online form, available on the USCIS public website, prompts the form user for the information that the USCIS’ fraud investigators need to investigate allegations of immigration benefit fraud or abuse.

“Safeguarding the integrity of our immigration system is top priority for the Trump administration and is central to the agency’s mission,” said Joseph Edlow, the USCIS deputy director for policy. “One way we protect our immigration system is by making it easy for the public to report immigration fraud and abuse. This new online tip form makes fraud reporting more efficient and robust, provides our agency with the information needed to investigate and address abuse of the system, and will help assist our federal partners in prosecuting immigration fraud.”

The new online tip form collects information related to the relevant fraud, identifies the type of benefit in question and provides space for the form user to describe the alleged fraud or abuse in additional detail.

This online form streamlines fraud reporting by replacing three email boxes USCIS now uses for fraud and abuse reporting. The tip form will make the tip process more effective and efficient.

Every day, well-intentioned people try to report immigration fraud or abuse to us, but our own internal procedures did not allow for a consistent and timely way to respond. Some of the allegations are true while others are not, but USCIS needed a better way to collect information and make an assessment.

USCIS will work on tips previously submitted by email to completion. It is not necessary to resubmit a tip via the online tip form if you previously submitted it via email. People who submit tips by email after USCIS closes the email boxes will receive a bounce-back message letting them know that USCIS has decommissioned the mailbox and giving them a link to the tip form.

The Fraud Detection and National Security Directorate (FDNS) mission is to safeguard the integrity of the nation’s lawful immigration system by leading agency efforts to combat fraud, detect national security and public safety threats, and maximize law enforcement and intelligence community partnerships.

FROM THE DEPARTMENT OF LABOR

## Frequently Asked Questions

**Question:** *I am about to exhaust my regular unemployment compensation benefits. What kinds of relief does the CARES Act provide for me?*

Under the CARES Act states are permitted to extend unemployment benefits by up to 13 weeks under the new Pandemic Emergency Unemployment Compensation (PEUC) program. PEUC benefits are available for weeks of unemployment beginning after your state implements the new program and ending with weeks of unemployment ending on or before December 31, 2020.

The program covers most individuals who have exhausted all rights to regular unemployment compensation under state or federal law and who are able to work, available for work, and actively seeking work as defined by state law. Importantly, the CARES Act gives states flexibility in determining whether you are “actively seeking work” if you are unable to search for work because of COVID-19, including because of illness, quarantine, or movement restrictions.

In addition, if you have exhausted the 13

weeks of additional benefits available under the PEUC program, you may be eligible to continue receiving benefits under the PUA program. PUA benefits are available for a period of unemployment of up to 39 weeks, meaning that if you have exhausted regular UC and PEUC benefits in fewer than 39 weeks, you may be eligible to receive assistance under PUA for the remaining weeks within PUA’s 39 week period.

**Question:** *My regular unemployment compensation benefits do not provide adequate support given the unprecedented economic challenges caused by the COVID-19 outbreak. Can I expect to receive additional relief?*

Yes, depending on how your state chooses to implement the CARES Act. The new law creates the Federal Pandemic Unemployment Compensation program (FPUC), which provides an additional \$600 per week to individuals who are collecting regular UC (including Unemployment Compensation for Federal Employees (UCFE) and Unemployment Compensation for Ex-Servicemembers (UCX), PEUC, PUA, Extended Benefits (EB), Short Time Compensation (STC), Trade Readjustment Allowances (TRA), Disaster

Unemployment Assistance (DUA), and payments under the Self Employment Assistance (SEA) program). This benefit is available for weeks of unemployment beginning after the date on which your state entered into an agreement with the U.S. Department of Labor and ending with weeks of unemployment ending on or before July 31, 2020.

**Question:** *Am I Eligible for Regular Unemployment Compensation?*

Each state sets its own unemployment insurance benefits eligibility guidelines, but you

usually qualify if you:

- Are unemployed through no fault of 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.”

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

## Alert for small business owners needing PPP loans

By ROSARIO MÉNDEZ

Division of Consumer and Business Education, FTC

This is an alert for small business owners who are looking to apply for the Paycheck Protection Program (“PPP”) loans offered by the U.S. Small Business Administration (“SBA”). The loans help alleviate the economic impact of the Coronavirus pandemic, but there are bad actors trying to get business owners to apply for the wrong program.

