



# Philippine Times

of SOUTHERN NEVADA

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THE VALLEY'S GUIDEPOST OF INFORMATION FOR FILIPINOS

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## NAFFAA DESERT MOUNTAIN REGION ROCKS COLORADO AT THE NAFFAA NATIONAL EMPOWERMENT CONFERENCE

by: Gloria T. Caoile



The delegation from the NaFFAA Desert Mountain Region recently honored with the prestigious Carabao Award, presented by NaFFAA National President Ryan Namata. DMR was well represented at the presentation, led by DMR President Sally Balecha, along side Thelma Lassig ( President, NaFFAA -Utah), Charmel dela Cuz (President, NaFFAA Arizona ) and Dr. Michael StaJuana ( President, NaFFAA-Nevada).

The NaFFAA National Empowerment Conference opened with a thunderclap - and the source of that energy was unmistakable. The Desert Mountain Region (DMR) arrived in Colorado not as three states, but as one united force. Delegates from Arizona, Utah and Nevada attended in unprecedented numbers, signaling from the very first night that this NEC would be one for the books.

And then came the showcase that set the tone for the entire conference: **NaFFAA'S GOT TALENT** .... AND DMR WAS MORE THAN READY - LAST ON THE LIST TO PERFORM.....

THE BEAT DROPPED WITH ARIZONA AND UTAH OPENING WITH A SURPRISE THAT INSTANTLY LIT UP THE ROOM....performing Manila's latest craze....."HAWAK MO ANG BEAT." - The crowd roared; the applause rolled and the room felt the first tremor.....

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**DIANA ROSS** (Jacque de Joya) and **The SUPREMES** (Sally Balecha & Ruby Scaglione) STOPped the room into Motown magic

**TINA TURNER** (Cin Cin Landeros) rolled in with unstoppable fire and motion

**MICHAEL JACKSON** (Doc Mike StaJuana) arrived in full garb and when he leaped off the stage to the floor - the

**NaFFAA**  
**CONT'D ON A-5**

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*Sam Ryan Heidari*

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MANILA, Aug 20 (Mabuhay) -- The Department of Education (DepEd) underscored the need for stronger mental health programs as part of long-term solutions against school violence.

DepEd Secretary Sonny Angara personally joined the security briefing and inspected the vicinity of the Ateneo de Zamboanga University Junior High School (JHS) campus on Wednesday, a day after the shooting incident that claimed the lives of two learners.

During his visit to Zamboanga City, the education chief met Ateneo de Zamboanga University President Fr. Guillrey Anthony Andal, SJ, city government officials, and representatives from the Philippine National Police (PNP).

Before the incident, the Ateneo de Zamboanga had been planning to conduct its active shooting drill in the Junior High School campus in September.

Angara then said that stringent safety measures are not limited to the conduct of active shooting drills, even in private schools.

"That's only for external security. Sabi nga natin hindi lang 'yung bakod, hindi lang 'yung security arrangements natin (As we've mentioned, it's not only the walls, nor the security arrangements)," he said in an interview.

"Pati 'yung psychological at socio-emotional learning –ang tawag diyan na talagang kailangan bantayan kasi long-term problem (But the so-called psychological and socio-emotional learning should be monitored also because that's the long-term problem)."

Angara said the agency has ongoing efforts to advance mental health support to learners, but the current situa-

tion demands greater efforts.

"Meron naman tayong mga interventions na geared towards mental health pero syempre going forward mas pag-iigihan ho natin ang mga programang pang-mental health dahil nakikita natin na parang mas kailangan na ngayon (We have interventions geared towards mental health but of course moving forward, we need to improve mental health programs because we are seeing more need now)," Angara said.

Earlier, the DepEd said about 10,000 positions can be created by the Department of Budget and Management (DBM) for School Counselor Associate I, with the recent issuance of Civil Service Commission (CSC) Resolution No. 2600920.

Under this, additional counselors and school counselor associates are expected to be hired within the basic education sector with the approval of Qualification Standards (QS) for the positions of Schools Division Counselor (SDC), School Counselor I to IV, and School Counselor Associate (SCA) I to V.

Their deployment is projected to begin this school year 2026 to 2027.

Besides these, Angara also underscored the need for each learner to feel "welcomed" and taken care of within school communities.

"Talagang makihalubilo tayo sa ating mga estudyante, kilalanin natin sila, kumustahin natin sila. Kasi ang silbi talaga ng eskwelahan hindi lang magturo, kung hindi parang pangalawang tahanan (Let's really mingle with our learners, get to know them, ask how they

are. Because the function of schools is not only to educate, but also to serve as second homes)," he said.

Nihilistic influence not ruled out

Angara, meanwhile, said that law enforcement has not ruled out the possibility of nihilistic violence influence online.

"Misteryoso pa sa atin kung ano yung nag-trigger, maaring sabi nga ng isang opisyal, huwag nating i-rule out yung may groomer siya online (The trigger is still a mystery to us; perhaps, it may be as one official said, we should not rule out that he has a groomer online)," he said, citing that the child in conflict with the law (CICL) has a remarkable academic record and a family network.

"Di natin na-co-control yung isipan ng mga bata kung ano ang pumapasok. May groomers tayo, may 764 network. So, kailangan mag usap-usap ang lahat ng mga ahensya dito (We cannot control the minds of our kids, what they are learning. We have groomers; there's the 764 network. So, various agencies should work together)."

The education chief then urged parents to be vigilant and mindful of their children's interactions online.

"Minsan 'yun 'yung naglalagay, na-

glalason sa isipan ng ating mga kabataan, 'yung kung sino ang kausap nila online. Nakita ng mga groomer na 'ah galit to, disenchanted youth ito, ito mapapagalit pa natin lalo sa mundo ito (Sometimes, they are the ones ruining the minds of our youth, those who are interacting with online strangers. And the groomers can detect 'this young person is angry, disenchanted, which can further amplify their anger against the world')," Angara said.

"Dahil 'yun ang role ng nihilistic violent groups e, kaya dapat malaman din ng mga magulang ito (that's the role of nihilistic violent groups, that's what parents should know)."

Angara, however, urged the public to refrain from forming conclusive narratives and opinions on the matter while a thorough investigation is underway.

He said the privacy and dignity of involved learners and their families should be protected.

The agency also appealed to the public not to post and share the details of the incidents, as well as photographs and videos, to prevent further distress among affected learners, staff and their families. (MNS)

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## CASTRO: REMARKS ON TEACHERS MEANT AS A REMINDER, NOT BLAME

MANILA, Aug 20 (Mabuhay) -- Presidential Communications Office (PCO) Undersecretary and Palace Press Officer Claire Castro on Wednesday said her previous remarks on the role of teachers in guiding students were misinterpreted, stressing that she was not blaming educators for the recent school violence.

Castro issued the clarification after the Alliance of Concerned Teachers (ACT) described her remarks following the shooting at the Ateneo de Zamboanga University Junior High School as “reckless and insulting.”

“Unang-una ay wala po tayong sinisisi na mga guro; ito ay pagpapaalala sa ating mga kagalang-galang na mga guro kung ano po ang kanilang malaking role bilang tagahubog ng magandang kaugalian lalung-lalo na sa mga kabataan (First of all, we are not blaming teachers; this is a reminder to our respected teachers of their important role in shaping good values, especially among the youth),” Castro said in a Palace briefing.

She said her remarks were intended to emphasize that young people must be guided not only by their parents but also by schools and teachers, whom she described as playing the role of second parents.

“Ang mga guro iginagalang po natin yan, malamang nagkaroon lamang po ng misinterpretation dahil yung nagpalabas ng opinyon ay mali agad at sinabi na sinisisi natin ang mga teachers (We respect our teachers. There was probably just a misinterpretation because the person who expressed the opinion immediately got it wrong and said that we were blaming the teachers),” Castro said.

The Palace official said her reference to instances involving some teachers was based on specific cases that had been investigated or reported.

She cited a previous incident in Davao City involving students who allegedly heckled President Ferdinand R. Marcos Jr. and used inappropriate language during his recent visit, as well as a separate case involving a teacher who allegedly posted a video teaching students insulting words directed at the Chief Executive.

The latter case is now the subject of

an administrative proceeding, according to Castro, who said the teacher admitted making the video.

She added that the incident prompted the Department of Education (DepEd) to issue a memorandum reminding teachers to uphold professionalism.

“Hindi po kayo sinisisi. Ito ay pagpapaalala (You are not being blamed. This is a reminder),” Castro said.

The Palace spokesperson also rejected suggestions that she had disrespected teachers, noting her personal connection to the profession.

“Hindi ko po kailanman hindi bibigyang galang ang mga guro dahil ang aking ina, hindi pa po ako pinapanaganak, ay isang public school teacher (I would never disrespect our teachers because my mother was a public school teacher even before I was born),” she said.

She said her mother remained in the teaching profession until her death.

Castro said she understood why some teachers were offended but maintained that her remarks should not be construed as holding educators responsible for the violence.

“Naiintindihan ko po kung saan nangagaling ang ating mga guro. Wala po tayong sinabi na sila ang dapat sisihin (I understand where our teachers are coming from. We never said that they were the ones to blame),” she said.

ACT earlier criticized Castro for remarks it said appeared to link some teachers to the country’s culture of violence following the Ateneo de Zamboanga shooting, which left two students dead.

Report with caution

Meanwhile, PCO Secretary Dave Gomez urged extreme caution in reporting tragedies involving minors following the shooting incident.

State media, the PCO chief said, must exercise the highest level of care, while private media organizations are respectfully urged to show restraint and responsibility.

Gomez said coverage should not compromise the dignity, safety, and privacy of minors, hurt bereaved families, interfere with investigations, or include details that could encourage copycat acts. (MNS)

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**NaFFAA**  
From Page A-1

room exploded  
**ELTON JOHN** (Ferdie Ponce) slid-  
ered in royally w regal brilliance  
and then.....the moment everyone  
waited for.....  
**ELVIS - THE KING** (Leo Belmonte)  
roared into the room and Colorado was  
all shook up!  
by his final song verses - the entire  
DMR (DESERT MOUNTAIN ROCK-  
ERS) JOINED THE KING ONSTAGE....  
TO FULL DMR CELEBRATION!  
AND THE JUDGES? THEY DIDN'T  
TAKE LONG  
A LANDSLIDE DECISION-- A TRI-  
UMPH FOR THE DESERT MOUNTAIN  
ROCKERS .....FIRST PLACE.....  
WE'RE #1  
A special shoutout goes to IAN BALI-  
DO...whose time, talent, and two pow-  
erhouse rehearsals gave our perform-  
ers confidence & attitude!  
The congratulations never stopped  
that evening as our performers never  
took off their costumes and strutted  
around as winners! As the song goes....  
WE'VE ONLY JUST BEGUN!  
Next morning the formal sessions  
began and DMR members had lead  
roles in many of the workshops and the  
running of the Conference!  
i.e. Sally Balecha, Jacque de Joya,  
Hon Con Amie Belmonte, Doc. Mike  
Sta Juana, Geri Inciso, Johann Sayson,  
Sam Buban, Charmel dela Cruz,  
In every organization, there are mo-  
ments when leadership reveals itself  
not through titles, but through conduct.  
At this NEC, ROMEO "Romy" JURANI,  
embodied that truth. As the Chair of  
the COMELEC Committee, he served  
with dignity, calm confidence, and gen-  
tle authority. When an issue arose - as  
they inevitably do in any election - Romy  
ruled with constitutional compliance  
and finality, ensuring fairness, clarity,  
and respect for the process. And when  
election time arrived and staff were  
needed, who stepped forward.....two  
DMR superwomen - Ruby Scaglione &  
Cynthia Deriquito!  
Am I surprised? Absolutely not - Be-  
cause this is who we are- this is what  
we do -  
DMR SHOWS UP - WITH COMPE-  
TENCE, WITH HEART, AND WITH

UNITY  
And who else showed up to give tre-  
mendous support -  
Nadia Jurani, Flora Sayson, Rich  
Scaglione; Ed Balecha; Art de Joya;  
Luz Prill; Joe Buban; Julio Landeros,  
Lily Enciso!  
Day Two was full of excitement - it  
was also election time for NaFFAA Na-  
tional Trustees: - three of our excellent  
candidates..  
**.JACQUE DE JOYA; LEO BEL-  
MONTE; RESTY LOPEZ.....ALL  
GOT ELECTED!**  
All sessions went like clockwork -  
meaningful and exciting - TIME TO  
CELEBRATE. All delegates and guests  
to the NEC prepared for the much  
awaited GALA that featured a stun-  
ning FILIPINIANA FASHION SHOW  
- that included our delegates - it was  
a celebration of beauty, culture and el-  
egance.  
**THE NIGHT REACHED ANOTHER  
HIGH POINT WHEN NaFFAA DESERT  
MOUNTAIN REGION - ONCE AGAIN  
CAPTURED THE MUCH-COVETED  
CARABAO AWARD.**  
(The Carabao, long honored in the  
Philippines as a symbol of strength, re-  
silience, and hard work, represents the  
spirit of the Filipino people - the same  
spirit that plows soil, raises the harvest,  
and sustains communities. Winning  
this award wasn't just a victory; it was  
a tribute to the grit, unity, and the un-  
stoppable energy of Arizona, Utah and  
Nevada working as ONE!  
DMR DIDN'T JUST SHINE! DMR  
STOOD STRONG - and the Carabao  
proved it!  
A very special award was bestowed  
on NADIA JURANI for her untiring com-  
mitment to empowering the Nevada  
Community and beyond. NINANG is a  
very special name all call her as she  
exemplies everything Ninang means!-  
kind, giving, caring!  
LEADERSHIP ASCENDS: DMR  
TAKES ITS PLACE ON THE NATION-  
AL STAGE  
As the NEC came to a close, DMR  
delivered one more powerful statement  
- this time in leadership. Our very own  
DMR President SALLY BALECHA, was  
elected NaFFAA VICE PRESIDENT, a

testament to her tireless advocacy, and  
her unwavering commitment to com-  
munity empowerment.  
Adding depth, experience and re-  
gional pride are Jacque de Joya, Leo  
Belmonte, Resty Lopez who got elect-  
ed National Trustees!  
THIS WASN'T JUST AN ELECTION  
- IT WAS A STATEMENT -  
DMR'S STATES ARE RISING, CON-  
TRIBUTING, AND SHAPING NaF-  
FAA'S FUTURE AT EVERY LEVEL!  
AUTHOR'S PRIVILEGE: A tribute to  
a very special person!  
In every gathering, there are speak-  
ers who inform, speakers who inspire,  
and - once in a great while - speakers  
who reveal the true meaning of service.  
At this year's NEC, I heard someone!  
I sat in her workshop not knowing  
what to expect!  
She followed someone who I felt  
'didn't do justice to the time' given! and  
to the audience! But maybe that was  
the best of this individual!  
Then MY HONORARY CONSUL  
GOT UP TO THE MIKE - She stood  
before us not as someone collecting  
titles - though she has served NaFFAA  
National; NaFFAA Desert Mountain  
Region; and NaFFAA Nevada with dis-  
tinction --but as someone who carries  
her new role with profound responsi-

bility. She spoke with clarity, humility,  
and unmistakable heart about what  
it means to serve as an HONORARY  
CONSUL: an unpaid; often 24/7 com-  
mitment to being first call, the sounding  
board, and the lifeline for Filipinos and  
Filipino Americans in need.  
HER MESSAGE WAS SIMPLE, BUT  
POWERFUL: ASSISTANCE IS NOT A  
TASK. IT IS SUBSTANCE. IT IS DUTY.  
IT IS LOVE FOR COMMUNITY!  
HON CON BELLA AURORA 'AMIE'  
BELMONTE.....as I listened to you  
- I realized that your office has become  
a safe haven - a place where those  
who once asked "Where do we go?"  
when faced with issues they need help  
with.....now find comfort, connection,  
and a sense of home. You have closed  
a void that has existed for years, offer-  
ing guidance, compassion, and dignity  
to every person who walks through your  
office doors. THIS IS SERVICE IN ITS  
PUREST FORM and I thank you.  
  
