International **BDIA** AUGUST 2021

20-YEAR WAR ENDS AS LAST U.S. PLANES LEAVE AFGHANISTAN





In this Aug. 30, 2021, photo, an Air Force aircrew receives soldiers to board a U.S. Air Force C-17 in support of the final evacuation opera-tion missions at Hamid Karzai International Airport in Kabul Afghanistan. (U.S. Air Force)

Gen. Frank McKenzie, commander of the US Central Command, announced on Monday, August 30, that the last US military planes have left Afghanistan a few hours before dawn, marking the end of the United States' longest war.

In an effort to meet President Biden's troops withdrawal deadline, the final days of the US presence in Afghanistan were filled with chaos, bloodshed, desperation, fear and panic as troops attempted to stave off attack by ISIS-K, while trying to coordinate a massive exodus of people out of the country.

On August 26, the enemy attack

near Kabul killed more than 170 people, including 13 American service members who were supporting Operation Freedom's Sentinel, the non-combatant evacuation operations in Kabul, Afghanistan. The bomb believed to have been denotated by a member of ISIS also injured numerous civilians.

"Largest non-combatant evacuation"

According to Gen. McKenzie, the US military conducted the "largest noncombatant evacuation" in the military's history within an 18-day period starting on August 14.

In 18 days, the US military evacuated 79.000 civilians from Hamid Karzai International Airport, he added. Out of the 79,000 evacuated were 6,000 Americans, while the rest were thirdcountry and Afghan civilians.

"This last category includes Special Immigrant Visas, consular staff, at-risk Afghans and their families," McKenzie added.

Further report by CNN, quoted McKenzie as saying: "In total, US and coalition aircraft combined to evacuate more than 123,000 civilians which were all enabled by US military service members who were securing and operating the airfield." McKenzie called the coordinated effort "a monumental

Continued on Page 4

California secures federal assistance to support response to French Fire

SACRAMENTO - Governor Gavin Newsom today announced that California has secured a Fire Management Assistance Grant (FMAG) from the Federal Emergency Management Agency (FEMA) to help ensure the availability of vital resources to suppress the French Fire in Kern County.



To date, the French Fire has burned 20,678 acres, threatening

homes in and around Wofford Heights and Kernville.

The FMAG, which is provided through the President's Disaster Relief Fund on a cost-share basis, will enable local, state and tribal agencies responding to the fire to apply for 75-percent reimbursement of their eligible fire suppression costs. The program, which is administered through the Governor's Office of Emergency Services (Cal OES), provides rapid financial assistance to communities impacted by fires.

NewsBriefs

Nevada welcomes refugees

The Governor's Office for New Americans (ONA) and Governor Steve Sisolak have reiterated their commitment to welcoming refugees and Special Immigrant Visa holders (SIV) to Nevada as the situation continues to unfold in Afghanistan.

Nevada is proud of our long-standing tradition of resettling refugees and other refugee-eligible populations such as SIVs. Individuals and families who have fled their countries and made Nevada their home have continuously showed us their unceasing courage and remarkable determination to build a brighter future in our state.

3 more bases set to take in Afghan refugees

The Department of Defense has authorized two additional military installations in Virginia to house Afghan refugees -- Marine Corps Base Quantico and Fort Pickett, a National Guard training center an hour southwest of Richmond

4,000 Afghans who had worked for the United States will be temporarily hosted by Spain at two military bases used by the U.S. military in southern Spain.

Meanwhile, Pentagon spokesman Army Lt. Col. Chris Mitchell said in an email to Military.com said: "The Defense Department continues to support the State Department in providing temporary housing, sustainment, and support inside the United States for up to 50,000 Afghan Special Immigration Visa applicants, their families and other at-risk individuals."

Many of the evacuees arrived at Dulles International Airport in Virginia, where they were screened for COVID-19 and offered vaccinations. Those with green cards or U.S. citizenship were allowed to head to their final destinations, while those who do not possess such documentation were sent to military installations for further processing before they eventually will be placed in communities.

Sen. Mark Warner, D-Va., traveled Wednesday to Blackstone, Virginia, a town of roughly 4,000 located outside Fort Pickett, for a previously scheduled tour on economic development. He said the installation likely would serve as a way station for evacuees.

Secretary Becerra to require COVID-19





Service members assemble cots for Afghan evacuees Aug. 22, 2021, at Al Udeid Air Base, Qatar. (Kylie Barrow/U.S. Air Force)

Applications available for Connecting Minority

\$2.7-B funding opportunity to help homeless

WASHINGTON - The U.S. Department of Housing and Urban Development (HUD) is making \$2.656 billion in FY 2021 Continuum of Care Program (CoC) competitive funding available to homeless services organizations across the country for supportive services and housing programs for people experiencing homelessness. Read HUD's Notice of Funding Opportunity (NOFO).

Making asylum process more efficient

In a key step toward implementing the Administration's blueprint for a fair, orderly, and humane immigration system, the Department of Justice (DOJ) and Department of Homeland Security (DHS) are publishing a notice of proposed rulemaking (NPRM) that would amend current regulations to improve the processing of asylum claims. The proposed rule would allow, U.S. Citizenship and Immigration Services (USCIS) asylum officers to hear and decide applications for asylum, withholding of removal, and Convention Against Torture (CAT) protection for individuals who receive a positive credible fear determination.

vaccinations for HHS health care workforce

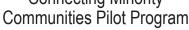
To increase vaccination coverage and protect more people from COVID-19, including the more transmissible Delta variant, the U.S. Department of Health and Human Services (HHS) will require more than 25,000 members of its health care workforce to be vaccinated against COVID-19.

Staff at the Indian Health Service (IHS) and National Institutes of Health (NIH) who serve in federally-operated health care and clinical research facilities and interact with, or have the potential to come into contact with, patients will be required to receive the COVID-19 vaccine.

