

NASA Astronauts Launch Historic Test Flight of SpaceX Crew Dragon

For the first time in history, NASA astronauts have launched from American soil in a commercially built and operated American crew spacecraft on its way to the International Space Station. The SpaceX Crew Dragon spacecraft carrying NASA astronauts Robert Behnken and Douglas Hurley lifted off at 3:22 p.m. EDT Saturday on the company's Falcon 9 rocket from Launch Complex 39A at NASA's Kennedy Space Center in Florida.

"Today a new era in human spaceflight begins as we once again launched American astronauts on American rockets from American soil on their way to the International Space Station, our national lab orbiting Earth," said NASA Administrator Jim Bridenstine. "I thank and congratulate Bob Behnken, Doug Hurley, and the SpaceX and NASA teams for this significant achievement for the United States. The launch of this commercial space system designed for humans is a phenomenal demonstration of American excellence and is an important step on our path to expand human exploration to the Moon and Mars."

Known as NASA's SpaceX Demo-2, the mission is an end-to-end test flight to validate the SpaceX crew transportation system, including launch, in-orbit, docking and landing operations. This is SpaceX's second spaceflight test of its Crew Dragon and its first test with astronauts aboard, which will pave the way for its certification for regular crew flights to the station as part of NASA's Commercial Crew Program.

"This is a dream come true for me and everyone at SpaceX," said Elon Musk, chief engineer at SpaceX. "It is the culmination of an incredible amount of work by the SpaceX team, by NASA and by a number of other partners in the process of making this happen. You can look at this as the results of a hundred thousand people roughly when you add up all the suppliers and everyone working incredibly hard to make this day happen."

The program demonstrates NASA's commitment to investing in commercial companies through public-private partnerships and builds on the success of American companies, including SpaceX, already delivering cargo to the space station. (See more of the historic launch on page 8)



A SpaceX Falcon 9 rocket carrying the company's Crew Dragon spacecraft is launched from Launch Complex 39A on NASA's SpaceX Demo-2 mission to the International Space Station with NASA astronauts Robert Behnken and Douglas Hurley onboard, Saturday, May 30, 2020, at NASA's Kennedy Space Center in Florida. The Demo-2 mission is the first launch with astronauts of the SpaceX Crew Dragon spacecraft and Falcon 9 rocket to the International Space Station as part of the agency's Commercial Crew Program. The test flight serves as an end-to-end demonstration of SpaceX's crew transportation system. Behnken and Hurley launched at 3:22 p.m. EDT on Saturday, May 30, from Launch Complex 39A at the Kennedy Space Center. A new era of human spaceflight is set to begin as American astronauts once again launch on an American rocket from American soil to low-Earth orbit for the first time since the conclusion of the Space Shuttle Program in 2011. (Credits: NASA/Bill Ingalls)



President Donald Trump, right, Vice President Mike Pence, and Second Lady Karen Pence watch the launch of a SpaceX Falcon 9 rocket carrying the company's Crew Dragon spacecraft on NASA's SpaceX Demo-2 mission with NASA astronauts Robert Behnken and Douglas Hurley onboard, Saturday, May 30, 2020, from the balcony of Operations Support Building II at NASA's Kennedy Space Center in Florida. (Credits: NASA/Bill Ingalls)



Robert Behnken



Douglas Hurley

UNDP and Gov't of Rwanda deploy smart anti- epidemic robots to fight against COVID-19



From left to right: Benjamin Karenzi, CEO Zorabots, 2nd Mr. Stephen Rodrigues, UNDP Resident Representative, middle: Hon. Musoni Paula, Minister of ICT and Innovation, middle going to the right: last on the right: Hon. Dr. Daniel Ngamije, Minister of Health, next to Dr Ngamije going to the right: Dr. Sabin Nsanzimana, Director General/ Rwanda Biomedical Centre, last on the right: Captain Dr. Ernest Nahayo

The outbreak of the coronavirus early this year created a conventional challenge for the global community – a viral pandemic affecting millions of people. However, UNDP saw this as an important moment to look for unconventional approaches and technologies to combat the spread of the COVID-19 virus in Rwanda. The UNDP Accelerator Lab partnered with the Ministry of ICT and Innovation to acquire and deploy five smart anti-epidemic robots for use in two COVID-19 treatment centers and at the Kigali International Airport. The robots will support detection of COVID-19 cases including among returning citizens, test patients, and provide other services in the hospitals. The initiative, a first of its kind for UNDP, is a risk mitigation measure to support the national COVID-19 response efforts, especially at a time when there is an increased number of COVID-19 positive patients, and a stretched health system. The robots will support doctors and nurses at the designated treatment centers and, in the future, at border points and other screening sites in Kigali and other provinces. Among other capabilities, the robots have the capacity to screen between 50 to 150 people per minute, deliver food and medication to patient rooms, capture data (video & audio), and notify officers on duty about detected abnormalities for timely response and case management.

U.S. military provides Php10 million in medical supplies to Philippine frontliners

MANILA - Service members from the U.S. Army, Marines, and Air Force delivered over Php10 million (\$203,000) in personal protective equipment (PPE) and medical supplies to hospitals in ten provinces across the Philippines, working in partnership with the Philippine Coast Guard, Army, Marines, and Air Force. This new donation brings total U.S. government COVID-19 assistance to the Philippines to more than Php780 million (nearly \$15.5 million).

The assistance, delivered in conjunction with the U.S. Embassy and Philippine Department of Health, will provide medical clinics from Luzon to Mindanao with much-needed PPE and other essential equipment to support frontline workers battling COVID-19. This joint U.S.-Philippine operation builds on decades of bilateral military cooperation in counterterrorism, humanitarian relief, maritime security, and many other fields.



• special in this issue •

2 VOLUNTEERS NEEDED TO SEW FACE COVERING
Catholic Charities needs your help in making sewn cloth face coverings for our staff members working at homeless shelters and food distribution programs and for our homeless shelter residents.

3 AN INSPIRING STORY OF UNWAVERING FAITH
A 94-year-old man (he will turn 95 in September), a former monk with no formal training in engineering, without a building permit, and devoid of any endorsement from the Catholic Church builds a Cathedral with GOD ON HIS SIDE! Read the inspiring story of Justo Gallego Martinez.