In my book....you deserve the GOLD-  
EN CARABAO AWARD .....and I  
would be remiss if I did not give Leo  
"Elvis Piolo" a special thank you as  
well!  
THANK YOU!  
ag



**ROAD SAFETY.** Manila Electric Co. (Meralco) personnel remove cut tree branches along Doña Hemady Street in Quezon City on Wednesday (Aug. 19, 2026) as part of a clearing operation to prevent branches from coming into contact with power lines amid heavy rains. The operation helps keep roads clear and ensure the safety of motorists and pedestrians during downpours. (MNS photo)



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By: Doris Lacson Bauer



## Strengthening Leadership Engagement in the PNANV

The Philippine Nurses Association of Nevada (PNANV) has served the community with dedication and visibility for the past 34 years. A key pillar of its Mission is viability, yet sustaining long-term organizational strength requires leaders who can adapt to evolving nursing responsibilities, rapid technological changes, generational differences, and increasing population diversity. In recent years, PNANV—like many professional nursing organizations—has faced a significant challenge: many members are reluctant to step into leadership roles.

Recognizing this concern, PNANV President Emerlinda Sambo convened several Board Members to explore strategies that could inspire greater leadership participation. During these discussions, the group identified a promising opportunity grounded in existing scholarship. Dr. Rhigel “Jaei” Tan completed a PhD dissertation focused on leadership development, including leader characteristics, transformative leadership principles, and a personalized leadership model tailored to individual profiles. Importantly, Dr. Tan designed this work specifically for PNANV.

Building on this foundation, PNANV organized a Leadership Roundtable Meeting to engage both current and emerging nurse leaders in meaningful dialogue. The Roundtable aims to strengthen understanding and collaboration around leadership, governance, succession planning, and the future direction of PNANV. Through this initiative, the organization hopes to cultivate a new generation of leaders who are prepared, confident, and motivated to carry PNANV forward.

Invitations were sent out and the Roundtable took place on August 9, 2026 from 2 PM to 4 PM at D’Pinoy Joint in Las Vegas. There were many attendees which included Nursing students, numerous members and non-members of the PNANV, including Dr. Sigrid Barrett, UNLV Dean for the School of Nursing.



Here is a summary of what was presented and discussed at the Roundtable:

### Transformative-Transcendent Leadership through Efficacy, Adaptability, Diversity, and Service

The T<sup>2</sup>-LEADS Succession Leadership Model™ is an evidence-informed leadership development and succession planning framework derived from the TAN-LEADS Scale™ (Tan Leadership Self-Efficacy Assessment and Development Scale™). While the TAN-LEADS Scale™ functions as a validated instrument for assessing leadership self-efficacy, the T<sup>2</sup>-LEADS Model™ converts assessment insights into a structured developmental pathway that prepares emerging leaders to become effective, ethical, culturally responsive, and sustainability-minded leaders capable of cultivating future generations of leaders.

### Leadership Self-Efficacy as the Foundation

Grounded in Bandura’s Self-Efficacy Theory, the model asserts that leadership sustainability begins with an individual’s belief in their capacity to lead. Leaders who possess strong self-efficacy are more likely to embrace responsibility, navigate complexity, inspire others, and drive organizational change. Accordingly, leadership development begins with understanding perceived leadership capability through the TAN-LEADS Scale™ before designing personalized learning experiences that strengthen both leadership confidence and competence.

### The Dual Philosophy of T<sup>2</sup>: Transformative and Transcendent Leadership

The T<sup>2</sup> represents two complementary leadership philosophies:

- **Transformative Leadership** — inspiring meaningful change through vision, innovation, collaboration, empowerment, and shared purpose.
  - **Transcendent Leadership** — extending leadership beyond individual achievement by fostering mentorship, succession planning, stewardship, and the intentional development of future leaders, thereby creating a lasting leadership legacy that enhances organizational sustainability.
- Together, these philosophies position leaders not only as agents of change but also as architects of continuity.

### Anchoring the Model in Transformational Leadership

The T<sup>2</sup>-LEADS Model™ is further grounded in Transformational Leadership, which provides the relational and developmental foundation for the training process. Transformational leadership aligns naturally with the model because it is democratic, participatory, positive, and supportive—encouraging leaders to engage, empower, and inspire those they lead. At the same time, transformational leaders maintain focus on organizational goals while nurturing meaningful relationships with the individuals responsible for achieving them. This balance reinforces the model’s commitment to developing leaders who can transform organizations while cultivating future leaders.

### Individualized Leadership Profiles and Development Plans

Upon completing the TAN-LEADS Scale™, each participant receives an individualized leadership profile identifying strengths and developmental opportunities across validated leadership domains. These results form the basis of an **Individual Leadership Development Plan (ILD)**, which guides coaching, mentoring, experiential learning, reflective practice, leadership projects, and continuous performance feedback throughout the leadership journey.

### The LEADS Competency Framework

Leadership development within the T<sup>2</sup>-LEADS Model™ is organized around five integrated competencies:

- **Lead with Vision** — cultivating strategic thinking, clarity of purpose, and the ability to inspire others.
- **Empower through Self-Efficacy** — strengthening leadership confidence while coaching, mentoring, and empowering others.
- **Adapt with Agility** — building resilience, innovation, flexibility, and effective change leadership.
- **Diversify through Cultural Intelligence** — promoting inclusive, culturally responsive, and globally minded leadership that values diversity and collaboration.
- **Sustain through Service and Succession** — advancing servant leadership, ethical stewardship, mentorship, succession planning, and leadership legacy.

### Experiential, Applied, and Progressive Leadership Development

- Rather than emphasizing leadership knowledge alone, the T<sup>2</sup>-LEADS Model™ prioritizes experiential learning through executive coaching, mentoring, collaborative learning, reflective practice, simulation, real-world leadership experiences, and continuous performance improvement. Participants advance through successive stages of leadership growth—from emerging leader to team leader, department leader, executive leader, mentor, and ultimately a developer of future leaders.

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### A Continuous Cycle of Leadership Sustainability

The distinguishing feature of the T<sup>2</sup>-LEADS Succession Leadership Model™ is its seamless integration of assessment, individualized development, mentorship, succession planning, and leadership sustainability into a continuous cycle:

1. Leadership self-efficacy is assessed using the validated TAN-LEADS Scale™.
2. Leadership competencies are strengthened through evidence-based developmental experiences.
3. Organizational impact is demonstrated through applied leadership practice.
4. Experienced leaders intentionally mentor and develop the next generation of leaders.

This cyclical process creates a sustainable leadership pipeline that supports organizational resilience, continuity, innovation, and excellence.

### Preparing Leaders Who Inspire Across Generations

Ultimately, the T<sup>2</sup>-LEADS Succession Leadership Model™ provides organizations with a practical, evidence-based framework that translates leadership self-efficacy into purposeful leadership action. By integrating transformational leadership principles with mentorship, succession planning, and continuous leader development, the model prepares leaders who not only achieve excellence themselves but also intentionally inspire, empower, and develop others. In doing so, the T<sup>2</sup>-LEADS Model™ ensures leadership continuity across generations, creating enduring value for individuals, organizations, and the communities they serve.

### Growing Momentum for Leadership Development in PNANV

Participants in the Leadership Roundtable expressed genuine enthusiasm and gratitude for the insights shared. Many attendees voiced hope that this leadership framework could eventually be introduced to other nursing organizations as well. As Dr. Rhigel “Jaei” Tan emphasized, “Although this model was adapted for PNANV, it may also benefit other community organizations seeking to strengthen leadership development and succession planning.”

Inspired by this positive response, PNANV is now exploring the creation of a Leadership Academy—a long-term initiative designed to cultivate strong, confident, and future-ready nurse leaders. While the Academy remains in its early planning stages, the PNANV Board is fully committed and energized by the direction this project offers. Their vision extends beyond strengthening PNANV alone; they aim to contribute to leadership growth across other nursing organizations and the broader community.

This emerging initiative reflects PNANV’s dedication to leadership development, succession planning, and the long-term viability of Filipino American nursing leadership in Nevada and beyond.



By: Doris Lacson Bauer

## “BALIK SA ESKWELA” SAFETY TIPS



More than 280,000 Clark County School District students headed back to class on Monday, Aug. 10, here in Las Vegas, Nevada. The trip to and from school should be one of the first safety lessons of the new school year. During the 2025-26 school year, students in Clark County were involved in 427 crashes while going to and from school, including four fatalities. Most of the crashes involved students who were walking or riding bicycles, e-bikes or e-scooters.

Nevada emphasizes the importance of vigilance for drivers, pedestrians, and cyclists, especially in school zones for back-to-school safety. To help better protect students, a new Nevada law took effect on July 1, 2026 doubling penalties for traffic violations in school zones.

The new law introduces significant changes to traffic penalties.

- Traffic violations in active school zones will incur doubled fines.
- The law also doubles the demerit points assessed against drivers’ licenses for violations.
- Local governments can designate school zones and install signage without prior approval.
- These changes are part of a broader initiative to improve safety for children around schools.

Filipino - American families can enhance their children’s safety as they return to school by following specific guidelines that address both physical and emotional well-being. Key strategies include teaching safe travel routes, discussing bullying prevention, and ensuring proper communication with schools and authorities.

### Back to School Safety Tips for Filipino Americans

Here are essential safety tips tailored for Filipino American families.

- **Safe Routes** — Teach children safe walking or biking routes to school, emphasizing the importance of using crosswalks and being aware of traffic.
- **Bullying Awareness** — Discuss the signs of bullying and encourage children to speak up if they experience or witness it.
- **Emergency Contacts** — Ensure children know how to contact parents or guardians in case of emergencies.



*The Nasyon Whisperer is brought to you by the Healthy Fil-Am Nasyon Organization whose goal is to promote the health and welfare of the Filipino Americans in Nevada. This column will make suggestions on the importance of a Holistic approach when dealing with health and wellness. For more information, please visit the website at [www.healthyfilamnation.org](http://www.healthyfilamnation.org).*

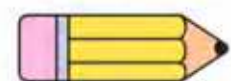
- **Cultural Sensitivity** — Promote understanding and respect for cultural differences among peers to foster a supportive environment.
- **Health Precautions** — Remind children about hygiene practices, such as handwashing, to prevent illness.

### Back-to-School Safety Tips in Tagalog

Narito ang ilang mahahalagang tip para sa kaligtasan ng mga bata sa pagbabalik-eskwela.

- **Speed Limits** — Sundin ang mga speed limit sa sona ng paaralan upang maiwasan ang aksidente.
- **Crosswalks** — Tiyaking tumatawid ang mga bata sa mga designated crosswalks at may mga guwardiya sa tawiran.
- **Drop-off Procedures** — Sundin ang tamang pamamaraan sa paghatid sa paaralan at huwag harangan ang mga tawiran.
- **Awareness** — Palaging maging mapagmatyag sa pagligid, lalo na sa mga bata na naglalakad o nagbibisikleta.

Remember, Safety is the responsibility of EVERYONE. Here are some other Back to School Safety Tips from the Red Cross and the NSC – National Safety Council.







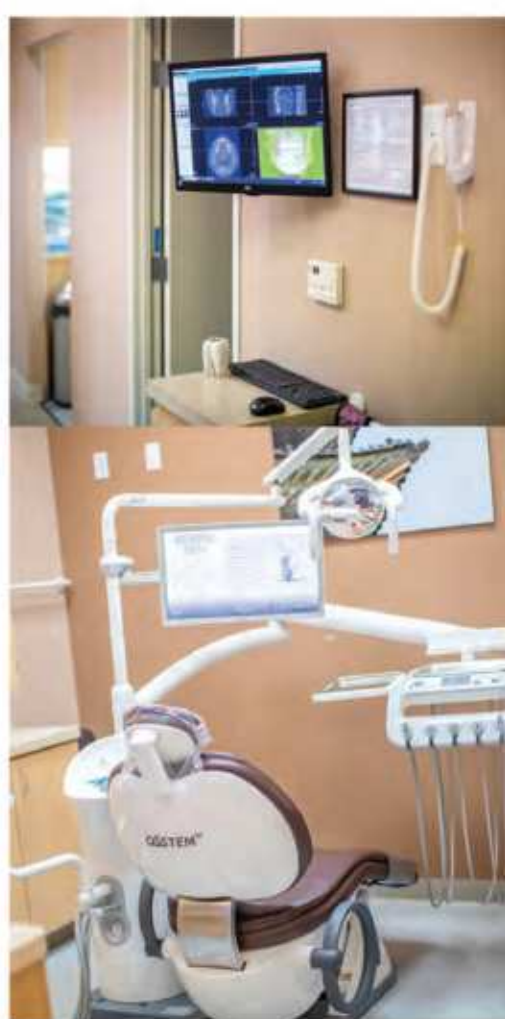
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## The Still Point

By Jasminemarie Soller, LMT, NVMT#11598



**Clinical Bodywork • Recovery • Holistic Wellness**

**By Jasminemarie Soller, LMT, NVMT#11598**

Fall Allergies in Southern Nevada: The Season We Love... and the Sneezes We Don't

There's a moment every year, usually sometimes starting at the end of August into September when Southern Nevada starts to exhale. The sun still shows off, but the mornings feel gentler. Kids head to school with hoodies they won't need until November; pumpkin drinks make their triumphant return, and the desert sky turns that perfect shade of honey at sunset.

But right when we're settling into the cozy part of the year, something else settles in too: **fall allergies**. And if you've lived in the Las Vegas Valley long enough, you know they don't tiptoe in. They show up loud.

#### The Desert Doesn't Need Trees to Make You Sneeze

People who move here from greener states often assume allergies won't be a big deal. After all, we don't have forests or endless fields of grass. But Southern Nevada has its own cast of characters: ragweed, sagebrush, pigweed, and they're just as talented at making your eyes itch.

And because our fall stays warm longer than most places, these plants keep releasing pollen well into October. That means our allergy season stretches out like a Vegas headliner with an extended residency.

Then there's **dust**. Construction dust, desert dust, monsoon dust; it all gets stirred up and mixed with pollen. It's a combination that hits your sinuses like a one-two punch.

#### Why the Valley Makes It Worse

Living in a valley has its perks; gorgeous mountain views, dramatic sunsets but it also means allergens get trapped. They settle overnight, which is why so many Southern Nevada residents wake up sneezing before they've even had their first sip of coffee.

If you've ever stepped outside at 7 a.m. and immediately felt your nose twitch, that's the valley saying, "good morning."

#### Home Habits That Make Fall Easier

Fall allergies don't have to run your household. A few simple shifts can help you breathe more easily.