This includes employees, contractors, trainees, and volunteers whose duties put them in contact or potential contact with patients at an HHS medical or clinical research facility.

SECRETARY XAVIER BECERRA

Additionally, U.S. Surgeon General Dr. Vivek Murthy will immediately require members of the U.S. Public Health Service Commissioned Corps to be vaccinated against COVID-19 as part of medical readiness procedures to prepare for any potential deployment need as emergency responders.



The Department of Commerce's National Telecommunications and Information Administration (NTIA) has released a Notice of Funding Opportunity for the Connecting Minority Communities Pilot Program, which will direct \$268 million for expanding broadband access and connectivity to eligible Historically Black Colleges or Universities (HBCUs), Tribal Colleges or Universities (TCUs), minority-serving institutions (MSIs), and consortia led by an HBCU, TCU, or MSI that also include a minority business enterprise or tax-exempt 501(c)(3) organization.

Completed applications must be received by grants.gov no later than 11:59 p.m. EST on Dec. 1, 2021.



Manny "Pacman" Pacquiao Emmanuel Dapidran Pacquiao, Sr. Sarangani Province in the Philippines Senator **Eight-Division World Champion** One-time Boxing Writers Association of America Fighter of the Decade and three-time Fighter of the Year

QUOTES

"I am ready for the fight,, ... The fans should expect to see the classic Manny. If this is my last fight, and I do not know if it is, I want to give the fans a great fight with lots of action and that world title belt around my waist again. This fight means everything to me." -- Manny Pacquiao

"Manny isn't training this hard to say goodbye, it's to prove he's still here!" --World-famous Freddie Roach

Manny "Pacman" Pacquiao versus Yordenis Ugas Las Vegas , Nevada, Saturday, August 21, 2021



















LIFETIME ACHIEVEMENT AWARD

given to

Manny " Pacman" Pacquiao for his passion, love for God and country and for his courage and strength to continue fighting to leave a lasting legacy of hope and inspiration for all people around the world making him

a "TRUE LEGEND and a WORLD HERO"

worthy of respect and emulation.

International News Media Awee Abayari www.Youtube.com/ÁweeAbayari











Photo Credit: WENDELL ALINEA/ MP Promotions

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International News Media





INTERNATIONAL NEWS MEDIA An Exclusive Interview by AWEE ABAYARI with CARLOS PUENTE, PhD

International Lawyer and a Political and Economic Analyst • Expert in Eastern European Countries • University Professor and a Book Author

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

AWEE ABAYARI: What is your opinion about the Afghanistan crisis?

DR.CARLOS PUENTE, PhD: This situation is a *déjà vu* of the retreat in Saigon at the end of the Vietnam War after the victory of the Vietcong. The United States and the NATO countries have been involved in a 20-year war supporting the corrupt government of Ashraf Ghani Ahmadzai that supposedly would collaborate in the fight against jihadist terrorism and allow the exploitation of natural resources in Afghanistan. In addition, the Central Asian country is the world's largest producer of opium, which has allowed the increase in heroin use in the Western countries. It is the second time that Great Britain has suffered a dishonorable defeat in Afghanistan after the British invasion of 1839 and the withdrawal of its army in January 1842.

AWEE ABAYARI: What can you say about the U. S. President handling of the situation ?

DR. CARLOS PUENTE, PhD: President Biden has committed several mistakes in the withdrawal phase of US troops because he does not understand the reality of the Afghan society, made up of a tribal organization of warlords that shows that Afghanistan is not a unitary country. In Afghanistan, there were two scenarios: the corrupt government of Kabul supported by Western allied countries, and the power of the warlords who had the support of a part of the most conservative Muslim population. This is the explanation for the collapse of the Ashraf Ghani Ahmadzai government and its armed forces, which had modern weapons and Western financial and military aid.

Not all the blame for the current crisis is on President Biden as another President of the Democratic Party, Jimmy Carter, and Prime Minister Margaret Thatcher strengthened fanatic Muslims against the government of the Afghanistan People's Democratic Party of Mohammed Najibullah in the midst of the Cold War.

AWEE ABAYARI: Which countries in Europe are accepting refugees from Afghanistan?

DR. CARLOS PUENTE, PhD: So far, Afghan nationals who collaborated with the Western countries are being repatriated in addition to the countries that were actively in the fight against the Taliban such as the United States, the United Kingdom, Germany, France, etc. and other countries like Spain that acted as training aid for the Afghan army and police forces. Therefore, most of the

European countries that had military or support units in Afghanistan are accepting refugees. The European Union has established a provisional reception program pending the redistribution of refugees by country. However, Austria and other countries have declared that they cannot receive any more refugees. There is also a concern that there are camouflaged Talibans among the refugees.

AWEE ABAYARI: Will this crisis in Afghanistan give more dominance to China and Russia with regards to their influence in world affairs?

DR. CARLOS PUENTE, PhD: There is no doubt that the disastrous withdrawal of the expeditionary forces of the United States and its allies has given China and Russia a great opportunity to establish privileged relations with the new Taliban government if it survives to an eventual civil war between the anti-Taliban forces and the Kabul government. Russia already has a negative experience from the Soviet era when they supported an Afghan leftist government in 1979 in a war that lasted 10 years. China has investments and borders with Afghanistan. Both countries keep embassies open in Kabul and are ready to negotiate with the Taliban. There is a third country that maintains important ties with the Taliban: Pakistan, which would benefit from the new situation.

AWEE ABAYARI: How does the Afghanistan crisis affect the image of the United States?

DR. CARLOS PUENTE, PhD: The United States intervened in Afghanistan under the administration of President Bush who committed a great mistake due to the ignorance of the Afghan society and the revenge after the attack on the Twin Towers in NY. Obama continued with two terms full of errors and, finally, Biden has shown he is incapable of managing to solve a serious international problem. The image of the United States has been affected very negatively, especially because this time, Russia did not support the Taliban against the United States and its allies, unlike what the CIA did in the period of 1979-1989 helping with weapons and money to the muyaidins, the predecessors of the Taliban, against the Soviet Union, ordered by President Jimmy Carter. This is the origin of the current Taliban power that, paradoxically, was financed by Western countries. However , the USA will still remain a super power after the Afghan crisis.