6 DHS OFFERS FLEXIBILITIES TO INCREASE FOOD SECURITY DURING COVID-19
The Department of Homeland Security (DHS) has announced a temporary final rule to change certain H-2B requirements to help support the U.S. food supply chain, maintain essential infrastructure operations and reduce the impact from the coronavirus (COVID-19) public health emergency.

7 EXCLUSIVE INTERVIEW BY AWEE ABAYARI WITH RICKY VERA
To serve the community was the main reason why Ricky Vera put up his first restaurant. From the Philippines to Dubai to the United States, this journey to become a Chef/Owner of Kusina Filipino restaurant did not come easy. Challenges were many but Ricky felt he had a mission to promote Philippine food and culture. With hard work and honesty, Ricky is certain he will be successful.

News Briefs

256 grants for innovation, job creation

WASHINGTON, D.C. — U.S. Secretary of Energy Dan Brouillette announced that the Department of Energy will award 256 grants totaling \$53 million to 211 small businesses in 35 states and the District of Columbia. Funded through DOE's Small Business Innovation Research (SBIR) and Small Business Technology Transfer (STTR) programs, selections are for Phase I research and development. The Phase I grants will allow small businesses to research technical feasibility of new innovations that advance the mission of the Department. Phase I grants are 6-12 months in duration with a median award amount of \$200,000.

COVID-19 travel restrictions to Brazil

WASHINGTON — Based on a recommendation by DHS and its intergovernmental partners, such as the Centers for Disease Control, President Trump signed a proclamation on May 24 and amended on May 25 suspending the entry into the U.S. of any foreign nationals who were present in Brazil during the 14-day period preceding their entry or attempted entry into the United States.

This travel restriction applies to flights departing after 11:59 pm Eastern Daylight Time on May 26.

"As we reopen the U.S. economy, the Trump administration is continuing to take aggressive measures to protect the American people from COVID-19," said Acting Secretary of Homeland Security Chad F. Wolf.

Emergency relief program for survivors of domestic violence

NEW YORK — Mayor de Blasio announced a new emergency financial relief program for survivors of domestic and gender-based violence to provide funding for immediate safety, economic, and housing needs currently exacerbated by the COVID-19 pandemic. In partnership with Sanctuary for Families, the Mayor's Office to End Domestic and Gender-Based Violence (ENDGBV) will leverage its network of service providers to distribute funds to directly support survivors in need across the city. Funding for this program is provided by the Mayor's Fund to Advance New York City's COVID-19 Emergency Relief Fund.

Covid-19 support to Europe and Asia from World Bank tops \$1.4 Billion

WASHINGTON - Ms. Anna Bjerde, a Swedish national, the new World Bank Vice President for Europe and Central Asia leads the World Bank's strategic, analytical, operational and knowledge work in the region.

The COVID-19 pandemic has left many countries battling severe health, social and economic impacts. Amid continued uncertainty, the World Bank's latest Europe and Central Asia Economic Update suggests various negative growth scenarios for the region, including a major recession in 2020, with growth contracting to between -4.4 and -2.8 percent.

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

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Volunteers needed to sew cloth face coverings

By KATE KENNEDY

Catholic Charities needs your help. Do you have these things: a sewing machine, cloth and elastic already in your home (Don't go out shopping!), a printer, an envelope or box and a couple dollars to pay for shipping?

If so, help us by making sewn cloth face coverings for our staff members working at homeless shelters and food distribution programs and for our homeless shelter residents.

Catholic Charities remains committed to the most marginalized in our community during this public health crisis. A donation of face coverings will help us continue to prioritize the safety of everyone while serving people in our care. Or, you can donate to our COVID-19 Response Fund to help cover the cost for essential supplies.

With your help and generosity, we can continue to follow Centers for Disease Control and Prevention guidelines and keep our community safe. We cannot purchase surgical masks. They simply are not available, so we are turning to you.

Our Goals:

- Provide each staff member with three sewn cloth face covers twice a month.
- Give each shelter resident and food program client a sewn cloth face cover.

The production of homemade face coverings will help alleviate the mask shortage and allow for some level of protection for members of our community who do not have access to medical-grade masks and for those whom physical distancing is not an option. This includes our front-line staff and our residents.

For sewing instructions and mailing directions visit: <https://www.catholiccharitiesdc.org/volunteers-needed-to-sew-cloth-face->

coverings/

Remember to share what you have created by joining the Catholic Charities DC community on social media. Post photos of your creations and tag us at @CCADW. And please forward this request to friends, your book club, your sewing club and others.



Governor Newsom launches California's contact tracing program and public awareness campaign

SACRAMENTO – In the ongoing efforts to mitigate the spread of COVID-19, Governor Gavin Newsom today launched California Connected, the state's comprehensive contact tracing program and public awareness campaign. As part of California Connected, public health workers from communities across the state will connect with individuals who test positive for COVID-19 and work with them, and people they have been in close contact with, to ensure they have access to confidential testing, as well as medical care and other services to help prevent the spread of the virus.

The state's program is led by the Administration in collaboration with the California Department of Public Health, local public health departments and the University of California, San Francisco (UCSF) and Los Angeles (UCLA), which have launched a robust online training academy to develop a culturally competent and skilled contact tracing workforce.

"We are all eager to get back to work and play, and that's why we're asking Californians to answer the call when they see their local public health department reaching out by phone,

email or text," said Governor Newsom. "That simple action of answering the call could save lives and help keep our families and communities healthy."

To prevent the spread of this virus, public health workers will connect Californians with confidential testing. They may also recommend medical care, and that individuals who could be infectious separate themselves from others in their home to protect those around them. Information provided to local public health departments is confidential under California law. Public health authorities will not share that information with outside entities. That information will be used for public health purposes only. Contact tracers will not ask for financial information, social security numbers or immigration status.

"A key step in stopping the spread of COVID-19 is quickly identifying and limiting new cases, across the diversity of our populations – and that's exactly what this statewide program does," said Dr. Sonia Angell, California Department of Public Health Director and State Health Officer.