**Deep clean surfaces:** blinds, vents, ceiling fans, baseboards, and shelves collect more dust than most people realize. A quick wipe-down once a week can keep pollen and desert dust from building up and getting pushed back into the air every time the AC kicks on.

**Swap out air filters:** our desert air makes filters work overtime, especially during windy weeks. Check them more often in the fall and consider using a higher-quality filter if your HVAC system allows it.

**Keep windows closed during high-pollen mornings:** those cool mornings are tempting, but they can invite pollen right into your living room. If you want fresh air, try opening windows later in the day when pollen levels may be lower.

**Vacuum with a HEPA filter:** regular vacuuming helps, but a HEPA filter does a better job trapping the tiny particles that irritate your nose, throat, and eyes. Pay extra attention to rugs, entryways, couches, and bedrooms.

**Wipe pet paws after walks:** pets are adorable for pollen delivery systems. A quick wipe of their paws and fur before they come back inside can help keep outdoor allergens from spreading across floors, bedding, and furniture.

#### Taking Care of Your Body in Allergy Season

Fall allergies don't just make you sneeze; they can make you tired, foggy, and irritable. So, give your body a little extra support.

**Start antihistamines early:** don't wait until symptoms are already making you miserable. Many allergy medications work best when they are in your system before exposure builds, so planning can make the season feel much more manageable.

**Use saline rinses:** a gentle rinse can help wash away pollen, dust, and dryness that settle in your nasal passages. It's a simple, low-effort habit that can be especially helpful after spending time outside.

**Drink more water than usual:** the desert dryness is no joke, and dehydration can make irritated throats, dry eyes, and congestion feel worse. Keeping water nearby throughout the day gives your body extra support.

**Prioritize sleep:** allergy symptoms can interrupt rest, and poor sleep can make inflammation feel harder to handle. Keep your bedroom clean, wash pillowcases often, and give yourself a calming wind-down routine when symptoms flare.

#### Enjoying Fall Without Paying for It Later

Fall is one of the best seasons to be outside in Southern Nevada. The weather is perfect for evening walks, football games, and family outings. You shouldn't have to hide indoors.

**Check pollen counts before planning outdoor time:** a quick look before heading out can help you choose better times for walks, errands, or outdoor events. On higher-pollen days, consider moving activities to later in the day or keeping outings shorter.

**Wear sunglasses:** they do more than complete a fall outfit. Sunglasses create a small barrier that helps keep windblown dust and pollen from irritating your eyes.

**Shower after being outside:** pollen can cling to hair, skin, and clothing long after you come indoors. Rinsing off and changing clothes helps keep those allergens from following you onto the couch or into bed.

**Keep car windows closed, especially on windy days:** fall breezes can carry dust and pollen straight into your car. Using the recirculate setting for short drives can also help limit what comes through the vents.

#### The Emotional Side We Don't Talk About Enough

Allergies can wear you down. They interrupt sleep, drain your energy, and make everyday tasks feel heavier. And fall is already a busy season; school routines, work schedules, holiday prep.

#### A little calm goes a long way.

**Try mindful breathing when symptoms flare** — congestion and irritation can make you feel tense without realizing it. Taking a few slow, steady breaths can help your body settle, especially before bed or during a stressful moment.

**Build a gentle evening routine** — small rituals like showering, changing clothes, sipping warm tea, or dimming the lights can help your body reset after a day of exposure to pollen and dust.

**Keep your home uncluttered and soothing** — fewer piles and surfaces mean fewer places for dust to hide. A calmer space can also make allergy season feel less overwhelming when your body is already asking for a little extra care.

Sometimes the best allergy relief is simply giving yourself permission to slow down.

#### The Bottom Line

Fall in Southern Nevada is beautiful but it's also dusty, windy, and full of pollen that travels farther than you'd expect. The good news? With a little preparation and a few smart habits, you can enjoy everything the season brings without letting allergies steal the spotlight.

Jasminemarie Soller, LMT, brings more than 29 years of heart-centered experience to her work as a Las Vegas-based licensed massage therapist. Rooted in a deep respect for the body's innate wisdom, her practice blends clinical bodywork, recovery, and whole-person wellness with a holistic understanding of the connection between body, mind, and spirit. With experience across athletic, holistic, medical, and educational settings, she is certified by the California Massage Therapy Council and licensed in Nevada. Jasminemarie teaches at Mikhail Education Corporation's Personal Fitness Trainer program, serves as an Allied Health instructor, and is the Director of the Massage Therapy/Reflexology program at Advanced Training Institute. She is active in AFMTE, ABMP, and AMTA, where she serves on the AMTA Nevada Chapter board. As a Certified Community Health Worker, consultant, and entrepreneur, she is devoted to helping people reconnect with their bodies, cultivate self-awareness, and approach healing as a sacred, embodied practice. Her column, "The Still Point," reflects that calling by exploring traditional healing, modern recovery, and mindful self-care.





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# Health@Heart

## ALCOHOL TO MARIJUANA

**Philip S. Chua**  
MD, FACS, FPCS



Washington and Colorado, USA, were the first states to approve marijuana for non-medical use in ballot initiatives on November 6, 2012, taking effect December 6, 2012, making marijuana legal for recreational use for adults 21 and older. Possession limit is 1 ounce (28.3 grams). New studies show that more Americans are shifting from alcohol to marijuana. Federal data shows an estimated 21.4 million Americans use cannabis daily, compared to 17.2 million who imbibe alcohol with the same frequency. This reflects a 21-percent shift from 2022, jumping from the frying pan to the fire?

The dangers of using marijuana “involve cognitive impairment, mental health vulnerabilities, respiratory and cardiovascular strain, and developing Cannabis Use Disorder (CUD).”

We seem not to have learned from history. The Qing dynasty in China entered the peak addiction era from recreational opium between 1800 and 1911. More than 13.5 million people were addicted, including 27 percent of its male population. This led to widespread national addiction and economic devastation, resulting in the final downfall of the Qing dynasty in 1912.

Both opium and marijuana are psychotropic drugs. While opium is much more deadly than marijuana, the use of any such class of drug for recreation is unhealthy, to say the least. Why our legislators even approved this drug for recreational use is ludicrous and a disservice to society. We have enough problems; we do not need to add one, even if it is presented as a “safe recreational solution.” Besides, there are dozens of recreational activities available to everyone these days, thanks to computers, cellphones, and now, AIs, among others.

### Microwaving foods

Warming or cooking food items in a microwave is safe and healthy, as long as the container is glass or ceramic

and not Styrofoam or plastic. Microwave is a non-ionizing radiation and does not make food radioactive or alter its chemical structure, as the myth goes. Microwave ovens are safe as long as the protective shield is intact. If broken, the escaping radiation could cause painful tissue burns, intense redness and blurred vision, cataracts, and temporary sterility in men. There are inexpensive handheld radiation leak detectors available. Make sure your microwave oven is not damaged. While it is running, it is precautionary to stay at least 6 feet away.

Microwaving foods preserves the vitamins and minerals in food, unlike boiling or baking. Stir the food halfway to distribute the heating evenly and not leave “cold spots,” where food-borne bacteria might survive. This mode of warming or cooking also saves a lot of time. Potatoes, corn, and bananas wrapped in a wet towel rapidly cook in 3 minutes. Fast, convenient, safe, and healthy.

### Jicama strategy

Munching on jicama (singkamas in Tagalog), a crisp, juicy, ready-to-eat root vegetable, for snacks is an exceptional strategy for gut health and for satisfying the craving to chew or eat. It is a high-volume, low-calorie food that promotes fullness without consuming a heavy calorie count. One cup of jicama contains only about 49 calories, providing 1.8 g sugar, a huge 6.4 grams of dietary fiber, and about 90 percent water. This slows down digestion, satisfies the urge to chew, and stretches our daily calorie budget, compared to common snacks. Jicama is very good for the gut microbiome, an exceptional source of inulin, a soluble prebiotic fiber that bypasses digestion in the small intestine to feed and stimulate growth of beneficial bacteria in the colon.

With the same amount, Broccoli yields 31 calories, 2.4 g fiber, and 1.5

g sugar, and carrots, 52 calories, 3.6 g fiber, and 6.0 g sugar. Celery: 16 calories, 1.5 fiber, and 1.4 g sugar. Any of these, or a combination of them, is a healthier option for snacks, compared to fast foods, sweets (carbohydrates), and toxic soft drinks, and it lowers the risk for cardiovascular and metabolic diseases, and even cancer. Remember: We are what we eat. Our diet is a major (primary) factor that determines our future health and longevity.

### Dangerous claim

The “Boost” TV commercial uses the term “temporary oxygen insufficiency” to justify the use of an oxygen supplement from a hand canister. That is not a medical diagnosis or an official medical entity. It is a gimmick to sell “Boost,” which is useless, even dangerous, for healthy individuals. Supplemental oxygen is beneficial only to those with cardiopulmonary disease, like heart failure or COPD, those with hypoxia, and is dangerously unhealthy for those who are not short of breath, with normal blood oxygen levels. The atmosphere provides us with 21 percent oxygen, which is the safe natural level of oxygen for people who don’t have shortness of breath. Getting a higher percentage of oxygen damages normal lungs.

In July 2024, Boost Oxygen LLC reached a \$413,000 false advertising settlement with California (Ventura, St. Barbara, and Monterey counties) prosecutors.

### Caveat emptor!

#### Less sugar for babies

It has long been proven that an infant’s nutrition in the first 1000 days of life can affect their health later in life. A healthy, nourishing diet during the first years of life is vital in establishing a healthy gut microbiome, a strong immune system, and supporting brain development.

A new study found that “infants exposed to less sugar in their first 1,000

days of life experienced lower risks of developing Alzheimer’s disease and dementia from any cause as adults. Scientists also found that consuming less sugar during the first 1,000 days of life also led to a lower risk of depression and anxiety later in life.”

The principle of minimizing sugar to attain better health also applies to everyone.

### Planetary health diet

The planetary health diet is based on the same principle as the Mediterranean diet, plant-based diet, or DASH diet, all rich in plants. Studies reveal reducing intake of processed foods, red meats, salt and sugars, while increasing fresh fruit and vegetables, whole grains and pulses, can help reduce the risk of health conditions such as overweight and obesity, type 2 diabetes, cardiovascular disease, and some cancers.

Nutrition journal says “this type of diet is also good for the planet, as plant farming produces fewer gases that contribute to the climate crisis. Now, a study suggests that, for postmenopausal women, a planetary health diet can significantly reduce by 28 percent age lower the risk of cardiovascular and coronary heart disease. Encouragingly, the researchers say that even small changes to diet and exercise can have significant health benefits

Philip S. Chua, MD, FACS, FPCS, a Cardiac Surgeon Emeritus based in Northwest Indiana and Las Vegas, Nevada, is an international medical lecturer/author, Health Advocate, newspaper columnist, and Chairman of the Filipino United Network-USA, a 501(c)3 humanitarian foundation in the United States. He was a decorated recipient of the Indiana Sagamore of the Wabash Award in 1995, conferred by then Indiana Governor, later Senator, and then presidential candidate, Evan Bayh. Other Sagamore past awardees include President Harry Truman, President George HW Bush, Muhammad Ali, and Astronaut Gus Grissom (Wikipedia). Websites: FUN8888.com, Today.SPStoday.com, and philip-schua.com Email: scalpelpen@gmail.com

## TAX TIPS

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### Keep an eye out for common charitable contributions scams

Scammers have been known to take advantage of people’s kindness and generosity. Whether it’s creating a fake charity or encouraging the use of inaccurate estimates for donated property, taxpayers should be aware and proceed with caution.

Let’s explore these common scams and schemes around charitable donations that were part of the 2026 Dirty Dozen list.

#### Fake charities

After a disaster or tragedy, scams of all kinds often increase. A common one is when fraudsters create fake charities to collect donations and personal information. A few things to keep in mind before donating:

Verify if the organization is a qualified tax-exempt organization. Donations to individuals are not deductible. Taxpayers can use the Tax Exempt Organization Search tool on IRS.gov to verify whether an organization is eligible to receive tax-deductible contributions.

Taxpayers who give money or goods to a charity may be able to claim a deduction on their federal tax return if they itemize deductions. Taxpayers who don’t itemize still may be able to deduct cash contributions. It’s important to know donations only count if they go towards a qualified tax-exempt organization according to the IRS.

Keep receipts and documentation of all donations, whether cash or other property.

#### Non-cash charitable contribution schemes

This scheme isn’t directly related to disasters but is still one that taxpayers need to be mindful of. Some schemes involve inflated appraisals of donated property such as syndicated conservation easements, art, or other assets. If a taxpayer donates property or goods, they need to keep good records and accurately document the fair market value. Don’t be tempted by promises to eliminate or substantially reduce tax liability.

#### Reporting a suspected scam

Taxpayers and tax professionals can report suspected tax fraud, scams, identity theft, or other tax-related wrongdoings to the IRS. Tips can be submitted confidentially using a smartphone, tablet, or computer at IRS.gov/submitatip. It consolidates IRS fraud-reporting options into one location and routes tips to the appropriate IRS office. If a taxpayer thinks their tax identity has been compromised, they should visit IRS.gov/idtheft for steps to protect their account.



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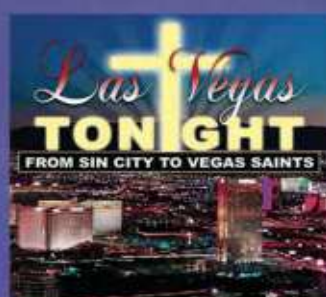
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# Opisina ng Kaligtasang Pantrapiko

## MGA PROGRAMA

### MISYON

Bawasan ang bilang ng pagkamatay at pinsala sa mga kalsada sa Nevada upang ang mga tao ay makauwi ng ligtas.

### PROGRAMA SA PROTEKSYON NG MGA NAKASAKAY SA SASAKYAN AT KALIGTASAN NG MGA BATANG PASAHERO

Ang programang ito ay nagtataguyod ng kahalagahan ng tamang paggamit ng mga seatbelt, child restraints, at ang kanilang interaksyon sa mga supplemental airbag restraint habang nagbibigay ng kaalaman sa mga batas ng Nevada tungkol sa proteksyon ng mga pasahero.



### IMPAIRED DRIVING

Tatlong pangkalahatang aspeto ang bumubuo sa programang Impaired Driving sa Nevada: pagpapatupad, pagpapasya, at pagsisikap sa pagbibigay ng kaalaman. Ang layunin ng programa ay ang pagbawas ng mga pagkamatay at malubhang pinsala na resulta ng impaired driving sa mga kalsada ng Nevada

## MGA REKORD NG TRAPIKO AT FATAL ANALYSIS REPORTING SYSTEMS (FARS)

Ang pangongolekta at pagsusuri ng datos ng aksidente ay ang unang hakbang sa pagbabawas ng mga aksidente at pagkamatay sa kalsada. Ginagamit ang nakolektang datos ng FARS para bumuo ng mga epektibong programa para sa kaligtasan sa highway.



## KALIGTASAN NG MGA NAGMOMOTOR

Ang programa ng Nevada Rider Motorcycle Safety ay pinopondohan ng mga miyembro ng Nevada's motorcyclist. Ang programang ito ay nag-aalok ng license waiver at advanced rider courses. Nagbibigay din ito ng pagsasanay para sa mga instruktur at suporta sa media campaigns upang itaguyod ang ligtas na pagmamaneho.

