

International NEWS MEDIA

OCTOBER 2020

SPAIN NATIONAL DAY MESSAGE

Michael R. Pompeo, Secretary of State
October 12, 2020

On behalf of the government of the United States and the American people, I offer my congratulations to the people of Spain on the occasion of the Fiesta Nacional de España.

The United States counts Spain as one of its strongest Allies and friends. Our two countries share a rich history and an enduring commitment to democratic values. The United States and Spain are working together to overcome COVID-19 while deepening our economic and security partnerships. Our relationship with Spain extends far beyond government-to-government connections, with extensive cultural and personal ties from our shared history.

We look forward to continuing our long-standing partnership, advancing our key bilateral interests, promoting our shared values, and confronting transnational challenges together with our Spanish friends.



SENATE JUDGE AMY CONEY BARRETT CONFIRMED TO THE SUPREME COURT

"It's a privilege to be asked to serve my country in this office and I stand here tonight truly honored and humbled". -- Judge Amy Coney Barrett

The Senate confirmed Judge Amy Coney Barrett to the Supreme Court on Monday, October 26.

She was sworn in shortly thereafter by Supreme Court Associate Justice Clarence Thomas at the White House.

On Tuesday morning, October 27, Justice Coney Barrett recited the judicial oath in a swearing-in ceremony administered by Chief Justice John Roberts, officially beginning her tenure as the 115th justice on the Supreme



Court. The ceremony took place in the East Conference Room at the Supreme Court.

A formal investiture ceremony will take place at a special sitting of the Court in the Courtroom at a later date.

Barrett was born in New Orleans, Indiana. She attended the Notre Dame Law School on a full tuition scholarship and graduated first in her class in 1997 with a Juris Doctor summa cum laude.

She was a United States Circuit Judge on the United States Court Of Appeals for the Seventh circuit from 2017 to 2020

She was nominated by President Donald Trump and has served since October 27, 2020.

UNFORGETTABLE WINS FOR L.A.



"With the Los Angeles Lakers defeating the Miami Heat in the NBA Finals and the Los Angeles Dodgers defeating the Tampa Bay Rays in the World Series on Tuesday night in Arlington, Texas, L.A., in 2020, joins an elite list". - ESPN

NASA astronaut Chris Cassidy, crewmates land safely back on Earth

After 196 days living and working in Earth's orbit aboard the International Space Station, NASA astronaut Chris Cassidy returned from his third space mission Wednesday, Oct. 21, with cosmonauts Ivan Vagner and Anatoly Ivanishin of the Russian space agency Roscosmos.

They went through preliminary medical checks at the landing site, prior to splitting up to return home. Cassidy boarded a NASA plane back to Houston, while Vagner and Ivanishin flew home to Star City, Russia.

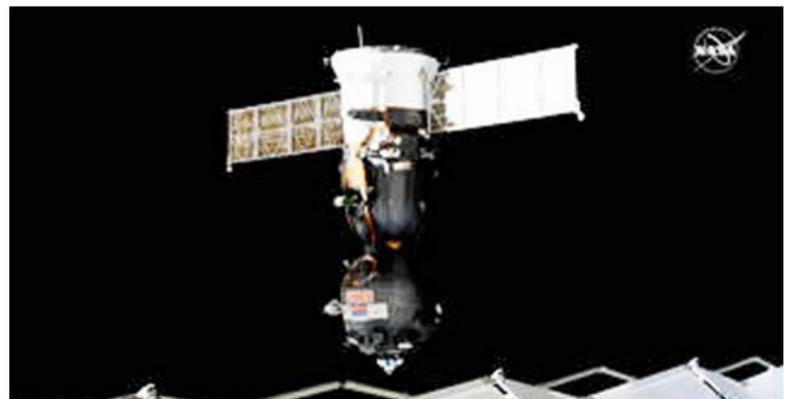
During this latest mission, Cassidy served as commander of Expedition 63 and welcomed SpaceX Demo-2 crew members Robert Behnken and Douglas Hurley of NASA – the first astronauts to launch to the space station on an American spacecraft from American soil since the retirement of the space shuttle in 2011.

Cassidy and Behnken completed four spacewalks, totaling 23 hours and 37 minutes, to upgrade station batteries. The final spacewalk was the 10th for both astronauts, making them two of only four only U.S. astronauts to complete 10 spacewalks. Cassidy now has spent a total of 378 days in space, the fifth highest among U.S. astronauts.

While on station, he contributed to hundreds of experiments, including a study of the influence of gravity on electrolytic gas evolution, which looks at bubbles created using electrolysis. Gravity is a key factor in creating buoyancy for bubbles, so microgravity makes it possible to single out bubble growth and study its effect in processes. Using this method to better understand how bubbles grow could improve devices like medicine delivery through small, bandage-like skin patches.



NASA astronaut Chris Cassidy is all smiles after returning from his third space mission Oct. 21, 2020, landing in Dzhertzagan, Kazakhstan, at 10:54 p.m. EDT with his International Space Station crewmates Ivan Vagner and Anatoly Ivanishin of the Russian space agency Roscosmos. (Credits: NASA Television)



The Soyuz spacecraft carrying NASA astronaut Chris Cassidy and Expedition 63 crewmates Anatoly Ivanishin and Ivan Vagner, of the Russian space agency Roscosmos, leaves the International Space Station at 7:32 p.m. EDT Oct. 21, 2020, to return to Earth after the crew's 196-day mission. (Credits: NASA Television)

Shamo sentenced to life in prison

AFTER CONVICTION FOR ORGANIZING, DIRECTING DRUG TRAFFICKING ORGANIZATION

SALT LAKE CITY – Aaron Michael Shamo, the CEO of a nationwide dark net drug trafficking organization that distributed more than a half million counterfeit pills throughout the country, will serve life in federal prison after engaging in, and being convicted of, the most serious offense in the Controlled Substance Act. U.S. District Judge Dale A. Kimball imposed the sentence October 15 in Salt Lake City.

A federal jury found Shamo guilty of organizing and directing a drug trafficking organization that imported fentanyl and alprazolam from China and used the drugs to manufacture fake oxycodone pills made with fentanyl and counterfeit Xanax tablets following a trial in August 2019. Forty-seven witnesses testified at trial and hundreds of exhibits were received into evidence.



GOLDMAN SACHS CHARGED IN FOREIGN BRIBERY CASE

The Goldman Sachs Group Inc. (Goldman Sachs or the Company), a global financial institution headquartered in New York, New York, and Goldman Sachs (Malaysia) Sdn. Bhd. (GS Malaysia), its Malaysian subsidiary, have admitted to conspiring to violate the Foreign Corrupt Practices Act (FCPA) in connection with a scheme to pay over \$1 billion in bribes to Malaysian and Abu Dhabi officials to obtain lucrative business for Goldman Sachs, including its role in underwriting approximately \$6.5 billion in three bond deals for 1Malaysia Development Bhd. (1MDB), for which the bank earned hundreds of millions in fees.

Goldman Sachs will pay more than \$2.9 billion as part of a coordinated resolution with criminal and civil authorities in the US, the United Kingdom, Singapore, and elsewhere in connection with criminal information filed New York charging the Company with conspiracy to violate the anti-bribery provisions of the FCPA.

Duterte tasks DOJ to investigate corruption in the entire bureaucracy

MANILA -- President Rodrigo Roa Duterte directed the Department of Justice (DOJ) to investigate allegations of corruption in the entire bureaucracy as he vowed to go after corrupt officials in the last two years of his term. The President announced his new directive during his address to the nation on COVID-19 response on Tuesday morning, October 27.