AWEE ABAYARI: What is the EU point of view with regards to

the fall of Afghanistan ? Who won and who lost?

DR. CARLOS PUENTE, PhD: Several European countries, members of the European Union have cooperated with the United States as members of NATO in the invasion of Afghanistan in 2001 and now, all of them are faced with the disastrous withdrawal from the Muslim country. Europeans feel betrayed. British Prime Minister Boris Johnson himself has declared that the United States is unreliable. France, Germany, Spain, Italy, Poland,... had to accelerate the withdrawal and transfer of their collaborators in a hasty way before the confirmation of President Biden to leave Kabul on August 31 as imposed by the Taliban.

Unfortunately, in the Afghan adventure there are only losers and only the weapons manufacturers and the collaborators of the armies that invaded Afghanistan made business. The United States has dragged NATO into its fall, proving that the United States and the Atlantic Alliance is the same thing and their days are numbered. The European Union needs its own army as I have long advocated if the European Union seeks to play an important role in the world. For the time being , the European Union depends on the USA military power.

AWEE ABAYARI: As an expert in political and international affairs, how do you see the future of Afghanistan under the Taliban rule and what role will it play on the world stage?

DR. CARLOS PUENTE, PhD : The presidents of the United States from 2001 have committed serious mistakes in the adventure of Afghanistan by trusting the advisers of Geopolitics and the CIA. The foreign policy of a country cannot be designed from an office in the Pentagon or in the room of a famous university by those who do not know the social, religious and political reality of the supposed enemy. A Taliban government in Afghanistan, which is not a novelty, may be a precedent for other countries in the region where the United States still maintains occupation troops, such as Iraq without taking into account that Afghanistan may become a permanent base for international terrorism against which retaliatory bombings are useless, even if a leader of the Islamic State is killed. A politician leading a country like the USA must know how and when its troops must leave an occupied territory based on false information. This is the theory of the snake: a silent approach to leave a dangerous place to avoid risks.

AWEE ABAYARI: Thank you .

Consul General Edgar Badajos inducts new set of officers of U.P. Alumni Association

LOS ANGELES, CA – Consul General Edgar Badajos, a proud University of the Philippines alumni himself, recently inducted the 2021 to 2023 officers and directors of the University of the Philippine Alumni Association of Greater Los

Officers and Board of Directors, 2021-23

Angeles or UPAAGLA in an intimate, hybrid (in-person and Zoom) affair.

Newly-inducted President Evelyn Adamo expressed her excitement to lead the organization in continuing its mission to link, build, and develop lifelong relationships among U.P. alumni in the Greater Los Angeles area. Andamo is set to focus on increasing and engaging the general membership and generating more funds to benefit their beloved university.

In her outgoing speech, Past President Ethel Rubio vas very grateful for her board and the opportunity to serve

Sean Penn, Ann Lee named the L.A. Press Club's 2021 Bill Rosendahl Public Service Awardees







the association. During her 2-year term from 2019 to 2021, UPAAGLA supported various programs and donated over P2.7M or \$55,811.00 to U.P.

Founded in 1999, UPAAGLA is a 501 C3 non-profit alumni organization that aims to engage U.P. alumni in Southern California and raise funds to support the various academic programs and capital improvement projects in the various campuses of the University of the Philippines. For more information about UPAAGLA or to become a member, please visit their website at www.upaagla.org.

US-Spain cooperation to assist evacuees from Afghanistan

As the United States mobilizes an unprecedented, global effort to evacuate U.S. citizens, personnel from partner nations, and vulnerable Afghans, we are working closely with our Allies and partners to ramp up evacuation and relocation operations. Our focus right now is getting people out of harm's way. To do that, the United States is working with the government of Spain to facilitate the transit of people departing Afghanistan through U.S. facilities on Spanish military bases on their way to more permanent resettlement locations in the United States and in third countries. Spanish flights evacuating vulnerable U.S. citizens, Afghans, and other evacuees have arrived in Spain at Torrejon Air Base, and, following today's signing of a Memorandum of Understanding between the United States and Spain, U.S. flights will arrive at Naval Station Rota and Moron Air Base soon. -- U.S. Embassy in Spain



SEAN PENN

ANN LEE

Sean Penn and Ann Lee are co-founders of the crisis response organization CORE (Community Organized Relief Effort). Ann Lee serves as the organization's Chief Executive Officer and Sean Penn is the board's Chairperson.

"The Bill Rosendahl Public Service Award will be presented at the 63rd SoCal Journalism Awards Gala on Saturday, October 16th at the Biltmore Millennium Hotel, downtown LA.

In addition to honoring Sean Penn and Ann Lee, Dr. Sanjay Gupta will be bestowed with the President's Award for Impact on Media; ABC7's Marc Brown will be honored with the Joseph M Quinn Award for Lifetime Achievement, Josie Huang, KPCC/LAist, will receive a special First Amendment Award, and Bari Weiss will be presented with the Daniel Pearl Award for Courage and Integrity in Journalism.

The evening will be dedicated to the memory of Ruth Pearl, the mother of slain journalist Daniel Pearl, and Buster Sussman, a member of the LA Press Club since 1948 and a former LAPC director. More than 500 journalists and media executives are expected to attend this prestigious event.



OPERATION ALLIES REFUGE: Ramstein transforms into major evac hub

By Ms. Kelly Sanders, 86th Airlift Wing Public Affairs / Published August 26, 2021

RAMSTEIN AIR BASE, Germany -- As the Air Force's largest mobility hub, Ramstein is often a flurry of activity. But for more than a week, the base has been experiencing an unprecedented level of activity as thousands of Airmen, Soldiers, volunteers, augmentees, and other community partners support a massive evacuation operation here.

