

Philippines projected to return to positive GDP growth rate this year



Rodrigo Roa Duterte presides over a meeting with the Inter-Agency Task Force on the Emerging Infectious Diseases (IATF-EID) core members prior to his talk to the people at the Malacañang Golf (Malago) Clubhouse in Malacañang Park, Manila on March 24, 2021. KING RODRIGUEZ/ PRESIDENTIAL PHOTO

MANILA -- The country will return to a positive growth rate this year if the government effectively carries out its risk management strategy against the coronavirus disease (COVID-19) and use its resources well, the head of the National Economic and Development Authority (NEDA) said recently.

"Ang gusto kong ibalita 'yung ating projection sa GDP growth rate ay babalik sa positive this year, 6.5 percent. Ituloy lang po natin 'yong risk management, 'yong paggamit ng pondo nang maayos para tulungan 'yong na-affect ng pandemic, at 'yong ating vaccination program ay mabilis natin ipairal," Socioeconomic Planning Secretary Karl Kendrick Chua said in his report to President Rodrigo Roa Duterte.

Also in his report, Chua said imposing stricter restriction carries certain costs and benefits. For instance, imposing a two-week modified enhanced community quarantine (MECQ) can prevent up to 266,000 new COVID-19 cases, 4,738 new deaths, and 11,626 new severe or critical cases that will overwhelm the country's healthcare system.

But it also entails costs, according to Chua. Hunger in the NCR is at 3.2 million, and the imposition of MECQ will result in 58,000 additional incidence of hunger.

Gov. DeSantis Announces a Proposed \$75M Investments toward 'Get There Faster' Initiatives

MELBOURNE, Fla. — Today, Governor Ron DeSantis announced the expansion and creation of the Get There Faster Initiative, a \$75 million dollar investment toward two new initiatives to expand access and enrollment in quality, in demand Career and Technical Education (CTE) courses, postsecondary credentials, and work-based learning programs. These initiatives will accelerate career pathways for K-12 and postsecondary students that result in high-value certifications, credentials and outcomes to drive Florida's economic recovery.

"The Get There Faster innovative workforce initiatives will accelerate Florida's efforts to be the best state in the nation for workforce development by 2030," said Governor Ron DeSantis. "The \$75 million in federal funds will provide high school and adult students access to the resources they need to expedite the completion of their degrees or certifications."

"We know that a postsecondary educated workforce is the backbone of a thriving economy, said Commissioner of Education



Governor Ron DeSantis
FLORIDA

Richard Corcoran. "Right now, more than ever, we need to do everything we can to help Floridians gain access to higher education and training."

The Get There Faster Initiative is comprised of two areas of focus — career dual enrollment to provide technical skills preparation and work-based learning opportunities

for K-12 students and a postsecondary workforce initiative for residents, with or without a high school diploma, seeking in-demand and high-value career and technical education or training.

\$50 million is recommended to cover costs for students to participate in workforce college credit or career dual enrollment programs. In addition to enrolling in postsecondary coursework, these high school students will be provided resources to ensure their success, such as tutoring, financial literacy workshops, transportation and advanced job placement resources, and access to work-based learning opportunities to gain access to professional mentoring, technical and employability skills.

The remaining \$25 million is focused on targeting adult learners who are enrolling in workforce education programs at one of Florida's 28 state colleges or 48 technical centers to alleviate their financial burdens. It will also support adults needing to enter a high quality training program to acquire a job-ready credential of value.

Governor Abbott lifts mask mandate, opens Texas 100 percent

Governor Greg Abbott early this month issued an Executive Order (GA-34) lifting the mask mandate in Texas and increasing capacity of all businesses and facilities in the state to 100 percent. The Governor made the announcement at Montelongo's Mexican Restaurant in Lubbock in an address to the Lubbock Chamber of Commerce.

"With the medical advancements of vaccines and antibody therapeutic drugs, Texas now has the tools to protect Texans from the virus," said Governor Abbott. "We must now do more to restore livelihoods and normalcy for Texans by opening Texas 100 percent. Make no mistake, COVID-19 has not disappeared, but it is clear from the recoveries, vaccinations, reduced hospitalizations, and safe practices that Texans are using

that state mandates are no longer needed. Today's announcement does not abandon safe practices that Texans have mastered over the past year. Instead, it is a reminder that each person has a role to play in their own personal safety and the safety of others. With this executive order, we are ensuring that all businesses and families in Texas have the freedom to determine their own destiny."

During his remarks, the Governor discussed the incredible advancements that Texas has made that allow the state to open fully and lift the mask mandate—noting the rapid increase of vaccines. Nearly 5.7 million vaccine shots have been administered to Texans, and the state is now administering almost one million shots each week. The vaccine supply continues to increase so



Governor Greg Abbott
TEXAS

rapidly that more and more Texans will soon be eligible to receive a vaccine.

STATE EXPANDS VACCINE ELIGIBILITY TO 50+ CALIFORNIANS

SACRAMENTO — With supply of vaccines expected to significantly increase in the coming weeks, the state is expanding vaccine eligibility to more Californians. Starting April 1, individuals aged 50+ will be eligible to make an appointment, and individuals 16+ will be eligible to make an appointment to be vaccinated starting on April 15.