Reading a memo for Justice Secretary Menardo Guevarra, President Duterte said, "In pursuit of this directive, the DOJ shall have the authority to decide which allegation to investigate taking into consideration the gravity thereof and their impact on the delivery of government service."

"It may create as many panels as it deems necessary to adequate and may invite or direct other bodies and agencies of the government to assist or be a part of such panel.

"The DOJ shall prosecute and file the appropriate charges against all those involved in the anomalies investigated, whether against government or private person as may be warranted by the evidence gathered subject to applicable laws and rules."

The directive will remain in effect until June 30, 2022, or until the President steps down from power. Highlighting the role of the Office of the Ombudsman in the government's anti-corruption fight, President Duterte said cases involving large sums of money will be referred directly to the anti-graft body.

"Ang presidency can investigate, can — well, send you to prison kaya nga kung ang prosecution nito is the Ombudsman ultimately. But pagka akyat kasi nito doon, may recommendation na. And if the Ombudsman will say that it's a well-studied complaint then obviously you are going to jail," he said.

• special in this issue •

- 3 CELEBRATION OF LIFE FOR ADELBERTO C. ABAYARI.** INM's Awee Abayari pays special tribute to her only older brother Adelberto C. Abayari, whom she fondly calls "Edvis". Read the touching message she penned in celebration of his life.
- 4 THAILAND SET TO MANUFACTURE ASTRAZENACA COVID-19 VACCINE.** Thailand has reached an agreement with AstraZeneca to manufacture doses of its Covid-19 vaccine once it becomes available. The company is aiming to have the first batch of vaccines available in the middle of next year
- 5 FILIPINO SENSATION AND 2021 OLYMPIAN EUMIR FELIX MARCIAL STARTS TRAINING IN HOLLYWOOD.** Before he travels to Tokyo as a member of the 2021 Philippines Olympic boxing team, amateur middleweight standout, Eumir Felix Marcial, will set up his training camp for his professional debut at world-famous Freddie Roach's Hollywood-based Wild Card Boxing Club, the same gym where his boxing hero Manny Pacquiao trained for his greatest in-ring performances.
- 7 PHIL DEPT OF TOURISM ANNOUNCES BATANGAS NOW OPEN TO DIVERS.** The Department of Tourism (DOT) calls on divers to dust off their masks, fins, snorkels, regulators, and other gear as popular dive sites in Batangas prepare to welcome tourists. Tourism Secretary Bernadette Romulo-Puyat, announced that dive establishments in Batangas are permitted to accept guests for Recreational Diving.

Secretary Ben Carson and Mayor Jeff Williams visit Mission Arlington|Mission Metroplex

FAITH-BASED ORGANIZATION SERVES VULNERABLE POPULATIONS IN THE COMMUNITY

ARLINGTON, TEXAS - U.S. Department of Housing and Urban Development (HUD) Secretary Ben Carson on Friday, October 23, joined Arlington Mayor Jeff Williams for a visit to the Mission Arlington|Mission Metroplex. The organization offers a wide range of services and products, which are provided free to families: after school programs, summer and sports camps for children, school supplies, dental and medical clinics, counseling services, grief support, bible study groups, groceries, computers, clothing, furniture, bicycles, personal hygiene items, household items, loan of medical equipment, emergency financial assistance for rent and utilities, prescriptions and gas, transportation, assistance obtaining different forms of identification, and free events - bringing fun to apartment communities, delivery of family meals during the holidays. During this pandemic, Mission Arlington has provided meal

deliveries and cleaning supplies to families impacted by COVID-19. "I continue to be inspired by what the faith community can do when they come together to serve their neighbor in need," said Secretary Carson. "Faith organizations like Mission Arlington are essential in our Nation's efforts to alleviate poverty in our previously forgotten communities and uplift all Americans." "Mission Arlington is comprised of thousands of individual volunteers, civic and service organizations along with many businesses, all working together tirelessly to meet the physical and spiritual needs of families that are experiencing all kinds of hardships," said Arlington Mayor Jeff Williams. "Mission Arlington distributes vast amounts of donated food, clothing, housewares and furniture, dental and medical services, counseling, and any other services that will help a struggling family. Mission Arlington

is led by a true servant leader, Mrs. Tillie Burgin, who has enlisted our entire community to help others in love and kindness, while meeting the ever-increasing needs due to the pandemic. I want to thank Secretary Carson for recognizing the incredible work of Mission Arlington to help eradicate poverty in North Texas, but also to help our citizens in so many ways." "It is such an honor for Secretary Carson to walk the grounds with us here at Mission Arlington. For him to feel the heartbeat of those in need and seeing first-hand how a community like Arlington, Texas has come together to help meet their physical, spiritual, emotional and educational needs," said Tillie Burgin, who serves as the Director of the Mission Arlington|Mission Metroplex. "The message of HOPE is extended to all people, and we are excited to be a part of what God is doing in Arlington, Texas."



U.S. Department of Housing and Urban Development (HUD) Secretary Ben Carson on Friday and Arlington Mayor Jeff Williams with Tillie Burgin, who serves as the Director of the Mission Arlington|Mission Metroplex.

Leaving homelessness behind, a young father builds a safe home



Featuring Catholic Charities Diocese of Trenton

Bilaal was just a teenager when his life went off the rails. He joined a gang and found himself in and out of prison and using drugs. For eight years, he struggled.

By his mid-20s, he knew he needed to



Catholic Charities' mission is to provide compassionate human services with respect for the sanctity of all human life. Your gift will feed the hungry, find shelter for the homeless, counsel those suffering with mental health issues and show respect for all, regardless of faith, race, age, or ability to pay.

get back on track, for the sake of his children. He and his longtime girlfriend had three children, but she fell into addiction and the couple separated. Bilaal and the children soon became homeless, living with relatives. Instead, he reached out to Monmouth County for help, and the county connected him with Catholic Charities, Diocese of Trenton's Linkages program in Tinton Falls.

Linkages is emergency transitional housing for homeless individuals and families that's located on the sprawling, verdant grounds of a former motel where beachbound vacationers used to stay. It offers safe, clean and spacious living quarters that feel homey, thanks to suite-style units with full kitchens, a community building with laundry facilities, a playground and plenty of room for children to run, bike and play. "It's wonderful, because we finally have our own space," said Bilaal, who moved to Linkages in April with his children Brielli, 8, Jaden, 6, and Josiah, 1, and his girlfriend's daughter Skye, 4.

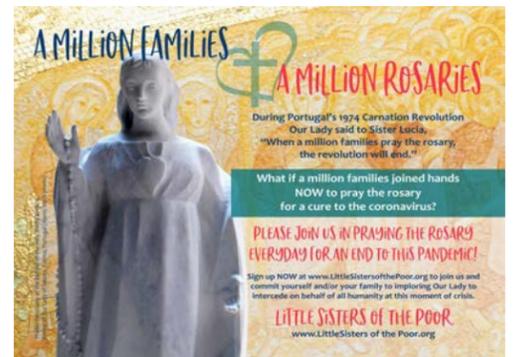
Stacey DePoe, Linkages' director, applauded Bilaal's progress.

Linkages proved a lifesaver when the pandemic hit, he said. The family could quarantine safely, as Bilaal focused on finding a job.

Now 26, Bilaal graduated from the Fortis Institute in Lawrenceville last January, with his certification in heating, ventilation and air conditioning. He recently landed a job for a construction company. The family looks forward to finding a home of their own soon. - Catholic Charities

Mission, Vision and Values of Little Sisters of the Poor Mission

The Little Sisters of the Poor are an international congregation of Roman Catholic women religious founded in 1839 by Saint Jeanne Jugan. Together with a diverse network of collaborators, we serve the elderly poor in over 30 countries around the world.