Following the rapid deterioration of security in Afghanistan, the first of many aircraft carrying U.S. citizens, Special Immigrant Visa applicants and other vulnerable Afghans landed here Aug. 20 as part of Operation Allies Refuge. Since then, Ramstein has received more than 11,000 evacuees as they await transportation to their final destination. More than 2,500 people have already departed Ramstein for the United States.

"While U.S. military members defended our homeland through combat operations in Afghanistan over the last 20 years, we depended on local Afghans to provide information, guidance, interpretation and more," said U.S. Air Force Maj. Gen. Randall Reed,



A U.S. Air Force Airman plays the ukulele for children from Afghanistan during Operation Allies Refuge at Ramstein Air Base, Germany, Aug. 24, 2021. Ramstein is providing safe, temporary lodging for evacuees. Many service members are also volunteering to raise morale for evacuees as they await transportation to more permanent resettlement locations. (U.S. Air Force photo by Lt. Col. William Powell)

Third Air Force commander. "Now those partners who served alongside us need our help."

With little time to prepare, the base initially cleared out two of its aircraft hangars and set up hundreds of cots and sleeping bags to provide temporary shelters. That plan quickly changed when base leaders realized Ramstein would become U.S. European Command's primary evacuation hub. Base Airmen, joint partners, and an entire village of family members and volunteers worked around the clock to expand the base's capacity to provide a safe haven for as many evacuees as possible.

JOINT STATEMENT ON AFGHANISTAN EVACUATION TRAVEL ASSURANCES Office of the Spokesperson, U.S. Department of State

The text of the following statement was released initially by the Governments of the United States of America, Albania, Australia, Belgium, Belize, Bulgaria, Burkina Faso, Cabo Verde, Canada, Central African Republic, Colombia, Costa Rica, Côte d'Ivoire, Croatia, Democratic Republic of the Congo, Denmark, Djibouti, Dominican Republic, El Salvador, Estonia, Eswatini, Federated States of Micronesia, Fiji, Finland, France, Gabon, Georgia, Germany, Ghana, Greece, Guinea, Guyana, Haiti, Honduras, Iceland, Ireland, Israel, Italy, Japan, Jordan, Kazakhstan, Kenya, Kiribati, Kyrgyzstan, Latvia, Lebanon, Liberia, Libya, Lithuania, Luxembourg, Madagascar, Maldives, Malta, Marshall Islands, Moldova, Montenegro, Morocco, Nauru, Netherlands, New Zealand, Niger, North Macedonia, Norway, Palau, Papua New Guinea, Poland, Portugal, Republic of Cyprus, Republic of Korea, Republic of Kosovo, Romania, Rwanda, Secretary General of the North Atlantic Treaty Organization, Senegal, Serbia, Sierra Leone, Slovakia, Slovenia, Somalia. Spain. St. Kitts and Nevis, Sudan, Suriname, Sweden, Switzerland, The Bahamas, The Gambia, The High

Representative of the European Union for Foreign Affairs and Security Policy, Togo, Trinidad and Tobago, Turkey, Uganda, Ukraine, Union of the Comoros, United Kingdom, Vanuatu, Yemen, and Zambia with regard to Afghanistan evacuation travel assurances.

Begin Text:

"We are all committed to ensuring that our citizens, nationals and residents, employees, Afghans who have worked with us and those who are at risk can continue to travel freely to destinations outside Afghanistan. We have received assurances from the Taliban that all foreign nationals and any Afghan citizen with travel authorization from our countries will be allowed to proceed in a safe and orderly manner to points of departure and travel outside the country. We will continue issuing travel documentation to designated Afghans, and we have the clear expectation of and commitment from the Taliban that they can travel to our respective countries. We note the public statements of the Taliban confirming this understanding."

PRESS STATEMENT Antony J. Blinken U. S. Secretary of State AS OF THURSDAY, AUGUST 26, 2021

ON THE TERRORIST ATTACKS IN KABUL

Today's bombings around the Kabul airport were a devastating reminder of the dangerous conditions in which our servicemembers and diplomats are operating as we conclude the United States' 20-year military mission in Afghanistan. As the President said, the servicemembers who were killed and wounded today are heroes. They put their lives on the line to defend our civilian personnel, the civilian personnel of our allies and partners, and Americans, third-country nationals, and Afghans



seeking safety. To date, more than 100,000 people have been safely evacuated from Kabul – a testament to the bravery, skill, and determination of all those who are contributing to this vital mission. We grieve those we lost today. And we express our most heartfelt condolences to their loved ones.

We also grieve the loss of Afghans gathered near the airport hoping for a chance to start a new life elsewhere. And we honor the more than 2,300 U.S. servicemembers who have died in Afghanistan since 2001, the more than 20,000 who have been wounded, and the more than 800,000 who have served in America's longest war, as well as other Americans killed or wounded in the conflict.

Around the world, U.S. Marines protect American embassies and diplomats. They put themselves in harm's way so that we can do our jobs on behalf of the American people. Even after the attack, they are doing that right now in Kabul, as they are in so many other parts of the world. And they will continue to do so as we complete this mission.

We at the State Department feel an extraordinary debt of gratitude to them, today and every day.

20-Year War Ends...From Page 1

accomplishment."

During the evacuation mission, the US military evacuated "more than 7,500 civilians" on average over the 18 days, including evacuating 19,000 on a single day during the mission, McKenzie said.

"The numbers I provided represent an accomplishment, but they do not do justice to the determination, the grit, the flexibility, and the professionalism of the men and women of the US military and our coalition partners who were able to rapidly combine efforts and evacuate so many under such difficult conditions," CNN quoted McKenzie.