And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. -- Matthew 14:19

While the pandemic has affected our ministries in many ways, Catholic Charities has ongoing ministries that feed so many in our community. We distribute food up to 5 days a week through our 3 food pantries and serve hot meals through our St. Maria's Meals and Meals & Hope mobile food trucks across DC and the surrounding Maryland counties.

Each week as we prepare for food distributions, I feel rather like I imagine the apostles did at the feeding of the 5,000: nervous, hopeful, holding a strong desire to feed those who are hungry.

Through all of these critical feeding programs we gather, prepare, bless and then distribute as much food to nourish our communities as we can. And it is only through your continued support that we have been so continuously successful.

The Southern Maryland Food Bank in Waldorf, Md., is distributing 825 bags of food each week to 11 partner schools, reaching an estimated 1,600 children and their families, and 400 bags of food to homebound seniors resulting in an almost 400% increase in need.

The Catholic Charities Center in Silver Spring MD is providing up to 2 bags full of groceries including protein and shelf-stable food items to families in need. The pantry is seeing approximately 300 families per week over the course of its 3 distribution days, which is a 200% increase in need at this location.

The Spanish Catholic Center food pantry in D.C. normally distributes about 100 packages of food. Now approximately 400 - 500 families in the local community are seeking assistance each week, which is a more than 300% increase in need.

We had our third distribution in Prince George's County, which



has been especially hard hit by the pandemic. We shared 500 grocery boxes and 500 ready-to-eat meals!

The need is not diminishing, and we need your help to continue this critical service to our community. Please consider a contribution to our ongoing Covid-19 efforts. Any amount helps us deliver food and services.

With gratitude,

Monsignor John J. Enzler
President and CEO

IMMIGRATION UPDATE



HOSTED BY AWEE ABAYARI



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www.youtube.com/AweeAbayari

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DOT Chief: Innovation to spur food tourism in new normal

MANILA – Tourism Secretary Bernadette Romulo-Puyat expressed confidence that an imaginative Filipino gastronomy will remain a strong pillar of the country's tourism industry under the new normal.

Puyat said the Department of Tourism (DOT) is preparing recommendations for the health and safety guidelines for restaurants, cafes, and other dining establishments that will suit the food travel trends that will emerge following the health crisis.

The DOT Chief made the statements in her opening remarks at the webinar titled "Re-imagining of Food Tourism" in light of COVID-19, sponsored by the World Food Expo (WOFEX) in partnership with DOT.

Puyat described food tourism as an extraordinary experience where travelers have fun eating and drinking, as well as offered with a rich sensory window into the country's history, culture, traditions, and way of life.

Long before she took over the stewardship of the DOT, Puyat had been a proponent of the rich Filipino culinary heritage while serving as undersecretary at the Department of Agriculture during which time she collaborated with renowned chef Margarita Fores.

Fores, the United Nations World Tourism Organization (UNWTO) ambassador for gastronomy tourism, was one of the webinar panelists along with food personalities Cesar Cruz, Ivan Man Dy, Olive Puentespinosa, JJ Yulo. PEPTarsus President Joel Pascual moderated the



webinar.

"By seeking out and partaking in the local food or delicacies, travelers create a deeper connection to a region and its people, an experience that will not easily be forgotten," Sec. Puyat said.

She said despite the challenging scenario faced by the food industry, there have been stories of hope and inspiration to come out of this crisis.

"We've seen and heard about chefs and restaurateurs preparing meals for frontliners, with support from generous private and corporate donors. Meanwhile, people quarantined at home have blossomed into budding home bakers and gourmet cooks, eager to share their creations on social media as soon as they pop out of the oven," Sec. Puyat said.

She explained that the experience of dining out will also have to change, taking into

account health protocols such as social distancing in the new normal, health and safety will be among the travelers' top concerns.

"This will spur the development of contactless products, and the possibility that smaller food companies could gain market share from those who will fail to innovate. I am inclined to agree that innovation will be key to moving forward," Sec. Puyat said.

Chef Fores echoed Sec. Puyat's expectation that food lovers will go out and dine as soon as restrictions are lifted.

"We have to reinvent ourselves, to do take-outs and delivery because that's all that's allowed for the moment and many of our house staff have shifted to our courier team. It's challenging, we don't know when the catering business would resume so what we're doing is offer custom-made menu for our clients," Fores said.

The renowned chef, who maintains her bakery which offers her popular Margarita Crinkles and probinsya-style ensaymada, and other crowd-favorites, said establishments be inventive and ready to serve food differently to assure customers of a safe environment.

"Business Council for International Understanding" video conference

Deputy Minister of Foreign Affairs Kostas Fragogiannis participated as a keynote speaker, together with the U.S. Ambassador to Greece, Geoffrey Pyatt, in a virtual roundtable hosted by the internationally renowned American think tank Business Council for International Understanding (BCIU), which focused on investment opportunities in Greece.

Mr. Fragogiannis described the internationally recognized effectiveness and success with which the Greek government responded to the Covid-19 pandemic, underscoring that Greece has shown itself to be a pioneer in responding to international challenges, making it a trusted partner and stable investment destination.

Noting that the pandemic crisis is changing the way international economic and trade relations function and creating new opportunities, Mr. Fragogiannis stressed that Greece is making rapid preparations for "the day after," describing the new investment framework and the potential for strategic investments in Greece, with emphasis on innovation and start-ups in sectors such as digital economy, renewable energy sources and services.

Finally, the discussion emphasized the strong ties between Greece and the United States: a relationship that has become strategic in nature and that is based on mutual respect and trust, as Greece is a pillar of stability and freedom in the Eastern Mediterranean region.

TRUST IS THE NEW CURRENCY

Dear Friends,

It is imperative that we get the world moving again – once it is safe to do so.

We are monitoring the introduction of travel restrictions around the world. Our latest data shows 100% of all destinations have restrictions in place. Depending on when and where travel restrictions are lifted, international tourist numbers could fall between 60 and 80% this year.