## MGA GUMAGAMIT NG KALSADA NG WALANG PROTEKSYON

Ang programang ito ay nagtuturo sa mga drayber at sa mga pedestriyan ng tungkol sa ligtas na paglalakbay sa kalsada ng Nevada at nagbibigay kaalaman sa publiko sa pamamagitan ng mga community events na nakatuon sa kaligtasan ng mga pedestriyan at nagbibisikleta para sa lahat ng edad.

## ZERO FATALITIES PROGRAM

Programang edukasyon at pagpapalaganap ng kaligtasan sa trapiko sa buong estado na naglalayong makamit ang layuning Zero Fatalities sa mga kalsada ng Nevada.

## ZERO TEEN FATALITIES (ZTF)

Ang mga aksidente sa kotse ang pangunahing sanhi ng pagkamatay ng mga tinedyer sa U.S. Ang programang ZTF ay tumutulong sa pag-suporta sa edukasyon sa pagmamaneho at nagtuturo sa mga batang drayber ng tungkol sa kaligtasan at ang kahalagahan ng mga batas ng Nevada's Graduated Driver Licensing (GDL), na tumutulong sa mga kabataan na makakuha ng karanasan sa pagmamaneho nang ligtas.

## JOINING FORCES

Isang programa sa pagpapatupad ng batas na sumasaklaw sa maraming hurisdiksyon na nagtataguyod ng pagpapatupad sa buong estado at nagtuturo sa mga gumagamit ng kalsada ng tungkol sa ligtas na pagmamaneho.

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# NEWS IN PHOTOS *with Kuya Sol*

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## NATIONAL FIL-AM CONFERENCE ADVANCED EFFORTS TO BUILD MORE ENGAGED, EMPOWERED COMMUNITIES

By PHLV Radio

AURORA, Colo. — Filipino American leaders from across the United States convened in Colorado last weekend as the National Federation of Filipino American Associations (NaFFAA) held its 16th National Empowerment Conference, bringing together delegates from every region for two days of leadership training, policy discussions, and cultural celebration. The conference, held at the Hyatt Regency Aurora-Denver Conference Center, carried the theme “Harnessing the Power of Community: Starting With Us,” underscoring NaFFAA’s continued push to strengthen Filipino American civic participation and community-building nationwide. Delegates participated in plenary sessions, workshops, and networking events centered on civic engagement, diaspora policy, youth leadership, and community empowerment. A keynote address by Secretary Dante “Klink” Ang II of the Commission on Filipinos Overseas (CFO) provided a global perspective, outlining CFO’s mandate to support Non Resident Filipinos (NRFs) and strengthen diaspora partnerships. His remarks emphasized the growing influence of Filipino Americans in shaping both U.S. and Philippine communities.

The conference also featured cultural showcases, regional presentations, and a lively icebreaker competition that set a celebratory tone for the weekend. Delegates shared stories of local initiatives—from mental health programs to small business support—reflecting the diversity of Filipino American experiences across the country.

While the event was national in scope, the Desert Mountain Region (DMR)—covering Nevada, Arizona, Utah, and neighboring states—made a particularly visible impact. DMR delegates participated actively in leadership workshops, civic engagement discussions, and regional strategy sessions. Their coordinated presence highlighted the rapid growth of Filipino American communities in the Mountain West, especially in Las Vegas and Phoenix. One of the most memorable moments came during the pre-conference icebreaker, where DMR won the “NaFFAA’s Got Talent” showcase with a Vegas-style performance, drawing cheers from attendees and setting a high-energy tone for the weekend. DMR leaders also engaged closely with national officers and CFO representatives, aligning regional priorities with broader diaspora initiatives.

Across two days, the 16th National Empowerment Conference reinforced NaFFAA’s role as the largest and longest-running Filipino American advocacy organization in the United States. Delegates left Aurora with renewed commitment to civic participation, community leadership, and cross-regional collaboration.



## NaFFAA CONFERENCE UNDERScoreD CULTURAL IDENTITY, COLLECTIVE CARE, AND FIL-AM LEADERSHIP

By PHLV Radio

AURORA, Colorado — The National Federation of Filipino American Associations (NaFFAA) facilitated a series of discussions on cultural identity, collective care, and Filipino American leadership as part of its 2026 National Empowerment Conference in Aurora, bringing together leaders from across the country. The program featured a keynote address by Dr. Stacey Litam, health advisor at Forbes and author, who spoke on “Cultural Scripts and Collective Care.” Litam examined how cultural expectations have historically shaped Filipino American behavior in personal, organizational, and civic spaces. She encouraged participants to confront limiting narratives, strengthen mental health within leadership circles, and embrace individual agency while navigating diverse environments. Conference sessions also explored how Filipino American leadership functions within community structures. Speakers emphasized shifting away from the “lone hero” mindset and toward the role of the “strategic partner,” noting that lasting social change emerges when personal passion aligns with organizational capacity. Discussions highlighted Filipino values such as pakikisama and malasakit, underscoring how these cultural principles help leaders bridge divides, infuse heritage into systems, and mobilize resources across communities.

A fireside chat on Women in Community Leadership featured Gloria Caoile, Mariela Fletcher, Tia Dalupan Wong, Jacque de Joya, and Dr. Litam, who share experiences navigating advocacy, representation, and institutional challenges. The panel reflected on the contributions of Filipina leaders and the continued need for mentorship and visibility in civic spaces.

Later sessions addressed NaFFAA’s national advocacy work to combat anti Asian hate. Speakers discussed ongoing threats facing Asian American and Pacific Islander communities—particularly elderly Filipino Americans—and emphasized the importance of policy protections, improved hate crime reporting, and cross cultural coalitions. Chapters were encouraged to leverage national resources, strengthen local legislation, and coordinate with federal law enforcement to ensure community safety and visibility. The conference reinforced NaFFAA’s commitment to Fil-Am leadership, community empowerment, and national advocacy, offering delegates renewed momentum to advance Filipino American visibility across the United States.







# NEWS IN PHOTOS *with Kuya Sol*



TID BITS ON WHAT'S GOING ON IN THE FILIPINO AMERICANS COMMUNITY IN SOUTHERN NEVADA

## "THEY DON'T HAVE TO BE SILENT TO BE RESPECTFUL": OHIO'S FIRST AMERICAN MAYOR CHALLENGES FIL-AM YOUTH AT NAFFAA CONFERENCE

By Jo Hann Sayson, PHLV Radio

AURORA, Colorado — Delivering a message directed squarely at the next generation, Brunswick Mayor Ron Falconi—the first Filipino American mayor in Ohio history—told attendees at the National Federation of Filipino American Associations (NaFFAA) 2026 National Empowerment Conference that young leaders do not need to blend into the background to honor their roots. "They don't have to stay quiet to be respectful. They don't have to become invisible to fit in," Falconi told the national gathering, urging young Filipino Americans to honor their parents while remaining bold in public life.

Reflecting on his journey leading an overwhelmingly white municipality since taking office in 2014, Falconi emphasized that public leadership requires active participation and the courage to step forward rather than waiting for an invitation. "Representation does not happen by accident," Falconi said. "We can't always wait for someone else to invite us into their home. Sometimes we have to knock on the door. Sometimes we have to open the door ourselves. And sometimes we have to run for the office that controls the key."

Falconi framed the broader Filipino American experience through the lens of a mosaic rather than a melting pot, noting that every community adds an essential color and history to the nation. He traced the path of immigrant parents and grandparents who arrived with little more than an education, a strong work ethic, and prayer—overcoming credential barriers, discrimination, and underemployment to build homes, care for patients, serve in the armed forces, and launch businesses. Recalling his own initial hesitation before running for city council, Falconi emphasized that the courage required to put one's name on a ballot pales in comparison to the ocean-crossing sacrifices made by earlier generations. When a Filipino American runs for office, Falconi noted, the impact extends far beyond a single campaign: "A child sees that name on the yard sign. A family sees that face at a debate. Neighbors begin to understand that leadership has no single color or accent or ancestry." Drawing a direct line from traditional values—such as family, faith, humility, hospitality, and perseverance—to essential qualities of American leadership, Falconi challenged the audience to mentor youth, serve on governing boards, and step into public life. With those challenges laid out, the national gathering pivoted to actionable strategies and workshops centered squarely on ways to expand civic engagement, elevate local leadership, and effectively represent the community across the United States. Falconi was later joined by fellow Filipino American elected officials—including New York State Assemblyman Steven Raga and Cerritos Mayor Pro Tem and two-time former Mayor Mark Pulido—for a fireside chat exploring further pathways to community representation through public service. For more about the National Empowerment Conference hosted by the National Federation of Filipino American Associations (NaFFAA): <https://naffaa.org/nec2026/>



More photos from NaFFAA's 16th Empowerment Conference held at Aurora, Colorado by Dr. Michael StaJuana, NaFFAA NV President



NaFFAA Desert Mountain Region—representing Nevada, Arizona, and Utah won the Championship at the NaFFAA Got Talent competition. This incredible achievement was made possible through the spectacular choreography by Ian Balido and the outstanding direction of Gloria T. Caoile.



NaFFAA NV Ninang Ng Bayan Atty. Nadia & Ninong ng Bayan Engr. Romy Jurani with their daughter Dr. Ann Jurani and granddaughter Isela Jurani and Dr. Michael StaJuana



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# MAYA TWEETS

## BY MAE P. BARROS-WAYNE



### FILIPINO BEAUTY PAGEANTS: A CELEBRATION OF IDENTITY, EMPOWERMENT AND PRIDE

Held on August 9, 2026 at the Alex Theater, Glendale, California, Miss Philippines USA has become one of the most beloved Filipino-American cultural events. It's more than a pageant; it's a reunion, a fiesta, a showcase of heritage wrapped in sequins and spotlight. For Filipino communities in the U.S., it's a way to stay connected to the homeland while celebrating the next generation of empowered Filipina-Americans.

The pageant highlights what Filipinos value most: beauty with purpose, cultural pride and legacy. Not to mention, the ability to walk in heels that defy physics. Seriously! It thrives in diaspora communities, carried by young women who speak English with an American twang but who can switch to the little knowledge they have in speaking Ilocano, Tagalog, or Kapampangan!

The coronation night transformed the venue into a shimmering palace. One part of the pageant was the Miss Philippines-USA Empress, a special title that celebrates leadership, advocacy, and modern Filipina excellence. This year's competition featured contestants, each bringing her own brand story, advocacy and trademark of Filipina confidence. Contestants displayed their Filipino lineage and celebrated the global Filipino identity. Community involvement were highlighted, with volunteer work as a major factor. Any beauty contestant must also prove her talent and communication skills, because an Empress must dazzle onstage and speak with conviction. Admirably, the ladies exhibited grace under pressure, a requirement unofficially tested during the Q&A portion where nerves meet bright spot lights and audience awe, wonder and at times gentle criticism. As in any coronation night, there is always the classic Filipino pageant flow of equal parts glamour, glitter and grandeur.

Watching ANY beauty pageant, I would always be in awe of the opening number as contestants emerge from backstage waving like queens greeting their kingdom. Then, the cultural wear was reason to be proud of Filipiniana attire with its delicate beadwork and designs. The talent portion is a demonstration of skills where young Filipinas never disappoint. Much anticipated was the evening gown competition where the audience gasped while every contestant floated and flexed in every imaginable posture like they had no bones. The Q&A portion was always an entertainment portion, especially to my father and sisters. It seemed like the ultimate test. One question, one spotlight, one chance to show wit, empathy and poise.

Dr. Summer Barros-Wallace, dentist, wife to Nicko, and my niece, joined this year's Miss Philippines-USA Empress and ended as First Runner Up. She truly makes her family proud! Congratulations to her and the other winners who celebrated diversity and brilliance. Winning the pageant was not just about the crown. It was also about representation and showing to young Filipinas everywhere that leadership and beauty can coexist powerfully. They celebrate identity, empower women, and remind everyone - contestants, families and audiences that being Filipino is something to be proud of, wherever we are in the world.

—Photos are compliments of Dr. Summer Barros-Wallace and Miss Philippines USA 2026 Instagram page



# Ah, Mary Can Dream!

By Marylaine Louise L. Viernes

Award-winning Author / Journalist

Carlos Palanca Awardee & Professional Host/Emcee



I am grateful to God that for every challenge life throws my way, He gives ten reasons for me to keep going, raising my two children, Godric Matthew and Brooklyn Mackenzie the best I can while ensuring that I care for all the other blessings which a few years ago were merely hopes and dreams that I prayed and worked for constantly. This year I am very excited because it is a very important time - my son's last year in High School; he is a Senior now, and now, more than ever, I remain hands-on because we are almost there so we cannot drop the ball! And of course, my little girl who turns 5 years old next month in September is starting Pre-K and while it will be more crafts and fun stuff, I also need to be hands-on and focused in ensuring she gets the best foundation possible. It's like I need to go back to school all over again, times two! Thankfully I am not the type who easily backs down; in fact I take pride in the triumphs I have achieved in my life in spite of all the odds; in spite of the perfect storms I withstood, with God keeping me strong, learning to bend, not break!

Apart from prayer, I take solace in reading. And this is what I want to inculcate in my daughter eventually but for now, I am very proud to say I've instilled the habit in my son. He reads anywhere from Art of War by Sun Tzu, Meditations by Marcus Aurelius, all the way to Friedrich Nietzsche, having started with "Rich Dad, Poor Dad" by Robert Kiyosaki and Sharon Lechter. Right now he is reading Da Vinci Code and absolutely loving the ride!

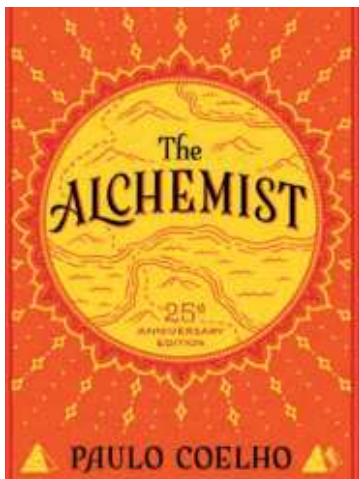
I highly encourage everyone to read for it builds wealth that nobody can ever take away from you! Especially parents like me because while our kids might never readily follow what we say, they will most certainly copy what we do!

In celebration of Back-to-School season, I am sharing my Top 3 favorite reads that both parents and our kids will appreciate and gain tons of treasure from, especially the two valuable gems called 'knowledge' and 'wisdom.' I swear by these 3 books - stop that screen addiction and have fun, the old school way!

The Book that changed my life: DISCIPLINE IS DESTINY: The Power of Self-Control by modern day stoic and author, Ryan Holiday. ~ I usually dislike going to bookstores because there are too many titles to choose from but the moment I saw this one, it just jumped straight at me that I had to get it. It opens with a remarkable hook, about Hercules being at the crossroads, being seduced by a beautiful goddess that promised him an easy path versus another one that told him that great achievement can only come with a great price and only the Virtues - most especially Discipline or Temperance can help him achieve it. Like Hercules, I too have found myself in life's crossroads and the choice is always to either give up and have it easy, or commit to duty and sacrifice that leads to the legitimate fulfillment of all my dreams, impossible for anyone to take away from me, because I had won it fair and square; paying the price with my very own tears and blood, overcoming my laziness and fears. I highly recommend this to anyone who feels stuck in life, being led far, far away from his dreams because he believes in easy-fixes and wishes, instead of going down the painful, and often lonely road of hard-work, focus and sacrifice; something that requires you to embrace the Virtue of Temperance.