Afghanistan airspace a 'no-fly zone' for US flights

Meanwhile, in a statement released on Monday, August 30, the Federal Aviation Administration is prohibiting US civil operators, pilots and US-registered civil aircraft from operating at any altitude over much of Afghanistan.

"US civil operators may continue to use one high-altitude jet route near the far eastern border for overflights. Any U.S. civil aircraft operator that wants to fly into/out of or over Afghanistan must receive prior authorization from the FAA," the statement said.

Shortly before, the FAA issued a notice to airmen, saying that effective immediately, Hamid Karzai International Airport is "uncontrolled."

"No air traffic control or airport services are available. Aircraft operating into, out of, or through Kabul (flight information region) and landing OAKB should use extreme cautions," the notice

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Public Affairs with AWEE ABAYARI



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For questions: radiotvanchor1@gmail.com • www.youtube.com/Awee Abayari



said, using the international abbreviation for the airport.

U.N. warns of a humanitarian crisis

In another development, the U.N. high commissioner for refugees, Filippo Grandi, is warning that "a larger crisis is just beginning" as foreign aid to Afghanistan is likely curtailed after a U.S. exit. "The evacuation effort has undoubtedly saved tens of thousands of lives, and these efforts are praiseworthy," Grandi said in a statement. "But when the airlift and the media frenzy are over, the overwhelming majority of Afghans, some 39 million, will remain inside Afghanistan. They need us governments, humanitarians, ordinary citizens - to stay with them and stay the course."



INM Book Choice

Bending Reality How to Make the Impossible Possible

by Victoria Song Bending Reality is the innova-

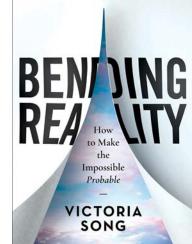
tive process used by billionaires, tech leaders, and the world's most successful people to make the impossible . . . probable.

Victoria Song teaches readers how to unlock the hidden power within their bodies to get what they want. After achieving success but lacking fulfillment as a student at Yale University and Harvard Business School, and then as a Forbes 30 Under 30 Venture Capitalist, Victoria set off on an unusual quest to study, train, and work with more than 24 of the best coaches, therapists, and healers in the world. She then deployed the skills and tools she'd learned with a diverse group of the world's highest performers. Through it all, she's discovered the codes that enable her clients to bend reality toward the directions they want.

By accessing this extraordinary ability, Victoria's clients have sold a company for 4 billion dollars, grown revenue 1,000% during a pandemic, and pivoted to design a more effective COVID-19 vaccine. Victoria reveals the meta-framework behind peak performance, self-development, therapy, and meditation that is accessible for all. Whether you've studied these areas closely or this is the first book you've read on this topic, you'll have a front row seat to how the world's elite use this knowledge to achieve more while doing less.

In this fast-paced guide to success, you will learn how to:

 Bend reality by mastering two states of being that most people aren't even aware of.



· Navigate change and face the unknown like the greatest leaders.

 Access creative downloads that artists, musicians, and geniuses receive.

· Make your own luck-there's literally a recipe!

· Find your unique "zone of genius" and live from it every day.

Packed with powerful tools and exercises, Bending Reality will move you beyond intellectual understanding to embodiment. This is not another mindset book. You're ready for Bending Reality if you realize it's time to go beyond the mind and harness the full capacity of your consciousness to make quantum leaps in every area of your life.

After learning how to bend reality, you will no longer need to memorize rules, tips, or tricks, but you will embody the essence of a remarkable leader who can make the impossible-probable.

Filipino English teacher receives scholarship from Harvard University, cites EducationUSA assistance



Nicah Santos, a Filipino English teacher, explores Harvard University shortly after her arrival.

PHYSICAL ACTIVITY

To attain the most health benefits from physical activity, adults need at least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week. Adults also need muscle-strengthening activity, like lifting weights or doing push-ups, at least 2 days each week.

1. The first key guideline for adults is to move more and sit less. This recommendation is based on new evidence that shows a strong relationship between increased sedentary behavior and increased risk of heart disease, high blood pressure, and all-cause mortality. All physical activity, especially moderate-tovigorous activity, can help offset these risks .

2. New evidence shows that physical activity has immediate health benefits. Physical activity can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity. Health.gov

Manila — Years ago, Filipino teacher Nicah Santos could only dream of studying in the United States and attending the prestigious Harvard University.

But with her efforts and guidance from EducationUSA Philippines, she is now on track to begin her Master's degree in Education Leadership, Organizations, and Entrepreneurship at Harvard's Graduate School of Education on a partial scholarship.

During the pandemic, the former English teacher at Xavier School San Juan focused on her graduate school applications. She took advantage of the free college advising service being offered by the EducationUSA office at the U.S. Embassy in the Philippines.

"EducationUSA provided helpful advice about preparing my application materials and was so encouraging throughout the process," she said.

EducationUSA provides free advising services to prospective international students in more than 170 countries, and offers students resources and tools to help navigate the five steps to U.S. study: researching schools, identifying financial aid opportunities, completing the application, obtaining a student visa, and preparing for departure.

TIPS FOR HEALTHY EATING

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium, Start with these tips:

Decode the menu

Look for choices that are baked. broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.

Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.

Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day. · Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.

· Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.

Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.

The benefits of healthy eating add up over time, bite by bite.

Source: Department of Agriculture

Spiritual Moment

The LORD will keep you from all harm he will watch over your life; the LORD will watch over your coming and going both now and forevermore. Psalm 121:7-8

UNIVERSITY OF THE PHILIPPINES ALUMNI ASSOCIATION IN AMERICA, INC 21st Grand Reunion and Convention 'ARISE: Pagbangon at Parangal" October 22 - 24, 2021



RECONNECT

PARENTING TIPS

You play an important role in keeping your child safe-no matter how old he or she is.