Continuing the work of Saint Jeanne Jugan, our MISSION is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.

Our VISION is to contribute to the Culture of Life by nurturing communities where each person is valued, the solidarity of the human family and the wisdom of age are celebrated, and the compassionate love of Christ is shared with all.

Our VALUES:

- **REVERENCE** for the sacredness of human life and for the uniqueness of each person, especially those who are poorest and/or weakest. This is reflected in care that is holistic and person-centered.
- **FAMILY SPIRIT**: a spirit of joyful hospitality embracing all with open arms, hearts and minds; fostering participation in the life of the home and rejecting all forms of discrimination.
- **HUMBLE SERVICE**: the desire to raise others up and to put their needs before our own; an appreciation of simple, everyday tasks and experiences and humble means in accomplishing our work.
- **COMPASSION**: empathy for sharing the weaknesses and sufferings of others; eagerness to relieve pain in all its forms and to make the elderly happy.
- **STEWARDSHIP**: the recognition that life and all other goods are gifts from God and should therefore be used responsibly for the good of all; trust in God's Providence and the generosity of others to provide for our needs; just compensation for our collaborators; a spirit of gratitude and sharing.

ONE SPECIAL CALL LED TO HUNDREDS WITH FOOD

Captain Tim Scott, Georgetown South Carolina's commanding officer, could not have known when he answered the phone, one week into the COVID-19 crisis, that a portal was about to swing open allowing Salvation Army volunteers and staff to repeatedly respond in the weeks that followed.

"The whole thing began with that phone call," Captain Scott explains, "from this elderly man who needed food in the worst way. Then he told me that he was blind and could not come to us, so I told him that I would bring the food to him."

Then the Captain had a better idea. The man attends one of three senior centers in the county, so Captain Scott asked him to contact his center director who then contacted The Salvation Army.

"When she contacted me, we had an automatic opening to serve 90 senior citizens who are members of her three centers."

The Army in Georgetown is responsible for the two counties of Georgetown and Williamsburg—and the travel time from one end



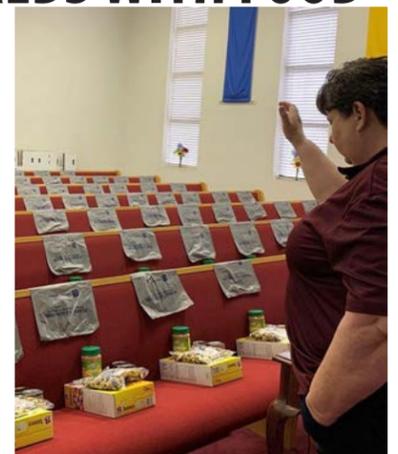
of Georgetown County to the farthest point in Williamsburg County can take up to three hours.

"Plus, the fact that Williamsburg County is ranked as one of the poorest in the country. There's a lot of abject poverty there," he says.

Captains Tim, his wife, and their daughter Brie, began making nearly daily runs throughout the two counties, as well as overseeing drive-by distribution at their building.

"I really like loading stuff into the cars as the people drive up for a food box," Brie says. Brie lives in Georgetown and works in a daycare center, but since it is closed, probably into the month of May, she works alongside her parents.

Typical food boxes are crammed with



non-perishable items: canned fruit and vegetables, cereal, mac and cheese, bags of trail mix, and peanut butter, for example.

"But we are really scratching for food resources, since our regular pantry now usually runs bare. But one thing is for sure, I will do my very best to make sure no one goes hungry," said Captain Scott. - Salvation Army

IMMIGRATION UPDATE



HOSTED BY AWEE ABAYARI



JACK GOLAN
50 YEARS OF EXPERIENCE
IN U.S. IMMIGRATION LAW

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



“Apollo 11” documentary screened at the American Space Barcelona



The U.S. Consulate General in Barcelona organized a screening of the documentary “Apollo 11” at the American Space Barcelona, inviting students from two different high schools in Barcelona. An IVLP alumnus and professor of International Studies at the Pompeu Fabra University delivered welcome remarks and conducted a short debate after the screening. His presence helped give context to the historic moment in which the Apollo 11 mission was developed and about the importance of space exploration, as well as the need to have more women working in STEM fields.

Walking the road to eradicate poverty

Poverty is a calamity that affects millions of lives and has to be overcome in our days. For the EU, the eradication of poverty has been a key priority in its external action. Support provided by the EU has contributed to a global positive trend to put an end to the phenomenon. The global pandemic is challenging this trend. On the International Day for the Eradication of Poverty, it is time to reflect on how societies must come together to combat poverty across the globe.



The EU is committed to eradicating poverty and building a fairer and more stable world. Across the globe, the EU acts through its European development policy whose primary objective is poverty eradication in the context of sustainable development. In the words of the EU High Representative/Vice President Josep Borrell: “Fighting poverty, improving the quality of life while protecting the planet. This is the real challenge”.

For the past 20 years, we have witnessed a reduction in the number of people who are not able to afford basic food, clothing, health care and shelter. The impact of climate change, regional conflicts and the population growth are factors that contribute to the vulnerability of many peoples and it is due to international solidarity that we have been witnessing a positive trend.



Across the globe, the EU acts through its European development policy whose primary objective is poverty eradication in the context of sustainable development.

G20 tourism leaders commit to intensify efforts towards a sustainable recovery

Tourism Ministers of the G20 nations have committed to stepping up their efforts to place sustainability and inclusion at the heart of tourism recovery and future growth. The implementation of the World Tourism Organization AIUa Framework for Inclusive Community Development Through Tourism, presented on the occasion of the Ministerial Meeting, was welcomed by the G20 Tourism Ministers as a tool for achieving a fairer and more inclusive sector.

governments as well as all other key stakeholders in the tourism sector – including regional and local governments, the private sector, industry associations, civil society, communities and tourists – fostering a truly holistic and integrated approach to inclusive community development through tourism.

Under the leadership of the 2020 G20 Saudi Presidency, UNWTO and the G20 Tourism Working Group developed the AIUa Framework to further advance the contribution of the sector as an effective means towards fairer growth and advancing the Sustainable Development Goals (SDGs). The Framework provides specific recommendations and tools to support both

G20 nations can set the example

UNWTO Secretary-General Zurab Pololikashvili said: “As we join forces to restart tourism, we must live up to our responsibility to ensure that tourism’s benefits are shared by all. I congratulate the Saudi Presidency for placing inclusive community development through tourism at the heart of the G20 Agenda and I invite G20 countries to follow this vision and embrace tourism as an effective means for inclusion and sustainability.”

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TESLA

SPACEX
RETURNING HUMAN SPACE TO THE UNITED STATES

Celebration of Life

for
ADELBERTO C. ABAYARI

*If we live, we live for the Lord
and if we die, we die for the Lord.
So, whether we live or die, we belong to the Lord.
- Romans 14:8*



MESSAGE

Thank you all for being here.

My name is Awee Abayari and Eddie was my only older brother. I know he is immensely happy to see that you are all here today to celebrate his life. I will miss Kuya everyday but I feel so blessed to be able to tell you a little bit more about him.

He graduated from the University of the Philippines with a degree in Economics. He is intelligent, handsome, good-natured, very friendly and always loved to be surrounded by friends and family who he loved in his own special way. He was a good bowler, a sharpshooter who would regularly go on hunting trips, and he also drove like a car racer in his younger years.

Taking things in stride is perhaps one of his mottos. I can still visualize him as he tries to finish reading a book the whole night with a big glass of coffee and my mom by his side making sure he stays awake as she helps him to review for a final examination the next day. Eventually, he passed all subjects with flying colors. That is my Kuya.

He has a tremendously great sense of humor and can stay telling jokes for hours energized by the continuous laughter of his adoring audience.