## (How to be) Too cool for school

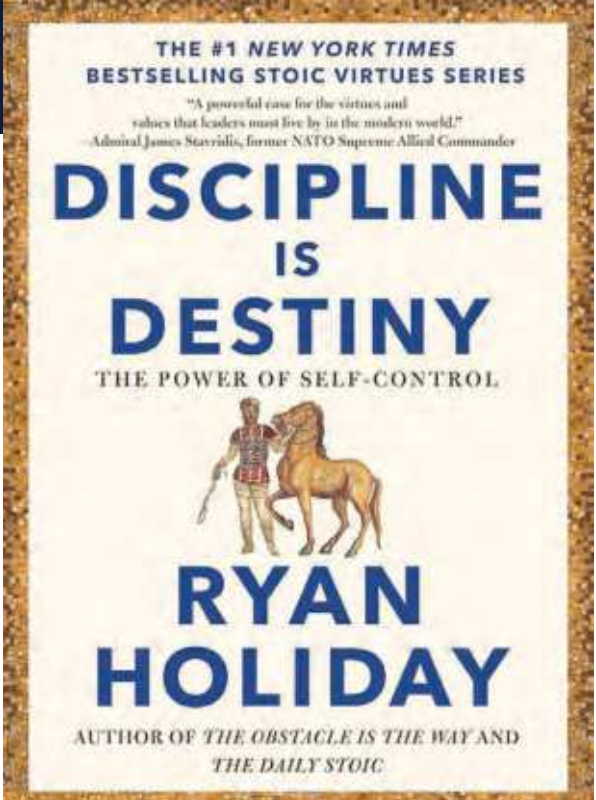
I first read the Alchemist when I was in college and back then I thought it was good but it did not impact me the way it did now in adulthood - I read this book every year and it just hits me profoundly every single time! All the wisdom in this book is all that anyone in pursuit of his Personal Legend will ever need! Right now, I am trying to achieve my childhood dream, and one of its famous lines, "When you want something, the universe conspires in helping you achieve it" is what I think of every single day, even as I struggle with perimenopausal symptoms from severe fatigue, lack of focus and brain fog. It is a reminder to me to just keep on pushing, to never, ever give up!



The simple things are the most extraordinary things and only the wise can see them.



I am a sucker for fairy tales and as a child I could never get enough, often alone in my magical place, the library! As an adult who favors longer reads, imagine my joy finding a rare gem in "All the murmuring bones" which is a very long fairytale that left me with all sorts of emotions. A literary fiction masterpiece, it was written so well I would read the delectable words again and again. Like the cover suggests it is dark and gothic; not your ideal mermaid tale. But the journey of the main character while morose, ended triumphantly. The impeccable, scrumptious writing evokes beautiful imagery in the darkest, most disheartening of times.





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Fans can look forward to the third and final episode of Netflix Philippines' three-part promotional campaign, which is set to drop on August 20. (MNS)

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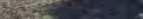
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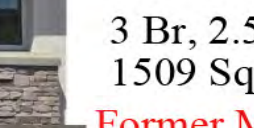


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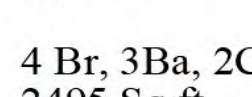
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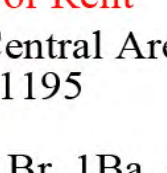




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# A Moment of Eternal News

Sis Olive Manalo Karagdag



## BE HOLY IN ALL YOU DO, NOT DO ALL TO BE HOLY

1 Peter 1:13-16 NIV Be Holy. 13 Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. 14 As obedient children, do not conform to the evil desires you had when you lived in ignorance. 15 But just as he who called you is holy, so be holy in all you do; 16 for it is written: “Be holy, because I am holy.”

Holiness cannot be achieved through human efforts. Holiness is a higher level than godliness or human righteousness. And when GOD through Moses delivered His Law for Israel to follow, no one had become righteous under the Law.

### No one is righteous.

As it was written says Paul in Romans 3:9-19; No One Is Righteous. 9 What shall we conclude then? Do we have any advantage? Not at all! For we have already made the charge that Jews and Gentiles alike are all under the power of sin. 10 As it is written: “There is no one righteous, not even one; 1 there is no one who understands; there is no one who seeks God. 12 All have turned away, they have together become worthless; there is no one who does good, not even one.” 13 “Their throats are open graves; their tongues practice deceit.” “The poison of vipers is in their lips.” 14 “Their mouths are full of cursing and bitterness.” 15 “Their feet are swift to shed blood; 16 ruin and misery mark their ways, 17 and the way of peace they do not know.” 18 “There is no fear of God before their eyes.” 19 Now we know that whatever the law says, it says to those who are under the law, so that every mouth may be silenced and the whole world held accountable to God. 20 Therefore no one will be declared righteous in God’s sight by the works of the law; rather, through the law we become conscious of our sin.

We could only try to be godly or righteous but it is impossible for us to be holy on our own. Isaiah 64:6 says; “All of us have become like one who is unclean, and all our righteous acts are like filthy rags; we all shrivel up like a leaf, and like the wind our sins sweep us away.”

About godliness, St Paul in his letter to the Thessalonians, he commended them because they became a model to all the believers in Macedonia and Achaia for their godliness, their work produced by faith, their labor prompted by love, and their endurance inspired by hope in our Lord Jesus Christ. (1 Thessalonians 1:3,7) But in the last chapter of his first letter to the Thessalonians, (1 Thessalonians 5: 23-24). he made this point to them; “May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The One who calls you is faithful, and He will do it.”

Holiness therefore is the work of GOD The Father through Christ Jesus when Jesus exchanged His Holiness for our sinfulness. And Jesus Christ made this known to us through the Holy Spirit who works our sanctification through and through.

So what GOD really meant when HE said “Be holy, because I am holy.”? It means we must exist as holy because GOD made us already holy more than two thousand years ago.

Hebrew 10:10-14 says, “10 And by that will, we have been made holy through the sacrifice of the body of Jesus Christ once for all. 11 Day after day every priest stands and performs his religious duties; again and again he offers the same sacrifices, which can never take away sins. 12 But when this priest (Jesus Christ) had offered for all time one sacrifice for sins, He sat down

at the right hand of GOD, 13 and since that time He waits for his enemies to be made his footstool. 14 For by one sacrifice He has made perfect forever those who are being made holy.”

The passage clearly says ‘we have been made holy once and for all’ and ‘made perfect forever’, not that we will be made holy after we have done this and that. Our topic verse says; “But just as he who called you is holy, so be holy in all you do.” (1 Peter 1:15) Be holy in all you do means; act with the holiness given to us in everything we do.

How do we know that we are applying holiness in our actions? Jesus Christ is our cornerstone. We could live in holiness if we live guided by His words.

Hebrews 4:12 says; “For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

Jesus Christ’s spoken words are not just words but He said in John 6:63; The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life.” His words we accepted is the Spirit of Truth that sanctifies us through listening and meditating His words. Jesus already prayed for us to be sanctified in Truth. John 17:17 says; “ Sanctify them by the truth; your word is truth.”

1 Thessalonians 2:13 says; “And we also thank God continually because, when you received the word of God, which you heard from us, you accepted it not as a human word, but as it actually is, the word of God, which is indeed at work in you who believe.”

Sanctification is a continuing process. When GOD redeemed us from the slavery of sin, we still have stains and blemishes. Like a jewel in a dirty pawnshop, after reclaiming it and becoming our possession again, we need to re-

move the impurities since it came from a dirty pawnshop. GOD also will thoroughly clean us through His words.

Ephesians 5:25-27 says; “Just as Christ loved the church and gave himself up for her to make her holy, cleansing her (the church/believers) by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.” Also in John 15:3, Jesus Christ has said; “You are already clean because of the word I have spoken to you.”

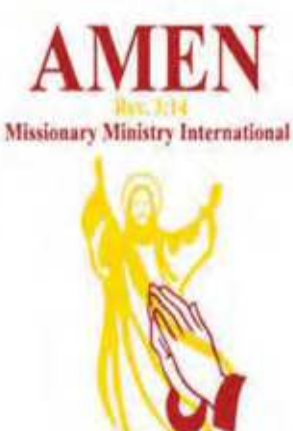
Thanks be to Almighty GOD that HE who is Holy, has nothing impossible for Him. (Matthew 19:26) So Holiness is already a way of life through the Holy Spirit. Without recognizing the works of the Holy Spirit in us, we will be far from living the Holiness that GOD has freely given us. (Read Ephesians 1:1,4-6)

To God’s holy people in Ephesus, the faithful in Christ Jesus:

4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love 5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— 6 to the praise of his glorious grace, which he has freely given us in the One he loves.”

Thus we have to live according to the Spirit of Truth that should be IN us in living our holiness. Jesus said in John 14:16-17; “And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.” AMEN.

(For feedback, <https://amomentofeternalne.wixsite.com/amen>)



“And unto the church of the Laodiceans write; These things saith the AMEN, the faithful and true witness, the beginning of the creation of GOD” - Revelation 3:14

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302 Cathedral Way, Las Vegas NV 89109

SAT : Vigil 2:30pm, 4:00pm, 5:30pm  
SUN: 8:00am, 9:30am, 11:00am  
MON-FRI: 8:00am, 12:10pm

**SHRINE OF HOLY REDEEMER**  
55 E Reno Ave, Las Vegas, NV 89119

SAT: Vigil 4:00pm, 5:30pm  
SUN: 8am, 9:30am, 11am, 12:30pm  
4:30pm, 6:30pm(SP)  
MON-SAT: 12:10pm

**CHRIST THE KING**  
4925 S Torrey Pines Dr, LV, NV 89118

SAT: Vigil 4:00pm  
SUN: 7:30am, 9:30am, 11:30am  
1:30pm(SP) 3:30pm  
MON-FRI: 8am

**ST. JOSEPH HUSBAND OF MARY**  
7260 W. Sahara Ave, LV NV 89117

SAT: Vigil 4:30pm  
SUN: 8am, 10am, 12pm, 2pm, 5:30pm  
MON-SAT: 8am

**ST. FRANCIS OF ASSISI**  
2300 Sunridge Heights Pk, Henderson 89052

SAT: Vigil 4:00pm, 5:30pm  
SUN: 7:30am, 9:30am, 11:30am  
5:00pm Youth Ensemble  
MON-SAT: 7:45am

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DAILY MASS TIMES  
8:00am  
RECONCILIATION  
8:30am Saturdays (for more call the Parish Office to make an appointment with a priest)  
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SAT: Vigil 4:00pm  
SUN: 6:30am, 8:00am, 10:00am, 12:00pm  
4:00pm, 6:00pm  
MON-SAT: 8:00am

**ST. ANTHONY of PADUA**  
6350 N. Fort Apache Rd, LV, NV 89149

SAT: Vigil 4pm, 7pm(SP)  
SUN: 6:30am, 8am, 10am, 12pm, 2pm, 4pm  
MON-SAT: 8:30am

**HOLY FAMILY**  
4490 Mountain Vista St, LV NV 89121

SAT: Vigil 4pm  
SUN: 6am(SP)8am, 10am(SP)12pm  
2pm(SP)5pm(SP)7pm  
MON-SAT: 7:30am

**ST. FRANCIS DE SALES**  
1111 Michael Way, LV NV 89108

SAT: Vigil 4pm, 7pm(SP)  
SUN: 6:30am, 7:50am(SP)9:30am, 11am  
1pm, 5pm, 7pm(SP)  
MON-FRI: 7:30am

**ST. ANNE**  
1901 S. Maryland Prky, LV NV 89104

SAT: Vigil 4pm, 6pm(SP)  
SUN: 6:30am(SP)8am, 10am(SP)  
12pm, 2pm(SP)5pm, 7pm(SP)  
MON-SAT: 7:30am

**ST. BRIDGET**  
220 N. 14St, LV NV 89109

SAT: Vigil 5:00pm  
SUN: 7am, 8:30am(SP)10am(LATIN)12pm  
1:30pm(SP) 5pm(TAG) 7pm(SP)  
MON-FRI: 7:30am SAT: 9:00am

**ST. JOAN OF ARC**  
315 S. Casino Center Blvd, LV NV 89101

SAT: Vigil 5:00pm  
SUN: 8am, 9:15am(POL)10:30am, 12:30pm  
3:30pm(SP) 5pm  
MON-FRI: 12:15pm

**ST. CHRISTOPHER**  
1849 N. Bruce St, NLV NV 89030

SAT: Vigil 4:30pm, 6:30pm(SP)  
SUN: 6:30am(SP)8:30, 10:30, 12:30pm(SP)  
2:30pm(SP)5:30pm(SP)7:30pm(SP)  
MON-FRI: 8:30am

**PRINCE OF PEACE**  
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SAT: Vigil 4pm, 6:30pm(SP)  
SUN: 6am(SP), 8am, 10am12pm, 2pm(SP)  
5pm(Youth) 7pm(SP)  
MON-FRI: 8:30am

**ST. THOMAS MORE**  
130 N. Pecos Rd, LV NV 90074

SAT: Vigil 4:30pm  
SUN: 8am, 10am, 12pm, 5:30pm(YOUTH)  
MON-FRI: 8:30am

**ST. VIATOR**  
2461 E. Flamingo Rd, LV NV 89121

SAT: Vigil 4pm  
SUN: 8am, 10am(Youth)12pm, 5pm  
MON-FRI: 6:45am 8:15am

**ST. JOHN NEWMANN**  
2575 W. El Campo Grande Ave, NLV, 89031

SAT: Vigil 4pm  
SUN: 8am, 10am, 12pm, 5pm  
TUE-FRI: 8am

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SAT: 4:00pm  
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# IN MY CORNER

BY JULIE ANN TORREMORO  
LAS VEGAS COMMUNITY NEWS PHOTOGRAPHER



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## ANGELINE QUINTO SECRETLY RETURNED TO SCHOOL FOR 4 YEARS, KEPT STUDIES FROM HUSBAND NONREV

MANILA, Aug 20 (Mabuhay) -- Singer Angeline Quinto revealed that she managed to keep one major part of her life a secret from almost everyone around her, including her husband, Nonrev Daquina, as she quietly worked toward finishing college for nearly four years.

In an interview on “Oh My Gan!,” Quinto opened up about her journey as a student while juggling her career, marriage, motherhood, and two pregnancies.

The singer recently graduated with a Bachelor of Business Administration, major in Marketing Management, from Immaculada Concepcion College.

Quinto said finishing her education was a longtime dream of her late mother, Mama Bob, who repeatedly encouraged her to return to school before she passed away in November 2020.

“Lagi niyang sinasabi sa’kin, ‘Gie, magtuloy ka ng pag-aaral mo pag kaya ng oras,’” Quinto recalled.

She said Mama Bob even told her to seek help from her manager in finding a school where she could continue her studies.

Quinto first set aside her education when singing became a way for her to earn money and help support her mother. After joining amateur singing contests and eventually entering showbiz, work took priority.

But following Mama Bob’s passing, Quinto decided it was time to fulfill the promise she had made.

She returned to school in 2021 — the same year she learned she was pregnant with her first child, Sylvio. In 2024, she was again studying while pregnant with her daughter, Sylvia, and working on the series “What’s Wrong with Secretary Kim.”

The singer said her graduation was originally supposed to happen last year, but she had several incomplete requirements that pushed it back by a year.