Here are a few tips to help protect your child:

· Make sure your teen knows about the importance of wearing seatbelts. Motor vehicle crashes are the leading cause of death among 12- to 14-year-olds.

 Encourage your teen to wear a helmet when riding a bike or a skate-

On Leadership

a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports.

board or using inline skates; riding on

· Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask him what he knows and thinks about these issues, and share your thoughts and feelings with him.

• Talk with your teen about the importance of having friends who are interested in positive activities.

 Know where your teen is and whether an adult is present. Make plans with him for when he will call you, where you can find him, and what time you expect him home.

What you need to know about Sodium

Table salt is a combination of two minerals - sodium and chloride. Your body needs some sodium to work properly. It helps with the function of nerves and muscles. It also helps to keep the right balance of fluids in your body. Your kidnevs control how much sodium is in your body. If you have too much and your kidneys can't get rid it, sodium builds up in your blood. This can lead to high blood pressure. High blood pressure can lead to other health problems.

A key to healthy eating is choosfoods low in sodium. The Dietary

You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand." --Woodrow Wilson

 Set clear rules for your teen when she is home alone. Talk about such issues as having friends at the house, how to handle situations that can be dangerous (emergencies, fire, drugs, sex, etc.), and completing homework or household tasks. - CDC

Guidelines recommend that most adults eat less than 2.3 grams per day. That equals about 1 teaspoon of table salt a day. Some people are more sensitive to the effects of salt than others and should eat less. Reading food labels can help you see how much sodium is in prepared foods. - U.S.National Library of Medicine



We invite you to attend the 21st UPAA in America, Inc. Grand Reunion & Convention co-hosted by UPAA Nevada to be held from October 22nd to 24th, 2021.

Calling All U.P. Alumni!

Connect with long-lost classmates and dormmates! Celebrate your Jubilarian year! Submit a Nomination for the UPAAA Alumni Awards!

> For more information go to: https://upaaagrc2021.vfairs.com

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CDC outlines what it means if you're fully vaccinated

If you've been fully vaccinated: You can resume activities that you did prior to the pandemic.

To reduce the risk of being . infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.

You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.

If you travel in the United

States, you do not need to get tested before or after travel or self-quarantine after travel.

You need to pay close attention to the situation at your international destination before traveling outside the United States.

You do NOT need to get tested before leaving the United States unless your destination requires it.

You still need to show a

negative test result or documentation of recovery from COVID-19 before boarding an international flight to the United States.

You should still get tested 3-5 days after international travel.

You do NOT need to selfguarantine after arriving in the United States.

If you've had close contact with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.

UPDATES from USCIS USCIS removes barriers to U.S. citizenship for children born abroad through assisted reproductive technology

WASHINGTON-U.S. Citizenship and Immigration Services announced updated policy guidance affecting children born outside of the United States and the determination of whether children born through assisted reproductive technology (ART) are considered to have been born "in wedlock." This policy update will allow a non-genetic, non-gestational legal parent of a child to transmit U.S. citizenship to the child if the parent is married to the child's genetic or gestational parent at the time of the child's birth, and the relevant jurisdiction recognizes both parents as the child's legal parents.

USCIS expands partnership with Social Security Administration

WASHINGTON-USCIS announced that applicants filing for lawful permanent resident status are now able to apply for a Social Security number (SSN) or replacement card as part of the adjustment of status application process. Previously, these individuals had to apply for a Social Security number at a Social Security office. USCIS is revising Form I-485, Application to Register Permanent Residence or Adjust Status, to include the additional questions needed to apply for an SSN or a replacement card.









Recommendations Apply for a Trusted Traveler program, such as TSA Pre $\sqrt{\mathbb{R}}$, Global Entry, NEXUS, and Sentri. These programs help improve security and reduce wait times.

Arrive early. The increase in travel volume has a wide-ranging effect. Consider incorporating additional time in your travel plans for traffic, parking, rental car returns and airline check-in. Arrive up to two hours in advance of your flight departure time for domestic travel and three hours for international flights.

Prepare for security. Have an acceptable ID and boarding pass out and remove large electronics, including laptops and the 3-1-1 compliant liquids bag, from carry-on baggage. Avoid over packing your carry-on bag. Consider checking bags vs. carry-on where feasible. Read the summer travel checklist. Follow the 3-1-1 liquids rule. Liquids, gels, aerosols, creams and pastes must be 3.4 ounces or less and all bottles must fit in a single quart size plastic bag and be placed in a bin for carry-on baggage screening. Call TSA Cares. Travelers or families of passengers with disabilities and medical conditions may call the TSA Cares helpline toll free at 1-855-787-2227 with any guestions about screening policies, procedures and what to expect at the security checkpoint 72 hours prior to traveling. Tweet @AskTSA. Unsure if an item is allowed through security? Issues receiving TSA Preè on your boarding pass? Get live assistance by tweeting your questions and comments to @ AskTSA, weekdays, 8 a.m. to 10 p.m. and weekends/holidays, 9 a.m. to 7 p.m.

Ways to help Afghan refugees

In the wake of the departure of U.S. troops and the Taliban takeover in Afghanistan, thousands of Afghan refugees are arriving in the D.C. area, and a number of local agencies and businesses are collecting funds, supplies, and welcoming volunteers to help them resettle.

Maryland and Virginia leaders said the states will continue to welcome Afghan refugees fleeing the Taliban. The situation is ongoing and changing rapidly, but local groups are finding ways to help Special Immigrant Visaholders who arrive at Fort Lee in Virginia .

Here's how to help:

Catholic Charities Migration & Refugee Services: The Catholic Charities Diocese of Arlington has a guide to assist Afghan SIV-holders and their families. The charity is accepting household items, furniture, and connections to short and long-term housing. They are also looking for donations and items on its Amazon wishlist for the families.

Ethiopian Community Development Council: The Arlington-based agency, established by the U.S. State Department to resettle refugees, is seeking volunteers to help with apartment set-ups, airport pick-ups, and more; as well as donations to help with food, housing, and clothing assistance.