It doesn't take too much to please Kuya. Just serve him with a big plateful of his favorite spaghetti with meatballs just exactly the way our mom prepared it, accompanied by crispy fried chicken and with a big bottle of his preferred soft drinks and his life is almost complete. My dear Kuya did not smoke or drink alcohol.

Kuya was a very determined individual and definitely knew what he wanted.

I will be surprised if you did not already know by now how much he loved Elvis Presley. He took voice lessons just so he can master the King's songs at the same time imitate his stage movements. I can still remember when I surprised him with a birthday cake and written on it was the name I baptized him with -- the name EDVIS.

He was so happy and from that time on, he became known as EDVIS.

Though shy and reluctant in the beginning, he finally accepted the challenge to perform in front of thousands of people in numerous Expositions that I organized and directed held in big Convention Centers. He impressed the audience with his one-of-a-kind performance. That made him truly happy.

Kuya had many dreams. One time, he told me that he wanted to be a stand-up comic and perform regularly in a venue that he planned to possibly set up. He also wanted to pursue his goal of continuing his education to fulfill his dream of becoming a doctor - no matter when and however long it took and - he did. He had the passion and the determination to accomplish his lifelong dream.

Although Kuya was away, I managed to have constant communication with him as we reminisced the past beautiful memories about our

parents. And this went on for many years.

The night before God called him, I had the privilege to talk and pray over him. It was difficult and heartbreaking but I knew God wanted him home.

I can still remember his faint voice as he told me “I love you”. It was beautiful at the same time so painful to hear. My heart was broken but I felt he already wanted to rest in peace. I will treasure those precious moments for the rest of my life.

Dear Kuya,

I wish you a very joyful celebration of your birthday in heaven as you reunite with mama and papa, family and friends. I know that you are also happy with the thought of meeting Elvis Presley.

Now, the time has come.

I had always dreamed of Kuya with my mama and papa especially these last few days and after his passing, I woke up in the middle of the night and found this poem by an unknown author. I felt like Kuya wanted me to give you all this message.

WEEP NOT FOR ME
by an unknown author

Weep not for me though I have gone.
Into the gentle night
Grieve if you will, but not for long
Upon my soul's sweet flight

I am at peace, my soul's at rest
There is no need for tears
For with your love I was so blessed
For all those many years.

There is no pain, I suffer not
The fear is now all gone
Put now these things out of your thoughts
In your memory I live on

Remember not my fight for breath
Remember not the strife
Please do not dwell upon my death
BUT CELEBRATE MY LIFE!

To all of you, family and friends, I thank you very much!

Love and Prayers,
Your sister, AWEE ABAYARI

Thailand set to manufacture AstraZeneca Covid-19 vaccine

Thailand has reached an agreement with AstraZeneca to manufacture doses of its Covid-19 vaccine once it becomes available so that Thais and other countries in the region could access it without a long wait.

The British Embassy in Thailand made the announcement since AstraZeneca is headquartered in the United Kingdom.

“With the expected technology transfer from AstraZeneca and following Thai FDA (Food and Drug Administration) regulatory approval, the company is aiming to have the first batch of vaccines available in the middle of next year,” said Satitpong Sukvimol, Chairman of Siam Bioscience, the company that will manufacture the vaccine.

Siam Cement, the country’s largest industrial conglomerate, is also a party to the

agreement. AstraZeneca will work with Siam Bioscience to set up the manufacturing facility.

Oxford University is developing and testing the vaccine in conjunction with AstraZeneca. Their elixir is widely viewed as one of the most promising among over one hundred potential vaccines being developed around the world.

Researchers in Thailand are also working on developing a vaccine. Thai researchers have said that a locally produced vaccine could be distributed regionally or to other developing countries before enough doses are available of other versions.

Thailand has had one of the most effective public health responses to the Covid-19 pandemic with very few cases and no community spread detected in months.



Photo courtesy of <https://www.astrazeneca.com/country-sites/thailand.html>

U.S. Embassy hosts virtual NASA Space Apps Challenge in Davao, supports teams across the Philippines



MANILA — The U.S. Embassy in the Philippines, in partnership with the American Corner at Ateneo de Davao University, hosted the 2020 National Aeronautics and Space Administration (NASA) Space Apps Challenge in Davao October 2 to 4.

The three-day program opened with a “virtual data boot camp” featuring mentors from the U.S. Embassy, NASA, Womensphere, Ateneo de Davao University, and alumni of U.S. government exchange programs. The U.S. Embassy, in partnership with its American Corners across the Philippines, also supported NASA Space Apps Challenge events in Binan, Cebu, Manila, Mapandan, Pampanga, and Soccsksargen.

The bootcamp offered participating Philippine teams shared tools and resources to use as they prepared for the two-day hackathon focused on finding solutions to one of six NASA-identified challenges: making observation data more accessible, informing others about scientific and historical information, sustaining our home planet and human life, creating awareness on planetary exploration, confronting issues at global levels using technology, and connecting to examine methods for communicating with one another. Program partners included the Young Southeast Asian Leadership Initiative (YSEALI), the Department of Science and Technology, Amazon Web Services, FabLab Mindanao, and the U.S. Government Alumni Association. NASA Space Apps this year is organized in collaboration with other space agencies, with more than 3,800 teams participating in 251 Space Apps events globally.

U.S., Brazil Sign new protocol on trade rules and transparency

The United States and Brazil are pleased to announce the successful conclusion of a Protocol on Trade Rules and Transparency.

This agreement is the latest concrete result of the close relationship between Brazil and the United States and the leadership of President Trump and President Bolsonaro.

Following the meeting of the two leaders at Mar-a-Lago in March, the Office of the U.S. Trade Representative and Brazilian officials announced acceleration of the trade dialogue under the Brazil-U.S. Commission on Economic and Trade Relations (ATEC) and our intent to negotiate in 2020 an agreement on trade rules and transparency, including trade facilitation and good regulatory practices.

The agreement was signed during the visit to Brazil of the Assistant to the President of the United States for National Security Affairs, Ambassador Robert C. O’Brien, who had a meeting with Brazil’s Minister of Foreign Affairs, Ambassador Ernesto Araújo, at the Itamaraty Palace, in Brasilia.



Brazilian Ambassador Nestor Forster Jr. and U.S. Trade Representative Ambassador Robert Lighthizer at the signing ceremony today in Washington, DC. The signing ceremony was held simultaneously in the two capitals with Brazil’s Minister of Foreign Affairs, Brazil’s Minister of Economy and the U.S. Trade Representative.

US, Israel, UAE establish Abraham Fund following Accords commitment

TEL AVIV — The United States, Israel, and the United Arab Emirates are proud to announce the establishment of the Abraham Fund, which fulfils a commitment made in the Abraham Accords. Through this fund, the US International Development Finance Corporation, the UAE, and Israel will mobilize more than \$3 billion in private sector-led investment and development initiatives to promote regional economic cooperation and prosperity in the Middle East and beyond. The partners welcome participation from other countries to advance these objectives.

This initiative is an integral part of the historic peace accord signed by the UAE and the State of Israel with the United States’ support, and demonstrates the benefits of peace by improving the lives of the region’s peoples. It is a manifestation of the new spirit of friendship and cooperation between the three countries, as well their common will to advance the region.

The countries will trilaterally open a development office based in Israel to identify and initiate strategic projects with a high developmental impact, including those that catalyze economic growth, improve standards of living, and create high-value, quality jobs.

The fund will enable its members to launch people-focused investments, providing opportunity and hope for the region and its youth by enabling them to build a future that serves them and their communities. The United States, Israel, and the UAE believe that this initiative will create the foundation for stronger regional cooperation based on diversity, exchange, and shared humanity.