"With vaccine supply increasing and by expanding eligibility to more Californians, the light at the end of the tunnel continues to get brighter," said Governor Newsom. "We remain focused on equity as we extend vaccine eligibility to those 50 and over starting April 1, and those 16 and older starting April 15. This is possible thanks to the leadership of the Biden-Harris Administration and the countless public health officials across the state who have stepped up to get shots into arms."

Based on the current estimates, California expects to be allocated

approximately 2.5 million first and second doses per week in the first half of April, and more than 3 million doses in the second half of April. California currently receives about 1.8 million doses per week. These estimates may be adjusted as time goes on. The state has the capacity to administer more than 3 million vaccines per week, and is building the capacity to administer 4 million vaccines weekly by the end of April.

"We are even closer to putting this pandemic behind us with today's announcement and with vaccine supplies expected to increase dramatically in the months ahead," said California Health and Human Services Secretary Dr. Mark Ghaly. "However, we are not there yet. It will take time to vaccinate all eligible Californians. During this time, we must not let our guard down. It is important that we remain vigilant, continue to wear masks and follow public health guidance."

News Breakers

IOC and IPC respect and accept Japanese decision on overseas spectators

The International Olympic Committee (IOC) and the International Paralympic Committee (IPC) were informed by the Japanese parties in the five-parties meeting about their conclusion regarding overseas spectators at the Olympic and Paralympic Games Tokyo 2020 this summer. For the reason of the safety of every games participant and the Japanese people, their conclusion is fully respected and accepted by the IOC and the IPC.

As outlined in the full statement by Tokyo 2020, the conclusion of the Japanese parties is not to allow entry into Japan for overseas spectators for the Olympic and Paralympic Games Tokyo 2020 due to the prevailing worldwide Covid-19 pandemic. Olympic and Paralympic Games tickets purchased by overseas residents from the Tokyo 2020 organising committee will be refunded.

California woman sentenced to 15 months for threatening to bomb Catholic prep school

WASHINGTON — The Justice Department announced that Sonia Tabizada, 36, of San Jacinto, California, was sentenced to 15 months and 13 days for intentionally obstructing persons in the enjoyment of their free exercise of religious beliefs by threatening to bomb the Georgetown Visitation Preparatory School in Washington, D.C. In May 2019, school officials announced that Visitation Prep, the oldest Catholic school for girls in the country, would begin publishing same-sex wedding announcements in its alumni magazine to advance its teaching that "we are all children of God ... worthy of respect and love." According to the plea agreement, Tabizada learned of this announcement and made multiple calls threatening violence in response to the school's decision.

FTC sends more than \$6.5M to consumers harmed by Fashion Nova

The Federal Trade Commission is sending payments totaling more than \$6.5 million to more than 500,000 consumers who were affected by online retailer Fashion Nova's violations of the FTC's Mail, Internet, or Telephone Order Merchandise Rule.

According to the FTC, Fashion Nova promised consumers fast shipping of their orders but regularly failed to meet those promises, didn't properly notify consumers of shipping delays, and didn't give them the chance to cancel their orders and receive prompt refunds. The company also illegally used gift cards to compensate consumers for unshipped merchandise instead of providing refunds. Recipients who have questions about the redress payments, or who did not receive a payment but believe they are eligible should contact the refund administrator, Rust Consulting, Inc. at 1-866-483-0376.

By MICHAEL EASTERLING
COVID-19 presented myriad challenges for City of Hope staff in the last year. But even during a pandemic, through the efforts of nurses, physicians and leadership, the institution achieved an honor bestowed on only 9% of hospitals in the country: Magnet® recognition from the American Nurses Credentialing Center (ANCC). Magnet recognition is one of the group's highest accolades and a designation that recognizes not only City of Hope's nursing team, but also the physicians and health care team members who have supported and encouraged this journey. It is a testament to the ceaseless dedication of City of Hope's 1,600 nurses to patient-centered care and the highest standards of professional practice. Beyond the Magnet recognition, City of Hope also received six exemplars from the Commission on Magnet, awarded for extraordinary performance in the areas of patient satisfaction, prevention of surgical harm, and a total of 89% of nurses with a bachelor of science degree or higher in nursing. These exemplars demonstrate City of Hope's commitment to personalized care and expert skill at the highest level. "We are extremely proud of our nursing staff and all they do for the patients, families and communities we serve," said Robert Stone, president and CEO and Helen and Morgan Chu Chief Executive Officer Distinguished Chair. "This is a tremendous honor for City of Hope, as it reflects the outstanding quality of care and teamwork across our entire clinical organization. To achieve this recognition in the middle of a pandemic, with all of the challenges and stress it has caused, is truly astonishing."



Small volcanic eruption started in Iceland

At approximately 20.45 on the night of March 20, lava began flowing from a rupture in the ground around Fagradalsfjall near the fishing town of Grindavík on the Reykjanes peninsula. The eruption is considered to be small and due to its location, there is no threat to any populated areas or critical infrastructure. A few roads in the vicinity of the eruption have been closed and people were advised to stay away from valleys and other places near the fissure where toxic gases can accumulate.

The eruption came after more than two weeks of intense seismic activity that started with a 5.7 magnitude earthquake on 24 February. The eruption was a part of an ongoing geological event that was first noticed in January 2020 as a measurable rise in the land



in the vicinity of the eruption.

Keflavík/Reykjavík International Airport was briefly closed while scientists assessed the situation and confirmed that air traffic was safe. All flights to Iceland have resumed as normal and international flight corridors are open.