The global tourism decline has already taken a toll on national economies, people's livelihoods, and on our efforts to achieve the Sustainable Development Goals. Without a strong and vital tourism sector, many millions of jobs and small businesses are at risk.

UNWTO has been calling for concrete steps which put words of support into action. This week, we have been encouraged by the action plan set out by the European Union to relaunch tourism in a timely, responsible and coordinated manner. The lifting of travel restrictions, first within nations and then across international borders, will allow the many social and economic benefits tourism brings to return not just in Europe but around the world.

The EU plan, which owes much to the work of Commissioner Breton, is an example for the rest of the world to follow. The coordinated rolling out of new health and safety protocols for every part of the tourism value chain – including travel, accommodation, food and leisure – will make it safer to travel.

Trust is the new currency of our 'new normal'. And tourism is ideally positioned to be the vehicle to channel trust.

If people trust in governments and in the tourism sector to keep them safe from harm, they will indeed travel tomorrow. As the ultimate person-to-person sector, and one that promotes solidarity and friendship, tourism will play a key role in spreading trust more widely, with benefits traveling far beyond tourism itself. Only this way can we drive our economies back towards growth and start rebuilding our societies.

Thank you.

Zurab Pololikashvili

UNWTO Secretary-General



ROK leads launch of Group of Friends for Solidarity and inclusion with Global Citizenship Education

On the morning of May 26 (Paris time), the government of the Republic of Korea held a video conference to launch the "Group of Friends for Solidarity and Inclusion with Global Citizenship Education (GCED)" with the aim of discussing ways to deal with such inhumane acts as hate and discrimination provoked by COVID-19 and promoting international cooperation.

The Ministry of Foreign Affairs has led the creation of the Group of Friends, with the Permanent Delegation of the ROK to UNESCO playing a leading role, in order to lead discussions on ways to address hate and discrimination, which are the key issues in the international community, by making use of the ROK's soft power that has been enhanced due to its exemplary response to COVID-19.

The inaugural members of the Group are the ROK, its chair, the Republic of Armenia, the Republic of Austria, the People's Republic of Bangladesh, the Republic of Colombia, the Italian Republic, the Hashemite Kingdom of Jordan, the Republic of Kenya, the Republic of the Philippines, the Republic of Serbia, and the Republic of Senegal.

The Group of Friends will be operated as an open group where other UNESCO member states can participate freely even after the launch.

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ASEAN's cooperation to combat COVID-19: Strength in unity

By Vietnamese Foreign Minister Pham Binh Minh

The world is fighting an uphill battle to escape a global crisis, which has been unprecedented since the Second World War.

This worst crisis stemmed from a virus that is minuscule in size, yet transboundary in nature, able to spread to every corner around the globe, threatening the lives of every person, every community, and the shared future of humanity as a whole.

Combating this pandemic is a responsibility shared by all countries, governments, and regional and global mechanisms. In Southeast Asia and around the world, governments and citizens alike are taking resolute actions to fight this common adversary. In particular, ASEAN member states have offered assistance to one another, and facilitated the highest level of support for ASEAN citizens within their respec-



tive territory. This bears testament to the ever more critical role of solidarity, and international cooperation to a further extent.

Given its centrality in the region, ASEAN provides a common shelter for its member states to weather the storm of COVID-19. Throughout our history of development over the past five decades, whenever challenged or faced with a crisis, we emerge stronger. This time is no difference. ASEAN shall continue this time-tested value and fulfill its mission to support its member states during this circumstance of utmost hardship.

Viet Nam, as the ASEAN Chair, and other ASEAN member states have identified the theme of "Cohesive and Responsive ASEAN" for 2020 with the aim of kicking into high gear the ASEAN Community building, and promoting ASEAN's role in a world filled with uncertainties. The sudden outbreak of the SARS-COV-2 virus, and the unprecedented consequences and turbulences that followed, testified to the relevance of this theme and course of action.

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/ donate.

Thank you and God Bless.

Sincerely,

Dom Alvear



INM Book Choice

Deep Nutrition: Why Your Genes Need Traditional Food

by Catherine Shanahan, M.D.

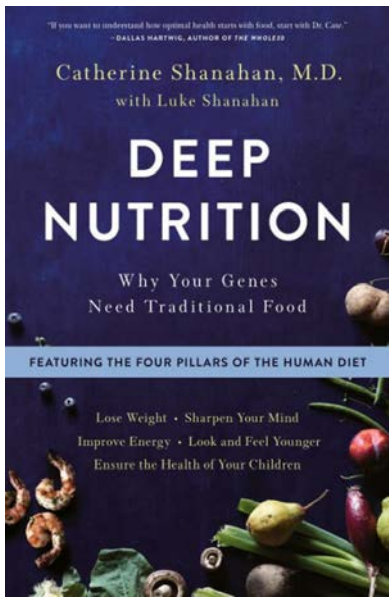
"One of the Best Health and Wellness Books of 2017." — *Sports Illustrated*

A self-published phenomenon examining the habits that kept our ancestors disease-free—now with a prescriptive plan for "The Human Diet" to help us all live long, vital, healthy lives.

Physician and biochemist Cate Shanahan, M.D. examined diets around the world known to help people live longer, healthier lives—diets like the Mediterranean, Okinawa, and "Blue Zone"—and identified the four common nutritional habits, developed over millennia, that unfailingly produce strong, healthy, intelligent children, and active, vital elders, generation after generation. These four nutritional strategies—fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats—form the basis of what Dr. Cate calls "The Human Diet."

Deep Nutrition offers a prescriptive plan for how anyone can begin eating The Human Diet to:

- *Improve mood
- *Eliminate cravings and the need to snack
- *Boost fertility and have healthier children



- *Sharpen cognition and memory
 - *Eliminate allergies and disease
 - *Build stronger bones and joints
 - *Get younger, smoother skin
- Deep Nutrition cuts through today's culture of conflicting nutritional ideologies, showing how the habits of our ancestors can help us lead longer, healthier, more vital lives.