The Abraham Fund will bolster regional trade, enable strategic infrastructure projects, and increase energy security through the provision of reliable access to electricity. The fund also aims to improve agricultural productivity and facilitate reliable and efficient access to clean water in the region.

The supreme quality of leadership is integrity. – Dwight Eisenhower

Ethiopia, World Bank sign \$400M financing agreement

Ethiopia and the World Bank today signed a financing agreement amounting \$400 million for the urban productive safety nets and jobs project (UPSINP).

The agreement was signed here in Addis Ababa by Ahmed Shide, Ethiopia’s Minister of Finance, and Ousmane Dione, World Bank Country Director for Ethiopia, Eritrea, South Sudan and Sudan.

The stated amount of funding from the International Development Association (IDA) was approved on September 30, 2020 by the World Bank Group’s Board of Executive Directors.

The grant will support Ethiopia’s efforts to improve the incomes of the urban poor and promote the inclusion of disadvantaged urban youth in the labor market under UPSINP.

The UPSINP will provide social protection as well as jobs related services to 816,000 beneficiaries in around 83 cities across the country.

Washington webinar focuses on

“Preserving Memories In The Time Of Covid-19”

WASHINGTON, D.C. — “Archives tell us stories. Our possessions — may it be photographs, documents, scrapbooks, or other keepsakes — preserve our personal stories and, in the future, would provide insights into the past. Archiving is essential to educating the next generations of Filipino-Americans about their roots and heritage,” said Mr. Renato Villa, Philippine Embassy Deputy Chief of Mission, as he opened the virtual program “Istorya DC 2020: Preserving Memories in the Time of COVID-19” on 22 October 2020 (23 October 2020 in the Philippines).

Held in October, which is celebrated as Filipino-American History Month and Archives Month in the United States, “Istorya DC” is an educational gathering that aims to share the histories, stories, and research about DC area Filipinos and their communities.

The Rita M. Cacas Foundation (RMCF), Philippines in the Potomac Project (POPDC), and Sentro Rizal Washington DC co-hosted this year’s “Istorya DC”, in partnership with the National Commission for Culture and the Arts (NCCA) through NCCA’s “Padayon: Paglikha sa Panahon ng Pandemya”, that aims to inspire overseas Filipinos to move forward and thrive in spite of the pandemic.

The webinar featured experienced archivists who focused on how to preserve tangible memories as we aspire to not only bring a feeling of hope, connectedness, and healing

but at the same time impart basic archiving knowledge and techniques to the audience.

“Through this webinar, we aim to raise public awareness of the importance of documents and records, and promote the value of archives and the important work of archivists,” DCM Villa also stated.

Featured speakers include: Rita M. Cacas, President of the Rita M. Cacas Foundation (RMCF), a non-profit, charitable organization that helps acquire, preserve, and provide access to histories, culture, and archives of Filipino-Americans in metropolitan Washington DC, Maryland, and Virginia for present and future generations; Catherine Keen, a retired archivist at the Smithsonian Institution and board member of the RMCF, delivered a presentation on conducting genealogy research using digital databases and published resources. She listed useful websites such as Archives Grid, National Union Catalog of Manuscript Collections, and the Immigration History Research Center (University of Minnesota) to assist in tracing family history; and Rodney Obien, a college archivist and associate professor at Keene State College in New Hampshire, shared practical digitization techniques with the use of smart phones/tablets, scanner boxes, and photo negatives scanners that have made the preservation and archiving of all kinds of materials much easier for amateur archivists who wish to start a collection.

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10 tips: Physical activity at home, work, and play

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week.

Every little bit adds up, and doing something is better than doing nothing. Most important — have fun while being active!

1. Take 10. Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10-minute walk at lunchtime.

2. Mix it up. Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.

3. Be ready anytime. Keep comfortable clothes and walking or running shoes in the car and at the office.

4. Find ways to move. Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station.

5. Work out during TV time. Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

6. Be an active parent. Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

7. Find support. Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community.

8. Enjoy the great outdoors. Visit a county or national park and spend time hiking, canoeing, or boating.

9. Look for wellness at work. Find a softball, basketball, or volleyball team at your job.

10. The chores count, too. Clean the house, wash the car, or mow the lawn with a push mower. - *USDA*

Plan Your Plate: Shifting to a healthy eating style

What's the eating style that's best for health? Is it a Mediterranean eating plan? Vegetarian? Low carb? With all the eating styles out there, it's hard to know which one to follow.

Healthy eating is one of the best ways to prevent or delay health problems. Eating well, along with getting enough physical activity, can help you lower your risk of health problems like heart disease, diabetes, obesity, and more. To reach your goals, experts advise making small, gradual changes.

"The best diet to follow is one that is science based, that allows you to meet your nutritional requirements, and that you can stick to in the long run," says Dr. Holly Nicastro, an NIH nutrition research expert.

The main source of science-based nutrition advice is the Dietary Guidelines for Americans. These guidelines describe which nutrients you need and how much. They also point out which ones to limit or avoid.

The guidelines are regularly updated, because our scientific understanding of what's healthy is continuously evolving. These changes can be confusing, but the key recommendations have been consistent over time. In general, healthy eating means getting a variety of foods, limiting certain kinds of carbs and fats, watching out for salt, and being aware of your portion sizes.

Limit Added Sugars

Added sugar is the extra sugar added to foods and drinks during preparation. Corn syrup, high-fructose corn syrup, brown sugar, and honey are examples of sweeteners added to foods and drinks, especially regular sodas.

"The sugars present normally in milk and fruit are not considered added sugar," explains Dr. Kimber Stanhope, a nutrition researcher at the University of California, Davis.

Stanhope's research showed that consuming too much high-fructose corn syrup may increase the risk of weight gain and heart disease.

The Dietary Guidelines for Americans suggest a daily limit on added sugar of no more than 10% of calories. That's about the amount in 16 ounces of regular soda (190 calories).

"Anybody can improve their diet by substituting fruits and vegetables for sugar as their snacks, as part of their dessert, and as part of their meals," says Stanhope. -- *NIH.GOV*

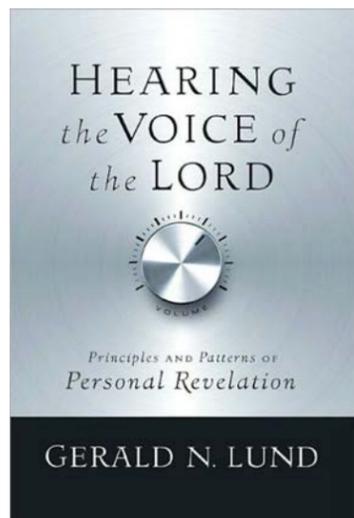


Healthy eating is one of the best ways to prevent or delay health problems. Eating well, along with getting enough physical activity, can help you lower your risk of health problems like heart disease, diabetes, obesity, and more.

INM Book Choice

Hearing the Voice of the Lord: Principles and Patterns of Personal Revelation

by Gerald N. Lund



questions. He discusses:

- ways in which revelation comes
- key principles that help us know how to "hear" and understand personal revelation
- what we can do to avoid being misled as we seek heavenly guidance
- how we can increase our sensitivity to the promptings of the Holy Ghost

Hearing the Voice of the Lord provides profound insights into both the doctrine and the application of personal revelation. The Lord is speaking to us. Are we listening?

How can we navigate safely through our turbulent times? Personal revelation is one key! Elder Gerald N. Lund, million-selling author of *The Work and the Glory*, offers profound insights about how personal revelation "works." Learn how we can increase our ability to receive and recognize personal revelation, what we can do to avoid being misled, and many other ideas relevant to this tremendously important spiritual gift.