The eruption was first seen on a web camera positioned close the mountain and was also confirmed on thermal satellite imagery. Icelandic Coast Guard helicopters flew over the area with scientists on board soon after the eruption started. They describe the eruption as very small with relatively insignificant lava production and it will most likely be short-lived. The last eruption in the Reykjanes Peninsula was recorded over 700 years ago, and eruptions in Mt Fagradalsfjall (Mount of Fair Valley) last happened around 6000 years ago. The response to any potential volcanic activity is led by the Department of Civil Protection and Emergency Management of the police in cooperation with the Icelandic Meteorological Office and University of Iceland.

Australia Signs NASA’s Artemis Accords



Australia is among the first partner countries to join NASA on international cooperation with the signing of the Artemis Accords. The Artemis Accords are grounded in the Outer Space Treaty of 1967 and establish a practical set of principles to guide space exploration cooperation among nations. The Artemis Accords aim to increase the safety of operations, reduce uncertainty, and promote the sustainable and beneficial use of space.

Dijkgraaf talks ‘The Future of Science’ with East Coast alumni



DR. ROBBERT DIJKGRAAF

Dr. Robbert Dijkgraaf, director of the Institute for Advanced Study at Princeton University, provided a keynote speech during March 4 event for East Coast-based alumni of a large group of Dutch universities. The event was attended by nearly 300 enthusiastic participants and sparked new connections across the whole US East Coast.

In his address “The Future of Science,” Dr. Dijkgraaf highlighted the pivotal role of science in tackling the grand challenges our society faces, ranging from the pandemic to the climate crisis. He also elaborates on the convergence of science and technological development in every aspect of our daily lives, and how essential it is to continue communicating this to all.

The latter is crucial to building trust in science, so that science may continue to combat the challenges we face.

March is Human Rights Month



Human Rights Month is commemorated in March to remind South Africans about the sacrifices that accompanied the struggle for the attainment of democracy in South Africa. Human Rights Day on 21 March falls within this period.

The 2021 Human Rights Month Launch takes place under the theme, “THE YEAR OF CHARLOTTE MAXEKE: PROMOTING HUMAN RIGHTS IN THE AGE OF COVID-19”. This year’s theme pays tribute to the 150th anniversary of the liberation struggle hero and human rights campaigner, Charlotte Maxeke.

EMPOWERING DISPLACED WOMEN THRU BEAD WEAVING, DRESSMAKING



An ID sling made from beads, one of the products of Mipaga Marawi Beads Craft Shop, a beneficiary of Raheemah Peace Weavers Producer Cooperative and Save the Children Philippines. (PIA ICIC)

By LOU ELLEN L. ANTONIO

Women who were displaced during the Marawi siege in 2017 are getting a chance to learn skills such as bead weaving and regain livelihood in dressmaking with the hope that they can eventually get back on their feet.

In Bahay Pag-asa Phase 2 in Barangay Mipaga, women started to learn vocational skills in beadworks and dressmaking.

After receiving the Shared Service Facilities from the Department of Trade and Industry, the Raheemah Peace Weavers Producer Cooperative started to capacitate women and youth with skills in crafting designs using beads and sequins.

Promoting livelihood convergence, the Save the Children Philippines also provided P25,000 cash grants to the women as part of its continuing efforts in rebuilding the lives of affected families of the conflict-stricken city.

DIGITAL SAFETY CREATOR CAMP



On March 6-7, USG alumni organizing team visited Chiang Mai to conduct the Digital Safety Creator Camp. Thirty-five students from Chiang Mai and nearby provinces attended the two-day workshop at Faculty of Mass Communication, Chiang Mai University. This workshop aims at raising awareness about the threat of fake news on social media.

U.S. Department of State equipment grant boosts security at Kotoka International Airport

ACCRA, GHANA— On Tuesday, March 23, U.S. Ambassador to Ghana Stephanie S. Sullivan officially presented new aviation security screening equipment for use at Kotoka International Airport to the Honorable Minister of Transport Kwaku Ofori Asiamah and

the Chief Director of the Ministry of Foreign Affairs and Regional Integration, Ambassador Martha Pobee. Also present for the occasion were the Director-General of Ghana Civil Aviation Authority Charles Kraikue, and Managing Director of Ghana Airports Company Limited

Yaw Kwakwa.

In her remarks, Ambassador Sullivan highlighted that the growth of the aviation sector in Ghana has increased the importance of aviation security, screening, and information sharing noting, “The airport security training and equipment program underscores the robust security cooperation between the United States and Ghana.”

The U.S. and Ghanaian officials commissioned one body scanner and nine explosives and narcotics trace detectors at the passenger checkpoint for outbound flights inside Kotoka International Airport Terminal 3. In addition to the state-of-the-art screening technol-

ogy, the U.S. government has committed to deliver best practices in airport security management and related operator training for the donated equipment.

This equipment grant was implemented by the U.S. Department of State Bureau of Diplomatic Security Office of Antiterrorism Assistance (ATA), in coordination with the U.S. Department of Homeland Security Transportation Security Administration. The ATA program provides support for an Aviation Security Enhancement Program (ASEP) in Ghana in close coordination with the Department of State’s Bureau of Counterterrorism (CT) and U.S. Embassy Accra.



U.S. Ambassador Stephanie S. Sullivan presenting new aviation security screening equipment to the government of Ghana.