HIAS: The Silver Spring-based nonprofit provides humanitarian assistance to refugees and has a list of ways people can help Afghan refugees ---including donating, providing housing, and contacting politicians to advocate for their safe relocation.

Homes Not Borders: The non-profit organization has been furnishing homes for Afghan refugees for five years. The group needs couches, dresses, and new mattresses, as well as volunteers and monetary donations.

International Rescue Committee: The group started a Welcome to Maryland Fund to support Afghan refugee families that have settled in the state. "The IRC has resettled more than 16,000 Afghan SIV recipients since Congress established the program in 2006, and is committed to ensuring that these families are given a chance to seek safety and rebuild their lives in the United States," the group writes online. The group also has an Amazon wishlist for refugees.

Islamic-American Zakat Foundation: The Bethesda-based organization has been providing direct financial assistance to Afghan refugees in D.C. for years, according to its director, Dr. Imad-ad-Dean Ahmad. The group is accepting donations on its website to help further its mission - "to provide assistance for food, shelter, clothing and transportation" to Muslims in the U.S.

KAMA DC: The grassroots volunteer organization has compiled a thorough resource guide, listing ways to donate time, money, or supplies for the Afghan refugees who have arrived and those who are still on the way.

Lutheran Social Services of the National Capital Area : The organization welcomed 68 families - about 300 people - and expects at least another 150 individuals to arrive soon, according to its website. LSSNCA is accepting donations but has paused accepting new volunteers due to high response. The donations help arrange for travel from the airport, secure housing for the families, and supply them with groceries, among other needs.

Solutions in Hometown Connections: Executive director and founder Merritt Groeschel says the Maryland nonprofit has welcomed refugees and asylum seekers, connecting more than 300 newcomers from Afghanistan to volunteers over the past three years. Groeschel says the group plans to use its "relationships and community connections to welcome more families soon." Locals can volunteer their time or donate funds at the organization's website.

MOTORING

How commonly do U.S. drivers exhibit aggressive driving behaviors?

50 YEARS OF EXPERIENCE IN U.S. IMMIGRATION LAW

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



Foundation's Annual Traffic Safety Culture Index, millions of drivers engaged in the following angry and aggressive behaviors in the 30 days before the survey, including:

Aggressive driving by switching lanes quickly/or very close behind another car: 26 percent (57 million drivers)

Made rude gestures or honked at other drivers: 32 percent (71 million drivers)

 Driven 15 mph over the speed limit on a freeway: 48 percent (106 million drivers)

 Driven through a red light: 31 percent (68 million drivers)

Passed in front of a vehicle at less than a car length: 22 percent (49 million drivers)

Speeded up when another

(55 million drivers)

 Followed vehicle in front of you closely to prevent another vehicle from merging in front of you: 34 percent (75 million drivers)

 Merged into traffic even when another driver tries to close the gap between vehicles: 28 percent (62 million drivers) - Source: AAA



AUGUS'



PRRD confers Presidential awards to Tokyo Olympics Filipino medalists and Onyok

BONG GO REAFFIRMS COMMITMENT TO LOOK AFTER WELFARE OF ALL ATHLETES

PASAY CITY -- In a simple ceremony in Malacañang Palace on August 23, President Rodrigo Duterte awarded presidential honors and additional incentives, on top of what is provided under the law, to the four 2020 Tokyo Summer Olympics medalists namely Hidilyn Diaz, gold for weightlifting; Nesthy Petecio, silver for boxing; Carlo Paalam, also silver for boxing; and Eumir Feliz Marcial, bronze for boxing.

Presidential Citations were also given to Jayson E. Valdez and Elreen Ann Ando who participated in Shooting



and Weightlifting events in the Tokyo Olympics, respectively. Both Valdez and Ando also received Php 200,000 as cash incentive.

Under Republic Act No. 10699, Olympic medalists would be awarded Php10 million if they win a gold medal; Php5 million for a silver medal; and Php2 million for a bronze medal. On the other hand, Paralympic medalists would get PhP5 million for a gold medal; Php2.5 million for a silver medal; and Php1 million for a bronze medal.

On top of these, President Duterte added Php3 million to Hidilyn Diaz for winning gold, Php2 million each to Petecio and Paalam for winning silver, and Php1 million to Marcial for winning bronze. The PSC also provided an additional Php5 million to Diaz as incentive for breaking an Olympic record.

Meanwhile, President Duterte also conferred the Order of Lapu-Lapu, (Rank of Kamagi), to Olympian and 1996 Atlanta Summer Olympics boxing silver medalist Mansueto "Onyok" Velasco, Jr. Upon recommendation of Senator Go and the PSC, Velasco was also granted a P500,000 cash incentive for having brought honor to the country.

Boracay's White Beach, El Nido's Nacpan Beach among TripAdvisor's Top Beaches in Asia

The Department of Tourism (DOT) celebrates the inclusion of Boracay's world-famous White Beach at the 12th spot and El Nido, Palawan's Nacpan Beach at 18th of



Boracay's White Beach

the TripAdvisor Travelers' Choice 2021 Best of the Best Awards Top 25 Beaches - Asia category.



Nacpan Beach in El Nido, Palawan

UP Alumni Association in America and UPAA-Nevada invite global UP alumni to the firstever Virtual Grand Reunion and Convention

Truly, the pandemic has changed how we live and has pushed us to be innovative in organizing social events and gatherings. On the bright side, this also has given us, the UP Alumni Association in America, Inc. (UPAAA), a chance to connect and broaden our reach not only in North America, but worldwide.

With this in mind, we are thrilled to announce our first ever virtual, global and the 21st Grand Reunion and Convention (GRC), co-hosted with the UP Alumni Association of Nevada (UPAAN). The GRC will be held online on October 22-24, 2021.