To Heaven and Back: A Doctor's Extraordinary Account of Her Death, Heaven, Angels, and Life Again

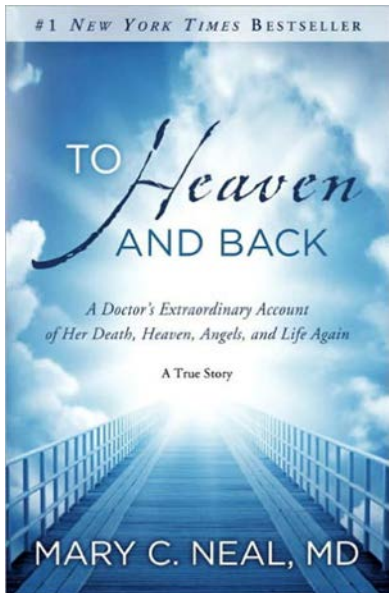
by Mary C. Neal, M.D. (a New York Times Bestseller)

A kayak accident during a South American adventure takes one woman to heaven—where she experienced God's peace, joy, and angels—and back to life again.

In 1999 in the Los Rios region of southern Chile, orthopedic surgeon, devoted wife, and loving mother Dr. Mary Neal drowned in a kayak accident. While cascading down a waterfall, her kayak became pinned at the bottom and she was immediately and completely submerged. Despite the rescue efforts of her companions, Mary was underwater for too long, and as a result, died.

To Heaven and Back is Mary's remarkable story of her life's spiritual journey and what happened as she moved from life to death to eternal life, and back again. Detailing her feelings and surroundings in heaven, her communication with angels, and her deep sense of sadness when she realized it wasn't her time, Mary shares the captivating experience of her modern-day miracle.

Mary's life has been forever changed by her newfound understanding of her purpose on earth, her awareness of God, her closer relationship with Jesus, and her personal



spiritual journey suddenly enhanced by a firsthand experience in heaven. To Heaven and Back will acquaint you with the hope, wonder, and promise of heaven, while enriching your own faith and walk with God.

Mental Health and Heart Health

For years, doctors thought the connection between mental health and heart health was strictly behavioral – such as the person who is feeling down seeking relief from smoking, drinking or eating fatty foods.

That thinking has started to change. Research shows there could be physiological connections, too. The biological and chemical factors that trigger mental health issues also could influence heart disease.

"The head-heart connection should be on everyone's radar," said Barry Jacobs, Psy.D., a clinical psychologist and director of Behavioral Sciences at the Crozer-Keystone Family Medicine Residency Program in Springfield, Pa. "It's not just being unhappy. It's having biochemical changes that predispose people to have other health problems, including

heart problems."

Depression and Other Issues

Many forms of mental health issues can affect heart disease. There's the temporary state of depression or a more severe, clinical case. You can also have varying levels of anxiety and stress, just to name a few of the most well-known problems. Research does not firmly link stress and heart disease, but there's a growing belief that it's an additional risk factor, and maybe even more dangerous than some others, said Nieca Goldberg, M.D., medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center.

FTC's top tips for Financial Literacy Month

By COLLEEN TRESSLER

Consumer Education Specialist, FTC

Here are a few tips to help you get started.

- Create a budget. The first step toward taking control of your financial life is to find out how much money you take in and how much you spend. Use our budget worksheet to get started.

- Pay yourself first. Consider using a payroll savings plan to automatically deposit a certain amount of money into your savings account each payday.

- Keep credit card use under control. Got a credit card? Remember, incidental purchases add up. Paying only the minimum amount due each month can result in finance charges that quickly make small purchases very costly. Your credit also can take a hit. If possible, pay your full balance every month.

- Protect your personal information. Reduce your risk of identity theft. Here's how: Ask questions before sharing your personal information and know who you're sharing the information with; store and dispose of your personal information securely; and maintain appropriate security on your computers and other electronic devices. While you're at it, check out the warning signs that someone might be using your personal information.

- Order your credit report from annual-creditreport.com. Make sure the information is accurate, complete, and up-to-date before you apply for a mortgage or other loan, buy insurance, or apply for a job. If you find errors, dispute them.

- Learn about your options, and what to expect at the dealership, before you lease or finance a new or used vehicle.

- Comparison shop for home loans and mortgages. A mortgage is a product, just like a car, so the price and terms may be negotiable. You'll want to compare all the costs involved in obtaining a mortgage. Shopping, comparing, and negotiating can save you thousands of dollars.

Good Manners & Right Conduct



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.



Sr. Maria Socorro Pilar G. Evidente, DC

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 or call (063-2-7342366)

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

Public Affairs with AWEE ABAYARI



TOPICS :

- Public Service • Education • Culture • International Affairs • Law and Justice • Environment • Housing • Employment • Health • Social Services • Transportation • Politics • Communications, etc. •

For questions:

radiotvanchor1@gmail.com • www.youtube.com/Awee Abayari



INTERNATIONAL NEWS MEDIA

Spiritual Corner



DHS offers flexibilities to increase food security, stabilize US supply chain during Covid-19

WASHINGTON—The Department of Homeland Security (DHS) has announced a temporary final rule to change certain H-2B requirements to help support the U.S. food supply chain, maintain essential infrastructure operations and reduce the impact from the coronavirus (COVID-19) public health emergency.

These temporary measures apply solely to aliens already present in the United States with a valid H-2B nonimmigrant status, and the temporary final rule does not increase H-2B visas above the congressionally mandated 66,000 visa cap through the remainder of fiscal year (FY) 2020.

“These necessary flexibilities will safeguard a critical U.S. infrastructure sector; reinforce security of the nation’s food supply chain; and encourage key American businesses to maintain essential operations currently threatened by the COVID-19 public health emergency,” said USCIS Deputy Director for Policy, Joseph Edlow. “Importantly, these measures protect U.S. workers by not adding supplemental H-2B visas during the national emergency.”

Under this temporary final rule, a petitioner will have additional flexibilities for employing workers essential to the U.S. food supply chain. To take advantage of this time-limited change in regulatory requirements,

the H-2B worker must already be in the United States and in valid H2B status.

As part of the TLC process, the petitioning employer must have demonstrated to the satisfaction of the Secretary of Labor that there is not a sufficient supply of qualified U.S. workers who will be available at the time and place needed to perform the labor or services involved in the petition. The employment of the alien(s) in such labor or services will not adversely affect the wages and working conditions of workers in the United States similarly employed.