ON LEADERSHIP

“Leaders aren’t born, they are made. And they are made just like anything else, through hard work. And that’s the price we’ll have to pay to achieve that goal, or any goal.” --Vince Lombardi

PUBLIC SERVICE APPEAL

WE ARE ACCEPTING THE FOLLOWING DONATIONS
TO HELP THE NEEDY INDIVIDUALS/ FAMILIES IN THE PHILIPPINES:

- **Computer/Laptops** • **Canned Goods** •
- Medical Supplies** • **Vitamins**
- **School Supplies** • **Etc.**

You may send your donations to the following :

Caritas Manila, Inc.
2002 Jesus St.
Panda can, Manila
1011 Metro Manila
Philippines

Hospicio de San Jose
Ermita/ Ayala Bridge
Bgy 663-A Zone
71 Manila
District V

Philippine General Hospital
Taft Avenue, Manila
1000. Metro Manila
Philippines

World Surgical Foundation
P.O. Box 1006
Camp Hill, PA 17001-1006

You may also contact your nearest
AMERICAN RED CROSS
CATHOLIC CHARITIES
SALVATION ARMY

OR EMAIL US : Radiotvanchor1@gmail.com

*Thank You
for your
support!*



ASEAN, Japan reaffirm commitment to advance partnership

JAKARTA, Indonesia -- The 15th ASEAN-Japan Joint Cooperation Committee Meeting took place virtually today, underscoring the commitment of both sides to further strengthen the ASEAN-Japan partnership.

The meeting welcomed the substantive progress in ASEAN-Japan cooperation through the implementation of activities under the Implementation Plan of the 2013 Vision Statement on ASEAN-Japan Friendship and Cooperation.

Both sides agreed to continue promoting cooperation in areas of common interests, including trade and investment, disaster management, sustainable development, smart cities, cybersecurity, connectivity, and people-to-people exchanges. They also stressed the need for close cooperation for the regional post-pandemic recovery, including through the implementation of the ASEAN-Japan Economic Resilience Action Plan.

ASEAN appreciated Japan's support towards the establishment of the ASEAN Centre for Public Health Emergencies and Emerging Diseases Centre and contribution to the COVID-19 ASEAN Response Fund. Preparations are being made for the establishment and operation of the Centre which aims to enhance ASEAN's capacity and resilience to future public health emergencies.

The two sides exchanged views on development in ASEAN and Japan. Japan highlighted the priority to implement the Joint Statement of the 23rd ASEAN-Japan Summit on Cooperation on the ASEAN Outlook on the Indo-Pacific (AOIP), through conducting practical cooperation in the key areas of the AOIP.

TAKING FLIGHT THE NADINE RAMSEY STORY



*The book about
World War
II flying ace
Nadine Ramsey
is now featured
in a website
and monthly
newsletter for
fans of the
pioneering
WASP pilot.
Visit: <https://nadinebramsey.com>*

Tourism's recovery strategies highlighted at WTO 'Aid For Trade' event

The Asian Development Bank (ADB) partnered with the UN World Tourism Organization (UNWTO) to lead a conversation on what the COVID-19 pandemic's impact on global tourism means for development across the Asia-Pacific region. The special session brought key sector representatives together to assess how the sector can be transformed to drive recovery and build sustainability. According to the latest data from UNWTO, the pandemic led to a 73% fall globally in international tourist arrivals in 2020. The drop has been even steeper in Asia-Pacific where ADB estimates a decline of over 80% for 2020, as many Asian countries continued to impose strict travel restrictions. The special event at WTO, moderated by Anna Fink, Economist at ADB, explored how 'aid-for-trade' can be used to build greater sustainability and resilience in the tourism sector. Joining Matthias Helble Senior Economist at the Asian Development Bank and Zoritsa Urosevic Director of Institutional Relations and Partnerships at UNWTO were representatives from the governments of Azerbaijan and New Zealand, and Suzanne Becken, a tourism expert from Griffith University. - UNWTO

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/AweeAbayari

INM
INTERNATIONAL NEWS MEDIA

REAL ESTATE News

Mortgage rates soar to highest level since June 2020, so why is the housing market still hot?

By JACOB PASSY, *Realtor.com*

Mortgage rates have jumped to the highest point in over half a year as investors grow more optimistic about the state of the economy. And that's bad news for some home buyers.

The 30-year fixed-rate mortgage averaged 3.17% for the week ending March 25, up eight basis points from the previous week, Freddie Mac reported Thursday. It's the highest level the 30-year mortgage has reached since June of last year.

The 15-year fixed-rate mortgage, meanwhile, rose five basis points to an average of 2.45%. The 5-year Treasury-indexed adjustable-rate mortgage averaged 2.84%, up 22 five points from the previous week.

So far in 2021, mortgage rates have risen over half a percentage point. Mortgage rates rose above the 3% for the first time since last summer earlier this month. Rising mortgage rates are a reflection of the upbeat sentiment among investors, which has pushed long-term bond yields higher, including the 10-year Treasury.

"Rising expectations around the boost to economic activity from a fresh round of fis-

cal stimulus, equal to more than one month's worth of economic output, and reemerging consumers drove rates higher," said Danielle Hale, chief economist at Realtor.com.

Higher mortgage rates have yet to dampen demand among home buyers. The volume of mortgage applications for loans used to purchase homes has increased for four consecutive weeks, according to data released Wednesday by the Mortgage Bankers Association.