What made her story even more surprising was that almost nobody in her family knew she had gone back to



school. Quinto revealed that even her husband was unaware. “Hindi niya alam. Kahit si Nonrev hindi niya alam,” she said.

For almost four years, Quinto would wait until her work was finished and her husband and children were asleep before doing schoolwork.

“Pag-uwi ko ng bahay, pagtulog na ang mga bata, at tulog na rin si Nonrev, saka ako babalik. Saka ako pupunta sa isang kwarto,” she shared.

Whenever Nonrev asked what she was doing, Quinto would simply tell him that she needed to study a song. According to Quinto, only her manager knew the truth.

She explained that she wanted to surprise her family and avoid putting additional pressure on herself in case she was unable to finish.

Despite the challenges, Quinto said she remained determined because completing her education was something she had promised Mama Bob.

She believes her late mother was with her when she finally walked across the stage to receive her diploma. (MNS)



## MELAI CANTIVEROS RECALLS PRIVATE 6-MONTH SPLIT WITH JASON FRANCISCO

MANILA, Aug 8 (Mabuhay) -- Comedienne and television host Melai Cantiveros revealed that she and husband Jason Francisco quietly separated for nearly six months before reconciling.

The former “Pinoy Big Brother” grand winner opened up their breakup in the first episode of the online show, “Hello Outside World,” hosted by fellow PBB housemates Bianca Gonzalez and Esnyr.

“Ito, dito ko lang io-open talaga. Para ma-realize niyo lang na ang relationship talaga ay hindi ‘yung kapag mag-away lang kayo ay breakup na agad, kapag may away kayo ay suko na agad. So kami, umabot talaga sa time na naghiwalay talaga kami, pero walang nakakaalam,” Cantiveros revealed.

“Because nire-respect namin ang isa’t isa. Tatay ni Mela, nanay ni Mela, so hindi kami pwedeng magsiraan kasi we share love for each other. So ‘yun ang aming usapan. Naghiwalay kami. Six months talaga, hindi kami nagsama sa isang bahay. Dito ko lang talaga ito sinabi. Six months talaga,” she added.

Cantiveros added that the reconciliation happened while accompanying their daughter to watch a film.

“Nag-usap kami niyan sa sinehan kasi kasama namin ‘yung anak namin na nanood ng sine. So sabi niya i-try natin natin na i-work out kasi kailangan tayo ng anak natin,” she said.

She added: “So nagsama kami ulit. So nakita namin ang rapport, na in love ulit kami sa isa’t isa. Hanggang mas naging more kaming na in love sa isa’t isa dahil doon sa pinagdaanan namin at walang nakakaalam noon.”



Cantiveros said she has great respect for her husband because of his love and devotion to their children.

“Kung hindi niya mahal anak ko, goodbye na kami. Ganoon din si Jason. Mahal niya ako na nakikita niya na sobrang [mahal ko ang mga anak namin],” the Kapamilya artist said.

Cantiveros believes that a real relationship is not always sweet but stressed that respect should always be there.

“Ang love nandiyan, pwedeng matutunan. Pero ang respect to each other ay nanatili -- six months walang nakakaalam na naghiwalay kami,” she said.

Cantiveros and Francisco were married on December 9, 2013 at the Holy Cross Parish in General Santos City, three months after the comedienne announced her first pregnancy.

The two known as Melason, met inside the “Pinoy Big Brother” house during the 2009 season of the hit reality television show.(MNS)

## BARBIE FORTEZA NOT YET LOOKING TO LOVE AGAIN, SAYS SHE’S ‘DATE TO MARRY’

MANILA, Aug 13 (Mabuhay) -- Barbie Forteza is focusing on self-love over romance, sharing she’s not yet looking to love again.

“I’m not thinking about it or I’m not looking to love another again just yet because I want to pour all that love to myself,” she said in a television interview.

Barbie also shared that she is not the type to date casually.

“I’m date to marry. That’s why it’s ‘Saving Cherry,’ right? I’m date to marry, so until I’m ready and I’m really, really sure of the person I’m gonna go out with, I will not be dating,” she said.

During the media conference for her upcoming movie “Saving Cherry,” Barbie and her co-stars were asked about their dream wedding.

“I wanna get married in Vegas in Vera Wang [so there is] divorce,” she said in jest.

Barbie is starring in “Saving Cherry” alongside Khalil Ramos, Mikee Quintos, Mika Salamanca, Sassa Gurl, AC Bonifacio, and more.

Earlier, the actress shared that her role in the movie is her most mature role to date.

“Actually, it was fun because let’s admit it, not everyone who acts nice is actually nice, so I did not expect that I



would have that kind of side. Wild but with reason, with depth, and most of all, I think this is my most mature role so far because it tackles marriage,” she said in Filipino.

Directed by Ivan Andrew Payawal, “Saving Cherry” will premiere in cinemas on September 2.

Aside from “Saving Cherry,” Barbie will star in the upcoming collab series “Honor Thy Mother” with Sharon Cuneta. (MNS)



# GOUDIE PHILIPPINES MARKS 30 YEARS OF SHAPING THE NATION’S MOST ICONIC INTERIORS

Three decades on, the design-build firm behind some of the country’s most recognized work-places, hotels, and financial institutions reflects on a legacy built one space at a time.

This year, Goudie Philippines cele-brates a landmark thirty years — three decades of setting the standard for mod-ern interior design and fitout across the country’s most ambitious workplaces, commercial spaces, and landmark des-tinations. It is a milestone that speaks not only to longevity, but to an unwaver-ing commitment to excellence that has made Goudie the name that the Phil-ippines’ most discerning organizations trust.



The lobby of Makati Commerce Tower, one of the landmark commercial spaces shaped by Goudie’s design-build ex-pertise. Photo courtesy of Goudie Philippines.



Founded in Hong Kong in 1983, Goudie spent a decade perfecting its design-build craft across the Asia-Pacific region before establishing its Manila presence. Today, with offices spanning Singapore, China, and the Philippines, the firm operates as one of the region’s most respected full-service interior design and fitout consultancies — translating com-plex corporate briefs into environments that perform as powerfully as they look.

At the heart of Goudie is a team of 50+ licensed professionals — ar-chitects, interior designers, project managers, and construction spe-cialists — drawn from multicultural backgrounds across Asia and be-yond. Their collective expertise spans workplace design, hospitality, retail, BPO, banking, and construction management, enabling the firm to deliver integrated, end-to-end design-build solutions with both global sensibility and deep local intelligence.

Across decades and the breadth of the Asia Pacific, Goudie Associ-ates has built one of the region’s most compelling interior design portfo-lios. The firm has engineered precision trading floors and sophisticated private banking suites for UBS, Goldman Sachs, JPMorgan, HSBC, BPI, American Express, and DBS Private Bank. It has transformed BPO and technology headquarters for Microsoft, Cisco, Vertiv, Arch Global, Maya, Foodpanda, Oracle, IBM, Concentrix, Alorica, Cognizant, Juni-per Networks, Verizon Business, and AXA. It has delivered retail and consumer goods environments for Procter&Gamble, designed over 20 restaurants for Maxim’s Group, and led over 85% of all interior fitout at Okada Manila — one of Asia’s most celebrated integrated resorts. Corporate leaders such as Philam Life, Sun Life Financial, PwC, Philip

Morris, Ogilvy, and Baker McKenzie have equally entrusted their headquarters and flagship offices to the firm’s expertise. The Manila office has been an integral force within this regional legacy — contributing landmark projects, deepening client relationships, and bringing Goudie’s globally refined design language to one of Southeast Asia’s most dynamic and fast-evolving commercial mar-kets.

Across every sector — banking and financial services, corporate workplace, hospitality and F&B, retail, BPO and technology — the firm brings the same discipline: inno-vative, sustainable, and purposeful design, delivered with the precision of a globally seasoned team. It is a formula that resonates deeply, reflected in a 85% client retention rate that remains among the industry’s most compelling endorsements.

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Named Best Luxury Interior Design Studio in the Philip-pines — affirming the firm’s standing not just as a design practice, but as an enduring industry benchmark.



A full-floor pantry and lounge for a global financial services client, one of Goudie’s recent workplace design-build projects in the Philippines.

*Goudie Philippines’ team at the firm’s headquarters in Goudie Corporate Center, 30 Paseo corner Jupiter, Bel-Air, Makati City.*

*As Goudie marks its 30th anniversary in the Philippines this year, the celebration is as much about the future as it is the past. For organizations where the quality of space directly shapes the quality of work, culture, and brand — Goudie has spent three decades proving that great interiors are not a luxury. They are a standard.*

*Follow Goudie Philippines: Website: [www.goudie.com](http://www.goudie.com) | Instagram: [@goudiephilippines](https://www.instagram.com/goudiephilippines) | LinkedIn: Goudie Philippines*





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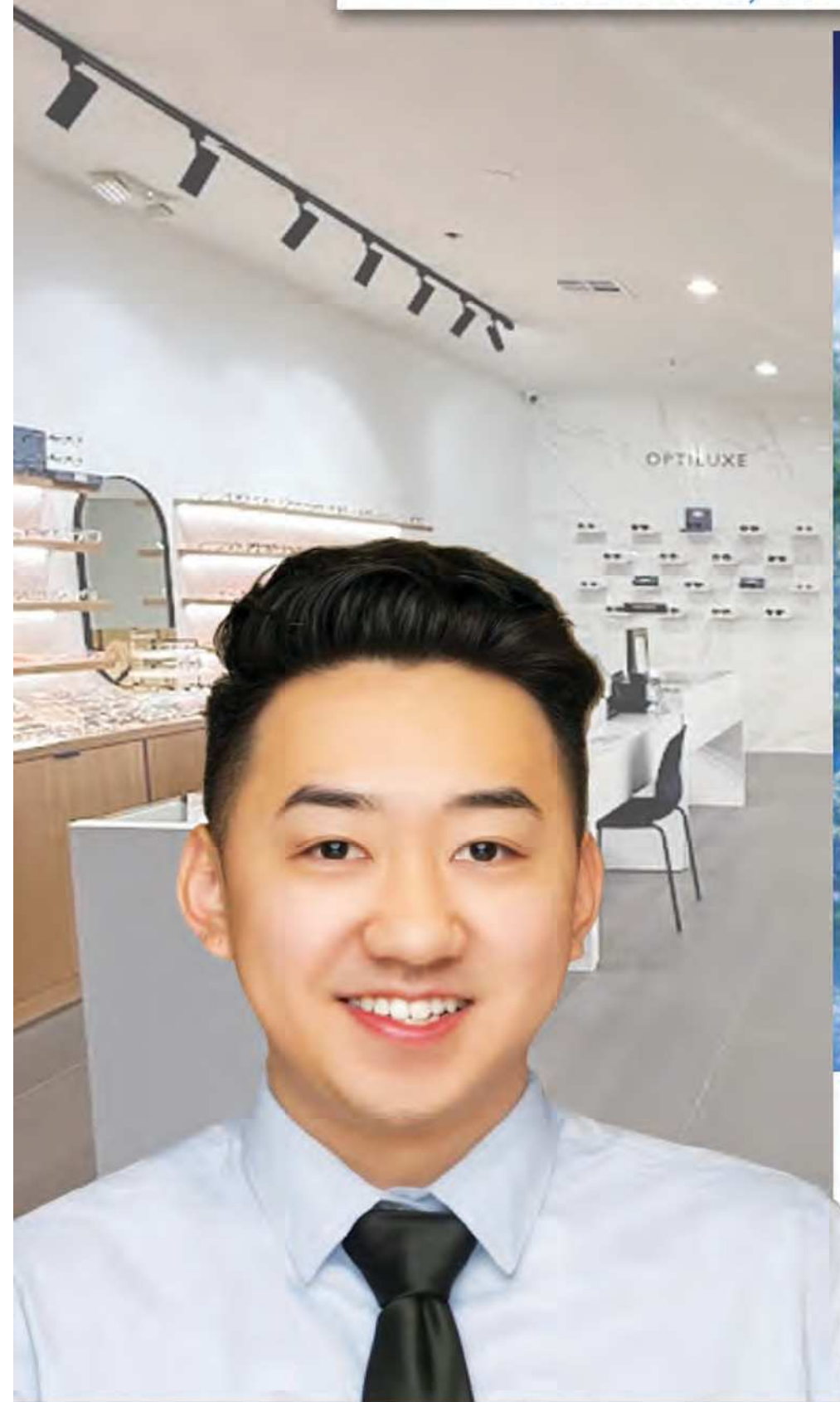
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According to Ah Xin of Shin Kwong Seafood Restaurant, Shin Kwong has been committed to offering freshly made Cantonese dim sum every day for many years, in addition to being suitable for gatherings and entertainment. Welcome to make a reservation.

Siu Mai, chicken feet, rice noodle rolls, Yu Sha Bao, and other common dim sum.

The chef has introduced dishes including: Mangosteen Beef Balls, Spring Water Tofu, Shrimp and Chive Dumplings, Hong Kong Style Thousand-Layer Maji Cake, and Pork Floss.

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# FACAI IN ACTION

*Written by: Virgilio "Bing" P. Longakit Jr., MBA, JD, CPM, CPA  
President of FACAI Foundation*



## MISS FIL-AM NEVADA USA 2027 CELEBRATES HERITAGE, ELEGANCE AND EMPOWERMENT

LAS VEGAS — Five crowns, five generations of representation and one celebration of Filipino-American heritage will take center stage as the Miss Fil-Am Nevada USA Pageant 2027 brings together women from across the community for a showcase of leadership, culture and service.

Presented in partnership with Fil-Am Civic Action International (FACAI) and the FACAI Foundation, the pageant will feature five categories—Miss Teen, Miss, Mrs., Mrs. Elegance and Ms. Senior—reflecting its commitment to recognizing Filipino-American women at different stages of life.

More than a traditional beauty competition, Miss Fil-Am Nevada USA provides candidates with a platform to demonstrate confidence, leadership, talent and commitment to community involvement. The multigenerational format celebrates not only beauty and poise, but also personal achievement, life experience and pride in Filipino heritage.

Through their participation, candidates will have opportunities to strengthen their public-speaking and leadership skills, build friendships and serve as ambassadors of Filipino culture. The pageant also highlights values deeply rooted in the Filipino-American experience, including family, service, perseverance, cultural pride and unity.

The pageant will culminate in Coronation Night on Saturday, Sept. 26, 2026, at 6 p.m. at Sam's Town Live, 5111 Boulder Highway in Las Vegas. Families, community leaders, supporters and friends are expected to gather for an evening celebrating Filipino-American culture and pageantry.

This year's message, "Heritage, Elegance, Empowerment," reflects the broader purpose of the event. Heritage recognizes the traditions, sacrifices and accomplishments of earlier generations. Elegance represents dignity, confidence and character, while empowerment encourages Filipino-American women to embrace leadership and use their voices in service to others.

As preparations move forward, FACAI invites the community to support the candidates and take part in the celebration.

Five crowns will ultimately be awarded, but the larger story extends beyond the winners. Miss Fil-Am Nevada USA 2027 is a celebration of a community honoring its roots, recognizing women across generations and carrying Filipino heritage proudly into the future.



## ALEXA ILACAD ADMITS SHE ONCE THOUGHT OF QUITTING SHOWBIZ

MANILA, Aug 17 (Mabuhay) -- Alexa Ilacad is having one of the busiest runs of her career, but the actress-singer admitted that there was a time when she seriously thought about walking away from it all.