The UPAAA GRC is a biennial event designed to bring together UP alumni in the U.S. to work towards the common goal of supporting our beloved Alma Mater in her mission to provide excellent and affordable public education to the best and the brightest minds in the Philippines. It is also an occasion for UP alumni to honor their achievers and loyal members, recapture memories of campus life at UP, renew old friendships, and forge new ones. As such, the UPAAA exists to explore possibilities of strengthening the relationship between US-based alumni and UP in their mutual quest for academic excellence and national development. Bari Weiss is the 2021 LA Press Club Daniel Pearl Awardee



CARNEGIE HALL ANNOUNCES NEW PROGRAMMING ADDITIONS FOR 2021–2022 SEASON

2021–2022 Season Launches with Opening Night Gala Performance on October 6



Carnegie Hall Just-Announced Concerts including Complete Beethoven Cycle with Yannick Nézet-Séguin and The Philadelphia Orchestra, Plus Performances by Angélique Kidjo, Pedrito Martinez, John Monsky's The Eyes of the World: From D-Day to VE Day, The MET Orchestra Chamber Ensemble, Orchestra of St. Luke's with Bernard Labadie, and more.

Resorts World Las Vegas adds more tech-forward fun with three robotic puppies to welcome guests upon arrival

LAS VEGAS – Resorts World Las Vegas, the city's most technologically advanced resort, continues to break the mold with unique and never-before-seen offerings with the addition of three irresistibly cute robotic puppies to welcome guests as they arrive to the new resort. In collaboration with aibo and built with Sony's latest technology, Resorts World Las Vegas has brought three AI powered companions to the Conrad Las Vegas lobby. Housed in custom-built playpens, the cleverly named pups -Sinatra, Stardust and Elvis - are ready to greet guests at their new home.

In true puppy fashion, the autonomous companions are in their early stages of development and are ready to learn and build their own, unique personalities as they engage in everyday interactions with guests. Brought to life with a wide range of sensors and actuators, aibo's adaptable behavior is made possible through deep learning Al technology. With lifelike expressions and a dynamic array of movements, the



Sinatra, Stardust and Elvis

three lobby dogs are sure to bring fun and joy to all guests as they arrive to the luxury resort.

The latest iteration of the beloved robotic companion, Sinatra, Stardust and Elvis will feature cute and expressive appearances that will make guests want to reach out and pet them as they move around with infectious energy. Their body language is expressed through hundreds of adorable patterns, combinations of eye, ear and tail movements, as well as different voice sounds.



UPAAN President Dorothy Lenore Llariza-Tome invites all UP alumni worldwide to join in this prestigious, one-of-a-kind gathering.

Honor and Excellence runs in our blood

At the Virtual UPAAA GRC in October 2021, the UPAAA Inc. shall grant awards to distinguished alumni and give special recognition to individuals and groups who are embodiments of the Oblation, serving with pride, remaining strong and bold amid strife and challenges.

These are: (1) the 2021 UPAAA Distinguished Alumni Awards; and (2) the 2021 UPAAA Special Recognition Awards.

Chaired by UPAAA Board Director Francisco Sy, MD, MS, DrPH, the Awards committee will evaluate and select the awardees from nominees submitted by UP alumni and UP alumni groups. Please email the nomination and supporting documents to: AwardsUPAAA@gmail.com. The nominees need not know that they are being nominated.

Bari Weiss is the recipient of the 2021 Daniel Pearl Award for Courage and Integrity in Journalism.

Weiss is a journalist and the author of "How to Fight Anti-Semitism," which won a 2019 National Jewish Book Award.

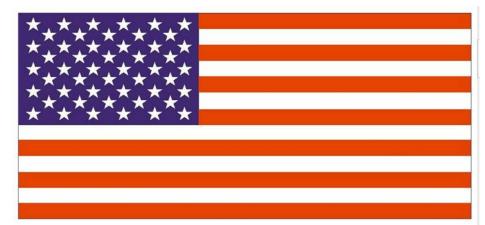
From 2017 to 2020, Weiss was an opinion writer and editor at The New York Times. Before that, she was an op-ed and book review editor at The Wall Street Journal and a senior editor at Tablet Magazine.



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HEROES



+ WE WILL NEVER FORGET+ THANK YOU !



Marine Corps Lance Cpl. David L. Espinoza, 20, of Rio Bravo, Texas



Marine Corps Sgt. Nicole L. Gee, 23, of Sacramento, California



Marine Corps Lance Cpl. Kareem M. Nikoui, 20, of Norco, California



Army Staff Sgt. Ryan C. Knauss, 23, of Corryton, Tennessee



Marine Corps Cpl. Humberto A. Sanchez, 22, of Logansport, Indiana



Marine Corps Cpl. Hunter Lopez, 22, of Indio, California



Navy Hospitalman Maxton W. Soviak, 22, of Berlin Heights, Ohio





Marine Corps Lance Cpl. Dylan R. Merola, 20, of Rancho Cucamonga, CA Marine Corps Sgt. Johanny Rosariopichardo, 25, of Lawrence, Mass



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Marine Corps Cpl. Daegan W. Page, 23, of Omaha, Nebraska Darin T. Hoover, 31, of Salt Lake City Cpl. Rylee J. McCollum, 20, of Jackson, Wyoming Cpl. Jared M. Schmitz, 20, of St. Charles, Mo.

Statement by Secretary of Defense Lloyd J. Austin III on the Dignified Transfer Ceremony at Dover Air Force Base on Sunday, August 29

A solemn honor to attend today's dignified transfer ceremony of the 13 U.S service members who lost their lives outside Hamid Karzai International Airport in Kabul, Afghanistan on August 26th.

These men and women made the ultimate sacrifice so that others could live. They were and will be forever remembered as heroes.

My heart and my thoughts are with their families, especially today. They, too, have made the ultimate sacrifice.

U.S. Department of Defense