Desperate for more space

As people continue to work from home, many families are in desperate need of more space, causing them to pursue buying larger homes. At the same time, millennials have reached their peak home-buying years. As more young couples move in together and get married, that's increase homeownership demand.

But the number of homes for sale has not kept up with demand. Many sellers have opted against listing their homes for sale amid the coronavirus pandemic. Plus, years of under-building of new homes following the Great Recession has led to a supply-demand

imbalance in the housing market.

Home builders are working feverishly to construct new homes, but rising material costs could become an issue. Overall, it's a recipe for higher prices. Median listing prices were up 15.6% from a year ago, according to a new report from Realtor.com.

"As both home-price growth and mortgage rates continue this upward trend, we may see affordability challenges become more severe if new and existing supply does not significantly pick up," Joel Kan, associate vice president of economic and industry forecasting at the Mortgage Bankers Association, said in the organization's application report.

The spring home-buying season is here, which means more buyers streaming into the market and more competition for homes. But buyers might see some relief in coming weeks, at least when it comes to mortgage rates.

Concerns about a possible new wave of COVID in Europe and what that might mean for cases in the U.S. could foreshadow a pause in rate increases — even if brief — in the weeks ahead," Hale said.

INM Book Choice

The Women of the Bible Speak: The Wisdom of 16 Women and Their Lessons for Today

by SHANNON BREAM

The women of the Bible lived timeless stories—by examining them, we can understand what it means to be a woman of faith.

People unfamiliar with Scripture often assume that women play a small, secondary role in the Bible. But in fact, they were central figures in numerous Biblical tales. It was Queen Esther’s bravery at a vital point in history which saved her entire people. The Bible contains warriors like Jael, judges like Deborah, and prophets like Miriam. The first person to witness Jesus’ resurrection was Mary Magdalene, who promptly became the first Christian evangelist, eager to share the news which would change the world forever.

From the shepherdesses of ancient Israel who helped raise the future leaders of the people of God, to the courageous early Christians, the narrative of the Bible offers us many vivid and fascinating female characters. In their lives we can see common struggles to resist bitterness, despair, and pride, and to instead find their true selves in faith, hope, and love.



In studying these heroes of the faith, we can find wisdom and warnings for how to better navigate our own faith journeys.

The Women of the Bible Speak outlines the lessons we can take from the valor of Esther, the hope of Hannah, the audacity of Rahab, and the faith of Mary. In broadening each woman’s individual story, Fox News Channel’s Shannon Bream offers us a deeper understanding of each, and wisdom and insights that can transform our own lives today.

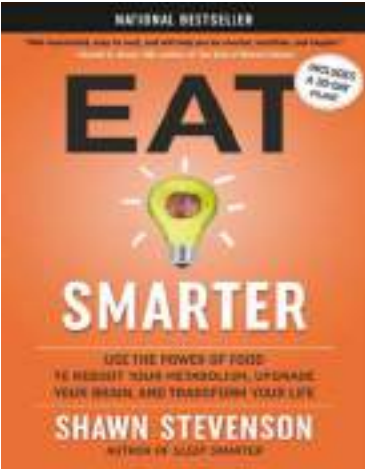
Eat Smarter: Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life

by SHAWN STEVENSON

Lose weight, boost your metabolism, and start living a happier life with this transformative 30-day plan for healthy eating from the host of the hit podcast The Model Health Show.

Food is complicated. It’s a key controller of our state of health or disease. It’s a social centerpiece for the most important moments of our lives. It’s the building block that creates our brain, enabling us to have thought, feeling, and emotion. It’s the very stuff that makes up our bodies and what we see looking back at us in the mirror. Food isn’t just food. It’s the thing that makes us who we are. So why does figuring out what to eat feel so overwhelming?

In Eat Smarter, nutritionist, best-selling author, and #1-ranked podcast host Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function. Most importantly,



he explains how changing what you eat can transform your life by affecting your ability to make money, sleep better, maintain relationships, and be happier. Eat Smarter will empower you and make you feel inspired about your food choices, not just because of the impact they have on your weight, but because the right foods can help make you the best version of yourself.

Tips and Etiquette for Virtual Meetings

1. Complete any Program and Administrative Tasks
Review and complete any tasks required for your meeting.
2. Etiquette for Virtual Meetings
The same etiquette expected for in-person business meetings also applies for remote events. Practicing the following tips will help to ensure that your virtual meeting is productive and efficient.
 - Join your meeting at least 15 minutes early to work out any technical issues.
 - Participate in your meeting from a quiet location where others will not overhear your discussion of sensitive information.
 - Turn off any unnecessary applications or notifications on your computer desktop before joining your meeting.



- Take steps to minimize background noise:
- Mute yourself when you are not speaking.
 - Use headphones or a headset with a built-in microphone when possible.
 - Use pen and paper to take meeting notes instead of your computer and keyboard. The sounds of typing on a keyboard are easily transmitted and can be distracting

- to others.
- Be conscious that your webcam is on:
 - Dress appropriately.
 - Make sure your background is appropriate and professional.
 - Remember that everyone can see you, and what you are doing, just as if you were meeting face-to-face.
 - Introduce yourself before speaking.
 - If you need to leave the meeting temporarily, drop from the meeting and then rejoin.
 - Never place the meeting on hold.
 - Stay engaged, listen closely, and wait to speak until the current speaker finishes his or her thought. This helps all participants to hear each other clearly.
- Source: National Science Foundation



Food and Nutrition

Expert Questions and Answers About Nutrition

Do I need a vitamin or mineral supplement?