From her hosting duties on Pinoy Big Brother to her stint on Your Face Sounds Familiar and her latest project Miss Behave, Alexa has been enjoying one project after another – a stretch she waited a long time for.

In an interview, Alexa looked back on the long road she took to get here.

She compared her path to those of pop stars Sabrina Carpenter and Zara Larsson, both of whom were far from overnight successes.

"My journey sort of reminds me of Sabrina Carpenter or Zara Larsson's journey. Parang there was an article released about Sabrina Carpenter, and the headline was something along the lines of 'It took her 10 years to become [successful].' Mine, more pa," she said.

"I think I've been doing this for more than 16 years, if I'm not mistaken. It's been a long time coming talaga. But I love what I'm doing so much, that's why I held on. And now I feel like, finally, things are slowly coming together."

Looking back, Alexa believes the wait had a purpose. She said the opportunities came at a time when she was finally strong enough to handle them.

"I feel like maybe ito kasi 'yung panahon na baka handa na ako, or I'm ready to deal with everything thrown at me. Sabi nga, parang 'God wouldn't put a dream so big in your heart if you weren't capable of making it happen,'" she said.

Alexa said she has made peace with where she is now, even if some people still see her as a starlet after all these years in the business.

Having started as a child star, she said the wait was especially difficult to watch when others seemed to get their



break so much faster.

"Well, I'd be lying if I said na hindi ako nainip. I'd be lying if I said na never ko naisip na mag-quit – or na baka hindi ito para sa akin. I would think about that all the time. Kasi nga, ang tagal. Ang tagal talaga," she said.

Every time those thoughts crept in, she said, she would go back to the reason she started in the first place.

Alexa also recalled the questions she kept asking herself during those low moments — why her career, steady as it was, never seemed to take off the way she hoped.

Eventually, she said, she learned to make peace with the pace of her career. She also counts herself lucky for never running out of work, and for skipping the difficult in-between years that many former child stars go through.

For Alexa, being able to keep doing what she loves – steadily, and on her own terms – is enough.

"And 'ayun nga, sabi ko, steady isn't bad. Steady paycheck isn't bad. Doing what I love. And 'yun nga, na I've come to terms talaga with the fact na ito talaga 'yung gusto ko, ito talaga 'yung mahal kong gawin eh," she said. (MNS)



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## TWO LEGENDARY GRANDMASTERS CELEBRATE BIRTHDAY IN RIVERSIDE

*Written by BARETTA BALOLONG JR.*

Senior Grand Coach Kidd Jason celebrates his birthday in Riverside, California. He is the founder of THE MARAUDER'S ASSOCIATION-"Obedience-Devotion to the Great Work-Independence"; Founder of KIJA OMA WEP FA WEAPON SYSTEM; Recipients of Grandmasters Hall of Fame; Filipino Weapons Association Award; Four times nationally ranked in Katas, Fighting and Weapons competitions; Ed Parker Decathlon Award; Head Instructor of KIDD D. JASON's Open Martial Arts Weapons Association. Winning numerous awards and achievements. He surmounted in various arts including Japanese, Korean, Chinese, Filipinos and Okinawan systems. After 33 years, Soke Jason Kids still holds the record for the most points overall when he participated in very division Katas, weapons, sparring and team fighting. Senior Grand Coach Kidd Jason is the first instructor to hold a martial arts belt testing and promotion on the Queen Mary.

Starlight Church of Christ Holiness USA Assistant Pastor-Grandmaster Albert Wilson also celebrate his birthday in Riverside, California. He is Founder and President of World Martial Arts Black Belt Society. "WMABBS represents cultivate a relationship of unity through peer accountability, resulting in a better character, service and leadership. Maintain respect and integrity in chosen style while understanding. It is not style but the practitioner that gives greatness". He is He is Grandmaster of San Do Kai Karate-Do Association and can be traced back to the Shaolin Temple. He received his first black belt under Grandmaster Thomas M. White. He also learned Judo from late two Grandmasters John Ogden and Larry Fukahara. Shorin-Ryu Karate-1st degree black belt, I.C.K.A. Karate-6th degree black belt, American Shorin-Ryu-7th degree black belt, San-Do-Kai Karate-10th degree black belt, Grandmaster Kidd D. Jason, The Afro Belt of Martial Arts Award-10th degree black belt, Grandmaster Murphy Appreciation Award-Grandmaster's award, White Sash Award, High Honor Golden Sash Award, Grandmaster Dianne L. Johnson-Golden Martial Arts Award and City of LA Certificate of Appreciation, Former LAPD Chief and LA City Councilman Bernard Parks.

Grandmaster Weber, Senior Grand Coach Kidd Jason, Writer-Actor-Grandmaster Jerry Baxter, BEE KICK FILMS Presents Fight of Fury 2 Retaliation Actor of the Year-Grandmaster Frank B. Paras Jr., Starlight Church for Christ Holiness USA Assistant Pastor-Grandmaster Albert Wilson, Grandmaster Thomas Hardie and Grandmaster Sammie Sherman.

Grandmaster Albert Wilson, Philippine Times of Southern Nevada Columnist Captain Frank B. Paras Jr. and Senior Grand Coach Kidd Jason

Founder and President of THE MARAUDER'S ASSOCIATION Senior Grand Coach KIDD JASON & Founder and President of WORLD MARTIAL ARTS BLACK BELT SOCIETY Grandmaster ALBERT WILSON



# NEED ASSISTANCE WITH SNAP?

LET US HELP! Formally known as food stamps, the Supplemental Nutrition Assistance Program (SNAP) is a federal nutrition program that aims to help low-income individuals and families to buy food at authorized retailers .

You may be eligible depending on your income and household situation, including if you are...

- Working for minimum wages
- Working part-time
- Unemployed
- Elderly or disabled
- Experiencing homelessness
- Receiving other public assistance/benefits



# FAQs

**Where can I use my SNAP benefits?**  
Many retailers accept SNAP, including major grocery stores and several online retailers (such as Walmart and Amazon).

**What will the amount of benefit be?**  
It depends on the household's specific conditions.

**Will there be an application fee, and how long does the application process take?**  
The application is free of charge, and a decision is typically made within 30 days. Some households may qualify for expedited benefits within 7 days.

**How to increase my likelihood of a successful application?**  
A common reason for denial is missing an interview or failing to submit the required documents. To be a successful applicant, you will need to provide the required information and/or documents on time.

**What if I don't buy, prepare, and eat food with other people in my home?**  
People who buy, prepare, and eat food together need to apply for SNAP together. If you usually buy, prepare, and eat separately from others or intend to do so, you can be considered a separate food unit and apply it on your own.

**How are the benefits issued, and will others know I'm receiving assistance?**  
Nevada issues SNAP benefits using an EBT account. EBT cards look like debit cards and can be used at checkout like a regular card.

**What information/documents may I have to provide?**  
You need to provide proof of the following information (if applicable):

- Identification/Citizenship
- Nevada Residency
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- Unearned Income (e.g., Social Security Benefits)
- Out-of-State Benefits
- Resources (e.g., Bank Account, Retirement Account)
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Ann Apellido - English & Tagalog  
ann@hapimedical.org  
(702) 985-5700  
  
Diem Nguyen - English & Vietnamese  
diem@acdncv.org  
(702) 677-2277  
  
Joy Avendano - English & Tagalog  
joy@acdncv.org  
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**Disclaimer:** The life change must be within 60 days of the current date to gain health coverage. There may be other restrictions for qualifying life events.





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| Watchers' Service: | 3:00 pm  | Prayer Meeting:           | 7:00 pm |
| Seekers' Service:  | 6:00 pm  | <b>Saturdays:</b>         |         |
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VOL. 3 ISSUE 13

By: Leizel Trinidad Jacobsen, RRT, CHWI  
LIC. S.0177764.LLC



Navigating the housing market for those who care for our community.

## Clocking Out, Settling In: Why the Las Vegas Housing Market Is Finally Favoring Healthcare Workers

You've just wrapped up a brutal 12-hour shift. Your scrubs are practically glued to you, your apple watch reads 16,000 steps, and all you want to do is crash. But as you navigate the I-15 or take the 215 loop home, you're thinking about the other major puzzle in your life: where you actually sleep between those shifts.

If you've been keeping an eye on the Southern Nevada real estate market over the past few years, you could be forgiven for feeling a little exhausted by the noise. Between pandemic-era bidding wars, fluctuating interest rates, and out-of-state buyers rushing in, trying to buy a house in Las Vegas often felt like working an understaffed trauma bay on a holiday weekend—frenzied, unpredictable, and stressful. Here is the good news for nurses, tech professionals, residents, and physicians: the fever has finally broken.

As we navigate the current housing landscape, the Las Vegas valley real estate market is transitioning into its most stable, balanced phase in years. The market isn't crashing, but it has cooled down to a manageable pace. For healthcare workers—professionals who value stability, predictable commute times, and actual bargaining power—this shift represents the best buying window we've seen in a long time.

### The Numbers Behind the Shift

Let's break down the chart before we talk bedside manner.

For a long time, sellers held all the cards. Buyers were waiving inspections, paying tens of thousands over appraisal, and making decisions in minutes. Today, the dynamic is vastly different:

- **Inventory is Up:** Active single-family listings across the valley have risen steadily, giving buyers substantially more choices. Time on Market Has
- **Stretched:** The average home is now sitting on the market longer (hovering around 30 to 45 days). You actually have time to tour a home, think about it overnight, and sleep on it before making an offer.
- **Prices Have Stabilized:** The median home price in the Las



Vegas valley has settled around \$480,000 to \$490,000. The days of wild 20% annual appreciation are behind us, replaced by steady, healthy growth.

What does this mean for you? Sellers are willing to negotiate again. Instead of fighting five other offers, healthcare buyers are successfully asking for seller concessions—like closing cost assistance or mortgage rate buydowns that bring your monthly payment down significantly.

### Location, Location, Location: Matching Your Hub to Your Home

In healthcare, a 20-minute commute vs. a 45-minute commute during rush hour isn't just a minor inconvenience—it's the difference between getting seven hours of sleep or five.

Because Southern Nevada's healthcare infrastructure is expanding rapidly—driven by huge investments in the Las Vegas Medical District and specialized hubs throughout the valley—matching where you work to where you live has never been easier.

#### About me

Leizel is a licensed Realtor, Respiratory Therapist, and Certified Community Health Worker in Southern Nevada. Keep an eye on this space for future print editions of *The Shift Change*, with an accompanying audio podcast coming soon to your favorite streaming platforms. Remember: you're loved, you're appreciated, and you deserve it! See you at the next shift change.

For comments, questions or topic suggestions send an email to [Leizel@jacobsenRE.com](mailto:Leizel@jacobsenRE.com)

Here is how the top medical corridors align with nearby neighborhoods:

### 1. The Central / Core Hub (UMC & Valley Hospital)

If you're working at University Medical Center (Nevada's only Level 1 Trauma Center) or Valley Hospital, you are right in the heart of the expanding Las Vegas Medical District.

- **Where to Look:** Downtown / Arts District or Historic McNeil/Rancho Highlands. If you want low-maintenance, urban living, mid-rise condos in the Arts District are booming. Prefer a mid-century home with a massive backyard? The historic neighborhoods just west of I-15 offer character and a sub-10-minute drive to the hospital.

### 2. The West Side Hub (Summerlin Hospital & Spring Valley)

- **Working on the west side** means you're surrounded by some of the most master-planned infrastructure in the state.

- **Where to Look:** Summerlin or The Lakes. Summerlin offers immaculate parks, top-tier trail systems, and quiet neighborhoods perfect for day-sleepers working night shifts. While prices here trend higher than the valley average, inventory growth in West Summerlin and Skye Canyon to the north has opened up great mid-range single-family options.

### 3. The South / East Hub (St. Rose Dominican Campuses & Henderson)

Dignity Health's St. Rose campuses (Siena and Rose de Lima) along with Henderson Hospital anchor the southeastern valley.

- **Where to Look:** West Henderson or Green Valley. Henderson consistently ranks as one of the safest large cities in the nation. West Henderson in particular is seeing massive residential development, offering brand-new construction homes with modern energy efficiencies—meaning lower electric bills when you're blasting the A/C during day-sleep in July.



### Financial Perks Built Just for You

Beyond standard home loans, healthcare professionals have access to financing tools that many average buyers don't even know exist. When you're ready to start shopping, make sure to explore:

1. **Specialized Healthcare Home Loans:** Certain lenders offer specialized mortgage programs for medical professionals (including RNs, PA-Cs, imaging techs, and doctors) that feature reduced down-payment requirements and eliminate private mortgage insurance (PMI).
2. **Doctor Loans (for Residents & Physicians):** If you are in residency or early in your medical career, specialized physician loans allow high debt-to-income ratios (accounting for student loans) and zero-down options, evaluating your future earning potential rather than just your current paycheck.
3. **Nevada Housing Division Grants:** Programs like Home Is Possible offer down payment assistance grants for qualified Nevadans, which can significantly lower your upfront out-of-pocket costs at closing.

### The Takeaway Before Your Next Shift

Real estate, much like vital signs, moves in cycles. The chaotic, hyper-competitive market of the last few years was unsustainable. Today's market is grounded, realistic, and approachable.

You spend your entire shift advocating for your patients, managing crises, and keeping the city running. When you clock out, you deserve a space that belongs to you—one that builds long-term wealth while giving you a quiet place to recharge. Take advantage of the current leverage, do your homework on local corridors, and remember: the market is finally operating at your pace.

See you at the next shift change.

For a broader visual overview of how the local housing market has been cooling and shifting in favor of home buyers, check out this [Las Vegas Housing Market Breakdown](#). It provides context on current inventory levels and price negotiations that directly impact local buyers.

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# Finding Grace in the Desert Heat: God's Goodness at the Close of a Vegas Summer

Late August in the Las Vegas valley brings a distinct feeling that every resident knows by heart. As triple-digit summer heat reaches its peak and slowly begins to soften, our entire community stands right on the edge of transition. Families are navigating back-to-school routines, workplace rhythms are picking back up after summer vacations, and everyone across the valley is eagerly anticipating the cooler desert evenings just around the corner.

It is easy to let the physical demands and mental toll of a long Vegas summer tire us out. Living through months of intense sun can leave us feeling drained, both physically and emotionally. Yet, as the calendar turns and the season begins to shift, late August offers a powerful opportunity to pause, catch our breath, and notice the quiet grace and everyday kindness surrounding us right here in our valley.

## Finding Grace in the Desert Heat

Living through a Las Vegas summer requires genuine resilience. When the heat lingers well into the night, keeping the pavement warm long after sunset, it serves as a daily reminder of how much we rely on small moments of relief and steady strength. In the middle of challenging seasons, God's blessings often mirror those quiet moments of comfort we so deeply appreciate throughout a long, hot summer:

- **The relief of sudden shade:** The instant cool of stepping into an air-conditioned space or finding a shaded spot after being out in the relentless afternoon sun.
- **The stillness of early morning:** A quiet, peaceful moment on the porch or by an open window early in the day, enjoying the calm before the valley heats up.
- **The strength for daily responsibilities:** The inner endurance that helps us show up for our families, complete our work, and care for our homes even when energy feels low.