There are two flexibilities in the temporary final rule. First, the rule allows an H-2B employer to employ an H-2B nonimmigrant physically present in the United States while the employer’s H-2B petition on behalf of that nonimmigrant is still pending before USCIS. The rule only provides this flexibility if the employer attests that the worker will perform temporary services or labor that is essential to the U.S. food supply chain.

The temporary employment authorization will last for up to 60 days. Second, the rule allows H-2B workers essential to the U.S. food supply chain to stay beyond the three-year maximum allowable period of stay in the United States.

This flexibility applies to petitions filed by the H-2B nonimmigrant’s current employer, as well as petitions filed by a potential new employer. The rule only provides this flexibility if the employer attests that the worker will perform temporary services or labor that is essential to the U.S. food supply chain. It is not acceptable for employers to hire illegal aliens.

A petitioner seeking the flexibilities under this temporary final rule will be required to submit an attestation, swearing under penalty of perjury, that the H-2B worker(s) will be performing temporary nonagricultural services or labor or that is essential to the U.S. food supply chain. - USCIS

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Be a Blessing to OTHERS

Support Your Community

THE NEED IS URGENT

The economic impact of the Coronavirus/COVID-19 pandemic is vast: schools are closed, businesses are threatened, and tens of thousands of people are newly out of work. The Salvation Army is being called to respond to this crisis and provide for people in need

Join us in answering the call. When you donate, you will help us provide services and assistance to people facing economic hardship. The support of a bag of groceries or spiritual care can go a long way for people facing uncertain times ahead. Helping people in need is our specialty, but we can’t do it alone.

ROSE MEJIA of

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TEL. (323) 997-3838

SAVE AND INVEST

Saving is a key principle. People who make a habit of saving regularly, even saving small amounts, are well on their way to success. It’s important to open a bank or credit union account so it will be simple and easy for you to save regularly. Then, use your savings to plan for life events and to be ready for unplanned or emergency needs.

Actions You Can Take

- Start saving, form a savings habit, and pay yourself first!
- Open and keep an account at a bank or credit union that meets your needs.
- Track your savings and investments, and monitor what you own
- Plan for short-term and long-term goals
- Build up emergency savings for unexpected events
- Consult with a qualified professional on investments and other key financial matters
- Save for retirement, children’s education and other major items

Hints and Tips

- An easy way to save is to pay yourself first. That means each pay period, before you are tempted to spend money, commit to putting some in a savings account. See if you can arrange with your bank to automatically transfer a certain amount from your paycheck or your checking account to savings every month.
- People who keep track of their savings often end up saving more, because they have it on their minds. New phone apps are available to help people pass up purchases they don’t really need — you might want to try one!
- If you are making investments, it’s good to consult with a qualified professional about your plans. Before you purchase investments,



be sure to build an emergency savings fund to cover your needs for at least three months. Keep the savings in an insured bank or credit union account that you can access if you need it.

• Many professionals call themselves “financial planners.” Before you hire one, ask for a description of the services offered. A good place to check the credentials of an investment advisor is your State’s consumer protection office, the State’s Attorney General’s office, or the issuing agency for any professional licenses or certifications. -- *Money.gov*

TSA summer travel tips

Recommendations

- Apply for a Trusted Traveler program, such as TSA Pre✓®, Global Entry, NEXUS, and Sentri. These programs help improve security and reduce wait times.
- Arrive early. The increase in travel volume has a wide-ranging effect. Consider incorporating additional time in your travel plans for traffic, parking, rental car returns and airline check-in. Arrive up to two hours in advance of your flight departure time for domestic travel and three hours for international flights.
- Prepare for security. Have an acceptable ID and boarding pass out and remove large electronics, including laptops and the 3-1-1 compliant liquids bag, from carry-on baggage. Avoid over packing your carry-on bag. Consider checking bags vs. carry-on where feasible. Read the summer travel checklist.
- Follow the 3-1-1 liquids rule. Liquids, gels, aerosols, creams and pastes must be 3.4 ounces or less and all bottles must fit in a single quart size plastic bag and be placed in a bin for carry-on baggage screening.
- Call TSA Cares. Travelers or families



of passengers with disabilities and medical conditions may call the TSA Cares helpline toll free at 1-855-787-2227 with any questions about screening policies, procedures and what to expect at the security checkpoint 72 hours prior to traveling.

• Tweet @AskTSA. Unsure if an item is allowed through security? Issues receiving TSA Pre✓® on your boarding pass? Get live assistance by tweeting your questions and comments to @AskTSA, weekdays, 8 a.m. to 10 p.m. and weekends/holidays, 9 a.m. to 7 p.m.

How to wear cloth face coverings

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

- Who should NOT use cloth face coverings: children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance
- Cloth face coverings are NOT surgical masks or N-95 respirators. Surgical masks and N-95 respirators must be reserved for health-care workers and other medical first responders, as recommended in CDC guidance.

Wear your Face Covering Correctly



- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

Use the Face Covering to Protect Others



- Wear a face covering to help protect others in case you’re infected but don’t have symptoms
- Keep the covering on your face the entire time you’re in public
- Don’t put the covering around your neck or up on your forehead
- Don’t touch the face covering, and, if you do, wash your hands

Follow Everyday Health Habits



- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

Take Off Your Cloth Face Covering Carefully, When You’re Home



- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Source: CDC

American Red Cross

Together, we can save a life

American Cancer Society®

Tips for vegetarians

Vegetarian diets can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. Follow the food group recommendations for your age, sex, and activity level to get the right amount of food and the variety of foods needed for nutrient adequacy. Nutrients that vegetarians may need to focus on include protein, iron, calcium, zinc, and vitamin B12.