The Dietary Guidelines for Americans recommends that nutrient needs be met mostly from eating a variety of foods and beverages. However, vitamin or mineral supplements may be useful when it is not possible to otherwise meet your nutrient needs, such as during pregnancy or with certain medical conditions.

Always talk with your doctor before taking a vitamin or mineral supplement, including multivitamins. Your doctor can review your personal health status and inform you if a supplement could be helpful.

What foods cause gas and bloating?

There are many possible causes of gas and bloating, including:

- Swallowing more air than usual (e.g. when chewing gum or drinking carbonated [fizzy] drinks)
- Eating certain foods or drinks (e.g. “sugar-free” products made with sugar alcohols)
- Having certain digestive disorders (e.g. Celiac Disease, gastritis, Irritable Bowel Syndrome [IBS], or food allergies and intolerances)

Causes of digestive discomfort vary from person to person. If you are concerned, talk to your doctor. They can help you find out why you are having symptoms and how you can make them better.

What is a “healthy diet”?

A healthy eating pattern is one that provides enough of each essential nutrient from nutrient-dense foods, contains a variety of foods from all of the basic food groups, and focuses on balancing calories consumed with

calories expended to help you achieve and sustain a healthy weight. This eating pattern limits intake of solid fats, sugar, salt (sodium) and alcohol. - US Dept. of Agriculture/Nutrition.gov

ASPARAGUS MUSHROOM MELT

This warm, cheesy sandwich will make your taste buds water.

Yield: 4 servings

Prep time: 15 minutes

Cook time: 15 minutes

Ingredients

4 English muffins

1 cup onion (finely minced)

1 cup mushrooms (chopped)

1 teaspoon oil

1 pound asparagus (trimmed and sliced crosswise into 1/2 inch rounds)

1 teaspoon thyme (ground, or oregano or basil)

1 teaspoon vinegar

1 dash salt

1 dash pepper

3/4 cup mozzarella cheese (3 ounces, shredded)

Steps

1. Toast muffin halves and place on a baking sheet in a single layer.

2. In a large skillet over medium-high heat, sauté onions and mushrooms in oil, stirring often, until just beginning to brown.

3. Add asparagus, seasoning and



vinegar. Sauté, stirring often, until asparagus is barely tender. Season lightly with salt and pepper.

4. Divide the vegetable mixture equally onto the muffin halves. Top each muffin with shredded cheese.

5. Broil muffins until the cheese melts. Watch carefully to avoid burning.

6. Refrigerate leftovers within 2 hours.
Source: Oregon State University Extension.

GOOD Manners & RIGHT Conduct



HOW TO DONATE TO CHARITY

DONATE TO CHARITY
You may donate money or property to a charity.

Research
Before you donate money or goods, re-search the charity. Be certain that the charity is real. Several agencies offer information to help you evaluate the operation of charities:

- The Internal Revenue Service offers tax tips for donors.
- Check a charity’s 501(c)3 status with the IRS’ exempt organization database. A charity must have 501(c)3 status if you plan to deduct your donation on your federal taxes.
- The attorney general in your state often licenses charitable organizations. They may also have records of complaints about charities.
- The Better Business Bureau offers reports about large charities and how they use their funds.

Types of Donations

- **Monetary**
Make financial donations by check or credit card. These payment methods can help you keep record of your donations. They can also protect you from charity scams.
- **Goods and Personal Property**
Some charities accept non-cash donations, such as clothing and household items. Donate items that are in good (or better) condition. Keep a list of the items you donated, for your taxes.
- **Vehicles**
You can donate your car, truck, boat, or other vehicle to a charity. An organization may give a donated vehicle to someone, use it for operations, or sell it at auction. If you donate a vehicle, you will need to transfer



the title of the vehicle to the charity. Also, remove license plates and registration documents before you donate the car.

- **Other Property**
You may also give other types of items to charities:
- Art, Jewelry, Stocks, Real Estate, Patents

The value of these items may need an expert appraisal. The values could depend on offers to buy the items and the timing of the donation.

Charity Scams
Some scammers set up fake organizations to take advantage of the public’s generosity. They especially take advantage of tragedies and disasters.

How to Report Charity Scams

- Your state consumer protection office can accept and investigate consumer complaints.
- File a complaint with the Federal Trade Commission (FTC). The FTC does not resolve individual matters. But it does track charity fraud claims and sues companies on the behalf of consumers.
- Contact the National Center for Disaster Fraud, if the fraud is because of a natural disaster. - *USA.GOV*

FBI tips on scams and safety

Internet Fraud
Internet fraud is the use of Internet services or software with Internet access to defraud victims or to otherwise take advantage of them. Internet crime schemes steal millions of dollars each year from victims and continue to plague the Internet through various methods. Several high-profile methods include the following:

- **Business E-Mail Compromise (BEC):** A sophisticated scam targeting businesses working with foreign suppliers and companies that regularly perform wire transfer payments. The scam is carried out by compromising legitimate business e-mail accounts through social engineering or computer intrusion techniques to conduct unauthorized transfers of funds.
- **Data Breach:** A leak or spill of data which is released from a secure location to an untrusted environment. Data breaches can occur at the personal and corporate levels and involve sensitive, protected, or confidential information that is copied, transmitted, viewed, stolen, or used by an individual unauthorized to do so.
- **Denial of Service:** An interruption of an authorized user’s access to any system or network, typically one caused with malicious intent.
- **E-Mail Account Compromise (EAC):** Similar to BEC, this scam targets the general public and professionals associated with, but not limited to, financial and lending institutions, real estate companies, and law firms. Perpetrators of EAC use compromised e-mails to request payments to fraudulent locations.