At the beginning of the Doctrine and Covenants we read of a timeless and universal truth: "The voice of the Lord is unto all men" (D&C 1:2). The heavens are not closed, God is not silent, and each of us, individually, receive specific and personal revelation from God that can bless us with direction, insight, and comfort.

But though we may recognize the need to have personal revelation to guide us in our life, many of us struggle with some fundamental questions: Do we recognize the various methods God uses to speak to us? Are we familiar with the guidelines that govern receiving spiritual promptings — and how can we really tell that it is the Lord speaking to us? How can we hear the voice of the Lord more clearly, more directly, and more frequently?

In *Hearing the Voice of the Lord*, Elder Gerald N. Lund provides reassuring and practical answers to these and many other

My Years in Meals

by Rachael Ray



shaker. Now he's sharing his secrets with you. Whether shaken or stirred, straight up or on the rocks, with a cherry or a twist, John's creations—like his Strawberry Velvet featuring honey liqueur, strawberries, and lime—are always fresh, fun, and certain to make any gathering more memorable.

For the first time, #1 New York Times bestselling author Rachael Ray offers fans a glimpse into her own kitchen diary. From everyday meals to complicated culinary feats, Rachael reveals what she herself cooks for her family and friends for one whole year.

Ever wonder what Rachael Ray cooks when the cameras aren't rolling? Here she gives you an inside look into her kitchen for one full year. *My Year in Meals* offers intimate access to tasty dishes that will take you from breakfast to dinner.

From the meals she whips up at a moment's notice to family feasts, and dishes inspired by her travels around the world, you can now enjoy twelve incredible months of Rachael's homemade favorites.

A year of delicious food is only enhanced by a selection of equally tasty cocktails, and Rachael's husband, John Cusimano, is no stranger to the cocktail

Civics (History and Government)

QUESTIONS FOR THE NATURALIZATION TEST

AMERICAN GOVERNMENT

A: Principles of American Democracy

1. What is the supreme law of the land?

- the Constitution

2. What does the Constitution do?

- sets up the government
- defines the government
- protects basic rights of Americans

3. The idea of self-government is in the first three words of the Constitution. What are these words?

- We the People

4. What is an amendment?

- a change (to the Constitution)
- an addition (to the Constitution)

5. What do we call the first ten amendments to the Constitution?

- the Bill of Rights

6. What is one right or freedom from the First Amendment?*

- speech
- religion
- assembly
- press

7. How many amendments does the Constitution have?

- twenty-seven (27)

8. What did the Declaration of Independence do?

• announced our independence (from Great Britain)

- declared our independence (from Great Britain)
- said that the United States is free (from Great Britain)

9. What are two rights in the Declaration of Independence?

- life
- liberty
- pursuit of happiness

10. What is freedom of religion?

- You can practice any religion, or not practice a religion.

11. What is the economic system in the United States?*

- capitalist economy

12. What is the "rule of law"?

- Everyone must follow the law.
- Leaders must obey the law.
- Government must obey the law.
- No one is above the law.

* If you are 65 years old or older and have been a legal permanent resident of the United States for 20 or more years, you may study just the questions that have been marked with an asterisk. - www.uscis.gov

Filipino sensation and 2021 Olympian Eumir Felix Marcial is ready for his Hollywood close-up

HOLLYWOOD, CALIF. - Before he travels to Tokyo as a member of the 2021 Philippines Olympic boxing team, amateur middleweight standout and Manny Pacquiao's newest addition, Eumir Felix Marcial, has decided to follow in his hero's footsteps.

Marcial will set up his training camp for his professional debut at world-famous Freddie Roach's Hollywood-based Wild Card Boxing Club, the same gym where Pacquiao trained for his greatest in-ring performances. Inasmuch as professional fighters are now allowed to compete in the Olympics, Wild Card will serve as a "one-stop shop" for preparing for professional

and Olympic glory.

Promoted by TGB Promotions, Marcial, 24, from Zamboanga City, Zamboanga del Sur, Philippines, is expected to make his pro debut in the U.S. within the next few months.

"It is an honor to work with the same trainer as my idol Senator Manny Pacquiao. I consider Manny my mentor," said Marcial. "Every young fighter knows about Freddie Roach and his gym. Wild Card Boxing Club is considered hallowed ground to every Filipino boxer. I look forward to working with and learning from

Sir Freddie. It is a wonderful opportunity."

"MP Promotions was thrilled to be selected by Eumir to guide his boxing career and we, along with TGB Promotions, will do everything we can to prepare Eumir for a successful professional career and a gold medal-caliber Olympic experience," said Sean Gibbons, president of MP Promotions. "Who else but Hall of Famer Freddie Roach would Eumir train under? Freddie is very excited to give Eumir a tour of Wild Card and to begin training later this week."



MP Promotions

Eumir Marcial (L) / Sean Gibbons (R)
 Photo Credit: Jhay Oh Otamias



Attorney General Ford cautions against fake job scams during Covid-19 pandemic

CARSON CITY, NV – Nevada Attorney General Aaron D. Ford is cautioning Nevadans about scams targeting individuals looking for jobs. As many Nevadans pursue new job opportunities during the pandemic, scams related to job seekers are on the rise.

Job seeker scams can take many forms. Scams targeting job seekers can originate from multiple platforms, including fake websites, unsolicited emails, social media, messaging services, robocalls, Craigslist and pop-up advertisements.

The Office of the Nevada Attorney General's Bureau of Consumer Protection offers the following tips to avoid being scammed by fake job listings.

Types of Job Scams:

Re-Shipping Scams: With this scam, a fake recruiter pretends to represent a logistics, shipping or transport company. The "job duties" for the position usually includes receiving packages at home for inspection or re-packing and shipment. The scammer may also provide pre-printed labels. Often, the package will be shipped overseas. Unbeknownst to the target of this scam, it typically involves the shipping of stolen or counterfeit goods. Generally, the person who accepts this job scam is not paid for their work, and sometimes pay for the shipping

themselves. Eventually, the scam company stops communicating with the consumer, but only after the consumer has lost money and potentially may be at risk for criminal prosecution.

Virtual Assistant Scams: This scam offers consumers the opportunity to do work-at-home data entry or virtual administrative assistant work. A scammer posing as offering this work may ask you to pay fees, buy materials, make payments on their behalf, or give your personal information.

Office Set-Up Scam: With this scam, an employer claims to be from a company based overseas looking to open an office or hire staff in the U.S. Typically, the consumer receives a fake check that is supposed to be used for set-up expenses. The "employer" encourages the consumer to deposit the money and start making purchases for the office and have the supplies shipped to another address. However, the check eventually bounces, leaving the consumer stuck with the bill.

While the above examples represent recent job-seeking scams, scammers may still run the classic job scams of envelope stuffing, mystery shopping, online survey scams and pyramid schemes.

How to Recognize a Job Scam:

Be cautious if someone offers you a job

that you have not applied or conducted an interview for;

Be wary if the job advertisement offers high pay for simple work. This is usually a sign of a scam;

Avoid paying a fee or making a purchase to get work. These fees can include enrollment fees, employment screening fees, training fees, and the cost of purchasing of materials or shipping items;

Be skeptical of requests for personal or financial information, particularly if the potential employer or recruiter asks for your Social Security number, bank account number, prior to conducting an interview or making a formal job offer;

Research others' experiences with the company. Try searching for the company online; and

Check the company's web page, and if you receive an email, look at the domain address to see if matches the web page. Be wary if there are any differences or if you can't find any reviews of the company's web page.

If you believe you have been a victim of job scams, call (888) 434-9989.