Nutrients to focus on for vegetarians

- Protein has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Combining different protein sources in the same meal is not necessary. Sources of protein for vegetarians and vegans include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are also good protein sources for lacto-ovo vegetarians.
- Iron functions primarily as a carrier of oxygen in the blood. Iron sources for vegetarians and vegans include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).
- Calcium is used for building bones and teeth and in maintaining bone strength. Sources of calcium for vegetarians and vegans include calcium-fortified soy milk, calcium-



fortified breakfast cereals and orange juice, tofu made with calcium sulfate, and some dark-green leafy vegetables (collard greens, turnip greens, bok choy, mustard greens). The amount of calcium that can be absorbed from these foods varies. Consuming enough plant foods to meet calcium needs may be unrealistic for many. Milk products are excellent calcium sources for lacto vegetarians. Calcium supplements are another potential source.

- Zinc is necessary for many biochemical reactions and also helps the immune system function properly. Sources of zinc for vegetarians and vegans include many types of beans (white beans, kidney beans, and chickpeas), zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds. Milk products are a zinc source for lacto vegetarians.
- Vitamin B12 is found in animal products and some fortified foods. Sources of vitamin B12 for vegetarians include milk products, eggs, and foods that have been fortified with vitamin B12. These include breakfast cereals, soy milk, veggie burgers, and nutritional yeast. - *USDA*

Las Vegas gaming industry to offer testing for employees prior to return to work

COVID-19 TESTING TO BE PROVIDED BY UNIVERSITY MEDICAL CENTER, CONDUCTED AT LAS VEGAS CONVENTION CENTER

LAS VEGAS -- In a broad collaborative plan created by business and community leaders, Las Vegas gaming and resort properties will partner with University Medical Center (UMC), the Culinary Health Fund and the Las Vegas Convention Center to provide COVID-19 testing for gaming employees prior to their return to work. The testing will be conducted at the Las Vegas Convention Center as properties re-open following the direction of State officials.

"The ability to safely reopen our properties has been our singular focus over the past several weeks," said Bill Hornbuckle, Acting CEO and President of MGM Resorts International (NYSE: MGM). "This testing partnership will allow us to provide our employees and guests peace of mind that we are taking the greatest possible precautions to keep them safe."

In addition to MGM properties, Caesars and Boyd properties will participate in the COVID-19 employee testing plan. UMC and the Culinary Health Fund will work together to collect up to 4,000 samples per day for testing. UMC CEO Mason VanHouweling noted his facility has significantly increased its testing capacity as a result of the efforts of the Governor's COVID-19 Response, Relief and Recovery Task Force, led by longtime gaming industry leader Jim Murren.

"COVID-19 testing ensures that Culinary Union members are safe when they return to work," said Geoconda Argüello-Kline, Secretary-Treasurer of the Culinary Union. "The health and safety of both workers and casino guests is our top priority." - *PRNewswire*

MGM Resorts announces opening dates for first Las Vegas properties

ICONIC BELLAGIO, NEW YORK-NEW YORK, MGM GRAND AND THE SIGNATURE TO OPEN JUNE 4

LAS VEGAS -- MGM Resorts International (NYSE: MGM) ("MGM Resorts") announced its planned June 4 reopening of Bellagio, New York-New York, MGM Grand Las Vegas and The Signature, following the closure earlier this year of all of its U.S. properties amidst the coronavirus crisis. At opening, amenities at all properties will be limited. As demand for the destination builds, additional venues within these resorts will open and other MGM Resorts properties on The Strip will reopen.

"Our hearts go out to everyone in the communities where we operate, and around the world, who has been personally impacted during this time of crisis," said Bill Hornbuckle, MGM Resorts' Acting CEO and President. "As we plan for these openings, the health and safety of our guests and employees is at the forefront of all we do. Getting many of our employees back to work and welcoming guests through our doors once again will allow us to do what we do best – entertain. The team is ready and we can't wait."

MGM Grand Las Vegas:
Home to the biggest names in concerts, comedy, and sports.





Exclusive Interview by AWEE ABAYARI with RICKY VERA
Chef/Owner of Kusina Filipino Restaurant
For more of the interview: www.youtube.com/AweeAbayari

To serve the community was the main reason why Ricky Vera put up his first restaurant. From the Philippines to Dubai to the United States, this journey to become a Chef/Owner of Kusina Filipino restaurant did not come easy. Challenges were many but Ricky felt he had a mission to promote Philippine food and culture. Cooking runs in the family and it is in the kitchen where he is most happy and where the magic recipes are born.

With hard work and honesty, Ricky is certain he will be successful not only financially but also in giving pride and honor to his country, the Philippines.

-- by Awee Abayari, 



Chef/ Owner Ricky Vera with sister Dana (L) and wife Letlet (R).


AWEE ABAYARI: How did you start your business?
RICKY VERA: I had been in the hospitality industry for many years, I worked in the hotel, the government and now I want to start a restaurant.
AWEE ABAYARI: What is the important reason for putting up a restaurant?
RICKY VERA: To serve the community .
AWEE ABAYARI: What is the concept for your restaurant?
RICKY VERA: I used to work in Dubai which is like a Filipino restaurant so I just inherited the menu and brought it here.
AWEE ABAYARI: How long did it take you to set up the restaurant?
RICKY VERA: It took a long time. Maybe, 8 months.
AWEE ABAYARI: What have been your challenges?
RICKY VERA: It is hard: license, everything, county. It is a lot of work.
AWEE ABAYARI: What is Kusina Restaurant in Fredericksburg , VA known for ?
RICKY VERA: My "crispy pata "and "sisig" are very special .
AWEE ABAYARI: How did you learn how to cook?