- **Malware/Scareware:** Malicious software that is intended to damage or disable computers and computer systems. Sometimes scare tactics are used by the perpetrators to solicit funds from victims.
- **Phishing/Spoofing:** Both terms deal with forged or faked electronic documents. Spoofing generally refers to the dissemination of e-mail which is forged to appear as though it was sent by someone other than the actual source. Phishing, also referred to as vishing, smishing, or pharming, is often used in conjunction with a spoofed e-mail. It is the act of sending an e-mail falsely claiming to be an established legitimate business in an attempt to deceive the unsuspecting recipient into divulging personal, sensitive information such as passwords, credit card numbers, and bank account information after directing the user to visit a specified website. The website, however, is not genuine and was set up only as an attempt to steal the user’s information.
- **Ransomware:** A form of malware targeting both human and technical weaknesses in organizations and individual networks in an effort to deny the availability of critical data and/or systems. Ransomware is frequently delivered through spear phishing emails to end users, resulting in the rapid encryption of sensitive files on a corporate network. When the victim organization determines they are no longer able to access their data, the cyber perpetrator demands the payment of a ransom, typically in virtual currency such as Bitcoin, at which time the actor will purportedly provide an avenue to the victim to regain access to their data.



HOLIDAY ROAD-TRIP SURVIVAL TIPS



Are you and your family planning to drive to a holiday get-together this year? Whether you’re heading to Grandma’s cottage or a favorite vacation spot to celebrate holidays with family or friends, AAA has simple tips to help make your drive a smooth one, so you can arrive at your destination safely and without incident.

- Ensure your vehicle is properly maintained. If maintenance is not up to date, have your car and tires inspected before you take a long drive.
- Map your route in advance and be prepared for busy roads during the most popular times of the year. If possible, consider leaving earlier or later to avoid heavy traffic.
- Keep anything of value in the trunk or covered storage area.
- If you’re traveling with children, remind them not to talk to strangers. Go with them on bathroom breaks and give them whistles to be used only if the family gets separated.
- Have roadside assistance contact information on hand, in case an incident occurs on the road.
- In case of an emergency, keep a cell phone and charger with you at all times. AAA and many other companies offer smartphone applications that enable motorists to request help without making a phone call.

With a little prep, you can leave the road-trip stress at home and enjoy your holiday with family and friends. - *Source: Triple A*

TORNADOES HIT SOUTHEAST AGAIN; FOLLOW THESE SAFETY STEPS

Just a little over a week since storms pummeled the Southeast, more than 20 devastating tornadoes were reported across five southeastern states, 14 in Alabama alone. The twisters left heavy damage behind and the American Red Cross is assessing the situation and working with partners to respond if necessary.

The storms caused destruction across Georgia, Alabama, Tennessee, Kentucky and Mississippi. At least 10 million people were under tornado watches.

There were hundreds of homes across multiple states that have received major damage or were destroyed.

In Alabama, the Red Cross is providing emergency hotel lodging for as many as 40 people, distributing clean-up kits and helping with damage assessment today. In Georgia, the Red Cross is providing shelter for about 12 people, distributing clean-up kits and helping with damage assessment today. Damage is widespread across several regions of the state.

RETURNING HOME SAFELY

As people begin to deal with the aftermath of the tornadoes, the Red Cross reminds them to return to their neighborhood only when officials say it is safe to do so. They should also:

- Stay out of damaged buildings. Wear long pants, long-sleeved shirts and sturdy shoes.
- Avoid fallen power lines or broken gas lines - immediately report them to the utility companies.
- If someone smells gas or hears a hissing noise, they should open a window, get everyone out of the building immediately and call the gas company or fire department
- Use flashlights, not candles when examining buildings.

COVID pandemic challenges Catholics regarding how to provide better care for our elders

By JUDY ROBERTS



The tragedy of the death and suffering the health crisis has inflicted on U.S. seniors spotlights the need to implement new models that can better protect their health and dignity.

Mary Beth Bonacci thought she and her siblings had done everything possible to find a safe place for their 88-year-old mother to live, but all went horribly wrong when they learned she had been found dead outside her care facility.

For Bonacci, her mother’s death, after prolonged exposure to sub-freezing temperatures, opened a window into a broken elder-care system in need of significant retooling.

“I am discovering the enormous problems we face in senior care, particularly in the era of COVID,” Bonacci wrote in a heart-rending column.

Even before her mother died in January, Bonacci had taken her 97-year-old father out of an independent-living facility and moved him into her own home after a COVID outbreak had caused him to be even more isolated.

He was by himself all the time,” she said, adding that, now, “I can’t imagine leaving my father in a facility.”

COVID restrictions also had kept her mother from receiving the sacraments inside her memory-care facility, Bonacci said.

“The only exception in those six months was the one time I took her to the doctor and made a stop at a local parish, where she received the Eucharist, as well as reconciliation and last rites,” Bonacci said. “I was told that there was no way to bring Communion to the facility that would conform with Colorado health-department regulations for COVID quarantine. But, of course, it could have been done safely. The risk would have been so minimal in comparison with the benefit, especially for a devout Catholic woman we now know was in the last months of her life.”