National Cybersecurity Awareness Month



As school, socializing, and many aspects of life have moved online this year, it's more important than ever that you protect your digital devices and steer clear of cybercriminals. So during National Cyber Security Awareness Month (NCSAM), observed each October, the FBI and partner agencies remind you to do your part and #BeCyberSmart all year long.

Now in its 17th year, NCSAM is a government and private sector partnership that raises awareness about cybersecurity and stresses the collective effort required to stop cyber crimes, online thefts, and scams.

COVID-19 clinical trial: real or fake?

LEARN HOW TO TELL THE DIFFERENCE

By JIM KREIDLER, Consumer Education Specialist, FTC

There are thousands of trials underway as companies race to find effective vaccines and treatments for COVID-19. Many of these research studies are legitimate, but some are not. So, if you're thinking about volunteering for a COVID-19 trial, it's important to know how to spot the real trials advancing medicine for everyone, versus the fake ones trying to steal your money and personal information.

Preying on our natural desire to help others, scammers have created fake websites and promotional materials, posing as legitimate researchers. Their goal? To take your personal information and your money. They might promise you a doctor's care and more than \$1000 in payment...but as soon as they try to charge you for access, or ask for your Social Security, bank account, or credit card number, your Spidey sense should start tingling, because, unfortunately, some of these so-called "research studies" are fake.

If you're interested in participating in a COVID-19 or other research study, here are some things to keep in mind:

- Never pay to be part of a clinical trial, or to find out about one. Real clinical trials will never ask you to pay them.
- Do an online search before you join, with the name of the clinical trial and the words "scam," "review," or "complaint."

• Legitimate clinical trials do gather information to identify ideal candidates. To screen for participants for COVID-19 trials, they might ask for your name, contact information, age, gender, race, ethnicity, or various pre-existing conditions associated with higher risk of a COVID-19-related mortality. But they should never ask you to give your Social Security number during recruitment or screening.

• Never share financial information (like your bank account or routing number). Most legitimate trials will offer to pay people to participate in the trial, but you can ask to be paid by check rather than direct deposit. The amount you get will vary based on the trial, but it can range from \$1,000-\$2,500, particularly in Phase III of vaccine trials.

• The National Institutes of Health (NIH) and the National Library of Medicine (NLM) maintain ClinicalTrials.gov, a free searchable database of clinical studies on a wide range of diseases. You can also use the database to get more information about studies, including whether they're recruiting participants, and their contact information.

• If you're interested in volunteering for a COVID-19 trial, you can sign up at the COVID-19 Prevention Network, a site run by the National Institute of Allergy and Infectious Diseases at the National Institutes of Health.

HOW TO SERVE

PREMIUM PROCESSING FEE INCREASE EFFECTIVE OCT. 19, 2020

U.S. Citizenship and Immigration Services (USCIS) announced it will increase fees for premium processing, effective Oct. 19

The USCIS premium processing service allows petitioners to pay an additional filing fee to expedite the adjudication of certain forms, generally within 15 days. The Act included the Emergency Stopgap USCIS Stabilization Act, which requires USCIS to establish and collect additional premium processing fees, and to use those additional funds for expanded purposes.

Pub. L. No. 116-159 increases the fee for Form I-907, Request for Premium Processing, from \$1,440 to \$2,500, for all filings except those from petitioners filing Form I-129, Petition for a Nonimmigrant Worker, requesting H-2B or R-1 nonimmigrant status. The premium processing fee for petitioners filing Form I-129 requesting H-2B or R-1 nonimmigrant status is increasing from \$1,440 to \$1,500.

Any Form I-907 postmarked on or after Oct. 19 must include the new fee amount.

Public Affairs

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DOT announces Batangas now open to divers

The Department of Tourism (DOT) calls on divers to dust off their masks, fins, snorkels, regulators, and other gear as popular dive sites in Batangas prepare to welcome tourists.

Tourism Secretary Bernadette Romulo-Puyat, as Chairperson of the Philippine Commission on Sports Scuba Diving (PCSSD), signed PCSSD Administrative Order No. 2020-001 or the Guidelines on the Operations of Dive Establishments Under a Community Quarantine.

"Dive establishments in Batangas Province, insofar as the area is still under General Community Quarantine (GCQ), are hereby determined to be permitted to accept guests for Recreational Diving, taking into consideration the general preparedness of the area and its impact on the tourism industry," the tourism chief remarked.

This, after the Inter-Agency Task Force on Emerging Infectious Diseases (IATF-EID) approved Resolution No. 78, which provides for the DOT

to determine the destinations in GCQ areas where recreational diving may be allowed. The same resolution provides that in specific areas under GCQ and MGCQ, dive establishments and resorts may accept guests from either GCQ or MGCQ areas for recreational diving purposes. It should be noted that prior to this IATF-EID Resolution, travel between areas under GCQ and MGCQ for purposes of recreational diving was not allowed.

"We express our support to the diving community in Batangas, one of the premier diving destinations in the country. We remain optimistic yet cautious of its reopening to recreational diving. We remind everyone to Test Before Travel and likewise reiterate that only those with a valid DOT and/or PCSSD Accreditation will be permitted to operate. While guests of all ages from GCQ and MGCQ areas are welcome, the activity is off-limits to those with comorbidities and currently pregnant," Puyat announced.



Anilao dive site in Batangas.

Forbes names MGM Resorts one of world's best employers



MGM RESORTS INTERNATIONAL®

LAS VEGAS -- MGM Resorts International (NYSE: MGM) was ranked No. 107 on Forbes' list of 750 World's Best Employers for 2020. MGM Resorts is the only company on the Las Vegas Strip to make the list.

Forbes partnered with market research firm Statista to compile their fourth-annual list of the World's Best Employers. They surveyed 160,000 full-time and part-time workers from 58 countries working for businesses with operations in multiple nations or regions. The final list is composed of 750 multinational and large corporations headquartered in 45 countries.

Other U.S. companies listed in the Travel & Leisure category include Marriott International (No. 28), Royal Caribbean Cruises (No. 134), Hyatt Hotels (No. 170) and Intercontinental Hotels Group (No. 219).

"We are honored to receive this prestigious ranking from Forbes. We have the most talented, resilient and skilled employees in our industry and this recognition is a testament

to their dedication and commitment to guest service, to caring for one another and for our company," said MGM Resorts Chief People, Inclusion and Sustainability Officer Jyoti Chopra.

Since 2016, MGM Resorts has supplemented its robust employee engagement initiative with new programs and platforms including: recognition initiatives, upward feedback appraisals for managers, and an improved online-based communications portal that gives employees the opportunity to engage each other and stay informed about company news.

All the surveys were anonymous, allowing participants to openly share their opinions. Surveys were conducted from June to July, and participants were asked to rate their willingness to recommend their own employers to friends and family. They were also asked to rate their satisfaction with their employers' Covid-19 responses and score their employers on image, economic footprint, talent development, gender equality and social responsibility.

TOKYO AQUATICS CENTRE INAUGURATION HIGHLIGHTS TOKYO'S READINESS TO HOST THE GAMES



The Tokyo Aquatics Centre will see stellar performances from Olympic and Paralympic athletes during the Games. It will host Olympic swimming, diving and artistic swimming and Paralympic swimming competitions.

The swimming competition will kick off the Olympic Games in the first week, while artistic swimming's duets and teams will vie for medals during the second week. The diving competition will spread across the fortnight. At the Paralympic Games, swimming spreads across 10 days, with medal events taking place every single day.

The Tokyo Aquatics Centre includes a 10-lane main pool, a sub pool and a diving pool and will have a seating capacity of 15,000 at Games time. It will become the cornerstone of Japanese swimming after Tokyo 2020.

It will also function as a swimming facility where everyone – from children to seniors – can engage in sport and improve their health and well-being.