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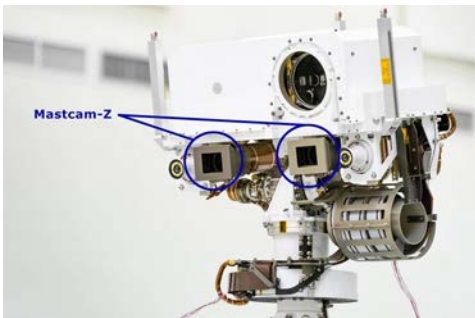
LAUNCH AMERICA



NASA astronaut Douglas Hurley waves as he and fellow crew member Robert Behnken depart the Neil A. Armstrong Operations and Checkout Building for Launch Complex 39A to board the SpaceX Crew Dragon spacecraft for the Demo-2 mission launch, Saturday, May 30, 2020, at NASA's Kennedy Space Center in Florida. (Credits: NASA/Bill Ingalls)



NASA astronauts Robert Behnken, foreground, and Douglas Hurley, wearing SpaceX spacesuits, are seen as they depart the Neil A. Armstrong Operations and Checkout Building for Launch Complex 39A to board the SpaceX Crew Dragon spacecraft for the Demo-2 mission launch, Saturday, May 30, 2020, at NASA's Kennedy Space Center in Florida. (Credits: NASA/Bill Ingalls)



A close-up of the head of Mars Perseverance's remote sensing mast. The mast head contains the SuperCam instrument (its lens is in the large circular opening). In the gray boxes beneath mast head are the two Mastcam-Z imagers. On the exterior sides of those imagers are the rover's two navigation cameras. (Credits: NASA/JPL-Caltech)



(Credit: NASA)

International Space Station welcomes first SpaceX Crew Dragon with NASA astronauts

NASA astronauts Robert Behnken and Douglas Hurley arrived at the International Space Station on Sunday aboard the first commercially built and operated American spacecraft to carry humans to orbit, opening a new era in human spaceflight.

The pair of astronauts docked to the space station's Harmony module at 10:16 a.m. EDT Sunday as the microgravity laboratory flew 262 miles above the border northern China and Mongolia.

Behnken and Hurley, the first astronauts to fly to SpaceX's Crew Dragon to the station, were welcomed as crew members of Expedition 63 by fellow NASA astronaut Chris Cassidy and two Russian cosmonauts Anatoly Ivanishin and Ivan Vagner.

"The whole world saw this mission, and we are so, so proud of everything you've done for our country and, in fact, to inspire the world," NASA Administrator Jim Bridenstine told the crew from the floor of Mission Control in Houston. "This represents a transition in how we do spaceflight from the United States of America. NASA is not going to purchase, own and operate rockets and capsules the way we used to; we're going to partner with commercial industry."



COMMERCIAL CREW ASTRONAUTS JOIN EXPEDITION 63. NASA astronauts Robert Behnken and Douglas Hurley aboard the SpaceX Dragon Endeavour have arrived at the International Space Station to join Expedition 63 Commander and NASA astronaut Chris Cassidy and cosmonauts Anatoly Ivanishin and Ivan Vagner of the Russian space agency Roscosmos.



NASA astronauts Douglas Hurley (left) and Robert Behnken (right) participate in a dress rehearsal for launch at the agency's Kennedy Space Center in Florida on May 23, 2020, ahead of NASA's SpaceX Demo-2 mission to the International Space Station. Demo-2 will serve as an end-to-end flight test of SpaceX's crew transportation system, providing valuable data toward NASA certifying the system for regular, crewed missions to the orbiting laboratory under the agency's Commercial Crew Program. (Credits: NASA/Kim Shiflett)



Coverage of Expedition 63 flight control team with Flight Director Zebulon Scoville during SpaceX DM-2 launch in Mission Control Center station flight control room FCR-1 at NASA's Johnson Space Center in Houston. (Credits: NASA/Bill Stafford)



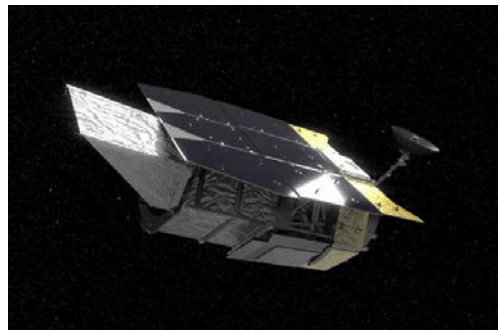
The Expedition 63 crew welcomes Bob Behnken and Doug Hurley to the International Space Station (Credits: NASA / Bill Stafford)



This illustration depicts a lake of water partially filling Mars' Gale Crater. It would have been filled by runoff from snow melting on the crater's northern rim. Evidence of ancient streams, deltas, and lakes that NASA's Curiosity rover has found in the patterns of sedimentary deposits in Gale suggests the crater held a lake like this one more than three billion years ago, filling and drying in multiple cycles over tens of millions of years. (Credits: NASA/JPL-Caltech/ESA/DLR/FU Berlin/MSSS)



COLD ATOM LAB. About the size of a mini fridge, the Cold Atom Lab Science Instrument (left) contains the Science Module, which cools atoms to nearly absolute zero. The smaller box on the right contains additional hardware. (Credits: NASA/JPL-Caltech)



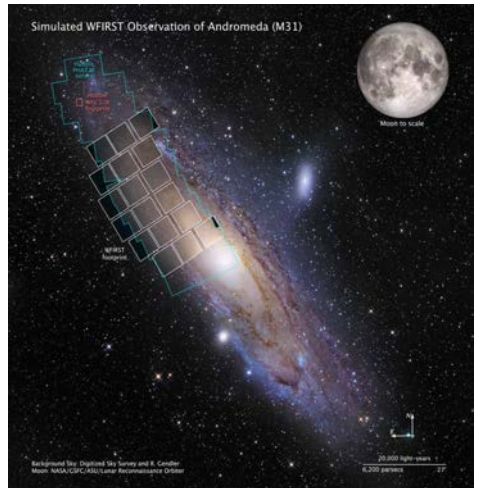
NASA's Curiosity Rover Finds Clues to Chilly Ancient Mars Buried in Rocks. (Credits: NASA)



Illustration of the SpaceX Crew Dragon spacecraft on the Falcon 9 rocket at Launch Complex 39A at NASA's Kennedy Space Center in Florida. Credits: SpaceX



Illustration of NASA's Wide Field Infrared Survey Telescope (WFIRST). (Credit: NASA)



This graphic shows a simulation of a WFIRST observation of M31, also known as the Andromeda galaxy. Hubble used more than 650 hours to image areas outlined in blue. Using WFIRST, covering the entire galaxy would take only three hours. (Credits: DSS, R. Gendle, NASA, GSFC, ASU, STScI, B. F. Williams)



(Credit: NASA)