Indeed, the COVID crisis has shed new light on the question of how better to care for elderly people both in their homes and in facilities.

JOJO VALENZUELA: A SUCCESS IN THE MAKING

Known for his high energy and strong leadership skills, Jojo is proving himself to be a very successful entrepreneur. The Game DC has become a popular “go to restaurant” by young and old alike because of the fantastic menu which includes some special Filipino dishes like pancit, lumpiang shanghai, turrón and many others in recognition of his Philippine heritage. With hard work , dedication and admirable public relations Jojo Valenzuela is now a Success in the United States .



Bellagio’s Conservatory & Botanical Gardens welcomes new season with ‘Springtime Celebrations Around the World’ Display



LAS VEGAS – Spring is in full bloom at Bellagio’s Conservatory & Botanical Gardens as the resort debuts its new display, “Springtime Celebrations Around the World.” Beautifully designed floral creations represent renowned springtime celebrations in The Netherlands, England, Thailand and the United States.



In our Hard Time, God gives us Chance to realize our Mistake, to Improve ourselves. So never takes a Hard Time as a Punishment. It's a Blessing From God.



You may be facing a situation today that looks impossible, but be encouraged. The faith of God is at work in your life. There are moments of favor God has already established in your future.

TODAY'S A GREAT DAY TO RELEASE WHAT YOU'VE LOST, CELEBRATE WHAT YOU'VE GAINED, AND GIVE GOD THANKS FOR WHAT'S ON ITS WAY.

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." HEBREWS 11:6





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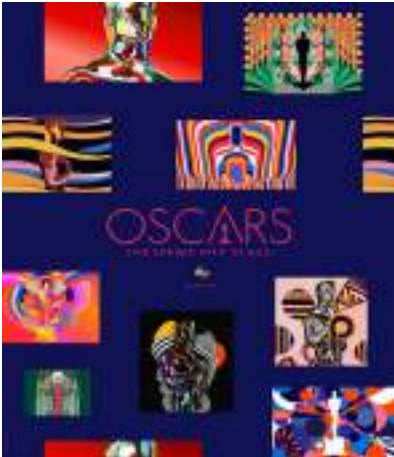
93RD OSCARS® CAMPAIGN ART REVEALED

THE OSCARS ARE SET TO AIR LIVE, APRIL 25, 2021, ON ABC AT 8 P.M. ET/5 P.M. PT


LOS ANGELES, CA – The Academy of Motion Picture Arts and Sciences has revealed the campaign art for the 93rd Oscars®.

The 2021 campaign illustrates this year’s tagline, “Bring Your Movie Love,” celebrating our global appreciation for the power of film to foster connection, to educate, and to inspire us to tell our own stories.

The Academy invited seven international artists to create custom Oscar® statuette art inspired by the question, “What do movies mean to you?” The artists are Temi Coker, Petra Eriksson, Magnus Voll Mathiasen, Michelle Robinson, Karan Singh, Victoria Villasana and Shawna X.



Pechanga’s VIP/Asian Marketing Manager & Asian Host Team provides you with the VIP Advantage



DOT’s STDP program to enhance resiliency of PHL destinations - Puyat

MANILA - The Department of Tourism (DOT) endeavors to ensure the tourism resiliency of the country’s prime destination, El Nido, Palawan, through the full implementation of the Sustainable Tourism Development Project (STDP) this year.

Tourism Secretary Bernadette Romulo-Puyat made the statement on March 5 as she visited El Nido for the Awarding of Certificates to beneficiaries of the Cash-For-Work and Financial Assistance Program between the DOT and the Department of Labor and Employment (DOLE).

“Like all initiatives of the DOT, it will need the cooperation and collaboration from our partners in government and the private sector to ensure its success. I hope that the DOT can continue to count on your support to power our common journey to recovery and realize a better normal for the tourism sector, not only in Palawan but throughout the nation,” Puyat said of the project collaboration among the DOT, the Provincial Government of Palawan, the Municipalities of Coron and El Nido, and the Asian Development Bank.

The tourism chief shared that the STDP, an initiative under the DOT’s Transforming Communities Towards Resilient, Inclusive, and Sustainable Tourism (TouRIST) program, aims to make El Nido’s tourism development more sustainable and inclusive.



Public Affairs

with AWEE ABAYARI



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SEVEN Last Words

1. Father, forgive them, for they do not know what they are doing. - Luke 23:34

2. Truly I tell you, today you will be with me in paradise. - Luke 23: 43

3. Woman, behold thy son. (Says to disciple) Behold thy mother. - John 19:26–27:

4. My God, My God, why have you forsaken me? Matthew 27:46 and Mark 15:34:

5. I thirst. - John 19:28:

6. It is finished. - John 19:30

7. Father, into thy hands I commit my spirit. - Luke 23:46

The sayings of Jesus on the cross (sometimes called the Seven Last Words from the Cross) are seven expressions biblically attributed to Jesus during his crucifixion. Traditionally, the brief sayings have been called "words". They are gathered from the four Canonical Gospels.

Traditionally, these seven sayings are called words of
1. Forgiveness, 2. Salvation, 3. Relationship, 4. Abandonment, 5. Distress, 6. Triumph and 7. Reunion.

Source: Wikipedia