**KWENTONG SPORTS**  
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## Tagumpay! Charly Suarez Claims WBO International Title with Devastating First-Round Knockout

SAN BERNARDINO, Calif. — Filipino contender Charly "King's Warrior" Suarez made a triumphant return to the ring on Saturday night, delivering a masterclass performance to capture the World Boxing Organization (WBO) International Super Featherweight title at the National Orange Show Event Center.

Suarez needed just two minutes and thirty-one seconds to dispatch Mexican-American veteran Manuel Avila, bringing an emphatic end to the scheduled ten-round co-main event with a thunderous first-round stoppage.

Returning from a nearly 14-month layoff, the 37-year-old Davao del Norte native showed zero ring rust from the opening bell. Suarez immediately established ring generalship, pressing forward with a sharp, disciplined jab and finding early success with crisp right-hand counters.

Midway through the opening round, Suarez began backing Avila against the ropes with heavy, calculated combinations. The decisive moment arrived late in the frame when Suarez unleashed a picture-perfect multi-punch sequence, punctuated by a flush right hand to the jaw followed by a sharp left to the temple.

The blow sent Avila crashing to the canvas on unsteady legs. Though Avila attempted to beat the count and convince the referee he could continue, his visibly wobbling knees prompted referee Ray Corona to halt the contest with 29 seconds remaining in the first round.

With the victory, Suarez extended his undefeated professional record to 19-0 with 11 knockouts, while snapping Avila's three-fight winning streak.

When we intentionally train our minds and hearts to spot these small daily gifts, our perspective begins to soften. Instead of focusing solely on the harshness of the heat or the weight of our to-do lists, we recognize that even in the midst of intense seasons, we are continually supported, provided for, and sustained.

## Reflecting Goodness in Our Community

God's love and goodness are rarely abstract concepts—they are most clearly seen when lived out through people. Across Las Vegas, Henderson, North Las Vegas, and our surrounding neighborhoods, opportunities to share compassion and hospitality happen every single day when we keep our eyes and hearts open to those around us:

- A neighbor checking in on an elderly resident or offering a cold bottle of water to someone working outdoors in the heat.
- A parent offering to share school carpool duties or sending a thoughtful text message to a friend navigating a busy week.
- A stranger holding the door open, offering a patient word in line, or sharing a warm, genuine smile in a crowded store.

These acts of care are far more than simple politeness; they are meaningful reminders that we were never created to walk through life in isolation. We are built for community, designed to encourage one another, and called to help carry each other's burdens through every changing season. When we choose to show patience, generosity, and gentleness to others, we become the very way someone else experiences the goodness of God that day.



## A Good Thought for the Week:

*"A beautiful, fulfilling life is not measured by how much you produce or how fast you run, but by how deeply you guard your internal peace and how intentionally you share God's grace with those around you."*



## An Anchor for the Season Ahead

As August winds down and new fall routines take shape, it is entirely natural to feel a bit worn out from the summer hustle. Transitioning into new schedules, managing household budgets, and balancing personal well-being can feel overwhelming if we try to rely entirely on our own strength. Leaning on an unchanging spiritual foundation gives us the peace, perspective, and renewed strength we need to step forward with confidence:



*"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows."*  
— James 1:17



Summer temperatures fluctuate, seasons change, and our daily schedules constantly shift—but the source of all true comfort, hope, and peace remains completely constant. God does not change with the seasons, nor does His care for us diminish when life feels hectic.

As the summer heat gradually gives way to a new season, make a conscious choice to slow down each evening and reflect on the good that surrounded you during the day. Look for the unexpected kindness of neighbors, friends, and strangers across our valley, and actively look for one small, practical way to pass that warmth and grace along to someone else in our community today.

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WHY WE NEED EACH OTHER  
MORE THAN EVER

THE POWER OF SMALL BUSINESS



# chamber matters

An update on business news, developments and events from The Filipino American Chamber of Commerce of Greater Nevada (FACCGN).

by: **JOEL ENRIQUEZ**, President



Join us and be part of the chamber that loves small businesses.  
Log in to our website <https://www.faccgn.org/>  
Or email us at [info@faccgn.org](mailto:info@faccgn.org)

Small businesses have always been more than storefronts, restaurants, professional offices and home-based enterprises. They are the backbone of our local economy and, in many communities, the first step toward financial independence, generational wealth and a better future.

Today, however, owning a small business is not for the faint of heart.

Rising operating costs, higher wages, expensive commercial rents, changing consumer habits, increased competition and the uncertainty of the broader economy have created a challenging environment for entrepreneurs. For many small-business owners, simply keeping the doors open requires creativity, persistence and a willingness to adapt.

**But there is another resource that is often overlooked: each other.**

For Filipino American entrepreneurs in Southern Nevada, this may be one of our greatest competitive advantages.

Filipino Americans have built a reputation for being hardworking, dependable and community-minded. Those qualities are valuable in business, but they become even more powerful when transformed from individual strengths into collective action.

The success of one Filipino American business does not have to come at the expense of another. In fact, one business can help create opportunities for another.

A restaurant owner can purchase services from a Filipino American accountant. A graphic designer can help a Filipino-owned restaurant develop its menus and promotional materials. A real estate professional can help another entrepreneur find a location. A caterer can provide food for a Filipino-owned company's event. A retailer can feature products made by another local entrepreneur.

These transactions may appear small individually, but collectively they can create an economic ecosystem.

**That is the power of doing business with one another.**

Supporting fellow entrepreneurs also means something as simple as becoming a customer. When we need a service, product, meal, professional consultation or gift, we should make a conscious effort to look within our community first.

This does not mean supporting a business simply because its owner is Filipino American. Quality, professionalism and value must always matter. But when two businesses offer comparable products or services, there is tremendous value in choosing the one that helps strengthen our own community's economic foundation.

**And support should go beyond spending money.**

Introduce another entrepreneur to a potential customer. Share a business's social media post. Write a positive review. Attend a fellow business owner's grand opening. Refer a client. Collaborate on an event. Invite another entrepreneur to participate in a project.

These actions cost little, but they can have enormous consequences for a small business.

Perhaps most importantly, Filipino American entrepreneurs should recognize that collaboration is not weakness; it is strategy.

Too often, small-business owners feel that they must figure everything out alone. But no entrepreneur has every answer. One business owner may know how to navigate social media while another understands accounting. One may have experience with government contracting while another has built a successful retail operation. One may have survived a difficult economic downturn and can share lessons that another entrepreneur desperately needs.

There is tremendous knowledge within our own community. We simply need to create more opportunities to share it.



**Chef Roman of SAFRON** makes himself available in local community events to champion Philippine fusion cuisine and Philippine ingredients. **Support your local business chamber**, yes even in the heat of Las Vegas summer.



**FACCGN** supports the opening of small businesses. Kudos to those who chose to locate in Filipino Town.

**Filipino creatives in Vegas** are making their presence felt, and there is no shortage of their tribe. Artist Soniya Scott shows her work in a recent community event.



Associations, chambers of commerce and professional networks can play an important role. Their value should not be measured only by the number of meetings they hold or events they organize. Their real value lies in their ability to connect people, create relationships, generate opportunities and turn individual businesses into a stronger economic network.

The Filipino American business community should aspire to become more than a collection of individual enterprises. We should become an economic community—one in which entrepreneurs know one another, refer business to one another, collaborate with one another and celebrate one another's successes.

**That is especially important during difficult times.**

When consumers become more cautious, entrepreneurs must become more intentional. When costs increase, we must find ways to share knowledge and resources. When competition becomes stronger, we must improve our products, services and marketing. And when opportunities emerge, we should ask not only, "How can I benefit?" but also, "Who else can benefit with me?"

There is an important distinction between competition and isolation. Competition can make

businesses better. Isolation makes them weaker.

A thriving Filipino American business community does not require every entrepreneur to succeed in exactly the same way. It requires us to recognize that our individual successes are interconnected.

When one Filipino American business grows, it creates jobs, generates tax revenue, purchases from other businesses and inspires another aspiring entrepreneur. When several businesses grow together, the economic impact becomes even greater.

That is how communities build economic power.

The challenges facing small businesses today are real, and there are no easy answers. But Filipino American entrepreneurs possess something that cannot be measured on a balance sheet: community.

**We should use it.**

The future of small business will belong not only to those who work the hardest, but to those who learn how to work together.

For Filipino American entrepreneurs, the message is simple: we do not have to face today's challenges alone. Our greatest business opportunity may be the community standing beside us. -JRE



# Pagtugon sa Paninigarilyo at Paggamit ng Tabako sa Mga Komunidad ng AANHPI



## Ang mga dahilan na maaring makahikayat sa paggamit ng tabako at ENDS ang lahat ng grupo ng edad ng AANHPI ay:

- istres
- Napipilitan dahil sa kasamahan/kapamilya
- Mga ipinapakitang kagawian ng mga nakatatanda at miyembro ng pamilya
- Mga nakagawian sa kultura
- Kakulangan ng edukasyon tungkol sa mga panganib ng paninigarilyo at ENDS
- Paniniwala na mas ligtas ang mga e-cigarette, vape, atbp. kaysa sa mga combustible na sigarilyo
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Bagama't mas malamang na gustuhin o subukan ng mga AANHPI na tumigil sa paninigarilyo, **mas malamang na hindi sila magtagumpay sa pagtigil.**

Ito ay posibleng dahil mababa ang posibilidad na magkaroon ng kaalaman ang mga AANHPI tungkol sa mga resource at serbisyo para masuportahan ang pagtigil sa paninigarilyo, at mababa ang posilibilidad na nakatanggap sila ng payo tungkol sa pagtigil sa paninigarilyo mula sa isang propesyonal sa pangangalagang pangkalusugan.

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### MGA REKOMENDASYON PARA SA MGA NANINIGARILYONG AANHPI

#### MGA ADULT AT NAKATATANDA

- **Matuto pa** tungkol sa mga panganib ng paggamit ng tabako
  - Mapanganib pa rin ang kaunti at hindi madalas na paggamit!
- **Tanggapin na isa kang halimbawa-** posibleng naiimpluwensyahan mo ang mga kagawian sa paninigarilyo ng kabataan
- **Humingi sa mga provider ng pangangalagang pangkalusugan** o pinagkakatiwalaan at may kaalamang **lider ng komunidad** ng mga payo tungkol sa pagtigil
- **Gumamit ng mga resource** at diskarteng batay sa pananaliksik para sa pagtigil sa paninigarilyo

#### KABATAAN

- **Matuto pa** tungkol sa mga isyung pangkalusugan na nauugnay sa paggamit ng mga produktong ENDS at tabako
- **Humingi ng suporta** mula sa isang pinagkakatiwalaang tao o grupo kung napipilitan ka dahil sa kaibigan o kapamilya na gumamit ng mga produktong ENDS o tabako
- **Pag-isipan** kung bakit gusto mong gumamit ng ENDS at **tumukoy ng mga alternatibong solusyon**

| Bakit Naninigarilyo                            | Alternatibong Solusyon                                                                                                                  |
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| Gusto ko ang mga flavor ng mga e-liquid        | Sumubok ng mga may flavor na alternatibo na walang sangkap na tabako, tulad ng mga snack o gum                                          |
| Naninigarilyo ang lahat ng kaibigan ko         | Maghanap ng iba pang aktibidad ng grupo                                                                                                 |
| Naninigarilyo ang isang tinitingala kong adult | Kausapin ang adult na ito tungkol sa mga panganib sa kalusugan ng paninigarilyo at mga produkto ng tabako, at mga benepisyo ng pagtigil |



APIAHF  
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# Pag-unawa sa Paninigarilyo at Paggamit ng Tabako sa Mga Komunidad ng AANHPI



## Katunayan tungkol at Paggamit ng Tabako ng AANHPI

Ang mga komunidad ng AANHPI ay pinaniniwalaang may mabababang rate ng paggamit ng tabako dahil tinitipon ang data (pinagsasama-sama) sa ilalim ng AANHPI umbrella.

Kaunti lang ang impormasyong available tungkol sa mga epekto ng paninigarilyo at paggamit ng mga produktong ENDS sa mga komunidad ng AANHPI.

Ipinapakita sa magkakahiwalay na data (**nakabukod-bukod**) ang mas detalyadong impormasyon, tulad ng:

Mas mababa ang posibilidad na magkaroon ng kaalaman ang mga kabataang AANHPI tungkol sa mga panganib ng paggamit ng ENDS.

Ang rate ng paninigarilyo ay **0.9% para sa Asian Indian na kababaihan** at **56% para sa Vietnamese na kalalakihan** sa California.

Kapag pinagbukod-bukod ang data sa paninigarilyo at paggamit ng tabako ng AANHPI, mas marami tayong malalaman tungkol sa mga partikular na panganib sa kalusugan at opsyon sa paggamot para sa iba't ibang grupo ng tao.

Sa Chicago, **ang mga rate ng paninigarilyo** sa mga Chinese at South Asian American ay **tumaas sa 48% mula sa 28%** noong pandemyang COVID-19.

**Kumpara sa mga non-AANHPI, mas malamang na MABIGO ang mga AANHPI sa pagtigil**, sa kabila ng mga katotohanan na sila ay:

- may mas mababang posibilidad na maging dependent sa nikotina
- mas malamang na manigarilyo lang nang paminsan-minsan at kaunti
- mas malamang na gustuhing tumigil o sumubok na tumigil

Mas kakaunti ang makukuhang resource at serbisyo para sa mga AANHPI , lalo na sa mga limitado ang kasanayan sa English o pagbabasa.

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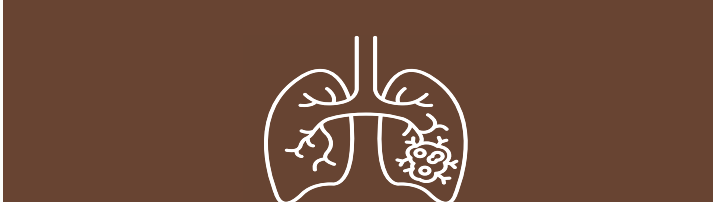
## MGA ELECTRONIC NA SYSTEM NA NAGHAHATID NG NIKOTINA (ELECTRONIC NICOTINE DELIVERY SYSTEMS, ENDS)

- Mga device na naghahatid ng mga gamot sa katawan nang hindi sinisindihan
- Gumagamit ng mga “e-liquid” na naglalaman ng mga sangkap na tulad ng nikotina, THC, at CBD.
- Kabilang ang:
  - Mga vape, vaporizer, vape pen, hookah pen, e-cigarette, e-cigar, e-pipe.



## MGA PANGANIB SA KALUSUGAN

- Mga sakit at pinsala sa бага (kabilang ang kanser sa бага at pulmonya)
- Malulubhang problema sa paghinga (kabilang ang COVID-19 at hika)
- Mga sakit/atake sa puso na dulot ng paninigarilyo



## KABATAANG AANHPI AT ENDS

- Bumulusok pataas ang paggamit ng tabako ng mga kabataan sa nagdaang dekada, lalo na sa mga AANHPI
- Ang ENDS ay nagiging landas patungo sa paninigarilyo at paggamit ng droga.
- Kasama sa mga salik na nakakaimpluwensya sa paninigarilyo at pag-vape ang:
  - Mga nakagawian sa kultura
  - Napipilitan dahil sa kasamahan
  - Estado sa lipunan
  - Iba't ibang flavor
  - Hinahanap ng panlasa at stimulation