Today, the FTC announced that it filed a case against a company that allegedly claimed to offer PPP loans — but, in reality, the company is not affiliated with the SBA and, the FTC says, it has been deceiving hundreds, if not thousands, of business owners.

According to the FTC, the defendants, Ponte Investments, LLC, promoted their “SBA Loan Program” and website “SBALoanprogram.com” by calling business owners and following up with emails that say things like “We are the SBALoanProgram.com and as mandated by the SBA, getting approved is easier than ever!” The callers claim to be representatives of the SBA working with the business’s bank and urge the business owners to apply for a PPP loan right away.

Business owners who’ve applied for

## The impact of physical activity on your health

Regular physical activity can produce long-term health benefits. It can help:

- Prevent chronic diseases such as heart disease, cancer, and stroke
- Control weight
- Make your muscles stronger
- Reduce fat
- Promote strong bone, muscle, and joint development
- Condition heart and lungs
- Build overall strength and endurance
- Improve sleep

- Increase your energy and self-esteem
  - Relieve stress
  - Increase your chances of living longer
- When you are not physically active, you are more at risk for:

- High blood pressure
- High blood cholesterol
- Stroke
- Type 2 diabetes
- Heart disease
- Cancer

Source: From the HHS.gov

## Further measures taken in response to threat of COVID-19 pandemic

The United States District Court for the Central District of California announces the following further measures taken in response to the threat posed by COVID-19, also known as the “Coronavirus.”

1. The Court’s Continuity of Operations Plan (“COOP”) remains activated and is extended through and including June 1, 2020.

2. The Court will not call in jurors for service in civil or criminal jury trials until after June 1, 2020.

3. All filing deadlines will remain in place unless otherwise ordered by the presiding Judge.

4. Pursuant to the COOP, hearings in civil cases will only go forward by video or telephonic conference.

5. Hearings by video and telephonic conference may be held by individual Judges in certain criminal matters.

6. Criminal duty matters before Magistrate Judges, such as initial appearances, arraignments, detention hearings, and the issuance of search warrants, shall continue to take place in the ordinary

course, with a preference for appearances made by video or telephonic conference as set forth in Order of the Chief Judge No. 20-043. All signatures on documents including, but not limited to, financial affidavits, statement of the defendant’s constitutional rights, consents to waive preliminary hearing, consents to appear by video or telephonic conference, waivers of the defendant’s presence, Pretrial and Probation reports, and appearance bonds/orders for release shall be performed electronically with the [s/name] format. For the defendant, defense counsel may sign on behalf of the defendant, after receiving consent, and submit the documents electronically to the duty Judge’s criminal duty email address by no later than 2:00 p.m. the day of the criminal duty calendar.

7. In-person meetings of the grand juries shall remain suspended and that period of suspension is extended through and including June 1, 2020.

8. The naturalization ceremonies scheduled in April and May 2020 are cancelled.

**MOVE YOUR WAY.**

Adults need a mix of physical activity to stay healthy.

**Moderate-intensity aerobic activity\***  
Anything that gets your heart beating faster counts.

at least  
**150 minutes a week**



AND

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.

at least  
**2 days a week**



\*If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week. If that’s more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What’s your move?**

**MOVE YOUR WAY.**

How much physical activity do kids and teens need?

**At least 60 minutes every day.**

Most of that time can be moderate-intensity aerobic activity — anything that gets their heart beating faster counts.

And at least 3 days a week, encourage them to step it up to vigorous-intensity aerobic activity, so they’re breathing fast and their heart is pounding.



**60 minutes a day**

**As part of their daily 60 minutes, kids and teens also need:**

**Muscle-strengthening activity**  
at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

**Bone-strengthening activity**  
at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

Walk. Run. Dance. Play. **What’s your move?**



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# 10 Tips: Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

## 1. Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

## 2. Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.

## 3. Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

## 4. Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

## 5. Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

## 6. Make your garden salad glow with color



Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

## 7. Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

## 8. While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

## 9. Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.

## 10. Vary your veggies

Choose a new vegetable that you've never tried before. -- Source: U.S. Department of Agriculture

# PH Embassy in DC lights up in honor of Filipino medical front liners and to mark the one-year countdown to the quincentennial "Victory and Humanity" anniversary



Parols light up the Philippine Chancery Annex building along Massachusetts Avenue in Washington, D.C. Northwest.