With the Tokyo 2020 Games postponed to July 2021, the Tokyo Metropolitan Government (TMG) has decided to open the facility for private use and to sports federations for competition and practice use from 25 October 2020: a glimpse of the Games' rich legacy even before they take place.

Dodgers win World Series

BY ANTHONY CASTROVINCE @CASTROVINCE

Rays manager Kevin Cash raised his right arm, signaling for the bullpen. Tampa Bay starter Blake Snell bit his lip and shook his head.

And the Dodgers smelled blood.

The Dodgers are World Series champions for the first time since 1988 because they seized their moment when Snell's dominant Game 6 outing was controversially cut short Tuesday night at Globe Life Field in Arlington. With a sudden offensive awakening against Rays reliever Nick Anderson in the sixth inning, the Dodgers won, 3-1, to claim their long-awaited crown and complete their domination of the shortest, strangest season in Major League Baseball history.

This team was incredible all throughout the year, all throughout the postseason, all throughout the quarantine," said Corey Seager, who drove in the go-ahead run in the sixth and became the eighth player to win the League Championship Series MVP and World Series MVP in the same year.

2020 Student Academy Awards® medalists

LOS ANGELES, CA – The Academy of Motion Picture Arts and Sciences on October 21 honored 18 student winners from colleges and universities around the world at the 47th Student Academy Awards® ceremony, held virtually for the first time. The Gold, Silver and Bronze Medal awards was announced and presented by experimental filmmaker Shunsaku Hayashi, Oscar®-winning animator Glen Keane, Oscar-winning filmmaker and 1983 Student Academy Award® winner Spike Lee, and filmmakers Dawn Porter and Lulu Wang.

The 2020 Student Academy Award medalists are:

- Alternative/Experimental (Domestic and International Film Schools)
- Gold: "Simulacra," Curry Sicong Tian, University of Southern California
- Animation (Domestic Film Schools)
- Gold: "Ciervo," Pilar Garcia-Fernandezsesma, Rhode Island School of Design
- Silver: "Mime Your Manners," Kate Namowicz and Skyler Porras, Ringling College of Art & Design
- Bronze: "Hamsa," Daniela Dwek, Maya Mendonca and Chrysy Baek, School of Visual Arts
- Animation (International Film Schools)
- Gold: "The Beauty," Pascal Schelbli, Filmakademie Baden-Württemberg (Germany)
- Documentary (Domestic Film Schools)
- Gold: "Unfinished Lives," Yucong Chen,

- University of Southern California
- Silver: "The Dope Years: The Story of Latasha Harlins," Allison A. Waite, University of Southern California
- Bronze: "Making Waves," Laura Zéphirin, New York University
- Documentary (International Film Schools)
- Gold: "Dear Father. . ." Maren Klakegg, Westerdals Institute of Film and Media, Kristiania University College (Norway)
- Narrative (Domestic Film Schools)
- Gold: "Umama," Talia Smith, New York University
- Silver: "Bittu," Karishma Dube, New York University
- Bronze: "Sweet Potatoes," Rommel Villa Barriga, University of Southern California
- Narrative (International Film Schools)
- Gold: "My Dear Corpses," German Golub, Baltic Film & Media School, Tallinn University (Estonia)
- Silver: "Crescendo," Percival Argüero Mendoza, Centro de Capacitación Cinematográfica (Mexico)
- Bronze: "I Was Still There When You Left Me," Marie Mc Court, Institut des Arts de Diffusion (Belgium)
- For more information about the Student Academy Awards and this year's winners and presenters, visit StudentAcademyAwards.org.

Spiritual Corner



"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." - Psalm 23:4

"Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life." - John 5:24

"For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his." - Romans 6:5

"For this perishable body must put on the imperishable, and this mortal body must put on immortality. When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: 'Death is swallowed up in victory.' 'O death, where is your victory? O death, where is your sting?'" - 1 Corinthians 15:53-55

"He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." - Revelation 21:4

"Truly, truly, I say to you, whoever believes has eternal life. I am the bread of life." - John 6:47-48



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2020 PRESIDENTIAL ELECTION



TUESDAY , NOVEMBER 3, 2020

Voter ID Requirements

Two-thirds of states expect you to provide identification to let you vote at the polls.

Find Out if You Need to Bring an ID to Vote

Your state's laws determine whether you will need to show an ID and if so, what kind.

Photo ID versus Non-Photo ID

About half of the states with voter ID laws accept only photo IDs. These include:

- driver's licenses
- state-issued ID cards
- military ID cards
- passports

Many of these states now offer a free voter photo ID card if you don't have another form of valid photo ID.

Other states accept some types of non-photo ID. These may include:

- birth certificates
- Social Security cards
- bank statements
- utility bills

Each state is specific about the documents it will accept as proof of identification. Be sure you know your state's voter ID requirements before Election Day.

Procedures for Voting Without ID

Even if you don't have a form of ID that your state asks for, you may be able to vote. Some states require you take extra measures after you vote to make sure that your vote counts.

Some states may ask you to sign a form affirming your identity. Other states will let you cast a provisional ballot. States use provisional ballots when there is a question about a voter's eligibility. States keep provisional ballots separate until they decide whether they should count. To do so, they will investigate a voter's eligibility. They may also compel you to show an acceptable form of ID within a few days. If you don't, your provisional ballot won't count.

Name or Address Mismatch

Even with the right ID, you may have to cast a provisional ballot. This can happen if the name or address on your ID doesn't match the name or address on your voter registration. For instance:

- You get married, change your last name, and update your voter registration. But your driver's license, which you present as ID, still has your unmarried name on it.
- You move and for your voter ID, you present a current utility bill. Unfortunately, you've forgotten to update your address on your voter registration beforehand.

Some states require that you notify your local registration office of any name change. Avoid problems. Always update your voter registration when you move or change your name.

First Time Voters

First time voters who didn't register in person or show ID before must show identification. This is according to federal law.

Voters Who Reside in the U.S.

Get your absentee ballot from your state or territory.

Visit Can I Vote and choose your state from the dropdown menu. It will take you right to your state's absentee voting page.

Your state may require you to have a valid excuse to vote absentee. Acceptable excuses vary by state. Most include:

- Being unable to get to your polling place due to illness, injury, or disability.
- Being on business travel or vacation outside of your county or city of residence on Election Day
- Being a student at an out-of-state college or university

Who Can and Can't Vote in U.S. Elections

You must be a U.S. citizen to vote in federal, state, or local elections.

Who Can Vote?

You can vote in U.S. elections if you:

- Are a U.S. citizen
- Meet your state's residency requirements
 - You can be homeless and still meet these requirements.
- Are 18 years old on or before Election Day
 - In almost every state, you can register to vote before you turn 18 if you will be 18 by Election Day. See a table of voter registration age requirements by state.
- Are registered to vote by your state's voter registration deadline. North Dakota does not require voter registration.

Who CAN'T Vote?

- Non-citizens, including permanent legal residents
 - Some people with felony convictions. Rules vary by state. Check with your state elections office about the laws in your state.
 - Some people who are mentally incapacitated. Rules vary by state.
 - For president in the general election: U.S. citizens residing in U.S. territories
- Check with your state or local election office for any questions about who can and cannot vote.

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The next federal election will be Tuesday, November 3, 2020. It will include voting for president and vice-president, 1/3 of the Senate, and all of the House of Representatives. State and local elections will also be on the ballot in many areas.

Federal elections take place every two years, on even-numbered years. State and local elections can occur at other times throughout the year. This includes primary and special elections. Check with your state or local election office or the U.S. Vote Foundation for elections coming up in your area and to see if you can vote early or by absentee ballot.