The Philippine Chancery building on Bataan street corner 1600 Massachusetts Avenue in Washington, D.C. Northwest is decorated with blue lights.

WASHINGTON, D.C. — The Philippine Chancery and Chancery Annex buildings along Massachusetts Avenue in Washington, D.C. have been adorned with parols and blue lights in honor of the thousands of Filipino medical professionals who are serving in the frontline of the global battle against COVID-19.

"Filipino healthcare workers are appreciated and recognized internationally for their remarkable contributions in their respective workplaces. Filipino nurses, doctors, caregivers and healthcare workers are very much appreciated in so many states all over the United States. Most are front liners carrying the heavy burdenbrought by the new coronavirus pandemic, working almost 24/7as they help in the hercu-

lean effort to save the lives of people in the United States," said Philippine Ambassador to the United States Jose Manuel G. Romualdez.

The heroism of Filipino medical front liners also resonates with the upcoming Quincentennial Anniversary of the first circumnavigation of the world and the Filipinos' victory in Mactan. The one-year countdown to the quincentennial celebration started on 27 April 2020.

To mark the one-year countdown, the National Quincentennial Committee of the Philippines emphasizes the message that "The Filipino people is one with humanity in combating COVID-19 pandemic. Over adversities and trials, we shall triumph putting humanity first always."



# Los Angeles Convention Center, Levy Restaurants & Musically Fed impact 1000 family members

LOS ANGELES -- The Los Angeles Convention Center& Levy Restaurants teamed up last week with Musically Fed, donating and distributing 4,000 pounds of food to the Alliance College-Ready Public Schools benefiting students & their families grades 6-12.

Musically Fed, after being notified of another 4000-pound surplus, resulting from event cancellations, harnessed relationships garnered during its GRAMMY Awards initiative. In 24 hours, Musically Fed connected with Alliance facilitating a cooperative effort powered by LACC, Levy Restaurants and Musically Fed. This

amalgamation of socially-minded organizations successfully provided several bags of free groceries for hundreds of students and their families.

"As a facility committed to sustainability and community service, Musically Fed was a perfect partner to further our goals to reduce our environmental footprint while serving those in need," said Ellen Schwartz, General Manager, Los Angeles Convention Center.

COVID-19 school closures and the ravaged grocery shelves left in its wake, left many Alliance families ill-prepared due to both the

depletion of available food and their dependence on the schools for daily sustenance.

"It was amazing to see how quickly everyone moved for a common good," commented Jonathan Tiongo, Founding Principal for the Alliance Marine - Innovation & Technology 6-12 Complex, which is part of Alliance College-Ready Public Schools.

"Schools and at-risk populations have been all the more acutely impacted by this pandemic," commented Musically Fed's CEO, Maria Brunner.

# SPORTS

# Airbnb's virtual experiences connect fans with Olympians and paralympians

Worldwide Olympic Partner Airbnb Has Launched A New Online Platform That Offers Fans The Chance To Connect With Olympians And Elite Athletes From The Comfort Of Their Own Homes. With communities around the world staying home to protect their own health and the health of others, Airbnb Online Experiences provide a new way for users to enjoy unique activities – such as workouts and mentoring sessions led by Olympians and Paralympians virtually – and for athlete hosts to share their passion, connect with fans and earn income during the COVID-19 pandemic.

Among those athletes offering the chance to enjoy a unique online experience on Airbnb is Olympic swimming gold medalist Breeja Larson (USA), who is offering to provide goal-setting advice, and Olympic sailing champion Xu Lijia (China), who is hosting personalised home-based workouts.



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**Arigatōgozaimashita**

**Xièxiè**

*Our gratitude to all of the frontline workers all over the world for keeping us safe. May God protect you and your families.*

**YOU ARE OUR HEROES!**

*Blessed are those who mourn for they will be comforted. - Matthew 5:4*

### **Psalm 100 (NIV)**

<sup>1</sup> Shout for joy to the Lord, all the earth.

<sup>2</sup> Worship the Lord with gladness;  
come before him with joyful songs.

<sup>3</sup> Know that the Lord is God.

It is he who made us, and we are his;  
we are his people, the sheep of his pasture.

<sup>4</sup> Enter his gates with thanksgiving

and his courts with praise;  
give thanks to him and praise his name.

<sup>5</sup> For the Lord is good and his love endures  
for ever; his faithfulness continues through  
all generations.

